

# A Taste Of Heaven



***Holy Trinity Episcopal  
Church  
Southbridge,  
Massachusetts  
Cookbook  
2000***





## A RECIPE FROM THE RECTOR

Most of us are familiar with the Sermon on the Mount in the fifth chapter of the Gospel according to Matthew. Luke's gospel has a sermon of similar content but Jesus delivers it on the plain. One of the additions to this sermon in Luke is the following verse:

“... give, and it will be given to you; good measure, pressed down, shaken together, running over, will be put into your lap. For the measure you give will be the measure you get back” (Luke 6:38).

This verse makes a good analogy for the spirit in which this book has come together. It is a collection of tried, treasured, and favorite recipes of members and interested friends of Holy Trinity Church. They are gifts of a self-giving community, formed in Christ and by God's grace through all the pressing and shaking of every day life, a community which has found that in fellowship with one another our joy in Christ runs over abundantly with God's love.

The verse tells us that when we take a recipe, press down and shake all the ingredients the abundance overflows into our lap. Interestingly enough a lap is something that is only there when you need it. One of the important times when our laps come into being occurs when we sit down at table with one another to enjoy the abundance of God's creation which comes from good food and drink. Perhaps you have been gifted already by one of these recipes when you sat down at a parish potluck, a cottage meeting, an Alpha evening, or supper at a parishioner's home.

These recipes continue to be important catalysts in the building up of our fellowship and the ongoing creation of a solid faith community. They are sacramental like, outward and visible signs of an inward and spiritual grace. They also represent loving works of human hands. They have nourished so many of us and inspired our gatherings. This grace that “runs over” has inspired the people of Holy Trinity to share these recipes in thanksgiving for the measure of grace which we have received through the God who is ultimately the author of all our recipes. Try them, and I pray you will, “taste and see the goodness of the Lord.”

***Bon Appetit!***

***Fr. Ed***







## A History of Holy Trinity Episcopal Church

The first Episcopal Mission in Southbridge was started in 1871, but because of business conditions, many of its families left the area. A second attempt was made in 1875. Services were held in the Edwards Building, but the mission folded when the building burned down. A third attempt was made in 1879, and still another in 1891, but these also failed.

On January 27, 1905, a Mission was established and regular services were held in the Masonic Building (since destroyed by fire and torn down.) Twenty persons were confirmed on May 14, 1905, by Bishop A.H. Vinton and in June 1905, the Rev. Frederick W. Bailey, was appointed Priest-in-charge. The twenty newly-confirmed members voted to "name the child" Holy Trinity Church.

In 1909, a building fund was started and land purchased on Hamilton Street for \$2,000. In 1921, the then Hamilton Woolen Company offered to sell the Union Church Building and land for \$15,000 and, in addition, the parsonage and land for \$5,000. It was voted to purchase this property, and Bishop Davies preached the first sermon in the new church on May 1, 1921. The land previously purchased was sold for \$1,500.

On October 1, 1921, the Rev. Leigh R. Urban began his duties as Priest-in-charge, and its parish family began to grow. On October 12, 1930, a fire severely damaged the church, but services were held at the Y.M.C.A. during the renovation period. In April 1931, the rebuilt church opened for services and was consecrated by the Bishop on September 19, 1931. The hurricane of September 1938, did only slight damage to the roof, but on July 20, 1940, the Church was again damaged by fire. On April 6, 1941, our church reopened and was re-consecrated by Bishop W. Appleton Lawrence

.From the holding of the first service in Social Hall of the Masonic Building in 1905, until the present, the history of Holy Trinity Church has been marked by the hard work of its clergy and lay leaders and their faithful reliance on the grace of God. Without that wonderful combination of God's blessings and human effort, the struggling mission would not have survived the first sixteen years of worshipping in rented space, nor the purchase and renovation of the church building in 1921. After the fires which damaged the building in 1930 and 1940, the parish was aided in its efforts to rebuild not only by gifts from other parishes in the Diocese, but by the generous help of the other churches in Southbridge.

When, in the 1950's, it became clear that the parish was outgrowing its facilities, the parish's leaders moved ahead in faith with plans for replacing the old rectory with a new parish hall, which was completed in 1959. A new rectory was purchased at 100 South Street. The undercroft was renovated and a modern kitchen area was installed. In 1985 a ramp was installed making the building accessible to persons with physical disabilities

Holy Trinity's rectors and parishioners pioneered ecumenical relations and community involvement. In 1971 our parish joined with Notre Dune parish to establish the first covenant anywhere in the world between a Roman Catholic and an Episcopal parish. Our "non-parish" community outreach activities have included: the Southbridge Council of Churches, the University of Life, Tri-Community Ecumenical Fellowship, Food Share, Inc., the New Hope battered women's shelter and chaplaincies at the local hospital and jails. We have also provided a long-time home for Alcoholics Anonymous and a Tri-community choral group.

As we approach our second century, Holy Trinity faces the challenges of ministry with a renewed dedication to God's work and a faithful trust in His love and grace.

Compiled from several old histories of Holy Trinity Church. sph 10/25/00

## Recipes from the 1912 Holy Trinity Mission Cookbook

These recipes were submitted when Holy Trinity was a Mission Church. Each recipe was typewritten by hand and not printed by machine.

### Nut Cookies

½ cup butter  
1 cup sugar  
2 eggs  
2 large Tbs. cream  
¾ cup flour  
Vanilla to flavor  
½ cup chopped Walnuts

Drop from a teaspoon and bake in a quick oven

*Mrs. J. Dresser*

### Devils Food

2 cups dark brown sugar  
½ cup butter  
2 cups flour  
2 eggs  
½ cup sour milk  
1 small tsp. soda  
¼ cup cake chocolate

Pour over this ½ cup boiling water. Add a pinch of salt, and flavor with vanilla. Bake in one pan. **Icing:** 2 Tbs. cream thickened with pulverized sugar; flavor with vanilla, and spread on cake while warm.

*Miss I.M. Metcalf*

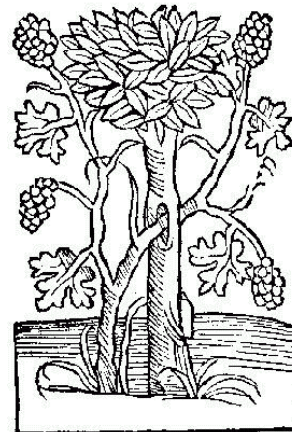
### Vanilla Sandwich

¼ lb. Butter  
4 ½ oz. Sugar  
6 oz. Flour  
3 eggs  
1 tsp. baking powder

Cream butter and sugar together; put in yolks of eggs separately; add the whites. Mix the flour; add baking powder, and add a few drops of vanilla.

**Filling:** 1-Tbs. cornstarch, 1-cup milk, 1 egg, and vanilla. Mix the cornstarch with a drop of milk, and warm the rest of the milk in a jar. When warm, put in the cornstarch and egg well beaten. Sweeten to taste and boil until it thickens. Then add the essence. Cut the cake when cold and put a layer or two of vanilla filling between.

*Mrs. T. Yates*



## Recipes from Holy Trinity Church Cookbook 1975

### Norwegian Apple Pie

¾ cup sugar  
½ cup flour  
1 egg  
½ tsp. vanilla  
¼ tsp. salt  
1 tsp. baking powder  
½ cup chopped walnuts  
1 cup peeled, diced apples

Combine sugar, flour, salt, and baking powder; stir well. Beat in egg and vanilla with a spoon. Stir in nuts and peeled apples. Mixture becomes thick. Spoon it into buttered 8 or 9-inch pie plate; spread somewhat evenly. Bake 30 minutes at 350 degrees. Serve warm or cold, plain or with ice cream. This is more like a very rich apple cake than a pie.

*Vera Anderson*

### Rice Pudding

2/3 cup rice  
3 eggs, beaten  
½ cup raisins  
1 tsp. vanilla  
½ cup sugar  
½ tsp. salt  
1 quart milk

Use regular rice and put into pan of boiling water, 1 quart. Cook slowly 20 minutes. Remove and drain; pour into crockery bowl with milk and remaining ingredients, adding eggs last. Sprinkle with nutmeg; bake about 40 minutes in 400-degree oven until golden brown. Remove from oven; let cool. Serve in glass dessert goblets topped with 1 or 2 maraschino cherries and whipped cream.

*Seaver Rice*

### Fluffy Tom Thumb Griddle Cakes

1 egg  
¾ cup plus 2 Tbs. milk  
2 Tbs. shortening  
1 cup flour  
½ tsp. salt  
2 Tbs. baking powder  
2 Tbs. sugar

Combine egg, milk, and shortening; add dry ingredients. Beat until smooth. Cook on ungreased griddle at medium low heat.

*Mrs. Edward J. Day*

### Brownies

¼ lb. margarine  
1 cup sugar  
2 eggs, beaten  
2 squares unsweetened chocolate  
½ cup sifted flour  
½ cup nuts  
1 tsp. vanilla  
Bake at 350 degrees in 8-inch greased and floured pan.

*Evie Cobden, Jr.*



## Recipes from the 1990 Holy Trinity Church Cookbook



### Very Easy Pie Crust

1 cup flour  
1/3 cup mayonnaise  
1 tbs. water

Mix 1-cup flour, 1/3-cup mayonnaise and 1 tablespoon water and pat into an 8-inch pie plate. Bake according to any regular pie

*Carol Ouelette*

### Crustada

1 cup shortening  
1 ¼ cups sugar  
4 eggs  
4 cups flour  
1 tsp. vanilla  
2 cans fruit pie filling

Preheat oven to 425 degrees. Cream sugar and shortening in large bowl. Add eggs and vanilla. Add flour slowly until mixed. Batter should be stiff. Press 3/4 of dough into cookie sheet. Cover with canned fruit pie filling. Roll remaining dough and place lattice across top of filling. Bake for 15 minutes at 425 degrees. Reduce temperature to 350 degrees for 25 minutes.

*Diane Osimo*

### Noodle Pudding (Kugel)

8-oz. package broad egg noodles  
½ cup sugar  
1 lb. Creamed cottage cheese  
1 cup sour cream  
4 eggs  
Cornflakes crumbs

Cinnamon  
Butter

Cook noodles in boiling water 9 minutes; drain; add sugar, cottage cheese, sour cream and beaten eggs. Pour into 8 inch greased square pan. Top with crumbs, cinnamon and butter pats. Bake at 350 degrees for 1 hour.

A nice side dish.

*Sandy Berinstein*

### Triple Fruit Salad

2 cups fresh pineapple chunks, or 16 oz. canned unsweetened chunks, well drained  
1 pint (2 cups) fresh strawberries, sliced in half  
2 cups blueberries (fresh)  
2 cups sliced bananas  
1 cup seedless green grapes  
1 cup seedless red grapes

Topping:

1 ¼ cups cold milk  
½ cup sour cream  
1 pkg. instant banana cream pudding  
8 oz. crushed pineapple, undrained

In a large glass serving bowl layer fruits in order given. In medium bowl combine milk and sour cream. Blend well and add pudding mix. Beat until well blended. Stir in crushed pineapple. Spoon pudding mixture over fruit to within 1 inch of edge. Do not mix. Cover and refrigerate several hours. Excellent as appetizer or dessert.

*Fran Gleim*

### Veal Paprika

1 ½ lb. boneless veal shoulder  
2 cups Chicken broth  
1 cup diced onion  
1 cup diced celery  
1 ¼ cup chopped green pepper (optional)  
½ tsp. thyme or to taste  
1 tsp. paprika  
½ cup canned tomato sauce

3/4 c. sliced mushrooms  
1 cup sour cream  
Flour (for dredging)  
Salt and ground black pepper  
Shortening or oil (for browning)

Trim and cut veal into bite size Pieces; dredge with flour, seasoned with salt and pepper. Brown veal in heavy kettle or Dutch oven. Remove veal and add onion, celery and green pepper; cook slightly. Return veal to kettle or Dutch Oven) and add all remaining ingredients except the sour cream. Bring to boil and simmer for approximately 1 1/2 hours, stirring occasionally to prevent sticking. Add more liquid, if necessary. When tender, remove from heat and when cooking ceases, add sour cream. Return to heat, but do not let boil. Serve with noodles.

**Robert Kirkwood**

### **Pork Chop Special**

Pork chops (well trimmed)  
Salt  
Pepper  
Italian seasoning  
1 medium onion, chopped  
V-8 juice  
1 cup coarsely chopped celery

Brown desired number of pork chops, seasoned with salt, pepper and Italian seasoning, in a small amount of pure vegetable oil; turn to brown both sides evenly. Cover with onion; add V-8 juice to cover halfway up chops. Simmer for 45 minutes. Add 1-cup coarsely chopped celery; simmer 15 minutes more. Chops can be done ahead of time and reheated in a double boiler.

**Nancy Keeney**

### **Crab Mold**

*Fran served this crab mold at a choir dinner she and Ralph hosted at her house in the 1990's.*

1 can cream of mushroom soup, diluted  
1 package unflavored gelatin, softened in 1 Tbs. cold water  
1 cup chopped onions  
1 cup chopped celery  
1 lb. crab meat, or copy Crab,  
1- 8 oz. package cream cheese, softened

Soften the gelatin in a little cold water. Add to mushroom soup. Heat to dissolve the gelatin. Cool and add remaining ingredients. Mix well. Fill fancy mold with mixture and chill. Turn out on bed of lettuce and surround with crackers to serve.

**Fran Gleim**

### **Blueberry Pudding Cake**

2 cups blueberries  
1 cup flour  
1 tsp. salt  
1 Tbs. melted shortening  
1 tsp. baking powder  
1 3/4 cup sugar  
1/2 cup milk  
1 Tbs. cornstarch  
1 cup boiling water

Place blueberries in bottom of 8 x 8-inch pan. Mix flour, baking powder, salt, shortening, 3/4-cup sugar and milk together, Pour batter over blueberries. Mix remaining 1 cup sugar and cornstarch and sprinkle evenly over batter. Pour boiling water over all. Do not mix. Bake at 350 degrees for 45 minutes.

**Diane Osimo**



## **Rum Cake**

1 pkg. Duncan Hines yellow cake mix  
1 pkg. vanilla instant pudding  
½ c. milk  
½ C. salad oil  
2 tsp. sour cream  
4 eggs  
½ cup rum (Bacardi or Myers)  
1 cup chopped chocolate bits (put in blender)  
½ cup chopped nuts (put in blender)

Grease and flour tube pan. Mix all ingredients except chocolate bits and nuts. Beat at rather high speed about four minutes, until fluffy. Fold in chocolate bits and nuts. Pour into angel food cake pan. Bake at 350 degrees about one hour. Test after one hour to see if done (tester should come out clean). Cool 25 minutes. Remove from pan- Keeps well and freezes well.

*Fannie L Wall*

## **Welsh Tarts**

2 Tbs. butter  
1 ¼ cup sugar  
1 ½ tsp. vanilla  
8 Tbs. flour  
1 egg  
½ Tbs. baking powder  
Jam  
Pie crust pastry

Line muffin pans with pastry and place teaspoon of jam in each. Cream butter and Sugar until well blended. -Add beaten egg, flour, baking Powder and flavoring,. Place a teaspoon of Mixture over each tart. Bake 20 minutes at 350 degrees.

*Mrs. Joe Reid (Doris)*

## **Banbury Tarts**

1 ½ cups Sun Maid golden raisins  
1 tsp. grated lemon peel  
¾ cup sugar  
4 soda crackers, crushed  
1- cup water  
2 Tbs. butter or margarine  
Pastry for 2 crust Pie

In saucepan combine lemon peel, sugar, raisins, crackers and water. Cook slowly, Stirring frequently, about 10 minutes, until consistency of jam. Add lemon juice and butter. Cool. Put a spoonful of cut pastry in 4-inch circles. Put 1 spoonful of filling in each circle and press edges together with tines of fork. Prick tops. Bake on ungreased baking sheet at 450 degrees, about 15 minutes. Makes 12 tarts

*Mrs. Joe Reid (Doris)*

## **Creamy Fudge**

Step 1:

4 ½ cups sugar  
1 large can evaporated milk  
¼ lb. butter

Step 2:

1-16 oz. package chocolate chips  
1-10 oz. jar marshmallow cream  
¼ tsp. salt  
1 tsp. vanilla  
2 to 3 cups pecans or walnuts

Step 1: Boil ingredients 7 minutes and remove from heat.

Step 2: Add next 4 ingredients to hot mixture and beat until creamy. Add nuts. Pour into 9 x 13-inch buttered pan. Cut into squares when cool. Makes about 6 Pounds. Nice at Christmas for giving away. Can be frozen.

*Martha S. Walkinshaw*

### **Prize Coffee Cake**

¾ cup sugar  
¼ cup soft shortening  
1 egg  
1 ½ cup milk  
¾ tsp. vanilla  
1 ½ cups flour  
2 tsp. baking powder  
¼ cup salt  
Topping;  
¼ cup margarine  
¼ to 1/3 cup brown sugar  
1/3 cup flour  
2 to 3 tsp. cinnamon

Mix together thoroughly sugar, shortening and egg. Stir in milk and vanilla. Sift flour, baking powder and salt; stir into mixture. Spread in greased 9-inch square or 8-inch round pan or in 12 muffin cups. Mix topping ingredients together; sprinkle on top of cake batter and poke into cake with end of a spoon. Bake at 350 degrees for 20 minutes until set and golden brown

*Cherie Labonte*

### **Pumpkin Roll**

3 eggs  
1 cup sugar  
2/3 cup pumpkin, canned  
1 tsp. baking soda  
1/2 tsp. cinnamon  
¾ c. flour  
Filling:  
8 oz. cream cheese  
1 ½ tsp. vanilla  
1-cup confectioners sugar  
2 Tbs. soft butter

Grease or spray a foil-lined cookie sheet or a jelly pan. Mix roll ingredients until smooth. Spread mixture evenly on pan. Bake at 350 degrees for 15 minutes. Turn upside down on a dishtowel dusted with powdered sugar. Pull off foil and roll cake up tightly in towel. Cool.

Mix filling. Unroll cooled cake, spread evenly with filling mixture and roll like a jellyroll. Wrap in foil. Will keep in refrigerator up to 3 weeks.

*Claudia Chagnon*

### **Zucchini Casserole**

3 cups grated zucchini  
1 medium onion, cut fine  
4 eggs  
1 cup Bisquick  
1 tsp. salt  
¾ cup oil  
1 ½ cups grated cheese

Combine into well-greased, shallow pan. Bake 45 minutes at 350 degrees.

*Anastasia Dmuchovsky*



# 1 Appetizers and Beverages

## Chutney Cream Cheese

1- 8oz. Pkg. cream cheese, softened  
¼ cup chopped mango chutney  
1 tsp. curry powder (optional)

In food processor or blender, combine cheeses, chutney, and curry powder. Process until well blended. Spread on toast, muffins, scones, biscuits, or crackers.

*Suzanne Sharp*

## Tapenade

1 cup pitted Kalamata olives  
2-3 Tbs. olive oil  
2 tsp. fresh lemon juice  
½ tsp. anchovy paste  
1-2 cloves garlic  
Pinch of thyme and/or oregano

Chop and mix well in a small blender or mixer. Serve on thinly toasted French bread

*Suzanne Sharp*

## Mushroom Tapas

2 tablespoons butter  
8 ounces large, flat mushrooms, sliced  
4 garlic cloves, thinly sliced  
2 tablespoons chopped fresh parsley  
2 tablespoons heavy cream  
Salt and freshly ground pepper

Heat the butter in a large frying pan. Add the mushrooms and garlic and cook for 5 minutes until the mushrooms are tender and have released their juices. Stir in the parsley and cream, season to taste and cook for 1-2 minutes more until piping hot. Serve with crusty bread. Serves 4

*Pat Bair*

## Chicken Liver Pate

8 oz. chicken livers  
1 medium onion  
1 clove crushed garlic  
2 oz. (4 Tbs.) butter  
Thyme, parsley, bay leaf, salt, pepper  
2 Tbs. chicken stock or brandy

Melt butter and gently fry the garlic, and onion, until translucent. Add chopped chicken liver (not green bits of gall bladder), and fry lightly until just cooked with herbs and seasoning. Take out bay leaf, and liquidize whilst hot (in a blender) adding 2 Tbs. chicken stock or brandy. Turn into buttered dish, and refrigerate. When set spread butter on top, and decorate with parsley. Serve with hot crusty roll and green salad.

*Tamsin Lucey (from her mother)*

## Artichoke Dip

1 can artichoke hearts  
1 cup grated Parmesan cheese  
1 cup mayonnaise  
2 cups shredded cheddar cheese  
1 clove garlic  
1 pkg. Wasa crackers

Finely chop artichoke hearts, put into a mixing bowl. Add grated Parmesan cheese, cheddar cheese, mayonnaise, garlic clove, mashed and mix well. Put into a baking dish (a quiche dish or 9x9 dish) level off, and bake for 30 minutes, at 350 degrees. Let cool slightly before serving and use crackers for dipping.

*Lisa Parkman*

## Party Rye Hors D'oeuvres

1 cup mayonnaise  
3 Tbs. Parmesan cheese  
1 small red onion, coarsely chopped  
Party rye bread (Pepperidge Farm)  
Additional parmesan cheese to sprinkle

Combine mayonnaise, grated cheese and chopped red onion. Spoon on Party Rye. Sprinkle with additional grated cheese and bake in preheated 400-degree oven, no more than 10 minutes *Recipe note: ask your guests to guess what the ingredients are.*

**Elizabeth Hammond**

### **Sweet and Sour Meatballs**

3/4 lbs. ground beef  
3/4 lbs. ground pork  
3/4 cup rolled oats  
1/2 cup milk  
Dash of pepper  
1/2 tsp. onion salt  
1/2 tsp. garlic salt  
1 Tbs. Worcestershire  
2 Tbs. butter  
3/4 cup vinegar  
3/4 cup water  
1 cup sugar  
1 tsp. Paprika  
Cornstarch for thickening

Combine first 8 ingredients. Shape into small balls, brown in butter. Combine vinegar, water, sugar and paprika in saucepan and bring to a boil. Add cornstarch paste to thicken (2tsp. Cornstarch, 1/2 tsp. salt and 1Tbs. water). Add meatballs to sweet and sour sauce and simmer 30 minutes.

**Nancy Waugh**

### **Shrimp Butter Dip**

4 Tbs. Mayonnaise  
1/4 lb. melted butter  
8 oz. Cream cheese  
1 1/2 Tbs. lemon juice  
1 small grated onion  
Dash of garlic powder  
1 – 4 1/2 oz cans shrimp

Blend all ingredients until thick like whip cream. Makes a good dip.

**Fran Whittlesey**

### **Crab Dip**

2- 8 oz. packages Philadelphia cream cheese  
1- 6 to 7 oz. can crab meat  
1 to 2 Tbs. lemon juice  
Dash of salt  
2 to 3 dashes Tabasco

Mix all together in a blender. Bake 20 minutes at 350 degrees in a small casserole and serve hot. Dip with triangular Triscuit crisps. (Nabisco Triscuit)

**Merlynn Hale Dixon**

### **Vermont Cheddar Trees**

1 cup flour  
1/3 cup unsalted butter (cut into pieces)  
1/4 cup shredded sharp cheddar cheese  
3 Tbs. grated Parmesan or Romano cheese  
1 tsp. Salt  
Pinch of pepper  
2-3 Tbs. ice water

Put the flour, butter, cheddar and Parmesan, salt, pepper in a bowl. Mix 'till mixture is the texture of coarse meal. Add 1 Tbs. ice water; mix to form loose clumps. (Use food processor if you have one). Empty into lightly floured counter; knead into rectangle. Wrap dough in plastic, refrigerator overnight. Butter about 4 cookie sheets. Dust dough lightly with flour. Roll dough out very thin. Cut into trees or other shapes using cookie cutters. Mix scraps back in. Place the dough shapes on the prepared cookie sheets. Bake at 375 degrees for 10 minutes or until golden and puffy.

**Bobbie Helbig**

### **Spiced Red Wine**

1/2 cup sugar  
1 1/2 cups water  
3 long strips lemon peel  
1 stick cinnamon  
12 whole cloves  
1 bottle dry red wine

bring sugar, water, lemon peel and spices to a boil, stirring until sugar dissolves. Boil gently 10 minutes; strain. Stir in wine and heat until boiling. Serve promptly. Makes about 5 cups.

*Ann Lincoln*

### **Cran-raspberry Punch**

½ gallon cran-raspberry juice, chilled  
1 2-liter lemon-lime type soda, chilled  
1 orange  
1 lime or lemon

Pour Cran-raspberry juice in a 6-quart punch bowl; add soda; add about 8 cups of ice cubes, or an ice ring. Slice the fruit thin and float on top. Makes 1+ gallon.

*Susan Howland*

### **White Wedding Punch**

1-48 oz. can pineapple juice, chilled  
1 cup white grape juice, chilled  
½ gallon vanilla ice cream  
3 quarts ginger ale, chilled

Mix juices together. When ready to serve put juice in a punch bowl. Add scoops of ice cream. Pour in ginger ale and stir lightly. Makes about 30 servings.

*Ann Lincoln*

### **Lime Punch**

2 trays ice cubes  
3 can frozen lemonade  
4 cans frozen limeade  
3 quarts 7-Up  
½ gallon lime sherbet, before serving  
1-5th Vodka (optional) before serving

Mix all ingredients; add sherbet and vodka just before serving.

*Nancy Normandin*

### **Russian Tea**

1 large can pineapple juice  
3 or so cups orange juice  
¾ to 1 cup lemon juice  
3 quarts boiling water  
1 heaping Tbs. bulk tea  
2 ¼ cup sugar  
1 cup hot water  
1 Tbs. stick cinnamon  
1 Tbs. whole cloves

Add tea to 3 quarters boiling water; let steep and strain. Make syrup of 1-cup sugar and 1 cup hot water. Add cinnamon and cloves; remove from heat and leave spices in until cool. Strain. To serve, mix juice, syrup and tea in a large pan and heat gently. Option: add a few thin slices of orange or lemon, Better if made a day ahead. Can ad lib on juice.

*Mary Hicks*

### **Hot Buttered Cranberry Cider**

1/3 cup butter  
1/3 cup mild honey  
½ tsp. ground ginger  
½ tsp. cinnamon  
1-48 bottle cranberry juice cocktail  
1 quart cider  
cinnamon sticks, optional

Blend softened butter, honey and spices. May make ahead and refrigerate. Combine cranberry juice and cider (optional: add fresh lemon or orange juice.) Bring just to boiling, or heat in a party percolator. To serve, put a small spoonful of honey-butter in each heatproof cup or mug, fill with hot cranberry-cider and stir with cinnamon sticks, if desired. Makes about 2 ½ quarts, 10 servings.

*Ann Lincoln*



## 2 Soups, Salads and Vegetables

### Tortellini Soup

1 pkg. cheese or chicken tortellini  
2 T. olive oil  
2 onions chopped  
1 c. sliced carrots  
4 tsp. minced garlic  
4 cans chicken broth  
2 c. chopped spinach  
1 c. frozen peas  
4 T. parmesan cheese  
4 T. pesto  
salt and pepper to taste  
In a large saucepan heat oil over medium heat. Add onion, carrots, and garlic; cook until onion is translucent. Add chicken broth, bring to a boil. Reduce heat, stir in tortellini and peas. Simmer until tortellini is cooked, 5-8 minutes. Stir in spinach, cheese, pesto, salt and peppers to taste.

*Lisa Parkman*

### Jersey City Tomato Soup

½ cup diced onion  
1-14 ½ oz. can chicken broth  
1 tsp. dried basil  
½ tsp. paprika  
¼ cup uncooked basmati rice  
16 oz. canned whole tomatoes, chopped  
1 ¼ cup tomato juice  
1 tsp. sugar  
salt to taste

Sauté onion for 1-min. Add chicken broth, basil and paprika. Simmer 2 minutes. Bring to a boil and add the rice. Cover. Reduce heat, simmer 20 minutes. Add tomatoes, tomato juice and sugar. Simmer 10 min. Taste and salt if desired.

*Ann King*

### Salmon Bisque

1- 15 oz. can pink salmon, drained, reserving the liquid  
½ cup butter  
½ cup chopped onion  
½ cup chopped celery  
1/3 cup flour  
2 tsp. salt  
2 cup milk  
Salt and pepper to taste  
2 cup half and half  
2 cup tomato juice  
¼ cup chopped fresh parsley  
1 cup liquid from salmon plus water

Flake salmon. Heat butter, add vegetables and cook gently. Add flour and salt and stir. Slowly add liquids, stirring constantly. Add flaked salmon. Add parsley and season to taste. Do not boil.. Serves 10-12

*Ann King*

### Fish Chowder

2 lg. cod fillets, poached with 1 onion sliced in rings and with enough liquid to nearly cover fish. Then add the following seasonings in modest amounts (pinches): onion powder, garlic powder, marjoram, thyme, Old Bay seasoning, ground pepper, dried chives sprinkled on fillets, dried celery leaves, dried parsley, In the chowder pan take one piece of fat back (1x1x3) with rind removed, finely diced, and rendered in chowder pan to desired color. Remove bits and reserve. Take 2 large onions diced medium small and 1 large stalk of celery dried complete with leaves. Sauté until transparent in the fat. Remove from pan and reserve. Place 6-7 medium sized potatoes, small diced in the chowder pan. Add liquid from the poached fish and water to cover. Bring to a boil and hold until potatoes have slightly softened. Now add 1 rounded cup of powdered milk and stir. Put sautéed onions and celery into the pan with potatoes. Take 1 pint of light cream and pour it in.

Add fat back and fish that has been poached. Bring up to temp. and simmer . Re-adjust with same seasonings to suit taste.

*Martha Lees*

### **Hearty Tortellini Soup**

10 cups chicken broth  
1 chicken breast, skinned and boned  
2 carrots  
½ medium onion  
1 stalk celery  
1 ½ dozen uncooked spinach tortellini  
¼ bunch fresh parsley, chopped

Combine broth, chicken breast, carrots, onion and celery. Simmer 25 minutes. Remove from heat, allow to cool. When cool, remove chicken and vegetables. Dice and return to broth. Bring to a boil and add tortellini. Cook until tortellini are tender. Ladle into bowls, sprinkle with parsley.

*Ann King*

### **Zesty Tomato Cabbage Soup**

1- 48oz. can V-8 juice  
2 beef bouillon cubes  
1 medium cabbage, coarsely shredded  
1 cup water  
1 medium onion, sliced  
1 clove garlic, minced  
1 Tbs. salt  
1 Tbs. sugar  
1 Tbs. lemon juice  
¼ tsp. hot pepper sauce

Combine all ingredients in 4-qt. saucepan. Heat until boiling. Reduce heat, cover and simmer until cabbage is tender.

*Ann King*

### **Bean and Rice Soup** (Vegetarian)

1 Tbs. Olive oil  
1 Small onion  
1 Celery stalk  
4 Cups water

1 can (16 ounces) small white beans, undrained  
1 can (16 ounces) pinto beans, undrained  
1 can (8 ounces) tomato sauce  
1 tsp. Garlic powder  
¼ tsp. Pepper  
1 cup MINUTE rice

Sauté the onion and celery in large saucepan on medium heat until tender. Add water, beans, tomato sauce, garlic powder, salt and pepper; cover. Bring to boil. Stir in rice; cover. Remove from heat. Let stand 5 minutes. Makes 8 cups or 8 servings.

*Joan Quevillon*

### **Jellied Spinach Mold**

1-10 oz. package frozen, chopped spinach  
1 package lime Jell-O  
1 Tbs. vinegar  
1 cup cottage cheese  
¾ cup boiling water  
1 cup mayonnaise  
1/3 cup chopped onion  
1/3 cup chopped celery

Dissolve Jell-O in the boiling water. Add vinegar and mayonnaise into the water mixture when partially set. Beat. Cook the spinach a few minutes, drain well. Add to the spinach the celery, onions, and cottage cheese. Stir into Jell-O mixture, Pour into mold and chill.

*Suzanne Sharp*

### **Allen's Pear Mold**

1 lb. can pear halves  
Water  
1 small pkg. lime Jell-O  
1- 8 oz. pkg. cream cheese  
½ pt. sour cream

Reserve juice from pear halves. Pour juice in a cup and fill cup up with water. Boil. Dissolve lime Jell-O in liquid. Soften cheese and with mixer beat with Jell-O.

Refrigerate ½ hour. Crush pears with fork and fold into Jell-O. Stir in sour cream and mold.

*Elizabeth Hammond*

### **Marinated Eggplant**

1 medium eggplant  
salt  
¾ cup olive oil  
¾ cup wine vinegar  
2 cloves garlic, peeled and crushed  
2 small dry red chilies or ½ tsp. crushed red pepper flakes  
1 Tbs. dried basil  
1 Tbs. oregano  
½ tsp. coarsely ground black pepper

Slice eggplant in 1/8 inch thin slices. Layer in colander; sprinkle with salt. Let rest 1 hour to release moisture. Press down occasionally. For marinade, combine remaining ingredients in a bowl and mix well. Drain and rinse eggplant. Pat dry with paper towels. Layer in a glass bowl, pouring marinade over each layer. Cover and refrigerate 3 or 4 days, turning eggplant once each day. Will keep refrigerated at least one week. When marinated, use in sandwiches; especially good with turkey or chicken. Perfect as part of an antipasto.

*Mary Hicks*

### **Quick and Easy Slaw**

Shredded cabbage  
Dried cranberries  
Walnuts  
Favorite salad dressing

This recipe does not have proportions. You gauge the quantity you might eat. Add dried cranberries and walnuts that have been toasted (a minute or so in the microwave or a few minutes in the toaster oven) and chopped. Dress with your favorite salad dressing. I use Ken's Italian or something

homemade. Try with chopped apples instead of cranberries.

*Mary Hicks*

### **Broccoli Salad 1**

Fresh broccoli-2 heads cut up  
1 medium onion  
1 lb. bacon  
2 cups grated cheddar cheese

#### **Dressing:**

1 cup mayonnaise  
1/3 cup sugar  
2 Tbs. vinegar  
Combine mayonnaise, sugar, and vinegar in a small bowl. Set aside. Mix broccoli, onion, crumbled bacon, and cheese. Pour dressing over vegetable mixture. Chill in refrigerator.

*Deb Campbell*

### **Broccoli Salad 2**

3 cups broccoli florets  
1 cups red seedless grapes  
4 green onions, chopped  
3 Tbs. chopped walnuts  
½ cup fat-free coleslaw dressing

Place all ingredients in a medium sized bowl. Toss gently until evenly tossed. Cover, refrigerate overnight.

*Ann King*

### **Broccoli Salad 3**

1 bunch broccoli, bite size pieces  
½ lb. bacon, cooked and crumbled  
2 cups shredded cheddar cheese  
1 small onion, minced

#### **Dressing:**

1 cup mayonnaise  
2 Tbs. vinegar  
½ cup sugar  
Toss broccoli, bacon, cheese, and onions, with dressing mixture. Best to make an hour or more ahead. Stir before serving.

*Bobbie Helbig*



### **Apple Salad**

1 cup apple, cubed  
½ cup red grapes, halved  
3 Tbs. chopped celery  
1/3 cup lemon yogurt  
2 Tbs. mayonnaise  
2 Tbs. chopped pecans

In medium bowl combine apples, grapes and celery. In small bowl combine yogurt and mayonnaise; blend well. Pour yogurt mixture over apple mixture; toss gently. Sprinkle with pecans. (3- 1/2 c. servings)

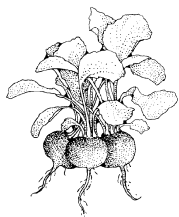
*Ann King*

### **Red Peppers (or Onions) Melted with Balsamic Vinegar**

4 peppers (red, yellow, green or any combination)  
Little olive oil  
¼ cup balsamic vinegar

Seed and slice peppers thinly. Cook slowly in a little olive oil and ¼ cup balsamic vinegar until very soft, about an hour. Stir occasionally. Add more oil and vinegar if it looks dry. Serve warm on top of garlic bread. Leftovers can be added to pasta or sandwiches. If you make this with slivered onions, add 1 tsp. brown sugar to balsamic vinegar and let onions caramelize. Good meat accompaniment

*Mary Hicks*



### **Orange Beets**

1 Tbs. butter, melted  
3 Tbs. sugar  
1 tsp. salt  
1 ½ tsp. corn starch  
½ cup orange juice

1 lb. beets, cooked and skinned and sliced  
Blend slowly, 1 Tbs. butter, 3 Tbs. sugar, 1 tsp. salt, 1 ½ tsp. corn starch, ½ cup orange juice. Heat until thickened. Add the sliced beets. Or, pour the sauce over the beets and place in the oven to heat. Serves 6.

*Tamsin Lucey*



### **Silly Carrots**

2 lbs. carrots, peeled and sliced  
1- 10 oz. can tomato soup  
¾ cup sugar  
¼ cup salad oil  
¾ cup wine vinegar  
1 tsp. prepared mustard  
1 large onion, diced  
1 medium green pepper, diced  
4 ribs celery, diced  
Salt-pepper

Cook carrots in boiling water just until tender. Drain and set aside. Combine soup, sugar, vinegar, oil, mustard, onion, green pepper and celery. Season to taste with salt and pepper. Heat, stirring, to boiling. Reduce heat and simmer 10 min. Pour over drained carrots. Serve hot or refrigerate for salad. Serves 6-8.

*Ann Lincoln*

### **Horseradish Carrots**

1 lb. carrots, sticks or slices  
1 cup mayonnaise  
3 Tbs. grated horseradish  
2 small onions, grated  
Salt and pepper to taste  
Fresh bread crumbs for topping

Cook the carrots until tender; drain. Place in a greased, ovenproof dish. Mix together 1-cup mayonnaise, 3 Tbs. grated horseradish,

2 small onions, grated, salt and pepper to taste. Pour over carrots; top with fresh breadcrumbs. Bake uncovered for 25 minutes at 375 degrees.

*Tamsin Lucey*

### **Spinach Casserole**

2 boxes frozen chopped spinach  
1 can cream of celery soup  
1 cup mayonnaise  
2 eggs  
1 large can mushrooms  
1 large onion, chopped  
1 cup grated cheese

Cook spinach and drain well. Mix with remaining ingredients. Put in buttered casserole. Sprinkle with small amounts of breadcrumbs. Dot with butter. Bake 45 min. at 350. Serves 6-8.

*Nancy Normandin*



### **Creamy Broccoli Casserole**

2 eggs  
1 can condensed cream of mushroom soup, undiluted  
1 cup mayonnaise  
1 medium onion, chopped  
2 packages (10 oz. each) frozen chopped broccoli  
1 cup (4 oz.) shredded cheddar cheese  
1 Tbs. melted margarine  
1-cup soft bread crumbs

In a bowl, beat eggs; add soup, mayonnaise and onion and stir. Stir in broccoli. Pour onto a greased 2-quart shallow baking dish. Sprinkle with cheese. Combine margarine, breadcrumbs, and sprinkle on top. Bake uncovered at 350 degrees for 30 minutes.

*Frances Thompson*

### **Broccoli Casserole**

2 packages chopped broccoli (1 ½ to 2 lb.)  
1 stick butter  
8 oz cheese, ½ American ½ cheddar  
1/3 package *Pepperidge Farm* stuffing mix

Cook broccoli according to directions; drain thoroughly. In casserole, dice all the cheese and ½ the butter; mix in broccoli. In a skillet, melt the rest of the butter and mix in stuffing; brown. Put over broccoli and heat for 20 minutes at 350 degrees, uncovered.

*Leanne Zukowsky*

### **Scalloped Corn**

1 can cream style corn  
1 can milk  
1 egg (beaten)  
2 slices bread, cut up  
½ cup cheese, cut up or grated

Stir together; put in bread pan or casserole. Bake at 425 degrees for 60 minutes.

*Norma Hancock*

### **Evie Cobden's Cauliflower Surprise**

1 medium fresh cauliflower  
1 thinly sliced small onion  
3 eggs, beaten  
8 oz. Sharp cheddar cheese  
1 pie crust  
Salt, pepper and paprika

Sauté onions in butter. Cook cauliflower until tender. Place in unbaked piecrust. Add beaten eggs; cover with cheese and sprinkle paprika on top. Cook on cookie sheet at 350 degrees for 30 minutes, or until set. (I brush the pie crust with an egg white beaten up a bit and bake it with weights on it for 10 to 15 minutes; then add the cauliflower mixture so the pie crust doesn't wind up soggy.)

*Bev Kollios*



## Curried Chicken Salad

### *A choir potluck favorite*

4 cups cooked chicken, cut in chunks  
 ½ cup chopped celery  
 ½ cup chopped red pepper  
 ½ cup chopped onion, preferably Vidalia  
 6 dates, chopped  
 1 cup grapes, sliced in ½  
 1 orange cut in small pieces

Mix together all the above ingredients in a bowl. Make dressing by mixing together all the following ingredients. Pour dressing over salad and mix to coat chicken. There may be more dressing than you need.

### **Dressing**

1-8 oz container peach yogurt  
 ¾ cup lite mayonnaise  
 2 Tbs. honey  
 3 Tbs. orange juice concentrate  
 1 tsp. curry powder, or to taste  
 1-Tbs. pickle juice, use to thin dressing  
*Suzanne Sharp (as told to Susan Howland)*



## Salad Nicoise

2/3 cup olive oil  
 1 Tbs. lemon juice  
 2 Tbs. vinegar  
 2 Tbs. Dijon mustard  
 1 clove garlic, finely minced  
 Salt and pepper to taste  
 1 Tbs. chopped fresh basil, parsley and/or dill.  
 Put the above in a screw top jar and shake well. Can be made ahead and stored in the refrigerator.

8 new potatoes cooked 'till tender  
 1- 2 oz. tin anchovies

3 Tbs. capers  
 4 ripe tomatoes, quartered  
 ½ lb. Green beans, cooked crisp tender  
 2- 7 oz. Cans Italian Tuna, drained and flaked

3 hard-boiled eggs, halved  
 1. Toss lettuce leaves with 2 Tbs. of dressing, arrange in deep platter or round dish.  
 2. Arrange potato slices in ring on lettuce.  
 3. Place tomatoes and string beans  
 4. Place tuna in center  
 5. Place eggs around tuna  
 6. Put anchovy fillets on top of eggs  
 7. Spoon dressing over whole salad  
 You may put the above in individual salad bowls.

*Norma Hancock*



## 3 Main Dishes and Casseroles

### Taco Chicken Rice

1 lb. Chicken cut into bite size pieces  
2 Tbs. oil  
1 can chicken broth  
8 oz tomato sauce  
1 package taco seasoning mix  
1 medium green or red pepper, cut in strips  
1 can corn, drained  
1 ½ cups instant rice  
Sour cream  
Shredded cheese  
Tortilla chips

Brown chicken in hot oil  
Add chicken broth, tomato sauce, taco seasoning, and red or green pepper. Bring to a boil, cover and simmer for 5 minutes. Add corn and bring to a full boil; add rice, remove from heat and let stand 5 minutes. Fluff with a fork. Serve with sour cream, shredded cheese and chips.

*Connie Liese*

### Carol's Easy Stew

2 lbs. Stewing beef  
Salt and pepper to taste  
1 quart canned tomatoes  
3 Tbs. instant tapioca  
3 Tbs. sugar  
Enough carrots, onions, potatoes  
Stalk of celery

Place seasoned raw meat in bottom of Dutch oven. Add vegetables cut into large pieces; sprinkle sugar and tapioca over them and add tomatoes. Cover and cook at 250 degrees for 4 to 5 hours or longer. The longer it cooks the thicker the gravy. Do not take cover off while cooking.

*Bev Kollios*

### Southwest White Chili

1 Tbs. Olive oil  
1½ lb. boneless chicken breast  
¼ cup chopped onion  
1 cup chicken broth  
1 can green chilies (4 oz.)  
1 can white kidney beans (cannelloni)  
3 scallions

#### Southwest spice blend:

1 tsp. garlic powder  
1 tsp. ground cumin  
½ tsp. oregano leaves  
½ tsp. cilantro leaves  
1/8 tsp. red pepper

Heat oil in a large skillet. Cut chicken into small cubes. Add chicken to skillet along with onion. Cook chicken until done. Stir in broth, chilies and spice blend; simmer for 15 minutes. Stir in beans and scallions. Simmer 5 minutes. Serve with Monterey Jack cheese and tortilla chips.

*Lisa Parkman*

### Lone Star Chili

2 cloves garlic, minced  
½ cup chopped onion  
½ cup chopped green bell pepper  
½ cup chopped red bell pepper  
1 cup vegetable broth  
1 cup sliced zucchini  
1 cup sliced yellow squash  
1 can (15 oz.) stewed tomatoes  
1 can (8-oz) tomato sauce  
1 can (12 oz.) dark beer  
1 tsp. cumin  
½ tsp. chili powder  
½ tsp. paprika  
½ tsp. oregano  
¼ tsp. cayenne pepper  
¼ tsp. black pepper  
2 Tbs. balsamic vinegar  
½ tsp. salt  
¼ cup chopped fresh cilantro  
1 can (15 oz.) pinto beans, drained and rinsed

1 can (15 oz.) kidney beans

Sauté onion and garlic until softened. Add green and red bell peppers. Cook 2 minutes, adding splashes of vegetable broth to prevent sticking. Add zucchini, yellow squash, and remaining broth. Cook 2 minutes. Add tomatoes, tomato sauce, beans and beer. Add cumin, chili powder, paprika, oregano, cayenne pepper, and black pepper. Simmer, uncovered, 30 minutes. Stir in vinegar, salt and cilantro. Remove from heat. Yield 6 servings.

**Ann King**

### **The Vanilla Bean Café Vegetarian Chili**

¼ cup olive oil  
3 Tbs. garlic  
3 onions (we use large Spanish onions)  
1 bunch celery  
2 each red and green peppers  
4 large carrots

(If you like it hotter – add a Tbs. Or 2 diced jalapeno peppers)

6 Tbs. chili powder  
4 Tbs. cumin  
8 dashes of Tabasco  
1 Tbs. black pepper

1- #10 can diced tomatoes  
1- #10 can black beans  
1- #10 can kidney beans  
1- #10 can tomato puree

4 cups frozen corn

2 bottles of V8 (10 oz. bottles)

Sauté vegetables in oil with garlic until tender. Add seasonings. Add diced tomatoes. Add remaining ingredients and simmer for 1 hour. This recipe makes about 3-4 gallons of chili- reduce as necessary.

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### **Mexican Vegetarian Casserole**

1-15 ¼ oz. can whole kernel corn, drained  
1-15 oz. can black or red kidney beans, rinsed and drained

1-10 oz. can whole tomatoes and green chills

1- 8 ounce jar picante sauce

2 cups shredded Cheddar cheese

2 cups cooked rice

¼ tsp. Pepper

1 bunch green onions, chopped

1- 2-¼ ounce can sliced ripe olives

1- 8 ounce package Monterey Jack cheese, shredded

Combine first 8 ingredients. Spoon into a lightly greased 13-by-9 inch baking dish. Sprinkle with remaining ingredients. Bake at 350°degrees for 50 minutes. Makes 6 servings.

This casserole can be assembled two days ahead. Cover with plastic wrap and refrigerate. Bake 10 minutes longer if chilled.

**Joan Quevillon**

### **Sarah's Dance Recital Casserole**

*Recipe note: impossible to cause this to fail*

4 boneless chicken breast halves

8 oz package *Peppridge Farm* herbed stuffing mix

2 sticks butter, of margarine

1 can cream of chicken soup

8 oz. sour cream

Boil chicken breasts 20 minutes; reserve 1-cup broth. Melt butter and mix with stuffing. Mix reserved broth, soup and sour cream. In 9x13 Pyrex pan layer stuffing mix to cover bottom. Break up chicken into pieces and put on top of stuffing. Pour broth mixture over chicken. Put rest of stuffing mix on top. Bake ½ hour at 350 degrees, uncovered.

**Elizabeth Hammond**

## **Cabbage Lasagna**

2 lbs. Lean ground beef  
1 medium onion  
1 green bell pepper, chopped  
1 tsp. oregano  
1 tsp. salt  
1/8 tsp. pepper  
18 oz. tomato paste (1-lg or several small)  
8 oz. Mozzarella cheese  
1 medium cabbage, coarsely chopped

Sauté onion, beef and green pepper until meat is lightly brown. Boil cabbage until tender. Save 2 cups of the liquid, draining off whatever remains of the liquid. Combine the 2 cups reserved cabbage liquid, oregano, salt, pepper, and tomato paste. Simmer for 5 minutes. Add meat and simmer another 5 minutes. Spoon 1/2 of the meat/tomato mixture into a 9x13 pan. Layer cooked cabbage on top and cover with remaining 1/2 of the meat mixture. Top with mozzarella cheese. Bake at 400 degrees, until cheese is browned, about 35 to 45 minutes.

*Ann King*

## **Beef and Eggplant Casserole**

1 large, unpeeled eggplant, cut in 1/2" slices  
4 slices bacon  
1 large green pepper, chopped  
1 large onion, chopped  
1 clove garlic, chopped  
2 lbs. Ground beef  
2 cups stewed tomatoes  
3 Tbs. tomato paste  
2 tsp. salt  
1 tsp. oregano  
1/2 tsp. thyme  
1/2 tsp. pepper  
Grated Parmesan cheese  
Cook eggplant slices in boiling water for 5 minutes. Drain. In a large skillet cook bacon slices 'til crisp. Set aside. In bacon fat sauté chopped green pepper, onion, and garlic 'til onion is transparent. Add ground beef and brown lightly. Pour off fat. Add stewed

tomatoes, tomato paste, salt, oregano, thyme and pepper. Arrange meat mixture and eggplant slices in layers ending with meat. Crumble bacon on top. Sprinkle lightly with Parmesan cheese. Can be frozen. Serves 8 or more.

*Ann Lincoln*

## **Barbecue Baked Beans**

2 medium onions, chopped  
1 clove garlic, chopped  
2 Tbs. oil  
4-11b. Cans baked beans, undrained  
1/2 cup catsup  
1 cup grated sharp cheddar cheese  
1/2 cup dry breadcrumbs  
2 Tbs. margarine, melted

In a 2 quart saucepan sauté onion and garlic in oil until tender. Remove from heat. Stir in beans, catsup, and molasses. Place in a 9"x13" pan. In a small bowl toss together cheese, breadcrumbs and melted margarine. Spoon over bean mixture. Bake uncovered at 325 degrees for 45 to 60 minutes, or until mixture is bubbly and top is browned. 8-10 servings.

*Ann King*

## **French Toast Casserole**

1 loaf French bread, cut into thick slices  
5 eggs  
3/4 cup milk  
1/4 tsp. baking powder  
1 tsp. vanilla  
1 12 oz. package frozen strawberries  
4 bananas, sliced  
1 cup sugar  
1-Tbs. apple pie spice.

Part 1: In a large mixing bowl add eggs, milk, baking powder, and vanilla.

Pour over bread slices in a large plastic container. Cover and refrigerate overnight.

Part 2: Place frozen strawberries, bananas, sugar and apple-pie spice into the bottom of a greased 9x13 inch baking dish. Top with

soaked bread; sprinkle top with cinnamon and sugar. Bake 25 minutes at 450 degrees, covered lightly with foil. Uncover and bake 5 minutes longer until lightly brown.

*Lisa Parkman*

### **Noodles Antin**

8 oz. pkg. thin noodles  
1 ½ cup sour cream  
1 cup cottage cheese  
¾ cup finely chopped onions  
Dash Tabasco

1 tsp. salt, pepper  
1 tsp. Worcestershire sauce  
1 clove garlic, minced  
½ cup Parmesan cheese  
Cook and drain noodles. Combine all but Parmesan cheese. Mix noodles and sauce. Put in greased casserole. Bake for 30 min at 350- 10 min before serving sprinkle with cheese. Serves 6-8

*MK Hicks*

### **Lasagna**

1 lb. lasagna  
1 lb. ricotta, or cottage cheese  
8-oz. grated mozzarella cheese  
1 cup grated Parmesan cheese

#### **Sauce:**

¼ cup olive oil  
1 clove garlic  
¼ cup diced onion  
1 tsp. Salt  
1 large can tomato puree  
1/8 tsp. pepper  
1 Tbs. chopped parsley  
1 4-oz. can tomato paste  
½ tsp. basil

A grated carrot will sweeten sauce  
Brown onion, garlic in a saucepan. Add other ingredients and simmer 15 minutes.

#### **Meatballs:**

½ lb. hamburger  
3 Tbs. Parmesan cheese  
¼ cup breadcrumbs  
½ tsp. salt

2 Tbs. milk  
1/8 tsp. pepper  
1 egg

Shape into tiny meatballs. Brown in frying pan in 1-Tbs. oil. Add to sauce and simmer 30 minutes. Cook lasagna 12 minutes.

Layer with sauce, 1 lb. ricotta or cottage cheese, 8-oz. mozzarella cheese-grated, 1 cup grated Parmesan. Bake 25-30 min. in 350-degree oven.

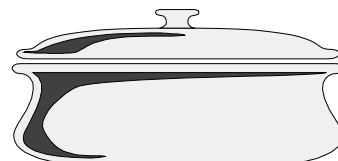
*Joan Quevillon*

### **Garden Pasta Sauce**

¼ cup butter  
1 cup chopped onion  
½ cup fresh parsley, chopped  
½ cup fresh basil, chopped  
2 cloves garlic, crushed  
2 cups shredded green cabbage  
2 cups chopped tomatoes  
1-cup tomato wedges  
½ cup thinly sliced radishes  
½ cup chopped carrots  
½ cup chicken broth  
¼ cup tomato paste  
1 tsp. EACH: sugar, salt  
Dash pepper

Sauté onions, parsley, and garlic in butter in large skillet. Add cabbage, chopped tomatoes, radishes, carrots, basil, broth, tomato paste, sugar, salt, and pepper. Cover; simmer 10 minutes; stir occasionally. Add 1 cup Tomato wedges; cook additional 5 minutes. Add seasonings if necessary. Serves 4-5 with 8 ounces of pasta.

*Ada Mae Crosbie*



## 4 Meat, Poultry, and Seafood

### Scallops Casserole

1-lb. bay scallops  
¼ cup dry white wine  
4 Tbs. Butter, or margarine  
½ lb. Small whole mushrooms  
½ cup sliced onions  
2 tsp. chopped pimento (optional)  
1 Tbs. chopped parsley  
1/8 tsp. pepper  
2 Tbs. all-purpose flour  
¼ cup grated Parmesan cheese  
¼ cup half-and-half  
2 cups breadcrumbs

In a 10" skillet over high heat, heat scallops and wine to boiling. Drain scallops, reserving liquid; set aside. In same skillet over medium high heat, in 2-Tbs hot butter, cook mushrooms and onion until tender. Stir in pimento, parsley, pepper, and flour. Gradually stir in reserved liquid and cook until mixture boils, stirring constantly. Add reserved scallops, Parmesan cheese and half-and-half. Heat through. Divide mixture into 4-8 oz. casserole dishes. In a saucepan over medium heat, melt remaining 2-Tbs. butter. Add breadcrumbs. Coat well over scallops; Broil 4 inches from heat about 5 minutes.

*Debbie Baker*



### Heart Smart Scallops

¼ cup honey  
¼ cup mustard  
1 tsp. Curry powder  
1 tsp. Lemon juice  
2 lb. Scallops

Rinse scallops. Mix all ingredients together, adding scallops last. Broil or bake at 425 degrees for 10 to 15 minutes. (Also good for chicken breasts.)

*Ann Lincoln*

### Swedish Meatballs

1 can cream of mushroom soup  
1 cup brown gravy  
1 to 2 pounds hamburger  
1 egg, slightly beaten  
1/3-cup bread crumbs  
¼ cup minced onion  
½ tsp. salt  
¼ tsp. pepper  
1 Tbs. parsley  
1 to 2-Tbs. dill pickle, cut into small pieces

Combine soup with 1 can of water. Remove ¼ cup of soup mixture and set aside.

Combine remaining soup with 1 cup of brown gravy. Set aside. Add ¼ cup soup mixture with hamburger, egg, breadcrumbs, minced onion, salt and pepper, and parsley. Mix well and shape into meatballs. Brown meatball in a small amount of oil. Drain. Add soup gravy mix to meatballs as well as pickles. Cover and cook on low heat 20 minutes. Serve over rice or egg noodles. Enjoy.

*Jill Watson*

### Easy Salmon

Salmon filet  
Soy sauce  
Honey  
Garlic  
Ginger, fresh  
Mix soy sauce, honey, minced garlic and minced ginger. Pour over salmon and marinate for several hours. In hot oiled skillet sear salmon on both sides, skin side last. Place in a 300-degree oven to finish cooking, 5 to 10 minutes

*Mary Hicks*



### **Mexican Salsa Chicken**

2 whole, boneless chicken breasts, halved  
1/3 cup flour  
1/8 tsp. garlic powder  
1/8 tsp. paprika  
1/8 tsp. chili powder  
3 Tbs. oil  
1/2 cup prepared salsa sauce  
4 oz. Monterey Jack cheese, shredded

Gently pound each chicken piece between 2 pieces of waxed paper until about 1/4 inch thick. In a shallow dish combine flour, garlic powder, paprika, chili powder, and coat the chicken. Cook chicken in the oil 3-4 minutes on each side. Reduce heat. Spoon 2-3 Tbs. salsa on top of each piece of chicken. Sprinkle evenly with cheese. Cover; cook until cheese melts. Serve with additional salsa if desired.

**Ann King**



### **Sweet and Sour Pork**

2 Tbs. oil  
1 lb. boneless pork, cubed  
1 can (15oz.) pineapple chunks  
1/2 cup dark corn syrup  
1/4 cup vinegar  
2 Tbs. catsup  
2 Tbs. soy sauce  
1 clove garlic, minced  
2 Tbs. cornstarch  
1-cup green pepper pieces  
1 cup sliced carrots

In oil, sauté pork and carrot slices. Add pineapple. Corn syrup, vinegar, catsup, soy sauce, and garlic. Simmer 10 minutes. Mix cornstarch with 2 Tbs. water; add to pork mixture with the green pepper. Simmer 2 minutes, stirring constantly. Serve over rice. Serves 4-5.

**Ann King**

### **Chicken Bake**

1 lb. boneless chicken, raw  
1 pkg. Pepperidge Farm herb stuffing  
1 can cream of mushroom soup  
3/4 cup milk  
1 chopped onion  
American cheese slices

Place chicken in bottom of a 9" X 13" baking dish. Add stuffing, soup, milk, and onion on top of chicken. Cover with American cheese slices. Cover with aluminum foil and seal tightly. Bake at 350 degrees for about 1 hour.

Variations: use cream of broccoli soup in place of mushroom soup; mix in 1 pkg. Broccoli.

**Deb Campbell**

**Robin Yates**

### **Chicken Breasts Diane**

4 boneless chicken breast halves  
1/2 tsp. salt  
1/2 tsp. pepper  
2 Tbs. olive oil  
2 Tbs. butter  
3 Tbs. scallions  
3 Tbs. chopped parsley  
Juice of 1 lime (2 tsp.)  
3/4 cup chicken broth

Pound chicken breasts flat in a food storage bag; salt and pepper both sides. Melt 1Tbs. butter and 1 Tbs. oil in a large skillet. Add chicken breasts; cook till browned on both sides. Transfer to a platter. Add remaining butter, oil, scallions, parsley, lime juice and chicken broth. Whisk together on medium heat for 2-3 minutes, until scallions are wilted. Pour over chicken breasts and serve.

**Lisa Parkman**



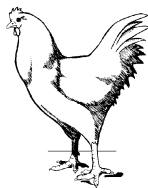
## **Rylen Gage's Meat Loaf**

*Mayme Hersey's brother; very proud of his meatloaf. Wording is his, exactly*

2 lbs. Lean ground beef  
1 small can Del Monte stewed tomatoes  
2 fresh, raw eggs  
½ medium bell pepper, finely chopped  
1 medium onion, finely chopped  
3 strips of bacon  
1 can seasoned breadcrumbs  
1 clove crushed garlic, optional

Now take off your rings if possible, because all the mixing is to be done with your hands. Put all the above ingredients into a mixing bowl adding ½ cup of the crumbs and begin mixing with both hands by squeezing mixture through your fingers, adding crumbs as needed until it is stiff enough to pack tightly into a loaf container. Place 3 strips of bacon lengthwise across top of loaf and bake in a 350-degree oven one-hour. After removing from oven the loaf must stand at least 10 minutes or it will crumble with your attempt to slice it. This resting is imperative. *Rylen was Mayme's younger brother. He learned to cook in the Marines during the First World War. (The meatloaf came later!)*

*Ann Lincoln*



## **Cranberry Topped Ham Slice**

1 smoked ham slice, 1" thick  
1 cup whole cranberry sauce  
1 Tbs. grated orange peel  
1 Tbs. prepared horseradish  
¼ cup coarsely chopped nuts

Combine cranberry sauce, orange peel, horseradish and nuts, mixing well. Place ham slice on a rack in roasting pan. Spread

cranberry mixture on top. Bake uncovered in a slow oven (300 degrees) for 45 minutes to 1 hour. Serves 4 to 5 depending on size of ham slice.

*Ann Lincoln*

## **Orange Chicken**

Chicken breast halves with skin  
Frozen orange juice  
Bake chicken in oven as usual. Halfway through, pour off about 1/2 of the juices. Then pour thawed frozen orange juice concentrate over chicken. Continue baking. Baste several times until done. So simple and so good.

*Suzanne Sharp (a la Winston Sharp)*

## **Chicken Breasts Alfredo**

1 jar Alfredo sauce  
6 boneless chicken breasts  
6 thin slices prociutto  
3 Tbs. fresh parsley, minced  
1 Tbs. grated Parmesan cheese  
6 slices provolone cheese  
1 Tbs. olive oil  
¼ cup bread crumbs  
Salt and pepper to taste

Pound chicken breasts in a food storage bag and sprinkle with salt and pepper. Layer on each piece of chicken one slice of prociutto, sprinkle parsley and Parmesan cheese, ending with a piece of provolone cheese. Roll each breast and place seam side down in a lightly oiled baking dish. Lightly brush each chicken bundle with olive oil and sprinkle with breadcrumbs. Bake at 400 degrees, 25 to 30 minutes. Serve with warm Alfredo sauce over the top

*Lisa Parkman*



### **Chicken with Lemon and Garlic**

8 ounces skinless breast fillets (or 1 pkg. chicken strips)  
2 Tbs. olive oil  
1 shallot, finely chopped  
4 garlic cloves, finely chopped  
1 tsp. paprika  
Juice of 1 lemon  
2 Tbs. chopped fresh parsley  
Salt and freshly ground pepper  
Italian parsley, to garnish  
lemon wedges, to serve

Cut chicken into strips about 1/2 inch wide. Heat the oil in a large frying pan. Stir-fry the chicken strips with the shallot, garlic, and paprika over high heat for about 3 minutes until lightly browned and cooked though. Add the lemon juice and parsley with salt and pepper to taste. Serve hot with lemon wedges, garnished with parsley

### **Cranberry Chicken**

4 boneless chicken breasts  
1 can whole berry cranberry sauce  
1 8 oz bottle French dressing  
1 pkg. dried onion soup mix

Wash chicken and arrange in baking pan. Mix the rest of the ingredients and pour over chicken. Bake 45 minutes at 350 degrees. Serves 4

*Nancy Normandin*

### **Never-Fail Meat Loaf**

1 cup milk  
1 1/2 lbs. Ground beef  
2/3-cup bread crumbs  
2 eggs  
1/3 cup diced onions  
1/4 cup ketchup  
1 tsp. salt  
1/8 tsp. pepper

Soak breadcrumbs in milk. Add meat, eggs (slightly beaten), diced onion, ketchup, salt and pepper. Put in loaf pan, but do not pack mixture down. Bake in pre-heated 350-degree oven for one hour.

*Elizabeth Hammond*

### **Pepper Steak**

1 lb. beef chuck, cut in very thin strips  
1/4 cup salad oil  
1 clove minced garlic  
1 Tbs. soy sauce 1 tsp. salt  
1/4 cup water  
1 cup green pepper, cut in 1" pieces  
1 cup chopped onion  
1/2 cup chopped celery  
1 Tbs. cornstarch  
1 cup water  
2 tomatoes, cut in eight's

Brown beef in hot oil, add garlic and cook until yellow. Add soy sauce, salt and 1/4-cup water; cook 45 minutes. Add vegetables; cook 10 minutes. Stir in cornstarch blended with 1 cup water; add tomatoes and cook 5 min. Serve over rice.

*Jill Watson*



### **Ruth's Chicken Bake**

4-6 boneless chicken  
1 egg, or egg substitute  
1/2 cup breadcrumbs, approx.  
1/4 cup Kraft Parmesan cheese  
Birds Eye Bavarian style green beans with Spatzel  
1 chicken bouillon cube  
1/4 - 1/2 cup oil of choice

Cut chicken into bite size pieces. Dip pieces into egg. Mix breadcrumb and Parmesan

cheese. Dip egg covered pieces in breadcrumb mixture. Brown in hot oil. Remove and drain on paper towel Remove oil from pan. Empty Spatzel mixture into pan with ¼ cup of water and bullion cube; add meat. Simmer and stir 'till meat is done and Spatzel mixture dissolved; approx. 20 minutes. Serves 4-6.

***Bobbie Helbig***

### **Creamed Chicken Breasts**

6 whole chicken breasts  
1 cup mushroom soup  
1 cup sour cream  
½ cup mushrooms  
¼ cup chopped parsley

Put chicken breasts in a baking pan. Mix remaining ingredients and pour over chicken. Sprinkle with paprika. Bake at 350 degrees for 1 hour.

***Norma Hancock***

### **Chicken Marsala with Mushrooms**

2 lbs. chicken breast, cut into 2' pieces  
¼ cup flour  
½ tsp. garlic powder  
½ tsp. salt  
¼ tsp. pepper  
1 lb. assorted fresh, sliced mushrooms  
¼ cup chopped fresh parsley  
¼ cup butter, margarine, or olive oil  
1 lemon, sliced thin  
½ cup Marsala wine  
½ cup chicken broth

Shake chicken pieces in a bag with flour, garlic powder, salt and pepper. Melt butter, margarine, or heat olive oil in a skillet. Brown chicken pieces. Add mushrooms, parsley, lemon slices, and Marsala wine and chicken broth. Simmer 10 minutes. If more juice is desired, add additional ½ cup of chicken broth. Arrange on platter and garnish with fresh parsley.

***Barbara Kalber***

### **Seafood Newburg**

Make a white sauce:

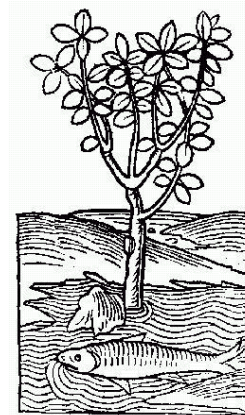
4 Tbs. butter  
4 Tbs. flour  
2 cups milk

Add:

2 cups of lobster, or other seafood  
1 can cream of mushroom soup  
1-cup bread cubes (crusts removed)  
1 Tbs. sherry  
Ritz crackers for topping

Place in casserole. Top with Ritz cracker crumbs (buttered.) Cook at 350 degrees about 45 minutes until bubbly You can use any combination of seafood. I often use scallops and shrimp and cod or haddock.

***Norma Hancock***



## 5 Bread and Rolls

### Pirates' House Cornbread

1 ½ cups flour  
1 ½ cups cornmeal  
3 tsp. baking powder  
1 tsp. baking soda  
1 tsp. salt  
1/3 cup sugar  
1 cup buttermilk  
1 cup milk  
2 eggs  
½ cup butter or margarine, melted

Preheat oven to 425 degrees. Grease an 8x8-inch pan and place in the oven. Combine dry ingredients in mixing bowl. Whisk in milk, buttermilk, eggs and melted butter. Batter should be a little thicker than heavy cream. If too thick add more milk. Remove hot pan from oven, pour in batter and return to oven. Bake at 425 degrees for 20 minutes, then lower heat to 350 degrees and bake until a knife inserted in center comes out clean, about 15 to 20 minutes. Cut in squares and serve hot.

*Susan Howland*

### Norwegian Christmas Bread

*A Sugar Plum Fair favorite*

1 package dry yeast  
¼ cup warm water  
1 cup milk, scalded  
½ cup sugar  
½ cup butter  
1 tsp. salt  
1 tsp. cardamom  
2 eggs  
1 cup currants, or raisins  
½ cup chopped mixed candied fruits  
½ cup chopped blanched almonds  
¼ cup chopped candied orange peel  
5 to 5 ½ cups sifted flour  
Confectioners' sugar icing (recipe follows) Soften yeast in warm water.

Combine milk, sugar, butter, salt and cardamom and cool to lukewarm. Add egg and softened yeast, beating until smooth. Add currants or raisins, candied fruit, almonds and orange peel. Add enough flour to make moderately stiff dough. Turn onto a lightly floured board and knead until smooth and elastic. Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place (80 degrees) until double in bulk, 1 to 1 ½ hours. Punch down, turn onto a lightly floured board. And divide in half. Shape into 2 loaves and place in greased 9X5X3 inch loaf pans or shape into 2 rounds and place in greased 9-inch layer pans. Cover and let rise again until doubled in bulk, about 1 hour. Bake loaves at 350 degrees for 45 minutes, or until done. Bake round cakes at 375 degrees for 30 minutes, or until done. Let cool in pans for 10 minutes, then turn onto a wire rack. Brush with melted butter. Cool slightly and frost with Confectioners' Sugar Icing.

Confectioners' Sugar Icing.

1 ¼ cup sifted confectioners' sugar

1 Tbs. softened butter

1 ½ Tbs. hot milk

Blend butter and sugar together with enough milk to make a smooth icing.

*Susan Howland*

### Cheese Puffs

Tube of dinner biscuits

5 Tbs. butter

¼ cup cheddar cheese

¼ cup Parmesan cheese

Cut biscuits in quarters- roll in melted butter, then in mixture of shredded cheeses, then place on cookie sheet. Bake 450 10 min. or until golden.

*Martha Lees*

## Cuban Bread

*A quickly made yeast bread*

6 cups white bread flour  
2 cups warm water  
2 packages yeast (or 2 Tbs.)  
1 Tbs. sugar  
1 Tbs. salt

Mix the yeast, sugar and salt into the warm water. Let sit 5 minutes until the yeast is foamy.

**Traditional method:** Measure the flour into a large bowl. Add water and stir until the dough comes together in the bowl. Gather dough into a ball and knead on a floured surface for about 5 minutes until smooth and elastic. Form into a smooth ball.

**Food processor method:** Measure the flour into the bowl of a food processor (heavy duty enough to knead dough.) Turn on processor and pour water through feed tube. Knead dough about 1 minute; dough should gather into a ball; if it doesn't, slowly add a little more flour until it does. Remove from processor, and knead a few times into a ball. Place dough in an oiled bowl, cover with plastic wrap and a towel. Let rise about 1 hour, or until double in bulk. Punch dough down. Divide in half and form into 2 round, or oval loaves. Place on a cookie sheet dusted with cornmeal. Put in a **cold** oven for 5 minutes.

In the mean time boil about 2 cups of water. When the 5 minutes is up slash the top of the bread in 3 places, place the boiling water in a baking pan and put it at the bottom of the oven, and turn the heat to 425 degrees. The bread will be done in 45 minutes.

*Susan Howland*

## Sausage Bread

1 frozen bread dough  
1 jar Progresso peppers  
4 sweet onions  
1 lb. sausage  
Parmesan cheese

1 egg

Grease a pan. Spread thawed dough like a pie. Beat egg. Spread half of egg on dough; sprinkle with cheese. Fry sausage, onions and peppers; drain. Spread cooked ingredients on dough. Roll like jellyroll. Spread the rest of the egg on dough top. Bake at 350 degrees for 30 minutes.

*Jacqueline Hancock*

## Swedish Limpe (Limpa) Bread

1 cup water  
2/3 cup brown sugar  
2 Tbs. Shortening  
1 tsp. anise seed ¼ cup molasses  
¾ cup warm (not hot) water  
1 pkg. dry or 1 cake, compressed yeast  
3 ½ cups flour  
1 Tbs. Salt  
2 ¼ cup rye flour

Combine 1-cup water, brown sugar, shortening, anise seed, and molasses; bring to boil and boil 3 minutes. Remove from heat; cool to lukewarm (optional: strain out anise seed.) Measure ¾ cup warm water into 3 qt. Bowl; sprinkle, or crumble in yeast; stir until dissolved. Add lukewarm sugar molasses mixture. Stir in white flour; beat until smooth. Cover and let rise until double in bulk. Stir in salt and rye flour, brush with melted shortening. Cover and let rise again until doubled. Knead on a lightly floured board until smooth and elastic. Divide dough and form two smooth balls. Place on a greased cooking sheet. Cover and let rise until doubled. Bake in a 350-degree oven about 50 minutes.

*Fran Whittlesey*



Sieving flour and making wafers



## 6 Pies, Pastry, and Dessert

### Cranberry Orange Trifle

1 pkg. cream cheese, softened (regular or light)  
½ cup sugar  
1 tsp. pure orange extract, divided  
2 cups Cool Whip, thawed (regular or light)  
1 cup whole cranberry sauce  
1 small pound cake (10 to 12 oz.), thinly sliced  
½ cup milk  
1 tsp. vanilla

Mix cream cheese, sugar and ½ tsp. orange extract; gently stir in cool whip; set aside. Arrange 1/3 of the pound cake slices in the bottom of an 8-inch square dish. Mix milk with vanilla and ½ tsp. orange extract. Drizzle about 2 Tbs. of the milk mixture over cake. Spread with 1/3 of the cream cheese mixture. Repeat the above for second and third layers, ending with cream cheese mix. Optional: sprinkle with sliced almonds. Cover and refrigerate for at least 2 hours, or up to 24 hours.

*Marilyn Theodoss*

### Mocha Pie

1 cup sugar  
1 cup flour  
2 eggs  
1 tsp. baking powder  
½ cup milk  
1 tsp. vanilla  
**Frosting:**  
½ cup butter  
1 cup confection sugar  
2 Tbs. cocoa  
1 Tbs. vanilla  
2 Tbs. cold coffee

Warm milk and butter. Beat eggs and add sugar gradually. Add flour and baking alternately with milk mixture, add vanilla.

Bake in 2 8" round cake pans at 350 for 20 min. Cool; frost with mocha frosting between layers and top.

*Nancy Waugh*

### Rhubarb Custard Pie

Pastry for a double 9" crust pie  
4 cups rhubarb, cut into ½" pieces  
1/3 cup flour  
1 ½ cups sugar  
¼ tsp. nutmeg  
2 eggs  
1 Tbs. milk  
1 Tbs. butter

Prepare pastry. Fill unbaked pie shell with rhubarb. Add flour, sugar and nutmeg together; mix well. Add beaten eggs and milk. Mix well. Pour over rhubarb. Dot with butter. Place pastry top over filling. Bake at 400 degrees for 50 –60 minutes.

*Suzanne Sharp*

### Pistachio Squares

#### Step 1:

1 stick of butter or margarine  
1 ¼ cups flour  
½ cup chopped walnuts  
Blend together until crumbly. Pat into a 13 x 9-inch pan (bottom only). Bake 15 minutes at 350 until golden.

#### Step 2:

1- 8 oz. package of cream cheese  
1 cup confectioners sugar  
½ container of an 8 oz. cool whip  
Blend together. Spread over crust and chill for 15 minutes.

#### Step 3:

2 packages of pistachio pudding.  
3 cups milk  
Blend together and spread over cheese. Cool 20 minutes. Spread remainder of cool whip over top and sprinkle with chopped walnuts or pecans.

*Joan Quevillon*

### **Chocolate Crowd Pleaser:**

2 pkgs. chocolate cake mix or brownie mix  
3 pkgs. instant chocolate pudding  
2 large containers of cool whip  
Shaved chocolate bar or chocolate chips to garnish

Bake chocolate cake or brownies as directed on package. Prepare instant chocolate pudding as directed on package, and refrigerate. Let cake/brownies cool.

In a large punch bowl, alternate layers as follows:

Crumble up 1/3 of cake/brownies into bowl. Add 1/3 of pudding. Add 1/3 of whipped cream. Continue layering, adding any extra whipped cream as last layer. Garnish with shaved chocolate bars or chocolate chips. Refrigerate until time to serve.

*Pat Bair*

### **Wine Jelly**

2 envelopes unflavored gelatin  
1 cup cold water  
1 cup sugar  
1/3 cup lemon juice  
2 cup Madeira wine or dry red wine  
Sprinkle gelatin over water in medium saucepan. Place over low heat and stir until gelatin dissolves. Remove from heat, add sugar and stir until dissolved. Add lemon juice and wine. Pour into mold. Chill until firm. Serve with whipped cream.

*Suzanne Sharp from Margaret Sharp*

### **Creampuffs**

Easy Stella Doro Anginetti  
These go over big and there is no baking

1 pkg. Stella Doro Anginetti Cookies  
1 C (8 oz.) prepared whipped topping (not aerated can)  
8 oz. can crushed pineapple  
3 oz. pkg. cream cheese

Prepare Anginetti by slicing off tops. Hold aside

Drain crushed pineapple leaving a little juice  
Mix whipped topping and cream cheese together in a bowl about 1 minute at medium speed

Add crushed pineapple and blend all three ingredients for about 1 minute

Drop filling from tablespoon onto bottom layers of cookies

Replace tops

Refrigerate puffs until ready to serve

Filling should be enough to fill all of the cookies in the package

*Joan Quevillon*

### **Cinnamon Rolls**

3 1/2 to 4 cups all-purpose flour

1 package active dry yeast

1 cup milk

1/3 cup butter

1/3 cup sugar

1/2 tsp. salt

1 egg

2 Tbs. butter, softened

3/4 cup packed brown sugar

2 tsp. ground cinnamon

1/2 cup raisins

1/2 cup chopped nuts

4 tsp. half-and-half or light cream

In a large mixing bowl stir together 1 1/2 cups of the flour and the yeast; set aside.

In a small saucepan heat milk, 1/3 cup butter, sugar, and salt till warm (120 to 130 degrees) and butter is almost melted. Add to flour mixture. Add egg. Beat with an electric mixer on low speed for 30 seconds, scraping bowl constantly. Beat on high speed for 3 minutes. Using a wooden spoon, stir in as much of the remaining flour as you can. Turn dough out onto a lightly floured surface. Knead in enough of the remaining flour to make a moderately soft dough that is smooth and elastic (3 to 5 minutes total).

Shape dough into a ball. Place dough in a



lightly greased bowl: turn once. Cover; let rise in a warm place till double (1 to 1 ½ hours).

Punch dough down. Turn dough onto a floured surface. Cover; let rest 10 minutes. Roll dough to an 18x 10-inch rectangle. Spread with softened butter. Combine brown sugar and cinnamon; sprinkle onto dough. Top with raisins and chopped nuts. Tightly roll up, jelly-roll style, starting from one of the long sides. Pinch seams to seal. Cut dough crosswise into 12 slices. Arrange slices, cut sides down, in a greased 9 x 13/ baking pan. Cover and let rise till nearly double (about 30 to 40 minutes).

**Or skip the second rising and cover with oiled waxed paper, then with plastic wrap. Chill in the refrigerator for 2 to 24 hours. To bake, let stand for 20 minutes at room temperature. Uncover and puncture any surface bubbles with a greased wooden toothpick.**

Brush dough with half-and-half or light cream. Bake in a 350 oven for 25 to 30 minutes or till golden. Invert rolls onto a wire rack or serving platter. Cool slightly. Makes 12 rolls.

*Joan Quevillon*

### **French Toast Loaf**

2 cups (1 pint) half-and-half  
4 eggs  
2 Tbs. Sugar  
1 tsp. Vanilla  
1 tsp. Cinnamon  
1/8 tsp. Nutmeg  
4 Cups bread cubes (see note below)  
Preheat oven to 350°. Coat a 5-by 9-inch loaf pan with nonstick cooking spray. In a large bowl, combine all the ingredients except the bread cubes, mix well. Stir in the bread cubes and allow to sit for 10 minutes, or until all the liquid has been absorbed. Spoon into the loaf pan and bake for 55 to 60 minutes, or until golden. Remove from the pan; slice and serve.

Note: You can use any type of leftover bread, and for a colorful loaf, you might even want to use a mixture of light and dark varieties. Top each slice with a sprinkle of confections' sugar and serve with maple syrup. Serves: 4 to 6

*Joan Quevillon*

### **Grandma's Grapenut Pudding**

3 cups milk  
1/3 cup sugar (more if you want it)  
½ cup Grapenuts  
3 eggs  
1 tsp. vanilla  
Heat milk until it gets a skin on top. Add Grapenuts. Let stand 3 or 4 minutes. Add Sugar. Beat egg and vanilla. Add slowly to grapenut mixture, stir until mixture gets warmer. Put in pan of hot water and into oven. Stir once or twice. It is done when you shake pan and it is all set except a little in the center.

*Joan Quevillon*

### **Chocolate Squares**

1 box Duncan Hines chocolate cake mix  
1 box mighty fine pudding  
½ cup chocolate chips  
½ cup walnuts  
2 cups 1% milk  
Place dry cake mix in bowl. Set aside. Cook 1 box pudding with 2 cups 1% milk till thick. Add to above dry cake mix until well blended. Place in 8x10 baking dish, cover with chocolate chips and chopped walnuts. Bake 35 approximately 20-25 minutes.

*Nora Macumber*

### **Gram Macs Dessert**

1 pint. heavy whipping cream  
1 can fruit cocktail, drained  
1 cup walnuts, chopped  
1 tsp. vanilla  
Beat cream until soft peaks; add vanilla, fold in fruit cocktail, and walnuts;; refrigerate.

*Nora Macumber*



## 7 Cakes and Quick Breads

### Zucchini Bread

3 eggs  
2 cups sugar  
1 cup vegetable oil  
1 tsp. vanilla  
2 cups loosely packed, grated zucchini (peeled).  
2 cups flour  
1 Tbs. cinnamon  
2 tsp. baking soda  
1 tsp. salt  
1 ¼ tsp. baking powder

Beat 3 eggs until frothy (about 3 min.). Add 2 cups sugar, 1-cup vegetable oil, 1-tsp. vanilla and mix together. Stir in 2 cups loosely packed, grated zucchini (peeled). Sift together 2 cups flour, 1-Tbs. cinnamon, 2-tsp. baking soda, 1-tsp. salt, 1 ¼ tsp. baking powder. Add to mixture. Pour into 2 greased & floured loaf pans. Bake 1-hr. 350 degrees. Note: makes 2 loaves.

*Jill Watson*

### Blueberry Lemon Bread

1 ½ cups flour  
1 tsp. baking powder  
¼ tsp. salt  
6 Tbs. butter  
1 cup sugar  
2 eggs  
2 tsp. grated lemon peel  
½ cup milk  
1 ½ cups blueberries

Mix 1 ½ cups flour, 1-tsp. baking powder, ¼ tsp. salt. Cream 6 Tbs. butter, 1 cup sugar until light and fluffy. Add 2 eggs, one at a time. Add 2 tsp. rated lemon peel. Add flour mixture with ½ cup milk, alternately and end with flour. Fold in 1 ½ cups blueberries (if frozen thawed and drained) Spoon into an

8 ½ x 4 ½ x 2 ½ loaf pan. Bake for 1 hour 15 minutes at 325 degrees.

### Syrup

3 Tbs. lemon juice  
1/3 cup sugar

Boil together the above. Pierce top of cake with a tooth pick and pour lemon syrup over warm bread. Cool for 30 minutes in pan then turn out and cool on a rack.

*Tamsin Lucey*

### George Washington Cake

1 lb. butter  
1 lb. Sugar  
4 eggs, separated  
1 lb. flour  
1 tsp. baking powder  
1 tsp. mace  
1 tsp. cinnamon  
1 tsp. salt  
½ cup milk  
6 oz. raisins  
3 oz currents  
2 oz chopped fruit peel

Cream 1 lb. butter, 1 lb. Sugar; add 4 egg yolks. Mix together 1 lb. sifted flour, 1-tsp. baking powder, 1-tsp. mace, 1-tsp. cinnamon, 1-tsp. salt. Add to butter mixture alternately with the milk. Mix well. Stir in 6 oz. raisins, 3-oz currents, 2 oz chopped fruit peel. Beat the 4 egg whites stiff and fold in. Pour into buttered 10-inch cake tin (deep) and bake 3 to 3 ½ hours at 350 degrees. Cover with foil if it becomes brown. Cool 10 minutes and turn out. Cover with a soft white icing.

*Tamsin Lucey*

### Tomato Soup Cake

1 can tomato soup  
1 tsp. baking soda  
½ cup shortening  
1 cup sugar  
2 cup flour  
2 tsp. baking powder

1 tsp. ground clove  
½ tsp. cinnamon  
Dash salt  
1 cup seedless raisins  
1 cup nuts

Put baking soda in soup. Let stand while you cream shortening and sugar, add soup mixture. Sift dry ingredients and add. Stir in raisins and nuts. Bake in floured square pan at 350 oven for 45 min. Frost with cream cheese frosting.

#### **Frosting.**

1 pkg. cream cheese  
1 cup confection sugar- cream together  
1 tsp. vanilla

*Nancy Waugh*

#### **Fruit Cake**

2 cups dates or raisins  
2 cups nuts, whole  
3 large eggs  
1 cup sugar  
1 cup flour  
1 tsp. baking powder  
1 tsp. vanilla  
1 jar maraschino cherries, drained

Preheat oven to 300 degrees; grease and flour a loaf pan.

Mix dry ingredients well. Add dates or raisins and walnuts (do not chop.) Beat eggs gently until well blended and add to flour mixture. Add cherries gently. Pour into a greased and floured loaf pan. Bake at 300 degrees for 1¼ hours. Cool on a wire rack. Cut when cool.

*Frances Thompson*

#### **Carrot Bread**

4 eggs  
2 cups sugar  
1 ¼ cup oil  
3 cups flour  
2 tsp. baking powder  
½ tsp. salt

2 tsp. cinnamon  
2 cups shredded carrot

Beat eggs; add sugar gradually; add oil. Stir in dry ingredients 'till mixture is smooth. Stir in carrots; blend well. Turn into 2 loaf pans that have been greased and floured. Bake 1 hour or 'till done.

*Nancy Waugh*

#### **Keeping Cake**

*Also called picnic or fruit cake*

8 oz. butter  
8 oz. soft brown sugar  
1 Tbs. black treacle (or molasses, or dark corn syrup)  
4 eggs  
4 Tbs. cold tea, or sherry  
Rind of 1 lemon  
½ tsp. vanilla  
10 oz. (2 ½ cups) flour  
½ tsp. baking powder  
¼ tsp. salt  
1 tsp. mixed spice\*  
Pinch each, cinnamon and nutmeg  
12 oz. currents  
12 oz. sultanas (white raisins)  
8 oz. raisins  
2 oz. mixed, chopped fruit peel  
2 oz. almonds  
2 oz. candied cherries

Cream 8-oz butter with 8 oz. soft brown sugar; set aside. Mix together 1 Tbs. black treacle (or molasses), 4 eggs, 4 Tbs. cold tea, or sherry, rind of 1 lemon, ½ tsp. vanilla. Sift the dry ingredients: flour, baking powder, salt, mixed spice, cinnamon and nutmeg. Add to creamed mixture alternately with liquid mixture. Add: 12 oz. currents, 12 oz. sultanas, 8 oz. raisins, 2-oz. mixed, chopped fruit peel, 2 oz. almonds, and 2 oz. candied cherries. Stir gently. Put into a greased 10 inch round tin (deep) lined with at least 2 layers of greaseproof paper. Leave for 1 hour then bake 4 hours at 300 degrees.

*Note: can use 4-oz cherries and omit almonds.*

*\*Mixed spice contains: coriander, cinnamon, cassia, ginger, caraway, nutmeg, and cloves all ground to a powder and mixed together.*

**Tamsin Lucey**

### **Chocolate Tea Bread**

*A Sugar Plum Fair favorite*

1  $\frac{3}{4}$  cup all purpose flour  
1 Tbs. baking powder  
1 tsp. baking soda  
6 Tbs. butter, softened  
 $\frac{3}{4}$  cup plus 2 Tbs. sugar  
2 eggs  
2 tsp. vanilla  
 $\frac{1}{2}$  cup Dutch process cocoa  
1 cup buttermilk  
 $\frac{3}{4}$  cup walnuts, chopped

Preheat oven to 350 degrees F. Lightly grease a 9x5x3-inch loaf pan. Combine flour, baking powder, and baking soda in bowl. In another bowl, cream butter and sugar together with electric mixer. Add eggs and vanilla, and lightly beat until smooth. Then pour in buttermilk and mix. Add flour mixture and lightly beat just until flour disappears. Lightly beat in nuts, and spoon batter into prepared pan. Smooth top and bake 1 hour, until tester inserted in center comes out clean. Let cool on pan on rack; then invert to remove and cool on rack. Makes 1 loaf. Serve with Vanilla Cream Cheese.

### **Vanilla Cream Cheese**

1-3 oz. Package cream cheese, softened  
1 tsp. vanilla  
2 Tbs. confectioner's sugar  
Beat ingredients together just to combine and transfer to a serving crock.

**Suzanne Sharp**

### **Aunt Bessie's Fruit Cake**

*Old recipe-Use confectioner's sugar box as measurement tool*

1 box confectioner's. sugar  
1 sugar box of flour  
3 sticks of butter  
6 eggs  
1 lb. mixed candied fruit  
1 package light raisins  
1 tsp. vanilla  
1 tsp. lemon extract

**Using a large bowl**, cream butter and eggs; add Sugar, flour, vanilla and lemon extract. Beat very hard. Add fruit. Bake in angel cake pan, 350° for 45 – 60 min.

**Joan Quevillon**

### **Poppy Seed Tea Cake**

$\frac{3}{4}$  cup (1 $\frac{1}{2}$  sticks) unsalted butter or margarine, softened  
1  $\frac{1}{4}$  cup sugar  
1  $\frac{1}{2}$  tsp. baking powder  
1 tsp. salt  
3 large eggs  
 $\frac{1}{2}$  cup milk  
1  $\frac{1}{2}$  tsp. vanilla extract  
2  $\frac{3}{4}$  cups all-purpose flour  
 $\frac{1}{4}$  cup poppy seeds

Heat oven to 350<sup>0</sup> F. Grease two 7 1/2-x 3 3/4 x 2 1/4-inch loaf pans. Beat butter, sugar, baking powder and salt in large bowl with electric mixer on medium speed 3 min. or until fluffy. Beat in eggs, one at a time. Beat in milk and vanilla until blended (batter may look curdled). With mixer on low speed, beat in flour & poppy seeds just until blended (batter will be thick). Divide between prepared pans, spreading batter evenly. Bake 45 to 50 minutes until a pick inserted in centers comes out clean. Cool in pans on wire rack 10 minutes before removing from pans to rack to cool completely. Store airtight.

**Fran Whittlesey**

## **Banana Bread**

1 cup sugar  
¼ cup light butter, softened  
1 2/3 cups mashed ripe banana ( about 3 bananas) 1/4 c. milk 1/4 c. sour cream  
2 lg. egg whites or 1/4 c. egg substitute  
2 cups flour  
1 tsp. baking soda  
½ tsp. salt

Preheat oven to 350 degrees. Combine sugar and butter, and blend well. Add banana, milk, sour cream, & egg whites; beat well, and set aside. Combine flour, baking soda, and salt. Add dry mixture to creamed mixture. Blend well. Spoon batter into a 9 x 5 in. loaf pan coated with cooking spray. Bake at 350 degrees for 1 hr. and 10 min. Let cool on wire rack.

*Jill Watson*

## **Blueberry Muffins**

Sift together:  
2 cups flour  
3 tsp. baking powder  
1 tsp. salt  
2 Tbs. sugar  
Make a well in the middle of the above and add:  
1 egg  
1 cup milk  
6 Tbs. melted shortening  
And mix together.  
Add 1-cup blueberries sprinkled with sugar; don't over mix. Place in muffin tin and sprinkle with sugar. Bake at 400 degrees for 15 minutes.

*Norma Hancock*

## **Zucchini Bread 2**

1 cup oil  
2 cups sugar  
3 eggs  
2 cups chopped zucchini  
1 tsp. vanilla  
3 ½ cups flour

1 tsp. baking soda  
1 tsp. baking powder  
2 tsp. cinnamon  
1 tsp. nutmeg  
1 cup nut (optional)

Mix oil, sugar, eggs, zucchini, and vanilla. Add flour, baking soda, baking powder, cinnamon, and nutmeg. Add nuts and fold in. Pour into two greased and floured bread pans. Bake at 350 degrees for 50 to 60 minutes.

*Robin Yates*

## **Scripture Cake**

Cream: 1 cup Judges 5:25 (butter)  
With: 2 cups Jeremiah 6:20 (sugar)  
Add: 2 Tbs. Exodus 16:20 (honey)  
Beat with the above mixture  
4 Isaiah 10:14 (eggs)  
Sift: 4 cups 1<sup>st</sup> Kings 4:22 (flour)  
2 Tbs. Amos 4:5 (baking powder)  
1 tsp. each of 1<sup>st</sup> Kings 10:2 (spices)  
Dash of Leviticus 2:13(salt)  
Chop, mix and flour:  
2 cups 1<sup>st</sup> Samuel 30:12 (raisins)  
2 cups Nahum 3:12 (figs)  
2 cups Numbers 17:8 (almonds)  
Combine all together with:  
½ cup Genesis 24:20 (water)  
Follow the advice of Solomon for bringing up a child:  
Proverbs 23:14 (beat with a rod)  
Bake in a slow oven, 275 degrees, until tested done, about 2 hours.

## **Banana Cake**

1 ½ cups sugar  
½ cup Crisco  
1 ¾ cups flour  
1 cup bananas, crushed  
½ cup sour milk  
½ tsp. baking soda  
2 eggs  
½ cup chopped nuts  
1 tsp. vanilla

Cream sugar, eggs and vanilla; add shortening and mix. Add flour and milk with soda dissolved in it. Add bananas and nuts. Bake at 350 degrees for 40 minutes. Best when iced with cooked caramel icing.

*The Kahlers*

### **Pumpkin Bread**

2 2/3 cups sugar  
4 eggs, well beaten  
2/3 cup vegetable oil  
2 cups pumpkin  
2/3 cup water  
3 1/3 cups flour  
1/2 tsp. baking powder  
1/2 tsp. baking soda  
1 tsp. cinnamon  
1/2 tsp. cloves  
2/3 cup raisins  
2/3 cup dates, chopped

Cream sugar, eggs; add oil, pumpkin and water. Gradually add dry ingredients. Mix well. Add raisins and dates. Bake in a loaf pan at 350 degrees for one hour. Makes 2 large loaves.

*The Kahlers*

### **Carrot cake**

*From the Worcester Art Museum Cookbook*

2 cups sugar  
1 cup oil  
4 eggs  
1 tsp. baking powder  
1 tsp. baking soda  
1 tsp. cinnamon  
2 cups flour  
2 cups grated carrots  
1/2 tsp. salt  
1/2 cup raisins

Blend sugar, oil, and eggs together. Sift dry ingredients together and combine with the egg mixture; add raisins. Pour into a greased 10" tube pan and bake at 350 degrees for 50-60 min.

### **Cream cheese frosting:**

Beat together in a bowl: 8 ounces of butter, 8 ounces of cream cheese and 1 box of confectioners sugar; add 2 teaspoons of vanilla. Frost cake.

*Susan Howland*

### **Brother Boniface's Pumpkin Bread**

Put in a bowl:

4 cups flour  
3 cups sugar  
2 tsp. baking soda  
1 1/2 tsp. salt  
1 tsp. baking powder  
1 tsp. ground cinnamon  
1 tsp. ground nutmeg  
1/2 tsp. ground allspice  
1/2 tsp. ground cloves  
1/4 tsp. ground ginger  
4 large eggs  
1 cup vegetable oil  
1 (15 ounce) can pumpkin  
2/3 cup water

Beat at medium speed with an electric mixer (or by hand) just until dry ingredients are moistened. Fold in 1 cup of chopped pecans. Spoon batter evenly into 2 greased 9"x 5" loaf pans (or 3 greased 8"x 4" pans). Bake in a preheated 350-degree oven for 1 hour or until a wooden pick inserted in the center comes out clean. Cool in pans on wire rack for 10 minutes. Remove from pans and wrap. Keeps very well and Freezes well.

*Susan Howland*

### **Irish Orange Tea Cake (sponge)**

6 eggs, separated, room temp.  
1 3/4 cups sifted flour-sift before measuring  
1/2 tsp. salt  
1 1/2 cups sugar  
6 Tbs. fresh orange juice  
1 Tbs. fresh grated orange rind  
For icing: confectioner sugar and FRESH orange juice

Beat egg whites until foamy, add ½ cup sugar, beat to soft peaks. Beat yolks with remaining sugar 'til thick. Measure sifted flour with salt, blend into yolks, add juice, rind and beat 1 minute. Fold this into beaten whites with scraper just until blended. Pour into ungreased tube pan Bake at 350 degrees, 35 to 40 minutes. Invert on neck of bottle at least one hour. Drizzle over top icing made with confectioners' sugar and FRESH orange juice.

*Ada Mae Crosbie*

### **Crustada**

1 cup Crisco  
2 cups sugar  
4 eggs  
1 tsp. vanilla  
1 tsp. anise flavoring  
3 cups flour  
¼ tsp. salt  
1 can cherry, blueberry, or lemon pie filling, for topping

Cream shortening and sugar, blend eggs in one at a time, beat well after each. Add vanilla and anise flavoring. Add flour and salt until well blended. Batter will be thick. Spread dough in large cookie sheet. Reserve ¼ of dough for dropping on top of filling. Spread filling. Bake 35 to 40 minutes in 350-degree oven.

*Mary A. Demers*

### **Pumpkin Cake with Cream Cheese**

#### **Frosting**

2 tsp. baking soda  
2 tsp. baking powder  
1 tsp. salt  
2 tsp. cinnamon  
2 cups sugar  
4 eggs  
3 cups flour  
2 cups canned pumpkin  
Nuts or raisins if desired  
1-4oz. package cream cheese

1 cup powdered sugar  
1 tsp. vanilla  
Milk

Mix together the baking soda, baking powder, salt, cinnamon, sugar, eggs, flour and canned pumpkin. Add nuts or raisins if desired. Grease a bundt or tube pan. Pour batter into pan and bake in a 350-degree oven for 60 minutes or until a toothpick comes out dry. Frost with cream cheese frosting. To make frosting: combine cream cheese, powdered sugar, and enough milk to make spreadable.

*Barbara Kalber*

### **Quick Orange Cake**

*A coffee hour favorite*

4 oz. butter  
8 oz. sugar  
1/3 pint orange juice  
2 eggs  
8 oz plain flour  
1 tsp. baking powder  
¼ tsp. salt

#### **Topping**

Grated rind of 2 oranges  
3 Tbs. castor sugar

Melt the butter, and pour the hot butter on to the sugar, then stir in the orange juice and beaten eggs. Add the flour, baking powder and salt and beat well. Pour into a 8-inch deep round cake tin and sprinkle with a mixture of grated orange rind and sugar. Bake for 1 ¼ hours.

*Tamsin Lucey*



## 8 Cookies and Brownies, Candy

### Jerry Sequins Tea Time Tassies

*This recipe requires the very small muffin pans.*

#### **Crust:**

1 3-oz package cream cheese

½ cup butter or margarine

1 Cup sifted flour

Soften cream cheese and butter at room temperature. Blend with mixer. Stir in flour and chill one hour. Shape into 2 dozen 1" balls. Press dough on side and bottom of ungreased small muffin pan.

#### **Filling:**

1 egg

1 to 3 tsp. soft butter

¾ cup brown sugar

2 tsp. Karo syrup

1 tsp. vanilla

2/3 cup broken pecans

Beat egg, sugar, butter, syrup, and vanilla until smooth. Bake at 325° for approximately 25-30. Minutes; makes 2 Dozen.

*Joan Quevillon*

### Rice Krispie Cookies

1- 6 oz. pkg. butterscotch bits

½ cup peanut butter

4 cups Rice Krispies

1 Tbs. water

1- 6 oz. pkg. chocolate bits

½ cup powdered sugar

2 Tbs. butter

Melt butterscotch bits with peanut butter in saucepan over very low heat, stirring constantly until well blended. Remove from stove. Add Rice Krispies, stir until well coated with butterscotch mixture. Press half of cereal mixture into buttered square pan. Chill in refrigerator while preparing fudge mixture. Set remaining mixture aside.

Combine chocolate morsels, sugar, butter, and water in top of double boiler. Place over hot water and stir until chocolate melts and mixture is well blended. Spread over chilled mixture. Spread remaining cereal mixture evenly over top. Press in gently. Chill. Remove from refrigerator for 10 minutes before cutting.

*Jill Watson*

### Gingerball Cookies

¾ cup shortening

1 cup sugar

1 egg

2 Tbs. molasses

2 1/3 cup flour

2 tsp. baking soda

1 tsp. cinnamon

1 tsp. ginger

Pinch of salt

Mix shortening, sugar, egg, molasses. Add flour, baking soda, cinnamon, ginger, pinch of salt. Mix together; roll into 1" ball, then into granulated sugar (red and green at Christmas.) Bake at 350 degrees 12 to 15 minutes.

*Bobbie Helbig*

### Anise Cookies

1 cup white sugar

¾ cup Crisco

3 eggs

¼ cup milk

1 oz. anise flavoring

3 ¼ cup flour

3 tsp. baking powder

¼ tsp. salt

Do not use electric mixer. Whip by hand sugar and Crisco. Add eggs and milk; mix until well blended. Add anise flavoring. Sift flour, salt and baking powder together. Slowly add to Crisco mixture, blending well after each addition. Batter will be thick. Roll



into small balls. Place on ungreased cookie sheet. Bake 10 minutes in a 375-degree oven. Cookies will be light in color.

### **Frosting**

2 cups confectioner's sugar  
Add enough milk to make spreadable  
Sprinkles  
When cool, frost and put sprinkles on top.  
*Mary A. Demers*

### **Raisin Bars**

*Made for Holy Trinity coffee hours*

1 cup seedless raisins  
1 cup water  
½ cup salad oil  
1 cup sugar  
1 egg  
1 ¾ cups flour  
¼ tsp. salt  
¼ tsp. baking soda  
1 tsp. each: cinnamon, nutmeg, allspice  
½ tsp. cloves  
½ cup chopped nuts (optional)  
Confectioner's sugar (optional)

Heat oven to 350 degrees. In a large saucepan bring to boil raisins and water. Cool. Add oil, sugar, and egg. Beat together. Sift together and add flour, salt, soda, cinnamon, nutmeg, allspice and cloves. Stir in nuts if using. Bake at 375-degrees in a 9x13x2 inch greased and floured pan for 20 to 25 minutes. Done when cake tester comes out clean or when springs back to touch. Option: dust with confectioner's sugar when serving.

*Ann Lincoln*

### **Oatmeal Raisin Cookies**

*A Holy Trinity Parish favorite*

1 cup soft margarine  
1 cup brown sugar, firmly packed  
½ cup granulated sugar  
2 eggs  
1 tsp. vanilla  
1 ½ cups all-purpose flour

1 tsp. baking soda  
1 tsp. ground cinnamon  
½ tsp. salt  
3 cups uncooked Quaker oats  
1 cup raisins

Heat oven to 350 degrees. Beat margarine and sugars until creamy. Add egg and vanilla; beat well. Combine flour, baking soda, cinnamon and salt; add to margarine mixture, mixing well. Drop by rounded tablespoons onto ungreased cookie sheet. Bake 10 to 12 minutes or until golden brown. Cool 1 minute on cookie sheet. Remove to wire rack. Cool completely.

*Brenda Baker*

### **Pumpkin Cookies**

½ cup butter or margarine  
1 cup sugar  
1 ½ cups pumpkin  
1 egg  
1 tsp. vanilla  
1 6 oz. package butterscotch morsels  
2 cups sifted flour  
½ tsp. salt  
1 tsp. baking soda  
1 tsp. baking powder  
1 tsp. cinnamon, or pumpkin pie spice  
1 cup chopped nuts, optional

Cream butter/margarine and sugar. Add pumpkin, mixing thoroughly. Add egg and vanilla. Combine flour, salt, soda, baking powder and spice and stir in. Stir in morsels, (or raisins may be substituted for the morsels.), and nuts.

*Ann Lincoln*

### **Pumpkin Bars**

4 eggs  
1 2/3 cups sugar  
1 can or 2 cups pumpkin  
2 cups flour  
2 tsp. baking powder  
2 tsp. ground cinnamon

1 tsp. salt

1 tsp. baking soda

In a large bowl beat together eggs, oil, sugar and pumpkin until light and fluffy. Sift together dry ingredients. Add to dry ingredients and mix thoroughly. Spread batter in ungreased jellyroll pan. When cool frost with cream cheese frosting.

*Joan Quevillon*

### **Grandma's Ginger Cookies**

2 ¼ cups all-purpose flour

2 tsp. baking soda

1 tsp. ground cinnamon

½ tsp. ground cloves

1 tsp. ginger

¾ cup butter, or margarine, room temperature

1 cup packed brown sugar

¼ cup light or dark molasses

1 large egg

¾ c granulated sugar

Mix flour, baking soda, cinnamon, ginger, and cloves. Beat butter and brown sugar in a large bowl until pale. Beat in molasses and egg (mixture will look curdled.) Gradually beat in flour mixture until blended. Cover and refrigerate one hour, or until firm enough to handle. Heat oven to 350 degrees. Have cookie sheet ready. Put granulated sugar in a small bowl and roll 1 ¼ inch shaped balls in sugar to coat. Place 1 ½ inches apart on ungreased cookie sheet. Bake 10 to 12 minutes until tops crack, but cookies are still soft to touch. Remove to wire rack to cool completely. Store airtight at room temperature up to 3 weeks.

*Fran Whittlesey*

### **Starlight Mint Surprise Cookies**

3 cups all purpose flour

1 tsp. baking soda

½ tsp. salt

1 cup sugar

½ cup brown sugar, firmly packed

¾ margarine or butter, softened

2 eggs

1 tsp. vanilla

2 Tbs. water

2 (6 oz.) pkg. solid mint chocolate wafers

60 pecans

Mix together flour, baking soda, and salt. In a large bowl, combine sugar, brown sugar, margarine, eggs, water, and vanilla and mix well. Stir in flour mixture and mix well. Chill dough at least two hours. Heat oven to 375. Enclose each wafer completely in about 1 Tbs. dough. Place 2 inches apart on ungreased cookie sheet. Top each with pecan. Bake at 375 for 7-9 min or until golden brown.

*Marilyn Theodoss*

### **Caramel-filled Chocolate Cookies**

2 ½ cups all purpose flour

¾ cup unsweetened cocoa

1 tsp. baking soda

1 cup sugar

1 cup firmly packed brown sugar

1 cup butter or margarine, softened

2 tsp. vanilla

2 eggs

48 Rolo caramels unwrapped

½ cup pecans

Heat oven to 375 degrees. In a small bowl mix flour, cocoa and baking soda, blend well. In large bowl, beat 1 c. sugar, brown sugar and margarine until light and fluffy. Add vanilla and eggs and beat well. Add flour mixture, blend well. Stir in ½ cup of pecans. For each cookie with floured hands, shape about 1 T. of dough around 1 Rolo candy, covering completely. Place on ungreased cookie sheet, 2 inches apart. Bake at 375 for 7-10 min. or until slightly cracked. Remove from cookie sheet and cool on wire rack.

*Marliyn Theodoss*

## **Hermits**

½ cup raisins  
¼ cup flour  
¼ cup butter (margarine)  
½ cup sugar  
2 eggs, well beaten  
½ cup molasses  
1 ¾ cups flour  
1 tsp. baking soda  
1 tsp. cinnamon  
¼ tsp. nutmeg  
½ tsp. cloves

Set oven at 350. Butter a pan, 7x 14 inch. Mix raisins and ¼ cup of flour. Set aside. Cream together butter and sugar. Add eggs and molasses. Beat well. In a separate bowl, sift together 1 ¾ cups flour, baking soda, cinnamon, cloves and nutmeg. Add to butter, sugar and egg mixture. Stir in raisins and flour. Beat thoroughly. Spread mixture in pan. Bake until top is firm (about 15 minutes.) Cut into bars or squares when warm. Makes about 36.

*Ed Bair*

## **English Toffee Squares**

½ cup shortening  
½ cup brown sugar  
1 cup flour

Mix the above together. press into an 11" x 7" pan. Makes a very thin layer. Bake 10 minutes, at 350 degrees till light brown; this will not be done, so be careful when adding next part.

Mix the following and put on the above. Beat 2 eggs; add 1 cup brown sugar, 1-tsp. vanilla, 2-Tbs. flour, 1-tsp. baking powder, ½ tsp. salt. Mix then add 1 cup coconut and 1 cup chopped walnuts. Spread on top evenly. Bake 20 to 25 minutes till done (light brown.) Cut in squares when cool.

*Norma Hancock*

## **Cherry Cheese Brownies**

1 can dark, sweet pitted cherries  
1 pkg. Brownie mix  
2 eggs divided  
¼ cup vegetable oil  
1 3 oz. Pkg. Softened cream cheese  
2 Tbs. sugar  
¾ cup flaked coconut  
1 tsp. almond extract  
Whipped cream or Cool Whip

Drain cherries; reserve ¼ cup liquid. With spoon, combine brownie mix, one egg, oil, and reserved cherry liquid; mix well. Reserve 9 cherries for garnish. Gently stir remaining cherries into brownie mixture; set aside. Combine cream cheese and sugar; mix well. Beat remaining egg and stir into cream cheese mixture with coconut and almond extract. Spoon into a greased 9" square pan, alternating with brownie mixture; swirl mixture together slightly. Bake at 450 degrees 35 to 40 minutes. Cool and cut into squares. Top with a dollop of whipped cream or Cool Whip and one cherry. Makes 9 to 12 servings.

*Bev Kollios*

## **Lumberjacks**

1 cup sugar  
1 cup shortening  
1 cup dark molasses  
2 eggs  
4 cups sifted flour  
1 tsp. baking soda  
1 tsp. salt  
2 tsp. cinnamon  
1 tsp. ginger

Cream together sugar and shortening; add molasses and unbeaten egg. Mix well. Sift together the dry ingredients and stir in. Put ¼ cup sugar in a bowl. Dip fingers into sugar and pinch off a ball of dough and roll it into a ball the size of a walnut. Dip it into the sugar and place on a greased cookie

sheet 3' apart. Bake for 12 to 15 minutes at 350 degrees. Makes 4 dozen large, soft cookies.

**Bev Kollios**

### **Energy Candy**

1 cup peanut butter  
1 cup honey  
1 cup carob powder\*  
3 cups seeds, nuts, raisins, dried fruit  
1 tsp. vanilla

Heat and stir until blended, 1-cup peanut butter and 1-cup honey. Stir in 1 cup carob powder, 1 tsp. vanilla, 3 cups any kind of seeds, nuts, raisins, or dried fruit. Press into pan and chill. Cut into squares and store in refrigerator.

\*find this in health food stores.

**Mary Hicks**

### **Crunch Bars**

2 sticks butter  
1 cup brown sugar  
1-12 oz. package chocolate chips  
1 ½ stacks saltines  
Cover jellyroll pan with one layer of saltines. Bring butter and sugar to boil and boil 3 minutes. Pour over saltines and spread. Bake at 350 degrees for 76 minutes. Sprinkle with chocolate chips and let melt. Spread all over evenly. Chill. Cut or crack up like candy.

**Bobbie Helbig**

### **Chocolate Chip Brownies**

1 package graham crackers  
6-oz. chocolate chips  
1 can sweetened condensed milk

Crush graham crackers to small pieces, almost powder if you want, add condensed milk, mix, stir in chocolate chips. Pour into well greased 8 x 8 inch pan, bake at 325 degrees for 30 min. Cut into pieces

in pan, let cool, then remove from pan. Enjoy!

**Jean Frost**



## 9 THIS AND THAT

### Crisp Pickle Slices

4 qt. sliced cucumbers (med)  
6 medium white onions, sliced  
2 large green peppers, chopped  
3 gloves garlic  
1/3 cup salt  
5 cups sugar  
1 1/2 tsp. turmeric  
1 1/2 tsp. Celery seed  
2 Tbs. mustard seed  
3 cups vinegar

Do not pare cucumbers; slice thin. Add onions, peppers, and whole garlic. Add salt, cover with cracked ice and mix well. Let stand 3 hours and drain well. Combine sugar, turmeric, celery seed, mustard seed and vinegar. Pour over cucumber mixture. Heat just to boiling. Place in hot, sterilized jars and seal immediately. Makes 6-8 pints.

*Ada Mae Crosbie*



### Myrtle Albee's Muesli

2 cups raw oat flakes  
8 - 10 shredded wheat biscuits, hand crumbled  
1/2 cup soy lecithin granules  
3/4 cups raw wheat germ  
1-cup sunflower seeds  
1-cup sesame seeds  
1/2 cup sugar  
1/2 cup powdered skim milk  
1/2 box currants or raisins  
1 small pkg. hazel nuts or filberts (raw)  
1 small pkg. sliced almonds (raw)

Mix thoroughly and refrigerate. Can add grated apple or seasonal fruit when Serving. Visit a health food store for some of these ingredients.

*Mary Hicks*

### Cranberry-Pineapple Mold

Put 1 lb. cranberries through food chopper  
Add: 1 20-oz. can crushed pineapple-drained

2 cups granulated sugar  
1 large pkg. cherry Jell-O

Follow directions on the Jell-O package using the pineapple juice. Mix ingredients thoroughly and refrigerate. A little orange rind is good also.

*Joan Quevillon*

### Melt in Your Mouth Pancakes

2 cups reduced fat Bisquick Mix  
1 1/4 cup skim milk  
1 egg  
3 Tbs. sugar  
1 tsp. vanilla  
2 tsp. baking powder  
2 Tbs. lemon juice

Stir all ingredients together until well blended. Pour by 1/4 cupfuls onto hot griddle. Cook until bubbles break on the surface. Turn; cook until golden brown. Yields: 14 pancakes.

*Ann King*

### Hot Fudge Sauce

3 bars unsweetened bakers chocolate  
1 large standard size *Karo* syrup (light)  
Pinch of salt  
5oz butter  
1 tsp. vanilla extract

Melt double boiler until smooth and syrupy, not thick. Add butter, and vanilla extract. Beat thoroughly. Pour into jars. Store in refrigerator.

*Nancy Blakely*

### **Jezebel Sauce**

1 jar apple jelly  
1 jar pineapple preserves  
½ jar horse radish  
½ can dry mustard  
Blend until very smooth. Pour into jars.  
You can re-use your jelly jars.  
Store in refrigerator. Keeps for a long time  
(month). Serve with Cream cheese  
and crackers or use on ham or pork when  
cooking.

*Nancy Blakely*

### **No Salt Salad Dressing**

4 Tbs. good quality olive oil  
1 Tbs. White Balsamic vinegar  
1 scant tsp. Dijon mustard

Shake all ingredients in a jar. Do not  
refrigerate. Best if made a day before using.  
Keeps several weeks at room temperature.

*Mrs. Elizabeth Bagnall (Peter and David  
Howland's Grandmother)*

### **Fay Fulghum's Best Rum Cake Ever**

Found this fantastic recipe in *What's  
Cookin' At Epiphany*, a collection of  
recipes by Episcopal Church Women of  
the Church of the Epiphany, Richmond,  
VA. My ex-daughter-in law goes there  
and is very active in the ECW. I think it's  
hilarious

1-2 qts. rum  
1 c dried fruit  
Brown sugar  
1 lg. eggs  
lemon juice  
1 tsp. sugar  
1 tsp. soda  
1 c butter  
baking powder  
nuts

Before you start, sample the rum to check  
for quality. Food isn't it?  
Check the rum again. It must be just right.  
To be sure rum is of the highest quality, pout  
one level cup of rum into a glass and drink it  
as fast as you can.

Repeat.

With an electric mixer, beat 1c butter in a  
fluffy bowl.

Add seaspoon of thugar and beat again.  
Meanwhile, make sure that the rum is of the  
quinst fality. Cry another tup. Open  
second quart if necessaary

Add 2 arge leggs

2 d. fried druit and beat til high

If druit gets stuck in beater, pry loose with  
drescriber

Sample the rum again, checking for  
tonscistecity

Next sift 3 c. of pepper or slat (it doesn't  
matter)

Sample the rum again

Sift 1/2 pt. of lemon luice

Fold in chopped butter and strained nuts;  
add a babblespoon of brown thugar, or  
whatever color you find

Wix mell

Grease oven & turn cake pan to 350 gredees  
Now pour the whole mess into the coven, &  
ake

Check the rum again, and bo to ged

Makes 24 servings

*Fran Whittlesey*

### **French Dressing**

1/3-cup vinegar or ¼ cup lemon juice  
1 cup oil  
1 tsp. salt  
1/8 tsp. pepper  
1 tsp. sugar  
¼ tsp. paprika

Mix and store in refrigerator

*Norma Hancock*

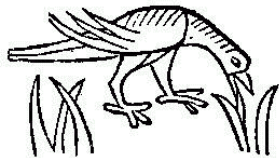
## Pancakes for a Crowd

*A pancake supper recipe*

8 cups all purpose flour  
8 tsp. baking powder  
4 tsp. salt  
4 tsp. baking soda  
 $\frac{3}{4}$  cup sugar  
8 eggs  
2 qts. milk, approximately  
1 stick butter, or margarine, melted

Mix dry ingredients together in a large bowl. Crack eggs into a 4-cup measuring cup; add enough milk to make 4 cups. Pour into another bowl; add to egg mixture another 4 cups milk. Add the melted butter and mix. Add wet ingredients to dry ingredients. Mix just until dry ingredients are moist, batter will be lumpy. Cook on a greased griddle. Serves 12 to 16.

*Susan Howland*



## Playdough

*Not edible*

2 Tbs. cooking oil  
2 cups flour  
1 cup salt  
2 cups cold water  
2 tsp. cream of tarter  
Coloring, if desired

Mix all together until smooth. Cook over medium heat until dry and thick. Turn out into floured surface and knead until smooth. Store in airtight container.

*Tamsin Lucey*

## Bubbles

*Not edible*

$\frac{1}{4}$  cup glycerin (found in drug store)  
1 cup Joy liquid dish washing soap  
10 cups water  
Mix all together. Makes great bubbles.

*Susan Howland*



## Old English Recipes

### Fourteenth Century

#### Green Salad

*"Take Psel, Sawge, garles, chiboli, onyons, leek, borage, mynt poonet, fenel, and ton tresses, rew, rosemarye, lave, and waishe them we clene, pike him, pluk he small wipe thine hand and myng hem wel with rawe olie, lay on vynegar, and salt and serve it."*

(translated below)

- 1/2 handful of young sage leaves
- 1 handful of chives
- 1 dozen spring onions
- 2 leeks
- 2 leaves of borage
- 1 tablespoon mint
- 2 or 3 sprigs of fennel
- 2 or 3 leaves of rue
- 1 dessertspoon young rosemary leaves pulled from the stems
- 1 handful of parsley
- 2 handfuls of watercress

Chop all this very small. A herb may be omitted here and there and another substituted. Use a little vinegar, plenty of oil, a teaspoon of sugar and one of salt and a good shake of fresh black pepper for the dressing. Mix very well.

***Comments from the author: The resulting herb salad is very strong, aromatic and slightly bitter, but if mixed with a crisp lettuce, of which all but the larger leaves are left out, it is very much to our taste today and, eaten with ham, cold salt beef or a fine game pie, it is delicious.***



### Seventeenth Century

#### Apple Pudding

"Peel and quarter eight gold runnets, or twelve golden pippins; cast them into water, in which boil them as you do for Apple sauce; sweeten them with loaf sugar, squeeze in them two lemons, and grate in their peels; beat eight eggs, and beat them all well together; pour it into a dish, cover with puff-paste, and bake in an hour in a slow oven."

Mrs. Ayrton recommends orange-flavoured eating apples such as Cox's or Ellison's but says any cooking apples can be used. "Use 2 1/2 lb. and for present-day tastes, only one lemon. Sieve or blend well when cooked."

***Original source not given.***

#### Red Apple Pie Filling

*"Take Apples and pare them ... and cook with white wine, good store of Sugar, Cinnamon, a few Saunders and Rosewater and so boyl till it be thick... and it carrieth the colour red."*

***The English Hus-wife, Gervase Markham***

#### Clarrett Wine Water (Mulled Wine)

Take a Quarte of strong aquavita, as much of good Clarett wine, a pound of the best suger, beat yor suger smale the powre the wine and the aquavita to the suger and stir the wine and the suger together untill yor suger bee dissolved, the ad to it whight pep, ginger, nuttmegge, large mace, Red jylloflowers the whights cut of and two dayes dried as many as will give it a good couloure you must cut yor ginger and nutmegges in greate peeces, and yor peper must bee divided in the midst shake it well together and put some brused cloves therin when you put in the other spices.



## Mulled Wine

Bottle of Claret  
Nutmeg (whole)  
Ginger root  
Cinnamon stick  
Sugar  
Brandy  
Water.

Take the bottle of Claret and pour into a large saucepan. Add the grated nutmeg, cinnamon stick and finely chopped ginger to the wine. Heat but don't boil. Add a good splash of brandy. Add enough hot water to dilute to desired strength. Add the sugar to taste. Once the sugar has dissolved and the wine is hot strain through a piece of butter muslin into a pre-warmed jug.

*Based on a Receipt written by Lady Fettiplace. Seventeenth Century Cooking Elinor Fettiplace's Receipts Book - Hilary Spurling, Penguin 1986*

## Eighteenth Century

### Fricasee of Soles

*"To fricasee soles white, cut the flesh longways and then a-cross, so that each sole will be in eight pieces."*

2 medium soles, with their trimmings  
1 onion, finely cut  
parsley, thyme, and a very little fennel  
2 blades of mace  
8 peppercorns  
salt  
3 dl (1 1/3 cup) white wine  
125 g (1/4 lb) mushrooms, finely cut  
3 tbsp butter  
2 tbsp flour  
1 1/2 dl (1/2 cup) cream  
a pinch of nutmeg  
some parsley, finely chopped

Put the fish trimmings, onion, herbs, mace, peppercorns and a little salt into a pan with half a litre (2 cups) of water. Allow to boil briskly and cook until reduced almost by

half. Strain, add wine and mushrooms and put in the soles. Stew gently for 10 minutes and then lift the fish pieces out and lay them in a small buttered fireproof casserole. Keep warm while you make a roux of the butter and flour and pour on to it the liquor in which the fish was cooked, stirring while it boils for 2 minutes. Allow to cool for half a minute and stir in the cream and nutmeg. Pour it over the soles, sprinkle with parsley, and serve.

*Hannah Glasse 1747*

## Nineteenth Century

### Tomata Sauce

Take tomatas when ripe, and bake them in an oven, till they become perfectly soft, then scoop them out with a tea-spoon, and rub the pulp through a sieve. To the pulp, put as much Chili vinegar as will bring it to proper thickness. with salt to the taste. Add to each quart, half an ounce of garlic and one ounce of shalot, both sliced very thin. Boil during the space of a quarter of an hour, taking care to skim the mixture very well. Then strain, and take out the garlic and shalot ... and let it stand for a few

days before it is corked up. This is a charming sauce for all kinds of meat, whether hot or cold ... Being a pleasant acid, the tomatas are much used by the Spaniards and Portuguese in their soups.

*This is said to be one of the two first recipes for tomato sauce published in an English book - Culina Famulatrix Medicinae: or Receipts in Cookery, by Alexander Hunter (London, 1804).*



## **A Special Thanks...**

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*Your Sister in Christ,  
Susan Howland, compiler and general editor  
November 1, 2000*



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