

# A TRAVELING MAN'S COOKERY BOOK



*Vintage and Modern Recipes for Other People's Kitchens*

**JERRY STRATTON**

## A Traveling Man's Cookery Book

My 296 favorite vintage and modern recipes for cooking in unfamiliar kitchens, with recipes from 1876 through 2017.

By Jerry Stratton

June 15, 2024

*clubpadgett.com/opr*

1 2 3 4 5 6 7 8 9

“...for the days are on the mend,  
and I'm on the road again,  
with my griddle tucked up close  
beneath my arm.”



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# INTRODUCTION

I originally titled this book *Other People's Recipes*, because most of the recipes are not mine. Occasionally I find a recipe that is so good that I want to make it for other people—and so easy that I can make it in an unfamiliar kitchen. When I first starting collecting these recipes, I simply photographed the recipe and kept the photograph on my phone. This was never searchable and over time it became unwieldy, so I decided to put them in a more easily-searchable and organized format. Over a couple of months I slowly removed photos from my recipes album and moved the recipes here.

This means that I compiled this collection mainly for myself, and that means its purpose has already been fulfilled. It also means that these are not exactly my favorite recipes; they are my favorite recipes that I also think might be fun to make and eat for friends while traveling. To see more of my favorite recipes, including many that are not in this book, see the archive at the *Padgett Sunday Supper Club*.

There's also an archive of vintage cookbooks at that site. Many of the vintage recipes in this collection are available in their original form for download from the Padgett Sunday Supper Club's library of old books, especially if they're from an old promotional pamphlet.

I've also written an Eddie Doucette recipe collection, *Tempt Them with Tastier Foods*. Just like *A Traveling Man's Cookery Book*, *Tempt Them with Tastier Foods* is a free download or you can buy a print copy. Eddie Doucette was an amazing chef, and a pioneer television chef. His recipes are worth the download.

While this collection is mostly other people's recipes, there are a few of my own—and a few from my family as well. When known, I cite the original recipe's author, although in many cases I have altered the recipe, sometimes drastically.

It helps to plan ahead, too; for baked goods I will often pre-mix the dry ingredients in a mason jar before I leave. I also will pre-mix spice mixes if I know I'm going to need those spices, especially more obscure ones like juniper.

If you're interested in any of the books I've pulled recipes from, I have reviews of many of them available via a link off of the *Padgett Sunday Supper Club* home page.

Enjoy!

*Jerry Stratton*

*June 15, 2024*

*clubpadgett.com*

*"There is no pleasure in a repast that is not shared."—Carl Randall, Live, Loves and Meat Loaf*

## A TRAVELING MAN'S COOKERY KIT

I have a *Taskpaper* checklist for when I'm traveling, which is very detailed because I'm very forgetful. Before I leave for a trip, I make a copy of this checklist and remove everything that's irrelevant. One section of that checklist contains my cooking tools. I usually have a good idea what I'm going to make, and so take the tools I'll need to make those items, as well as any ingredients that I don't want to have to purchase at the destination. Some tools I can count on being in other people's kitchens. Some, I can't. And if I'm cooking in a hotel room, all bets are off.

### **Cooking Supplies:**

- electric fry pan?
- slow cooker?
- 9x9 pan?
- baking sheet?
- pie or cake tin?
- flexible spatula?
- tongs?
- hand mixer?
- laser thermometer?
- digital scale?
- spices?
- baking mixes?
- recipes

Preferably, I'm looking for tools that have multiple uses. And if I'm familiar with a kitchen, I'll know what they have on hand and can leave those home.

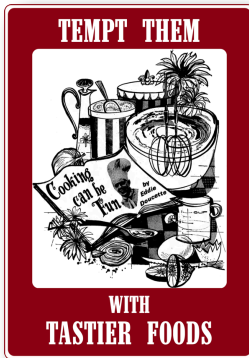
A laser thermometer is very useful because it's more durable than a glass candy thermometer. (Laser thermometers are often called infrared thermometers—the laser isn't what's measuring the temperature, it's just there to help you aim the device.) If I only had a glass thermometer, I wouldn't bring it: I'd be at too much of a risk of breaking it. Instead, I'd just rely on the standard descriptors such as "thickens" or "turns brown". Which may not be something I'm particularly good at, but it beats eating broken glass or cleaning mercury (or whatever is inside modern liquid thermometers) out of my luggage or off of the stovetop.

Which I have done.

You'll notice that the only item that does not have a question mark after it is "recipes". Even if I have to write out the recipe myself ahead of time, I do so, because otherwise I have a tendency to forget important steps. More than once I've gone to bake something and discovered an egg on the counter that I took out of the fridge and forgot to add to the cookies because it was in the ingredient list but not in the instructions...

Which is part of why I wrote this book.

## OTHER PUBLICATIONS BY JERRY STRATTON



### *Tempt Them with Tastier Foods: Eddie Doucette's Home Cooking Magic*

*ClubPadgett.com/doucette*

Eddie Doucette was a pioneer television chef, with the Chicago-area *Home Cooking with Eddie Doucette* in 1954 and with his *Cooking Can Be Fun* tours. He was famous as "The IGA Chef", appearing with recipes in IGA newspaper ads across North America throughout the sixties.

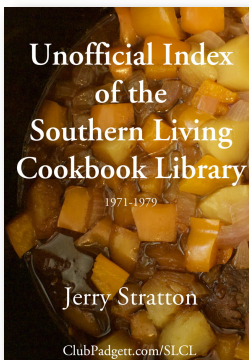
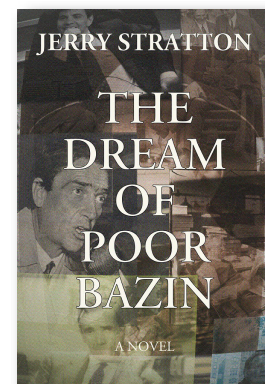
*Tempt Them with Tastier Foods* collects Eddie Doucette's recipes from newspaper clippings, IGA grocery store advertisements, and live exhibitions across the United States.

### *The Dream of Poor Bazin*

*poorbazin.com*

The pen is mightier than the rapier as these modern musketeers fight the machinations of House Speaker Janet Richardson (MA) and Senator Majority Leader Jean Ward (WV) to protect the reputation of Vice President Anderson and save the presidency of William Walker Lewis.

Join Stephen Blair, Charles Shoat, Tucker Welsport, and Simon Rockwall as they provide *total coverage* of the Washington, DC political scene.



### *Unofficial Index of the Southern Living Cookbook Library*

*ClubPadgett.com/SLCL*

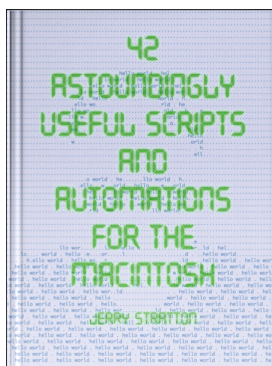
If you're a fan of the Southern Living Cookbook Library from the seventies, you'll love this unofficial index. It indexes the recipes of the twenty-two volumes of the collection, spanning 1971-1979. It provides an index by recipe title, and also by the state of the contributor and the top contributor cities.

## The Gods & Monsters roleplaying game

[godsmonsters.com/game](http://godsmonsters.com/game)

Journey deep into abandoned castles, solve intricate puzzles, fight strange creatures, and wield arcane power. Adventure with intrepid companions in the tradition of *The Three Musketeers* or *The Lord of the Rings*. Search the uncharted wilderness for lost knowledge and hidden treasure.

Like adventurers of old in Egypt, you will delve into long forgotten tombs where magic fuels danger and creatures of myth stalk the darkness. Where the hand-scrawled sign warns “beyond here lie dragons,” your adventure begins.



## 42 Astoundingly Useful Scripts & Automations for the Macintosh

[astoundingscripts.com](http://astoundingscripts.com)

MacOS uses Perl, Python, AppleScript, and Automator and you can write scripts in all of these. Build a talking alarm. Roll dice. Preflight your social media comments. Play music and create ASCII art. Get your retro on and bring your Macintosh into the world of tomorrow with *42 Astoundingly Useful Scripts and Automations for the Macintosh!*

Scripts are fully provided in the text for typing; checksums are provided on the [astoundingscripts.com](http://astoundingscripts.com) web site for verification. The ebook is specifically designed to allow copying the scripts and pasting into a text editor.

## Franklin Golden Syrup Recipes

[clubpadgett.com/franklin](http://clubpadgett.com/franklin)

Franklin Golden Syrup was a cane syrup with a wonderful and unique flavor. The Franklin Sugar Refining Company of Philadelphia was one of the biggest, if not the biggest, sugar refineries in the United States—and probably the world. This reprint of their 1910 promotional pamphlet reproduces several flavorful baked goods and candies, from Chocolate Oat Cakes to Walnut Creams.



## Rumford Recipes Sliding Cookbooks

[clubpadgett.com/rumford](http://clubpadgett.com/rumford)

This is a reprint of the recipes from two sliding recipe cards published by the Rumford Company in 1926 and 1929. The recipes are “for Cake and Cookie Making” and “for Biscuits, Muffins, Rolls, Etc.” Each slider contained twenty-five recipes showcasing Rumford Baking Powder and other Rumford ingredients, along with hints and praises from Mrs. Lily H. Wallace, Teacher of and Lecturer on Home Economics.

# BEVERAGES

## Apple Cider Eggnog

8 oz apple cider  
1 ripe banana  
1 egg  
1 tbsp peanut butter (optional)

Blend all together in blender. 1 serving.

—Vrest Orton, *American Cider Book*, 1973

## Banana Milkshake

8 oz milk  
1 ripe banana  
3 pitted dates (optional)  
¼ tsp cardamom, nutmeg, etc. (optional)

Blend all together in blender. 1 serving.

—*Chiquita Banana's Recipe Book*, 1950

## Cardamom Lassi

8 oz Greek yogurt  
2 tbsp sugar  
large ice cube  
¼ tsp ground cardamom

Blend all together in blender. 1 serving.

—Heather Carlucci-Rodriguez, *Food & Wine Annual 2006*

## Diogenes Metropolitan

bourbon  
triple sec  
gin

Mix equal parts each with ice and shake for 20 seconds. Serve in a chilled martini glass. Garnish with an orange twist, if desired.

—Diogenes, *The Deplorable Gourmet*, 2017

## Ginger Lassi

8 oz Greek yogurt  
2 tbsp candied ginger, chopped coarsely  
1 tbsp brown sugar  
1 tsp lemon juice  
2 ice cubes

Blend all ingredients in blender. 1 serving.

—Elizabeth Gordon, *Lincoln Continental Cuisines of the Western World*, 1965

## Godfather

1-½ oz scotch or whiskey  
1 oz amaretto

Pour over ice. Drink with your back to the wall.

—Thomas Mario, *Playboy Bartender's Guide*, 2003

## Lemon Mead

Sima

### Wine

2 large lemons  
½ cup sugar  
½ cup brown sugar  
5 qts boiling water  
⅛ tsp yeast

### Bottles

15 raisins  
5 tsp sugar

Carefully peel off yellow lemon skins and save. Remove white membranes from lemons and discard. Slice lemons very thin. Combine slices, skins, sugar, and brown sugar in a 6-8 qt glass, enamel, or stainless-steel bowl. Pour boiling water over, stir, and let cool to tepid. Stir in yeast. Allow to ferment, uncovered, at room temperature for about 12 hours. Prepare five one-quart bottles by placing a teaspoon of sugar and three raisins in each. Strain the liquid and pour into bottles. Close or cork tightly and let stand at room temperature for one or two days, until the raisins rise to the surface. Chill until ready to serve.

This improves rapidly during the first three weeks and continues improving slowly for at least a year. Take care when opening, as carbonation may have built up a high pressure, especially over longer periods.

—Dale Brown, *Cooking of Scandinavia*, 1968



**Orange Punch**

Ponce di Arancio

1-½ liters rum  
1 liter vodka  
1 liter water  
1 kg sugar  
juice of three oranges  
peel of one lemon, grated

Steep the lemon peel in a deciliter of vodka for three days. Boil the water with the sugar for 5-6 minutes. When cool, combine with remaining ingredients, passing the lemon vodka through a fine sieve or muslin.

—Pellegrino Artusi, *La Scienza in Cucina*, 1922

**Sophisticated Strawberry Shake**

1 cup sliced strawberries  
½ cup sugar  
pinch of salt  
1 egg  
1 cup milk  
1 tbsp lemon juice

⅔ cup Burgundy or other red wine

All ingredients should be chilled. Blend strawberries, sugar, salt, egg, and milk in blender. Stir in lemon juice and wine and serve.

—Gertrude Hannah, *Adventures in Wine Cookery*, 1965

# BREAKFASTS

## Tips

For any mostly-egg dish such as omelets, scrambled eggs, or zabaglione, assume 1-½ eggs per person. If making for one person, round up or down depending on the recipe.

## Baked Omelet

- 6 egg yolks
- 6 egg whites, beaten stiff
- 2-½ tsp flour
- 2-½ tsp cornstarch
- 1 cup milk
- ½ tsp salt
- ⅛ tsp pepper
- 2 tbsp butter

Mix egg yolks thoroughly with flour and cornstarch. Add milk, salt, and pepper gradually. Fold in egg whites. Melt butter in a 9-inch skillet. When hot, pour in egg mixture. Bake 20 minutes at 350°. Serve with jam, powdered sugar, creamed mushrooms, or salsa.

—*ABC of Jiffy Cookery*, 1961

## Banana Cruller Miniatures

- 1 medium banana
- ½ cup water
- 1 tbsp cooking oil
- 1 egg
- ¾ cup flour
- ¾ cup cornmeal
- 2 tbsp sugar
- 2 tsp baking powder
- ¾ tsp salt

Mash banana smooth. Beat in water, oil, and egg. Combine dry ingredients and stir in just until moistened. Drop batter by tablespoons into hot oil. Cook until brown on each side. Sprinkle with powdered sugar.

—Mrs. E.A. McJunkin, *The Workbasket*, 1974

## Chili Cheese Squares

- 8 oz jalapeño peppers
- 3 eggs, well beaten
- 8 oz sharp cheddar cheese, grated
- ⅛ tsp salt
- ⅛ tsp pepper
- ¼ tsp prepared mustard

Cut peppers in half lengthwise, remove seeds, and lay flat to cover the bottom of the pan. Mix remaining ingredients and pour over peppers. Bake until lightly browned, 20-25 minutes, at 375°. Serve warm or cold.

—Mrs. Frank Buzard, *Artist in the Kitchen*, 1977

## Cornmeal Hot Cakes

- 1 cup flour
- 2 cups cornmeal
- 1-½ tsp salt
- 1 tbsp baking powder
- 1-½ cups boiling water
- 2 eggs
- 1-¾ cup milk
- 3 tbsp lard, melted

Mix the flour, half the cornmeal, salt, and baking powder. Stir boiling water into remaining cornmeal in a mixing bowl. Add the milk, the flour, and the lard and mix well. Drop by spoonfuls onto a hot, greased griddle or pan and cook until brown on both sides, turning once.

—Mrs. Raymond Bryan, *Southern Living Breads*, 1972

## Cranberry Zinnamaroon

- ⅓ cup cranberries (may be frozen)
- 4 pitted dates
- ⅓ cup orange juice or apple cider
- ¼ tsp cinnamon
- 1 frozen banana (peel before freezing)

Blend the cranberries, dates, juice, and cinnamon in a blender. Cut frozen banana into large chunks, add to blender, and continue blending until smooth. 1 serving.

—Joy McClure, *Cooking for Consciousness*, 1976

**Ethereal Cereal**

- 3 tbsp oil
- ½ cup honey
- ½ tsp vanilla
- 3 cups oatmeal
- ½ cup chopped walnuts
- ¼ tsp salt
- ½ tsp cinnamon
- ½ cup dried cranberries

Combine the oil, honey, and vanilla in a small mixing bowl. Combine the oatmeal, walnuts, salt, and cinnamon in a medium mixing bowl. Add the wet ingredients to the dry, mixing well, then roast in a shallow pan for 25-30 minutes at 250°. Mix in dried cranberries and cool.

—Joy McClure, *Cooking for Consciousness*, 1976

**French Omelet**

- 2 tbsp butter
- 2 eggs
- 1 tsp cold water
- 1 tbsp chopped herbs or 3 tbsp filling salt and pepper

Melt butter until it foams. Lightly beat eggs just enough to mix whites and yolks. Stir in cold water. Pour into pan. Tilt or shake to spread evenly and loosen edges as they set. Lower heat; sprinkle herbs (parsley, chives, tarragon, chervil, or other filling) on the egg while still moist. Fold one edge into the middle, then the other edge, and slide out of pan. Sprinkle with salt and pepper. 1 serving.

—John Varnom, *French Bistro Cooking*, 1988

**French Scrambled Eggs**

- 3 tbsp butter
- 3 eggs
- 3 tbsp heavy cream
- salt and pepper

Melt the butter in the top of a double boiler. Break eggs in and add cream and seasoning. Stir briskly until eggs begin to stiffen. They should remain soft and creamy. 2 servings.

—John Varnom, *French Bistro Cooking*, 1988

**Fresh Applesauce**

- 2 cups cubed apples, partly peeled
- ¼ cup water
- 2 tbsp lemon juice
- ¼ cup sugar
- ¼ tsp cinnamon

When peeling, keep a bit of the reddest peel on for color. Blend all in blender until smooth and serve immediately. To keep, transfer to a saucepan and bring just to a boil.

—*Better Homes & Gardens Blender*, 1971

**Fruit Yogurt Whip**

- 1 package unflavored gelatin
- ⅛ cup to ⅓ cup sugar
- 1 cup boiling fruit juice or water
- ¾ cup cold fruit juice
- 3-5 oz fruit, fruit pulp, or syrup
- 8 oz Greek yogurt

Whisk gelatin and sugar together. Mix into boiling juice or water. Add cold juice. Chill until slightly thickened, 1-2 hours. Add yogurt and fruit pulp; beat until light and fluffy. Pour into dessert glasses or dishes. Chill at least two hours.

—*New Joys of Jell-O*, 1973

**Raspberry Applesauce**

- 1 medium-large apple (10-12 oz)
- 3 tbsp water
- juice of ½ lemon
- 16 raspberries

Blend all ingredients in blender. 1-2 servings.

—*personal recipe*

**Scotch Oatmeal Pancakes**

- 3 cups oatmeal
- 1-½ cups water
- ½ tsp salt
- 2 tbsp oil

Combine all ingredients and drop by large spoonfuls onto a hot, well-oiled griddle. Fry until browned on both sides. Eat immediately or put into the oven to get crisp. 16 cakes.

—Lucy Horton, *Country Commune Cooking*, 1972

**Scrambled Eggs**

- 6 eggs
- ½ cup milk
- ¾ tsp salt
- 2 tbsp butter or drippings

Beat eggs slightly. Add milk and salt. Melt fat in top of double boiler. Add eggs and cook over slowly boiling water until thick and creamy, stirring occasionally. 4 servings.

—Sallie F. Hill, *Progressive Farmer's Southern Cookbook*, 1961

**Zabaglione**

2 eggs, separated

1/6 cup sugar

1-1/2 tbsp port or 1-1/2 tsp extract

Beat egg whites to soft peaks. Mix the yolks, sugar, and flavoring in the top of a double boiler; stir constantly over boiling water until the yolks thicken, about five minutes. Remove from heat, stir in the beaten egg whites, and pour into dessert or wine glasses. Serve immediately. 2 servings.

You can replace the sugar and flavorings with two tablespoons or so of maple syrup or honey. You may also wish to add a pinch of salt to the egg white when doing so.

—*ABC of Wine Cookery*, 1957

# **JET AGE COOKBOOK**

***HOME TESTED RECIPES***



COMPILED BY  
**THE ROYAL AUSTRALIAN AIR FORCE  
WOMEN'S ASSOCIATION**

(NOLLAMARA - BALGA BRANCH)  
WESTERN AUSTRALIA

COLLECTED FROM MEMBERS FROM  
ALL AUSTRALIAN STATES

# MAIN DISHES

## Australian Ham Pie

### Filling

1-½ cups cooked, chopped, ham  
1-½ cups white sauce (p. 25)  
2-½ cups diced vegetables (celery, onions,  
carrots, potatoes, etc.)  
pinch of cayenne  
1-2 tsp *God's Own Spices* (p. 22, optional)

### Cheese Pastry

4 oz flour  
2 tsp baking powder  
¼ tsp salt  
2 oz butter  
2 oz grated cheddar cheese

Mix ham and vegetables with white sauce and spices in a two quart casserole dish. Mix pastry ingredients, cutting in butter and cheese and adding water if necessary. Cover pie with pastry and bake at 350° until cooked, about 50 minutes covered, then bake ten minutes uncovered.

—P. Alcock, *Jet Age Cookbook*, 1970

## Beef Short Ribs with Gravy

### Ribs

3 lb beef short ribs  
1-½ tsp salt  
¼ tsp pepper  
½ cup water  
¼ cup grated onion  
2 large carrots, diced  
1 red bell pepper, cut in ½-inch dice  
1 jalapeño, seeded and diced  
4 celery stalks, cut in ½-inch diagonals

### Gravy

2 cups water  
3 tbsp flour mixed with 3 tbsp water

Brown the ribs in a small amount of fat in a skillet; reserve drippings. Season ribs with salt and pepper. Add water and onion. Cover and cook over low heat for an hour and a half. Add the carrots, peppers, and celery and cook another half hour or until beef is tender. Remove ribs to a heated platter.

Add water to the skillet and bring to a boil, scraping to free brown bits. Stir the flour paste into the vegetables. Cook until thickened. Serve over ribs. 6 servings.

—Mrs. Henry Sherrer, *Southern Living Creole*, 1972

## Brandywine Beef

3 lb rolled boneless sirloin tip or rump roast  
½ cup wine vinegar  
¼ cup olive or salad oil  
1-½ tbsp lemon juice  
1 tsp thyme  
½ tsp marjoram  
½ tsp crushed red pepper  
½ tsp salt  
1 clove of garlic, minced  
½ bay leaf

Place roast in a large, shallow pan. Mix remaining ingredients and pour over roast. Cover and chill for 3-4 hours, turning occasionally. Reserve marinade. Roast at 325° until done, basting occasionally with marinade. 6 servings.

—Mrs. M.H. Webber, *Southern Living Holiday*, 1972

## Broiled Scallops

1 lb scallops  
2 tbsp melted butter  
juice of 2 lemons  
1 clove garlic, crushed  
1 tsp Worcestershire sauce  
dash of salt  
smoked paprika

Place the scallops in a shallow, oven-safe pan. Combine the butter, lemon juice, Worcestershire sauce, garlic, and salt and pour over the scallops. Refrigerate until butter solidifies. Sprinkle with paprika and broil for ten minutes until done.

—Mrs. J.A. Baldwin, *Southern Living Seafood*, 1972

**Chicken à l'Orange**

1 tbsp butter  
 1 tbsp grated orange peel  
 1 tbsp honey  
 1 tbsp white wine  
 1 tsp soy sauce  
 1 tsp powdered ginger  
 salt and pepper  
 2-½ lb chicken pieces  
 juice of one orange  
 cooked rice

Mix butter, peel, honey, and wine. Mix soy sauce and ginger. Mop the chicken in the butter/honey mix, then in the soy/ginger mix, and sprinkle with salt and pepper. Let sit for 30 minutes.

Drain the chicken and put in a baking dish. Bake for 20 minutes at 400°, reduce heat to 300° and bake until brown. Turn and baste as desired. When the chicken is done, pour the orange juice over and bake five minutes more. 6 servings.

—Violeta Autumn, *A Russian Jew Cooks in Peru*, 1973

**Coriander Chicken with Pasta**

4 chicken legs  
 4 chicken thighs  
 2 tbsp olive oil  
 ½ tbsp Chinese chili sauce  
 1 tsp cumin seeds  
 ½ tsp saffron threads  
 ½ tsp salt  
 juice of ½ lemon  
 ¼ cup coarsely chopped cilantro  
 2 cups chicken stock  
 1 cup small dried pasta

Put chicken in a baking dish. Mix oil, chili sauce, cumin, saffron, salt, lemon juice, and 2 tbsp cilantro well. Pour over chicken, turning to coat. Cover. Marinate at room temperature one hour.

Heat a deep, heavy skillet over moderate heat. Add chicken and cook, turning frequently to evenly brown, about 15 minutes. Remove chicken. Pour fat from pan; add 1 cup stock and bring to boil over high heat, scraping to incorporate browned bits from the bottom of pan. Add remaining stock and pasta, and stir for two minutes.

Return chicken to pan, reduce heat to moderately low, cover tightly and simmer until pasta and chicken are cooked through, about 20 minutes. Sprinkle with remaining cilantro. 4 servings.

—Bob Chambers, *Best of Food & Wine 1991*

**Creole Steak**

1 lb round steak  
 ¼ cup flour  
 2 tsp salt  
 2 tsp smoked paprika  
 ½ tsp pepper  
 1 cup chopped onion  
 ⅓ cup chopped red bell pepper  
 ¼ cup lard  
 ½ cup dry rice  
 2-½ cup tomatoes, chopped in blender

Cut the steak into bite-sized pieces. Mix the flour, salt, paprika, and pepper. Dredge the steak in it, reserving remaining flour. Brown the onions and pepper in lard in a frypan; remove for later. Brown the steak in remaining lard and cover with vegetables. Sprinkle rice over all and pour in the tomatoes. Sprinkle leftover flour mixture over the tomatoes, cover tightly, and simmer one hour.

—Mrs. Russell Barron, *Southern Living Creole*, 1972

**Eggplant Sauce**

(Khoreshe Bademjan)

2 medium eggplants  
 2 tbsp salt  
 2 tbsp butter  
 1 lb stew or round beef cut in 1" cubes  
 1 medium onion finely chopped  
 1 tsp salt  
 ½ tsp cinnamon  
 ½ tsp pepper  
 ¼ tsp nutmeg  
 6 tbsp butter  
 1-¼ cups tomato sauce  
 1-¾ cups water  
 3-4 tbsp lemon juice  
 1 large tomato

Cut the eggplants (unpeeled) lengthwise into 1-inch slices. Melt the butter in a 3-quart saucepan. Add the meat, onions, and seasoning and sauté. Add the tomato sauce, water, and lemon juice and simmer for about 35 minutes over low heat.

Melt the butter and sauté the eggplants separately. Add the eggplants and quartered tomatoes to the meat and simmer for fifteen minutes. Also very good with chicken. 5-6 servings.

—Maideh Mazda, *In a Persian Kitchen*, 1960



**Fish with Macadamia Sauce**

4 baked whitefish fillets  
 ½ cup butter  
 ½ cup chopped macadamia nuts  
 1 tsp onion juice  
 1 tsp lemon juice  
 1 tsp finely chopped chives  
 dash of nutmeg  
 salt and pepper

Melt butter in saucepan. Add remaining ingredients and simmer gently. Pour over fish.

—Kaapahu Ranch, *Hilo Woman's Club*, 1967

**Garden Skillet Supper**

2 zucchini  
 1 medium eggplant  
 ½ cup butter  
 1 cup thinly sliced onion  
 1 clove garlic, finely chopped  
 ½ cup flour  
 2 red bell peppers, cut in strips  
 2 tomatoes, cut in wedges  
 1 tsp salt  
 ¼ tsp oregano  
 ⅛ tsp pepper

Cut the zucchini and eggplant into ½-inch slices. Melt the butter in a large skillet and sauté the onions and garlic until onions are tender. Lightly coat the zucchini and eggplant in flour, add to the onion mixture along with the bell peppers, and cover. Simmer for 30 minutes. Add the tomatoes, salt, oregano, and pepper and cook another 15 minutes. 8-10 servings.

—*Southern Living Vegetables*, 1972

**Garlic Eggplant and Pork**

1 tbsp soy sauce  
 2 tsp oyster sauce  
 2 tsp sugar  
 1 tsp cornstarch  
 2-½ tbsp water  
 1 tsp vinegar  
 ½ tsp gin  
 2 tsp jalapeño, chopped  
 ¼ tsp salt  
 about a 1 pound eggplant  
 1-½ tsp peanut oil  
 ½ lb ground pork  
 3 tsp garlic, minced

Dissolve cornstarch into a tablespoon of the water. Combine with soy sauce, oyster sauce, sugar, vinegar, gin, jalapeño, and salt in a small bowl.

Slice eggplant lengthwise, about half an inch thick; cut the slices into half-inch strips. Steam the eggplant until tender, about 25 minutes.

Heat peanut oil in large pan. Stir-fry the ground pork until done. Add the garlic and stir-fry until golden, a few seconds. Add the eggplant and remaining water, cook until the eggplant begins to fall apart (3-5 minutes) and stir in the sauce. Cook until bubbling and thick, 2-4 minutes. 4 servings.

—Eileen Yin-Fei Lo, *Best of Food & Wine* 1997

**Garlic Fried Chicken**

1 cup bread crumbs  
 ¼ cup grated parmesan cheese  
 2 tbsp minced parsley  
 1 tsp salt  
 ¼ tsp thyme  
 ⅛ tsp pepper  
 ½ cup butter  
 1 clove garlic, crushed  
 2-½ lb chicken pieces

Combine bread crumbs, cheese, parsley, salt, thyme, and pepper. Melt butter and stir in the garlic. Dip chicken in the butter and coat with crumbs. Place in a foil-lined baking pan and bake at 400° until the chicken is tender, about 45 minutes. Do not turn. 4-6 servings.

—Mrs. Goz Segars, Jr., *Southern Living Quick & Easy*, 1972

**Genoese Roast Chicken**

2-½ lb whole chicken  
 ½ tsp salt  
 ⅛ tsp pepper  
 2 tbsp fresh parsley, chopped  
 4 sprigs rosemary, minced or 1 tsp dried  
 4 cloves garlic, peeled and crushed  
 2 tbsp flour  
 3 tbsp olive oil  
 1 cup chicken broth

Remove all visible fat from chicken; rinse under cold water and pat dry. Rub the inside cavity with salt, pepper, and half the parsley and rosemary. Place two garlic cloves in cavity, tie the legs together, and tuck the wings back and under. Lightly dust the trussed chicken with the flour.

Heat olive oil in pressure cooker over high heat. Brown the chicken to a light golden color on all

sides. Add the remaining parsley, rosemary, and garlic, along with the stock.

Cook at high pressure for 25 minutes. Remove chicken and bring the sauce to a boil over high heat to reduce by half. Adjust seasoning. Cut the chicken and pour sauce over pieces. 4 servings.

—Tom Lacalamita, *Ultimate Pressure Cooker Cookbook*, 1997

### **Greek Chicken**

4-6 potatoes, quartered  
2-3 lbs chicken pieces  
2 large onions, quartered  
1 whole bulb garlic, minced  
3 tsp dried oregano  
1 tsp salt  
½ tsp pepper  
1 tbsp olive oil

Put potatoes in bottom of slow cooker. Add chicken, onions, and garlic. Sprinkle with oregano, salt, and pepper, then the oil. Cover and cook on low for 9-10 hours.

—Judy Govotsus, *Fix-It and Forget It*, 2000

### **Greek Lemon Chicken**

1 three-pound chicken  
salt and pepper  
1 tsp oregano  
2 cloves garlic, minced  
3 tbsp butter  
⅓ cup water  
¼ cup lemon juice  
1 tsp grated lemon rind

Season the chicken inside and out with salt and pepper. Mix half the oregano and half the garlic, then rub on the inside of the chicken. Brown in butter on all sides, then put in slow cooker. Sprinkle with remaining oregano and garlic, add water, and cook on low for seven hours. Mix the lemon juice and rind, add to the chicken, and continue cooking another hour. 4 servings.

—Jo Ann Shirley, *Wonderful ways to prepare Crockery Pot Dishes*, 1979

### **Italian Scampi**

1 lb medium shrimp, shelled  
¼ cup butter  
1 clove garlic, minced  
1-½ tsp lemon juice  
1 tbsp dried parsley  
¼ tsp salt

dash of pepper  
dash of smoked paprika

Melt the butter in a skillet over medium heat. Add the garlic and lemon juice, sauté for 3 minutes, then add the shrimp and sauté until the shrimp are pink and tender, 4-5 minutes. Stir in the parsley, salt, pepper, and paprika.

—*Southern Living Seafood*, 1972

### **Juniper Chicken**

#### **Juniper Seasoning**

2 tbsp butter  
10-12 dried juniper berries, crushed  
½ bay leaf, crumbled  
1 tsp salt  
¼ tsp pepper

#### **Chicken**

2-½ lb chicken  
2 tbsp butter

#### **Gravy**

¾ cup light cream  
1-½ tbsp flour  
1-½ tbsp water  
1 cup chicken stock  
2 tbsp grated cheese  
salt and pepper

Mix butter with juniper berries, bay leaf, salt, and pepper. Spread inside the chicken, then truss. Brown the butter in a Dutch oven. Add the chicken and brown on all sides. Cover and bake for 50 minutes at 350°. Remove the chicken and keep warm. Whisk the cream slowly into the Dutch oven. Mix the flour with the water and stir into the cream. Add the chicken stock and cook over low heat for several minutes until thickened. Stir in the cheese until it melts and salt and pepper to taste. Serve with the chicken.

—*Southern Living Creole*, 1972

### **Lemon Barbecue Chicken**

#### **Chicken**

½ cup butter  
2-½ lb chicken pieces  
1 cup flour  
1 tsp salt  
1 tsp pepper

#### **Sauce**

¼ cup cooking oil  
½ cup lemon juice  
1 clove garlic, minced  
2 tbsp minced onion

1 tsp salt

Preheat oven to 400°; while preheating, melt the butter in a shallow baking dish. Mix the flour, salt, and pepper and coat the chicken pieces in it. Place skin side down in a single layer in the pan. Bake 30 minutes. Meanwhile, mix the sauce. Turn the chicken pieces skin side up, pour the barbecue sauce over the top and bake until tender, about 30 minutes more.

—Mrs. Mary E. Wilson, *Benton Harbor—St. Joseph Bicentennial Cookbook*, 1976

### Marinated Pork Roast

#### Marinade

1-½ tsp salt  
1-½ tsp whole allspice  
1 tsp whole cloves  
½ tsp whole black pepper  
½ tsp ground marjoram  
½ tsp ground sage  
1 crumbled bay leaf  
1 tbsp slivered lemon rind  
2 tbsp fresh lemon juice  
21 ounces beef bouillon

#### Roast

4-5 lb pork loin  
1 tbsp lard  
½ cup sliced onion  
½ cup sliced carrots

Heat the spices and bouillon to boiling. Pour over the pork. Cool, and marinate 24 hours in the refrigerator, turning several times. Remove the meat from the marinade and wipe off the spices. Save the marinade.

Brown on all sides in lard in a Dutch oven. Add the marinade, onions, and carrots, cover, bring to a boil, reduce to a simmer and simmer for 2 hours or until meat is tender. You can also bake in a covered roasting pan at 325° for three hours; or a crockpot on high for four to five hours.

Remove meat from the pan, strain the gravy, and thicken using 1-½ tsp flour mixed with the same amount of cold water for each cup gravy. Salt to taste. 6-8 servings.

—Day & Stuckey, *Spice Cook Book*, 1964

### Oven-Fried Chicken

#### Seasoned Flour

½ cup flour  
1 tsp salt  
¼ tsp pepper

¼ tsp paprika

#### Frying

2 tbsp lard  
2 tbsp butter  
2 to 2-½ lbs chicken pieces

Melt the lard and butter in a shallow baking pan in the oven while preheating to 425°. Place seasoned flour in a paper sack and shake chicken a piece or two at a time. Arrange chicken skin-side down in a single layer in the baking pan. Bake 45 minutes. Turn skin-side up and bake another 15 minutes. 2-4 servings.

—Betty Crocker's *New Dinner for Two*, 1964

### Perfect Fried Chicken

⅓ cup flour  
1 tsp smoked paprika  
1 tsp salt  
¼ tsp pepper  
2-½ to 3-lb chicken, cut up  
shortening for frying

Mix flour, paprika, salt, and pepper in a plastic bag. Add chicken pieces and shake. Heat shortening ¼-inch deep in skillet until a drop of water sizzles. Brown meaty pieces first, then add remaining pieces. Do not crowd. Brown one side; turn with tongs. When lightly browned, about 15-20 minutes, reduce heat, cover tightly, and cook until tender, 30-40 minutes. Uncover for last 10 minutes of cooking. 4 servings.

—*Better Homes & Gardens Meat Book*, 1969

### Salmon with Braised Leeks

#### Leeks and Salmon

2 tbsp butter  
6 leeks (white and light green parts)  
⅛ tsp salt  
⅛ tsp pepper  
4 center-cut salmon fillets (-6 oz each)

#### Brush

1 tbsp melted butter  
⅛ tsp salt  
⅛ tsp pepper  
1 tbsp gin, 3 tbsp water (or ¼ cup white wine)

Melt the butter in a large skillet over medium heat. Fry the leeks with the salt and pepper, stirring often, until softened, about eight minutes. Reserve ½ cup of the leeks and scrape the rest into the slow cooker. Place salmon on leeks. Brush

with butter, sprinkle with salt, pepper, and reserved leeks, and drizzle with gin and water. Cover and cook on low until salmon flakes easily, about 60-90 minutes. 4 servings.

—*Canadian Living Slow Cooker Collection*, 2009

### Salmon with Garlic Sauce

2 tbsp vegetable oil  
4 cloves garlic, minced  
¼ tsp fresh-ground white pepper  
1 tsp sugar  
2 tbsp soy sauce  
½ pound asparagus, trimmed to 5 inches  
½ pound broccoli, cut into florets  
two 8-ounce salmon fillets, skinned

In a small skillet, heat 1-½ tsp of the oil over moderate heat until hot. Stir-fry the garlic until light brown, about 2 minutes. Reduce to low and add the pepper, sugar, and soy sauce. Stir-fry for about 30 seconds. Remove from heat.

Steam the asparagus and broccoli until bright green and tender, about 2 minutes. Drain and cover to keep warm.

Brush the salmon with the remaining 1-½ tsp oil and broil on one side only until brown and crusty on the outside and slightly translucent in the center, 4-5 minutes. Top with the garlic sauce and serve with the warm vegetables. 2 servings.

—Talesai, *Best of Food & Wine* 1993

### Scallion-Chicken Noodles

½ lb skinless, boneless, chicken thighs  
¾ lb linguine  
¼ cup peanut oil  
1 cup finely chopped scallions  
1 tbsp finely grated ginger  
2 tbsp soy sauce  
1 tsp sesame oil  
pinch of sugar  
generous pinch of salt  
generous pinch of pepper  
¼ cup finely chopped cilantro

Bring a saucepan of water to a boil. Add chicken and return to a boil; remove from heat, cover, and let stand until chicken is cooked through, about 15 minutes. Drain and cut into 1-inch pieces. Cook linguine in large pot of boiling salted water until tender, about 12 minutes. Drain.

Add oil to pot, heat until shimmering, and cook the scallions and ginger over moderately low heat until fragrant, about one minute. Add linguine,

chicken, soy sauce, sesame oil, sugar, salt, and pepper. Toss over moderately high heat until noodles are coated and heated through, about one minute. Toss in the cilantro and serve. 4 servings.

—Grace Young, *Food & Wine Annual* 2006

### Shrimp Creole

1 tbsp lard  
1 tbsp flour  
2 large onions, chopped  
1 large red bell pepper, chopped  
½ jalapeño, chopped  
2 cloves garlic, chopped  
2 tsp parsley  
48 oz tomatoes, chopped in blender  
½ tsp red pepper  
2 bay leaves  
⅓ tsp celery seed  
¼ tsp thyme  
salt  
2 lbs raw shelled shrimp

Make a rich roux from the lard and flour. Stir in onions, peppers, garlic, and parsley. Continue stirring until onions brown slightly, then add the tomatoes. Season with red pepper, salt, bay leaves, celery seed, and thyme. Add the shrimp and cover; cook slowly for one hour. Serve with rice.

—Janet Jackson, *Starkville Junior Auxiliary Cook Book*, 1974

### Shrimp in Fragrant Green Sauce

2 cups packed cilantro sprigs  
2 cloves garlic, minced  
1 tbsp lemon juice  
5 tbsp olive oil  
salt and pepper  
1-½ lbs large shrimp, shelled  
3 large scallions, sliced thin  
1 small jalapeño, minced  
¼ cup gin  
1 cup fish stock or clam juice  
1 tbsp butter

Blend the cilantro, garlic, and lemon juice to a paste in a food processor. While running, pour in three tablespoons of the olive oil. Scrape this pesto into a bowl and season with salt and pepper.

In a large skillet, heat the remaining three tablespoons of olive oil. Sauté the shrimp over moderate heat (possibly in two batches) until barely cooked through, about four minutes. Transfer to a plate.

Sauté the scallions and jalapeño over moderate heat for about one minute. Add the wine; simmer until reduced by half, about three minutes. Add the stock; simmer over moderately high heat until reduced by half, about four minutes. Return the shrimp and any juices to the skillet. Stir in the cilantro and bring to a bare simmer. Season with more salt and pepper, remove from heat, stir in the butter, and serve. 4 servings.

—Luis Rivera, *Best of Food & Wine 2000*

### Spicy Butter-Steamed Bass

4 sea bass fillets with skin (7 oz each)  
1-½ inch ginger, peeled and cut thin  
1 serrano chile, thinly sliced  
1 clove garlic, minced  
zest and juice of 1 lime  
salt and pepper  
4 tbsp butter

Cilantro leaves and scallion, chopped

Make 4 shallow slashes in the skin of each fillet and place them in a large glass pie plate, skin side up. Combine the ginger with the chile, garlic, and zest and sprinkle over the fish. Season with salt and pepper, dot with butter, and drizzle lime juice over the top.

Steam by arranging small balls of aluminum foil in a deep skillet. Add an inch of water, bring to a boil, and set the pie plate on the foil. Cover. Steam until fish flakes with a fork, about five minutes. Transfer the fillets to plates or bowls and spoon buttery broth over each. Garnish with cilantro and scallion. 4 servings.

—Grace Parisi, *Food & Wine Annual 2007*

### Spicy Simmered Tofu

2 tbsp peanut or vegetable oil  
4 cloves garlic, minced  
3 scallions, cut to 1-½ inch  
1 tbsp minced ginger  
1 tbsp chili paste  
3 tbsp soy sauce  
1 lb firm tofu, cut to ½ inch cubes, patted dry  
½ cup chicken broth  
½ tsp salt

1 tbsp cornstarch mixed with 1 tbsp water

Stir-fry the garlic and scallions in hot oil for 30 seconds. Add the ginger and chili paste and stir-fry for another 30 seconds. Add the soy sauce and stir-fry another 30 seconds. Add the tofu, broth, and salt. Bring to a boil, lower the heat, and simmer 4 minutes. Add the cornstarch mix and stir-fry over high heat until the sauce thickens, about 20 seconds. 4 servings.

—Alford and Duguid, *Best of Food & Wine 1999*

### Texas Barbecue Sauce

2 cups water  
½ tsp pepper  
¼ cup brown sugar  
2 cloves garlic, chopped fine  
2 tsp salt  
1 cup cider vinegar  
5 oz Worcestershire sauce  
juice of 4 lemons  
¼ cup butter

Bring water to a boil in a large saucepan. Add pepper; simmer for five minutes. Stir in sugar until dissolved. Add garlic, salt, vinegar, and stir. Add half of the Worcestershire sauce, simmer for a few minutes, add the lemon juice, and stir. Add remaining Worcestershire sauce and continue stirring as it heats. Add the butter as the sauce heats up. Butter can be omitted if destined for pork. Butter should also be omitted if sauce is made ahead of time. When ready to use, heat sauce slowly and add butter as needed.

—*Dishes Men Like*, 1952

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# SOUPS AND SPICES

## Buttered Cauliflower Purée

2 lbs cauliflower in 2-inch florets  
1 cup heavy cream  
3 oz butter  
salt  
cayenne pepper

Boil cauliflower in salted water until tender, about seven minutes. Drain and bake at 325° on a large rimmed baking sheet to dry, about five minutes. Simmer cream and butter over moderate heat until butter melts. Purée cream and cauliflower, season with salt and cayenne. 6 servings.

—John Besh, *Food & Wine Annual 2008*

## Caraway Seed Soup

1 tbsp flour  
1 tbsp butter  
1 tsp caraway seeds  
4 cups water  
salt and pepper  
croutons

Brown the flour in the butter, stirring constantly. Add caraway seeds and when they begin to crackle, in about a minute, slowly pour water over them. Cook for 10-15 minutes, salt and pepper, and serve with croutons.

—*Esquire's Handbook for Hosts*, 1949

## Caraway Vegetable Soup

### Soup

4 cups chicken stock  
¼ cup butter  
1 carrot, diced  
1 celery stalk, diced  
¼ cup diced onion  
½ tsp caraway seeds  
chopped parsley  
salt and pepper

### Roux

2 tbsp butter  
3 tbsp flour  
¼ cup cream

Brown the carrot, celery, and onion in butter. Add the caraway and stock and bring to a gentle boil. Meanwhile, make the roux from the butter and flour. Cook over low heat, stirring constantly, until lightly browned and thick. Whisk the cream in slowly, and stir until thick. Add the soup and return to a boil. Cook for about 30 minutes. Add salt, pepper, and parsley to taste. Makes 4 cups.

—Manka's, *101 Secrets of California Chefs*, 1969

## Chili Powder

4 tsp red pepper flakes  
6 tsp cumin  
4 tsp oregano  
6 tsp garlic powder

Combine all herbs and spices and blend in a spice grinder or coffee grinder until smooth.

## Chilled Avocado Soup with Fresh Coriander

1 medium avocado  
1 clove garlic  
1 scallion, chopped  
¼ cup fresh cilantro  
1 cup yogurt  
2 cups chicken stock  
½ tsp salt  
dash of tabasco  
minced scallion and/or cilantro for garnish

Combine the avocado, garlic, scallion, coriander, yogurt, chicken stock, salt, and hot sauce in blender or food processor until smooth, about 3 minutes. Refrigerate until chilled, about 2 hours. Garnish with scallion and/or cilantro. 4 servings.

—Molly O'Neill, *Best of Food & Wine 1986*



**Chilled Strawberry Soup**

- 2 cups strawberries (or raspberries)
- ½ cup sugar
- ½ cup Greek yogurt
- 1-2 cups ice water
- ½ cup dry red wine

Reserve four large berries for garnish. Blend remaining berries or rub through a fine sieve. Add sugar and yogurt; mix well. Gradually stir in the water and wine until thoroughly blended. Taste and adjust sweetness. Pour into small soup bowls, garnish with reserved berries, and chill. 4 servings.

—Sonia Uvezian, *Book of Yogurt*, 1978

**Chocolate Chili**

- 4 medium onions, chopped fine
- 1 clove garlic, chopped fine
- 1 jalapeño, chopped fine
- 2 tbsp butter
- 2-4 tbsp chili powder
- 1 tsp coriander
- 1 tsp oregano
- 3 lbs 4 oz chopped tomatoes
- 2 cups water
- 2 tbsp sugar
- 1 tbsp salt
- 4 tbsp cocoa powder
- 1-½ lb ground beef
- 15 oz can red kidney beans

Sauté onions garlic, and jalapeño in butter in a large saucepan until soft. Mix chili powder, coriander, and oregano and stir into the onion. Cook two or three minutes and pour in the tomatoes and water. Brown the beef, add, and cook very slowly for at least an hour uncovered. Add the cocoa, sugar, and salt and cook for another ½ hour. Add the beans; heat through. 4-6 servings.

—Marge Sell, *Favorite Recipes*, 1981

**Cream of Celery Soup**

- 3 tbsp butter
- 3 medium slices of onion
- 3 tbsp flour
- 1-½ tsp salt
- a few grains of pepper
- 4 cups milk
- 2 cups finely chopped celery
- smoked paprika

Cook celery, covered, in 1 cup milk in top of double boiler until very tender. Reserve celery with enough milk to make two cups.

Melt butter in a saucepan over low heat. Sauté onion until soft but not browned, about five minutes. Stir in flour, salt, and pepper. Remove from heat and slowly blend in 3 cups milk. Return to heat and cook until smooth and thick, stirring constantly. Add the celery and heat thoroughly. Garnish with a dash of paprika. 6 servings.

—Mary Margaret McBride's *Encyclopedia of Cooking*, 1959

**Cream of Potato Soup**

- 4 medium potatoes, diced
- ¼ cup chopped ham
- ¼ cup minced onion
- 2 tbsp butter
- 3 cups milk
- ½ cup grated cheddar
- 1 tsp Worcestershire sauce
- 1 tbsp minced parsley
- ½ tsp nutmeg
- ¼ tsp dry mustard
- dash of red pepper
- 2 tsp salt

Cook potatoes in boiling, salted water until tender, then drain. Mash. Sauté the ham and onion in butter in a large saucepan until light brown. Add potatoes and the remaining ingredients and cook over low heat until cheese is melted, stirring frequently. 4-6 servings.

—Lois Demetro, *Southern Living Southwest*, 1972

**Cream of Tomato Soup**

- 2 cups milk
- 2-½ cups chopped tomatoes
- 2 tbsp flour
- 1 tbsp sugar
- 1 thin slice of onion
- ⅛ tsp pepper
- 2 tbsp soft butter
- 1 tsp salt
- 1 clove garlic, toasted

Scald milk in a saucepan. Purée remaining ingredients until smooth. Slowly pour hot milk into purée while processing. Reheat over low heat when ready to serve. 4 servings.

—*Spin Cookery*, 1970

### Curried Sweet Potato Soup

2 tbsp butter  
 2 medium onions, coarsely chopped  
 2 celery ribs, finely chopped  
 1 tbsp minced ginger  
 1-½ pounds sweet potatoes  
 1 tbsp curry powder  
 dash of cayenne pepper  
 4 cups chicken stock  
 salt and pepper to taste  
 Greek yogurt for serving

In a 6-quart pressure cooker, melt the butter over moderately high heat. Add the onions, celery, and ginger, and stir until softened, about two minutes. Add the sweet potatoes, curry powder, cayenne, stock, and a pinch of salt. Bring to high pressure over high heat and cook for four minutes. Release according to cooker's instructions.

Purée the soup in a food processor in batches. Season to taste with salt and pepper. Garnish each serving with a dollop of yogurt. Makes 6 cups.

—Lorna Sass, *Best of Food & Wine 1992*

### Curry Powder

4 tsp cumin  
 4 tsp fenugreek  
 2 tsp coriander  
 1 tsp red pepper flakes  
 1 tsp fennel  
 1 tsp turmeric

Combine all spices in a spice grinder or coffee grinder and blend until smooth.

### Egg Drop Soup

4 cups chicken broth  
 2 eggs, well beaten  
 ⅔ tsp salt  
 1 tbsp cornstarch  
 2 tbsp cold water  
 2 tbsp green onion, minced  
 ⅛ tsp white or black pepper  
 ½ tsp sesame oil

Bring broth to a boil and add salt. Mix cornstarch with cold water and add to soup. Stir until thickened. Turn off heat and add egg slowly, stirring constantly in a circular motion to form shreds. Add onion, pepper, and sesame oil. Serve hot. 4 servings.

—Marge Sell, *Favorite Recipes*, 1981

### Egyptian Red Lentil Soup

2 tbsp butter  
 1 medium onion, chopped  
 2 carrots, finely chopped  
 3 celery ribs, finely chopped  
 3 cloves garlic, thinly sliced  
 1 tsp ground cumin  
 ½ tsp ground coriander  
 ½ tsp ground red pepper  
 1 lb tomatoes, chopped in blender  
 14 oz red lentils  
 8 cups water  
 salt

Melt the butter in a large pot and add the onion, carrots, celery, and garlic. Sauté over moderate heat until softened, about five minutes. Add the cumin, coriander, and red pepper and cook until fragrant, about three minutes. Add the tomatoes and cook about two minutes. Add the lentils and water and season with salt. Simmer over moderately low heat until the lentils are very soft, about 30 minutes. Purée in blender and season again with salt as necessary. 8 servings.

—Eric Monkaba, *Food & Wine Annual 2013*

### Ginger-Carrot Soup

2 lbs carrots, cut into 1-inch chunks  
 4 cups water  
 1 tbsp butter  
 1-½ cups chopped onion  
 2 cloves garlic, minced  
 2 tbsp freshly-grated ginger  
 1-½ tsp salt  
 ¼ tsp cumin  
 ¼ tsp ground fennel  
 ¼ tsp cinnamon  
 ¼ tsp allspice  
 ¼ tsp mint  
 4 tbsp lemon juice  
 1 cup toasted cashews

Boil carrots and water in a large saucepan, covered. Simmer until very tender, 10-15 minutes. Meanwhile, sauté onions in butter over medium heat for about five minutes. Add garlic, ginger, salt, and spices. Turn heat to low and sauté 8-10 minutes until everything commingles and onions are very soft. Stir in lemon juice. Purée everything together, including the toasted cashews. Return to stove and heat gently as needed. 6-8 servings.

—Mollie Katzen, *New Moosewood Cookbook*, 2000

**God's Own Spices**

- 2 tbsp coriander seeds
- 2 tbsp cumin seeds
- 2 tbsp fennel seeds
- ¼ tsp red pepper flakes

Toast seeds in dry pan over moderate heat, shaking, until golden and fragrant, about 2-3 minutes. Cool. Add red pepper and grind fine.

—Joanne Weir, *Food & Wine Annual 2003*

**Leek or Onion Potato Soup**

(Potage Parmentier)

- 4 cups peeled and coarsely chopped potatoes
- 3 cups thinly sliced leeks (white part plus 2 inches of green) or onions
- 2 quarts chicken stock
- 1 tsp salt
- freshly ground black pepper to taste
- ½ cup heavy cream
- 3 tbsp finely cut fresh chives or parsley

In a heavy 6-quart saucepan simmer the potatoes, leeks, stock, and salt partially covered for 40 to 50 minutes until vegetables are tender. Blend coarsely in a food processor and return to the pan. Season with salt and pepper to taste and stir in the cream. Serve hot and garnished with fresh herbs. 6-8 servings.

—M.F.K. Fisher, *Cooking of Provincial France*, 1968

**Lentil-Ham Soup**

- 1 lb dry lentils (2-⅓ cup)
- 1-½ cup chopped carrot
- 1 cup chopped onion
- 1 cup chopped celery
- ¼ cup snipped parsley
- 1 tsp salt
- ¼ tsp dried marjoram
- ⅛ tsp pepper
- 1 bay leaf
- 1 meaty ham bone (1-½ lb)
- 7 cups water

Place lentils in slow cooker. Add carrots, onions, celery, and parsley. Stir in salt, marjoram, pepper, and bay leaf. Place ham bone atop. Add water. Cover; cook on low 9-11 hours. Remove meat from bone, chop meat, and return to soup. Adjust seasoning and remove bay leaf. 10 servings.

—*Better Homes & Gardens Crockery Cooker*, 1976

**Mushroom Soup**

**Vegetables**

- 1 lb mushrooms
- ¼ cup butter
- 2 cups chopped celery
- 2 cups chopped carrots
- 1 cup chopped onion
- 1 clove garlic, minced

**Soup**

- 20 oz beef broth
- 4 cups water
- 3 tbsp tomato paste
- 4 sprigs parsley
- 4 celery leaves
- ¼ tsp salt
- ⅛ tsp pepper
- 1 bay leaf

**Sautéed Mushrooms**

- 2 tbsp melted butter
- 6 reserved mushrooms

Slice six large mushrooms in half lengthwise and reserve. Finely chop the remaining mushrooms and sauté in four tablespoons butter three minutes in a Dutch oven. Add the celery, carrots, onion, and garlic and sauté five minutes.

Stir the soup ingredients into the vegetables, bring to a boil, cover, and simmer for one hour. Cool, remove bay leaf, and blend until smooth in a blender. Return to Dutch oven.

Sauté the reserved mushrooms in two tablespoons of butter for five minutes. Stir into the soup and heat thoroughly. 6-8 servings.

—*Southern Living Soups & Stews*, 1979

**Peach Soup**

- 2 cups water
- ⅛ tsp cinnamon
- 2 whole cloves
- 2 cups sliced peaches
- 2 cups mead, white wine, or cider
- sugar as needed

Simmer the water, cinnamon, cloves, and peaches until the peaches are tender. Press through a colander or mill. Stir in the mead and sugar and heat just to boiling. Chill. 6 servings.

—Mrs. Irby J. Hornsby, *Southern Living Deep South*, 1972

### Pizza Soup

- 1 tbsp vegetable oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 2 cups sliced mushrooms
- 1 tsp oregano
- ¼ tsp each salt and pepper
- 2 cups chicken broth
- 1 cup pepperoni slices
- 28 oz diced tomatoes
- ¼ cup tomato paste
- 1 red bell pepper, diced

Heat the oil in a large skillet and sauté the onion, garlic, mushrooms, oregano, salt, and pepper until no liquid remains. Add a cup of the broth, bring to a boil, and scrape up the brown bits at the bottom. Scrape into 4-5 quart slow cooker along with the remaining broth, pepperoni, tomatoes, and tomato paste. Stir, cover, and cook on low for four hours. Stir in the bell pepper, cover, and cook on high until pepper is tender, about 20 minutes. 4 servings.

—*Canadian Living Slow Cooker Collection*, 2009

### Poultry Seasoning

- 4 tsp sage
- 3 tsp thyme
- 2 tsp marjoram
- 2 tsp rosemary
- 1 tsp nutmeg
- 1 tsp pepper

Combine all herbs and spices, and grind in a spice grinder or coffee grinder until roughly smooth.

### Spicy Garlic Soup

Sopa de Ajo

- ½ cup olive oil
- 2 tbsp finely chopped garlic
- 3 cups coarsely crumbled white bread, trimmed of crust
- 1 tsp smoked paprika
- 6 cups water
- ¼ tsp cayenne
- 1 tsp salt
- 2 eggs, lightly beaten
- 1 tbsp finely chopped parsley (optional)

In a heavy 3-4 quart saucepan, warm the olive oil over low heat. Sauté the garlic 2-3 minutes until soft but not brown. Stir in the crumbled bread, raise heat to moderate, and cook until

bread is golden. Stir in paprika, add water, cayenne, and salt, and bring to a boil. Reduce to low and simmer, uncovered, for 30 minutes.

Beat until bread is thoroughly pulverized. Slowly pour in the eggs, stirring constantly. Simmer below boiling a moment or two longer and adjust seasoning. Garnish with parsley if desired. 6-8 servings.

—Peter S. Feibleman, *Cooking of Spain and Portugal*, 1971

### Tomato Soup with Israeli Couscous

- 2 tbsp olive oil
- 1 onion, chopped
- 1-2 carrots, diced
- 14 oz tomatoes, chopped
- 6 cloves garlic, roughly chopped
- 6-¼ cups chicken stock
- 1 cup Israeli couscous
- several pinches dried mint
- ¼ tsp cumin
- 5 sprigs cilantro, chopped
- cayenne pepper to taste
- salt and pepper

In a large pan, gently cook the onion and carrots in the oil until softened, about ten minutes. Add tomatoes, half the garlic, stock, couscous, mint, cumin, cilantro, and cayenne. Salt and pepper to taste. Bring to a boil, add the remaining garlic, and gently simmer until the couscous is just tender, about 10 minutes. 4-6 servings.

—Marlena Spieler, *Jewish Cooking*, 2004

### Tomato Yogurt Soup

- 2-½ cups chopped tomatoes
- 1-¼ cup yogurt
- ¼ cup chopped celery
- 1 tbsp lemon juice
- 1 tsp salt
- ¼ tsp pepper

Blend all ingredients until smooth. Chill. Garnish with parsley or chives if desired. 4 servings.

—*Southern Living Soups & Stews*, 1979

The  
Charlotte  
Cook Book.

# SALADS AND DRESSING

## Apple-Coconut Salad

3 medium apples, chopped

½ lemon's juice

⅓ cup Greek yogurt

2 tbsp maple syrup

⅓ cup raisins

⅓ cup dried cranberries

¼ cup coconut flakes

toasted walnuts (optional)

Mix apples and lemon juice in a serving bowl. Mix yogurt and syrup and pour over. Toss in raisins, cranberries, and coconut, and then top with toasted walnuts if using.

—*personal recipe*

## Balkan Lemon-Mustard Potato Salad

2 tbsp lemon juice

4 tbsp olive oil

3 cloves garlic, crushed

1 tsp dry mustard

½ tsp salt

¼ tsp pepper

1 tsp parsley

2-3 medium potatoes, diced

½ jalapeño, chopped

Whisk the lemon juice and oil together. Add garlic and spices and mix well. Put the potatoes and jalapeños in a roasting pan or dish and pour half the sauce over. Toss lightly. Cover and roast 30-45 minutes at 350°. Remove to serving bowl and toss with remaining sauce. Adjust seasoning.

—Elizabeth Campbell, *Encyclopedia of World Cookery*, 1968

## Banana and Peanut Salad

3 sliced bananas

1 tbsp lemon juice

20 mini-marshmallows

½ cup salted peanuts

½ cup Greek yogurt

Sprinkle the banana slices with the lemon juice. Mix with marshmallows in a salad bowl. Add the peanuts and yogurt and mix gently.

—Mrs. George Pecsek, *Southern Living Outdoor*, 1972

## Béchamel

### White Sauce

2 tbsp butter

⅙ cup flour

1-½ cup hot milk

salt and pepper

Make white sauce by melting the butter over low heat and mixing in the flour thoroughly. Cook gently for 2-3 minutes, stirring constantly. Add the milk to the roux slowly, stirring well after each addition. Bring sauce to the boil, stirring constantly, and season to taste. Makes 1-½ cup.

—John Varnom, *French Bistro Cooking*, 1988

## Celery Seed Dressing

½ cup sugar

⅓ cup lemon juice

1 tsp celery seed

1 tsp dry mustard

1 tsp smoked paprika

½ tsp salt

¾ cup salad oil

Combine all ingredients except oil. Slowly beat the oil in until thick. Makes 1-⅓ cups.

—*Better Homes & Gardens Salad Book*, 1969

**Cucumber Salad with Spicy Dressing**

Liang-pan-huang-kua

- 2 medium cucumbers
- 1 tsp soy sauce
- 1 tbsp rice vinegar
- 1 tbsp sugar
- 2 tsp sesame oil
- ¼ tsp hot sauce
- ½ tsp salt

Peel cucumbers and cut lengthwise. Scrape the seeds out of each half and cut crosswise into ¼-inch slices. In a small serving bowl combine the soy sauce, vinegar, sugar, oil, hot sauce, and salt and mix well. Add the cucumber and toss to coat. Chill slightly before serving. 3-4 servings.

—Emily Hahn, *Chinese Cooking*, 1968

**Hard-Boiled Eggs**

Place eggs in saucepan and cover with cold water at least an inch above the eggs. Bring to a boil over high heat. As soon as the water boils, reduce heat to just below simmering. Cover for 15-20 minutes. Cool immediately in cold water.

—*Better Homes & Gardens Salad Book*, 1969

**Italian Mushroom Salad**

- ½ lb mushrooms, sliced thin
- 2 tsp lemon juice
- ¼ cup green onions, sliced thin
- 3 tbsp olive oil
- ½ tsp salt

Toss the mushrooms with the lemon juice until lightly moistened. Add the green onions, oil, and salt, and toss again. Chill. 4 servings.

—Waverly Root, *Cooking of Italy*, 1968

**Jalapeño Coleslaw**

- ⅓ cup olive oil
- 3-½ tbsp red wine vinegar
- 2 tbsp chopped cilantro
- 1 tsp sugar
- salt and pepper
- 1-¼ lbs cabbage, finely shredded (8 cups)
- 1 medium red onion, sliced thin
- 1 fennel bulb, cored and sliced thin
- 2 large jalapeños, seeded and sliced thin

In a large bowl, whisk the olive oil, vinegar, cilantro, and sugar. Season with salt and pepper. Add cabbage, onion, fennel, and jalapeños and toss well. Chill one hour. 6 servings.

—Todd English, *Food & Wine Annual 2002*

**Lemon Chicken Salad**

- 2 cups shredded chicken
- 1 cup sliced celery
- ⅔ cup chopped onion
- juice of 2 lemons
- 1 tsp salt
- ⅛ tsp pepper
- ½ cup yogurt
- ½ cup chopped parsley (optional)
- ½ cup chopped red bell pepper (optional)
- 1 cup chopped mushrooms (optional)

Mix in order. Chill. Serve as is or with lettuce, grapes, pineapple chunks, and/or other fruit.

—*personal recipe*

**Lime Fruit Dip and Salad Dressing**

- 1 cup Greek yogurt
- 2 tbsp honey
- 2 tbsp lime juice (about one lime)
- zest from same lime(s)
- ¼ tsp ground ginger

Mix well and chill. Mix with berries or chopped fruit for a salad, or serve as dip for strawberries.

—Dotti Kunde, *Cooking for the Astronauts*, 2005

**Lotus Root Salad**

T'ang-ts'u-ou-pien

- 1 lb lotus root
- 4 cups boiling water
- 1 tbsp soy sauce
- 1 tbsp rice wine vinegar
- 1 tbsp sugar
- 2 tsp sesame oil
- ½ tsp salt

Wash and peel roots, trimming and discarding ends. Slice very thin, dropping in a saucepan of cold water to prevent discoloration. Drain, then pour four cups of boiling water over to cover completely. Soak five minutes. Drain again, rinse under cold running water, and pat completely dry.

Whisk together soy sauce, vinegar, sugar, sesame oil, and salt until the sugar and salt dissolve. Mix in the lotus slices and chill at least an hour before serving. 4-6 servings.

—Emily Hahn, *Chinese Cooking*, 1968



**Mint Cucumber Salad**

6 cucumbers  
 2 tbsp lemon juice  
 1 tsp oil  
 ½ tsp salt  
 1 tbsp dry mint leaves, crushed  
 black olives

Peel cucumbers and thinly slice. Mix lemon juice, oil, and salt, and toss with cucumbers. Sprinkle with mint and garnish with olives. 8 servings.

—Sandy Lesberg, *At the Table of Israel*, 1973

**Moroccan Orange-Walnut Salad**

6 large oranges  
 1 tbsp honey  
 ½ tsp cinnamon  
 1 lb mixed dark greens  
 ½ cup thinly-sliced red onion  
 1 cup thinly-sliced radishes  
 1 cup toasted walnut halves  
 3 tbsp olive oil  
 salt and pepper

Peel and section the oranges, removing all membrane. Squeeze any excess juice out of the membrane and peel into the bowl of orange segments, or squeeze one or more segments to provide a small amount of juice. Pick out seeds if any. Drizzle honey and sprinkle cinnamon over the oranges and let stand, covered, at room temperature for at least an hour.

Toss greens in a large bowl with onions, radishes, and nuts. Drizzle olive oil over, toss, and season with salt and pepper. Before serving, add the oranges and all liquid and mix well. 4-6 servings.

—Mollie Katzen, *Enchanted Broccoli Forest*, 1982

**Pesto**

3 packed cups basil  
 4 large cloves garlic  
 ½ tsp salt  
 ¾ cup grated parmesan cheese  
 ¼ cup chopped pine nuts or walnuts  
 ½ cup olive oil  
 ½ cup packed parsley (optional)  
 ¼ cup melted butter (optional)  
 pepper (optional)

Purée everything together to a paste. Use for dressing salads or pasta.

—Mollie Katzen, *Enchanted Broccoli Forest*, 1982

**Poppy Seed Dressing**

1-½ cups sugar  
 2 tsp dry mustard  
 2 tsp salt  
 ⅔ cup vinegar  
 3 tbsp onion juice or grated onion  
 2 cups salad oil  
 3 tbsp poppy seeds

Mix sugar, mustard, salt, and vinegar. Stir in onion thoroughly. Add oil slowly, beating, until thick. Add poppy seeds, beat for a few minutes, and refrigerate. Makes 3-½ cups.

—*Best in Cooking in Oklahoma City*, 1962

**Sesame Seed Cucumbers**

3 cucumbers, seeded and chilled  
 ½ cup toasted sesame oil  
 ⅓ cup rice vinegar  
 coarse salt  
 ½ cup toasted sesame seeds  
 ½ tsp crushed red pepper  
 4 scallions, coarsely chopped

Cut cucumbers lengthwise into eighths, then crosswise into 2-inch sticks. Combine oil, vinegar, and a large pinch of salt. Add the cucumbers and let stand for ten minutes, tossing a few times.

Process sesame seeds, pepper, and 1-½ tsp salt until seeds are coarsely chopped. Add half to the cucumbers and toss well. Sprinkle with remaining sesame mix, along with scallions, at serving time. 12 servings, standing in a tall bowl or glasses.

—Joanne Chang, *Food & Wine Annual 2011*

**Sesame Seed Dressing**

⅔ cup sugar  
 ⅓ cup vinegar  
 2 tbsp finely chopped onion  
 ½ tsp salt  
 ½ tsp Worcestershire sauce  
 ¼ tsp dry mustard  
 ¼ tsp smoked paprika  
 4-5 drops hot pepper sauce  
 1 cup salad oil  
 2-3 tbsp toasted sesame seed

Stir sugar into vinegar. Blend in onion, salt, Worcestershire sauce, mustard, paprika, and hot pepper sauce. Gradually add oil, beating constantly until thick. Chill. Stir in sesame seed before serving. Great for fruit salads. Makes 1-¾ cups.

—*Better Homes & Gardens Salad Book*, 1969

**Sweet Coleslaw**

1 large head cabbage (2 to 2-½ lbs)  
 2 red bell peppers  
 2 tbsp chopped jalapeño  
 1 large onion  
 salt and pepper  
 1-½ cup sugar  
 1 cup vinegar  
 1 cup salad oil  
 1 tsp ground mustard (optional)  
 1 tsp celery seed (optional)

Shred cabbage, peppers, and onion in bowl, laying peppers and onions on top. Sprinkle with salt and pepper. Mix sugar, vinegar, oil, mustard, and celery seed. Pour over vegetables, cover, and let stand at room temperature for one hour. Mix well and store in refrigerator.

—Mary Houtz, *Benton Harbor—St. Joseph Bicentennial Cookbook*, 1976

**Tabbouleh**

1-½ cups bulgur wheat  
 1 large bunch scallions, thinly sliced  
 1 cucumber, finely chopped  
 3 tomatoes, chopped  
 ½ tsp cumin  
 1 large bunch parsley, chopped  
 1 large bunch mint, chopped  
 juice of 2 lemons  
 ¼ cup olive oil  
 salt

Place bulgur wheat in a bowl, cover with cold water, and soak for 30 minutes. Drain well. Add the onions and mix by hand to combine. Add cucumbers, tomatoes, cumin, parsley, mint, lemon juice, oil, and salt and toss. 4-6 servings.

—Marlena Spielers, *Jewish Cooking*, 2004

**Tomato Salad**

(Slatat al-Banadura)

1 clove garlic  
 about ½ tsp salt  
 ¼ cup lemon juice  
 2 cucumbers  
 3 tomatoes  
 1 small onion, chopped  
 ¼ cup olive oil

Mash the garlic and salt in a bowl. Add the lemon juice and mix well. Cut the cucumbers and tomatoes into bite-size pieces. Add to garlic along with the onions and the oil. Mix gently.

—Madelain Farah, *Lebanese Cuisine*, 1974

**Turmeric Egg Salad**

6 large eggs  
 1 cup finely chopped celery  
 ½ tsp salt  
 1 tsp turmeric  
 ½ tsp ground mustard seeds  
 ¼ tsp ground black pepper  
 ⅓ cup mayonnaise or yogurt

Hard-boil eggs, cool, and chop. Combine with other ingredients. Makes 6 sandwiches.

—Day & Stuckey, *Spice Cook Book*, 1964

**Yugoslavian Cucumber Salad**

2 cucumbers  
 salt  
 ⅔ cup yogurt  
 1 onion, finely sliced  
 pepper  
 smoked paprika

Peel cucumbers; slice in thin rounds. Sprinkle with salt, let stand a few minutes, and drain. Mix with yogurt and onion slices. Sprinkle with pepper and paprika. Serve chilled. 4-6 servings.

—Elizabeth Gordon, *Lincoln Continental Cuisines of the Western World*, 1965

# SIDES

## Apple-Carrot Rice Medley

- 1 cup sliced carrots
- 3 tbsp vegetable oil
- 1 cup sliced scallions
- 2 cups unpeeled apple slices
- 3 cups cooked jasmine brown rice
- 1 tsp salt
- ½ cup dried cranberries
- 1 tbsp toasted sesame seed

Sauté carrots in oil about ten minutes. Add onions and apples and cook ten more minutes. Stir in rice, salt, and cranberries. Cook, stirring constantly, until rice is heated through. Add sesame seed and toss lightly. 6 servings.

—*Ideals Christmas Cookbook*, 1975

## Avgolemono Sauce

- 3 eggs
- tbsp water
- juice of one large lemon
- 1 cup warm chicken stock
- salt and pepper

Blend the eggs, water, and lemon juice in a blender for one minute. While blending, pour the stock in and blend for another minute. Flavor with salt and pepper as needed. Pour into a small saucepan and heat, stirring constantly, until sauce thickens and coats spoon. Remove from heat, stir a few times more, and pour into a serving dish.

—Elizabeth Gordon, *Lincoln Continental Cuisines of the Western World*, 1965

## Baked or Grilled Whole Tomato

- 1 medium tomato
- ⅛ tsp salt
- pinch of pepper
- ½ tbsp butter

Clean a tomato per person. Cut stem from each, leaving a small indentation. Sprinkle salt and pepper into this opening, then top with butter. Bake 50-60 minutes at 350°, or in a covered grill.

—*Centennial Cook Book & General Guide*, 1876

## Basil Stuffed with Chèvre and Pine Nut

- ½ cup pine nuts
- 4 oz goat cheese, softened
- 2 tbsp heavy cream
- salt and pepper
- 20 basil leaves, about 3 inches long
- 1 medium tomato, finely chopped
- Olive oil

Toast the pine nuts over low heat, shaking pan occasionally, until golden and fragrant, about three minutes. Let cool. Mix the goat cheese with the cream and season with salt and pepper. Spread one teaspoon of cheese on each leaf. Sprinkle with pine nuts, pressing them into the cheese. Scatter chopped tomato on top. Pinch each leaf together near the center to form slightly rounded bowls. Drizzle lightly with olive oil.

—Kathy Gunst, *Food & Wine Annual 2003*

## Black Beans and Rice

- 1-¼ cup dried black beans
- 1 large onion, minced
- 2 cloves garlic
- 1 red bell pepper, chopped
- 1 tbsp chopped jalapeño
- 1 carrot, sliced
- 2 whole cloves
- 1 bay leaf
- 1 tsp salt
- ½ tsp hot sauce
- ¼ cup vegetable oil
- ¼ lb smoked ham, chopped
- 4 cups hot cooked rice

Wash the beans, place in a large pan and add 4 cups water. Let stand overnight, and do not drain. Reserving about 2 tablespoons onion for garnish, add the onion, garlic, bell pepper, jalapeño, carrot, cloves, bay leaf, salt, and hot sauce and simmer until beans are tender, about an hour. Sauté the reserved onion and the ham in the oil. Serve beans over rice, garnished with the ham and onion.

—*Southern Living Vegetables*, 1972

**Cabbage Amandine**

¼ cup butter  
 ⅓ cup slivered almonds  
 4 cups shredded cabbage  
 1-2 tbsp lemon juice  
 salt

Heat butter in large heavy skillet until lightly browned. Add almonds and sauté until golden. Remove with slotted spoon and set aside. Add cabbage, cover, and braise until crispy-tender (about five minutes). Add lemon juice and salt to taste. Fold in almonds. 4 servings.

—Joy McClure, *Cooking for Consciousness*, 1976

**Cabbage and Noodles**

Kluski and Kapusta

¼ cup butter  
 4 cups shredded cabbage  
 1 tsp caraway seed  
 ½ tsp salt  
 ⅛ tsp pepper  
 8 oz egg noodles  
 ½ cup sour cream  
 ½ cup chopped onion  
 parsley, bread crumbs, meat (optional)

Sauté onion in butter. Add cabbage. Sauté five minutes. Stir in caraway, salt, and pepper. Cook noodles in salted water until tender. Drain and stir into cabbage. Add sour cream and stir to melt. Heat another five minutes. Top with chopped parsley, buttered bread crumbs, or cooked sausage.

—Roseanne Sidor, *Hesperia Community Kitchens Presents*, 1981

**Cabbage in Cheese Sauce**

1 large firm head of cabbage  
 ¼ cup butter, melted  
 ¼ cup flour  
 1 tsp salt  
 a few grains pepper  
 2 cups milk  
 1-½ cups grated sharp cheddar

Shred cabbage. Cover with boiling salted water. Cook about eight minutes, until crisp-tender. Drain. Blend butter, flour, salt, and pepper in large saucepan. Add milk, stirring constantly until smooth and thickened. Add cheese and stir to melt. Add the cabbage and mix well. 6-8 servings.

—Betty Moore, *Benton Harbor—St. Joseph Bicentennial Cookbook*, 1976

**Caramelized Onions**

4 large onions, cut in half and thinly sliced  
 4 tbsp butter  
 ¼ tsp smoked paprika  
 2 tbsp brown sugar  
 salt and pepper

Sauté onions in butter until transparent. Add paprika, sugar, salt and pepper. Sauté until onions are glazed and golden brown.

—Renny Darling, *Joy of Eating*, 1976

**Chickpea and Red-Pepper Medley**

3 cups canned chickpeas, drained, reserving 1 cup liquid  
 1 tbsp olive oil  
 1 large onion, finely chopped  
 6 garlic cloves  
 1 tsp turmeric  
 2 large red bell peppers, cut into strips  
 2 medium jalapeños, seeded and minced  
 1 tsp salt and to taste

Purée 1 cup of the chickpeas along with the reserved liquid until smooth.

Heat the oil in a large skillet; sauté the onion and garlic over moderately high heat until the onion is translucent and the garlic golden, 2-3 minutes. Stir in the turmeric. Add the purée, peppers, and jalapeños. Season with 1 tsp salt. Reduce heat to low and simmer, covered, for five minutes. Add the remaining chickpeas, cover, and simmer until peppers are tender, about 5 minutes more. Add salt to taste.

—Bharti Kirchner, *Best of Food & Wine 1996*

**Corn Casserole**

8 slices bread  
 15 oz can whole corn  
 3 eggs  
 1 tsp salt  
 ¼ tsp pepper  
 ¼ tsp dry mustard  
 2-½ cups milk  
 meat for top

Arrange bread and corn in alternate layers in greased 8x8 casserole. Beat eggs, add salt, pepper, mustard, and milk, and pour over casserole. Top with bacon strips, chopped ham, ground beef, or sausage. Bake about an hour at 325°. 4 servings.

—*Hope Lutheran Church Calendar 1950*

**Corn Salsa**

½ cup sugar  
 ½ tsp salt  
 ½ tsp celery seed  
 ¼ tsp mustard seed  
 ½ cup vinegar  
 ¼ tsp hot sauce  
 12-14 oz can whole corn  
 2 tbsp chopped jalapeño or green chili  
 1 tbsp chopped pimiento  
 3 tbsp finely chopped onion

Boil sugar, salt, celery seed, mustard seed, vinegar, and hot sauce two minutes. Remove from heat, stir in vegetables, and let cool. Cover and chill. Best after three days. Makes 2 cups.

—*Betty Crocker's New Outdoor Cookbook*, 1967

**Creamy Red Pepper Polenta**

¼ cup butter  
 ¼ tsp smoked paprika  
 ⅛ tsp ground red pepper  
 ⅛ tsp cumin  
 6 cups boiling water  
 2 cups cornmeal  
 1 small red bell pepper, cored, seeded, and finely chopped  
 2 tsp salt

Mix butter, paprika, ground pepper, and cumin in 4-½ quart slow cooker. Add water, cornmeal, bell pepper, and salt, and stir to combine. Cover and cook 3-4 hours on low. 4-6 servings.

—*Crock-Pot Recipe Collection*, 2012

**Curry Deviled Eggs**

6 hard-cooked eggs  
 ¼ cup Greek yogurt  
 1 tbsp finely chopped chives  
 1 tbsp finely chopped parsley  
 1 tbsp lemon juice  
 ½ tsp curry powder  
 ½ tsp salt  
 ½ tsp pepper, ground  
 ½ tsp red pepper flake, ground  
 decorative olive slices or paprika

Halve the eggs, remove yolks, and mash yolks with the yogurt until smooth. Add herbs and spices; mix thoroughly. Adjust seasoning. Use a star-shaped pastry tip or spoon to fill egg whites. Decorate tops as desired. Chill. 6 servings.

—Sonia Uvezian, *Book of Yogurt*, 1978

**Dilly Avocado Dip**

2 avocados, mashed  
 8 oz cottage cheese  
 ½ tsp grated onion  
 2 tbsp chopped dill pickle  
 1 tbsp lemon juice  
 ¾ tsp salt  
 ⅛ tsp dillweed  
 2 tbsp parsley  
 Combine ingredients and mix well. 2-½ cups.  
 —*Southern Living Party Snacks*, 1979

**Eggplant Cheese Folds**

1 eggplant, cut thin lengthwise  
 3 tbsp olive oil  
 1 slice smoked mozzarella or feta per slice  
 1 plum tomato slice per slice  
 1 large basil leaf per slice

Fry eggplant slices in oil, or brush on and grill. Layer a cheese slice, a tomato slice, and a basil leaf on each eggplant slice. Fold over and secure with a toothpick. Heat in the oven or grill to melt or brown cheese.

—Bridget Jones, *Appetizers, Finger Foods, Buffets, & Parties*, 2005

**French Green Beans with Garlic**

1-½ lb French green beans or snow peas  
 4 tbsp butter  
 3 cloves garlic  
 salt and pepper

Blanch beans in boiling salted water eight minutes (snow peas only take 30 seconds). Melt the butter in a skillet over low heat. Crush the garlic and add to the butter. Turn heat to high as soon as the garlic begins to spit, toss in the beans or snow peas and fry for a minute or so. Dust with salt and pepper and serve. 6 servings.

—John Varnom, *French Bistro Cooking*, 1988

**Garlic Cheese Spread**

8 oz cheddar cheese  
 1 clove garlic  
 4 oz cream cheese  
 chili powder or paprika (optional)

Process cheddar and garlic until finely chopped. Add cream cheese and process until smooth. Sprinkle with chili powder or paprika if desired.

—Jean Wyllys, *Joy of the Whole Table*, 1985

**Garlic Cream Sauce**

8 oz garlic cloves  
 1 cup whipping cream  
 1/3 cup milk  
 sea salt  
 black pepper

Bring the garlic cloves to boil in plenty of cold water. As soon as the water starts bubbling, drain, cover again with cold water, and bring to a boil again. Repeat once more. Squeeze the softened cloves to pop the garlic out. Heat milk, cream, and garlic gently until piping hot but not boiling. Purée and season with salt and pepper. 6 servings.

—Marie-Pierre Moine, *Cuisine Grand-Mère*, 1990

**Garlic Herb Polenta**

3 tbsp butter  
 8 cups water  
 2 cups cornmeal  
 2 tsp finely minced garlic  
 2 tsp salt  
 3 tbsp chopped fresh herbs such as thyme, oregano, and rosemary

Butter a 4-1/2 to 5 quart slow cooker with one tablespoon of the butter. Stir in water, cornmeal, garlic, salt, and remaining butter. Cover and cook 4 hours on low. Stir well before serving 6 servings.

—*Crock-Pot Recipe Collection*, 2012

**Garlic Sauce**

(Tum biz-Zayt)

3 cloves garlic, minced  
 1/2 cup olive oil  
 1/4 cup lemon juice  
 salt to taste

Mix ingredients in blender or food processor. Use as a dipping sauce for chicken. To use as a barbecue sauce, thin with more lemon juice.

—Madelain Farah, *Lebanese Cuisine*, 1974

**Giblet Gravy****Broth**

giblets, neck, and liver from turkey  
 1 celery stalk, chopped  
 1 onion, sliced  
 1 large carrot, chopped  
 1 small bay leaf  
 1 tsp salt  
 6 cups water

**Roux**

turkey drippings  
 1/2 cup flour

**Final seasoning**

1-1/2 tsp salt  
 1/2 tsp poultry seasoning  
 1/4 tsp pepper

Wash giblets and neck; refrigerate liver for later. Bring giblets, neck, celery, onion, carrot, bay leaf, salt, and water to a boil and simmer two hours until gizzard is fork tender. Add the liver and simmer 20 more minutes. Strain, discard neck and vegetables, and coarsely chop giblets and liver.

When turkey is ready, reserve drippings, leaving the brown particles in the pan. Let the fat rise and skim off 1/2 cup. Blend the flour with the fat over low heat, stirring until smooth and bubbly. Remove from heat. Add the meat juice to the giblet broth as necessary to bring to four cups. Stir broth into roux slowly, stirring constantly. Boil for one minute. Stir in giblets, liver, salt, poultry seasoning, and pepper. Heat through. Makes 4-1/2 cups.

—*Betty Crocker's Hostess Cookbook*, 1970

**Golden Couscous**

1 tsp cumin seeds  
 2 cups water  
 1 tsp salt  
 1/2 tsp turmeric  
 1/4 tsp crushed red pepper  
 small pinch of saffron threads  
 1-1/2 cups couscous

Stir cumin seeds over moderately high heat until toasted. Add water, salt, turmeric, red pepper, and saffron and bring to a boil. Stir in couscous. Continue stirring until couscous absorbs all water visible on top. Remove from heat, cover, and let stand until all liquid is absorbed, about 15 minutes. Fluff with a fork. 6 servings.

—Nelson & Kyndberg, *Best of Food & Wine 1999*

**Herbed Potatoes**

1-1/2 lbs small potatoes with edible skin  
 1/4 cup water  
 1/4 cup butter  
 1 tbsp lemon juice  
 3 tbsp snipped parsley  
 1 tbsp snipped chives  
 2 heads fresh dill, snipped  
 salt and pepper

Peel strip around center of each potato. Place in slow cooker and add water. Cover; cook on high 2-½ to 3 hours. Drain. Heat butter, lemon juice, parsley, chives, and dill. Pour over potatoes; toss to coat. Season with salt and pepper. 6 servings.

—*Better Homes & Gardens Crockery Cooker*, 1976

### Indian Spinach with Yogurt

- 2 bunches spinach
- ⅓ cup water
- 2 tbsp peanut oil
- 1 onion, finely chopped
- 1 clove garlic, crushed
- ¼ tsp turmeric
- ½ tsp cumin
- ¼ tsp ground red pepper
- ½ tsp salt
- 1 cup Greek yogurt

Wash the spinach thoroughly, discarding tough stems and bruised leaves. Put in water and bring to a boil over high heat; reduce to low, cover, and simmer until tender, about eight minutes. Drain, cool, squeeze dry, and chop fine. Heat the oil in a heavy skillet and sauté the onion until golden.

Add garlic, turmeric, cumin, red pepper, and salt and sauté another minute. Add the spinach and sauté two minutes. Remove from heat, stir in the yogurt, adjust seasonings, and serve. 2 servings.

—Sonia Uvezian, *Book of Yogurt*, 1978

### Irish Garlic Potatoes

- 1 lb potatoes, sliced
- 3 cloves garlic, minced
- 4 oz cheese, grated
- ½ cup milk
- 2 cups heavy cream
- ¼ tsp salt

Butter a 1-½ quart casserole. Put down a layer of potatoes, sprinkle with garlic, and top with cheese; repeat, being sure to top with a layer of cheese. Mix milk, cream, and salt and pour over the potatoes. Bake 60 minutes, covered, at 350°. Remove cover and continue baking 15 minutes.

—Peggy Bowler, *In Good Taste*, 1992

### Jalapeño Garlic Sauce

- 10 cloves garlic, unpeeled
- 6 medium jalapeños
- ¼ cup olive oil
- 2 tbsp lime juice
- 1 cup chopped cilantro leaves
- pinch of sugar
- salt

Cook garlic and jalapeños, covered, over low heat in heavy oiled skillet, turning jalapeños occasionally until blistered all over and garlic is softened, about 15 minutes. Let cool. Peel jalapeños and discard stems, seeds, and cores. Peel garlic. Blend with the olive oil, lime juice, and cilantro until smooth. Stir in sugar and season with salt. Refrigerate. Makes 8 ounces.

—Marcia Kiesel, *Food & Wine Annual 2002*

### Jellied Guacamole

- 2 packages plain gelatin
- 1 cup cold water
- 2 cups boiling water
- 4 cups (mashed) avocados
- ¼ cup lemon juice
- 1 tsp salt
- a few drops hot sauce

Soften gelatin in cold water. Dissolve in boiling water. Mash avocado with lemon juice, mix in salt, hot sauce, and gelatin. Pour into serving bowl. Chill slightly, whip, and chill until firm.

—Mrs. Robert Clinton, *Garvin County Bicentennial Recipe Book*, 1976

### Lemon Tapenade

- about 30 large black pitted olives
- juice of 1 lemon
- 4 tsp dry basil or 15 leaves fresh
- ½ tbsp olive oil
- ¼ tsp coarse sea salt

Combine and coarsely chop. Use as a side dressing or as a spread for sandwiches, especially grilled feta cheese sandwiches.

—*personal recipe*

**Mango Couscous**

1 cup couscous  
 1-½ cups water  
 salt  
 ⅓ cup orange juice  
 ¼ cup thinly sliced scallions  
 ¼ cup finely diced mango  
 2 tbsp finely chopped red bell pepper  
 2 tbsp coarsely chopped cilantro  
 1 tbsp olive oil  
 1 tbsp rice-wine vinegar  
 pepper

Bring the water to a boil; add the salt and couscous, cover, and remove from heat. Fluff after ten minutes. Mix with remaining ingredients, toss gently, and serve. 4 servings.

—Oliver Saucy, *Best of Food & Wine 1999*

**Marinated Carrots**

5 cups sliced carrots  
 1 medium onion, sliced in rounds  
 1 medium red bell pepper, sliced in rounds  
 ½ jalapeño pepper, sliced in rounds  
 1 can tomato soup, undiluted  
 ¾ cup sugar  
 ¾ cup vinegar  
 ½ cup salad oil  
 1 tsp Worcestershire sauce  
 1 tsp prepared mustard  
 1 tsp pepper

Boil carrots tender-crisp. Drain; add onions and peppers. Heat remaining ingredients and pour over mixed vegetables. Chill in refrigerator.

—Mrs. Dale B. Snow, *Art of Cooking in Shreveport*, 1977

**Mint Carrots**

2 lbs carrots  
 ¼ cup oil  
 ¼ cup honey  
 1 tsp lemon juice  
 1 tbsp fresh mint leaves, minced  
 salt

Slice carrots in thick rounds. Steam until tender. Heat oil in pan and add honey, lemon juice, mint leaves, carrots. Sprinkle with salt. Cook, turning frequently, until lightly glazed. 4 servings.

—Joy McClure, *Cooking for Consciousness*, 1976

**Mushroom Casserole**

½ lb mushrooms, sliced  
 2 tbsp butter  
 8 strips bacon, fried crisp  
 12 oz shredded Monterey Jack cheese  
 8 eggs, beaten  
 salt and pepper

Sauté mushrooms in butter. Spread in a well-greased 8x8 dish. Crumble bacon on, then cheese. Mix eggs, salt, and pepper, and pour over. Bake at 275° until golden brown, about 45 minutes.

—Rebecca Walker, *Joy of the Whole Table*, 1985

**Mushroom Paprikash**

1 lb mushrooms, washed and sliced  
 2 tbsp butter  
 1 tsp lemon juice  
 ¼ cup finely-chopped onion  
 1 tsp flour  
 ½ tsp salt  
 1 tsp smoked paprika  
 a pinch of ground red pepper  
 ¼ cup Greek yogurt

Sauté the mushrooms in butter and lemon juice until mushrooms are tender, 5-6 minutes. Mix together the onion, flour, salt, paprika, and pepper and add to mushrooms. Cook, stirring, for one minute without bringing to a boil. 6 servings.

—*Southern Living Creole*, 1972

**Mushroom Pudding**

3 tbsp butter  
 ½ cup green onions, finely sliced  
 ½ cup celery, finely chopped  
 5 cups mushrooms, coarsely chopped  
 2 tbsp lemon juice  
 1 cup toasted whole wheat bread cubes  
 ½ cup cooked brown rice  
 ¼ cup grated Parmesan cheese  
 2 cups milk  
 4 beaten eggs  
 1 tsp salt  
 ¼ tsp thyme

Sauté onions, celery, and mushrooms in butter five minutes. Stir in lemon juice and cool. Combine bread cubes, rice, and cheese and stir into vegetables. Spoon into a greased 8x8 baking dish.

Beat together milk, eggs, salt, and thyme. Pour over pudding. Place dish into a pan of hot water and bake, uncovered, for 45 minutes at 325°.

—Maull & McIntyre, *Down to Earth*, 1971



**Potato-Garlic Sauce**

(Skordalia)

6 cloves garlic  
 1-½ cups olive oil  
 1-½ tsp salt  
 2-½ lbs potatoes, boiled and mashed  
 juice of 3 lemons

Add salt to garlic and mash to a smooth paste, sprinkling with olive oil from time to time. Place mashed potatoes in mixing bowl and mix thoroughly with garlic paste. Beat until smooth. Add lemon juice and remaining olive oil in small quantities, beating after each addition; lemon juice must be added slowly to prevent curdling. 5 cups.

—*Popular Greek Recipes*, 1957

**Potato-Onion Bake**

4 medium potatoes  
 ¼ cup butter, softened  
 2 medium onions, sliced  
 sliced jalapeño (optional)  
 salt and pepper

Cut each potato in four crosswise slices; spread butter between slices and on top. Reassemble with onion rounds and other vegetable slices between potato slices. Sprinkle generously with salt and pepper, secure with toothpicks, and wrap each potato tightly in a double thickness of foil. Bake 60-65 minutes at 375° or in covered grill.

—*Better Homes & Gardens Vegetable Book*, 1965

**Raw Sweet Potato Pudding**

4 cups grated sweet potatoes  
 ½ cup sugar  
 ½ cup corn syrup  
 1-½ cup milk  
 ⅓ cup melted butter  
 3 eggs  
 1 tsp nutmeg  
 1 tsp cinnamon  
 ½ tsp salt

Beat eggs and mix in milk. Mix with potatoes. Mix in butter, sugar, syrup, nutmeg, cinnamon, and salt. Pour into buttered 8x8 casserole and bake at 350°. When it crusts around the edge and top, stir and let crust form again. Do this several times and then allow a final browning on top before removing from the oven. 8-10 servings.

—Mrs. C.B. Sumrow, *Home Cooking Secrets of Charlotte*, 1958

**Rice Valencia**

½ cup chopped onion  
 ½ cup chopped red bell pepper  
 2 tbsp chopped jalapeño  
 ¾ cup coarsely chopped mushrooms  
 2 cloves garlic, minced  
 ½ cup butter  
 1 tsp smoked paprika  
 3 cups jasmine rice  
 5 cups chicken broth  
 ½ cup peas  
 3 tsp salt  
 1 tsp MSG  
 1 tbsp chopped pimiento

Sauté onion, peppers, mushrooms, and garlic in ¼ cup butter until tender but not brown. Blend in paprika and rice. Add broth, peas, salt, and MSG. Bring to a boil, remove from heat, and bake in a 2-½ quart casserole at 350° until rice is fluffy and tender, about 25-30 minutes.

Add pimiento, dot with remaining butter, and fluff lightly with a fork. 10-12 servings.

—*Famous Foods from Famous Places*, 1964

**Riz a l'Orange**

8 oz jasmine rice  
 20 oz chicken stock  
 1 large orange  
 1 bay leaf  
 1 tsp saffron  
 2 tsp chopped, blanched, almonds  
 salt  
 white or black pepper  
 butter

Cut four thin strips of orange peel and bring to a boil in cold water. Drain. Cover bottom of hot ovenproof pan in a little butter. Add rice and orange peel. Stir to coat rice evenly with butter. Sauté over low heat for two minutes. Pour the stock over the rice, over heat, blending well. Add saffron and bay leaf and season with salt and pepper. Bake uncovered for 20-25 minutes at 450°.

Peel orange and segment. When rice is fully cooked, discard the orange peel and bay leaf; mix with almonds and orange segments. 4 servings.

—*The Complete Galloping Gourmet*, 1972

**Roast Broccoli with Sesame Seed Dressing**

1 lb broccoli flowerets, with 3 inches of stem  
 3 tbsp olive oil  
 4 tbsp lemon juice  
 2 tsp sesame oil  
 4 tsp soy sauce  
 3 tbsp vegetable oil  
 4 tsp sesame seeds, toasted  
 1 tsp ginger  
 ½ tsp minced garlic  
 pinch of sugar

Toss broccoli with olive oil and roast at 500° on a closed grill, turning occasionally with tongs, until crisp-tender, about 10-12 minutes. Blend lemon juice, sesame oil, soy sauce, vegetable oil, sesame seeds, ginger, garlic, and sugar smooth. Pour over broccoli. 4 servings.

—*Best of the Best from America*, 2005

**Savory Onion Gravy**

4 cups sliced onions  
 2 tbsp fat  
 2 tbsp flour  
 2 cups beef stock  
 1 tbsp Worcestershire sauce  
 salt and pepper

Mix stock, Worcestershire sauce, salt, and pepper. Cook onions in hot fat until golden. Stir in flour. Stir in stock slowly, over low heat, continuing to stir until thick. Adjust seasoning. Cover and simmer ten minutes. 6-8 servings.

—*Dishes Men Like*, 1952

**Scalloped Pineapple**

6 slices day-old bread  
 ½ cup melted butter  
 20 oz crushed pineapple  
 1 cup sugar  
 grated rind of 1 lemon  
 1-2 tbsp lemon juice  
 dash of curry powder (optional)

Break bread into tiny pieces. Mix with butter. Discard ¼ cup syrup from pineapple. Mix pineapple and remaining syrup, sugar, lemon rind, juice, and curry powder into bread. Bake in 1-½ quart casserole for one hour at 350°. 4-6 servings.

—Mrs. Walter F. Thies, *Saint Louis Bicentennial*, 1964

**Scalloped Potatoes with Ham****Potatoes**

6 cups potatoes, cut into small cubes  
 1 medium onion, minced  
 1 jalapeño, seeded and chopped  
 ½ lb cooked ham, cubed

**Cheese Sauce**

4 tbsp butter  
 4 tbsp flour  
 1 tsp salt  
 2 cups milk  
 1-½ cups shredded cheddar cheese

Layer potatoes, onion, salt, and ham into slow cooker. Melt butter in saucepan; stir in flour and salt. Cook until bubbly. Slowly add milk and cook until smooth and thickened. Add cheese and stir to melt. Pour over potatoes, stirring lightly. Cover and cook on low 6-7 hours. 6 servings.

—Miriam Christophel, *Fix It & Forget It*, 2000

**Seviche**

2 lbs sea bass, halibut, or other firm white fish  
 lemon juice to cover  
 2 onions in rings  
 2 hot peppers in rings  
 juice of one lemon for onions and pepper

Cut fish in one-inch cubes with no skin or bones. Cover with lemon juice. Wash onion rings in very salted water, rinse, and mix with the hot pepper rings in lemon juice. Wait five minutes, then dump onions and peppers into fish and let marinate one or two hours. 4-8 servings.

—Violeta Autumn, *A Russian Jew Cooks in Peru*, 1973

**Spicy Cashew Crunch with Ginger**

1 tbsp sugar  
 1 tbsp hot water  
 2 tsp soy sauce  
 4 cloves garlic, very thinly sliced  
 2 cups roasted, salted cashews or halves  
 1 tbsp ginger, coarsely grated  
 2 tsp crushed red pepper  
 1 tsp grated lime zest  
 2 tbsp brown sugar  
 salt to taste

Dissolve the sugar in the hot water in a small bowl; stir in 1 tsp of the soy sauce.

Blanch garlic in boiling water for ten seconds; drain and pat dry. Transfer to a bowl; add the remaining teaspoon of soy sauce, cashews, ginger,

red pepper, and zest. Toss well. Add the soy syrup and toss, then add the brown sugar and toss again.

Spread the nuts on a lightly-greased baking sheet. Season with salt. Bake for 25 minutes at 325° until golden. Cool until warm; use a metal spatula to loosen the nuts from the sheet and cool.

—Marcia Kiesel, *Food & Wine Annual 2006*

### Spinach-Yogurt Appetizer

- 1 lb spinach
- ¼ cup water
- 2 tbsp olive oil
- 1 small onion, finely chopped
- 1 cup Greek yogurt
- 1 clove garlic, crushed
- ½ tsp mint
- salt and pepper to taste

2 tbsp finely chopped toasted walnut

Wash the spinach thoroughly, discarding tough stems and bruised leaves. Put the spinach and water in a saucepan and bring to a boil over high heat; reduce to low, cover, and simmer until tender, about eight minutes. Drain, cool, squeeze dry, and chop coarse. Heat the oil in a heavy skillet and sauté the onion until golden. Add the spinach and sauté 2-3 minutes.

Beat yogurt, garlic, mint, salt, and pepper until well blended. Add the spinach mixture and mix thoroughly, adjusting seasoning as necessary. Transfer to a serving bowl, cover, and chill. Sprinkle with walnuts before serving. 6 servings.

—Sonia Uvezian, *Book of Yogurt*, 1978

### Stir-Fried Spiced Cabbage

La-pai-ts'ai

- 1 lb cabbage
- 2 tbsp sugar
- 2 tbsp vinegar
- 1 tbsp soy sauce
- 1 tsp salt
- ¼ tsp cayenne
- 1 tbsp peanut oil

Cut cabbage into 1x1-½-inch pieces. Combine sugar, vinegar, soy, salt, and cayenne and mix thoroughly. Heat skillet, pour in oil, and when hot add cabbage and stir-fry 2-3 minutes until coated. Remove from heat and stir in the dressing. Serve warm or cold. 4 servings.

—Emily Hahn, *Chinese Cooking*, 1968

### Strawberry Rhubarb Sauce

- 1 lb rhubarb
- 2-⅔ cups strawberries
- 1 cup sugar
- ⅓ cup water
- 1-⅓ tsp lemon juice

Wash rhubarb and strawberries. Cut rhubarb into 1-inch pieces. Remove hulls from strawberries and half or quarter large berries. Combine all ingredients in pot and bring to boil. Boil 30 seconds. Pack fruit and syrup into hot jars, leaving ½ inch headspace. Process in boiling water bath for 15 minutes (for pints or half-pints). Makes 5 cups.

—*Better Homes & Gardens Home Canning*, 1973

### Tomatillo-Poblano Guacamole

- 1 large poblano chile
- 4 medium tomatillos, husked
- 1 small onion, minced
- 1 garlic clove, minced
- ¼ cup chopped cilantro
- 1 tbsp lime juice
- 3 avocados, diced
- salt and pepper

Broil poblano on a baking sheet as close to the heat source as possible, turning once, until charred all over, about four minutes. Transfer to a small bowl, cover tightly, and let stand for five minutes. Rub the skin off with a paper towel. Discard the stem and seeds. Cut into ¼-inch dice. Reserving one tablespoon, mix in serving bowl with onion, garlic, cilantro, lime juice, and half the avocado.

Broil the tomatillos, turning once, until lightly browned, about three minutes. Purée in a food processor. Add to the poblano mix and mash well with a fork. Add the remaining avocados and mash lightly. Season with salt and pepper and top with the reserved poblano. 6 servings.

—Susan Spungen, *Food & Wine Annual 2007*

### Tuna Yogurt Spread

- 7 oz tuna, drained and flaked
  - ¼ cup chopped celery
  - 2 tbsp minced onion
  - 2 tbsp relish
  - 6 tbsp Greek yogurt
- Combine all ingredients and mix well. 1-¼ cup.
- Southern Living Party Snacks*, 1979

**Zippy Mushroom Appetizers**

2/3 cup vinegar

1 tsp tarragon

1 clove garlic, minced

1 tbsp sugar

1-1/2 tsp salt

dash pepper

2 tbsp water

dash hot pepper sauce

1 medium onion, sliced and separated

2 pints mushrooms, washed and trimmed

Combine first eight ingredients. Add onions and mushrooms. Cover and refrigerate at least eight hours, stirring several times.

—*Better Homes & Gardens Barbecue Book*, 1965

# BREAD & CRACKERS

## Almond Bread

½ lb almonds  
½ cup sifted flour  
½ tsp baking powder  
⅛ tsp salt  
½ cup butter  
2 tsp vanilla  
¼ tsp almond extract  
½ cup plus 2 tbs sugar  
2 eggs, well-beaten

Chop the almonds, then finely chop  $\frac{2}{3}$  of them. Sift together flour, baking powder, and salt, and mix into the almonds.

Cream the butter, vanilla, and almond extract. Add sugar gradually, then the eggs one at a time, beating thoroughly each time. Blend in the dry ingredients in fourths. Spread batter into greased and papered 9x3 loaf pan. Bake at 325° until done, about 55 minutes. Cool on rack 15 minutes before removing from pan by lifting paper.

—*Gourmet Foods Cookbook*, 1955

## Almond Buns

### Sponge

2-¼ tsp yeast  
1 tbs sugar  
¼ cup water  
1 cup warm milk  
1 cup flour

### Dough

2 egg yolks  
¼ cup melted butter  
¼ cup sugar  
1 tsp salt  
½ lb blanched almonds  
3 cups flour

### Egg Brush

1 egg yolk  
1 tbs milk  
reserved finely-chopped almonds

Dissolve the yeast and tablespoon of sugar in the water. Add the warm milk and cup of flour

and mix well. Set in a warm place to rise and become light.

Chop the almonds. Finely chop ¼ cup and reserve for the egg brush.

Mix in the two egg yolks, butter, ¼ cup sugar, salt, almonds, and three cups flour and knead. Rise again, doubling in bulk. Shape into small rounds 1-½ inches apart and place on a well-greased baking sheet. Mix the egg yolk with the tablespoon of milk and use to brush the tops. Sprinkle with finely-chopped almonds. Allow to rise one more time until light and bake for 20-30 minutes at 350°.

—Richard T. Hougen, *Look No Further*, 1955

## Blueberry Cornbread

1 cup fresh blueberries  
1-½ cup flour  
1 cup cornmeal  
¼ cup sugar  
½ tsp salt  
4 tsp baking powder  
2 beaten eggs  
2 cups milk  
¼ cup butter, melted

Sift flour, cornmeal, sugar, salt, and baking powder into a mixing bowl. Mix eggs, milk, and butter, add to the flour, and beat until smooth. Fold in blueberries. Pour into a well-greased cast-iron skillet. Bake for 30 minutes at 425°.

—*Southern Living Deep South*, 1972

## Caraway Crackers

1 cup flour  
1 tsp dry mustard  
1 tsp salt  
½ cup shredded cheese  
½ tsp smoked paprika  
2 tsp caraway seeds  
⅓ cup butter  
several drops hot sauce  
½ tsp Worcestershire sauce  
3 tbs cold water

Mix the flour, mustard, and salt. Stir in the cheese, paprika, and caraway. Cut in the butter until particles are about the size of peas. Sprinkle with hot pepper sauce, Worcestershire sauce, and water. Toss with a fork just until dough holds together. Form into a ball and roll out on a floured surface into a 13x9 rectangle. Cut into 1-inch squares. Transfer to ungreased baking sheets, sprinkle with more paprika, and bake at 425° until browned, about 7 minutes. Makes 8 dozen.

—*Southern Living Party Snacks*, 1979

### Carrot Cornbread

1 cup cornmeal  
1 cup grated carrots  
1 tbsp brown sugar  
1 tsp salt  
2 tbsp oil  
¾ cup boiling water  
2 tbsp cold water  
2 eggs, separated

Mix cornmeal, carrots, sugar, salt, and oil. Stir in boiling water. Add cold water to egg yolks and beat until thick. Mix into cornmeal. Beat egg whites until stiff, and fold into batter. Pour into a buttered, warmed, 8x8 pan and bake 25-30 minutes at 400°.

—*El Molino Best*, 1953

### Cheese Crisps

1 cup flour  
¼ tsp salt  
¼ tsp crushed red pepper  
4 ounces butter, softened  
12 ounces grated sharp cheddar cheese  
1 tsp chopped thyme  
1 cup crispy rice cereal

Combine the flour, salt, and red pepper in a food processor. Pulse until blended. Add the butter, cheese, and thyme and pulse until a dough forms (bits of cheese should remain visible).

Transfer dough to a bowl and gently fold in the cereal. Roll the dough into balls a tablespoon at a time. Place two inches apart on ungreased cookie sheets. Flatten slightly into 1-½ inch rounds.

Bake for about 15 minutes at 350° until just beginning to brown. Cool on sheets 1-2 minutes, then transfer to wire racks to cool completely. 3-½ dozen crisps.

—Elizabeth Woodson, *Best of Food & Wine* 1992

### Cheese Jalapeño Cornbread

⅔ cup cornmeal  
⅔ cup milk  
⅔ tsp salt  
⅓ tsp baking soda  
2 tbsp bacon grease  
5 oz sharp Cheddar cheese, grated  
2 eggs, slightly beaten  
⅓ cup yellow cream-style corn  
1 onion, grated  
2 jalapeño peppers, finely chopped

Combine and mix well. Pour into 12 greased muffin tins. Bake 25-30 minutes at 400°.

—Brenda Barber, *Cook 'Em Horns*, 1984

### Cornbread

3 cups flour, sifted  
1-½ cups cornmeal  
2 tbsp baking powder  
1 tsp salt  
½ cup butter  
2-½ cups milk

Combine the flour, cornmeal, baking powder, and salt. Melt the butter and add to the milk, then blend into the dry ingredients and stir for a minute or two until lightly mixed.

Grease an 8x8 pan or a hot cast-iron skillet and bake for 30 minutes at 425°. Serves 8.

—Yvonne Young Tarr, *New York Times Bread & Soup Cookbook*, 1972

### Cornmeal Cheese Crackers

1 cup sifted flour  
½ cup cornmeal  
1 tsp salt  
⅓ cup butter  
½ cup grated sharp cheddar  
¼ cup milk

Sift flour, cornmeal, and salt together. Cut in butter and cheese until dough resembles coarse crumbs. Add milk and stir only until ingredients are dampened. Knead gently for a few seconds on a lightly floured board. Roll out to ⅛-inch thickness. Cut into squares. Bake on a greased baking sheet for 10-15 minutes at 325°. Makes 3 dozen.

—Sallie F. Hill, *Progressive Farmer's Southern Cookbook*, 1961

**Custardy Cornbread**

1 cup cornmeal  
 ½ cup whole wheat flour  
 ½ cup white flour  
 2 tsp baking powder  
 ½ tsp salt  
 1 egg  
 ⅓ cup honey  
 ¼ cup oil  
 3 cups milk, sour milk, or buttermilk

Combine cornmeal, flours, baking powder, and salt. Mix egg, honey, oil, and milk; mix into flour. Pour into a 9x9 pan and bake at 350° until top is springy when gently touched, about 50 minutes.

—Edward Brown, *Tassajara Bread Book*, 1972

**Herbed Italian Skillet Bread****Dough**

1 tbsp sugar  
 1-½ cups warm water (105°-115°)  
 1 envelope yeast  
 3-¼ to 3-¾ cups flour  
 2 tsp coarse salt  
 ½ tsp coarsely ground pepper  
 1 tsp finely chopped rosemary  
 ¼ cup olive oil

**Drizzle and Pan**

4 cloves garlic, thinly sliced  
 4 sprigs rosemary for garnish  
 ¼ cup olive oil  
 1 tsp coarse salt  
 ½ tsp coarsely ground pepper

Dissolve the sugar in ½ cup of the water. Sprinkle the yeast on top and set aside about five minutes, until foamy. In a large bowl, combine 3-¼ cups flour with salt, pepper, and chopped rosemary. Stir olive oil and remaining cup of water into the yeast. Make a well in the flour, add the liquid ingredients, and stir until well-mixed.

Knead on a floured surface until smooth and elastic, about 15 minutes. Use additional flour as necessary to prevent sticking and to form a slightly soft dough. Form into a ball, place in a large oiled bowl, turn to coat with oil, cover with plastic wrap and a towel, and let rise in a warm spot about one hour, until doubled in bulk. Punch down and let rise for another hour, again until doubled. Divide the dough in half and refrigerate or freeze the extra half until needed.

Place a 12- to 14-inch cast-iron skillet in the oven while preheating to 400°. Roll the dough to a ½-inch thick round; score lightly in a crisscross pattern. Remove the skillet from the oven and coat the bottom and sides with 1 tbsp of olive oil. Place the dough in the skillet and press the edge to even the thickness.

Distribute two sliced garlic cloves over the dough and top with two sprigs of rosemary. Drizzle with 1 tbsp of oil, sprinkle with ½ tsp salt and ¼ tsp pepper. Bake for 25-30 minutes at 400° until browned. Makes a great pizza dough.

—Anne Disrude, *Best of Food & Wine 1987*

**Irish Soda Bread**

4 cups flour  
 1 tsp baking soda  
 1 tsp cream of tartar  
 1 tsp salt  
 ¾ cup sugar  
 ½ cup melted butter  
 3 ounces dried cranberries or raisins  
 1-¾ cup buttermilk

Sift the flour, baking soda, tartar, salt, and sugar into a large mixing bowl. Add the butter, raisins, and buttermilk and mix into a soft, moist dough. Dust with additional flour if dough is too sticky to handle. Knead vigorously for 3-4 minutes until dough is firm, then shape into 2 round loaves.

Moisten each loaf with buttermilk and dust with flour. Score the top with an X and bake on a buttered, floured baking sheet until nicely browned, about 1 hour, at 375°.

—Maronne & Montigne, *Larousse Treasury of Country Cooking*, 1975

**Lemon Tea Bread****Bread**

6 tbsp butter  
 1 cup sugar  
 2 eggs  
 1-½ cup flour  
 dash of salt  
 1 tsp baking powder  
 ½ cup milk  
 ½ cup chopped nuts  
 1 tbsp lemon juice  
 zest of one lemon

**Icing**

1 lemon  
 ½ cup sugar

Cream butter with 1 cup sugar. Beat in eggs. Sift the flour with the baking powder and salt. Add to sugar alternately with milk. Blend in nuts, lemon juice, and grated rind of lemon.

Bake in well-greased, lightly-floured 9x5 loaf pan for 45-60 minutes at 350°.

Combine juice of 1 lemon and ½ cup sugar, pour over bread, and let stand 30 minutes before removing from pan.

—Alison Oxford, *Angel Food*, 1976

#### Mexican Cornbread with Chilis and Cheese

1 cup cornmeal  
1 tbsp baking powder  
½ tsp salt  
2 eggs  
½ cup butter, melted  
¾ cup sour cream  
1 tbsp sugar  
4 oz diced green chilis  
1 cup grated jack or cheddar cheese

Stir cornmeal, baking powder, and salt until blended. Blend together eggs, butter, cream, and sugar, then mix in the chilis and cheese. Stir dry and wet together until nicely blended, but do not overmix. Spread into a greased 9x9 pan and bake at 350° until top is golden brown and a cake tester comes out clean, about 25-30 minutes.

—Renny Darling, *Easiest and Best!*, 1985

#### Oatmeal Muffins

1 cup oatmeal  
1 cup buttermilk  
1 egg  
½ cup brown sugar  
⅓ cup vegetable oil  
1 cup sifted flour  
½ tsp salt  
½ tsp baking soda  
1 tsp baking powder

Soak the oatmeal in the buttermilk while preparing the other ingredients. Beat the egg and mix with the sugar and oil. Sift the flour, salt, baking soda, and baking powder together. Add the egg mix to the oatmeal and then the flour, stirring only until flour is moistened. Bake in greased muffin pans for 25 minutes at 400°. Makes 12.

—Mrs. Rudolph Gonzales, *Best in Cooking in Westfield*, 1955

#### Oyster Cracker Snacks

¾ cup oil  
2 tbsp buttermilk powder or ranch dressing  
½ tsp garlic powder  
½ tsp lemon pepper  
1 tbsp dill weed  
12 ounces oyster crackers

Blend oil and seasonings, add oyster crackers, mix well, and bake 20 minutes at 275°.

—Jerold D. Stratton, *personal recipe*

#### Popovers

2 eggs  
1 cup milk  
1 cup sifted flour  
½ tsp salt  
1 tbsp melted lard

Beat eggs, milk, flour, and salt with an electric or rotary beater for 90 seconds. Add the lard and beat another 30 seconds. Fill six to eight well-greased muffin cups half full and bake for 15 minutes at 475°. Reduce temperature to 350° and continue baking until browned, about 30 minutes. Prick each popover with a fork to let steam escape and bake five minutes longer. Serve hot.

—Mrs. Roy Dawson, *Southern Living Holiday*, 1972

#### Poppy Seed Bread

2 eggs, beaten  
1 cup sugar  
1 cup oil  
2 cups flour  
2 tsp baking powder  
¼ tsp salt  
½ tsp vanilla  
½ cup evaporated milk  
¼ cup poppy seeds

Mix well. Pour into a well-greased loaf pan. Bake 50 minutes at 350°.

—Janet Dold, *Hile School PTO Cookbook*, 1978

#### Portuguese Sweet Bread

1 cup milk  
2 eggs  
2 tbsp butter  
⅓ cup sugar  
¾ tsp salt  
3 cups flour  
2-½ tsp yeast



Mix milk, eggs, and melted butter. Pour into breadmaker pan. Add sugar, salt, flour, and then yeast on top. Set for sweet bread and a light crust.

—Donna Rathmell German, *Bread Machine Cookbook*, 1991

### Portuguese White Bread

- 1- $\frac{1}{3}$  cups water
- $\frac{1}{4}$  cup butter
- 4 tsp sugar
- 2 tsp salt
- 3- $\frac{2}{3}$  cups flour
- 2- $\frac{1}{2}$  tsp yeast

Put ingredients into the breadmaker pan in order. Set for white bread and a medium crust.

—Donna Rathmell German, *Bread Machine Cookbook*, 1991

### Refrigerator Rolls

- $\frac{1}{2}$  cup shortening
- $\frac{1}{4}$  cup sugar
- $\frac{1}{2}$  cup boiling water
- $\frac{1}{2}$  cup cold water
- 1 beaten egg
- 1 envelopes (2- $\frac{1}{2}$  tsp) yeast
- 3 cups flour
- $\frac{3}{4}$  tsp salt

Mix shortening, sugar, flour, and salt. Pour boiling water over, blend, and cool. Add beaten egg. Let yeast stand in cold water for five minutes, then blend all well. Cover and keep in refrigerator at least four hours. Use as needed, baking 10-12 minutes at 375°-400°. Keeps 2-3 weeks.

—Mrs. Edwin P. Ogier, *Art of Cooking in Shreveport*, 1977

### Rice Flour Muffins

- 1 cup sifted brown rice flour
- 1- $\frac{1}{2}$  tsp baking powder
- $\frac{1}{4}$  cup dark brown sugar
- $\frac{1}{4}$  tsp salt
- 1 egg, beaten
- $\frac{1}{2}$  cup milk or sour milk
- 4 tbsp oil

Sift flour, baking powder, sugar, and salt together. Beat egg, milk, and oil and stir into dry ingredients until just moistened. Bake at 450° for 10-15 minutes in 9 well-greased muffin tins.

—*El Molino Best*, 1953

### Rice Muffins

- 2 cups sifted flour
- 1 heaping tbsp baking powder
- $\frac{1}{2}$  tsp salt
- 1 cup cold prepared rice
- 2 eggs, lightly beaten
- 1 tbsp butter, melted
- 1- $\frac{1}{4}$  cup milk

Sift flour, baking powder, sugar, and salt together. Add, in order, the rice, egg, butter, and enough milk to make a thin batter. Bake at 450° for 12-14 minutes in 12 well-greased muffin tins.

—*Horsford Cook-Book*, 1877

### Soup Can Saffron Bread

- $\frac{1}{4}$  tsp saffron, crushed
- $\frac{3}{4}$  cup milk
- 5 tbsp butter
- $\frac{3}{4}$  cup sugar
- 2 eggs
- 2 cups flour
- 2- $\frac{1}{2}$  tsp baking powder
- $\frac{1}{2}$  tsp salt
- $\frac{1}{2}$  cup dried cranberries
- $\frac{1}{4}$  cup chopped, toasted almonds

Mix saffron in milk. Cream butter and sugar until light. Beat in eggs. Mix flour, baking powder, and salt. Add alternately with milk to creamed mixture, starting and ending with flour. Fold in cranberries and nuts. Bake in four well-greased 10-11 ounce soup cans about 30 minutes at 375°. Rest 10 minutes before removing.

—*Better Homes & Gardens Quick Breads*, 1975

### Third Bread

- 2 cups water
- $\frac{1}{2}$  cup molasses
- 1- $\frac{1}{2}$  tsp salt
- 1 cup rye flour
- 1 cup cornmeal
- 3 cups white flour
- 4 tsp gluten
- 2- $\frac{1}{2}$  tsp yeast

Put ingredients into the breadmaker pan in order. Set for white bread, a light crust, and about a 3-lb loaf. May be halved for 1- $\frac{1}{2}$  lb. If baking in an oven, bake at 375° for about 45 minutes.

—Marion Cunningham, *Fannie Farmer*, 1990



FOODS from SUNNY LANDS

# COOKIES, CANDIES, & SNACKS

## Baked Crispy Rice Cookies

- 1 cup butter
- 1 cup brown sugar
- 1 cup sugar
- 2 eggs
- 1 tsp vanilla
- ½ tsp baking powder
- 1 tsp soda
- ½ tsp salt
- 2 cups flour
- 2 cups crispy rice cereal
- 1-½ cups oatmeal
- 1 cup coconut flakes

Cream butter and add sugars gradually. Beat in eggs and vanilla. Sift dry ingredients together and add to creamed mixture. Fold in cereal, oats, and coconut. Drop by tablespoons on ungreased cookie sheet. Bake 10-12 minutes at 350°.

—Jan Pintcke, *Benton Harbor—St. Joseph Bicentennial Cookbook*, 1976

## Bouillon Popcorn

- 6 tbsp butter
- 2 cubes or 2 tsp bouillon
- 4 quarts popped corn
- salt

Melt butter in microwave and mix with bouillon until smooth. Pour over popcorn and toss well. Salt to taste.

—Larry Kusche, *Popcorn Popcorn Popcorn*, 1977

## Butter Riches

- ½ cup butter, softened
- ½ cup firmly packed brown sugar
- 1 egg
- 1 tsp vanilla
- 2 cups flour
- slivered almonds to garnish (optional)

Cream butter. Gradually add sugar, creaming until light and fluffy. Blend in egg and vanilla at

low speed; blend in flour at low speed to a stiff dough. Chill for easier handling if necessary. Shape into balls the size of marbles, place on greased cookie sheets, and flatten to half-dollar-size using a glass dipped in sugar. Bake at 350° until golden brown, 7-9 minutes. Cool. Frost with [Browned Butter Frosting](#) (p. 59) and garnish with almonds if desired. Makes 80 cookies.

—*Pillsbury Bake Off Cookie Favorites*, 1969

## Buttered Rum Cookies

### Cookies

- 1 cup butter
- ½ cup powdered sugar
- ½ tsp almond extract
- 2 tbsp rum
- ¼ cup finely chopped almonds
- 2 cups sifted flour
- ½ tsp salt

### Frosting

- ¼ cup butter
- 1-½ cups powdered sugar
- 1 tsp rum
- cream

Cream butter, then add sugar gradually. Add almond extract and rum, then almonds, flour, and salt. Chill dough about one hour. Roll in small portions about ⅛ inch thick on a floured surface. Cut with small cookie cutters and bake 8-10 minutes at 375°. Makes about 4 dozen cookies.

To make the frosting, cream the butter and add the sugar gradually. Add the rum and enough cream to bring it to spreading consistency.

—*Wisconsin Electric Christmas Cookies*, 1954

## Byrd Cornmeal Hermits

- 2 cups cornmeal
- ½ tsp baking soda
- ¾ tsp salt
- 1 tsp cinnamon

- ¼ tsp cloves
- ½ cup chopped walnuts
- ¼ cup butter
- ¼ cup lard
- 1-½ cups brown sugar
- 2 beaten eggs

Mix cornmeal, baking soda, salt, cinnamon, and cloves. Stir in walnuts. Cream butter and lard together. Add brown sugar a few tablespoons at a time, then beat in eggs. Add the dry ingredients and mix. Drop by teaspoonfuls onto a greased baking sheet. Bake for 7-9 minutes at 375°. Makes 4 dozen cookies.

—Ellen Orton, *Cooking with Wholegrains*, 1951

#### Candied Orange or Lemon Peel

- 4 navel oranges (about 2-½ lb) or 7 lemons
- 2 cups sugar
- ½ cup water

Cutting the peel only, quarter the fruit lengthwise, top to bottom. Remove each quarter of peel. Cover the peels in cold water in a pot and bring to a boil, uncovered, and simmer for ten minutes. Drain and cool. Carefully dig out as much of the white pith as possible using a spoon, and discard. Julienne the peels lengthwise into ¼-inch strips.

Combine one cup sugar and water in a pot. Heat to dissolve. Add peel. Simmer gently, covered, 45 minutes, stirring occasionally. Remove peel to a mesh cooling rack with a pan underneath. Allow to drain, cool, and dry for an hour. Toss with the remaining cup of sugar until evenly coated. Place peel on a sheet and dry overnight. Save excess sugar for flavoring baked goods or tea.

—Jeff Smith, *The Frugal Gourmet Celebrates Christmas*, 1991

#### Chocolate Balls

- ¾ cup butter
- ¾ cup powdered sugar
- 2 cups oatmeal
- 3 tbsp cocoa powder
- 1 tsp vanilla

Cream the butter and sugar. Stir in the oats, cocoa, and vanilla. Shape into balls. May be rolled in sugar, cocoa powder, powdered spices, coconut, toasted nuts, toasted oatmeal, or crushed cereal.

—*Southern Living Cookies & Candy*, 1972

#### Chocolate Brownie Cookies

- 2 ounces unsweetened chocolate
- ¼ cup butter
- 1-½ cups sugar
- 1 egg
- ½ cup flour
- ¼ cup cocoa powder
- ¼ tsp baking soda
- ⅛ tsp vanilla
- ¾ cup coarsely chopped walnuts.

Melt the chocolate and butter in a large saucepan over low heat, stirring occasionally until smooth. Remove from heat and whisk in the sugar, then the eggs. Stir in the flour, cocoa, and baking soda, then the milk and vanilla, until smooth. Mix in the walnuts. Drop rounded tablespoons about two inches apart on a greased cookie sheet. Bake about 12 minutes at 375°. Let cool in pan for two minutes before removing. 16 cookies.

—Tracey Seaman, *Best of Food & Wine 1995*

#### Chocolate Cayenne Cocktail Cookies

- 1-½ cups flour
- ½ cup cocoa powder
- ½ tsp cayenne pepper
- ½ tsp salt
- 8 oz butter, softened
- ⅓ cup powdered sugar
- 2 tbsp sugar
- 1 egg yolk
- coarse salt

Sift flour, cocoa, cayenne, and salt into a bowl. Cream butter and sugars. Add yolk and beat until smooth, then add the dry ingredients and mix to incorporate. Knead dough gently until it comes together; divide in half and press each into a disk. Roll out between two sheets of wax paper to about ¼ inch thick. Freeze until firm, at least one hour.

Line two large baking sheets with parchment paper. Cut cookies with a 1-½-inch round cutter. Arrange about an inch apart and sprinkle with coarse salt. Bake at 350° until just firm, about 15 minutes. Cool for three minutes, then transfer to wire rack. Makes 6 dozen cookies.

—Dorie Greenspan, *Food & Wine Annual 2012*

#### Chocolate Coconut Bars

- ⅓ cup melted butter
- 6 oz cookie crumbs
- 1 cup chopped nuts

8 oz bittersweet chocolate  
 1- $\frac{1}{3}$  cup shredded coconut  
 14 oz sweetened condensed milk

Pour melted butter over bottom of 9x13 pan. Sprinkle cookie crumbs evenly over butter, nuts evenly over crumbs, chocolate evenly over nuts, and coconut evenly over chocolate. Pour condensed milk over all. Bake at 350° until lightly browned on top, about 25 minutes. Cool for 15 minutes and cut into squares.

—*Dessert Lovers' Hand Book*, 1969

#### Chocolate Hazelnut Bars

2 oz unsweetened chocolate, melted  
 $\frac{1}{2}$  cup butter  
 1 cup sugar  
 2 eggs  
 $\frac{1}{2}$  cup sifted flour  
 $\frac{1}{2}$  tsp vanilla  
 $\frac{1}{2}$  cup finely chopped hazelnuts

Mix the butter into the chocolate, then the sugar. Beat in eggs one at a time. Add the flour and vanilla and beat well. Spread onto a 12x16 baking sheet. Sprinkle with hazelnuts. Bake 15 minutes at 400°. Score into two-inch squares while warm and break when cool.

—*Best Chocolate and Cocoa Recipes*, 1931

#### Coconut Macaroons

1- $\frac{1}{4}$  cup coconut flakes  
 $\frac{1}{2}$  cup sweetened condensed milk  
 $\frac{1}{2}$  tsp vanilla  
 1 egg white

Mix coconut, condensed milk, and vanilla thoroughly. Beat egg white until stiff and fold in. Drop by tablespoons onto greased baking sheet and bake 15 minutes at 350°.

—*Foods from Sunny Lands*, 1925

#### Coconut Oatmeal Cookies

$\frac{3}{4}$  cup soft butter  
 $\frac{1}{2}$  cup sugar  
 1- $\frac{1}{2}$  cup light brown sugar  
 2 eggs  
 1 cup flour  
 1 tsp baking powder  
 $\frac{1}{2}$  tsp baking soda  
 1 tsp salt  
 1 tsp vanilla  
 2- $\frac{1}{2}$  cups oatmeal

1 cup coconut

Cream butter and sugar. Beat in eggs one at a time. Sift baking powder, baking soda, and salt into flour and mix; add vanilla, oatmeal, and coconut. Drop by teaspoons onto greased baking sheet. Bake ten minutes at 375°.

—Phyllis Loughmiller, *Fruitport Bicentennial Cook Book*, 1975

#### Cornmeal Cookies

$\frac{1}{3}$  cup butter  
 $\frac{1}{3}$  cup lard  
 1 cup sugar  
 2 eggs  
 2 tsp lemon juice  
 $\frac{1}{3}$  tsp vanilla  
 2 cups sifted flour  
 $\frac{2}{3}$  cup cornmeal  
 1 tsp baking powder  
 $\frac{2}{3}$  tsp nutmeg  
 $\frac{1}{3}$  tsp salt  
 $\frac{1}{3}$  cup dried cranberries  
 sugar for flattening

Cream the butter, lard, and sugar. Beat in eggs one at a time, and continue beating until light and fluffy. Mix in lemon juice and vanilla. Add flour, cornmeal, baking powder, nutmeg, and salt, and mix. Stir in the cranberries. Flatten with a glass dipped in sugar. Bake for 10 minutes at 400°.

—Kathy Stratton, *Hesperia Community Kitchens Presents*, 1981

#### Crisp Ginger Cookies

$\frac{3}{4}$  cup brown sugar  
 $\frac{1}{4}$  cup melted butter  
 1 egg  
 $\frac{3}{4}$  cup sifted flour  
 1 tsp baking powder  
 $\frac{1}{4}$  tsp salt  
 2 tbsps finely-chopped candied ginger

Cream butter and sugar; beat in egg. Sift flour, baking powder, and salt and stir in. Drop from a teaspoon onto a greased sheet about two inches apart. Sprinkle ginger on top. Bake until lightly browned, 10-12 minutes, at 325°. Cool 30 seconds, then quickly remove to rack (return to oven to reheat if cookies stick). Makes 3 dozen cookies.

—*Better Homes & Gardens Cookies & Candies*, 1966

**Crisp Pecan Slices**

- ¾ cup butter
- 1 cup sugar
- 1 egg
- 1 tsp grated lemon peel
- 1 tbsp lemon juice
- 2 cups sifted flour
- 1 tsp baking powder
- ½ tsp salt
- 1 cup finely chopped pecans

Cream butter and sugar. Add egg, lemon peel, and lemon juice; beat well. Sift flour, baking powder, and salt, and mix into batter. Stir in pecans. Shape in 2-inch rolls and chill about two hours. Slice very thin and place on ungreased cookie sheet. Bake for 10-12 minutes at 350°. Cool slightly before removing. Makes 5 dozen cookies.

—*Better Homes & Gardens Cookies & Candies*, 1966

**Crispy Oatmeal Cookies**

- ¼ cup butter
- ¼ cup lard
- 1 cup brown sugar
- 1 egg
- 1 cup flour
- ½ tsp baking powder
- ½ cup dried cranberries
- ½ tsp baking soda
- ½ tsp salt
- 1 cup oatmeal
- ½ tsp vanilla
- 1-½ tbsp cold water

Cream together the butter, lard, sugar, and eggs. Sift the flour, baking powder, baking soda, and salt together. Mix into the creamed mixture alternately with the oatmeal. Stir in the vanilla and water. Drop by tablespoons onto greased cookie sheet. Flatten with a fork dipped in cold water. Bake 10 minutes at 375°.

—Mary Starks, *America's Bicentennial Cookbook*, 1976

**Dark Secrets**

- 1 cup sugar
- 2 tbsp butter
- 3 eggs
- 1 heaping tbsp flour
- 1 cup chopped nuts
- 8 oz pitted dates, chopped
- pinch of salt

Mix in the order given. Put in a buttered 8x8 pan and bake for 45 minutes at 280°. Remove from pan, cut into squares, and dip in sugar.

—Mrs. A.B. Borden, *Best in Cooking in Westfield*, 1955

**Date and Nut Roll**

- 2 cups (8 oz) vanilla wafer crumbs
- 1 cup chopped dates
- ½ cup chopped nuts
- ½ cup sweetened condensed milk
- 2 tsp lemon juice

Mix crumbs, dates, and nuts. Blend condensed milk and lemon juice, add to dough, and knead well. Form into a roll 3 inches in diameter, cover with waxed paper, and chill for at least 12 hours. Cut into slices. 8 servings.

—*70 Magic Recipes*, 1952

**Date-Coconut Meringues**

- 2 egg whites
- ¼ tsp salt
- 1 tsp lemon juice
- 1 cup powdered sugar
- ½ cup coconut flakes
- 5 oz chopped dates, cut small

Beat egg whites until stiff. Add salt, lemon juice, and sugar while beating. Fold in coconut and dates and drop by teaspoons onto a greased baking sheet. Bake 20 minutes at 300°. Remove to rack immediately to cool.

—*Foods from Sunny Lands*, 1925

**Date-Nut Fingers**

- 1 cup chopped nuts
- ½ cup dates, cut up
- 1 cup brown sugar
- 1 egg, slightly beaten
- ½ cup coconut flakes
- coconut flakes for rolling

Chop dates and nuts together. Mix with coconut and eggs, and form into 2-inch rolls using moistened hands. Roll in coconut flakes and bake 12-15 minutes on greased cookie sheet at 350°.

—Gloria Paesani, *Minuet Cook Book*, 1984

### Fennel Brittle

3 tbsp fennel seeds  
 ½ cup sugar  
 2 tbsp water

Lay a 10x15 sheet of parchment paper on a countertop or baking sheet. Toast the fennel in a skillet over high heat until lightly browned and fragrant, stirring, about three minutes. Bring the sugar and water to a boil in a small saucepan, stirring, over moderate heat. Cook to a rich brown (past the 320° caramelization stage, about 13 minutes), remove from heat, and stir in the fennel. Quickly pour onto parchment paper. Let cool and break into pieces.

—Jehangir Mehta, *Food & Wine Annual 2004*

### Ginger-Ginger Shortbread Cookies

1 cup flour  
 ½ tsp ginger powder  
 ⅛ tsp salt  
 8 ounces butter, softened  
 ⅓ cup powdered sugar  
 1-½ ounces candied ginger, minced

Whisk the flour with the ginger and salt. Cream the butter and sugar until light and fluffy. Gradually beat in dry ingredients until incorporated. (The dough will be slightly crumbly.) Stir in the candied ginger. Roll dough into a ball, halve, and pat into two disks. Wrap each in wax paper and refrigerate until firm, about an hour.

Roll disks out to about ¼ inch thick. Cut out as many cookies as possible using a 1-½ inch round cutter, combining and rerolling scraps. Place 1-inch apart on ungreased cookie sheets. Bake for 12-15 minutes at 325° until lightly golden on bottom. Transfer to racks to cool completely. 3-½ dozen small cookies.

—Judith Sutton, *Best of Food & Wine 1995*

### Hazelnut Chocolate Crispies

¼ cup butter  
 ¾ cup light brown sugar  
 3 oz bittersweet chocolate, finely chopped  
 1 cup chopped hazelnuts  
 1 tsp vanilla  
 1 egg, well-beaten

Melt the butter with the sugar; bring barely to a bubble and then cook, stirring constantly, for three minutes (to about 300°). Remove from heat and mix in the hazelnuts and chocolate. Cool five

minutes. Add vanilla and egg. Mix well and drop by half teaspoonfuls onto a cookie sheet lined with wax paper. Bake 10-12 minutes at 375°. Cool, then peel cookies from paper.

—Jane Fulton, *Nestlé's Party Bait*, 1954

### Kent Kernels

1 cup sugar  
 4 oz butter  
 1 egg  
 8 oz dates  
 1 tsp vanilla  
 2-½ cups crispy rice cereal  
 ½ cup chopped nuts  
 coconut flakes

Mix sugar, butter, egg, dates, and vanilla and cook over low heat until thickened. Remove from heat and stir in the cereal and nuts. Cool, roll into balls the size of walnuts, and roll in coconut.

—Gloria Paesani, *Minuet Cook Book*, 1984

### Lemon Caraway Cookies

½ cup butter  
 1 cup sugar  
 1 egg  
 1-½ tsp caraway seeds  
 grated rind of ½ lemon  
 2 tbsp lemon juice  
 2-½ cups sifted flour  
 ¼ tsp baking soda  
 ½ tsp salt

Cream butter with sugar until light and fluffy. Add egg and beat well. Stir in caraway seeds, lemon rind and juice, and sifted dry ingredients. Shape into a 2-inch-diameter roll and chill for 30 minutes. Cut into thin slices and bake on a greased cookie sheet for about ten minutes at 400°. Makes 6 dozen cookies.

—Jo Ann Shirley, *Wonderful ways to prepare Cakes & Cookies*, 1978

### Log Cabin Caramel Corn

½ cup popcorn  
 ¼ cup peanut oil  
 1 cup pecans  
 ½ cup dried cranberries  
 ¼ tsp salt  
 1-½ cup Log Cabin syrup  
 1 cup sugar  
 ¼ cup water  
 ¼ cup butter

Pop corn in oil, put in a greased, heat-resistant bowl, and mix with pecans, cranberries, and salt. Keep warm in a 300° oven. Mix syrup, sugar, water, and butter in a two-quart saucepan and cook over medium heat, stirring constantly until it comes to a boil. Stir occasionally until it reaches 280° (soft crack). Pour syrup gradually over popcorn, and then stir quickly until evenly coated. Grease hands and spread corn onto a greased baking sheet. Cool and break into clusters.

—*Southern Living Cookies & Candy*, 1972

#### Lone Star Peanut Brittle

1 cup salted peanuts  
 ½ tsp coarse sea salt  
 1 tsp baking soda  
 1 tbs butter, diced  
 1 cup sugar  
 ¼ cup light corn syrup  
 1 cup Lone Star beer  
 ¼ tsp red pepper powder

Butter a large baking tray and set aside. Mix the peanuts, salt, baking soda, and butter and set aside. Mix the beer, sugar, corn syrup, and red pepper in a tall, greased, saucepan. Bring to a boil over moderate heat to 290°-300° (about 12 minutes). Stir in the peanuts and quickly spread on the tray. Let cool and break into pieces.

—*Oggi, The Deplorable Gourmet*, 2017

#### Maple-Coconut Candies

1 cup sugar  
 ½ cup maple syrup  
 ¼ cup milk  
 ¾ cup coconut flakes

Mix the sugar, syrup, and milk in a saucepan. Heat to boiling, stirring continuously, and then, stirring occasionally, to 236° (softball). Remove from heat, add coconut, then whip with a hand mixer until it begins to sugar. Drop by spoonfuls on wax paper. Use a second spoon to push off the first spoon, so as to work quickly before it cools.

—*Dromedary Coconut Candies*, 1919

#### Molasses Sandwich Cookies

##### Cookies

2-¼ cup flour  
 1 tsp baking soda  
 ½ tsp salt  
 1 tsp cinnamon

½ tsp ginger  
 ½ cup butter  
 ¾ cup sugar  
 2 eggs  
 ⅔ cup molasses  
 ½ cup milk

##### Filling

½ cup butter  
 ⅛ tsp salt  
 ½ tsp ginger  
 3 cups powdered sugar  
 ¼ cup molasses  
 2 tbs or so of milk

Sift the flour, baking soda, salt, cinnamon, and ginger together. Cream the butter; add the sugar; beat until light and well-blended. Beat in the eggs, then stir in the molasses. Add the flour alternately with the milk. Drop by heaping teaspoonfuls onto a greased baking sheet about two inches apart. Bake 10-12 minutes at 375°.

For the filling, cream the butter; add the salt, ginger, and half of the sugar gradually while beating. Add the remaining sugar alternately with the molasses and milk, beating until smooth. Continue beating until of spreading consistency. Spread between two cookies; makes 30 sandwiches.

—*Southern Living Cookies & Candy*, 1972

#### Moon Cookies

8 oz butter  
 1 cup sugar  
 2 cups flour  
 1 hard-cooked yolk  
 1 tsp baking powder  
 2 eggs  
 1 tsp vanilla  
 ½ cup chopped nuts (optional)

Cream the butter and sugar, then add flour in a steady pour while stirring. Press yolk through a fine sieve into the dough, add the baking powder, and mix. Mix in the eggs, then the vanilla, and then nuts if using. Drop from a teaspoon onto an ungreased baking sheet. Bake for 10-12 minutes at 350°. Rest 30 seconds before removing to a rack.

—Mrs. J.S. Moon, *The Charlotte Cook Book*, 1893



**No-Bake Oatmeal Cookies**

- ½ cup butter
- 2 cups sugar
- 4 tbsp cocoa
- ½ cup milk
- 3 cups oatmeal
- 1 cup pine nuts (optional)
- 1 tsp vanilla

Mix the butter, sugar, cocoa, and milk in a saucepan. Bring to a boil and boil for one minute, then add the oatmeal, optional pine nuts, and vanilla. Drop quickly from a spoon onto waxed paper. Makes 30 cookies.

—Adele Yob, *America's Bicentennial Cookbook*, 1976

**Nut Fingers**

- 5 oz butter
- 4 tbsp powdered sugar
- 1 tbsp ice water
- 2 cups sifted flour
- 1 cup finely-chopped pecans
- 1 tsp vanilla
- powdered sugar for rolling

Cream butter and sugar. Add water, flour, nuts, and vanilla. Roll into small rods the circumference of a finger. Bake for 12-15 minutes at 350°. Let cool until barely warm; roll in powdered sugar.

—Mrs. Paul Phillips, *Home Cooking Secrets of Charlotte*, 1958

**Oatmeal Butter Cookies**

- 1 cup butter
- ¾ cup firmly packed light brown sugar
- 2 cups sifted flour
- ¾ cup oatmeal
- powdered sugar (optional)

Cream butter, add sugar gradually, and beat until fluffy. Add flour and blend well. Stir in oatmeal. Roll onto a lightly-floured surface to ⅛-inch thick and cut with floured cookie cutters. Place on lightly-greased cookie sheets and bake for 20-25 minutes at 300°. Cool and sprinkle with powdered sugar. Makes 4 dozen cookies.

—*Southern Living Cookies & Candy*, 1972

**Oatmeal Cookies**

- 1 cup flour
- ½ cup sugar
- ½ cup brown sugar, packed

- ½ tsp baking powder
- ½ tsp baking soda
- ¼ tsp salt
- ½ cup butter
- 1 egg
- ¼ tsp vanilla
- ¾ cup oatmeal
- ¼ cup chopped walnuts
- sugar for dipping

Stir the flour, sugars, baking powder, baking soda, and salt together. Add the butter, egg, and vanilla and beat well. Stir in the oats and nuts. Form small balls, dip tops in sugar, and bake on an ungreased cookie sheet for 10-12 minutes at 375°. Makes 3-½ dozen cookies.

—*Better Homes & Gardens Homemade Cookies*, 1975

**Oatmeal Macaroons**

- ¼ tsp salt
- 1 egg white
- 1 cup sugar
- 1 cup oatmeal
- ¼ cup coconut flakes
- ½ tsp vanilla

Beat egg white and salt until stiff. Add sugar slowly to meringue, beating constantly. Fold in oatmeal, coconut, and vanilla. Drop from a teaspoon onto a greased pan and bake 12 minutes at 350°. Makes 2 dozen macaroons.

—Ruth Berolzheimer, *United States Regional Cook Book*, 1959

**Old-Fashioned Coriander Cookies**

- ½ cup butter or lard
- ½ tsp salt
- ¼ tsp baking soda
- 5 tsp ground coriander seed
- 1 cup sugar
- 1 egg
- 2 cups sifted flour
- ½ cup buttermilk or sour milk

Cream together shortening, salt, baking soda, and coriander. Gradually blend in sugar, then egg. Blend in flour alternately with milk. Drop from a teaspoon onto lightly-greased cookie sheets about two inches apart. Bake until lightly browned around the edges, about 15 minutes, at 375°. Remove after about a minute. 3 dozen cookies.

—*Day & Stuckey, Spice Cook Book*, 1964

### Orange Macadamia Fudge

1- $\frac{1}{3}$  tbsp butter  
 2 tsp grated orange rind  
 3 cups sugar  
 1 cup cream  
 $\frac{3}{8}$  tsp cream of tartar  
 3 tbsp orange juice  
 1 tsp lemon juice  
 $\frac{1}{8}$  tsp salt

$\frac{2}{3}$  cup macadamia nuts, chopped

Melt butter in heavy saucepan. Remove from heat. Blend in orange rind. Blend in sugar, cream, cream of tartar, orange juice. Cook over low heat, stirring until sugar dissolves and mixture boils gently. Cover. Cook three minutes. Remove cover. Use a damp cloth or brush to clean sides of pan. Cook to 234° to 240° (soft ball), stirring occasionally. Remove from heat, cool to about 110°, about 90 minutes, add lemon juice, salt, and nuts, and beat until creamy. Spread in buttered 8x8 pan. Cool and cut into squares.

—*Imperial Sugar Company 125th Anniversary Cookbook*, 1968

### Peanut Butter Cookies

$\frac{3}{4}$  cup smooth peanut butter  
 $\frac{3}{4}$  cup sugar  
 1 egg

Cream peanut butter and sugar. Add egg and mix well. Form into half-ounce balls, place on ungreased cookie sheet, and flatten with a wet fork. Bake 12-15 minutes at 350°, let rest for a few minutes, and remove to cooling rack. Makes 2- $\frac{1}{2}$  dozen cookies.

—Denise Kanaar, *Heritage Cookbook*, 2012

### Peanut Butter Fudge

2- $\frac{1}{4}$  cups sugar  
 $\frac{3}{4}$  cup milk  
 1- $\frac{1}{2}$  tbsp corn syrup  
 2 heaping tbsp peanut butter  
 $\frac{1}{2}$  tsp vanilla

Cook sugar, milk, and syrup to 240° (soft ball), then remove from heat. Add peanut butter and vanilla and beat until it gets a little stiff. Pour into a buttered 8x8 pan.

—Betty Trapp, *Our Favorite Recipes*, 1962

### Peanut Butter Popcorn

2 tbsp peanut butter  
 4 tbsp butter  
 4 quarts popped corn ( $\frac{1}{2}$  cup unpopped)  
 salt

Melt peanut butter and butter in microwave and mix until smooth. Pour over popcorn and toss well. Salt to taste.

—Larry Kusche, *Popcorn Popcorn Popcorn*, 1977

### Peanut Oatmeal Fudge Bars

1 cup butter, softened  
 $\frac{1}{3}$  cup peanut butter  
 1- $\frac{1}{2}$  cups oat flour or ground oatmeal  
 1 tsp vanilla  
 $\frac{3}{4}$  cup peanuts  
 2 cups sugar  
 1 cup water

Mix butter, peanut butter, flour, and vanilla until smooth. Stir in the peanuts. In a 1- $\frac{1}{2}$  quart saucepan, cook sugar and water to 250° (hard ball). Pour slowly over dough and stir until thickened. Spread into buttered 11x7 pan. Cool and cut into 32 (8x4) bars.

—*Pillsbury Bake Off Cookie Favorites*, 1969

### Pecan Gingersnaps

$\frac{3}{4}$  cup butter  
 1 cup sugar  
 $\frac{1}{4}$  cup maple syrup  
 1 egg, lightly beaten  
 1- $\frac{1}{2}$  cups flour  
 2 tsp baking soda  
 1- $\frac{1}{2}$  tsp ginger  
 1 tsp cinnamon  
 1 cup finely chopped pecans  
 3 tbsp sugar

Cream the butter with the sugar until fluffy. Beat in the maple syrup and egg until well blended. Sift together the flour, baking soda, ginger, and cinnamon. Toss in the pecans. Add to creamed mixture in four batches, mixing well after each addition. Form dough into 1-inch balls; roll the cookies in three tablespoons of sugar and place two inches apart on greased cookie sheets. Bake until golden brown, 12-14 minutes, at 375°. Let sit for about a minute and transfer to a rack to cool. Makes 5 dozen cookies.

—Lee Bailey, *Best of Food & Wine 1993*

### Pine Nut Wafers

1 cup pine nuts  
 2/3 cup sugar  
 6 tbsp flour  
 1 tbsp cornstarch  
 1/4 tsp salt  
 1 tsp vanilla  
 2 egg whites  
 4 oz butter

Mix pine nuts, sugar, flour, cornstarch, and salt. Stir in vanilla and egg whites. Stir in butter until smooth. Drop by tablespoons, five inches apart, on greased cookie sheet. Spread into 2-1/2-inch rounds, allowing two inches between each. Bake at 425° until golden brown, about six minutes. Quickly scrape wafers from sheet. Cool on rack.  
 —Joyce Goldstein, *Best of Food & Wine 1990*

### Popcorn Confection

1/2 cup popcorn  
 2 tbsp peanut oil  
 1/2 cup pecans  
 1/2 cup cranberries  
 1 cup packed brown sugar  
 1 cup sugar  
 3/4 cup milk, evaporated milk, or cream  
 6 tbsp butter  
 3 tbsp light corn syrup

Pop corn in oil, put in a greased, heat-resistant bowl, and mix with nuts and berries. Mix sugars, milk or cream, butter, and syrup in a large saucepan and cook, stirring occasionally, to hard ball (250°). Stir into popcorn until coated. Place on a greased sheet and cool.  
 —Peppy Young, *Southern Living Cookies & Candy*, 1972

### Potato Chip Sandies

1 lb butter  
 1 cup sugar  
 3-1/2 cups flour  
 2 tsp vanilla  
 1-3/4 cups coarsely crushed potato chips

Cream the butter and sugar. Mix flour in. Add the vanilla and potato chips and mix well. Roll into small balls, place on a lightly-greased baking sheet, and press down with a wet fork. Bake for 20 minutes at 350°. Remove to rack and cool completely before eating. Makes 5 dozen cookies.  
 —Lily Ward, *Potter County Bicentennial*, 1975

### Praline Pecan Cookies

3 tbsp melted butter  
 1 cup brown sugar  
 1/8 tsp salt  
 1 egg, well-beaten  
 1 tsp vanilla  
 1 cup pecan halves  
 2 tbsp flour

Mix butter, sugar, and salt. Cream in egg, mix in the vanilla and pecans, and then the flour. Drop by half-teaspoons about four inches apart on a well-greased cookie sheet. Bake 10 minutes at 350°; rest for three minutes before removing. Makes 30 cookies.

—Ruth Berolzheimer, *United States Regional Cook Book*, 1959

### Ranch Popcorn Seasoning

6 tbsp buttermilk powder  
 4 tbsp nutritional yeast  
 1 tbsp onion powder  
 1 tbsp coarse salt  
 1 tsp black pepper

Use a spice or coffee grinder or blender to mix all ingredients. Makes 3/4 cup.  
 —Grace Parisi, *Food & Wine Annual 2014*

### Sesame Seed Cookies

3/4 cup butter  
 1-1/2 cups packed brown sugar  
 2 eggs  
 1-1/4 cups flour  
 1/4 tsp baking powder  
 1/2 cup toasted sesame seed  
 1 tsp vanilla

Cream the butter and sugar; add the eggs and beat well. Sift flour and baking powder together and mix with the sesame. Stir into creamed mixture and mix well. Add vanilla and mix. Drop by teaspoons onto greased baking sheet, allowing space for cookies to spread. Bake 10-15 minutes at 325°. Makes 7 dozen.

—Sallie F. Hill, *Progressive Farmer's Southern Cookbook*, 1961

### Spiced Peppermint Cookies

1 cup sifted flour  
 ¾ tsp baking powder  
 ¼ cup butter  
 ¼ tsp salt  
 ¼ tsp nutmeg  
 ½ cup sugar  
 1 egg  
 1 tbsp milk

⅙ cup crushed candy cane

Sift flour and baking powder together. Mix the butter, salt, and nutmeg together. Gradually mix in sugar, then egg, then milk, then flour. Drop from a teaspoon onto an ungreased baking sheet 2-½ inches apart. Swirl with a spoon to flatten and sprinkle with crushed candy cane. Bake 10-12 minutes at 350°. Cool for about a minute before removing from sheet. 30 cookies.

—Day & Stuckey, *Spice Cook Book*, 1964

### Spiced Walnut Crunch

2 cups walnuts  
 2 tbsp butter  
 1 egg white  
 ½ cup sugar  
 ⅛ tsp salt  
 ¼ tsp cinnamon

Toast walnuts 5-10 minutes at 350°. Cool and coarsely chop. Melt butter in a 9x9 pan. Beat the egg white to moist peaks, then beat in sugar, salt, and cinnamon. Stir in the toasted walnuts. Spread over the melted butter and bake 30 minutes at 325°. Cool and break into bite-sized pieces.

—*Diamond Walnut Recipe Gems*, 1967

### Sugar-Frosted Cashews

1 cup sugar  
 ¼ cup water  
 1 cup raw unsalted cashews

Mix sugar and water in a saucepan. Bring to 300° over medium heat. Add the cashews and stir occasionally until they turn a very light brown. Remove from heat and stir until the syrup turns to sugar. Pour onto waxed paper immediately.

—Mrs. F.G. Smith, *The Charlotte Cook Book*, 1893

### Superb Walnut Cookies

¼ cup butter  
 ¼ cup lard  
 ½ tsp salt  
 1 tsp vanilla  
 1 cup sugar  
 2 eggs, well-beaten  
 ¾ cup flour, sifted  
 ¾ cup chopped walnuts

Cream butter, lard, salt and vanilla in a bowl. Add sugar gradually; cream well. Add the eggs and mix thoroughly. Add the flour and walnuts and mix well. Drop from a teaspoon onto a greased baking sheet and flatten with a glass dipped in flour. Bake 12-15 minutes at 325°. Makes 30.

—*Southern Living Cookies & Candy*, 1972

### Toasted Rosemary Pecans

4 cups pecan halves (1 lb)  
 ¼ cup butter, melted  
 1 tsp salt  
 1 tsp rosemary, crushed  
 ½ tsp sugar

Spread pecans on a large, rimmed baking sheet. Bake at 250° until lightly roasted, 15 minutes. Drizzle butter over, sprinkle with salt, rosemary, and sugar, and toss to coat. Bake 15 more minutes until browned and crisp. Cool on paper towels.

—Mary Lynn Van Wyck, *Food & Wine Annual 2005*

### Toll House Cookies

½ cup softened butter  
 6 tbsp sugar  
 6 tbsp packed brown sugar  
 ½ tsp vanilla  
 ¼ tsp water  
 1 egg  
 2-⅛ cup sifted flour  
 ½ tsp soda  
 ½ tsp salt  
 ½ cup chopped walnuts  
 6 ounces chocolate chips

Cream the butter, sugars, vanilla, and water in a bowl. Beat in the eggs. Sift the flour, soda, and salt together and stir into egg mix. Drop by well-rounded half teaspoonfuls on a greased baking sheet and bake for 10-12 minutes at 375°. Cool on a rack. Makes 4 dozen.

—*Southern Living Cookies & Candy*, 1972

### Torrone

#### Italian Christmas Candy

2 cups light corn syrup  
2 cups sugar  
½ cup water  
2 egg whites  
1 tsp vanilla  
1 tbs lemon juice  
1 lb almond halves

Cook syrup, sugar, and water to 254° (hard ball). Beat egg whites until soft peaks form. Pour syrup very slowly over the egg whites while beating with a mixer. Add vanilla and lemon juice and continue beating. When a good consistency, stir in almonds and pour into a large buttered platter. Leave to cool. Cut into pieces. Makes 1 pound.

—Mrs. Everett Will, *Saint Louis Bicentennial*, 1964

### Walnut Spice Kisses

1 egg white  
¼ tsp salt  
¼ cup sugar  
1 tsp cinnamon  
⅛ tsp nutmeg  
⅛ tsp cloves  
1 cup finely-chopped walnuts  
walnut halves (optional)

Beat white and salt stiff. Mix sugar and spices; gradually beat into white. Fold in nuts. Drop by teaspoon on well-greased cookie sheet. Top with walnut halves. Bake 30-40 minutes at 250°.

—Mrs. H.S. Hollingsworth, *Best in Cooking in Westfield*, 1955

*Table  
and Kitchen*

A PRACTICAL COOK BOOK

**DR. PRICE'S CREAM BAKING POWDER**

MANUFACTURED BY

ROYAL BAKING POWDER CO.,  
NEW YORK AND CHICAGO

# DESSERTS & SWEETS

## Tips

For pie crusts that call for a couple tablespoons of water, up to two tablespoons of water can be replaced with vinegar for a flakier crust.

Most cakes or quick breads that call for milk will be even better with sour milk.

Mango and peach, while different flavors, can be used interchangeably in most recipes. Many of the mango recipes here started as peach recipes.

## Almond-Vanilla Torte

### Layers

¾ cup butter

⅝ cup sugar

⅝ cup finely chopped almonds

1 tbsp cream

5 tbsp flour

### Filling

1-½ cup whipping cream

½ tsp vanilla

¼ cup powdered sugar

Cream butter and sugar until fluffy. Stir in almonds, cream, and flour. Spread a quarter of the batter thin to the edge of a large pancake griddle and bake at 425° until brown. Cool and turn onto a flat surface. Repeat for three more layers.

Beat cream to soft peaks, add vanilla, and continue beating, adding powdered sugar gradually, until stiff peaks form. Spread between cake layers.

—*Southern Living Pies & Pastries*, 1972

## Apple Crisp

5 cups tart apple slices

1 cup brown sugar

¾ cup flour

¾ cup oatmeal

1 tsp cinnamon

½ cup butter

Arrange apples in buttered 8x8 pan. Combine sugar, flour, oatmeal, and cinnamon. Cut in butter until crumbly. Press over apples. Bake at 350° until top is browned, about 45 minutes.

—*Better Homes & Gardens Dessert Cook Book*, 1960

## Banana Butter Frosting

½ cup mashed ripe banana (1-2 bananas)

½ tsp lemon juice

¼ cup butter

3-½ cups sifted powdered sugar

Mix bananas and lemon juice. Beat butter until creamy and add sugar and banana alternately, beating until light and fluffy. Makes about 2-½ cups; frosting for top and sides of an 8x8x2 cake, the tops of two 9-inch layers, or 18-20 cupcakes.

—*Chiquita Banana's Recipe Book*, 1950

## Banana Crisp

6 ripe firm bananas

1-½ cup orange juice

1 tsp vanilla

½ cup flour

½ cup oatmeal

¾ cup brown sugar

½ tsp nutmeg

½ tsp salt

6 tbsp cold butter

Slice bananas and layer in an 8x8 dish. Mix the orange juice and vanilla and pour over the banana slices. Mix the flour, oatmeal, sugar, nutmeg, and salt, and then cut in the butter until mixture resembles small peas. Crumble mixture over the fruit. Bake at 375° until golden brown and bubbling, about 30 minutes. Serves 6.

—Dotti Kunde, *Cooking for the Astronauts*, 2005

## Banana Layer Cake

2-¼ cups sifted flour

1-¼ cup sugar

2-½ tsp baking powder

½ tsp baking soda

½ tsp salt

½ cup butter

1-½ cups mashed ripe bananas (4-5)

2 eggs

1 tsp vanilla

Sift flour, sugar, baking powder, baking soda, and salt into a large mixing bowl. Add butter, ½

cup of the bananas, and the eggs. Beat two minutes at slow to medium speed, or by hand. Add remaining bananas and vanilla. Beat one minute. Scrape down sides frequently when beating. Turn into two well-greased 8-inch layer cake pans. Bake about 25 minutes at 375°. Frost using [Banana Butter Frosting](#).

For a spice cake, add 1/8 tsp cloves, 1-1/4 tsp cinnamon, and 1/2 tsp nutmeg.

—*Chiquita Banana's Recipe Book*, 1950

### Banana Rum Cream Pie

#### Custard

1/3 cup flour

2/3 cup sugar

1/3 tsp salt

1-3/4 cup milk

1/4 cup rum

4 egg yolks, lightly beaten

3 medium bananas, mashed

9-inch pie shell, baked

#### Meringue

4 egg whites

1/4 tsp cream of tartar

1/3 cup sugar

1/2 tsp vanilla

Mix flour, sugar, and salt in a saucepan. Add the milk and stir over low heat until smooth. Stir in rum. Mix yolks and bananas well and add slowly to the custard, stirring continuously. Bring to a simmer and cook until thick, about two minutes. Remove from heat and cool.

Beat the egg whites with the cream of tartar until frothy; beat in the sugar slowly, and continue beating until all sugar is dissolved and the meringue stands in stiff peaks. Beat in vanilla.

Pour the custard into pie shell. Spread meringue over top and seal edges. Bake at 350° until meringue is lightly browned. 6-8 servings.

—Bob Jeffries, *Soul Food Cook Book*, 1969

### Beer Pie Crust

1-1/4 cups flour

1/2 tsp salt

1/3 cup (heaping) lard

3 tbsp ice cold beer

Combine flour and salt. Cut in lard until the size of small peas. Sprinkle beer over the flour, stirring lightly with a fork. Form into a ball, flat-

ten into a disc, and roll out on a floured surface to a 10-1/2-inch circle (for a 9-inch pie). Fit into pan, flute, and prick generously with fork. If prebaking, bake until golden brown, about 8-10 minutes, at 450°. Double for double crust pie.

—Eddie Doucette, *Oktoberfest Recipes*, 1963

### Blackberry Cobbler

1 cup flour

1 cup sugar

1/4 tsp salt

2 tsp baking powder

3/4 cup milk

4 oz butter, melted

2-1/2 cups blackberries

Sweeten the blackberries with a tablespoon or so of sugar and let sit for 30 minutes or more. Mix the flour, sugar, salt, and baking powder in a baking dish; stir in the milk; pour the melted butter over the dough; spoon the blackberries on top. Bake 45 minutes at 350° until dough rises to top and browns. 6-8 servings.

—Mrs. Christel Bullard, *Southern Living Deep South*, 1972

### Blonde Brownies

1 cup flour

1/2 tsp baking powder

1/8 tsp salt

1/8 tsp baking soda

1/2 cup chopped pecans

1/3 cup butter

1 cup packed brown sugar

1 egg, beaten

1 tsp vanilla

6 oz chocolate chips

Sift the flour, baking powder, salt, and baking soda together. Stir in the nuts. Melt the butter and mix in the brown sugar, egg, and vanilla. Add the flour to the butter and mix. Spread in an 8x8 pan. Sprinkle chocolate over the top and bake for 25 minutes at 350°. Cut into squares.

—Mrs. Paul W. Frazier, *Southern Living Cookies & Candy*, 1972



**Browned Butter Frosting**

¼ cup butter  
 2-½ cups powdered sugar  
 1 tsp vanilla  
 3-4 tbsp light cream or milk

Brown butter in medium saucepan. Remove from heat and blend in powdered sugar, vanilla, and enough cream until thick enough to spread.

—*Pillsbury Bake Off Cookie Favorites*, 1969

**Butter-Crumb Pie Crust**

1-⅓ cup fine crumbs  
 ¼ cup sugar  
 ¼ cup softened butter

Crumbs can be graham cracker, vanilla wafers, zwieback, chocolate wafers, gingersnaps, or short-bread cookies.

Combine and mix well. Press firmly with back of spoon over bottom and sides of a 9-inch pie pan or 8x8 square pan. Chill at least one hour, or bake 8 minutes at 375° and cool, before filling.

—*Joys of Jell-O*, 1963

**Canadian Oatmeal Crispy Squares**

4 oz butter  
 8 oz brown sugar  
 8 oz oatmeal  
 1 tsp baking powder  
 ¼ tsp salt  
 ½ cup sesame seeds (optional)  
 ½ tsp vanilla

Melt butter and sugar until bubbly. Mix oatmeal, baking powder, salt, and sesame if using. Stir the vanilla into the sugar. Stir in the oatmeal. Grease a 9x9 pan, line with parchment paper, and butter the paper. Pat batter into pan and bake at 400° until golden brown, about 10-12 minutes. Rest for five minutes and cut into squares, then cool completely before removing from pan.

—Elizabeth Campbell, *Encyclopedia of World Cookery*, 1968

**Cinnamon Flop****Cake**

1-½ cups sugar  
 2 tbsp melted butter  
 1 beaten egg  
 2 cups flour  
 2 tsp baking powder  
 1 cup milk

**Topping**

1 cup packed brown sugar  
 4 tbsp butter  
 cinnamon

Cream the white sugar with the melted butter. Mix in the beaten egg. Sift the flour and baking powder together and add alternately with the milk to the sugar/butter mix. Spread in a greased 8x8 pan, top with brown sugar, and dot with butter. Sprinkle generously with cinnamon.

Bake for 30 minutes at 425°.

—Edna Eby Heller, *Art of Pennsylvania Dutch Cooking*, 1968

**Cowboy Coffee Cake**

1-¼ cups flour  
 1 cup packed brown sugar  
 ¼ tsp salt  
 ⅓ cup butter  
 1 tsp baking powder  
 ¼ tsp baking soda  
 ¼ tsp cinnamon  
 ¼ tsp nutmeg  
 ½ cup sour milk  
 1 beaten egg

Mix flour, sugar, and salt. Cut in butter to coarse crumbs. Reserve ½ cup for topping. Mix baking powder, baking soda, cinnamon, and nutmeg into remaining dough, then mix in the milk and eggs. Turn into a greased and floured 8-inch round baking pan. Top with the reserved flour mix. Bake for 25-30 minutes at 375°. 6-8 servings.

—*Better Homes & Gardens Quick Breads*, 1975

**Cranberry Crunch**

1 cup oatmeal  
 ½ cup sifted flour or rice flour  
 1 cup packed brown sugar  
 ½ cup butter  
 1 lb cranberries

Mix the oatmeal, flour, and brown sugar. Cut in butter until crumbly. Place half the oatmeal mix in a greased 8x8 pan. Cover with cranberries, and top with the remaining oatmeal. Bake 45 minutes at 350°.

—*Mary Margaret McBride's Encyclopedia of Cooking*, 1959

**Cranberry Ice Box Pudding**

2 cups cranberries  
 ¾ cup water  
 2 beaten egg yolks  
 ¾ cup sugar  
 2-½ tbsp flour  
 ¼ tsp salt  
 1-½ tsp orange juice  
 ½ tbsp grated orange zest  
 1 tsp butter  
 2 whipped egg whites  
 20 vanilla wafers

Cook the cranberries in the water until skins pop. Mix well with hand mixer. Cream the egg yolks and sugar, and then mix in the flour, salt, orange, and rind; mix, whisking continually, with cranberries and cook until thick. Remove from heat and add the butter. Cool. Fold in egg whites.

Line the bottom and sides of a loaf pan with the vanilla wafers. Pour cranberry mix into the pan and then dot with remaining wafers. 6 servings.

—*Hope Lutheran Church Calendar 1950*

**Cranberry Squares****Cranberries**

2 cups cranberries  
 ½ cup water  
 juice and zest of one lemon

**Gelatin**

unflavored gelatin packet  
 ¾ cup sugar  
 1 cup boiling water  
 1 cup whipping cream

**Crust**

[Butter-Crumb Pie Crust](#) (page 59)

1 tbsp orange zest

Cook cranberries in water with lemon juice and zest until skins burst. Whisk sugar into gelatin; dissolve in boiling water. Add to cranberries, mix well, and chill until slightly thickened. Whip the cream and blend into the cranberries.

Prepare [Butter-Crumb Pie Crust](#) (page 59) using vanilla wafers and adding orange zest. Spread ⅔ of crumbs on the bottom of a greased 8x8 pan. Pour filling over, and top with remaining crumbs. Chill until firm. Cut 3x3 into nine squares.

—*Joys of Jell-O*, 1963

**Eggnog Pie**

⅓ cup butter  
 ⅔ cup sugar  
 2 egg yolks  
 1 tbsp flour  
 2-4 tbsp brandy  
 ½ tsp nutmeg  
 8-inch unbaked pie crust

Cream the butter and sugar, then the egg yolks, then the brandy and nutmeg. Spread in the pie crust, and bake for 20-30 minutes at 400°. Let cool to room temperature before serving.

—*Table and Kitchen*, 1916

**Five-Spice Poached Pears**

4 firm ripe pears  
 2 tbsp lemon juice  
 ¼ cup gin, ¾ cup water (or 1 cup white wine)  
 1 cup water  
 ½ cup sugar  
 4 whole cloves  
 4 green cardamom pods  
 4 black peppercorns  
 2 slices ginger root  
 1 strip lemon rind  
 1 whole star anise

Peel, quarter, and core pears. Place in slow cooker and sprinkle with lemon juice. Heat gin, water, sugar, cloves, cardamom, pepper, ginger, lemon rind, and star anise in a small saucepan until sugar dissolves. Pour over pears. Cover and cook on low until tender, about 3-4 hours.

Transfer the pears to a serving dish using a slotted spoon. Discard whole spices and rind. Pour remaining liquid into a small saucepan, bring to a boil, and reduce to ¾ cup, 8-10 minutes. Pour over pears. 4-6 servings.

—*Canadian Living Slow Cooker Collection*, 2009

**Grape and Pineapple Salad**

¼ cup butter  
 ½ cup sugar  
 ½ cup flour  
 1-½ cup milk  
 1 tsp vanilla  
 2 cups mini marshmallows  
 1 lb seedless grapes, halved  
 20-oz can crushed pineapple, drained

Melt the butter in a saucepan; stir in the sugar and flour. Add the milk gradually and cook, stir-

ring constantly, until thick. Remove from heat, add the vanilla and marshmallows, and stir until melted. Cool, stir in the grapes, pineapple, and other fruit as desired, and chill until firm.

—Wilhelmina Winkley, *Southern Living Outdoor*, 1972

### Honey Oatmeal Chews

- ½ cup butter
- ½ cup honey
- ½ cup sugar
- 1 egg
- 1 tsp vanilla
- ⅔ cup sifted flour
- ½ tsp baking soda
- ½ tsp baking powder
- ¼ tsp salt
- 1 cup oatmeal
- 1 cup coconut flakes
- ½ cup chopped almonds

Cream butter, honey, and sugar until light and fluffy. Add egg and vanilla and beat well. Sift the flour, baking soda, baking powder, and salt into the creamed mixture. Stir in oatmeal, coconut, and almonds. Spread in a greased 13-½ x 9 pan. Bake for 20-25 minutes at 350°. Cool, and cut 6x5 into 30 bars.

—*Honey Cookery*, 1972

### Ice-Box Lemon Pie

- ½ cup fine graham cracker crumbs
- 3 egg yolks
- 3 egg whites
- ½ cup sugar
- 1 cup whipping cream
- 2 tsp grated lemon rind
- ¼ cup lemon juice

Sprinkle half of crumbs in a well-greased 9-inch pie pan. Beat egg whites until frothy; add sugar slowly, beating until stiff and glossy. Beat egg yolks until thick and lemon colored and fold into meringue. Whip cream until stiff, fold in lemon rind and juice, and fold into pie filling. Pour into crust and sprinkle the rest of the crumbs over the top. Freeze. Remove 5-10 minutes before serving.

—*Betty Crocker's New Dinner for Two*, 1964

### Italian Lemon Sorbet

- 1 lb lemons
- 1-½ cups sugar
- 3 cups water
- 3 egg whites

Zest three of the lemons and reserve. Juice all lemons. Mix sugar, zest, and water in saucepan, bring to a boil, and simmer for five to six minutes. Remove from heat and cool to room temperature. Strain, stir in the lemon juice, and pour into a cold glass or metal freezer storage bowl. Put in freezer, removing every forty to sixty minutes to stir vigorously. When it begins to solidify, beat the egg whites stiff and fold into the syrup. Freeze for four hours or overnight.

—*La Cucina, The Regional Cooking of Italy*, 2009

### Key Lime Pie

- 1 tbsp gelatin
- 1 cup sugar
- ¼ tsp salt
- 4 egg yolks
- 4 egg whites
- ½ cup lime juice
- ¼ cup water
- 1 tsp grated lime peel
- 1 cup whipping cream, whipped
- 1 baked 9-inch pie shell

Mix the gelatin, ½ cup sugar, and salt in a saucepan. Beat egg yolks, lime juice, and water together and stir into gelatin. Bring to boiling over medium heat, stirring constantly. Remove from heat and stir in grated lime peel. Chill until begins to thicken. Beat egg whites to soft peaks, and add remaining ½ cup sugar gradually, continuing to beat until stiff peaks form. Fold gelatin into egg whites, then fold in whipped cream. Spoon into pie shell. Chill until firm.

—Mrs. Mary Erb, *Southern Living Desserts*, 1971

### Lemon Cake Pie

- 1 cup sugar
- 2 tbsp flour
- ¾ tsp salt
- 2 tbsp melted butter
- grated rind and juice of one lemon
- 2 egg yolks, beaten
- 2 egg whites, well-beaten
- 1 cup milk

Mix sugar, flour, salt, and butter. Add lemon rind and juice. Blend in egg yolks and milk, then

fold in egg whites. Pour into a 9-inch pie tin or 8-inch cake round. Bake ten minutes at 425° and then reduce oven to 350° for 25 minutes.

—Amy Rogers, *Minuet Cook Book*, 1984

### Lemon-Date Squares

#### Shortbread Crust

½ cup butter  
1 cup sugar  
1 cup sifted flour  
1 tsp grated lemon rind

#### Date Topping

2 eggs  
¼ cup powdered sugar  
2 tbsp flour  
½ tsp baking powder  
½ tsp salt  
1 cup coconut flakes  
½ cup chopped, pitted dates  
1 tbsp lemon juice

Cream the butter and sugar until light and fluffy. Blend in one cup flour and the lemon rind and press into a buttered 8x8 pan. Bake 20 minutes at 350°. Beat eggs until thick and lemon-colored. Blend in the powdered sugar, two tablespoons flour, baking powder, salt, coconut, dates, and lemon juice and spoon over the shortbread. Bake another 25 minutes until firm and brown. Cool on wire rack and top with a lemon glaze if desired. Cut into squares.

—Mrs. J.P. Allen, *Southern Living Desserts*, 1971

### Mango Cream Pie

1-2 mangos, sliced  
1 unbaked 9-inch pie shell  
½ cup sugar  
2 tbsp flour  
⅛ tsp salt  
¼ tsp nutmeg  
½ tsp vanilla  
½ cup heavy cream  
¼ cup chopped macadamia nuts

Layer mango slices to cover bottom of pie crust. Blend the sugar, flour, salt, nutmeg, vanilla, and cream and pour over the mangos. Top with macadamia nuts. Bake 40-50 minutes at 400°.

—Mrs. Jack Bether, *Southern Living Pies & Pastries*, 1972

### Mango Mousse

1 envelope gelatin (2-½ tsp)  
¼ cup cold water  
2 tbsp lemon juice  
1 cup sugar  
1 cup mashed mango  
2 cups cream, whipped

Soften gelatin in cold water and dissolve over boiling water. Place in a bowl and stir in the lemon juice, sugar, and mangoes. Chill until thickened. Fold in the whipped cream and chill in bowl or dessert glasses until firm. 6 servings.

—Mrs. G.M. Hall, *Southern Living Desserts*, 1971

### Mango Parfait

6 egg yolks  
1-¼ cup sugar  
⅓ cup water  
dash of salt  
1 cup mashed mango  
2 cups whipping cream  
½ tsp almond extract  
½ tsp vanilla

Beat the egg yolks well in the top of a double boiler. Bring the water, salt, and one cup of the sugar to a boil over low heat, stirring constantly. Then cook without stirring to 236° (soft ball). Beat syrup into egg yolks gradually and cook over simmering water, stirring constantly, until thickened. Cool and add mango. Chill. Whip heavy cream to soft peaks, add remaining ¼ cup sugar gradually, and beat to stiff peaks. Fold into syrup along with almond and vanilla flavorings. Freeze for 3-4 hours. 8 servings.

—Mrs. H.L. Crute, *Southern Living Desserts*, 1971

### Maple Ice Cream

1-½ cups maple syrup  
2 eggs, slightly beaten  
½ tsp vanilla  
1 pint whipping cream  
⅛ tsp salt

Scald syrup and cream, Beating constantly, pour into the eggs. Mix with salt and beat hard. Freeze until slightly mushy. Add vanilla and whip until light and creamy. Freeze overnight. 8-10 servings.

—Montgomery Ward's *Cold Cooking*, 1942

**Maple-Walnut Torte**

- 4 egg whites
- 1 cup brown sugar
- 3 tbsp walnut pieces
- 1 tbsp finely chopped walnut pieces
- 2 cups whipping cream
- $\frac{2}{3}$  cup maple syrup

Draw three 9-inch circles on parchment sheets. Invert onto three baking sheets. Beat egg whites until stiff; beat in sugar a tablespoon at a time until meringue is stiff and glossy. Spread meringue onto each circle and bake at 275° until crisp, about one hour.

Whip cream with the maple syrup to soft peaks. Fold in the chopped walnuts. Use a third of the cream mixture to sandwich the three meringues together. Spread the remaining two-thirds cream mix over the top and sides of the torte. Sprinkle with the walnut pieces and freeze overnight.

Transfer the torte to the refrigerator about an hour before serving. 10-12 servings.

—Ann Kay, *500 Delicious Desserts*, 2011

**Mashed Potato Pie**

- 1 lb riced boiled potato
- $\frac{1}{2}$  lb butter
- 2 cups sugar
- 6 eggs, separated
- 1 lemon's juice and zest
- 1 tsp nutmeg
- 1 tsp mace
- 1 unbaked 9-10 inch pie shell

Stir the lemon juice into the potatoes. Cream the butter and sugar together, mix in the yolk, then the spices and lemon zest. Beat the mashed potato in slowly until light. Beat the egg whites to soft peaks and fold into filling.

Pour into pie shell and bake at 400° for 10 minutes; reduce heat to 325° and continue baking about an hour, until golden on top and firm.

—*Horsford Cook-Book*, 1877

**Muesli Bars**

- 3 tbsp honey
- $\frac{1}{2}$  cup butter
- $\frac{1}{3}$  cup packed brown sugar
- $\frac{1}{3}$  cup chopped almonds
- 1 cup oatmeal
- $\frac{1}{3}$  cup coconut

- $\frac{1}{3}$  cup sesame seeds

Cook honey, butter, and sugar in a medium saucepan over low heat, stirring until butter melts and sugar dissolves. Remove from heat and stir in the almonds, oatmeal, coconut, and sesame seeds. Press evenly into a greased 11x7 pan using the back of a spoon. Bake until golden, about 15-18 minutes, at 350°. Cool on a rack ten minutes and score into 18 bars. Cool completely and cut.

—*Joy of Creative Cuisine*, 1984

**No-Crust Fudge Pie**

- 2 eggs, well-beaten
- 1 cup sugar
- $\frac{1}{2}$  cup melted butter
- $\frac{1}{2}$  cup flour
- 5 tbsp cocoa
- $\frac{1}{4}$  tsp salt
- 1 tbsp vanilla
- 1- $\frac{1}{2}$  cups broken pecans

Cream eggs, sugar, and butter. Add flour, cocoa, and salt, then vanilla and nuts. Pour in buttered 8-inch pie pan. Bake 20-25 minutes at 350°.

—Mrs. Melvin Staehle, *Saint Louis Bicentennial*, 1964

**Oatmeal Pie Crust**

- $\frac{3}{4}$  cup sifted flour
- $\frac{1}{4}$  cup oat flour
- 1 tsp salt
- $\frac{1}{3}$  cup lard
- $\frac{1}{2}$  cup oatmeal
- 1 tbsp vinegar
- 2-4 tbsp cold water

Sift together the flours and salt. Cut in the lard until dough resembles coarse crumbs, then add the oatmeal, mix lightly and add the vinegar. Add the water a tablespoon at a time until the pastry can be formed into a ball. Chill for 30 minutes. Roll on a floured surface to form a 12-inch circle to fit into a lightly-greased 9-inch pie tin. Fold edges in and flute; prick the bottom and sides. For a prebaked crust, bake for 12-15 minutes at 425°.

—Sallie F. Hill, *Progressive Farmer's Southern Cookbook*, 1961

**Olive Oil Pie**

- 1 cup sugar
- 3 tbsp olive oil
- 2 eggs, separated
- 1 large lemon's juice and zest
- 1 medium orange's juice and zest
- ½ tsp nutmeg
- 1 unbaked 8-inch pie shell

Beat oil and sugar well. Beat yolks in one at a time. Beat in juice, zest, and nutmeg in two batches. Beat whites to soft peaks and fold into filling.

Pour into pie shell and bake at 400° for 20 minutes, then reduce heat to 350° and continue baking for another twenty minutes, until golden brown on top. Chill until serving.

—*personal recipe*

**Orange Delicia**

- 1 cup sugar
- 6 eggs, room temperature
- ⅓ cup orange juice
- 1 tbsp orange zest
- sugar & toasted oatmeal for towel

Line bottom of buttered 13x9 pan with wax paper; butter the paper. Prepare more wax paper by sprinkling with toasted oatmeal and sugar.

In a large bowl, mix the eggs, sugar, orange juice, and orange zest. Beat on high until pale and thick, about one minute. Scrape into the prepared baking pan and bake until puffed and browned on top, about five minutes. Remove and let stand for two minutes; run a thin knife around the edge and invert the desert onto the prepared wax paper. Peel off the wax paper from the bottom (now top) and lift half the prepared wax paper up to fold the dessert in half. Cut crosswise into eight slices.

—Cabral and Magalhães, *Best of Food & Wine 2000*

**Orange Pie Crust**

- 1 cup flour
- 1 tbsp sugar (if using orange)
- ½ tsp salt
- ⅓ cup lard
- 1 tsp grated orange peel (optional)
- 3 tbsp cold orange juice or cold water

Combine flour, sugar, and salt in small mixing bowl. Cut in lard until the size of small peas. Sprinkle orange peel and juice over the flour, stirring lightly with a fork. Form into a ball, flatten into a disc, and roll out on a floured surface to a

10-½-inch circle (for a 9-inch pie). Fit into lightly-greased pan, flute, and prick generously with fork. Bake until golden brown, about 8-10 minutes, at 450°. Double for double crust pie.

—*Pillsbury Bake Off Dessert Cook Book*, 1968

**Peach Fritters**

- ⅓ cup butter
- ½ cup sugar
- 2 eggs, well-beaten
- 2 cups flour
- 3 tsp baking powder
- ½ tsp salt
- 1 cup milk
- ½ tsp lemon juice
- ½ tsp vanilla
- 1-½ cups chopped peaches

Cream the butter and sugar. Add the eggs and beat thoroughly. Sift flour, baking powder, and salt together and add alternately with the milk. Fold in the peaches, lemon juice, and vanilla. Drop by teaspoonfuls into hot fat and fry to golden brown. Sprinkle with powdered sugar.

—*Pennsylvania Dutch Cook Book*, 1936

**Peanut-Meringue Squares**

- 1 cup all-purpose flour
- ¼ tsp salt
- ½ tsp baking powder
- ¼ tsp baking soda
- 1 egg, separated
- ½ cup packed brown sugar
- 6 tbsp salad oil
- 1 tsp vanilla
- ¼ cup roasted peanuts
- ¼ cup grated chocolate
- ¼ cup sugar

Mix flour, salt, baking powder, and baking soda. Beat the yolk in a bowl until thick and stir in the brown sugar, oil, and vanilla. Stir in dry ingredients; spread in a greased 8x8 pan. Sprinkle peanuts and chocolate over the top. Beat the egg white until stiff; add sugar gradually, beating constantly. Spread over top. Bake 40 minutes at 325°.

—Mrs. George Pecsek, *Southern Living Cookies & Candy*, 1972

**Perfect Lemon Pie****Filling**

6 egg yolks  
 4 egg whites  
 1 cup sugar  
 juice of 2 lemons  
 zest of 1 lemon  
 1 tbsp butter  
 1 baked pie crust

**Meringue**

2 egg whites  
 ¼ cup sugar

Beat yolks in the top of a double boiler until light. Add sugar, lemon juice, zest, and butter and mix well. Cook over boiling water until very thick, stirring frequently. Fold in four beaten egg whites and cook for another two minutes. Pour into pie crust. Beat remaining two egg whites until stiff, adding remaining ¼ cup sugar gradually, and spread on pie. Bake at 325° until brown.

—Eleanor B. Hyatt, *Southern Living Fondue & Buffet*, 1971

**Persian Peaches**

4 cups sliced peaches  
 1 cup orange juice  
 6 tbsp honey  
 2-3 tbsp finely chopped candied ginger  
 dash of salt

Gently mix all ingredients. Cover and chill thoroughly. Spoon into five chilled dessert glasses.

—*Around the House*, 1966

**Plum Pie**

2 lbs plums  
 ½-¾ cup sugar  
 ¼ cup flour  
 pastry crust and top for 9-inch pie  
 3 tbsp butter

Half or quarter the plums and toss with the sugar and flour. Turn the fruit into the pie shell, dot with butter, and cover with pastry top. Cut five steam vents. Bake 20 minutes at 400°, reduce to 350° and bake 35-40 minutes until crust is golden brown. Cool at least two hours.

—Michael James, *Best of Food & Wine 1989*

**Poppy Seed Cake****Cake**

⅓ cup poppy seeds  
 ¾ cup milk or sour milk  
 ¾ cup butter  
 1-½ cups sugar  
 1-½ tsp vanilla  
 2 cups sifted flour  
 2-½ tsp baking powder  
 ¼ tsp salt  
 4 egg whites, stiffly beaten

**Cream Filling**

½ cup sugar  
 1 tbsp cornstarch  
 1-½ cups milk  
 4 egg yolks, slightly beaten  
 1 tsp vanilla  
 ¼ cup walnuts, chopped  
 powdered sugar for decorating top

Soak poppy seeds in milk about an hour. Cream butter and add sugar gradually, creaming until light and fluffy. Beat in vanilla, milk, and poppy seeds. Sift flour, baking powder, and salt into batter and stir. Fold in egg whites. Bake in two greased and lightly floured 8-inch round pans, 20-25 minutes at 375°. Cool ten minutes before removing. Cool thoroughly before filling.

Mix sugar and cornstarch in saucepan. Combine milk and yolks; gradually add to sugar, mixing well. Cook and stir until mixture thickens, and boil about one minute. Cool slightly and add vanilla and chopped walnuts.

Split layers; spread filling between layers. Chill at least two hours; sift powdered sugar over top.

—*Better Homes & Gardens Pies & Cakes*, 1966

**Pots de Crème**

6 oz semisweet chocolate pieces  
 1-¼ cups light cream  
 2 egg yolks  
 dash of salt

Stir chocolate and cream in heavy saucepan over low heat until blended and satin-smooth. It should be slightly thick, but do not bring to a boil. Beat egg yolks with salt until thick and light. Gradually stir hot chocolate in. Spoon into six dessert cups, cover, and chill at least three hours.

—*Better Homes & Gardens Dessert Cook Book*, 1960

**Quick Brownies**

6 oz semi-sweet chocolate pieces  
 2/3 cup sweetened condensed milk  
 dash of salt  
 1 tsp vanilla  
 1 cup coarsely chopped walnuts

Melt chocolate over hot, not boiling, water. Stir in condensed milk and remove from heat. Stir in salt, vanilla, and walnuts. Turn into well-greased 8x8 pan. Bake 20-25 minutes at 375°. Cut into bars while warm.

—*70 Magic Recipes*, 1952

**Quick Vanilla Pudding**

2 cups milk  
 pinch of salt  
 1/2 cup sugar  
 1/2 cup milk  
 2 heaping tbsp cornstarch  
 2 egg yolks  
 1 tsp vanilla  
 1 tbsp butter

Mix two cups of milk and salt in a saucepan. Turn on heat to medium and pour in the sugar without stirring. Quickly mix the cornstarch with the 1/2 cup milk, add the egg yolks, and stir well.

When the milk comes to a high rolling boil, remove from heat and stir while pouring in the cornstarch mix. It will thicken instantly and be very smooth. Return to heat for 30 seconds, stirring. Remove from heat; add vanilla and butter.

For a wonderful lemon pudding, replace the 1/2 cup milk with the zest and juice of two medium lemons (about 7-8 oz total).

—Mrs. Harry Gilbert, *Around the House*, 1966

**Rhubarb Bars****Rhubarb Topping**

3 cups rhubarb  
 1-1/2 cups sugar  
 2 tbsp cornstarch in 1/4 cup water  
 1 tsp vanilla

**Oatmeal Base**

1-1/2 cups oatmeal  
 1-1/2 cups flour  
 1 cup brown sugar  
 1/2 tsp soda  
 1 cup butter  
 1/2 cup nuts

Cook topping until thick. Mix oatmeal, flour, brown sugar, and soda and cut in butter until crumbly. Stir in nuts. Pack 2/3 of this into a 9x13 pan. Cover with rhubarb mix and sprinkle remaining crumbs on top. Bake 30-35 minutes at 350°. Cool completely.

—Mrs. Glenn Rodberg, *Around the House*, 1966

**Rhubarb Butter Crunch****Rhubarb**

3 cups diced rhubarb  
 1/2 to 1 cup sugar  
 3 tbsp flour

**Crunch**

1 cup brown sugar  
 1 cup oatmeal  
 3/4 to 1-1/2 cups flour  
 1/2 cup butter  
 1/2 cup lard

Combine the rhubarb, sugar, and flour and place in a greased 8x8 pan. Mix the brown sugar, oatmeal, and flour, and cut in the butter and lard. Sprinkle over rhubarb. Bake 40 minutes at 375°.

—Mrs. Lionel Smith, *Designed for Good Eating*, 1962

**Rhubarb Cream Pie**

2-crust 9-inch pie crust  
 2 cups sugar  
 2 tbsp flour  
 2 beaten eggs  
 1/4 cup melted butter  
 3 cups cubed rhubarb  
 nutmeg

Mix sugar and flour; beat eggs into sugar. Stir in butter and rhubarb. Let stand about 30 minutes. Pour into pastry. Sprinkle with nutmeg. Cover with top crust. Bake for 15 minutes at 425°, then turn oven to 350° and bake 30 minutes more.

—Mrs. Lyle Abbott, *Saint Louis Bicentennial*, 1964

**Rhubarb Sauce with Tarragon**

2 lbs rhubarb  
 2/3 cup sugar  
 1 cup water  
 2 tsp fresh tarragon, minced

Cut enough rhubarb into 1/4-inch slices for 2-1/2 cups. Slice remaining rhubarb into 1-inch pieces. Combine the 1-inch slices, sugar, and 1 cup water and bring to a boil over high heat; reduce to mod-



erately high and cook, stirring occasionally, until the rhubarb dissolves and the mixture is thick.

Purée in a blender; pour back into the saucepan and add the ¼-inch slices. Return to a boil over high heat and cook until the rhubarb is softened but still retains its shape, 1-3 minutes. Pour into a bowl or jar, stir in the tarragon, and cool to room temperature. Makes 4 cups.

—Marcia Kiesel, *Best of Food & Wine* 1988

### Rhubarb Upside-Down Cake

3 cups rhubarb, cut in ½-inch pieces  
 1 cup brown sugar  
 1-½ cups flour  
 ½ tsp salt  
 4 tbsp sugar  
 4 tsp baking powder  
 ½ cup oatmeal  
 ¼ cup butter  
 1 egg  
 ¾ cup milk

Cover a buttered 9x9 pan with rhubarb. Sprinkle brown sugar over rhubarb.

Sift together flour, salt, sugar, and baking powder. Add oatmeal and cut shortening into flour to the consistency of very coarse cornmeal.

Beat the egg, then mix the milk into the egg. Stir into the flour and beat vigorously for 10 seconds. Spoon dough over rhubarb and spread evenly. Bake for 35 minutes at 350°. 6 servings.

—Edna Eby Heller, *Art of Pennsylvania Dutch Cooking*, 1968

### Rice Pudding

½ cup arborio rice  
 1-½ cups water  
 ½ tsp salt  
 1 quart milk  
 1-½ cups sugar  
 2 well-beaten eggs  
 2 tsp cornstarch  
 2 tsp vanilla

In a deep saucepan, bring the water to a boil and add the salt. Cook the rice over moderate heat until the water is absorbed and the rice is fluffy. Add the milk and sugar and cook, without boiling, 25 minutes. Remove from heat.

Dissolve cornstarch in 2 tablespoons milk mix, add to eggs, blending thoroughly, and slowly pour into milk mix, stirring constantly until well-blended. Bring to a simmer and simmer over low heat

until slightly thickened, about two minutes. Cool, add vanilla, and pour into individual dishes or cups. Sprinkle with cinnamon. 8 servings.

—*Popular Greek Recipes*, 1957

### Smoking Goat Cheesecake

#### Crust

7 oz graham crackers, crushed  
 2 oz sugar  
 2 oz butter, melted

#### Filling

2 lbs cream cheese  
 8 oz goat cheese  
 4 eggs  
 1 cup sugar  
 1 tsp vanilla

Combine graham crackers, sugar, and butter. Press into bottom and ¼ to ½-inch up the sides of a 9-inch springform cake pan. Bake at 350° for five minutes. Remove and let cool completely.

Whip the cheeses together thoroughly. Whip eggs in one at a time, scraping sides often. Whip sugar in, then vanilla. Place a pan of water on the lower rack of the oven and preheat the oven to 325°. Bake on the middle rack for 60-75 minutes until firm, leaving the pan of water in place. Cool before removing from pan. 12 servings.

—*Smoking Goat Restaurant Bookmark*, 2017

### Spiced Bread Crumb Pudding

1 cup sour milk  
 1 cup stale bread crumbs  
 1 cup brown sugar  
 ¼ cup butter  
 ½ cup flour  
 ½ tsp cinnamon  
 ¼ tsp cloves  
 2 tbsp **molasses** or 1 egg  
 1 tsp baking soda  
 ¾ cup raisins  
 ½ cup nuts  
 1 tsp flour

Soak bread crumbs in sour milk 30 minutes. Cream butter and sugar, add egg or molasses, and then the flour sifted with the spices and baking soda. Mix raisins and nuts with a teaspoon of flour and add to batter. Pour into buttered 8x8 baking dish and bake 45 minutes at 350°.

—Phillys Mae Dowell, *Best in Cooking in Oklahoma City*, 1962

### Stabilized Whipped Cream

- 1 tbsp cold water
- ½ tsp gelatin
- 1 cup whipping cream

Put cold water into a heatproof cup. Sprinkle with gelatin and let soften, without stirring, for five minutes. Place the cup in a pan of simmering water until the gelatin melts and the water is clear. Let cool to room temperature. Prepare whipped cream as normal, adding the gelatin as the cream begins to thicken. Makes 2 cups.

—*Joy of Cooking*, 2006

### Sticky Rice with Mangoes and Sesame Seeds

#### Sauce

- 2 cups coconut milk
- 1-½ tbsp sugar
- 1-½ tsp coarse salt

#### Rice

- 2 cups arborio rice
- 1 cup coconut milk
- ½ cup sugar
- 1 tbsp coarse salt
- 2 mangoes, peeled and coarsely chopped
- 2 tbsp toasted sesame seeds

For the sauce, bring coconut milk, sugar, and salt to a simmer over moderate heat until slightly thickened, about ten minutes. Transfer to serving dish and let cool to room temperature.

Prepare rice as instructed. In a small saucepan, bring the coconut milk, sugar, and salt to a simmer. Pour over the rice, folding until just combined. Spoon into bowls, top with mango and sesame seeds, and then sauce. 8 servings.

—Andy Ricker, *Food & Wine Annual 2010*

### Upside Down Fudge Cake

#### Topping

- 3 tbsp butter
- 3 tbsp brown sugar
- 1 tbsp heavy cream
- ½ cup chopped nuts

#### Cake

- 2 tbsp butter
- 1 cup sugar
- 1 egg
- 2 ounces chocolate, melted
- 1 cup flour
- 1 heaping tsp baking powder
- ½ tsp salt

- ¾ cup milk

Melt butter, brown sugar, and cream in an 8x8 pan over very low heat. Mix in the nuts.

Make the cake by mixing butter, sugar, egg, and melted chocolate. Mix the flour, baking powder, and salt, and add alternately with the milk to the batter. Pour over the topping in the pan.

Bake for 30 minutes at 350°. Cool five minutes, loosen sides, and turn upside down over plate.

—Mrs. R. Whitmore, *Best in Cooking in Westfield*, 1955

### Vermont Peanut Butter Ice Cream

- ¼ cup peanut butter, chilled
- ½ cup maple syrup or boiled cider, chilled
- 1-½ cup whipping cream
- salt (optional)

Whip peanut butter and syrup together until smooth. Add salt to taste depending on how much was in the peanut butter. Add cream and whip to soft peaks. Freeze in chilled container overnight or serve in dessert glasses. Makes 4 cups.

—Miss Mary Keswick, *Vermont Cook Book*, 1958

### Whole Wheat Pie Crust

- 1 cup sifted whole wheat flour
- 1 cup sifted all-purpose flour
- 1 tsp salt
- 2 tbsp wheat germ
- ¾ cup lard
- 4-5 tbsp ice water

Sift flours and salt into a medium bowl. Add wheat germ and cut lard into flour to a coarse cornmeal. Mix ice water into dough lightly with a fork, one tablespoon at a time. Divide into two equal balls; roll each half to an 11-inch circle on a lightly-floured surface. Lay in a lightly-greased 9-inch pan. Poke top and bottom. For pre-baked shells, bake 8-10 minutes at 450°.

—*El Molino Best*, 1953

# APPENDIX

## CAKE PAN AREAS

8-inch round:	50 square inches	$\frac{3}{4}$ area of 9-inch round
8- $\frac{1}{2}$ -inch round:	57 square inches	$\frac{3}{4}$ area of 10-inch round
9-inch round:	64 square inches	
10-inch round:	79 square inches	$\frac{1}{4}$ more than 9-inch round

## CAN VOLUMES

#1:	1- $\frac{1}{2}$ cup
#1 tall:	2 cups
#2	2- $\frac{1}{2}$ cups
#2- $\frac{1}{2}$ :	3- $\frac{1}{2}$ cups
#3	4 cups
#3 cylinder	5- $\frac{3}{4}$ cups
#5	7 cups
#10	12- $\frac{3}{4}$ cups
#303	2 cups

## GELATIN SET TIMES

Stage	Test	Regular	Speed	Uses
Syrupy	Consistency of thick syrup.	1:00	3 min	Glaze for sandwich, pie, etc.
Slightly thick	Consistency of unbeaten egg whites.	1:15	5-6 min	Fold in whipped cream.
Very thick	Spoon leaves definite impression.	1:30	5-6 min	Mix-ins; whipping gelatin.
Set but not firm	Sticks to finger when touched; mounds or moves to side when tilted.	2:00	30 min	For layering gelatin.
Firm	Does not mound/move when tilted.	3:00-5:00	1 hour	For unmolding.

## SMOKE POINTS

Butter:	350°
Canola oil:	400°
Coconut oil:	350°
Lard:	370°
Olive oil:	325°-375°
<b>Peanut oil:</b>	<b>450°</b>
<b>Safflower oil:</b>	<b>510°</b>
Sesame oil:	350°-410°
<b>Sunflower oil:</b>	<b>440°</b>

## SUGAR TEMPERATURES

Pearl:	220°-222°	jellies
Thread:	230°	
Blow/soufflé	220°-234°	
Soft ball:	234°-240°	fudge
Firm ball:	244°-248°	caramels
Hard ball	250°-266°	divinities, toffee
Soft crack:	270°-290°	caramel corn, butterscotch
Hard crack:	300°-310°	peanut brittle
Light brown:	310°-338°	caramelization
Medium brown:	356°	
Dark brown:	374°	

## SUGAR WEIGHTS

Sugar:	8 oz/cup
Brown sugar, packed:	~7-½ oz/cup
Sifted powdered sugar:	~3 oz/cup
Candy canes:	~7-½ oz/cup
Mini marshmallows:	~45/oz

## SYRUP WATER CONTENT AND WEIGHTS

	Water content	Sugar content	Ounces/cup
Maple syrup:	32%	67%	~12
Honey:	18%	75%	~12
Light corn syrup:	23%	77%	8
Dark corn syrup:	22%	78%	8
Molasses:	22%	75%	~8



## VINTAGE MEASURES

Dessert spoon:	2 tsp
Mustard spoon:	¼ tsp
Saltspoon:	¼ tsp
Coffee cup:	1 cup
Teacup:	scant ¾ cup
Wineglass:	¼ cup
Size of an egg:	¼ cup
Size of a nutmeg:	1-½ tbsps

## VINTAGE OVEN TEMPERATURES

Slack:	250°
Low:	275°-300°
Slow:	300°-325°-350°
Moderately Slow:	325°
Quiet:	325°-350°-375°
Moderate:	325°-350°-375°
Quick:	375°-425°
Hot:	400°-425°-450°

## SUBSTITUTIONS

**Baking powder:** Baking powder can be replaced by one part baking soda and two parts cream of tartar.

**Brown sugar, light:** Combine two parts dark brown sugar with one part white sugar.

**Cheese, shredded:** One cup of shredded cheese can be made from about four ounces of cheese.

**Chocolate, squares:** A one ounce chocolate square can be replaced by three tablespoons cocoa and one tablespoon butter.

**Corn syrup, dark:** Combine three parts light corn syrup with one part molasses.

**Cream, light:** Combine one part milk to three parts heavy cream. A cup of light cream is ¼ cup milk and ¾ cup heavy cream.

**Half-and-half:** Combine equal parts milk and heavy or whipping cream; this is literally what half-and-half is.

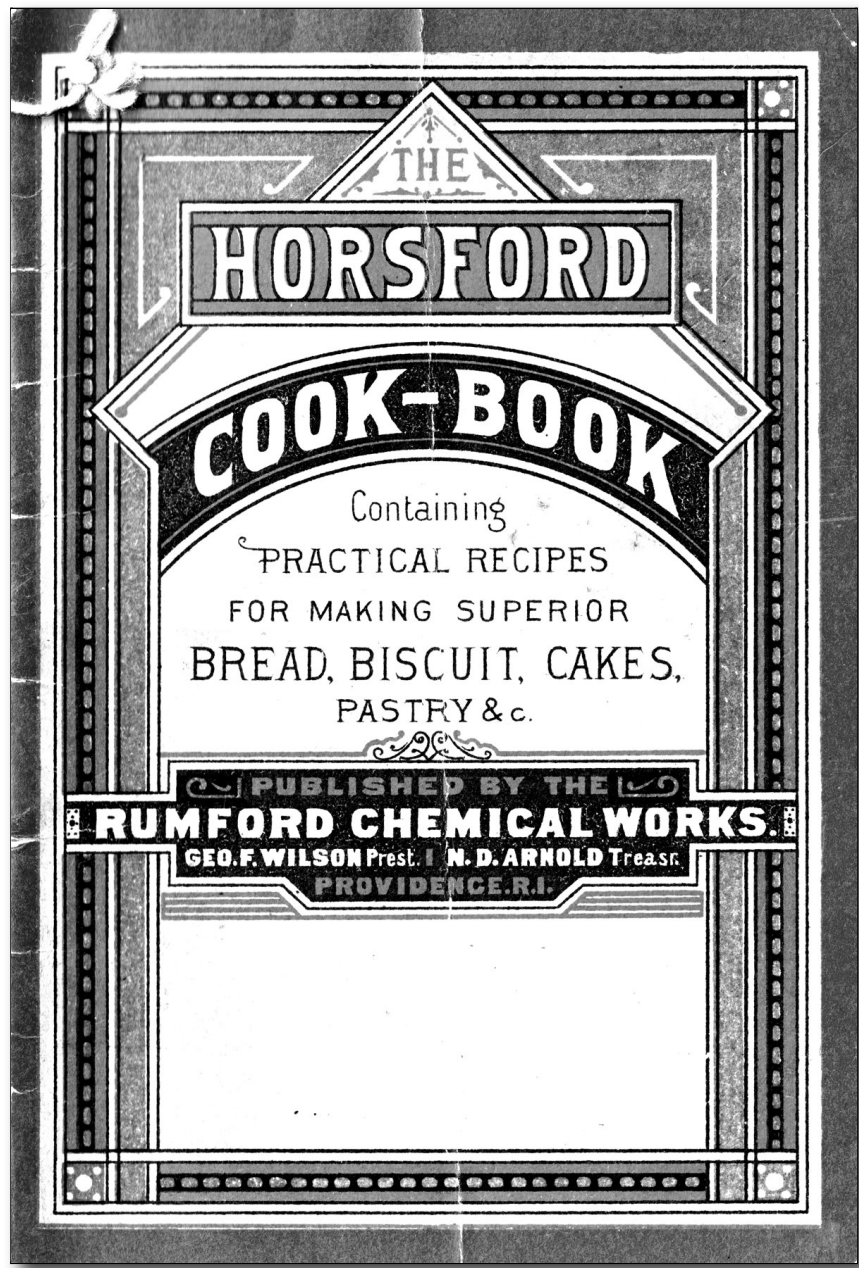
**Herbs, dry vs. fresh:** A tablespoon of fresh herbs is a teaspoon of dry herbs, and vice versa.

**Honey:** When substituting honey for sugar in milk recipes, add the honey after simmering or boiling. Honey is acidic and can cause the milk to curdle early. **Milk** normally curdles at about 180°.

**Jello, flavored:** A 3-ounce package of flavored jello is 2-½ teaspoons gelatin and ⅓ cup of sugar. Whisk before adding to water to keep gelatin from cloying. For lemon jello, add the zest and juice of one lemon.

**Sodium:** Sodium content times 2.5 equals salt content. Every 5.7 grams or 5,700 milligrams of salt is one teaspoon. One cup of **salted nuts** seems to contain about ¼ tsp of salt. **Salted butter**, if it contains 90 mg of sodium per tablespoon, contains about ⅓ tsp of salt per stick (half cup, or 8 tablespoons).

**Vanilla:** One vanilla bean is 1-½ tsp vanilla.



THE

HORSFORD

COOK-BOOK

Containing  
PRACTICAL RECIPES  
FOR MAKING SUPERIOR  
BREAD, BISCUIT, CAKES,  
PASTRY &c.

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*Best Chocolate  
and Cocoa Recipes*

**WALTER BAKER & COMPANY, INC.**

DIVISION OF GENERAL FOODS CORPORATION

*Dorchester, Massachusetts, U.S.A. Established 1780*

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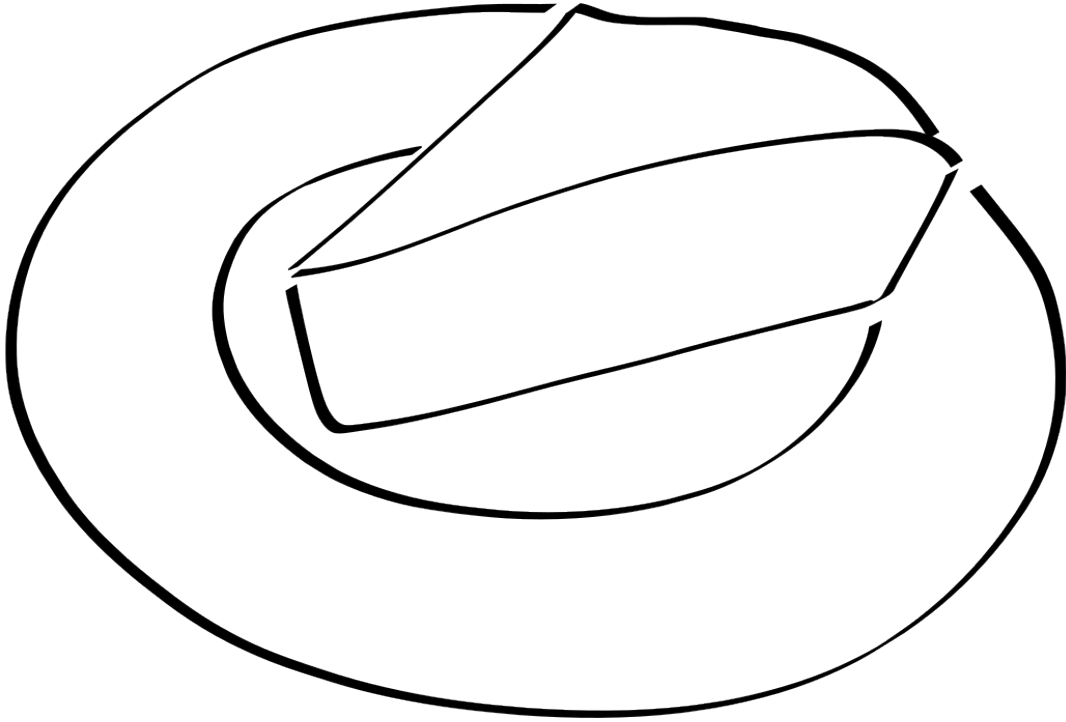
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With special thanks to my partner in  
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*theJoyOfFood.life*





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