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SUBSTITUTIONS AND EQUIVALENTS

2 tsp. fat = 1 ounce

1 cup fat = $\frac{1}{2}$ pound

1 pound butter = 2 cups

2 cups sugar = 1 pound

2 $\frac{1}{2}$ cups brown sugar = 1 pound

1 $\frac{1}{3}$ cups brown sugar = 1 cup granulated sugar

3 $\frac{1}{2}$ cups powdered sugar = 1 pound

4 cups sifted flour (all purpose) = 1 pound

4 $\frac{1}{2}$ cups sifted cake flour = 1 pound

1 ounce bitter chocolate = 1 square

1 cup egg whites = 8 to 10 whites

1 cup egg yolks = 12 to 14 yolks

10 graham crackers = 1 cup fine crumbs

1 cup whipping cream = 2 cups whipped

1 lemon = 3 to 4 Tbsp. juice

APPETIZERS

BREADED EGGPLANT SLICES

2 large eggplant

flour

3 eggs

$\frac{1}{2}$ cup milk

2 Tbsp. grated

American cheese

salt and pepper

bread crumbs

Beat eggs slightly. Add milk, cheese, salt and pepper. Flour eggplant slices and dip in egg mixture. Then coat well with bread crumbs. When ready to fry, make sure you have enough oil in pan (it should be about 1 inch deep). Fry on both sides until golden brown.

Variations: You may substitute 2 large zucchini, cut in sticks for the eggplant slices.

DRUMMETTS (Chicken Wings)

Chicken wings

salt

flour

oil

Wash chicken wings and cut in half. Season well with salt and roll in flour. Place on cookie sheet. When ready to bake, sprinkle with oil. Bake at 350 degrees for 30 minutes, or until golden brown.

BUTTER SAUCE (For noodles or spaghetti)

1 lb. butter softened
White pepper

1/2 lb. freshly grated
Parmesan cheese

In a mixer, whip butter until light and fluffy (consistency of heavy whipped cream). Add a dash of white pepper and grated cheese, mixing well. Keep mixture in the refrigerator and use as desired.

MARINARA

1 cup chopped onion
1/2 cup chopped
celery
2 cloves garlic,
minced or put
through garlic
press
4 sprigs parsley,
chopped

2 or 3 fresh basil
leaves
2 Tbsp. oil or
shortening
1 can (6 oz.) tomato
paste
2 cans (No. 2 1/2)
whole tomatoes,
plus 1 can of water

Saute first four ingredients in oil until tender. Add seasoning and basil leaves. Crush tomatoes and add with water and tomato paste to sauteed mixture. Cook about 1 hour or until desired thickness.

RICOTTA SPINACH FILLING

1/2 lb. spinach
1 lb. Ricotta cheese
2 or 3 Tbsp. warm
water

Salt and pepper
Pinch of nutmeg
3 eggs
1/2 cup grated
Parmesan cheese

Cook spinach, drain well and chop. Mix Ricotta cheese and warm water with a fork. Add chopped spinach, salt, pepper and nutmeg. Beat eggs and add to spinach with Parmesan cheese.

Use as a filling for Ravioli or Cannelloni.

SAUSAGE SAUCE

1 1/2 lbs. sausage
1 cup onion, minced
2 cloves garlic, minced
or put through press
3 sprigs parsley,
chopped
2 or 3 leaves fresh basil

1 cup minced celery
2 cans (No. 2 1/2)
tomatoes
1 can (12 oz.) tomato
paste, plus 1 can water
1/2 lb. fresh mushrooms
Salt and pepper

Put sausage in a baking pan and bake at 375 degrees for 20 to 25 minutes. Cut in serving size pieces. Take fat from pan and place in skillet. Saute onion, parsley, celery, and basil until tender. Transfer to saucepan. Crush tomatoes. Add crushed tomatoes, tomato paste, salt, pepper and sausage to saucepan. Cook for 1 1/2 hours. Add

mushrooms and cook for 15 minutes longer, or until desired thickness. Lower heat once the sauce comes to a boil. Simmer and stir often.

Variations: Other meats can be used, such as pork chops, neck bones, veal or beef.

SEAFOOD COCKTAIL SAUCE

- | | |
|------------------------|-------------------------|
| 6 Tbsp. catsup | 1 tsp. tobasco sauce |
| 6 Tbsp. cocktail sauce | Juice from half a lemon |
| 1 small onion, grated | |

Combine all ingredients, mixing well.

TUNA SAUCE

- | | |
|--|----------------------------------|
| ¼ cup oil | 1 can tomato puree |
| 2 cloves minced garlic | 2 Tbsp. fresh parsley,
minced |
| 2 cans tuna, flaked | Pinch of oregano |
| 1 (29 oz.) can whole
tomatoes crushed | Pinch of cayenne pepper |
| | Pinch of salt |

Heat oil in saucepan over medium heat. Add garlic and saute until light brown. Add tomatoes, puree, parsley and seasonings. Bring sauce to a boil, stirring frequently. Reduce heat and simmer 20 minutes or until sauce is slightly thickened.

Spoon sauce over vermicelli or other very thin pasta. Sprinkle with grated cheese and mix well.

SOUPS

CHICKEN SOUP

- | | |
|--|---|
| 4 qts. water | 4 sprigs parsley |
| 4 lbs. chicken backs, or
or whole chicken | 2 stalks celery, cut
in half |
| 1 whole onion with
skin on | 2 carrots, cut in pieces
salt and pepper |

Place all ingredients in an 8 qt. pan. There should be enough water to cover all ingredients. Bring to a boil, skimming fat from the top. Lower heat and simmer for about 2½ hours or until chicken is well done.

Strain soup, removing the meat. Return broth and vegetables to pan. Pick the meat from the bones and return to soup. You may add cooked rice or pasta if desired. Heat again before serving.



MINESTRONE SOUP

- | | |
|-------------------------|------------------------|
| 1 cup beans | 1 green pepper, |
| 2½ qts. water | cut in pieces |
| 2 strips bacon | 1 tomato, peeled and |
| 1 onion, diced | cut in pieces |
| 1 carrot, diced | ½ medium cabbage, |
| 1 stalk celery, | grated |
| cut in pieces | 1 clove garlic, minced |
| 1 potato, cut in pieces | 1 leaf basil |
| 1 small zucchini, | 4 Tbsp. uncooked rice |
| cut in pieces | ½ cup grated Parmesan |
| | cheese |

****** If using dry beans, soak them overnight.

Drain beans and put them in a soup kettle with 2½ qts. of salted water. Simmer over low heat for 1½ hours or until beans are tender.

Saute bacon, then add onion, cooking until onion is tender. Add carrot, celery, potato, zucchini, green pepper, and tomato. Cook for 15 minutes. Add vegetables, cabbage, garlic, and basil to soup. Simmer 1 hour or until vegetables are tender and the soup is quite thick. In the last 15 minutes, add uncooked rice.

PEPPER POT SOUP

- | | |
|-------------------------|------------------------|
| 2 lbs. tripe | 1 (14 oz.) can whole |
| 2 qts. water | tomatoes |
| Salt and pepper | 1 tsp. concentrated |
| 2 onions, cut in | chicken base |
| large pieces | Hot pepper—if desired |
| 2 cloves garlic, minced | 5 stalks celery cut in |
| 3 sprigs parsley | ½ inch cubes |

Wash the tripe in water and drain. Put in saucepan adding salt, pepper and water. Cover pan and bring to a boil. Reduce heat, cooking for about 2 hours or until tender.

Sauce: Saute onions. Add garlic, celery and parsley. When celery is partially cooked, add tomatoes and 1 can of water, cooking 15 minutes longer.

Cut tripe in 1 inch squares and add to sauce. Cover and cook for 45 minutes or until tender.

STRACIATELLA ROMANO

- | | |
|-----------------------|------------------------|
| 2 Tbsp. chicken stock | 2 Tbsp. grated Romano |
| 5 cups water | cheese |
| 3 eggs | 2 Tbsp. minced parsley |

Add chicken stock to water and bring to a boil. Beat eggs and stir in cheese and parsley. Add egg mixture to stock, stirring until the eggs are set. Serve at once.

WEDDING SOUP

- | | |
|---|------------------------|
| 1 large stewing chicken | 2 Tbsp. chicken base |
| 5 qts. water | 1 cup cooked, chopped |
| 3 stalks celery, chopped | escarole or curly |
| 4 sprigs parsley, chopped | endive |
| 1 large carrot, chopped | Rice or pasta, cooked |
| 1 large onion, cut in half (leave skins on) | 4 eggs |
| | 1/4 cup cheese, grated |
| | 1/4 cup bread crumbs |
| | Salt and pepper |

Place washed chicken, whole or cut in half, in a large pot. Add water and bring to a boil, over high heat. Skim well and add celery, parsley, carrots and onion.

Cover and simmer for about 3 hours or until chicken is tender, and meat starts to fall from bones.

Strain the soup, returning broth to the pot. Remove chicken from the bones and cut in pieces. Add chicken base and chicken to broth. Bring soup to a boil while preparing meat balls.

(Continued on next page)

Meat Balls

- | | |
|------------------------------|------------------------|
| 1/2 lb. beef (finely ground) | Minced parsley |
| 1/4 cup bread crumbs | 1 clove garlic, minced |
| Salt and pepper | Chopped onion |

Combine all meat ball ingredients and shape into small balls.

When soup is boiling, add meat balls and cook for 10 minutes. Beat eggs and mix with cheese, bread crumbs, salt and pepper. Add egg mixture, cooked rice or pasta, and escarole to soup. Simmer for 10 minutes and serve.

Marinara sauce (recipe on page 4), then a row of eggplant. Add more sauce and sprinkle with Romano cheese, then add a layer of sliced Mozzarella cheese. Continue layering ingredients until all are used, ending with a layer of sauce sprinkled with grated Romano cheese.

Cover and bake at 375 degrees for 45 minutes. Serve as a side dish or as a meal.

FRESH GREEN BEANS

1 lb. fresh green beans	2 cloves garlic
$\frac{1}{4}$ cup oil	Salt and pepper

Clean beans and break in half. Boil in salted water about 10 to 15 minutes, do not overcook. Drain beans.

In skillet heat oil and brown garlic. Discard garlic and add beans. Fry beans lightly and add seasoning. Serve piping hot.

GREEN BEANS WITH TOMATOES

2 Tbsp. oil	1 or 2 lbs. fresh green beans, cooked
$\frac{1}{2}$ onion, chopped	$\frac{1}{2}$ tsp. salt
1 clove garlic, minced	$\frac{1}{4}$ tsp. pepper
2 sprigs parsley, cut up	2 Tbsp. grated Romano cheese
1 can (15 oz.) whole tomatoes	

Heat oil in skillet. Saute onion, garlic and parsley. Add tomatoes and $\frac{1}{2}$ can of water. Cook 5 minutes. Add green beans and seasoning. Simmer for 20 minutes. Serve hot and sprinkle with Romano cheese.

ITALIAN STYLE ROAST POTATOES

6 potatoes	3 cloves garlic, minced
$\frac{1}{2}$ onion, sliced	1 Tbsp. chicken bouillon
1 stalk celery, cut in half lengthwise then cut diagonally in pieces	Paprika
1 Tbsp. parsley, minced	Salt and pepper
	$\frac{1}{4}$ cup oil

Peel and cut potatoes, lengthwise in quarters. Place in roaster with onion, celery, parsley and bouillon, mixing well. Add paprika, salt and pepper, again mixing well. Add oil. Roast at 350 degrees, turning several times until golden brown. Serve with chicken.

ANTIPASTO

- | | |
|--|--------------------------------|
| 6 slices of prosciutto
ham, rolled up | 4 black olives |
| 6 strips of provolone
cheese, cut in 1 inch
thick pieces | 4 green olives |
| 6 slices of capicola,
rolled up | 2 Tbsp. tuna fish |
| 6 slices of salami,
folded in half | 4 anchovies, rolled |
| 1 tomato cut | 1 onion, separated
in rings |
| | 2 Tbsp. ceci beans |
| | 2 Tbsp. pickled eggplant |
| | 1 head of lettuce, cut up |
| | Oil and vinegar |

Place lettuce on a large platter. Arrange meat, cheese, and other ingredients over lettuce. Use oil and vinegar for dressing.

FRESH TOMATO SALAD

- | | |
|--|--------------------------|
| 6 tomatoes | 1 sprig parsley, chopped |
| 1 onion, sliced | Salt and pepper |
| 4 stalks celery, cut in
1/4 inch slices | Fresh basil |
| | Vinegar and oil to taste |

Cut tomatoes in wedge-shaped pieces. Combine remaining ingredients and pour over tomatoes. Marinate for at least an hour.

TOSSED SALAD

- | | |
|----------------------------------|------------------------|
| 1/2 head escarole | 1 1/2 tsp. salt |
| 1/2 head romaine | 1/2 tsp. pepper |
| 1/2 head lettuce | 1 clove garlic, minced |
| Spring onions or
white onions | 1/2 cup oil |
| 1 large tomato | 1/4 cup wine vinegar |

Wash greens and break in pieces. Cut up onions and tomatoes. Mix oil, vinegar, garlic, salt and pepper. Shake dressing well. Toss greens with onions and tomatoes, pour dressing over salad and gently toss again.

OMELETTES

EGG AND POTATO OMELETTE

4 potatoes (uncooked), peeled and cut in $\frac{1}{2}$ inch cubes	$\frac{1}{4}$ cup shortening or oil
1 clove garlic	6 eggs
	$\frac{1}{4}$ cup milk
	Salt and pepper

Heat oil in skillet and brown garlic. Add potatoes and cook until golden brown. Beat eggs with milk. Add eggs and seasoning to skillet, stirring until done.

PEA AND EGG OMELETTE

$\frac{1}{2}$ onion	1 large can sweet peas
4 eggs	2 Tbsp. butter

In skillet, over medium heat, melt butter. Saute onion until tender. Add drained peas and seasoning. Cook until heated through. Beat eggs and add to skillet, stirring until eggs are done.

ZUCCHINI OMELETTE

4 Tbsp. oil	White pepper
2 cloves garlic, whole	2 Tbsp. minced parsley
3 small zucchini, cut in $\frac{1}{4}$ inch slices	3 Tbsp. butter
Flour	8 eggs
Salt	1 tsp. salt
	Pinch white pepper

Heat oil in large skillet over medium heat. Add garlic and saute until light brown. Dredge zucchini in flour. Remove garlic from skillet and fry zucchini until golden brown. Drain oil from skillet, sprinkle zucchini with parsley, salt and pepper.

In another skillet, melt butter. Beat eggs lightly with seasoning. When butter is hot, reduce heat and add eggs, cooking slightly. Add zucchini. Stir enough to fry slowly. Loosen top with fork to allow uncooked egg to go to the bottom of pan. When eggs are almost done, but top is not quite set, put under preheated broiler and brown lightly, about 1 minute. Place a platter over skillet and turn upside down to remove omelette from pan.

PASTA DISHES

CANNELLONI

24 - 6 inch crepes (standard recipe)	1 onion
1-3 1/2 lb. whole chicken	1 tsp. butter
1 leaf basil	1 tsp. parsley
	1 clove garlic, minced
	1 recipe Bechamel sauce

Cook chicken in boiling water. When cooked, remove meat from bones. Dice and saute onion, basil, parsley and garlic in butter. Add chicken, continue cooking and season to taste. Fill crepes and roll up. Turn seam side down in a 9 x 13 inch baking pan. Pour Bechamel sauce (recipe on page 3) over the top and cover with foil. Bake at 350 degrees for 25 - 30 minutes.

CAVATELLI

1 lb. flour	1 tsp. salt
1 lb. Ricotta cheese	1 egg

Combine all ingredients and knead well. Form dough into a ball, then cut and roll out on a floured board to about 1/2 inch thickness. Cut dough into 1/2 inch strips then cut with cavatelli machine. Bring salted water to a boil and add cavatelli, cooking for about 10 minutes.

Serve with meat sauce or Romano cheese. You may also use butter sauce if desired.

GNOCCHI

2 1/2 cup bread flour	2 1/2 cups mashed
1 1/2 tsp. salt	potatoes (1 cup
2 eggs	instant, 2 cups
	water)

Combine all ingredients and knead well. Add more flour if needed to make a stiff dough.

Roll on a floured board in rolls about 1/2 inch in diameter. Cut in one inch lengths, roll with index finger toward you to make an indentation. Bring salted water to a boil and drop gnocchi in pan. Cook for 5 minutes or until tender. Drain well and

add sauce and Parmesan or Romano cheese, mixing well.

If gnocchi is frozen it will take 10 to 15 minutes to cook. Don't remove gnocchi from freezer until water is boiling. The gnocchi could also be served with butter sauce.

LASAGNA

Dough

6 cups flour
6 eggs

2 tsp. salt

Make a well in the flour, add eggs and salt, knead well. Let rest placing a bowl upside down over the dough. Knead dough occasionally until smooth. Roll dough out in a rectangle about $\frac{1}{16}$ of an inch thick. Cut dough into strips. Bring salted water to a boil, adding $\frac{1}{4}$ cup oil to prevent sticking. Add Lasagna noodles one at a time until they are all in. Boil for 3 minutes after water comes to a second boil. Drain and place in cold water until needed.

Cheese Filling

3 lbs. Ricotta cheese
4 oz. Parmesan or Romano cheese
6 eggs

1 tsp. parsley, minced
dash of nutmeg
salt and pepper to taste

Combine all the above ingredients and mix well.

(Continued on next page)

Meat Sauce

1 cup minced onion	2 (10 oz.) cans tomato puree
2 cloves garlic, chopped	2 (12 oz.) cans tomato paste, plus 2 cans water
$\frac{1}{2}$ cup celery, diced	
$\frac{1}{4}$ cup parsley, minced	
2 Tbsp. shortening	
$1\frac{1}{2}$ lbs. ground beef	2 lbs. Italian sausage, optional
1 lb. ground pork	1 - 2 basil leaves
1 (No. 2 $\frac{1}{2}$) cans tomatoes (mashed)	2 lb. Mozzarella cheese, sliced
plus 2 cans water	

Saute onion, garlic, celery and parsley in 2 Tbsp. shortening. Add meat and cook until meat is browned.

In a separate pan cook tomatoes and water for about $\frac{1}{2}$ hour. When tomatoes start to boil, lower heat and add meat mixture, tomato puree, tomato paste, water and basil. Continue cooking for $1\frac{1}{2}$ hours or until desired thickness.

** If using sausage, cut in serving size pieces and brown well. Add to sauce with meat mixture.

Place a thin layer of sauce in bottom of a 13 x 9 inch pan. Arrange a layer of well drained noodles in pan, spread sauce over noodles, sprinkle Ricotta filling over sauce and top with a layer of Mozzarella cheese. Continue layering ingredients until all are used, finishing with a layer of sauce on top. Sprinkle top with grated Parmesan cheese. Cover with foil and bake at 375 degrees for about 45 minutes. Allow to cool and settle before cutting. This will make two pans of Lasagna.

MANICOTTI

- | | |
|-----------------------|-------------------------|
| 4 eggs | 1 recipe Marinara sauce |
| 1 cup flour | — page 4 |
| 1/2 tsp. salt | 1 recipe cheese or |
| 1/4 cup grated cheese | meat filling — |
| Water | pages 22 and 23 |

Beat eggs in a bowl. Combine flour and salt adding gradually to eggs, beating until there are no lumps. Then add enough water to make a thin batter that flows lightly.

Grease a 5 inch frying pan with oil. Pour a spoonful of batter in pan, spreading to cover the bottom.

When batter bubbles, turn it with a spatula and cook the other side. Grease pan before making each pancake. Place pancakes on a cookie sheet in rows so they don't dry out.

When all batter is used, fill each pancake with meat or ricotta filling and roll up. Spread sauce in the bottom of two baking dishes. Place Manicotti, seam side down in pans, pouring sauce over the top and sprinkling with grated cheese. Bake at 350 degrees for 30 minutes. One pan may be frozen to use later.

PEAS AND PASTA WITH LIGHT TOMATO SAUCE

- | | |
|-------------------------|----------------------|
| 1/4 cup oil | 1 tsp. salt |
| 1 onion, chopped | 1 (29 oz.) can peas |
| 1 Tbsp. parsley, minced | (do not drain) |
| 1 clove garlic, minced | 1 (14 oz.) can whole |
| 1 leaf basil | tomatoes |

Heat oil in large saucepan. Saute onion, parsley and garlic until tender. Add salt, pepper and tomatoes, cook for 15 minutes. Add peas, with liquid, and simmer. Bring 2 quarts of water to a boil with 1 tsp. salt. Add pasta and cook for about 7 minutes. Drain pasta and add to pea mixture. Cook for 10 minutes. Sprinkle with Romano cheese when serving.

PASTA - FAGIOLI

Sauce

- | | |
|---------------------------|-----------------------|
| 1/4 cup diced onion | 1 (8 oz.) can whole |
| 1/4 cup celery, cut small | tomatoes or fresh |
| 1 clove garlic | peeled |
| 2 sprigs parsley | 1 can navy, pinto or |
| Salt and pepper to taste | garbanzo beans |
| 2 leaves basil | (do not drain) |
| | 1 cup or 4 oz. tomato |
| | paste |

Saute first four ingredients until tender. Season with salt, pepper and basil. Add tomatoes and cook for 5 minutes. Add beans with liquid and cook for 15 minutes.

Bring 1 quart of water and 1/2 teaspoon salt to a boil. Then add tomato paste. Boil for 15 minutes or

until desired doneness, then add to first mixture and simmer for a few minutes. Serve over thick homemade noodles cut in small squares.

POLENTA (With Sausage Sauce)

1 recipe sausage sauce	3 cups water, salted
1½ cups cornmeal	Grated Romano or
1 cup cold water	Parmesan cheese

Mix cornmeal with cold water. Bring salted water to a rolling boil. Add cornmeal mixture gradually to boiling water, stirring as you add it. Cover and continue cooking for about 15 to 20 minutes until mixture thickens, stirring often. When mixture has thickened, spread on a platter about ¼ inch thick. Spread sausage sauce (recipe on page 5) over the top and sprinkle with grated cheese. Serve hot.

RAVIOLI

Dough

4 cups bread flour	5 eggs
½ tsp. salt	

Place flour and salt in a bowl and mix. Make a well in flour, add eggs mixing thoroughly. Knead dough until it holds together. Place bowl over dough and

let rest for about 10 minutes. Knead again. Repeat until dough is smooth. Let rest while preparing fillings.

Ricotta Filling

1 lb. Ricotta cheese	Dash nutmeg
2 eggs	1 Tbsp. minced parsley
¼ cup grated Parmesan cheese	1 tsp. basil
½ cup grated Mozzarella cheese	Salt and pepper to taste

Place all ingredients in a bowl and mix well.

Meat Filling

4 Tbsp. butter	2 tsp. parsley, finely chopped
¼ cup onion, finely chopped	3 eggs
½ lb. ground pork, lean	¼ cup Parmesan cheese
½ lb. ground beef, lean	2 slices of white bread
1 clove garlic, minced or put through garlic press	

Saute onion in butter until shiney. Add meats, garlic and parsley. Continue cooking until meat is browned. Chill. Moisten bread with water and squeeze dry. Add eggs, cheese, bread, salt and pepper to cooled meat mixture, and mix well. On a

board dusted with flour, roll dough out to about $\frac{1}{8}$ inch thick in a large rectangle. With a teaspoon add filling in a round ball the size of a quarter. On one side of dough moisten around filling with a pastry brush, then fold the other half of dough over filling. Use a serrated pastry wheel or sharp water glass to cut in pieces around filling. Separate them and place on a floured board, making sure edges are sealed well. Bring salted water to a boil, and add the ravioli. Cook for about 15 minutes, then drain and add meat sauce.

If made ahead of time and frozen, the ravioli will take longer to cook. Don't remove the ravioli from freezer until water is boiling.

BEEF

BRACCIOLI

2 lb. round steak, cut $\frac{1}{2}$ inch thick $\frac{1}{2}$ cup oil
1 recipe marinara sauce

Filling

$\frac{1}{2}$ cup bread crumbs 2 stalks celery, chopped
 $\frac{1}{2}$ cup grated cheese 1 clove garlic, minced
6 sprigs parsley,
chopped

Batter

1 egg Flour
 $\frac{1}{4}$ cup milk Salt and pepper

Pound steaks on both sides.

Combine all filling ingredients. Spread filling on top of steaks. Roll steaks up and tie with string.

Combine egg and milk, mixing well. Season flour with salt and pepper. Dip steaks in egg mixture then roll in flour.

Heat $\frac{1}{2}$ cup oil in skillet and brown steaks. Place steaks in a roasting pan, cover with marinara sauce (recipe on page 4) and bake at 350 degrees for about 45 minutes.

Cut in serving size pieces and serve with spaghetti.

** Braccioni may also be stuffed with mushroom stuffing.

(Continued on next page)

Mushroom Stuffing

- | | |
|--------------------------------|--|
| 4 Tbsp. butter or oil | 2 cloves garlic, minced |
| 1 onion diced | 4 eggs |
| 4 stalks celery, cut in pieces | Salt and pepper to taste |
| 6 sprigs of parsley, minced | 4 slices white Italian bread, soaked, drained and cut up |
| 1 cup mushrooms | |

Heat oil in skillet. Saute onion, celery and parsley until tender. Add mushrooms and garlic. Beat eggs with salt and pepper. Add drained bread to the eggs and mix together. Add bread mixture to skillet and cook until done. Let stuffing cool before using.

BEEF STEW

- | | |
|---|------------------------------------|
| 3 lbs. stew meat, cut in 1½ inch chunks | 2 cloves garlic, minced |
| Flour | 2½ cups water |
| ½ cup oil | 1 tsp. salt |
| 1 large onion, chopped | ¼ tsp. pepper |
| 3 stalks celery, chopped | 3 carrots, cut in bite size pieces |
| 2 sprigs parsley | 6 potatoes, cut in bite pieces |

Coat meat with flour. In a Dutch oven or large saucepan, heat oil and brown meat. Remove meat from pan.

Saute onion, garlic, celery and parsley in saucepan for a few minutes. Add meat and stir while adding about 2½ cups water. Bring to a boil, continuing to stir. Add salt and pepper. Cook for about two hours over low heat, stirring often. Add potatoes, carrots, and if necessary more water. Cook for about ½ hour or until vegetables are tender. Serve with Italian salad.

CHILI CON CARNE

- | | |
|---------------------------------------|-------------------------|
| 1 lb. ground beef | 1 tsp. salt |
| 1 clove garlic, minced | 1 tsp. chili powder |
| 2 small onions, minced | 2 cans red kidney beans |
| 1 can tomato soup plus
1 can water | |

Combine first three ingredients in a large sauce pan and fry slowly for about 10 minutes. Add remaining ingredients and simmer for half an hour. Serve with noodles or mashed potatoes.

MEAT BALLS

- | | |
|---|--|
| 1 small onion, grated | 1 tsp. salt |
| 2 Tbsp. yellow or green
celery leaves or tender
stalks cut very small | $\frac{1}{4}$ cup Romano cheese,
grated |
| 2 Tbsp. minced parsley | $\frac{1}{2}$ tsp. pepper |
| 1 clove garlic, minced | $\frac{1}{2}$ lb. ground beef |
| 2 eggs | $\frac{1}{2}$ lb. ground pork or
veal |
| 3 slices white bread
soaked, drained and
crumbled | |

Mix all ingredients thoroughly and roll into balls. Fry until lightly browned or place on cookie sheet and bake for about 20 minutes at 375 degrees. If frying, use shortening or oil and turn constantly to brown.

The meat balls can be cooked in either marinara or meat sauce for one hour. It is wise to thin the sauce slightly before adding meat balls.

MEAT LOAF

- | | |
|---|--|
| $1\frac{1}{2}$ lb. ground beef | 5 eggs |
| 1 lb. ground pork | 5 slices Italian bread
(remove crusts) soaked
in water, squeezed dry
and crumbled |
| 1 clove garlic, minced | |
| 1 small onion, grated | $\frac{1}{2}$ tsp. salt |
| 2 Tbsp. minced parsley | $\frac{1}{4}$ tsp. pepper |
| $\frac{1}{4}$ cup grated Romano
cheese | |

Sauce

- | | |
|-------------------|-------------|
| 1 can tomato soup | 1 can water |
|-------------------|-------------|

Mix all ingredients, except those for the sauce. Shape mixture into a loaf. Grease a small roaster and place loaf in pan.

Mix sauce ingredients together. Pour over meat loaf and place 4 slices of bacon on top. Cover and bake at 350 degrees for $1\frac{1}{2}$ hours.

STUFFED GREEN PEPPERS

- | | |
|-----------------------|--------------------------|
| 6 large peppers | 2 Tbsp. minced parsley |
| 3/4 lb. ground beef | 1 Tbsp. minced center |
| 1 cup rice (cooked) | leaves of celery |
| 1 small onion, minced | (yellow) |
| and sauteed | Salt and pepper to taste |
| 2 eggs | 1 can tomato soup |
| | 1 can water |

Cut tops off peppers and scoop out seeds. Combine meat, rice, onion, eggs, parsley, celery, salt and pepper. Mix well. Stuff peppers and put in small roaster or casserole. Add tomato soup and water. Make sure the soup covers the peppers. Cover and bake at 350 degrees for about 1 hour.

BAKED STUFFED TOMATOES

- | | |
|------------------------|------------------------|
| 6 firm ripe tomatoes | 1 tsp. chopped parsley |
| 1/4 lb. ground beef or | 1 cup bread crumbs |
| pork | 2 Tbsp. Romano cheese, |
| 2 tsp. minced onions | grated |
| | 1 Tbsp. butter |

Cut off stem ends of tomatoes and scoop out seeds and some pulp. Leave shell of tomato intact. Turn upside down to drain.

Saute onion in butter for 3 minutes. Add meat and season to taste. Cool. Add bread crumbs and cheese to meat and mix well. Place tomatoes in shallow baking pan. Stuff with meat filling. Bake in preheated 400 degree oven for about 15 minutes.

PEAS & MINIATURE MEAT BALLS

- | | |
|------------------------|--------------------------|
| 1 lb. ground beef | 2 tsp. grated Romano |
| 2 eggs | cheese |
| 2 tsp. minced onion | Salt and pepper to taste |
| 1 tsp. parsley | 1 (14 oz.) can whole |
| 1 clove garlic, minced | tomatoes, crushed |
| fine | 1/2 cup oil |
| 3 slices Italian bread | 1/2 small onion, sliced |
| | 1 can peas (don't drain) |

Remove crust from slices of bread. Soak the bread, drain it and squeeze dry.

Combine all ingredients but the tomatoes. Roll into small meat balls the size of quarters. Brown on all sides in about 1/2 cup oil. Remove from pan.

Saute sliced onion in pan. Add tomatoes and meat balls. Cook for 30 minutes, if needed, add more water. Add peas and cook for 5 minutes longer.

SWISS STEAK

3 lbs. beef steak, cubed
and tenderized
1 tsp. salt
 $\frac{1}{4}$ tsp. pepper
Flour

4 Tbsp. oil
2 cans cream of
mushroom soup
 $\frac{1}{2}$ lb. mushrooms or a
medium size can of
mushrooms

Season meat and coat with flour. Heat oil in skillet and brown meat on both sides. Remove meat from skillet. Saute onions in skillet, add soup plus two cans of water and bring to a boil. Place meat in a small roaster or Dutch oven, add soup mixture. Place in 350 degree oven for 1 hour or until tender. Makes a delicious gravy served over mashed potatoes.

CHICKEN

CITY CHICKEN

6 skewers, all pork city
chicken
 $\frac{1}{2}$ cup flour, seasoned
with salt, pepper and
garlic powder
1 egg
 $\frac{1}{4}$ cup milk

1 cup bread crumbs
 $\frac{1}{4}$ cup butter
2 Tbsp. oil
1 cup chicken bouillion
 $\frac{1}{2}$ cup dry white wine
(optional)

Beat egg and milk together. Roll each skewered drumstick in flour, then in beaten egg mixture. Roll each drumstick in bread crumbs. Melt butter and oil in frying pan. Brown drumsticks, turning until all sides are well browned. Transfer meat to casserole. Pour chicken bouillion and wine in casserole. Cover and bake at 350 degrees for about $1\frac{1}{2}$ hours.

CHICKEN BREAST WITH LEMON

4 chicken breasts cut in
half and boned
Flour
3 Tbsp. butter
1/2 tsp. salt

Pinch pepper
2 lemons
1/2 cup lemon juice
1/2 cup water

Pound chicken breasts with a mallet or French knife. Dip in flour.

Heat butter in skillet and brown chicken lightly on both sides. Remove chicken from pan when done. Add lemon juice and water to pan and bring to a boil. Return chicken breasts to pan and place a few slices of lemon on each breast. Reduce heat and simmer until tender.



CHICKEN CACCIATORE

2 chickens (2 1/2 to 3 lbs. each)
(6) 2 onions cut in large slices
4 stalks celery, cut in 1/2 inch diagonals
6 sprigs parsley, chopped
2 cloves garlic, smashed
2 1/2 (28 oz.) cans of tomatoes or 8 fresh tomatoes, peeled
(3) Fresh mushrooms (if large cut in half)
Salt and pepper to taste
(9) 4 large green peppers, sliced lengthwise
Flour
(3) 1 cup white or Marsala wine

Saute onion, celery, parsley and garlic until tender (don't overcook). Crush tomatoes and add to sauteed vegetables. Cook for 15 minutes. Add mushrooms, peppers, salt and pepper.

Cut chicken in serving size pieces. Dredge in seasoned flour and saute or oven bake until partially done.

Add chicken to vegetables, cover and cook until tender or bake at 375 degrees. Five minutes before serving add 1 cup white or Marsala wine. Simmer about 3 minutes.

CHICKEN DELPHINA

1 frying chicken,
cut into serving
size pieces

Flour
Salt and pepper to taste
1 cup oil

Add salt and pepper to flour. Season chicken pieces as desired, and roll in flour. Fry chicken in deep oil, turning until golden brown. Place in roaster. Bake uncovered at 375 degrees for about 35 minutes or until done (should be tender).

CHICKEN STEW WITH DUMPLINGS

1 chicken (3 to 4 lbs.)
cut up
3 Tbsp. butter
1/4 cup oil
2 celery stalks, diced
1 onion, chopped

1 tsp. salt
1/2 tsp. pepper
4 cups water
3 Tbsp. all purpose flour
Dumpling batter

Wash and dry chicken, then brown in butter and oil. Add next four ingredients and saute. Bring water to a boil, add chicken and vegetables. Cover and cook 2 hours or until chicken is tender. Thicken stock with flour blended in cold water. Drop dumpling batter by teaspoonfuls onto chicken pieces. Cover and steam for 10 minutes or until dumplings are done. (Test with a toothpick). Serves four.

(Continued on next page)

Dumpling Batter

1 cup flour
1 tsp. baking powder
1/2 tsp. salt
Dash of pepper

1 Tbsp. minced parsley
1 egg
3 Tbsp. milk

Mix flour, baking powder, salt, pepper and parsley. With a fork, beat egg and milk. Stir into flour mixture until thoroughly blended.

OVEN FRIED CHICKEN

2 - 2 1/2 lb. chicken
Flour

Salt, pepper and garlic
powder
Oil

Wash chicken and cut in serving size pieces. Season chicken pieces with salt, pepper and garlic powder. Roll each piece in flour and place on a cookie sheet, skin side up. Sprinkle with oil. Bake in preheated oven at 350 degrees for 45 minutes or until tender.

HAM & PORK

HAM AND CABBAGE

- | | |
|----------------------|-------------------------------------|
| 1 large onion, diced | 1 large cabbage |
| 1 stalk celery | 1 cup water |
| 1 sprig parsley | 1 lb. ham, cut into
2 inch cubes |
| 1/4 cup oil | Salt and pepper |

Saute the onion, celery and parsley in oil. Cut cabbage in 8 wedges and add to vegetables with water. Cover and simmer for 5 minutes. Add ham cubes (if ham is salty boil first). Cover and cook for 1 hour.

PORK CHOPS AND GREEN PEPPERS

- | | |
|--|---|
| 6 pork chops, about 3/4
inch thick | Salt and pepper |
| 1 onion, sliced | 2 cloves garlic, leave
skin on and crush |
| 4 large green peppers,
cut lengthwise | 1/2 cup oil |

In a large skillet heat oil over medium heat. Add pork chops and fry until half done. Add onions, cook covered until onions are soft, then add green peppers, garlic, and seasoning. Keep stirring until done.

(Variations on page 43).

Variations: Fresh Italian sausage cut in serving size pieces, or chicken cut in pieces and baked in the oven may be added to onion and pepper in place of pork chops.

WEINER, GREEN PEPPER AND TOMATO

- | | |
|--|---|
| 1/4 cup oil | 4 large tomatoes, peeled
and crushed |
| 6 large green peppers,
cut lengthwise | Fresh basil |
| 1 large onion, chopped | 1 sprig parsley, chopped |
| 1/2 tsp. salt | 1 lb. weiners, cut
diagonally |

Heat oil in large skillet and saute onion. Add green pepper, cooking for about 8 minutes. Add salt, tomatoes, basil and parsley. Cover and simmer 10 minutes. Add weiners and cook for 10 minutes longer, or until peppers are tender.

LAMB

LAMB SHANKS

- | | |
|------------------------------------|--------------------------------|
| 4 - 6 lb. lamb shanks | $\frac{1}{2}$ cup sliced onion |
| 2 cloves garlic | 1 carrot, diced |
| Salt and pepper to taste | 1 stalk celery, diced |
| Flour | 2 sprigs parsley, chopped |
| 2 Tbsp. shortening, more if needed | $\frac{1}{2}$ cup white wine |

Season lamb shanks with salt and pepper. Cut a slot on the side of each lamb shank and insert half a slice of garlic. Dredge in flour and brown in shortening on all sides. Remove lamb shanks and place in a roasting pan. Saute onion in pan used to brown lamb shanks. Add vegetables, sauteed onion and wine to roasting pan. Roast in 325 degree oven for 2 hours or until tender. Serve with steamed rice.

VEAL

BRACCIOLI (Small Veal Rolls)

- | | |
|---|---|
| 12 veal cutlets, cut about $\frac{1}{4}$ inch thick | $\frac{1}{4}$ tsp. salt |
| 2 Tbsp. butter | $\frac{1}{4}$ tsp. pepper |
| 1 medium onion, minced | $\frac{1}{2}$ tsp. basil, minced |
| 1 (4 oz.) can mushrooms | 1 clove garlic, minced |
| 1 cup bread crumbs | 2 Tbsp. all purpose flour |
| 2 Tbsp. chopped parsley | $\frac{3}{4}$ cup chicken stock or soup |
| | 3 Tbsp. butter |

Pound veal on one side and set aside.

In large skillet over medium heat, melt butter and saute onion until tender. Cut mushrooms in half or drain canned mushrooms and add to onions with parsley, salt, pepper, basil and garlic, stirring to combine. Add bread crumbs and $\frac{1}{4}$ cup chicken stock.

Spread 1 Tbsp. of stuffing on each veal cutlet. Roll up like a jelly roll. Secure with a toothpick or tie with string.

Wipe skillet clean and over medium heat, melt 3 Tbsp. butter. Cook veal rolls until browned well, if needed add more butter. Remove meat as it browns until all rolls are browned.

Return meat to skillet adding remaining $\frac{1}{2}$ cup of

chicken stock and bring to a boil. Reduce heat, cover and simmer about 40 minutes or until fork tender.

Arrange rolls on a warm platter and pour juice over meat. Serve with pasta as a side dish.

MAMA'S VEAL SCALOPPINE

1½ lb. veal, cut thin	2 green peppers, cut in
Flour	strips lengthwise
3 Tbsp. oil	½ cup mushrooms
½ onion, sliced thin	1 (10 oz.) can of peas
2 tomatoes, peeled	½ cup chicken stock
	½ cup Marsala wine

Cut veal in 6 to 8 pieces and dust with flour. Heat oil in skillet and brown veal. Remove veal from pan. Sauté onions in skillet until tender. Crush tomatoes and add to skillet with a little water. Cook for a few minutes then add green peppers. Continue cooking until peppers are partially done. Add mushrooms, veal, peas and chicken stock. Cook 5 minutes more, add wine and serve.

OSSO BUCO

8 veal shanks, cut in	1 (14 oz.) can whole
2 inch strips	tomatoes
Flour	2 Tbsp. minced parsley
3 Tbsp. butter	2 cloves garlic, minced
½ cup white wine	Grated rind of one lemon
Salt and pepper to taste	

Flour veal pieces and brown in butter. Add wine and season with salt and pepper. Cover and cook five minutes. Add tomatoes and simmer for one hour or until veal is tender. Add parsley, garlic and grated lemon rind, cover and let sit for a few minutes.

Serve with Rice Milanese.

RICE MILANESE

¼ cup minced onion	Salt and pepper to taste
¼ cup chopped celery	½ cup mushrooms
1 tsp. parsley, minced	1 cup rice
1 clove garlic, minced	2 cups chicken stock
2 Tbsp. butter	2 Tbsp. grated
	Parmesan cheese, if
	desired

Sauté first four ingredients in butter. Salt and pepper to taste.

Add rice, stirring a few minutes to blend. Add chicken stock and mushrooms. Place in oven at 350 degrees for an hour or until done. Two tablespoons of grated Parmesan cheese can be folded in before serving if desired.

SALTIMBOCCA

8 small veal cutlets, cut about 1/2 inch thick	8 small slices of prosciutto ham, cut very thin
Flour	1/4 cup Soave wine
Salt and pepper to taste	3 Tbsp. butter
Pinch of sage	

Pound veal cutlet with mallet. Dip in flour seasoned with salt, pepper, and sage. Lay a piece of ham on each veal cutlet and fasten with a toothpick. Saute the meat in melted butter (saute less on the ham side, more on the veal side) until lightly browned. Add wine and cook until tender. Serve with noodles and butter sauce.

SCALOPPINE OF VEAL WITH MARSALA

8 to 10 veal cutlets, cut thin	1/4 lb. mushrooms (if desired)
Flour	1/2 cup Marsala wine
3 Tbsp. butter	1/2 cup chicken stock
1 Tbsp. oil	

Pound veal on both sides and dust with flour.

Heat butter and oil in skillet. Add veal pieces and saute, browning both sides until light brown. Add chicken stock, mushrooms, and wine. Cook about five minutes and serve with buttered noodles or regular spaghetti.

VEAL CHOPS OR SHOULDER

6 veal chops, or shoulder pieces	1/4 cup oil
1 clove garlic, cut in pieces	4 green peppers, cut in finger length slices
	Salt and pepper to taste

Heat garlic in oil until browned. Discard garlic. Add veal chops to skillet and brown on both sides. When veal is done place in a roasting pan and bake at 350 degrees until they are almost done.

In the same oil, saute green pepper until tender. Add veal to skillet, season with salt and pepper. Continue cooking over medium heat for 10 minutes.

VEAL LA TOSCA

1 cup beaten eggs	2 Tbsp. parsley, chopped
1 cup grated Parmesan cheese	8 pieces of veal, cut 1/4 inch thick (3"x3")
pinch white pepper	Thin sliced lemons
2 Tbsp. lemon juice	Butter for sauteing

Pound veal with a mallet or French knife. Mix Parmesan cheese, white pepper, chopped parsley. Beat together with eggs and lemon juice. Heat butter in skillet and saute veal slices. Place a lemon slice on each piece of veal and bake in a 400 degree oven for five minutes. Serve with buttered noodles.

VEAL PARMIGIANA

2 - 4 oz. pieces of veal,
pounded to $\frac{1}{4}$ inch
thickness

2 eggs (allow 1 egg for
every 4 oz. of meat)

$\frac{1}{2}$ cup milk

Salt and pepper

Flour

Bread crumbs

Oil

2 slices prosciutto

1 tomato, sliced

4 slices Mozzarella
cheese

Paprika

Beat eggs and milk together. Season veal pieces with salt and pepper. Dip veal slices in flour, then in egg mixture. Drain off excess egg and dip in bread crumbs, coating well. When all veal slices have been coated with bread crumbs, dip in beaten egg.

In a skillet heat oil and brown veal on both sides. Place on a cookie sheet. Top each veal slice with a slice of prosciutto, 2 slices of tomato and 2 slices of Mozzarella cheese. Sprinkle with paprika and place in the oven at 400 degrees for about five minutes. Serve on a bed of sauce with pasta.

VEAL SICILIAN

2 lbs. veal, cut in pieces

Oil for browning

Grated Parmesan cheese

Flour

Bread crumbs

1 recipe marinara sauce

Breading

Eggs

Milk

Salt and pepper

Garlic salt, if desired

Combine all breading ingredients and beat lightly.

Pound veal pieces. Dip meat in flour, then in breading, then roll in bread crumbs. Heat oil and brown veal on both sides. Line a roasting pan with marinara sauce (recipe on page 4), reserving some for later. Layer veal slices vertically in pan, then pour remaining marinara sauce over the top. Sprinkle with grated Parmesan cheese. Bake at 350 degrees for 45 minutes or until cheese is melted and veal is heated through.

SHRIMP

SHRIMP SAUTEE

2 lbs. raw shrimp	1 tsp. salt
1 lb. clarified butter	$\frac{1}{3}$ cup chopped parsley
2 cloves garlic, minced	Lemons
	Flour to coat shrimp

Remove shells and devein shrimp. Coat in flour. In a frying pan add clarified butter to cover bottom of pan. When butter is hot add shrimp to pan, just enough to cover bottom. Cook for 1 minute on each side. Add minced garlic and salt. Squeeze lemon over shrimp, sprinkle parsley over the top and place in a 350 degree oven for 3 to 4 minutes. Serve with Noodles Mama.

BREADS & ROLLS

BAKING POWDER BISCUITS

3 cups flour	6 Tbsp. shortening
4½ tsp. baking powder	1½ cups milk, or
1½ tsp. salt	as needed

Sift flour, baking powder and salt together. Cut in shortening. Add 1 cup milk mixing lightly with fork. Add more milk until dough forms a soft ball. Turn on floured board and roll to ½ inch thickness. Cut and bake in 450 degree oven for about 15 minutes.

If a richer biscuit is desired, add more shortening.

BLUEBERRY MUFFINS

4 Tbsp. butter	½ tsp. salt
3 Tbsp. sugar	1 cup milk
1 egg	1 cup fresh or 1 can
2 cups flour	drained blueberries
3 tsp. baking powder	

Cream butter and sugar together. Add egg and mix well. Sift dry ingredients together and add alternately with milk. Grease and flour muffin pans or use paper liners. Fill the cups ¾ full. Bake for 20 minutes at 400 degrees.

BUTTER ROLLS

3 cups bread flour	1 Tbsp. sugar
1 tsp. salt	2 yeast cakes
1/2 cup butter	3 eggs
1/4 cup evaporated milk (do not substitute)	1 tsp. vanilla
1/4 cup hot water	1 cup chopped nuts
	1/2 cup sugar

Sift flour. Then measure 1 1/2 cups. Add salt to flour and cut in butter as for pie crust. Combine milk and hot water. When lukewarm add yeast and 1 Tbsp. sugar. Mix well and stir into first mixture. Cover and let stand about 20 minutes.

Add well beaten eggs, vanilla and remaining flour. Stir until dough is smooth, dough will be stiff but a little sticky. Tie dough loosely in pieces of cheesecloth, allowing room for expansion. Place in a pail or large mixing bowl of water, about 80 degrees, for 30 minutes. It should rise to the top.

Remove from water and place on a large platter. Cut a piece the size of a small egg and roll in mixture of sugar and ground nuts. Twist and place on a greased cookie sheet. To twist take hold of each end and twist in opposite directions and shape into a crescent. Let stand 5 minutes to close together. Bake at 400 degrees for 10 minutes. Watch that they don't over brown.

CHEESE BISCUITS

Make biscuit dough (baking powder biscuits, page 53) and roll to 1/4 inch thickness. Cover half of dough with grated Cheddar cheese and fold the other half over it. Press together with rolling pin. Cut and bake at 425 degrees for 20 minutes.

ITALIAN GARLIC BREAD

Cut a loaf of Italian or French bread diagonally at 1 to 2 inch intervals, not cutting through bottom crust. Spread cut surface with garlic butter (recipe given below). Wrap in aluminum foil (leaving foil open at one end). Bake in 375 degree oven for 15 to 20 minutes and serve piping hot.

GARLIC BUTTER

1/2 cup butter	1 or 2 cloves garlic
----------------	----------------------

Cream butter. Crush garlic cloves and blend into butter.

GARLIC TOAST

Spread garlic butter on crusty Italian bread. Toast under broiler.

MARGARINE ROLLS

1 lb. margarine	1 cup sugar
2 cups cold milk	8 cups flour
2 yeast cakes	1 tsp. salt
4 eggs, beaten	

(Continued on next page)

Over low heat, melt margarine. Add milk stirring to combine. Pour mixture in a mixing bowl and add yeast, eggs, sugar, flour and salt. Place dough in refrigerator overnight.

Next day, divide dough in 6 parts. Roll out like a pie crust. Cut in 12 wedges. Roll up, starting at wide edge. Let rise until doubled in bulk.

Bake at 400 degrees for 20 minutes.

TEA RING OR BREAKFAST ROLLS

1 cup shortening	3½ cups flour
3 Tbsp. sugar	1 cake yeast
3 eggs	raisins (optional)
1 tsp. vanilla	chopped nuts (½ cup)
½ pint sour cream	brown sugar (½ cup)
¾ cup melted butter	1 tsp. cinnamon

Cream shortening, add sugar and eggs; beat well. Add vanilla and sour cream. Crumble yeast in flour; add to sour cream mixture. Work just enough to mix well. Put in refrigerator overnight. Divide dough into 2; roll out about ¼ inch. Spread melted butter over dough. Spread brown sugar, cinnamon, raisins, nuts and roll like a jelly roll. Cut into 1¼ inch thickness. Place cut side down on cookie sheet, which has been greased and floured. Bake at 350 degrees for about 20 minutes or until lightly browned. While hot, mix 1 cup confectioner's sugar, ½ teaspoon vanilla, and enough milk to make a soft icing. Make spirals on top of each roll with icing.

MISCELLANEOUS

BREAD DOUGH

5 pounds flour	6 Tbsp. sugar
3 pkg. dry yeast	½ cup oil
3 tsps. salt	5 cups hot water

Dissolve yeast in water. Mix flour, salt and sugar. Make a well in flour and pour in water mixture, mixing thoroughly. Knead the dough, adding oil as you knead. (This will make kneading easier). You may add more water if needed (warm water). Knead for 5 minutes. Cover and let stand for 10 minutes; then knead again for 5 minutes or until smooth. Cover and let rise for one hour; knead again. Raise for one hour again. Then shape into loaves and let raise one hour longer. Before baking bread, cut down center of loaf slightly; pour salad oil into indentation. Bake at 350 degrees for 45 minutes to 1 hour. Brush entire loaf with melted butter while still hot—it gives a beautiful finish. This recipe makes about 5 loaves. It can also be used for pizza or fried dough.

PANCAKES

2 cups flour	1½ cups milk
3 tsp. baking powder	1 or 2 eggs
1 tsp. salt	2 Tbsp. oil
4 Tbsp. sugar	1 tsp. vanilla

Mix dry ingredients then add milk and eggs. Beat until blended. Add oil and vanilla. Cook in a frying pan, 2 Tbsp. at a time (if a bigger pancake is desired use more batter).

PIZZA DOUGH

2 pkgs. dry yeast	1½ tsp. salt
1½ cups warm water	2 Tbsp. sugar
6 cups bread flour	½ cup oil

Dissolve yeast in warm water. Mix flour, salt and sugar. Make a well in flour and pour in the water mixture, mixing thoroughly. Knead the dough. As you knead, add oil — this will make kneading easier. You may add more water if needed. Continue kneading until dough is smooth. Cover and let rise until doubled in size.

Cut dough in half. Place on ungreased cookie sheets, stretching or rolling about ⅛ inch thick. Brush oil on dough. Sprinkle with a little oregano, then spread with meat sauce, or marinara sauce (recipe on page 4).

Bake at 400 degrees for 30 minutes or until crust is brown.

SPAGHETTI DOUGH

4 cups flour	4 large eggs
1 Tbsp. salt	

Make a well in the flour, add eggs and salt. Knead well. Let rest, placing a bowl upside down over the dough. Knead dough occasionally until smooth. This is a basic dough, which may be used for spaghetti, ravioli, lasagna, etc.

PIES & PASTRIES

COOKIES

BEER COOKIES

2 cups flour	pinch salt
1½ cups shortening	¾ cup beer
3 tsp. baking powder	½ cup nuts
3 eggs	Confectioner's sugar
1 cup sugar	Preserves or jam

Cut shortening into flour; add baking powder, sugar and eggs. Mix well. Gradually add beer, just enough to make a soft dough. Divide dough in half; spread half in a 9 x 13 greased and floured pan. Spread your choice of preserves or jam and cover with the other half of dough. Sprinkle sugar and nuts over the top. Bake at 350 degrees for 30 minutes or until lightly browned. Cut into squares.

TWISTED COOKIES

2 cups flour	3 tsp. baking powder
¼ cup shortening	¼ cup milk
2 eggs	

Beat eggs with milk. Combine baking powder and flour, cut in shortening. Add egg mixture to flour and shortening. Roll out about ¼ to ⅛ inch thick and spread with your choice of fillings. Fold 3 times, cut in strips and twist. Bake at 350 degrees on a greased cookie sheet until lightly browned.

Fillings

Butter
Jelly
Sugar

Cinnamon
Nuts
Shredded Coconut

SNOW DROPS

$\frac{7}{8}$ cups butter	$\frac{1}{4}$ tsp. salt
4 Tbsp. powdered sugar	2 cups flour
2 tsp. vanilla	1 cup ground nuts
1 tsp. water	

Cream butter, then add sugar and beat well. Add remaining ingredients, mixing thoroughly. Take dough by tablespoons and roll into a half inch rope. Cut rope in 1 inch pieces and shape like a horn. Bake at 350 degrees until lightly browned on the bottom. Roll in powdered sugar while still warm.

APPLE STRUDEL

1 egg, beaten lightly	1 cup flour
$\frac{1}{2}$ tsp. salt	1 Tbsp. warm water
2 Tbsp. oil	$\frac{1}{3}$ cup butter, melted
	$\frac{1}{2}$ cup sugar

Apple Filling

$\frac{1}{2}$ cup raisins	$\frac{3}{4}$ cup bread crumbs
2 Tbsp. water	$\frac{1}{3}$ cup butter
8 apples	$\frac{1}{2}$ cup nuts, chopped
$\frac{1}{2}$ cup sugar	1 Tbsp. cinnamon
1 Tbsp. cinnamon	

For Dough: Mix egg, salt, oil and flour. Add warm water and mix to form a soft dough. On a lightly floured board, knead for 15 minutes or until dough is smooth, very elastic and not sticky. Brush top with oil and cover with a warm bowl. Let stand for 30 minutes.

For Filling: Soak raisins in water. Peel and slice apples and sprinkle with sugar and cinnamon. Brown bread crumbs in butter, use more butter if needed.

Roll strudel dough as thin as possible on a large, lightly floured tablecloth. Brush some melted butter on top of dough. With palms up, slip hands underneath dough and stretch to a paper thinness, working from the center out. Cut edges of dough off with scissors (edges will be tough if you use them). Brush dough with melted butter, pile apples in a row about 2 inches from ends. Combine raisin and water mixture with bread crumbs, nuts and sugar. Spread this mixture over the dough. Sprinkle with cinnamon and fold dough over about 2 inches along edges at top and bottom. Lift edge of cloth nearest apples so that the dough falls over apples. Continue to roll dough over and over with the help of the cloth. Cut roll to fit your cookie sheet which has been lightly greased. Preheat oven to 400 degrees for 30 minutes. Brush with melted butter while strudel is baking. About 5 minutes before strudel is done, sprinkle sugar over the top.

CHEESE STRUDEL

1 Tbsp. butter	1 lb. cottage cheese put through sieve
$\frac{1}{4}$ cup sugar	3 Tbsp. dairy sour cream
4 eggs	2 Tbsp. butter, melted

Prepare the same as for apple strudel, substituting the cheese filling for the apple filling.

For Filling: Cream butter with sugar. Beat in eggs. Mix in cottage cheese, and sour cream. Spread mixture evenly over the dough.

CELESTIAL CRUSTS

$\frac{1}{2}$ pt. sour cream
4 egg yolks

2 cups flour (may use
more or less)

Combine sour cream and egg yolks. Add flour to make a soft dough. Knead and work until dough is smooth. Roll very thin. Cut with a wheel pastry cutter in 2 x 3 inch oblongs. Slit dough in the center and pull one end of dough through the slit. Drop in deep fat and fry until a delicate light brown. Drain on paper towel. Dust with powdered sugar. (You may add a shot of your favorite brandy or whisky to dough).

CREAM CHEESE CRESCENTS

3 cups flour
 $\frac{1}{2}$ lb. margarine

$\frac{1}{2}$ lb. cream cheese

Mix all ingredients thoroughly. Pinch off dough into 50 balls. Refrigerate overnight.

Roll dough out on powdered sugared board and fill with nut or jam filling. Roll in crescent shapes and bake for 20 to 25 minutes at 350 degrees.

CRESCENT MELT AWAYS

8 oz. cream cheese
1 cup margarine
2 cups flour

$\frac{1}{2}$ cup brown sugar
Cinnamon
Melted butter

Mix first three ingredients and chill for 2 hours. Roll out in a circle on a floured board. Brush with melted butter and sprinkle with chopped nuts. Sprinkle with $\frac{1}{2}$ cup brown sugar and some cinnamon. Cut in wedges then starting from wide end, roll and shape like a crescent. Bake at 400 degrees for 20 minutes.

CRISTILINI

$\frac{1}{2}$ lb. butter
2 cups sugar
8 eggs
4 cups flour

4 tsp. baking powder
 $\frac{1}{4}$ lb. almonds
1 oz. whole anise seed

Cream butter and sugar together well. Beat in eggs alternately with flour and baking powder sifted together. Cut almonds in half and add with anise seeds. Mix and chill dough for 2 hours. Divide into six parts. On a floured board, roll each part into a small, long loaf. Place three pieces on

each of two greased cookie sheets. Bake at 350 degrees for 35 minutes or until done. They should be golden brown.

While still warm, cut into $\frac{1}{2}$ inch slices and toast under a broiler on both sides. Cool and store in tins.

DOUBLE DECKER PASTRY

5 cups flour	4 egg yolks
1 cup sugar	$\frac{1}{2}$ pt. sour cream
4 tsp. baking powder	1 tsp. vanilla
2 tsp. baking soda	Pinch salt
$\frac{1}{2}$ lb. butter	$2\frac{1}{2}$ cups ground walnuts
2 Tbsp. vegetable shortening	Jam or Lekvar
	$\frac{1}{2}$ cup sugar

Sift together flour, sugar, baking powder and salt. Add vegetable shortening and butter; add egg yolks, sour cream and vanilla. Divide dough into three portions. Roll out first layer as for pie; place in bottom of pan; spread nuts and sugar mixture on first layer. Roll out second layer; place over nuts; spread this layer with jam or lekvar; sprinkle a little of the nut and sugar mixture over jam. Roll out third layer; cut into strips; place on top and weave to form lattice work. Bake for 25 minutes at 350 degrees.

FILLED BUTTER HORNS

4 cups flour	$\frac{1}{2}$ tsp. salt
1 cup butter	3 Tbsp. sugar
4 egg yolks	$\frac{1}{2}$ cup thick sour cream
2 yeast cakes	

Blend flour and butter. Mix egg yolks, yeast, salt, sugar and sour cream. Add this mixture to flour mixture. Roll into about 50 balls (do not overwork the dough). Place balls of dough on a cookie sheet and cover with wax paper and a towel to prevent drying. Let stand in refrigerator overnight.

A half hour before rolling, remove balls from refrigerator. With a floured rolling pin, roll each ball to about $\frac{1}{8}$ inch thickness. Spread a filling of your choice over dough and roll up like a jelly roll, shaping to form a horn. Place on greased cookie sheet and bake for about 5 minutes. Remove from oven and brush tops with beaten egg, to which a little cream has been added. Finish baking about 20 minutes longer.

Nut Filling

2 beaten egg whites	$\frac{1}{2}$ cup sugar
1 cup finely chopped nuts	

Add sugar gradually to egg whites. Fold in chopped nuts.

FLAKEY SQUARES

1 lb. leaf lard ground	2 whole eggs
3 cups flour	1½ cups warm milk
1 tsp. salt	2 Tbsp. vinegar
¼ cup sugar	
1 yeast cake dissolved in	
½ cup warm milk	

Set aside ½ cup lard.

Mix dry ingredients with remaining lard and mix well. Add liquids. Combine this so dough will not be hard. Roll out and spread with reserved lard. Fold over 4 times and chill.

Roll out and fold over, repeating this process three times.

Roll out; cut into squares; fill each square with nut or lekvar filling. Place in pans and brush with beaten egg yolk. Bake at 375 degrees for 25 minutes. Cool. Sprinkle generously with powdered sugar.

FRENCH PASTRY

1 cup butter (cut in fourths)	½ tsp. salt
2 cups flour	7 Tbsp. ice water

Sift flour and salt in a bowl. Cut in ¼ cup butter until pieces are the size of small peas. Sprinkle ice water over mixture 1 tsp. at a time, mixing lightly after each addition until all water is used. Gather into a ball and place on a lightly floured board.

Knead dough by folding the opposite side over toward you, using the heel of your hand gently push dough away. Turn the dough over and repeat kneading until smooth and elastic. Cover dough with a bowl and rest for 30 minutes.

Roll dough out on a floured board to form a rectangle about ¼ inch thick. Add ¼ cup chilled butter in small pieces down the center of dough. Cover butter with right-hand third of dough. Fold left-hand third under butter section. With rolling pin, gently press down and seal the open edges. Wrap pastry in wax paper and chill 1 hour.

Remove dough from refrigerator and place on floured board with butter section near top. Roll to original size rectangle and repeat above procedure until butter is used.

ICE BOX NUT ROLL

3 Tbsp. sugar	$\frac{1}{4}$ cup lukewarm water
$1\frac{1}{2}$ tsp. salt	1 tsp. sugar
4 cups flour	3 egg yolks, beaten
$\frac{1}{4}$ lb. butter	1 cup sour cream
1 yeast cake	

Measure flour, sift with sugar and salt. Add butter, cutting in as you would for pie crust. Dissolve yeast in lukewarm water and add sugar. Let stand until it starts working. Mix egg yolks and sour cream, add to yeast mixture. Make a well in the flour and add yeast mixture. Knead into a soft dough and place in a bowl. Grease top and cover with wax paper and a pastry cloth. Place in refrigerator overnight.

Filling

1 cup scalded milk	4 egg whites,
$1\frac{1}{2}$ lbs. ground nuts	beaten stiff
$\frac{1}{4}$ lb. butter, melted	Grated rind of 1 lemon
1 cup sugar	4 egg yolks, beaten

Pour scalded milk over ground nuts. Add melted butter and stir well. Add sugar and beaten egg whites.

Roll dough very thin and spread with filling. Sprinkle sugar and lemon rind over filling. Roll up and cut into 3 loaves. Place in greased bread pans. Let rise for $1\frac{1}{2}$ hours or more. Brush top with beaten egg yolk. Bake at 350 degrees for 1 hour.

JELLY CRESCENTS

$\frac{1}{2}$ lb. butter	$\frac{1}{4}$ cup sugar
$\frac{3}{4}$ lb. flour	$\frac{1}{3}$ tsp. baking powder
$\frac{1}{4}$ tsp. salt	

Mix flour, salt, and baking powder. Add butter and work like pie crust. It should look like coarse sawdust. Add sugar and sour cream to make mixture moist. It will take about 1 cup. Chill for about 3 hours. Roll thinly and cut in 2 inch squares. Cover center with jelly, roll squares into crescent shapes. Spread the tops with slightly beaten egg yolk and sprinkle with ground nuts. Bake at 375 degrees for 20 minutes.

KOLACHKY

4 cups flour (bread flour)	$\frac{1}{2}$ lb. butter
$\frac{1}{4}$ tsp. salt	4 egg yolks, beaten
2 yeast cakes	$1\frac{1}{4}$ cups milk (scalded and cool)

Mix flour and salt. Crumble yeast into mixture. Cut in butter as for pie crust and add egg yolks, mixing well. Add cooled milk, mixing thoroughly. Place dough in a cloth and tie it. Place cloth in a bowl of water. When dough comes to top remove from water and place on floured board. Roll dough and cut in squares. Fill with nut or other desired filling and fold two sides toward the middle. Allow to rise until light. Place on a greased cookie sheet. Bake at 400 degrees for 10 minutes or until lightly browned. Do not overbake.

NUT SQUARES

- | | |
|----------------------------------|------------------------------------|
| 1 yeast cake | $\frac{1}{2}$ tsp. salt |
| 3 tsp. sugar | 2 to $\frac{3}{4}$ cups sour cream |
| 2 cup milk (scalded and cooled) | (enough to make a soft dough) |
| $4\frac{1}{2}$ cups sifted flour | Jam or preserves |
| 1 cup shortening | Chopped nuts |
| 5 egg yolks | Egg whites (unbeaten) |

Mix yeast and sugar with lukewarm milk. Cut shortening into flour as for pie crust. Add beaten egg yolks to flour and blend. Add salt and yeast mixture with enough sour cream to make a soft dough.

Divide dough into 3 parts. Roll to fit in a long cake pan. Place first sheet of dough in pan. Spread the top with jam or preserves then sprinkle with chopped nuts. Top with second sheet of dough and repeat filling. Place the last sheet of dough on top. Make small cuts on the top layer and brush with egg whites. Sprinkle chopped nuts on top. Bake at 375 degrees for 30 minutes.

POTICA

- | | |
|-----------------------------------|---------------------------------|
| 8 cups flour | 1 cup sugar |
| $1\frac{1}{2}$ cups lukewarm milk | 3 tsp. salt |
| 1 cup lukewarm water | 2 or 3 eggs |
| 3 yeast cakes | $\frac{1}{4}$ cup melted butter |

Dissolve yeast in warm water. Using 5 cups of flour, make a well in the center. Add yeast, milk, sugar, salt and eggs. Add enough additional flour to make a soft dough. Knead dough. Grease the top, cover and let rise for about 3 hours. When light, turn dough out on a large table covered with pastry cloth. Flour cloth and roll dough as much as possible then stretch to $\frac{1}{4}$ inch thickness. Trim off edges and spread with filling. Make filling while dough is rising.

Filling

- | | |
|------------------------|--------------------------|
| 2 lbs. walnuts, ground | $\frac{1}{2}$ lb. butter |
| 3 cups milk or more | White raisins (optional) |
| 1 cup sugar | 4 eggs, beaten |

Mix all ingredients except raisins and eggs. Bring to boiling point and add eggs, cooking until thick (just a few minutes). Spread mixture on stretched dough and carefully sprinkle raisins over top and roll like a jelly roll. Cut into pieces to fit pan. Let rise about $1\frac{1}{2}$ to 2 hours, then spread top with beaten egg yolk. Bake at 350 degrees for 1 hour in preheated oven.

RICH APPLE SQUARES

1 cup butter	1 cup fine bread crumbs
1 1/4 cup sugar	1 cup chopped nuts
4 egg yolks	3 apples, sliced
Grated rind of one lemon	1/4 cup sugar
2 cups sifted all purpose flour	3 Tbsp. cinnamon
2 tsp. baking powder	4 egg whites
	1/2 cup sugar
	1 1/2 cup chopped nuts

Cream butter and sugar. Add egg yolks and lemon rind, blending well. Sift together flour and baking powder. Add to butter mixture and mix well. Divide dough in two parts. Spread one part of dough in greased 10 x 14 inch pan. Place thin slices of apple and 1/2 cup chopped nuts over dough. Sprinkle with sugar and cinnamon. Cover with remaining dough and bake at 350 degrees for about 1/2 hour. When done beat 4 egg whites until stiff. Add 1/2 cup sugar, 2 Tbsp. at a time, and continue beating. Fold in 1 cup chopped nuts. Spread over baked apple squares and return to oven until brown. When cool cut in squares.

SWEDISH APPLE PIE

1 egg, slightly beaten	pinch of salt
3/4 cup sugar	1 tsp. vanilla
1 cup flour	1 cup chopped apples
1 tsp. baking powder	1/2 cup chopped walnuts

Beat egg with sugar; add remaining ingredients. Mix well. Sprinkle cinnamon and sugar over the top before baking. Bake in 350 degree oven in a 9 inch greased pan for 25 minutes.

TEA RINGS

Dough

2 cups flour	1/4 tsp. salt
3 tsp. baking powder	8 Tbsp. butter
	Scant cup of milk

Filling

Butter	Raisins
Cinnamon	Chopped Nuts

Icing

Confectioners Sugar	Vanilla
	Milk

Sift dry ingredients together. Cut in shortening. For a richer dough add more butter (1 Tbsp.). Add milk, mixing lightly to form a ball. Turn on a floured board and roll dough into a rectangle about 1/4 of an inch thick (as for pie crust).

Spread dough with soft butter, sprinkle with cinnamon, raisins, and chopped nuts. Roll up like a jelly roll and cut in 1 inch pieces. Place pieces cut side down on baking sheet and bake at 375 degrees for 20 minutes or until lightly browned.

Mix confectioners sugar, vanilla and milk to make a glaze. While biscuits are still warm, make spirals on top of each one with icing.

WALNUT POTICA

2 cups flour
2 Tbsp. sugar
Pinch salt

1/2 lb. butter or
margarine
1 egg yolk
1/2 pt. sour cream

Mix all ingredients, cutting in butter as for pie crust. Divide into two pieces. Roll each piece large enough to line a 9 x 12 inch pan. Line bottom of pan with one roll of dough; add filling and place other roll of dough on top. Bake at 350 degrees for 30 to 40 minutes or until golden brown.

Nut Filling

3 egg whites
1/2 cup sugar

1 lb. ground walnuts
Drop of vanilla

Beat egg whites. When stiff, add sugar and beat again. Fold in nuts and vanilla. Use for filling.

WATER RISEN CRESCENTS

7 cups flour
2 Tbsp. sugar
1 tsp. salt
1 lb. shortening

4 eggs
1 cup lukewarm water
2 yeast cakes

Combine milk, sugar and salt in large mixing bowl; add yeast and stir until dissolved. Add eggs, shortening and flour; mix well. Knead until dough is smooth. Tie dough in cloth bag, (allow enough room for dough to rise). Set in large pan of water (lukewarm). Remove dough when it rises to top of water. Place on floured board; grease hands with

lard and pinch off pieces of dough and flatten. Fill with nut or lekvar filling. Roll in sugar or nuts and bake for 25 minutes in 350 degree oven.

YEAST BUTTER RING

3 cups bread flour
1 tsp. salt
1/2 cup butter
1/4 cup evaporated milk
1/2 cup hot water

1 Tbsp. sugar
2 yeast cakes
3 eggs
1 tsp. vanilla
1 cup chopped nuts
1/2 cup sugar

Sift flour, then measure 1/2 cup. Add salt and butter, combining as for pie crust. Combine milk and hot water, when lukewarm add yeast and 1 Tbsp. sugar. Blend with first mixture. Cover and let stand for 20 minutes, then add well beaten eggs, vanilla and 1 1/2 cups flour. The dough will be stiff and sticky. Tie dough in cheesecloth loosely. Drop into a pail or deep bowl of cold water (70 to 80 degrees). In about 1 hour the dough will rise to the top of the water. Remove dough from pail and turn onto plate. Cut off pieces the size of an egg. Roll each piece in a mixture of nuts and 1/2 cup sugar. Twist into figure eight and place in a greased pan. Let stand 5 minutes then bake in hot 425 degree oven for 10 to 15 minutes.

PIE CRUST

1 1/4 cups sifted flour
1/2 tsp. salt

1/2 cup lard or
shortening
2 Tbsp. cold water

Cut shortening, flour and salt together. Then add water to form a dough you are able to shape into a ball. Chill dough, then roll and place in a pie dish. Prick with a fork, and cut off excess crust. Bake at 450 degrees for 10 minutes.

LEMON CREAM PIE

1 cup sugar
1/4 cup cornstarch
1/4 cup cold water
1 1/2 cups hot water
4 egg yolks,
slightly beaten

3 Tbsp. butter
1/2 cup lemon juice
1 Tbsp. grated
lemon rind

Mix in saucepan, sugar, cornstarch and water, stirring in gradually. Cook over medium heat stirring constantly until mixture thickens and boil for about 1 minute. Slowly stir half of mixture into the egg yolks. Then pour back into saucepan with the rest of mixture. Boil about 3 minutes longer. Remove from heat and continue stirring until

smooth. Add butter, lemon juice and lemon rind. Pour in baked pie shell. Cover with pie meringue and bake until meringue is a delicate brown.

PEACH SUNBURST

3 Tbsp. butter
1 cup sugar
1/2 can condensed milk
2 Tbsp. flour

3 egg yolks
1 tsp. vanilla
1 large can sliced
peaches, well drained

Cream butter and sugar, add milk then add flour. One at a time, add egg yolks. Then add vanilla. In an unbaked pie shell, add 2 Tbsp. flour, 1 Tbsp. sugar and smooth over pie shell. Add peaches and then pour in cream mixture. Bake at 350 degrees for one hour.

RICH LEMON CREAM PIE

2 eggs, slightly beaten
1 cup sugar
2 Tbsp. flour or 1 Tbsp.
cornstarch
1 cup sweet cream

2 Tbsp. melted butter
Pinch salt
1 lemon, juice and
grated rind
1 pastry shell, unbaked

Mix sugar, cornstarch, salt, and lemon rind. Stir in cream gradually until smooth. Add beaten eggs, melted butter and lemon juice. Pour into an unbaked pie shell and bake in moderate oven (350-375 degrees) for about 45 minutes or until done.

CAKES & TORTES

ANGEL FOOD CAKE

1 cup cake flour	$\frac{3}{4}$ cup of sugar, sifted
$\frac{3}{4}$ cup granulated sugar	1 tsp. vanilla
$1\frac{1}{2}$ tsp. cream of tartar	$\frac{1}{2}$ tsp. almond flavoring
$\frac{1}{4}$ tsp. salt	
12 egg whites	

Sift first four ingredients three times and set aside. Beat egg whites until foamy, continue beating on high speed of electric mixer. Add sugar gradually, about 2 Tbsp. at a time. Continue beating until mixture holds a peak. Fold in vanilla and almond flavoring then fold in flour mixture. Fold gently just until flour mixture disappears, about 3 Tbsp. at a time. Pour in ungreased tube pan. Cut with a butter knife to let air out.

Bake at 375 degrees for 30 minutes. Don't over bake. Invert as soon as you remove cake from oven. Keep upside down until cake is cool, about one hour.

BANANA NUT CAKE

$2\frac{1}{2}$ cups cake flour	$\frac{1}{3}$ cup buttermilk
$1\frac{2}{3}$ cups sugar	$1\frac{1}{4}$ cups mashed, ripe banana
$1\frac{1}{2}$ tsp. baking powder	3 whole eggs
1 tsp. soda	$\frac{1}{3}$ cup buttermilk
$\frac{1}{2}$ tsp. salt	Scant cup of finely chopped nuts
$\frac{2}{3}$ cup shortening	

Sift together first 5 ingredients. Add shortening, buttermilk and mashed banana. Beat on medium speed of mixer for 2 minutes. Add eggs and remaining buttermilk beating 2 more minutes. Fold in by hand, the chopped nuts. Pour in 2 greased and floured 8 inch cake pans or one 13 x 9 inch pan. Bake at 350 degrees for 30 minutes if using layer pans and for 40 to 45 minutes if using a 13 x 9 inch pan. Let cool before icing, or you may sprinkle the top with powdered sugar.

CARRIE'S GERMAN CHOCOLATE CAKE

1 pkg. (4 oz.) German sweet chocolate	$2\frac{1}{4}$ cups sifted all purpose flour
$\frac{1}{2}$ cup boiling water	1 tsp. baking soda
1 cup butter or margarine	$\frac{1}{2}$ tsp. salt
2 cups sugar	1 cup milk
4 egg yolks	1 Tbsp. vinegar
1 tsp. vanilla	4 egg whites, stiffly beaten

(Continued on next page)

Melt chocolate in boiling water. Set aside to cool. Cream butter and sugar until fluffy. Add egg yolks, one at a time, beating well after each addition. Add chocolate, mixing until evenly blended. Add vinegar to milk and add alternately with dry ingredients. Fold in beaten egg whites.

Grease and flour sides of three 9 inch layer pans and line bottoms with wax paper. Pour batter in the pans. Bake at 375 degrees for 25 to 30 minutes or until toothpick inserted in the center comes out clean. Cool about five minutes and remove from pan. Finish cooling and frost between layers and on top, leaving sides unfrosted. (Recipe for Coconut-Pecan frosting is given on page 92).

CARROT CAKE

1 1/4 cups cooking oil (scant)	1 tsp. baking powder
1 3/4 cups sugar	5 tsps. vanilla
3 eggs	3/4 tsp. salt
2 1/4 cups all purpose flour	2 cups shredded carrots
2 tsps. cinnamon	2 cups flaked coconut
2 tsps. baking soda	1 cup chopped walnuts
	1 cup crushed pineapple (8 oz.)

Combine all ingredients in order given, using a wooden spoon. Bake in 9 x 13 pan for 50-60 minutes at 350 degrees or until cake springs back when lightly touched.

(Continued on next page)

Frosting

1 pkg. cream cheese (3 oz.)	2 Tbsp. milk
1/4 cup butter, melted	1/4 tsp. salt
	Confectioner's sugar
	1/2 tsp. vanilla

Add enough confectioner's sugar to make frosting the proper spreading consistency; beat well with electric beater.

CHEESE CAKE

3 (8 oz.) pkg. cream cheese, room temperature	5 eggs
	1 cup sugar
	2 tsps. vanilla

Put cheese in mixer. Mix well until soft. Add eggs, one at a time. Mix well each time. Add sugar, one tablespoon at a time; then add vanilla.

Crust

18 graham crackers, crushed well	1 Tbsp. sugar
	2 Tbsp. butter

Mix and line bottom of a 10 inch pie plate or a deep baking dish with crumb mixture. Add cheese mixture very slowly. Bake at 300 degrees for one hour; no more.

Topping

1 1/2 pints sour cream	2 tsps. vanilla
1/2 cup sugar	

Mix and spread on top of baked cheese cake; return to oven for 5 minutes only. Cool; then refrigerate overnight.

CHOCOLATE CHIP TRAY CAKE

$\frac{1}{2}$ cup brown sugar	2 egg yolks, slightly
$\frac{1}{2}$ cup sugar	beaten with 1 Tbsp.
2 cups flour	water
1 cup butter	1 tsp. vanilla
$\frac{1}{2}$ tsp. salt	1 tsp. baking powder
	$\frac{1}{4}$ tsp. baking soda

Cream sugar and shortening. Add egg yolks, water and vanilla. Sift dry ingredients 3 times and add to creamed mixture. Pat out evenly on ungreased cookie sheet.

Topping

1 pkg. chocolate chips	$\frac{1}{2}$ tsp. cream of tartar
4 egg whites	1 cup brown sugar

Press the chocolate chips into the batter in pan. Beat egg whites with cream of tartar and brown sugar. Spread over dough. Bake at 350 degrees for 20 to 25 minutes.

CRUMB CAKE

Unbaked pie shell	$\frac{1}{2}$ cup brown sugar
6 apples, sliced thin	$\frac{1}{2}$ cup sifted flour
2 Tbsp. sugar	2 Tbsp. vegetable
1 tsp. cinnamon	shortening
2 Tbsp. lemon juice	2 Tbsp. butter
	$\frac{1}{2}$ cup chopped nuts

(Continued on next page)

Fill pie shell with sliced apples. Mix sugar, cinnamon, lemon juice and sprinkle over apples. Combine brown sugar, flour and shortening until it is like a fine meal. Add nuts and sprinkle over apples. Bake at 350 degrees for about 45 minutes or until done.

FEATHER CAKE (Shortcake)

4 eggs	2 Tbsp. butter
2 cups cake flour	1 Tbsp. vanilla
1 cup milk	2 Tbsp. baking powder
$1\frac{3}{4}$ cup sugar	

Beat eggs well. Add sugar and beat again. When sugar is combined with eggs, add sifted flour. Boil milk and butter, then cool. Add cooled milk to flour mixture with vanilla and baking powder. Bake at 375 degrees for 25 minutes in a $13\frac{1}{2}$ x 9 inch loaf pan. (Cake will be light brown when done.)

GERMAN KUCHEN

2 cups flour	1 cup butter
$1\frac{1}{2}$ cups sugar	Salt
3 eggs, well beaten	Vanilla

Cream butter, sugar, and beaten eggs, then mix in flour (with electric mixer), salt and vanilla. Reserve about 1 cup of the batter to use for top. Spread the remaining batter evenly in a 13 x 9 inch pan. (Continued on next page)

Filling

1 can Thank You brand pie filling

Topping

1/2 to 1 cup chopped nuts
Powdered sugar and water icing

Cover batter in pan with pie filling. Drop reserved batter by teaspoons on top of pie filling. (Baking will cause batter to spread.) Sprinkle with chopped nuts.

Bake at 350 degrees until brown, about 50 minutes. When cool, drizzle icing on top.

HUNGARIAN GRATED CHOCOLATE TORTE

9 egg whites
1 1/2 cups confectioners' sugar
1/2 cup cracker crumbs
1/2 lb. grated chocolate

2 Tbsp. flour
1 tsp. baking powder
1/2 lb. ground nuts
1/4 cup wine
Juice of 1 lemon

Beat egg whites until stiff. Add powdered sugar and beat well. Mix all dry ingredients together and gently fold into egg whites. Add wine and lemon juice. Line the bottoms of two 9 inch cake pans with wax paper and grease the sides. Pour batter in pans and bake at 350 degrees for 40 minutes. Frost with desired frosting.

HUNGARIAN JAM & MERINGUE CAKE

3 cups sifted flour
2/3 cup sugar
2 1/2 tsp. baking powder
1/4 lb. butter or margarine
1/2 pt. sour cream

3 egg yolks
1/2 tsp. vanilla
Prune or apricot butter
3 egg whites
6 Tbsp. granulated sugar
1/2 to 1 cup chopped nuts

Mix flour, sugar, baking powder and shortening, as for pie crust. Add sour cream, egg yolks and vanilla. Mix thoroughly. Pat dough in the bottom of a 13 x 9 inch baking pan. Spread prune or apricot butter on top. Bake at 350 degrees for 45 minutes.

Make a meringue from egg whites and sugar. Spread on top of baked cake and sprinkle with chopped nuts. Return to oven and brown meringue to a delicate brown.

HUNGARIAN NUT TORTE

7 eggs, separated
1 cup sugar
1 1/2 cups flour
2 tsp. baking powder

1/2 tsp. salt
6 Tbsp. water
1 tsp. vanilla
1/2 cup ground nuts

Beat egg yolks with sugar until thick and lemon colored. Sift dry ingredients. Add water to yolk mixture. Slowly blend in dry ingredients. Add ground nuts and vanilla. Fold in stiffly beaten egg whites. Pour in greased and floured 8 or 9 inch cake pans. Bake for 30 to 35 minutes in a 350 degree oven. When cool, spread with the frosting given below. (Continued on next page)

Frosting

- | | |
|---------------|--------------------------|
| 1 cup sugar | $\frac{1}{2}$ lb. butter |
| 3 Tbsp. flour | 8 Tbsp. powdered sugar |
| 1 egg | 1 tsp. vanilla |
| 1 cup milk | |

Combine first four ingredients. Cook until thick. Cool. Cream butter and then add powdered sugar and vanilla. Beat thoroughly. Add cooled mixture and beat again. (If more frosting is desired, add more powdered sugar.)

ORANGE RAISIN TORTE

- | | |
|--------------------------|----------------------------------|
| $\frac{1}{2}$ cup butter | $\frac{1}{2}$ tsp. baking powder |
| 1 cup sugar | $\frac{1}{2}$ tsp. salt |
| 2 eggs | 1 cup buttermilk |
| 2 cups sifted flour | 1 cup raisins, ground |
| 1 tsp. baking soda | Grated rind of 1 orange |

Cream shortening and sugar. Beat eggs and add to shortening, blending well. Sift flour with baking soda, baking powder and salt. Add flour mixture alternately with buttermilk to shortening mixture. Blend in raisins and orange rind.

Grease and flour a 9 inch baking pan. Pour batter in pan and bake at 350 degrees for 35 minutes. Test with a toothpick, it should come out clean when inserted in center of cake.

Cool cake and dust with powdered sugar.

LEMON CAKE-PIE

- | | |
|----------------|--------------------|
| 1 cup sugar | Rind of one lemon, |
| 1 Tbsp. butter | grated |
| 2 eggs | Juice of one lemon |
| 1 cup milk | Pastry shell |
| 2 Tbsp. flour | |

Cream sugar and butter, stir in egg yolks. Add milk, flour, lemon rind, and lemon juice. Beat egg whites until stiff. Fold yolk mixture into whites. Pour in an unbaked pie shell. Bake at 450 degrees for 10 minutes, reduce oven heat to 350 degrees and bake 20 minutes longer.

Top will be like a sponge cake and bottom will be like custard.

SPONGE CAKE

6 eggs, separated
1 1/4 cups sugar
1 1/2 cups sifted cake
flour
1 tsp. baking powder
1 tsp. salt

1/3 cup cold water
2 tsp. vanilla
1 tsp. lemon extract
1 tsp. cream of tartar
Confectioners' sugar

Beat egg yolks until thick and lemon colored. Gradually add sugar, beating constantly. Sift together flour, baking powder, and salt. Mix flavoring with water. Add dry ingredients alternately with flavored water to egg yolk mixture. Beat egg whites and cream of tartar until stiff and fold into first mixture. Pour into an ungreased 10 inch tube pan. Bake in 325 degree oven about 1 hour. Turn cake upside down to cool. When cool remove cake from pan. Place on a serving dish and sprinkle with confectioners' sugar or use a light icing.

SUNSHINE CAKE

6 eggs, separated
1 cup sugar
1/4 cup water
1/2 tsp. lemon extract
1/2 tsp. cream of tartar

1/2 tsp. sugar
1/2 tsp. vanilla
1 cup sifted cake flour
1/4 tsp. salt

Beat egg yolks until thick and lemon colored. Add sugar gradually, beating well after each addition. Beat in water and flavoring. Sift flour once before measuring and add to egg yolk mixture. Beat egg whites until stiff and fold carefully into egg yolk mixture. Pour into an ungreased angel cake pan and bake at 325 degrees for one hour. When done invert pan and cool before removing cake from pan.

WHITE CAKE

2 1/4 cups sifted cake
flour
1 1/2 cups sugar

3 tsp. baking powder
1 tsp. salt

Sift these ingredients together.

1 cup shortening
2/3 cup milk

1 tsp. vanilla or
almond extract

Add to dry ingredients and beat for 2 minutes.
(Continued on next page)

4 egg whites

$\frac{1}{3}$ cup milk

Add to batter and beat for 2 more minutes.

Pour in greased and floured cake pans and bake in moderate oven for 30 minutes for layer pans and 40 to 45 minutes for a 13 x 9 inch pan.

YELLOW CAKE

2 $\frac{1}{4}$ cups sifted cake
flour

3 tsp. baking powder
1 tsp. salt

1 $\frac{1}{2}$ cups sugar

Sift these ingredients into a mixing bowl.

$\frac{1}{2}$ cup shortening
 $\frac{2}{3}$ cups milk

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

Add these ingredients to dry ingredients and beat about 2 minutes.

2 whole eggs

$\frac{1}{3}$ cup milk

Add to batter and beat 2 more minutes.

Bake the same as for white cake, recipe given above.

FROSTINGS & TOPPINGS

BUTTER ICING

$\frac{1}{2}$ cup butter, softened
3 $\frac{1}{2}$ cups powdered
sugar

3 Tbsp. cream or milk
1 $\frac{1}{2}$ tsp. vanilla

Blend butter and sugar together until creamy. Add milk gradually, while still blending. When all milk is used, add vanilla.

** For chocolate butter icing add 3 squares unsweetened chocolate that has been melted and blend into butter icing.

CHOCOLATE ICING

3 Tbsp. shortening
3 squares unsweetened
chocolate

2 cups powdered sugar
 $\frac{1}{3}$ cup milk
1 tsp. vanilla

Melt butter and chocolate together. Blend in sugar, milk and vanilla. Stir until smooth. Place in a bowl of ice water and continue stirring until thick. If desired you may add $\frac{1}{2}$ cup chopped nuts to icing.

COCONUT-PECAN FROSTING

- | | |
|------------------------------|------------------------|
| 1 cup evaporated milk | 1 tsp. vanilla |
| 1 cup sugar | 1½ cups flaked coconut |
| 3 egg yolks, slightly beaten | 1 cup chopped pecans |
| 1 cup butter | |

Combine milk, sugar, egg yolks, butter and vanilla in a saucepan. Cook until mixture thickens, about 12 minutes. Add remaining ingredients. Cool until thick enough to spread, beating occasionally. Makes 2½ cups.

PIE MERINGUE

- | | |
|--------------------------|--------------------|
| 4 egg whites | Juice of one lemon |
| Pinch of cream of tartar | 6 Tbsp. sugar |

Beat egg whites until frothy with cream of tartar. Gradually beat in sugar, a spoonful at a time. Continue beating until whites are stiff and glossy. Add lemon juice while beating. Pile meringue on hot pie mixture, sealing around edges so it won't shrink or weep. Swirl for a decorated looking pie. Brown in a 400 degree oven for about 10 minutes.

❖- Substitute Ingredients -❖-

For these

You may use these

- | | |
|--|---|
| 1 whole egg, for thickening or baking | 2 egg yolks. Or 2 tablespoons dried whole egg plus 2½ tablespoons water. |
| 1 cup butter or margarine for shortening | ¾ cup lard, or rendered fat, with ½ teaspoon salt. Or 1 cup hydrogenated fat (cooking fat sold under brand name) with ½ teaspoon salt. |
| 1 square (ounce) chocolate | 3 or 4 tablespoons cocoa plus ½ tablespoon fat. |
| 1 teaspoon double-acting baking powder | 1½ teaspoons phosphate baking powder. Or 2 teaspoons tartrate baking powder. |
| Sweet milk and baking powder, for baking | Equal amount of sour milk plus ½ teaspoon soda per cup. (Each half teaspoon soda with 1 cup sour milk takes the place of 2 teaspoons baking powder and 1 cup sweet milk.) |
| 1 cup sour milk, for baking | 1 cup sweet milk mixed with one of the following: 1 tablespoon vinegar. Or 1 tablespoon lemon juice. Or 1¼ teaspoons cream of tartar. |
| 1 cup whole milk | ½ cup evaporated milk plus ½ cup water. Or 4 tablespoons dry whole milk plus 1 cup water. Or 4 tablespoons nonfat dry milk plus 2 teaspoons table fat and 1 cup water. |
| 1 cup skim milk | 4 tablespoons nonfat dry milk plus 1 cup water. |
| 1 tablespoon flour, for thickening | ½ tablespoon cornstarch, potato starch, rice starch, or arrowroot starch. Or 1 tablespoon granulated tapioca. |
| 1 cup cake flour, for baking | ¾ cup all-purpose flour. |
| 1 cup all-purpose flour, for baking breads | Up to ½ cup bran, whole-wheat flour, or corn meal plus enough all-purpose flour to fill cup. |

MEASUREMENTS AND WEIGHT

Food

1 cup butter or margarine	237 ml	= ½ pound	227 g
1 cup Cheddar cheese grated	237 ml	= ¼ pound	114 g
1 cup eggs	237 ml	= 4-5 whole eggs or 8 egg whites or 12 egg yolks	
1 cup all-purpose flour	237 ml	= ¼ pound	114 g
1 envelope of gelatin (unflavored)		= ¼ ounce or 1 tablespoon	7 g 15 ml
1 cup lard or solid vegetable fat	237 ml	= ½ pound	227 g
1 medium lemon (juice)		= 1 ½ fluid ounces (3 tablespoons)	45 ml
1 cup chopped nut meats	237 ml	= ¼ pound	114 g

Dry Measure

0.035 ounces	1 gram	g
1 ounce	28.35 grams	g
1 pound	453.59 grams or 0.45 kilograms	kg
2.21 pounds	1 kilogram	kg

Liquid Measure

1 teaspoon	4.9 milliliters	ml
1 tablespoon	14.8 milliliters	ml
½ cup	118.3 milliliters	ml
1 cup	237 milliliters	ml
1.06 quarts	1000 milliliters or 1 liter	l