

ALCOHOLD STREET

The Slavinsky Samily Cookbook

Recipes to Remember

The Slavinsky Family Cookbook

A collection of Recipes by

The Slavinsky Family
The Leaper Family
The Peters Family

2003

Expression of Appreciation

David and I wish to express our sincere appreciation to everyone who generously donated these treasured recipes. I know it took a lot of time and effort upon all of you, but together we all made this wonderful cookbook happen. We hope you enjoy the cookbook as much as our family will!

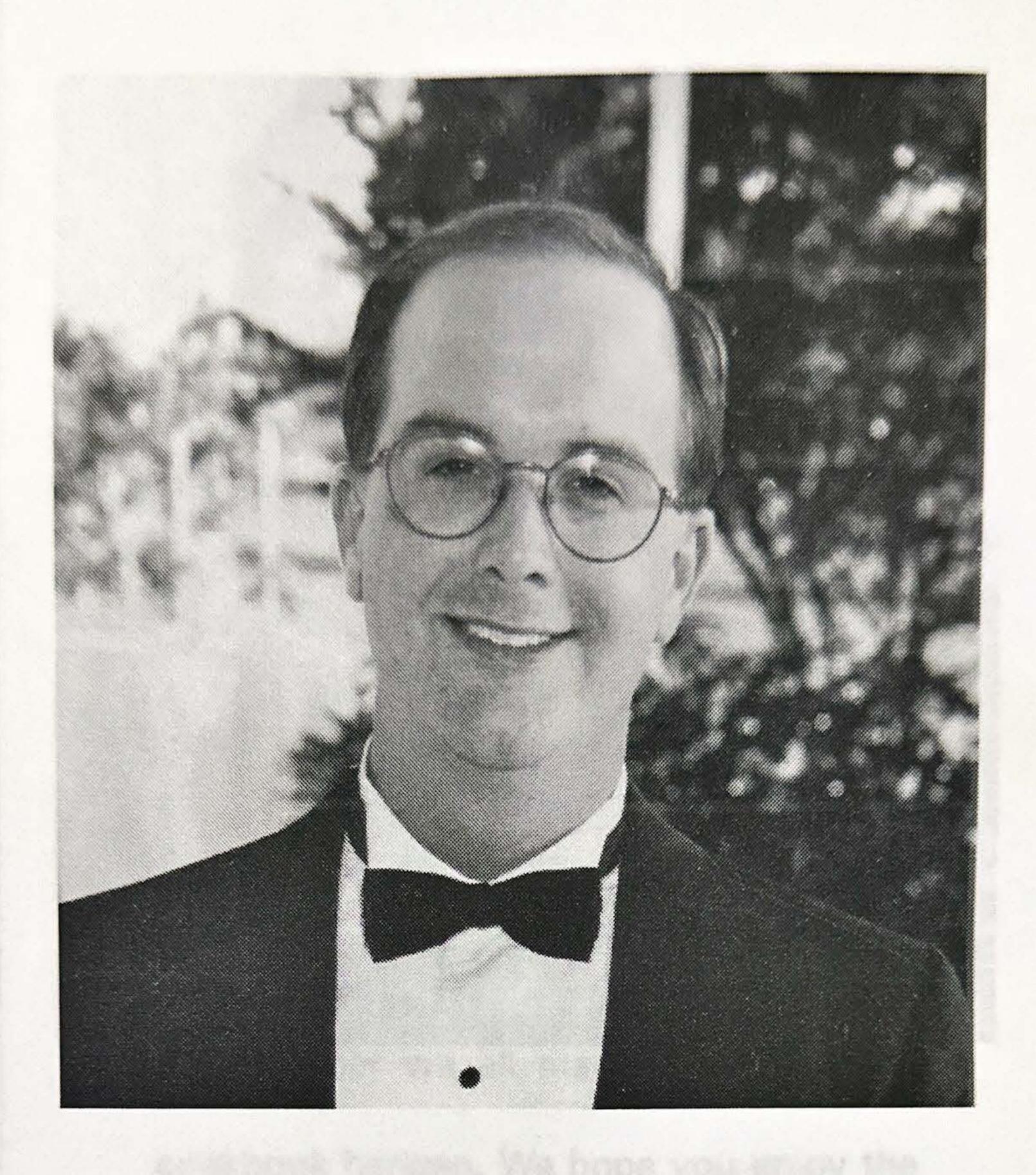
With lots of love,

Alysa, David & Emily Slavinsky



This book is dedicated to my daughter, Emily, who brings a smile to my face, laughter to my heart, and joy to my life.

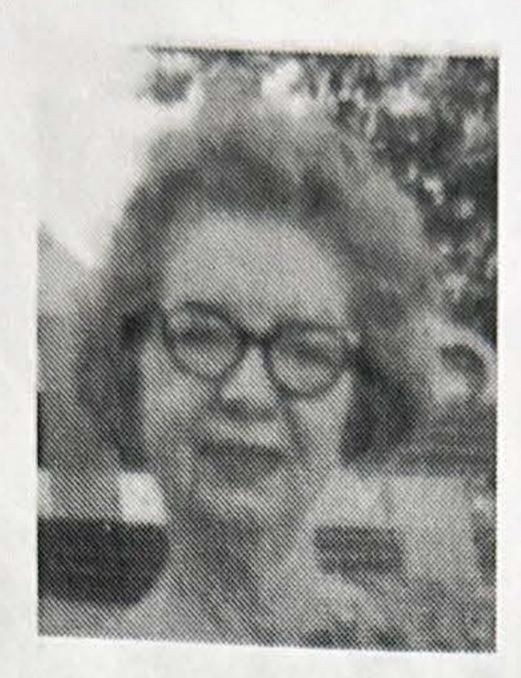
She is my dream come true.



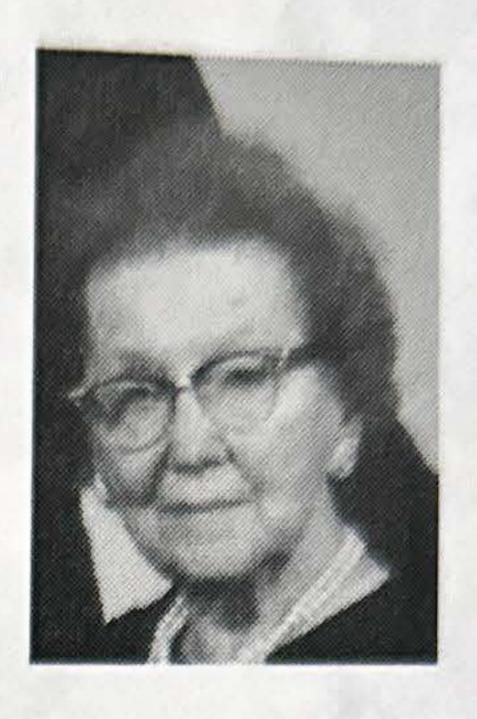
This book also is dedicated to my husband, David, who is the kindest, wisest, most loving, patient, and supportive man I know.

He is my best friend, my love, and my dream come true. I am so blessed to be married to such a wonderful man.

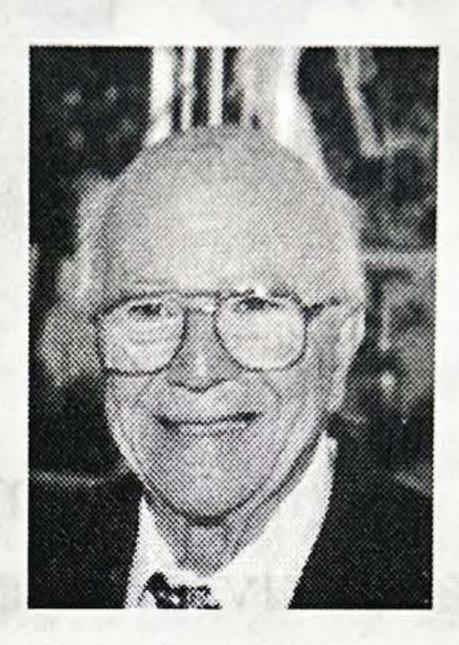
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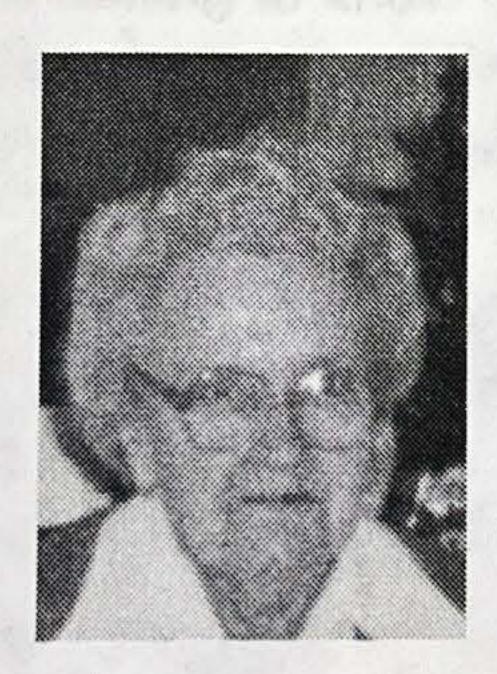
Nana Violet Brown



Nama Leah Leaper



Grandpa Michael Peters



Grammie Alda Slavinsky



Grammie Bea Nadeau

THE ROOTS THAT NOURISHED OUR FAMILY TREE



The Slavinsky Family David and Alysa's wedding 1999



Grammie Alda & Grammie Bea Richard's and Mary's Wedding, 1967

Dear Family & Friends,

Growing up in New England, I always had the opportunities to play outside with friends and family. Whether it was climbing the tree in the front yard with my brother, James, and jumping into a pile of leaves or playing soccer in the back yard. There was always something to do. During the winter, my parents always had their free snow removal service (Beth, James and myself).

I was very fortunate to grow up in a safe and friendly neighborhood. There were never concerns when the front door was open to let air into the house or leaving a window open at night. Growing up it was always nice to sit down and have a family dinner at night. Even though that was always entertaining as to what would happen during the meal and what was going to be the funny topic of conversation.

Now that I am grown and a parent, I value what I had even more. It is a rare opportunity that I am home in time to have a family sit down meal with my family. I value those times more than anything. What Alysa and Emily have brought into my life can't be described in words. Every day when I leave for work, before anyone is up, it is a nice feeling to know that we are very fortunate for what we have. Family is the most important thing to a new family and we are fortunate to have the extended family that we do.

My life is wonderful. I consider myself the luckiest person in the world for what I have. I thank my parents for putting up with me as a child and teenager, because it wasn't easy. Alysa and Emily are very special to me and I thank them for all their support and love.

In closing, I want to thank Alysa for all the time she put into gathering the information for this cherished cookbook. I hope everyone enjoys it. Alysa put her heart into this.

Thank you for being such a great family. David

Thinking of a road named French

As the car rumbled up the gravel driveway of French Road you always knew what was in store...

A night full of great food, good conversation, and lots of love.

Just as you came up to the top of the stairs, you were greeted with a wall of photos pictures of all of us throughout the years.

The hors'd'oeuvres are on the table...

But not until Nama and Uncle Everett arrive.

Maybe you might hear the gravel crunching
beneath Grandpa's step

As he grills the perfect Flank Steak on the patio
with the tiki torches lit in the background.

If you are fortunate enough to be seated at the "kid's table" you always pray that Uncle Mark is too...
As you are guaranteed to out-laugh the "adults."

If you are old enough, you might remember the giant dishwasher that would roll out of a closet and attach to the sink...

Though only on holidays and big family gatherings.

All the while, the house is filled with the aromas of some of "thee best"
Recipes you've known.
And although their home has moved
The hospitality is still outstanding.
The warmth and love brought too.
And the traditions along with the recipes
Have not been forgotten.

Cheers! Laurie



Roger & Pat Leaper 1947



Pariso/Leaper Christmas 2002



HIGH-YAH!
Grandma & Grandpa Leaper in French Rd kitchen, 1985



Michael and Theresa Peters 50th Wedding Anniversary 1989



Laurie and Lisa at Grandma Peters' kitchen on Crandon Way, 1977



Michael and Theresa Peters 1942

Memories

Alla mia famiglia e amici... (To my family and friends)

There are many moments to remember Looking back from then 'til now. Grandma simply names a street And one becomes flooded with imagery.

Crandon Way...

Summers in full bloom
Weeping willow glistening in the sun
An ice cold 7-Up
A slice of fresh peach
And that great big motor home
Parked, yet eager, in the driveway.

Chatam Drive...

Cold grapes and crisp clean sheets
Stay the night or stay as
Long as you need.
The door is always open and
You are always welcome there.
The sauce is always on the stove
Tonight it might be served with
Bracoila or "smootsa toota"
Maybe cutlets.
No matter what, it's always good.
Just top everything with parmesan cheese
There is plenty to go around.
When all is said and done
And you've had too much to eat
Just push yourself away from the table...

And you can see...
Grandpa proud at one end of the table
His suspenders hanging to each side of his waist
Surrounded by his family with
Grandma never sitting down

And you can hear...
The loudness as everyone has something to say
And the laughter
Of Danny and Todd.

Salute! Laurie

Recipe for a Happy Home

Ingredients:

4 cups of Love

2 cups of Loyalty

3 cups of Forgiveness

1 cup of Friendship

5 cups of Hope

2 Tbsp. of Tenderness

4 qts. of Faith

1 barrel of Laughter

Method:

Take Love & Loyalty, mix it thoroughly with Faith.
Blend it with Tenderness, Kindness & Understanding.
Sprinkle abundantly with Laughter.
Bake it with Sunshine.
Serve daily with generous helpings.

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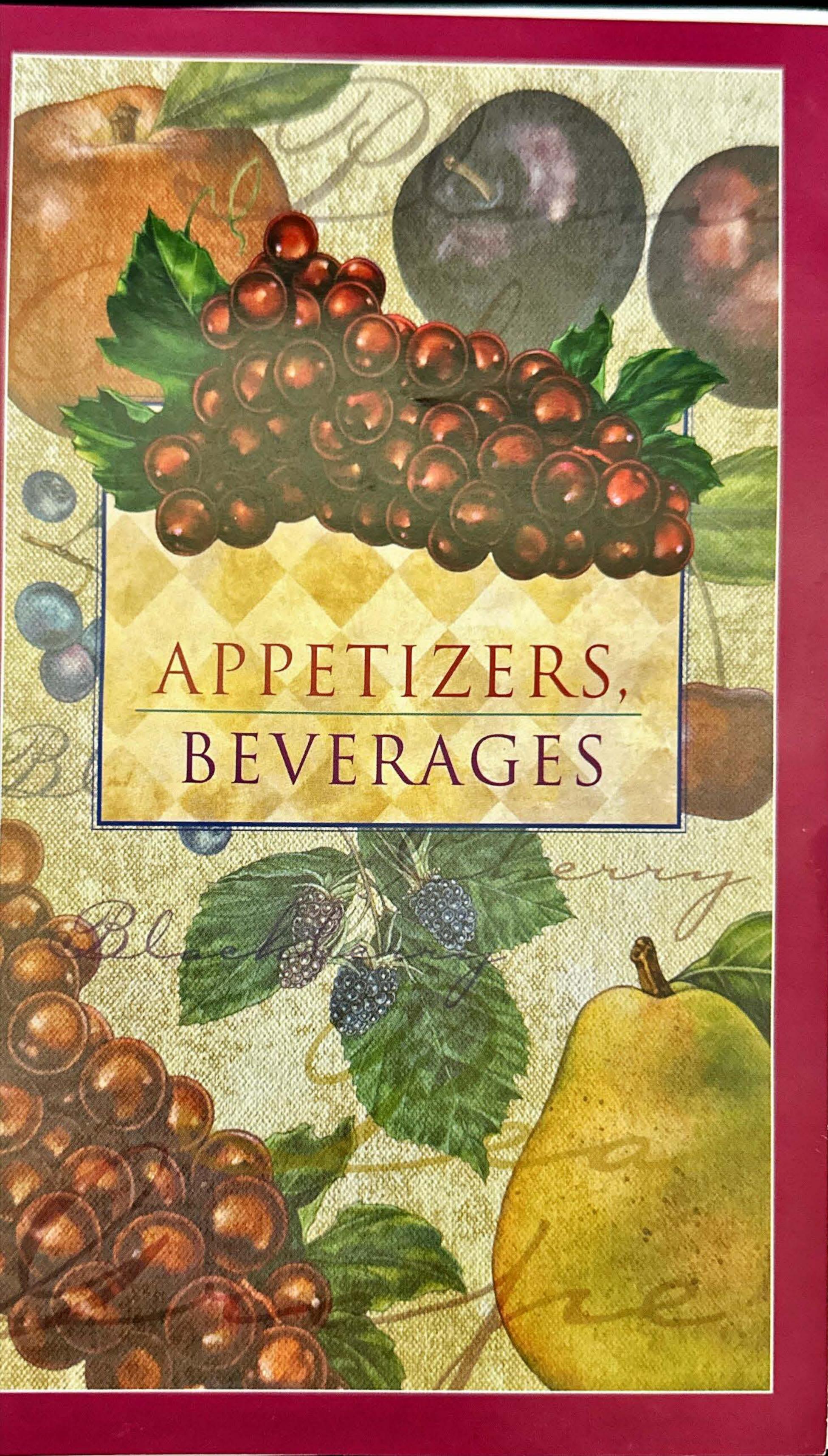
FAVORITE RECIPES

FROM MY COOKBOOK

Recipe Name	Page Number

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FOOD QUANTITIES FOR 25, 50, AND 100 SERVINGS

FOOD	25 SERVINGS	50 SERVINGS	100 SERVINGS
Rolls Bread	4 doz. 50 slices or 3 1-lb. loaves	8 doz. 100 slices or 6 1-lb. loaves 3/4 to 1 lb.	16 doz. 200 slices or 12 1-lb. loaves 1½ lb.
Butter Mayonnaise Mixed filling for sandwiches	1/2 lb. 1 c.	2 to 3 c.	4 to 6 c. 5 to 6 qt.
(meat, eggs, fish) Mixed filling (sweet-fruit) Jams & preserves	1½ qt. 1 qt. 1½ lb.	2½ to 3 qt. 1¾ to 2 qt. 3 lb.	2½ to 4 qt. 6 lb. 6 lb.
Crackers Cheese (2 oz. per serving) Soup	1½ lb. 3 lb. 1½ gal.	3 lb. 6 lb. 3 gal.	12 lb. 6 gal. ½ gal.
Salad dressings Meat, Poultry, or Fish:	1 pt.	2½ pt.	
Wieners (beef) Hamburger Turkey or chicken Fish, large whole (round) Fish, fillets or steaks	6½ lb. 9 lb. 13 lb. 13 lb. 7½ lb.	13 lb. 18 lb. 25 to 35 lb. 25 lb. 15 lb.	25 lb. 35 lb. 50 to 75 lb. 50 lb. 30 lb.
Salads, Casseroles, Vegetable Potato salad Scalloped potatoes	41/4 qt. 41/2 qt. or	21/4 gal. 81/2 qt.	4½ gal. 17 qt.
Mashed potatoes Spaghetti Baked beans Jello salad Canned vegetables	1 12x20" pan 9 lb. 1¼ gal. ¾ gal. ¾ gal. 1 #10 can	18-20 lb. 2½ gal. 1¼ gal. 1¼ gal. 2½ #10 cans	25-35 lb. 5 gal. 2½ gal. 2½ gal. 4 #10 cans
Fresh Vegetables: Lettuce (for salads) Carrots (3 oz. or ½ c.) Tomatoes	4 heads 61/4 lb. 3-5 lb.	8 heads 12½ lb. 7-10 lb.	15 heads 25 lb. 14-20 lb.
Desserts: Watermelon Fruit cup (½ c. per serving) Cake	37½ lb. 3 qt. 1 10x12" sheet cake 1½ 10" layer cakes	75 lb. 6 qt. 1 12x20" sheet cake 3 10" layer cakes	150 lb. 12 qt. 2 12x20" sheet cakes 6 10" layer cakes
Whipping cream	3/4 pt.	1½ to 2 pt.	3 pt.
Ice Cream: Brick Bulk	31/4 qt. 21/4 qt.	6½ qt. 4½ qt. or 1¼ gal.	12½ qt. 9 qt. or 2½ gal.
Beverages: Coffee	½ lb. and 1½ gal. water	1 lb. and 3 gal. water	2 lb. and 6 gal. water
Tea	1/12 lb. and 11/2 gal. water	1/6 lb. and 3 gal. water	1/3 lb. and 6 gal. water
Lemonade	10 to 15 lemons, 1½ gal. water	20 to 30 lemons, 3 gal. water	40 to 60 lemons, 6 gal. water

APPETIZERS, BEVERAGES



DAVID'S FAMOUS MEATBALLS

David Slavinsky

3/4 c. ketchup
2 tsp. Worcestershire sauce
3/4 c. water
1 clove garlic, minced
1/4 c. chopped onion
1 lb. meatballs (frozen or homemade)

2 Tbsp. brown sugar 2 Tbsp. lemon juice or vinegar 1 Tbsp. prepared mustard

In saucepan, combine ketchup, water, onion, brown sugar, lemon juice, mustard, Worcestershire sauce, and garlic. Cover. Simmer 10 minutes. Add meatballs, cover, and simmer 10 minutes more, stirring occasionally.

David uses a crockpot and during parties it's a big hit!

ROQUEFORT AND ONION SPREAD

Pat Leaper

8 oz. cream cheese
½ lb. crumbled Blue cheese
1 medium chopped red
onion
½ c. bottled dressing

Parsley flakes
Pumpernickel bread
Triscuits

Spread cream cheese in pie plate (or similar dish). Sprinkle with Blue cheese and onion. Pour dressing over top and garnish with parsley flakes. Cover with plastic wrap (or with a hairnet from Sally's) and refrigerate. Let stand 2 to 3 hours at room temperature before serving.

SWEDISH MEATBALLS

John and Noreen Nadeau

1/2 c. bread crumbs 1 lb. hamburg 1/4 c. milk

(Caesar, etc.)

1 tsp. salt 1 tsp. Accent 1 small onion

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Sauce:

1/2 c. molasses

1/2 c. white vinegar

½ c. ketchup

1/4 tsp. Tabasco sauce 1/2 tsp. butter

Combine all ingredients for sauce and place in crock pot. Mix all ingredients for meatballs. Make small meatballs and put in crock pot. Cook for 5 or 6 hours. Do not take cover off.

For extra sauce, just double recipe!

PEPPERONI DIP

Pat Leaper

1 pt. sour cream

½ lb. pepperoni

Finely chop pepperoni in blender or Cuisinart. In bowl, mix sour cream and pepperoni. Cover and place in refrigerator for 2 whole days. Serve with bread slices or crackers.

Grandma and Grandpa first started making this in 1982 and have made it many times every since - Alysa.

OYSTERETTES

Tammy Peters

Sunshine oyster crackers 1 tsp. dill weed 1 pkg. dry Ranch dressing (not buttermilk)

3/4 c. vegetable oil 1 tsp. lemon/pepper salt

Mix all ingredients (except crackers) until blended well. Stir in crackers. Stir every 15 minutes for 1 to 11/2 hours, until crackers absorb all liquid. Store in airtight containers. Serve with soup or just eat as a snack.

BRIAN'S FAVORITE HUMUS

Chris Pariso

2 cans drained and rinsed black beans

6 Tbsp. fresh lemon juice

2 cloves garlic, chopped

1 tsp. salt ½ c. tahini

Cumin and hot sauce to

taste

Blend all ingredients in food processor until creamy and smooth. Add water as needed.

Best made ahead. Serve with toasted pita wedges, tortilla chips, or raw vegetables. I like to add sun-dried tomatoes to my humus - Michelle.

PIG ON A DATE WITH A NUT

Chris Pariso

Dates, pitted Whole almonds

Bacon Toothpicks

Place one almond in each date. Wrap bacon around and secure with toothpick. Broil until bacon is crispy.

Dennis renamed these rumaki "Pig on a Date with a Nut" one Christmas and we have called them that ever since.

GRANDMA LEAPER'S CUP A CUP, A CUP

Pat Leaper

1 c. grated Cheddar cheese 1 c. chopped onion

1 c. mayonnaise (I use the lite)

Bake in 320° oven for 45 minutes. Serve with toast rounds or crackers. Easy and good!!

CLAMS CASINO

Mark Leaper

1 can chopped clams with juice ½ chopped medium onion ½ chopped green pepper 1 Tbsp. oil

Parmesan cheese Bacon Plain bread crumbs Empty clam shells

Saute onion and pepper in oil until just tender. Add clams and juice. Add enough bread crumbs to thicken. Spoon into clam shells. Sprinkle with cheese. Top with bacon. Bake at 425° until bacon is cooked. Eat fast and go back to school.

It's not Christmas without it - Michelle.

GRANDMA'S OYSTER CRACKERS

Danielle Larimer

1 bag oyster crackers 1 c. oil

1 pkg. Ranch dressing mix

Preheat oven to 300°. Mix the dressing and Ranch. Pour over crackers and mix well. Spread on a baking pan and bake for an hour. Stir the crackers while baking a couple of times.

I remember Mom making this all the time growing up, though I must have eaten too many at one point, cause I haven't been able to eat an oyster cracker

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in years, or maybe I just can't stand them plain after having them "seasoned" ... Michelle.

DEVILED EGGS

Betty and Frank Nadeau

12 hard-boiled eggs, shelled 10 saltine crackers, mashed very, very fine Onion to taste, chopped fine Pickle relish
Dash of mustard
Mayonnaise to moisten

Split eggs in halves and remove yolks. Combine crackers, onion, relish, mustard, and mayonnaise. Refill egg halves and garnish with half of olive.

This is the only thing I can make that people actually recognize - Betty.

MOM'S TAPANADE

Chris Pariso

- 1 c. chopped green olives (1 small jar)
- 1 c. chopped black olives (1 can)
- 1/4 c. chopped red onion
- 2 Tbsp. fresh basil, chopped 2 Tbsp. lemon juice (fresh)
- 1 Tbsp. horseradish
 1 Tbsp. fresh garlic
 1 Tbsp. Dijon mustard
 Dash of Tabasco
- Dash of Tabasco
 Dash of Worcestershire
 Olive oil

Chop olives and onion in food processor. Add all ingredients and mix.

This tastes better made ahead. Serve with crostini or crackers.

FANCY APPETIZERS

Mark Leaper

Ritz crackers Peanut butter

Pickles Onions

Spread crackers with peanut butter. Top with chopped onion, pickles, or whatever.

We all made these a lot for Mom and Dad at French Road.

6 plum tomatoes, seeded

2 minced garlic cloves

3 Tbsp. chopped fresh basil

Drizzle of olive oil Parmesan cheese

Mix tomatoes, garlic, basil, and oil. Keep at room temperature. Spread on crostini and grate on Parmesan cheese.

Optional additions: Chopped Kalamata olives and sun-dried tomatoes.

Don't ever use canned tomatoes ... it turns out nasty - Michelle.

BEEF STICK

Babs Sossong

1 lb. hamburg (ground sirloin)

3 Tbsp. Morton's Tender Quick salt 1/4 tsp. garlic salt 1/2 tsp. onion powder 2 tsp. liquid smoke

Mix all together and form into 4 sticks. Place in refrigerator, uncovered, for 24 hours. Bake on wire rack with drip pan to catch any grease for 60 minutes at 300°. You may wish to wrap in paper towel to squeeze out grease. Refrigerate or freeze.

POLYNESIAN GINGER DIP

Pat Leaper

1 c. sour cream

1 c. mayonnaise

1/4 c. chopped onion

1/4 c. parsley, minced

1/4 c. finely chopped water chestnuts

1 to 2 Tbsp. finely chopped candied ginger

1 Tbsp. soy sauce

Mix all ingredients well and chill. Serve with sesame seed crackers or raw vegetables.

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1 c. chopped artichoke hearts (canned or frozen, thawed)

½ c. frozen chopped spinach, thawed

8 oz. cream cheese

1/2 c. grated Parmesan cheese

On the side:

Crackers
Chips
Sliced, toasted bread

1/2 tsp. crushed red pepper flakes
1/4 tsp. salt
1/8 tsp. garlic powder
Dash of ground pepper
1/4 to 1/2 c. Feta cheese

Fritos (my personal preference)
Tortilla chips are also good

Boil the spinach and artichoke hearts in a cup of water in a small saucepan over medium heat until tender, about 10 minutes. Drain in a colander when done. Heat the cream cheese in a small bowl in the microwave set on HIGH heat just until hot. (I usually just put the cream cheese in the still warm saucepan to heat it up ... very effective).

Add the spinach and artichoke hearts to the cream cheese and stir well. (If the cream cheese isn't warm enough to soften, thank yourself for putting it in the saucepan and turn on the burner to help heat it, but be careful not to burn.) Add the remaining ingredients, except the Feta, to the cream cheese mixture. Place the dip into a fancier serving dish, top with Feta, and serve hot. Accept compliments.

For a variety, add diced green onions, crab, shrimp, or whatever you want.

UNCLE EVERETT'S LITTLE HOT DOGS

Everett Leaper

1 lb. smoked sausage links or 1 bag little hot dogs

BBQ sauce Toothpicks

Heat sausage links or hot dogs and BBQ sauce together in pot or crock pot. Poke with toothpicks and serve.

It's not a holiday or party without the little wieners! - Michelle.

1 lb. Velveeta jalapeno pepper cheese (mild) 2 lb. hamburg, browned Lots of chopped onions 1 can cream of mushroom soup Taco chips

Brown onions and hamburg. Cut cheese into cubes. Mix cheese with hamburg and onion mix. Add soup. Stir until melted. Serve with taco chips.

Keeps 1 week or freezes well. This is also really easy and everyone loves it!

HOT BRUSCHETTA

Chris Pariso

1 chopped onion
3 minced garlic cloves
1 tsp. salt
1 Tbsp. chopped fresh basil
6 plum tomatoes, seeded
3/4 c. Ricotta cheese
1/4 c. Romano cheese
1/4 c. Mozzarella cheese

Saute onion, garlic, salt, and pepper. Add tomatoes. Cook until tomatoes are cooked (about 10 minutes). Mix cheeses together. Top crostini with cheese mixture and broil until heated. Top with tomato mixture. Broil again until heated through.

ORANGE JULIUS

Brian Petrano Danielle Larimer

1/2 (6 oz.) can frozen orange
1/2 c. water
1/4 c. sugar
1/2 c. milk (Danielle has used
1/2 tsp. vanilla
1/2 to 6 ice cubes

Combine in blender; cover and blend until smooth (30 seconds). Serve immediately. Leave all dirty utensils and the other half of the frozen orange juice on the counter for mom to clean. Makes 3 cups.

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HOMEMADE WINE

4 c. grapes, washed
2 c. sugar
Water
1 gal. jug, thoroughly
cleaned (no soap)
Cork to fit jug that has been
drilled to accommodate
hose, then boiled for
sterilization (can be found
at most home
improvement stores)

2 feet plastic hose (½ inch diameter aquarium air filter tubing works well, and can be found at any Wal-Mart)
Empty beer bottle (or similar container), halfway filled

with water

Fill the jug with grapes, sugar, and enough water to go up to the base of the neck. There should be about 4 to 6 inches from the water line to the cork to allow for air space. At this point, you need to dissolve the sugar in the water. Nathan and I find it easiest to cap the jug with its original lid and slowly roll it on the floor.

After the sugar has been completely dissolved, the jug needs to be corked. We shove it in as far as it will go, then hammer it in a little more. The tubing then needs to be placed in the cork and with one end just below the base of the cork, but not in the water, and the other placed inside the water-filled beer bottle. Now place it in a cool, dark place for 3 months ... or until the bubbles slow down. When it's ready, strain it through cheesecloth into a decanter. You can place whatever you don't drink right away into an empty wine bottle and reseal.

Tip: Make sure everything is sterile. The first time we did this, we used an old hose we found in the garage ... big mistake. We ended up with a mold-filled jug. Buy a new hose, it's really cheap, and place it in some boiling water with the cork.

Also, it might be easier to just buy an aerating cap than to bother with the cork and tubing stuff, but it's more expensive. Enjoy!

LAURIE'S CHAMPAGNE COCKTAIL

Laurie Peters

Sugar cube Brandy Champagne Bitters

Drop a brandy soaked sugar cube into a cocktail glass. Add a dry champagne and a splash of bitters.

LAURIE'S "ANYTIME FOR A PARTY" SANGRIA

Laurie Peters

Lots of Spanish red wine Cherries, cut up Apples, cut up Oranges, cut up Limes, cut up Lemons, cut up

Strawberries, cut up Club soda Sugar to taste Cinnamon sticks 1 big container

Add it all up. Throw it in a big container. Let it sit for a while. Ladle it into a glass and when it's all gone, eat the fruit! Salut!

LAURIE'S HAWAII MAI TAI

Laurie Peters

1 cocktail glass
5 ice cubes
Cocktail shaker
1 oz. light rum (Bacardi)

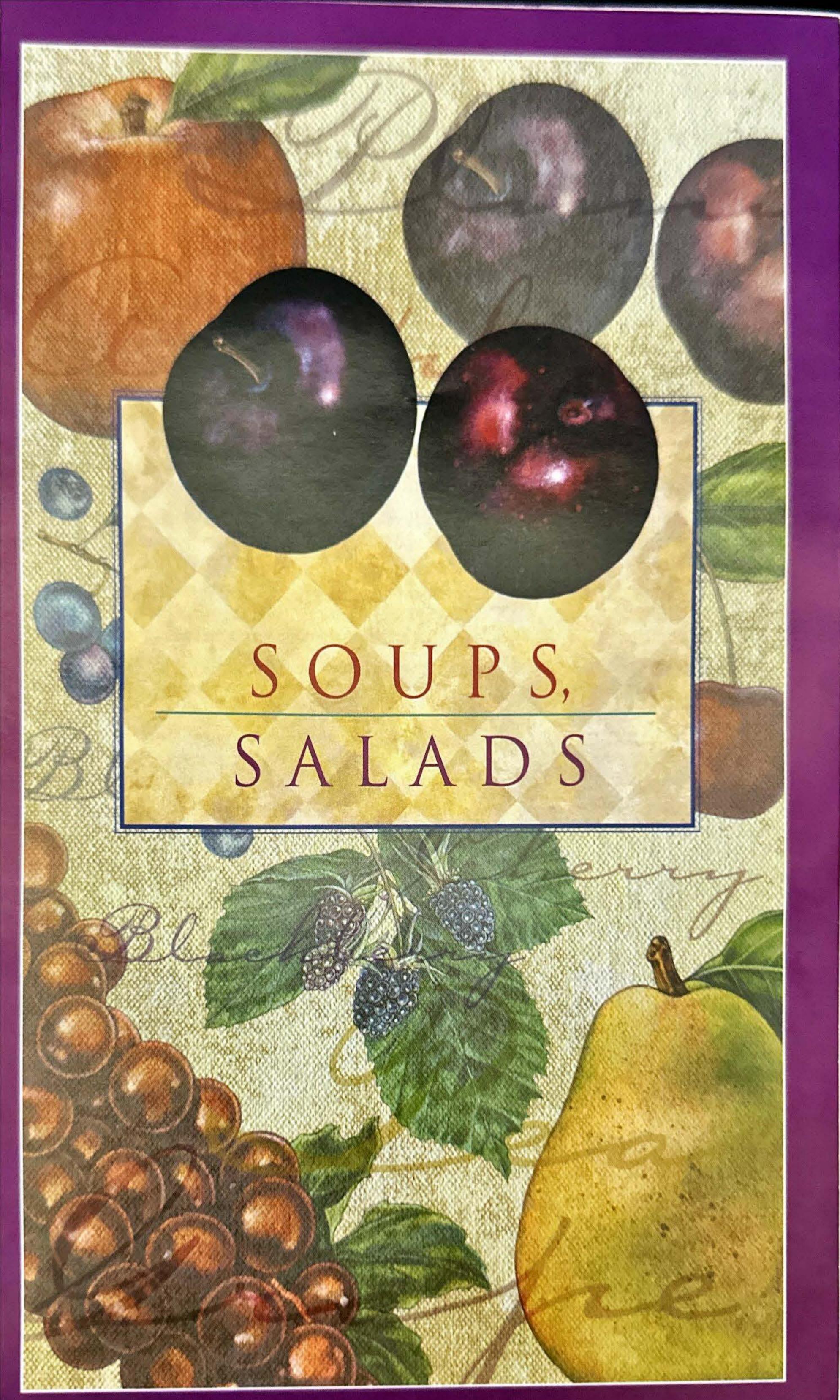
1 oz. dark rum (Myer's) Pineapple orange juice Grenadine

Combine rum (light and dark) in a cocktail mixer over ice. Add pineapple/orange juice and a splash of grenadine. Shake and pour into glass.

Tastes best in Hawaii, garnished with an orchid, though you can make anywhere.

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Notes



A HANDY SPICE AND HERB GUIDE

ALLSPICE-a pea-sized fruit that grows in Mexico, Jamaica, Central and South America. Its delicate flavor resembles a blend of cloves, cinnamon, and nutmeg. USES: (Whole) Pickles, meats, boiled fish, gravies; (Ground) Puddings, relishes, fruit preserves, baking.

BASIL-the dried leaves and stems of an herb grown in the United States and North Mediterranean area. Has an aromatic, leafy flavor. USES: For flavoring tomato dishes and tomato paste, turtle soup; also use in cooked peas, squash, snap beans; sprinkle chopped over lamb chops and poultry.

BAY LEAVES-the dried leaves of an evergreen grown in the eastern Mediterranean countries. Has a sweet, herbaceous floral spice note. USES: For pickling, stews, for spicing sauces and soup. Also use with a variety of meats and fish.

CARAWAY-the seed of a plant grown in the Netherlands. Flavor that combines the tastes of anise and dill. USES: For the cordial Kummel, baking breads; often added to sauerkraut, noodles, cheese spreads. Also adds zest to French fried potatoes, liver, canned asparagus.

CURRY POWDER-a ground blend of ginger, turmeric, fenugreek seed, as many as 16 to 20 spices. USES: For all Indian curry recipes such as lamb, chicken, and rice, eggs, vegetables, and curry puffs.

DILL-the small, dark seed of the dill plant grown in India, having a clean, aromatic taste. USES: Dill is a predominant seasoning in pickling recipes; also adds pleasing flavor to sauerkraut, potato salad, cooked macaroni, and green apple pie.

MACE-the dried covering around the nutmeg seed. Its flavor is similar to nutmeg, but with a fragrant, delicate difference. USES: (Whole) For pickling, fish, fish sauce, stewed fruit. (Ground) Delicious in baked goods, pastries, and doughnuts, adds unusual flavor to chocolate desserts.

MARJORAM-an herb of the mint family, grown in France and Chile. Has a minty-sweet flavor. USES: In beverages, jellies, and to flavor soups, stews, fish, sauces. Also excellent to sprinkle on lamb while roasting.

MSG (MONOSODIUM GLUTAMATE)-a vegetable protein derivative for raising the effectiveness of natural food flavors. USES: Small amounts, adjusted to individual taste, can be added to steaks, roasts, chops, seafoods, stews, soups, chowder, chop suey, and cooked vegetables.

OREGANO-a plant of the mint family and a species of marjoram of which the dried leaves are used to make an herb seasoning. USES: An excellent flavoring for any tomato dish, especially pizza, chili con carne, and Italian specialties.

PAPRIKA-a mild, sweet red pepper growing in Spain, Central Europe, and the United States. Slightly aromatic and prized for brilliant red color. USES: A colorful garnish for pale foods, and for seasoning Chicken Paprika, Hungarian Goulash, salad dressings.

POPPY-the seed of a flower grown in Holland. Has a rich fragrance and crunchy, nut-like flavor. USES: Excellent as a topping for breads, rolls, and cookies. Also delicious in buttered noodles.

ROSEMARY-an herb (like a curved pine needle) grown in France, Spain, and Portugal, and having a sweet fresh taste. USES: In lamb dishes, in soups, stews, and to sprinkle on beef before roasting.

SAGE-the leaf of a shrub grown in Greece, Yugoslavia, and Albania. Flavor is camphoraceous and minty. USES: For meat and poultry stuffing, sausages, meat loaf, hamburgers, stews, and salads.

THYME-the leaves and stems of a shrub grown in France and Spain. Has a strong, distinctive flavor. USES: For poultry seasoning, croquettes, fricassees, and fish dishes. Also tasty on fresh sliced tomatoes.

TURMERIC-a root of the ginger family, grown in India, Haiti, Jamaica, and Peru, having a mild, ginger-pepper flavor. USES: As a flavoring and coloring in prepared mustard and in combination with mustard as a flavoring for meats, dressings, salads.

SOUPS, SALADS



WINTER CORN CHOWDER

Laurie Peters

6 slices crispy cooked bacon
6 medium unpeeled, roughly
chopped potatoes (russet)
1 medium sweet yellow
onion, chopped
1/2 c. heavy cream
11/2 c. milk

1½ c. chicken broth
Grated Cheddar cheese
2 cans creamed corn
1 small bag frozen corn
1 Tbsp. butter
Salt and pepper to taste

Saute onion in butter in a large stockpot until tender. Add potatoes, bacon (cooked), corn, and chicken broth. (Add water, depending on size of stockpot.) Cook on medium heat until potatoes are tender. Reduce heat; slowly add milk and heavy cream, salt, and pepper. Garnish with grated Cheddar cheese. Serves 4 "for days."

For those of you who live in Florida, just shut the shades, crank the A/C, light a fire, and pretend it's cold outside.

GRANDMA LEAPER'S BEEF BURGUNDY

Pat Leaper

2 lb. boneless chuck

½ c. flour

1 tsp. garlic salt or 1 clove,
minced

¼ tsp. pepper

½ c. margarine

1 onion, chopped

2 (4 oz.) cans sliced
mushrooms

2 stalks celery, cut in ½ inch pieces
1 c. water
1 c. red wine
1 can consomme
1 pkg. frozen peas (optional)
3 potatoes, cubed (optional)

Cut meat in 2 inch cubes. Combine flour, garlic, salt, and pepper. Dredge meat in flour mixture. Brown in margarine. Add onion and drained mushrooms. Cook over low heat till tender. Add celery, carrots, water, wine, and consomme. Cover and simmer for 2 hours (stirring occasionally or until tender).

Peas may be added during last 1/2 hour. Potatoes may be added.

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MARY'S CHILI

1½ lb. ground beef
2½ onions, sliced
2 stalks celery, diced
1 large can kidney beans,
drained
1 large can baked beans,
drained
Barbecue sauce, ketchup or
mustard to taste

1 can spaghetti sauce (for smooth chili), 1 can stewed tomatoes, drained (for chunky), or salsa (for spicy flavor)
Chili powder to taste
1 (6 oz.) can pineapple, drained

Brown ground beef, onions, and celery. Drain grease. Add equal parts of kidney beans and baked beans. Season to taste with barbeque sauce or ketchup, or mustard. Add spaghetti sauce or tomatoes, or salsa. Add chili powder. Cook in slow cooker/crockpot on LOW or MEDIUM range for 1 to 2 hours, stirring every 15 to 20 minutes. Some time during those 1 to 2 hours, stir in a 6 ounce can of drained crushed pineapple.

This is my secret ingredient - the pineapple. Mary has a trophy for this recipe for the chili cookoff at church - Richard.

DAD'S ONION SOUP "SOUPE A'LOIGNON AU FROMAGE"

Roger Leaper

1 loaf French bread (the long kind)
Butter
Grated Parmesan cheese
4 large onions
Butter

1½ qt. beef consomme (about 5 cans + water)
Salt and pepper
Grated Gruyere cheese

Cut bread into ½ inch slices. Spread with butter and cover with Parmesan cheese. Toast (325°) and cool. Slice onions and separate rings. Saute in butter over low heat. Stir with wooden spoon until golden brown; add flour. Add beef consomme. Stir until soup boils. Simmer for 20 minutes. Add salt and pepper. Add slices of toast to individual bowls. Cover with Gruyere cheese. Pour in soup. Sprinkle with cheese (both kinds). Heat in oven (400°) until cheese browns.

I too made this for a friend once and she didn't believe me when I told her it was just beef consomme ... the next night I had to go over to her house and make it in front of her ... now she makes it all the time - Michelle.

I can eat this until I get sick! - Alysa. Yeah ... Alysa can also eat this and clear a small cottage on the cape ... Laurie.

1/2 lb. sliced fresh mushrooms
4 to 6 c. wild rice pilaf
2 qt. heavy whipping cream*

2 qt. chicken broth ½ tsp. fresh rosemary, chopped Salt and pepper

Prepare rice pilaf according to package directions and set aside. Saute mushrooms in olive oil. Heat cream and chicken broth. Add rice, mushrooms, rosemary, and salt and pepper (to taste). Heat and serve. To thicken, mix a small
amount of water with 2 to 3 tablespoons cornstarch. Stir into hot soup.

We served this at a Christmas soup party and it was a hit!!

* I use half & half to cut down on fat and calories.

GRANDMA'S CHICKEN SOUP

Alysa Slavinsky

Salt
Water
3 chicken breasts or chicken with bones
3 to 4 stalks of celery
3 to 4 big carrots

1/2 big white onion 3 Tbsp. crushed tomatoes 1 tsp. salt Dried parsley Grandma Peters Meatballs

Wash chicken under cold water, then place in a bowl with salt water and soak for about 20 minutes. Put chicken, carrots, celery, onion, crushed tomatoes, salt, and parsley in a pot of water ¾ full. Bring to a boil. Skim the fat off top of the water. Put to medium heat and cover. Make sure it is lightly bubbling. Put meatballs in after the soup has been cooking for a ½ hour. Cook for 1½ to 2 hours.

TACO SOUP

Sarah Slavinsky Mary Slavinsky

1 lb. hamburger 1 (16 oz.) can tomatoes 2 (16 oz.) cans kidney beans 1 can corn 2 (8 oz.) cans tomato sauce 1 packet taco seasoning 1 can garbanzo beans (optional)

Brown and drain hamburger. In a stew pot, mix all ingredients, including the liquid from the canned products. Simmer 20 to 30 minutes. Serve with corn chips, cheese, chopped onions, and sour cream.

You can add water if it is too thick.

1698-03

LENTIL SOUP

1 c. lentils
3 Tbsp. olive oil
1 onion, finely chopped
2 celery stalks, chopped

2 carrots, diced

2 bay leaves 8 c. water or stock 1 (14 oz.) can chopped tomatoes

Heat oil in a large saucepan. Stir in onion and cook until softened. Add carrots, celery, bay leaves, and lentils. Toss for 1 minute, until coated in oil. Pour in tomatoes and water. Lower the heat and simmer until lentils are tender. Remove bay leaves. Add salt or pepper to taste.

VEGETABLE SOUP

Chris Pariso

3 chopped onions
3 minced garlic
2 Tbsp. olive oil
2 c. chopped cabbage
2 stalks chopped celery
5 sliced carrots

1 pkg. chopped frozen spinach
1 can garbanzo beans, drained
1 bottle spicy V-8 juice
1 large can diced tomatoes

Saute onions and garlic in oil. Add vegetables and cook until almost tender. Add V-8 juice and tomatoes. Simmer until tender.

David likes his soup with Italian or smoked sausage in it. This soup started out as an economical and nutritious meal for the kids and me. Now it's our favorite diet meal.

GRANDMA LEAPER'S CHILI

Alysa Slavinsky

2 Tbsp. olive oil
3 lb. beef chuck, coarsely
ground
3 medium onions, chopped
3 Tbsp. minced garlic
1/3 c. chili powder
1 (35 oz.) Italian plum
tomatoes
1/2 c. tomato sauce
2 cans beef stock

1 (12 oz.) can beer
3 Tbsp. red wine vinegar
2 tsp. pepper
2 tsp. paprika
½ tsp. cumin
3 cans kidney beans
Cheddar cheese, sour cream,
and chopped onions
(optional)

Brown beef; remove fat. Next, saute onions for 8 minutes, garlic for 1 minute. After that, put all, but kidney beans, in a big pot for 35 minutes on simmer. Next, put beans in pot with everything else for 10 more minutes. Stand at room

temperature for a while. If you want, put Cheddar cheese, sour cream, and chopped onions on top of the best chili ever.

Beans, beans good for your heart ... from Uncle Mark.

HARRIET'S ORANGE BUTTERMILK SALAD

Harriet Pariso

1 (8½ oz.) can crushed pineapple

1 (6 oz.) pkg. orange flavored gelatin

2 c. buttermilk 1 (8 oz.) ctn. Cool Whip 1/4 c. chopped pecans

Bring pineapple and syrup to boil. Remove from heat; cool at room temperature. Stir in buttermilk. Fold Cool Whip and pecans. Pour into mold. Chill for 4 hours or overnight. Makes 6 to 8 servings.

This is great with dinner or as dessert. I like it for breakfast the next day - Alysa.

PINEAPPLE MINT FREEZE

Tammy Peters

1 (20 oz.) can crushed pineapple

1 (10 oz.) jar mint jelly 1 small container Cool Whip

1 env. unflavored gelatin

Drain pineapple, reserving syrup. In saucepan, soften gelatin in syrup. Add jelly and dash of salt. Heat and stir until gelatin is dissolved and jelly melted. Stir in pineapple. Chill until mixture is thick and syrupy.

Higgenbothan family favorite.

BROCCOLI SALAD

Sarah Slavinsky

3 heads broccoli
1 lb. bacon, cooked, drained, and crumbled

1 c. grated Cheddar cheese ½ red onion, finely chopped

Dressing:

11/3 c. mayonnaise 1/2 c. sugar

3 Tbsp. apple cider vinegar

Wash and cut broccoli into bite-size pieces. Place broccoli in a large bowl. Layer bacon, cheese, and onions over broccoli. Do not mix. In a small bowl, combine mayo, sugar, and vinegar. Mix well. Pour over broccoli salad. Do not stir. Refrigerate overnight. Stir before serving. Top with sunflower seeds.

1698-03

This delicious salad was served at a luncheon celebrating the adoption of our daughter, Elizabeth. Every time we eat it we are reminded of that wonderful day!

APRICOT JELLO SALAD

Tammy Peters

1 (20 oz.) can crushed pineapple 1½ c. water 1 c. sugar 2 small pkg. apricot jello 6 oz. cream cheese, softened 2 env. Dream Whip 1 c. chopped celery 1 c. nuts, chopped

Mix pineapple with juice, water, and sugar. Bring to a good boil. Pour over jello. Mix and cool. Mix cream cheese thoroughly with Dream Whip, whipped according to directions. Add cream cheese mixture to cooled jello. Mix well. Fold in celery and nuts. Refrigerate until well set. Keeps for several days.

OLIVE GARDEN ITALIAN SALAD DRESSING

Michelle Petrano

½ c. white vinegar

1/3 c. water

1/3 c. vegetable oil

1/4 c. corn syrup

2½ Tbsp. grated Romano cheese

2 Tbsp. dry pectin

2 Tbsp. beaten egg or egg substitute

11/4 tsp. salt
1 tsp. lemon juice
1/2 tsp. minced garlic
1/4 tsp. dried parsley flakes
Pinch of dried oregano
Pinch of crushed red pepper
flakes

Combine all of the ingredients with a mixer on medium speed or in a blender on low speed for 30 seconds. Chill at least one hour. Serve over mixed greens, or use as a marinade.

For a "lower carb" version ... omit the corn syrup and replace with a little extra oil and some fake sugar.

TIM'S CAESAR SALAD

Tim Pariso

4 anchovies

1 garlic clove

1/2 lemon

1 Tbsp. Worcestershire sauce

1/4 c. olive oil

1 egg

Parmesan cheese

2 Tbsp. Dijon mustard

Croutons

Black pepper

Romaine

Mash anchovies with fork in a large wooden bowl. Grate garlic and mix together well. Add lemon, Worcestershire, Dijon mustard, and egg, mixing well after each addition. Pour olive oil in a thin stream while mixing. Add romaine, cheese, croutons, and pepper. Toss top with more grated or shaved cheese and pepper to taste.

One of the first times I met Tim, he made his famous Caesar salad ... though it's delicious, I think he won me over with his bear rug and a bowl of M&M's - Michelle.

CRANBERRY GORGONZOLA GREEN SALAD

Tammy Peters

1/3 c. vegetable oil

1/4 c. seasoned rice vinegar

3/4 tsp. Dijon mustard

1 clove garlic, pressed

1 small head Bibb lettuce

1 small head green leaf lettuce

1 Granny Smith or pineapple, diced

1/3 c. coarsely chopped walnuts

1/3 c. dried cranberries

1/3 c. crumbled Gorgonzola cheese

Combine first 4 ingredients; stir with a wire whisk until blended. Set aside. Just before serving, combine Bibb lettuce and remaining 5 ingredients in a large bowl. Pour dressing over salad; toss gently. Yield: 8 servings.

THREE BEAN SALAD

Michelle Petrano

1 can green beans, drained

1 can yellow wax beans, drained

1 can kidney beans, drained

½ c. chopped green pepper

1/4 c. chopped onion

1/2 c. salad oil

½ c. vinegar

1/2 c. sugar

Salt and pepper to taste

Mix all ingredients and refrigerate 24 hours.

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Recipe story: One time, my mom made a double batch of the salad and placed it in a very large glass bowl. I was around 7 to 8 years old at the time ... and the dish was too heavy for me to move. I asked Brian to help me, but he was too busy being a jerk to bother ... So, in my attempt to get the salad out of the fridge to have some, it fell to the floor. Glass, oil, sugar, and beans were all over the kitchen ... At this point, Brian got off his butt and cleaned up the whole mess, therefore acknowledging fault. Mom was pleased to have it all cleaned up before she got home, though nobody got any salad.



EQUIVALENT CHART 1/4 lb. crumbled Bleu cheese...... 1 c. 3 tsp...... 1 Tbsp. 1 lemon......3 Tbsp. juice 2 Tbsp......1/8 C. orange.....¹/₃ c. juice 1 lb. unshelled walnuts 11/2 to 13/4 c. shelled 2 c. fat...... 1 lb. 16 Tbsp...... 1 c. 1 lb. butter......2 c. or 4 sticks 5 Tbsp. + 1 tsp. 1/3 c. 2 c. granulated sugar..... 1 lb. 31/2-4 c. unsifted powdered sugar...... 1 lb. 21/4 c. packed brown sugar...... 1 lb. 8 oz. 1 c. 4 c. sifted flour 1 lb. 16 oz. 1 lb. 41/2 c. cake flour..... 1 lb. 1 oz. 2 Tbsp. fat or liquid 31/2 c. unsifted whole wheat flour 1 lb. 4 oz. (1 to 11/4 c.) uncooked 1 qt...... 4 c. 7 oz. spaghetti4 c. cooked 4 oz. (11/2 to 2 c.) uncooked ⁷/₈ C.³/₄ C. + 2 Tbsp. noodles.....2 c. cooked 28 saltine crackers...... 1 c. crumbs 8 to 10 egg whites...... 1 c. 4 slices bread 1 c. crumbs 12 to 14 egg yolks 1 c. 14 square graham crackers...... 1 c. crumbs 1 c. unwhipped cream2 c. whipped

SUBSTITUTIONS FOR A MISSING INGREDIENT

- 1 square chocolate (1 ounce) = 3 or 4 tablespoons cocoa plus ½ tablespoon fat
- 1 tablespoon cornstarch (for thickening) = 2 tablespoons flour
- 1 cup sifted all-purpose flour = 1 cup plus 2 tablespoons sifted cake flour
- 1 cup sifted cake flour = 1 cup minus 2 tablespoons sifted all-purpose flour
- 1 teaspoon baking powder = 1/4 teaspoon baking soda plus 1/2 teaspoon cream of tartar
- 1 cup sour milk = 1 cup sweet milk into which 1 tablespoon vinegar or lemon juice has been stirred
- 1 cup sweet milk = 1 cup sour milk or buttermilk plus ½ teaspoon baking soda
- 3/4 cup cracker crumbs = 1 cup bread crumbs

1 lb. shredded American cheese...... 4 c.

- 1 cup cream, sour, heavy = 1/3 cup butter and 2/3 cup milk in any sour milk recipe
- 1 teaspoon dried herbs = 1 tablespoon fresh herbs
- 1 cup whole milk = ½ cup evaporated milk and ½ cup water or 1 cup reconstituted nonfat dry milk and 1 tablespoon butter
- 2 ounces compressed yeast = 3 (1/4 ounce) packets of dry yeast
- 1 tablespoon instant minced onion, rehydrated = 1 small fresh onion
- 1 tablespoon prepared mustard = 1 teaspoon dry mustard
- 1/8 teaspoon garlic powder = 1 small pressed clove of garlic
- 1 lb. whole dates = 11/2 cups, pitted and cut
- 3 medium bananas = 1 cup mashed
- 3 cups dry corn flakes = 1 cup crushed
- 10 miniature marshmallows = 1 large marshmallow

GENERAL OVEN CHART

	Very slow oven	250°	to	300°F.
	Slow oven	300°	to	325°F.
	Moderate oven	325°	to	375°F.
	Medium hot oven	375°	to	400°F.
١	Hot oven	400°	to	450°F.
	Very hot oven	450°	to	500°F.

CONTENTS OF CANS

22 vanilla wafers...... 1 c. crumbs

Of the different sizes of cans used by commercial canners, the most common are:

Size:	Average Contents
8 oz	1 cup
Picnic	11/4 cups
No. 300	
No. 1 tall	
No. 303	
No. 2	2½ cups
No. 21/2	3½ cups
No. 3	4 cups
No. 10	12 to 13 cups

VEGETABLES



SMOOTSA TOOTA

Alysa Slavinsky

1 big bag Birds Eye broccoli florets (or use fresh broccoli - Grandma's mom did)

Water

Olive oil (enough so it looks like Grandma's in the pot)

Garlic powder or granulated garlic Pepper Any pasta (Grandma used acini de pepe or tubetti) Romano cheese

In 2 quart pot, boil broccoli, olive oil, and garlic in water (around halfway up the pot) until the broccoli is tender, really soft, and the water is green. Take broccoli and place in separate dish. Keep green water to boil pasta. When pasta is done, put broccoli back in and cook, covered, until it looks and smells like Grandma's.

This reminds me of ... Savoia chookies in the Charlie Chip can ... Tony and Dougy taking off the cheese jar tops ... Grandma's green chairs and Italy wallpaper ... rolling Italian bread into balls and cubes ... laughing with my cousins. Thank everyone for the memories! Alysa (Lisa).

GRANDMA PETERS' PEAS

Alysa Slavinsky

1 bag frozen peas or 1 can peas

Oregano to taste Enough water to cover peas

Cook peas and oregano in boiling pot of water.

I remember when Grandma made these one day, she told me the story of when her mom would make corn bread every night for dinner and Grandma hated corn bread. That's why we never had corn bread at Grandma's.

EMILY'S FIRST FRENCH FRIES

Emily Slavinsky

2 small sweet potatoes, peeled and cut lengthwise into ½ inch thick sticks

2 Tbsp. apple juice concentrate 4 tsp. butter, melted

Line a broiler pan with aluminum foil and preheat broiler. Boil the potatoes in a covered pot of water for 5 to 7 minutes or until crisp-tender. Drain. Combine

the apple juice concentrate and butter in a medium mixing bowl. Add the potatoes and toss gently to coat. Arrange on broiler pan in a single layer. Broil 3 minutes per side or until lightly browned. Allow to cool and serve.

May be frozen up to 3 months.

Emily likes these as much as yogurt!

GRACE'S BAKED BEANS

Mary Slavinsky

1 qt. yellow eyed beans 4 tsp. sugar or 3 tsp. sugar and 1 tsp. molasses ½ tsp. dry mustard 1/2 tsp. salt 1/4 tsp. pepper Pinch of ginger 1/4 lb. salt pork

If pork in lean, don't put so much salt. This recipe is for 1 quart. You will have to double it for 2 quarts. Put in crockpot and cook on LOW until desired consistency.

ALDA'S COLE SLAW

Mary Slavinsky

1 medium head of cabbage, chopped

1 medium onion, chopped 2 carrots, grated

Dressing:

1/2 c. mayo 1/4 c. oil 1/4 c. cider vinegar 2 Tbsp. sugar

Stir this together and pour over cabbage mix. Chill before serving.

MARY LOU'S POTATO SALAD

Mary Lou Nadeau

7 c. sliced warm boiled potatoes
1/3 c. chopped chives
1 tsp. salt
1/8 tsp. pepper
1 Tbsp. grated onion

1/4 c. salad oil
1/4 c. cider vinegar
1/2 c. chopped celery
1/2 c. diced cucumber
3/4 c. sour cream

3/4 c. mayonnaise

Combine warm potatoes, chives, salt, pepper, onion, oil, and vinegar. Stir well and chill. Meanwhile, mix celery, cucumber, sour cream, and mayonnaise. Chill. Just before serving, combine the mayonnaise mixture and the potato mixture. Mix well. Garnish with lettuce and sliced hard cooked eggs if desired. Makes 8 servings.

BAKED BEAN CASSEROLE

Mark Leaper

1 (54 oz.) Grandma Brown's baked beans
1 can chunk pineapple
1 medium onion

1/2 lb. bacon 1/2 c. brown sugar 1/2 c. molasses

Precook bacon halfway. Drain on paper towel. Drain pineapple and cut chunks in half. Coarsely chop onion (almost bite-size). Combine beans, pineapple, and onion. Spread in 9x13 inch baking dish. Sprinkle brown sugar and drizzle molasses over top. Bake at 350° for 30 minutes. Cut bacon into 1 inch pieces. Place on top and bake until bacon is crisp and beans are as bubbly as you will be. Ha! Ha!

HARRIET'S FAMOUS CORN SOUFFLE

Harriet Pariso

1 can cream style corn 3 eggs, slightly beaten 1 Tbsp. butter 2 Tbsp. sugar Pinch of salt

Pinch of pepper
2 slightly rounded Tbsp.
flour
1 can condensed milk or
half & half

Pour into greased casserole. Bake at 350° for 1 hour.

Lose this recipe ... Call Mom long distance every holiday to write recipe again. Make, enjoy, lose recipe, repeat ... Laurie.

TIM'S MUSHROOMS

Tim Pariso

2 Tbsp. butter 1 lb. mushrooms

½ c. cream sherry

Clean mushrooms, trim ends, and leave whole. Saute mushrooms in butter until butter is almost brown. Take off heat and add sherry. Cook until tender.

CARROT SOUFFLE

From Ellen's mother

1 lb. carrots, peeled and sliced
½ c. melted butter
3 eggs

1 c. sugar1 tsp. vanilla extract3 Tbsp. flour1 tsp. baking powder

Preheat oven at 350°. Cook carrots until tender in a small amount of salted water. Drain. Combine carrots and butter in container of electric blender. Blend until smooth. Add remaining ingredients and blend well. Spoon mixture into a lightly greased 1 quart souffle dish. Bake 45 minutes or until firm.

I have made this with only a ½ cup of sugar and the "kids" never knew any better. Food processor works just as well too (Babs).

This is my favorite dish in the world. When I make it for friends, they can't believe how good it is! It's good as a hot side dish, it's good as a cold dessert ... it's good anytime! And once I made it using yellow squash; it turned out good too! (Michelle).

HEAVENLY SPINACH

Babs Sossong

3 (10 oz.) pkg. frozen chopped spinach 2 c. herb-seasoned stuffing mix

1/2 c. butter
1 (1.375 oz.) pkg. onion soup
mix
2 c. sour cream

Preheat oven to 350°. Cook and drain spinach (or just let it thaw ...). Brown stuffing mix in butter, reserving ½ cup. Mix spinach, stuffing, soup mix, and sour cream. Place in a greased 2 quart casserole dish. Sprinkle with reserved stuffing. Bake, uncovered, at 350° for 20 to 30 minutes.

GRANDMA LEAPER'S SCALLOPED CORN

Alysa Slavinsky

1 can regular corn 1 can creamed corn 1 egg, beaten Salt Pepper Ritz crackers, crumbled Butter (less than a Tbsp.)

Mix first 5 ingredients. Place in casserole dish. Crumble Ritz crackers on top. Dot with butter. Bake, uncovered, at 350° for about 45 minutes or more.

This reminds me of ... Grandpa last to serve himself (hot sweet) ... Grandma's story telling ... laughing at Uncle Mark ... Debbie's desserts ... finding out what's new with my cousins, wishing we lived closer ... I am blessed to have such a wonderful family - Alysa.

GRANDMA LEAPER'S CHEESE POTATOES

Alysa Slavinsky

1 bag frozen chopped home fries

½ c. chopped onion

1 can cream of chicken soup

1 pt. sour cream

2 c. Cheddar cheese Bacon, salt, and pepper

(optional)
3 Tbsp. melted butter
Corn flakes, crushed

Mix first 5 ingredients. Sprinkle with 3 tablespoons melted butter and crushed corn flakes. Bake 45 to 50 minutes at 350°.

Wanna sing "New Country Corn Flakes" anyone?

KUGELI

Mary Slavinsky

5 lb. grated potatoes

1 lb. bacon

1 large onion, diced and fried

6 eggs

Less than ½ c. farina

1 c. milk

Salt

Pepper

Mix all ingredients in a buttered baking dish. Bake at 500° (high) for 15 minutes, then at 350° for 1 hour.

CREAMED ONIONS

Chris Pariso

1 bag yellow onions

1 can cream of mushroom soup

Bread crumbs
Real cream sauce and
mushrooms

Boil onions (peeled) until tender. Drain well. Mix in soup and top with bread crumbs. Bake at 350° for 30 minutes.

This is an old Leaper family holiday dish. It goes very well with 3 French hens, lots of laughter, and love.

BACON AND MUSHROOMS

Mary Slavinsky

1 lb. bacon, diced and fried

1 large onion, chopped

2 to 3 large cans mushroom bits and pieces, drained and diced

Flour

Light cream

Fry the bacon first, drain off the fat, then mix in the chopped onion and the mushrooms. Cook and stir until onions are clear and mushrooms are cooked. Just before serving, sprinkle a tablespoon flour and stir over heat. Gently stir in a pint of light cream. You can add a little more flour until it is at the consistency you want.

This is a family favorite for the holidays. I never like mushrooms until Alda served this to me as a vegetable at a Sunday dinner. Mom hated that as the kids were older, they began to like this. It caused less and less leftovers - David.

GRANDMA PETERS' STUFFED ARTICHOKES

Theresa Peters

4 medium sized artichokes
1 c. bread crumbs
1 clove garlic or garlic
powder

1 tsp. chopped parsley

3 Tbsp. grated Romano cheese
Salt and pepper
1/4 c. olive oil
1 c. cold water

Wash artichokes and remove large outer leaves. Cut off stems and with scissors, trim point 1½ inches down from top. Spread leaves apart gently. Combine crumbs, garlic, parsley, cheese, salt, pepper, and oil. Mix thoroughly. Place crumb mixture between loosened artichoke leaves. Stand artichokes straight up in saucepan and pour water into pan from side. Do not pour water over artichokes. Cover pan and simmer until leaves pull off easily, about a half hour. Lift out of pan gently. Serve hot or cold.

SWEET POTATO CASSEROLE

Debbie Breton

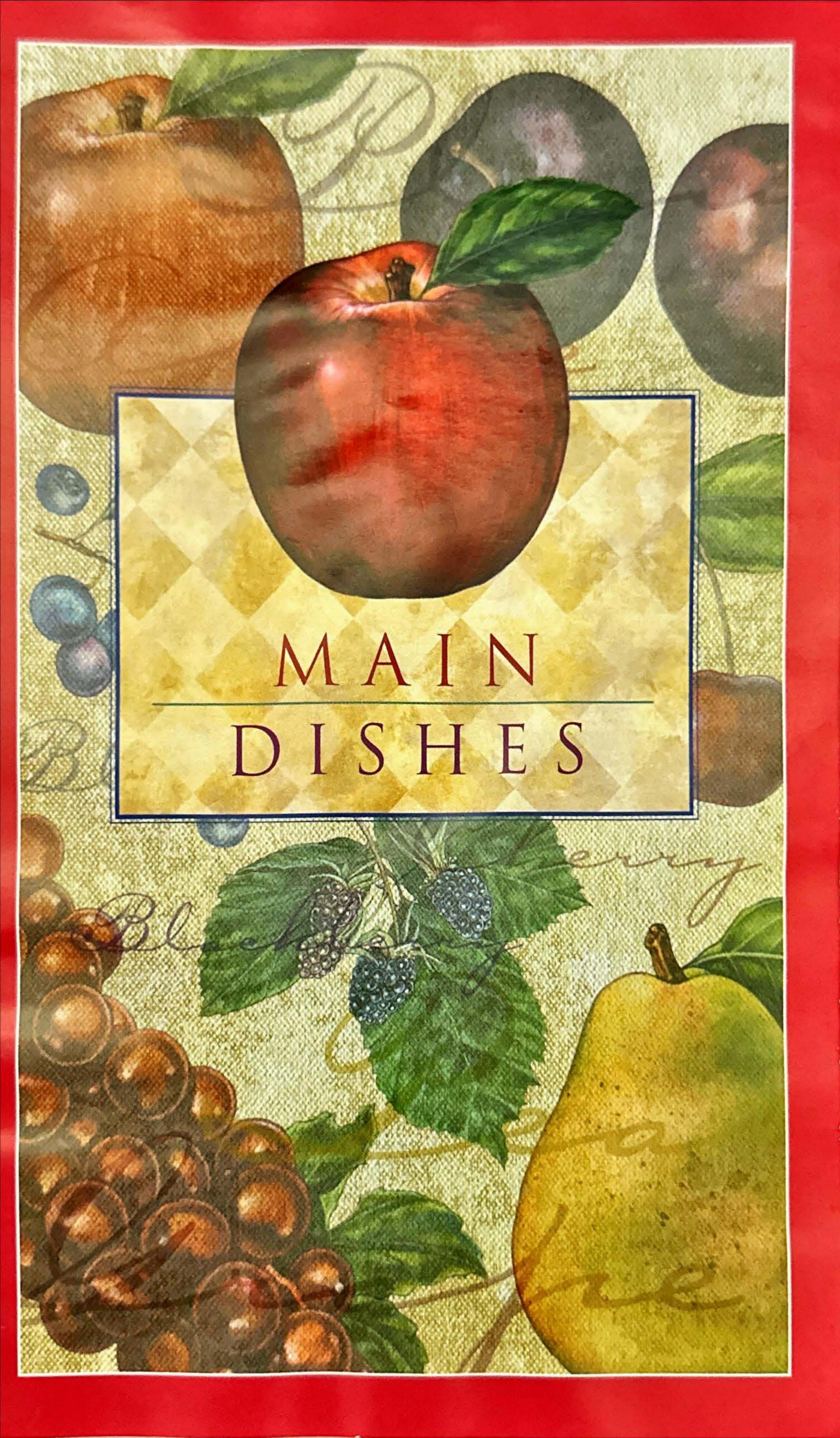
1½ lb. sweet potatoes ½ c. sugar ½ c. milk
1 beaten egg
3 Tbsp. butter, cubed
1 tsp. vanilla

1/2 c. packed brown sugar 1/3 c. all-purpose flour 2 Tbsp. butter 1/2 c. pecan pieces Pecan halves (optional)

Scrub and peel sweet potatoes. Cut off and discard woody ends. Cut potatoes into cubes and cook, covered, in a small amount of boiling water for 25 to 35 minutes or until tender. Drain.

Combine hot sweet potatoes, sugar, milk, egg, the 3 tablespoons butter, and vanilla. With a wooden spoon, stir to break up the potatoes, but not completely mash them. Put mixture into a greased 2 quart square baking dish.

Combine brown sugar and flour; cut in the 2 tablespoons butter until mixture resembles coarse crumbs. Stir in pecan pieces and sprinkle crumb mixture over potatoes. Bake, uncovered, in a 350° oven for 25 minutes or until set. Garnish with pecan halves if desired.



MEAT	RO	ASTING	GUIDE
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Cut	Weight	Approx. Time (Hours) (325° oven)	Internal Temperature
BEEF Standing rib roast (10 inch) ribs (If using shorter cut (8-inch)	4	1 ³ / ₄ 2 2 ¹ / ₂	140° (rare) 160° (medium) 170° (well done)
ribs, allow 30 min. longer)	8	2½ 3 4½	140° (rare) 160° (medium) 170° (well done)
Rolled ribs	4	2 2½ 3	140° (rare) 160° (medium) 170° (well done)
	6	3 3½ 4	140° (rare) 160° (medium) 170° (well done)
Rolled rump (Roast only if high quality. Otherwise, braise.)	5	2½ 3 3½	140° (rare) 160° (medium) 170° (well done)
Sirloin tip (Roast only if high quality. Otherwise, braise.)	3	1½ 2 2½	140° (rare) 160° (medium) 170° (well done)
.AMB .eg	6	3 3½	175° (medium) 180° (well done)
	8	4 41/2	175° (medium) 180° (well done)
EAL eg (piece) shoulder folled shoulder	5 6 3 to 5	2½ to 3 3½ 3 to 3½	170° (well done) 170° (well done) 170° (well done)

POULTRY ROASTING GUIDE

Type of Poultry	Ready-To- Cook Weight	Oven Temperature	Approx. Total Roasting Time
TURKEY	6 to 8 lb.	325°	21/2 to 3 hr.
	8 to 12 lb.	325°	3 to 31/2 hr.
	12 to 16 lb.	325°	31/2 to 4 hr.
	16 to 20 lb.	325°	4 to 41/2 hr.
	20 to 24 lb.	300°	5 to 6 hr.
CHICKEN	2 to 21/2 lb.	400°	1 to 1½ hr.
(Unstuffed)	21/2 to 4 lb.	400°	1½ to 2½ hr.
	4 to 8 lb.	325°	3 to 5 hr.
DUCK (Unstuffed)	3 to 5 lb.	325°	2½ to 3 hr.

NOTE: Small chickens are roasted at 400° so that they brown well in the short cooking time. They may also be done at 325° but will take longer and will not be as brown. Increase cooking time 15 to 20 minutes for stuffed chicken and duck.

MAIN DISHES



NANA'S POT ROAST

Chris Pariso

1 lean chuck roast
1 can cream of mushroom
soup

1 pkg. dry onion soup mix

Mix soups together and spread on meat. Cover well with foil and bake in roasting pan for 3 to 4 hours at 300° or until very tender. This will make its own gravy.

Optional additions:

½ c. red wine
1 small container whole mushrooms

Serve with oven roasted potatoes, onions, and carrots.

CRAN-APPLE GLAZED PORK CHOPS

Dawn and Tony Provenzano

6 oz. boneless chops 1/8 Tbsp. thyme 1/8 Tbsp. black pepper 1/3 c. apple juice

1/3 c. whole cranberry sauce

Season pork chops with thyme and black pepper. Place in oven dish with apple juice and cranberry sauce. Bake at 350° for 20 minutes or until done.

Recommend sweet potatoes, green beans with rosemary, and carrots for a side dish.

I made these before I sent the recipes in and Emily loved them!

EASY ENCHILADA CASSEROLE

(Katelyn's favorite)

1 medium onion, chopped

2 Tbsp. vegetable oil

1 (19 oz.) can enchilada sauce

1 (16 oz.) can black beans, rinsed and drained

1 (14½ oz.) can diced tomatoes with jalapenos

1 (11 oz.) can Mexican-style corn, drained

1 tsp. fajita seasoning or chili powder

1 tsp. ground cumin

1 (10 oz.) pkg. 6 inch corn tortillas

3 c. chopped, cooked chicken

3 c. (12 oz.) shredded Mexican four-cheese blend

Saute onion in hot oil in a large skillet over medium-high heat until tender. Stir in next 6 ingredients. Reduce heat to low and cook, stirring often, 5 minutes or until thoroughly heated.

Spoon ½ of sauce mixture in bottom of a lightly greased 13x9 inch baking dish. Layer with ½ of tortillas, half of chicken, and 1 cup cheese. Repeat layers with ½ each of sauce mixture and tortillas, remaining chicken, and 1 cup cheese. Top with remaining tortillas, sauce mixture, and 1 cup cheese. Bake at 350° for 15 to 20 minutes or until golden and bubbly.

Two pounds cooked lean ground beef may be substituted for chicken.

ALYSA'S EASY STEAK FAJITAS

Alysa Slavinsky

4 garlic cloves, minced

1 tsp. seasoned salt

1 tsp. dried oregano

1 tsp. ground cumin

1/4 tsp. cayenne pepper

1/4 c. orange juice

1/4 c. white vinegar

1 lb. boneless beef sirloin steak, cut into 1/4 inch strips

1 medium onion, sliced

1 medium green pepper, sliced

2 Tbsp. olive oil, divided

4 to 6 (10 inch) flour tortillas, warmed

Sharp shredded Cheddar cheese

Picante sauce and sour cream (optional)

In a large Ziploc bag, combine the first seven ingredients; add the beef, seal bag, and turn to coat; set aside. In skillet, saute onion and peppers in 1 tablespoon oil until crisp tender; remove and set aside.

Drain and discard marinade. In same skillet, cook beef in remaining oil for 2 to 4 minutes or until it reaches desired doneness. Return vegetables to pan; heat through. Spoon meat and vegetables onto tortillas. If desired, top with cheese and serve with picante sauce and sour cream. Yield: 4 to 6 servings.

FETTUCINI ALFREDO

1 lb. fettucini noodles 2 egg yolks ½ pt. heavy cream 4 oz. butter 4 oz. freshly grated Parmesan cheese Salt and pepper

Cook noodles in salted water until tender (about 7 to 9 minutes). Drain. Blend egg yolks and cream together. Place butter in pan and melt. Add noodles and heat through. Add mixtures of egg and cream and gently fold in until all the yolks and cream are used. Season to taste and add Parmesan cheese. Serves 4.

Half & half can be substituted for the heavy cream for a lighter version. Add sauteed shrimp and this becomes seafood lovers' heaven!

JORDAN'S LEMON CHICKEN

Randy Christopher

1 c. milk

1 c. bread crumbs

1 c. Parmesan cheese

2 Tbsp. chopped parsley

1 c. olive oil

Butter

Pepper

Lemon, thinly sliced

1/4 c. lemon juice

1 c. chicken broth

1 c. white wine

4 large halved chicken breasts

Lightly pound chicken breasts. Soak in milk for about 10 minutes. Mix bread crumbs, Parmesan cheese, and parsley and dredge each slice of chicken until well covered in mixture. Add olive oil to large skillet and quickly brown each side. Do not overcook. Place breast in lightly buttered baking dish and pepper them. Place slice of lemon on top of each breast. Add white wine and boil until liquid is reduced by ½. Add lemon juice and chicken broth. Place in oven at 350° for about 30 to 40 minutes!!

GRANDMA PETERS' CUTLETS

Theresa Peters

Thin cutlets of chicken, beef, veal, or fish Beaten eggs

Italian bread crumbs Grated Romano cheese

Mix bread crumbs with cheese. Dip meat in egg. Roll in bread crumbs. Saute in olive oil in heated pan.

The aroma will remind you of Grandma's house.

DAVID'S FAMOUS HAMBURGERS

1 lb. ground beef 1 small to medium onion, chopped

1/2 c. BBQ sauce 1 c. seasoned bread crumbs

Mix all of the ingredients in bowl. Make into hamburgers. Grill until done.

I love these so much that I don't need a bun or any condiments! - Alysa.

If you want to make the burgers ahead, just wrap burgers in wax paper, place in sealable plastic bag, and refrigerate until ready to grill.

Can be frozen after cooked. Makes for a quick meal in a pinch - David.

SHRIMP PEEL

Pat Leaper

5 lb. shrimp (26 to 30 count - shell on), deveined 1 lb. butter Dash or 2 of Worcestershire sauce Dash or 2 of soy sauce

2 Tbsp. black pepper
¼ c. lemon juice
4 Tbsp. parsley
2 Tbsp. minced garlic (or more)
1 Tbsp. oregano

Wash and drain shrimp in a large roasting pan. Pour sauce over. Bake at 350° for thirty minutes (stirring every 10 minutes). Turn oven off. Cover and let sit in oven 1 hour. Serve with coleslaw and bread for dipping in sauce.

Good idea to use a newspaper tablecloth. It's messy, but great!

POLISH PIEROGI

Mary Slavinsky

Dough:

3½ c. flour

1½ c. warm water ½ tsp. salt

1 egg

Filling:

1 medium onion, chopped

½ lb. cream cheese

fine

½ lb. ground beef, cooked

Bacon drippings

1 c. cooked mashed potatoes
(hot)

Cook onion in bacon drippings. Mix hot mashed potatoes, cream cheese, onion, salt and pepper, and hamburg to taste. Let cool.

Make dough with egg mixed with warm water and salt, stirring in gradually and mixing well. Roll out very thin on floured board. Cut with 4 inch round cutter (top of coffee canister). Place about 2 teaspoons filling in center of each and fold over. Moisten edges and fold over a little to seal.

Cook in boiling salted water for about 5 minutes or until they float. Remove and let cool. Fry in fat over low heat until brown and crisp.

SIX-LAYER DINNER

Babs Sossong

2 c. sliced raw potatoes

2 c. chopped celery

2 c. ground beef

1 c. sliced raw onions

1 c. minced green pepper

2 c. cooked tomatoes

Preheat oven at 350°. Place in layers, each seasoned with salt and pepper, in greased 2 quart casserole dish. Bake 2 hours.

CHICKEN TACOS

Sarah Slavinsky

3 c. cooked chicken
3 green onions, chopped
1 can diced green chilies
1 (16 oz.) jar salsa

Salt and pepper to taste 4 oz. cream cheese, cut into 4 or 5 pieces

Saute chicken, onions, chilies, salt and pepper, and salsa until moisture is almost gone. Add the cream cheese and stir until melted. Serve in taco shells, topped with lettuce, tomatoes, and cheese.

This recipe is really easy and really yummy!! Makes a quick dinner.

MICHELLE'S BEEF STROGANOFF

Michelle Petrano

1 red onion, chopped

1 can mushrooms (juice too)

1 c. Portobello mushrooms, cut in chunks

1 can cream of mushroom soup

1 c. sour cream

1 bag egg noodles, prepared

Saute the onion in some olive oil. Add the mushrooms (canned and Portobello). Simmer for about 5 minutes. Add cream of mushroom soup and cook for about 5 to 10 minutes (at this point, I usually let it simmer just until serving time, however long that takes). Add sour cream and gently stir well.

To serve: Top a bowl of egg noodles with stroganoff sauce. De-lish!

Options: Substitute cooked beef for the Portobello mushrooms if you want. I usually picked the beef out of mine, so I just stopped adding it.

CRANBERRY PORK ROAST

1 boneless rolled pork loin roast (2½ to 3 lb.)

1 can jellied cranberry sauce

1/2 c. sugar

½ c. cranberry juice

1 tsp. dry mustard 1/4 tsp. ground cloves 2 Tbsp. cornstarch 2 Tbsp. cold water

Place roast in slow cooker. In medium bowl, mash cranberry sauce. Add sugar, cranberry juice, dry mustard, and cloves. Pour over roast. Cover and cook on LOW for 6 to 8 hours or until meat is tender. Remove roast and keep warm. Skim fat from juices. Measure 2 cups of juices (add water if necessary). Pour into saucepan. Bring to a boil over medium-high heat. Combine cornstarch and water to make a paste. Stir into gravy. Cook and stir until thickened. Season with salt.

GRANDPA'S SPAGHETTI SAUCE

Roger Leaper

1/2 lb. chopped beef 1 c. sliced mushrooms 1 garlic clove 1/4 c. olive oil 1/8 tsp. red pepper 21/2 c. tomatoes 1/2 can tomato paste or more

Add chopped beef, sliced mushrooms, garlic, and oil in pot. Simmer 5 minutes, stirring constantly. Add red pepper, tomatoes, and tomato paste. Simmer for 45 minutes. Cover and simmer for 30 minutes longer.

PORK CHOPS WITH RED PEPPER SAUCE

Chris Pariso

4 thick center cut pork chops

1 lemon

4 Tbsp. Dijon mustard

1 Tbsp. olive oil

1 red pepper, chopped

1 clove garlic, chopped

2 Tbsp. butter

Salt Pepper

Mix lemon juice, mustard, and olive oil. Marinate pork chops at least 30 minutes. Top with coarse black pepper. Grill until just cooked.

Saute red pepper, garlic, butter, and salt until very tender. Blend in blender until smooth and creamy.

This is David's most request dinner at our house.

1 medium eggplant, peeled and sliced Salt 1 egg Italian bread crumbs

Romano cheese or Parmesan cheese Olive oil Your favorite sauce Mozzarella cheese

Sprinkle each slice of eggplant with salt. Put in colander. Place weighted plate on top to drain. Set aside for at least 30 minutes. Rinse and pat dry on paper towel.

Dip in egg. Next, mix bread crumbs and cheese together and dip eggplant. Saute in oil. Pat with paper towel. Place in baking dish. Cover with favorite sauce and sprinkle with Mozzarella cheese. Bake for half an hour or until cheese is bubbly at 350°.

SHRIMP FRA DIAVOLA

Debbie Breton

2 lb. shrimp
1 c. tomato sauce
1/4 c. flour
1 tsp. parsley, finely chopped
4 Tbsp. olive oil
2 cloves garlic, finely chopped

1/2 tsp. grand chipotle chile pepper 2 oz. butter 1 jigger brandy Salt and pepper

Lightly coat shrimp with flour. Pour the olive oil in a skillet on medium heat; add the shrimp, the garlic, the chile pepper and saute. Pour the brandy and flame. Add the tomato sauce and pinch of salt and let simmer on low heat for two minutes. Add butter to thicken and sprinkle with parsley before serving. Serves 4.

This can be served over bow tie pasta with a crisp white wine and a loaf of Italian bread. Belissimo!

NAMA'S CHICKEN CASSEROLE

Leah Leaper From Heaven

1 c. diced, cooked chicken
1 c. diced celery
1½ c. cooked rice
Salt and pepper
1 onion, chopped
½ c. chopped walnuts

1 can cream of chicken soup 1 Tbsp. lemon juice 3/4 c. mayonnaise 1/4 c. water 3 hard cooked eggs, chopped 2 c. crumbled potato chips

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Preheat oven to 350°. Mix chicken, celery, rice, salt and pepper, onion, nuts, soup, and lemon juice. Mix mayonnaise and water and add to mixture. Stir in eggs. Top with chips. Bake at 350° for 1¼ hours, till brown and bubbly.

CHILI RELLENO CASSEROLE

Sarah Slavinsky

1½ lb. hamburger
½ c. chopped onion
½ tsp. salt
½ tsp. pepper
2 (7 oz.) cans whole green
chilies
1 (6 oz.) pkg. sharp Cheddar,

1 (6 oz.) pkg. Jack cheese, grated
1½ c. milk
¼ c. flour
4 eggs, beaten
½ tsp. salt
Dash of pepper
Dash of Tabasco

Brown hamburger, onion, salt, and pepper. Spread half of the chilies in a greased 9x13 inch baking dish. Add a layer of Jack and Cheddar cheeses. Top with meat mixture. Arrange remaining chilies over the meat. Whisk the remaining ingredients until smooth. Pour mixture over meat and chili. Bake at 350° for 45 minutes. Let stand for 5 minutes before serving.

BRACIOLA

grated

Alysa Slavinsky

1.5 to 2 lb. flank steak
3 hard-boiled eggs, shelled
3 to 4 bacon slices, cooked
1 large onion, chopped
Romano or Parmesan cheese
Salt

Pepper
Garlic powder or fresh garlic
Parsley
Wax paper
Cooking string
Grandma's sauce

Have butcher butterfly your steak. Grandma said, "Tell him no holes because you're filling it and then rolling it." Place on wax paper. Pound it out so the steak is ½ inch thick. Sprinkle cheese, salt, pepper, garlic powder, and parsley all over opened steak.

Slice in big slices the hard-boiled eggs. Make a pile of eggs on one end of steak but leave 3 to 4 inch space around edge of meat so it won't leak out. Don't spread the egg all out. Next, layer chopped onions, cheese, salt, pepper, garlic powder, and parsley on egg pile, then place bacon on top of parsley. Roll meat while tucking in ends by using string. Wrap it good and tight. Place in a big fresh pot of Grandma's sauce on medium high heat for $2\frac{1}{2}$ hours or until tender.

If you need help, I have a video of Grandma making this. She makes it look so easy! Grandma was telling me that she learned how to wrap the braciola by watching her father and brother do it in the butcher shop and remembers her mom making braciola all of the time.

ARROZ CON POLO (CHICKEN AND YELLOW RICE)

Randy Christopher

2 c. Uncle Ben's long grain rice
Chopped cilantro
Dash of salt
2 to 4 drops of yellow food coloring

4 Tbsp. green olives 4 skinless chicken breasts 1 can Gondulez (pigeon peas)

Add olive oil to large pot. Add chicken and simmer for 5 minutes or until brown. Add olives, 3 to 3½ cups water, cilantro, salt, pepper, and food coloring. Cover and cook on medium for 10 to 15 minutes. Add rice, making sure there's enough liquid in pot to cover rice. If not, add liquid from can of gondulez. Uncover and lower heat. Cook till liquid evaporates. Add gondulez the last 5 minutes. Serve with Marc Anthony music in the background and a tight belly shirt, wild colored pants, and don't forget the stiletto heel!!

CHICKEN AND STUFFING SCALLOP

Debbie Leaper

1 (8 oz.) pkg. herb-seasoned stuffing

3 c. cubed, cooked chicken (save broth from cooking)

½ c. butter

½ c. flour

Salt and pepper 4 c. chicken broth

6 eggs, slightly beaten

Prepare stuffing according to package directions for dry stuffing. Spread in a 13x9 inch baking dish. Top with layer of chicken.

In a large saucepan, melt butter; blend in flour and seasonings. Add cooled broth. Cook and stir until mixture thickens. Stir a small amount of hot mixture into eggs, then return to the hot mixture. Pour over chicken. Bake at 325° for 40 to 45 minutes or until a knife inserted halfway to center comes out clean. Let stand 5 minutes to set. Cut into squares and serve with Pimento-Mushroom Sauce.

SATURDAY NIGHT DINNER

Debbie Leaper

(When Mom and Dad went out)

1 can beef stew, or frozen chicken pot pie, or Debbie's hot dogs

Roll hot dogs in ketchup, then roll on corn flake crumbs. Bake until hot in 350° oven.

GRANDMA'S ITALIAN SAUSAGE CASSEROLE

Theresa Peters

5 or 6 large potatoes, peeled and cut ½ big white onion 12 to 14 baby carrots Olive oil

3 Tbsp. crushed tomatoes 6 links mild Italian sausage (from Publix), cut in ½ 6 to 8 pats of butter

Mix potatoes, onion, carrots, olive oil, and crushed tomatoes in a big bowl. Put half of potato mixture in bottom of casserole dish. Next, layer sausage halves, then spread remaining potato mixture on top. Put 6 to 8 pats of butter on the very top. Bake for an hour and a half. Start off at 400° for the first ½ hour, then put to 375° for the remaining time.

GRANDPA LEAPER'S FLANK STEAK

Roger Leaper

3 Tbsp. chopped onion 1½ Tbsp. soy sauce 2 Tbsp. olive oil ½ tsp. thyme

Dash of pepper 2 Tbsp. lemon juice Flank steak, scored on both sides

Mix together marinade and marinate steak overnight. Remove steak from marinade and broil 4 to 8 minutes on a side - to desired doneness. Cut into thin slices.

Tip: I don't marinate it overnight, a few hours is okay. Also, for "rare," 4 minutes à side is enough.

It's best when Grandpa makes it cause he will give you "samples" while cutting it - Michelle. Thanks Grandpa. I remember that too! - Alysa.

Asparagus goes good with this - right Uncle Mark - ask him about his theory on asparagus. Ha! Ha! - Alysa.

8 Tbsp. butter
5 c. milk
½ c. flour
2 tsp. salt
¼ tsp. nutmeg
¼ tsp. cayenne pepper
4½ c. grated sharp Cheddar
cheese

2 c. Gruyere or 1¼ c.
Romano cheese, grated
1 lb. pasta (any kind)
1 c. bread crumbs
Salt to taste
Pepper to taste

Melt butter with milk. Add flour slowly while mixing. Thicken 10 minutes. Remove from heat. Stir in salt, pepper, 3½ cups Cheddar, and 1½ cups Gruyere or 1 cup Romano. Add pasta and pour in baking dish. Top with remaining cheeses and bread crumbs. Bake at 375° for 30 minutes. Let set for 5 minutes.

I make this for Emily when she stays with us at the beach.

ALYSA'S BEEF ENCHILADAS

Alysa Slavinsky

1 Tbsp. vegetable oil

1 onion, sliced

1 green pepper, sliced

1 red or yellow pepper, sliced

1 garlic clove, minced

2 c. cubed, cooked roast beef (about 3/4 lb.)

1½ c. taco sauce

1 tsp. ground cumin

Pepper to taste

6 to 8 (7 inch) flour tortillas

1 c. sharp shredded Cheddar cheese

½ c. sour cream

3 Tbsp. chopped green onion

In skillet, heat oil over medium heat; cook onion, peppers, and garlic for about 3 minutes or until onion has softened and peppers are tender-crisp. Remove from heat; stir in roast beef, ½ cup of taco sauce, cumin, and pepper to taste.

Place about ¾ cup meat mixture down center of 1 tortilla. Sprinkle with 1 tablespoon of cheese. Bring edges of tortilla together, overlapping slightly to enclose filling. Arrange, seam side up, in 11x7 inch (2 L) baking dish. Repeat with remaining tortillas and filling.

Spoon remaining taco sauce over tortillas, then add remaining cheese. Bake in 350° oven for about 30 minutes or until heated through. Spread sour cream and sprinkle green onion. Makes 6 servings.

Recipe note: David and Emily love this! I use Boar's Head (deli) roast beef and Old El Paso taco sauce. You can freeze these in Ziploc bags.

KIELBASA

5 lb. pork butt (coarse ground)
2½ Tbsp. salt (preferably fresh ground sea salt)
½ tsp. pepper (fresh ground)

4 cloves garlic, finely chopped 1/4 tsp. dry mustard Onion powder or bits

Add water to help stuffing of casings.

How Beth, David, and James loved to wash the casings at the sink and use the stuffer to stuff them.

TIM PARISO'S FILET MIGNON FOR 4

Laurie Peters

4 Hereford filets Worcestershire sauce

Lawry's seasoning Coarse ground pepper

Take 4 Hereford filets (only the best!) and drizzle with Worcestershire. Sprinkle with Lawry's and coarse ground pepper. Grill only on a Weber grill until medium rare. Serve with good company and a great bottle of red wine. Cheers!

Why bother making it yourself? Just go to Chris and Tim's house, sit back, and relax. Aunt Chris will even have fresh strawberries for you in the morning - Michelle.

GRANDPA LEAPER'S GRILLED HAMBURG

Roger Leaper

Hamburg Bacon Onions Salt Pepper Grilling basket

On basket, place bacon slices to cover, then cover bacon with sliced onions. Spread hamburg over onions, then cover hamburg with onions again and then another layer of bacon. Cook on grill, turning frequently, until bacon is done and hamburg is cooked through. Sprinkle salt and pepper if you want it. Really delicious!

You would look over to see Dad and he was consumed by the smoke - Mark.

1 can crabmeat 2 c. or 1 can shrimp (fresh or frozen) 1 c. or more chopped, cooked celery
1 c. mayonnaise

Mix above and put in shallow casserole.

Combine: 1/3 package prepared stuffing mix with 1/3 stick of butter or margarine, melted. Spread evenly over top. Bake at 350° for 30 minutes or until nicely browned.

This is one of Mary's favorites.

STRUDEL - SAUSAGE AND MUSHROOM

Richard Slavinsky

1 lb. sweet Italian sausage

1 lb. mushrooms

4 to 5 scallions

2 Tbsp. oil

2 Tbsp. butter

1 tsp. salt (optional)

½ tsp. pepper (optional)

1 pkg. phyllo dough (you will not need all of it; return remainder to pkg. and put back till needed)

About 1 stick butter, melted About 1½ c. fine bread crumbs (may need more) Sour cream (optional)

Remove casing from sausage and cook over medium heat until browned. Break it up into very small pieces and set aside.

Wash, pat dry, and mince the mushrooms into tiny bits. Mince the scallions, the green portions as well as the white. Cook the mushrooms and scallions together over low heat in the oil and butter until all the oil and butter disappears, 5 to 10 minutes. Season with salt and pepper, if you wish, and combine with sausage. You may find that the mixture has enough seasoning in it as is, just from the seasoned sausage.

Have phyllo dough defrosted out on your work table. It should be covered with a damp (wrung out) cloth to keep the dough from drying out. You will need 4 sheets of dough for each strudel. Place a sheet of dough on another cloth and dry one. Brush the sheet of dough well with some of the melted butter. Sprinkle with a thin layer of fine bread crumbs. Add a second sheet of dough, brush with butter, and sprinkle with crumbs. Add third layer of dough, brush with butter, and sprinkle with crumbs. Repeat with fourth layer, then on top of that, take some of the mushroom scallion sausage filling and place it along the larger

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side of the dough. The filling should fill entire length two inches inward, no more. Now, using the towel underneath, roll up dough and tuck in ends.

Grease a cookie sheet and carefully place roll on sheet, seam side down. Brush roll on all sides with melted butter. Repeat process once or twice more till filling is used up. Using a sharp knife, cut through the strudel halfway in the size portions you wish to serve - smaller for appetizer-size, larger for main course of dinner. Bake in preheated 400° oven for 20 minutes. Serve hot, as it is, or with sour cream. Will serve 6 to 12, depending on the size of your slices.

CHICKEN SALAD CROISSANT

Chris Pariso

6 chicken breasts, cooked and cut into small bite-size pieces
2 stalks chopped celery
½ c. chopped onion
¾ c. sliced red seedless grapes

3/4 c. chopped, toasted pecans
Mayonnaise to taste
Curry powder to taste
Salt to taste
Pepper to taste

Mix everything in bowl. Fill mini croissant with mixture.

These were made for Alysa's baby shower and Emily's birthday parties.

GRANDMA ALDA'S STUFFED CABBAGE

Mary Slavinsky

1 medium head cabbage 2 Tbsp. olive oil 11/2 c. chicken broth

For stuffing:

1 lb. lean ground pork or beef ½ c. rice (uncooked)
1 egg

3 scallions, chopped 3 Tbsp. tomato paste Salt and pepper to taste

Remove coarse outer leaves of cabbage and cut out core from base. In medium saucepan, bring 3 cups of water to boil. When boiling, plunge in whole cabbage and cook for 10 minutes. Remove from water and cool. Separate cabbage leaves, one by one, cut off thick stems, and discard.

In same boiling water, cook coarse outer leaves of cabbage 5 minutes. Drain from water and line bottom of casserole dish with them.

Combine all ingredients for stuffing. Mix and knead until smooth. Place 1 to 2 tablespoons stuffing in middle of each cabbage leaf. Fold in sides, over stuffing and roll tightly from end to end. Start from the stem towards the tip of the leaf.

Arrange rolls snugly and side by side in layers until all stuffing and cabbage leaves are used. Pour over the oil and chicken broth. Place a small plate upsidedown to weight rolls down. Cover and cook over medium heat for 45 to 60 minutes.

MARY LOU'S LASAGNA

Mary Lou Nadeau

6 Tbsp. butter or margarine
½ c. chopped onions
1½ tsp. garlic salad dressing mix
2 (2 lb. 3 oz.) cans Italian tomatoes
1 lb. ground beef chuck
½ c. dry bread crumbs
¼ c. milk
2 slightly beaten eggs
1 c. grated Romano and Parmesan cheese
½ c. finely chopped parsley

2½ Tbsp. salt
¼ tsp. pepper
2 (6 oz.) cans tomato paste
3 c. water
1 Tbsp. sugar
1 tsp. fennel seed
1½ tsp. dried basil
1 lb. lasagna noodles,
cooked
1 lb. Mozzarella cheese,
thinly sliced
1 lb. Ricotta (Italian pot
cheese)

Melt 4 tablespoons of butter in a large saucepan. Add onions, salad dressing mix, and tomatoes. Simmer and stir until liquid has evaporated.

Meanwhile, combine beef, bread crumbs, milk, eggs, ¼ cup of grated Romano cheese, ¼ cup of chopped parsley, 1½ teaspoons of salt, and the pepper. Mix well. Brown in remaining butter in skillet.

Add meat to tomatoes. Mix in tomato paste, water, sugar, remaining ¼ cup chopped parsley, fennel seed, basil, ¼ cup grated Romano cheese, and remaining 2 tablespoons of salt. Simmer 45 minutes to 1 hour.

Pour 1 cup of sauce into 15x10x2 inch baking pan. Cover with a layer of drained noodles, ½ of Mozzarella cheese, ½ of the Ricotta, and 2 tablespoons of grated cheese. Cover with sauce. Repeat with 2 or more layers of each, ending with sauce. Sprinkle with remaining grated cheese. Bake in moderate oven (350°F.) for 30 minutes. Cut into squares. Serves 10 to 12.

KIDS' FAVORITE BBQ

Chris Pariso

3 to 4 lb. pork loin or beef brisket 1½ c. BBQ sauce

BBQ sauce for adding at table

Trim fat from meat. Cut in half. Place in crock pot and pour sauce over meat. Cook on LOW 8 to 9 hours. Remove meat and shred meat with two forks. (Meat should be very tender.) Place in serving dish and spoon sauce from pan. Easy.

LAURIE'S GRILLED CHEESE

2 slices bread

1 slice Velveeta

Place Velveeta between slices of bread. Microwave for 5 minutes. Enjoy ... I watched her eat this!

Oh yeah? I saw Danielle eat cream of mushroom soup straight from the can no need to heat! Touche - Laurie.

After Laurie was so sickened about Danielle eating cold cream of mushroom soup, I was never able to eat another can of it. I remember thinking, "Laurie's right, that soup is nasty," but then she ate a burnt cheese sandwich - Michelle.

PETER RABBIT PASTA

Emily Slavinsky

(For babies learning to eat)

- 8 oz. uncooked whole wheat corkscrew pasta or any pasta easy to grasp with fingers
- 2 tsp. olive oil
- 2 Tbsp. finely chopped onion
- 2 small garlic cloves, minced or pressed

- 2 small carrots, shredded
- 2 small zucchini, shredded
- 2 small tomatoes, peeled and chopped fine
- 1 c. Mozzarella cheese
- 4 Tbsp. grated Parmesan cheese

Cook pasta according to package directions until very tender. Drain and set aside. Heat oil in a large nonstick skillet over medium heat. Add onion and garlic and cook until limp. Add carrot, zucchini, and tomato. Cook and stir 5 minutes longer. Remove from heat.

Stir in Mozzarella, 2 tablespoons Parmesan cheese, and pasta. Turn into greased 2 quart casserole dish. Sprinkle with remaining Parmesan. Bake 15 minutes or until cheese melts at 350°. Allow to cool and cut into pieces.

May be frozen. Serves family of 3 and extras to put in sandwich bags (enough for baby servings), then put in freezer bags. Fresh for 3 months. Emily loved these when she was 1 year old.

(For babies learning to eat)

1 tsp. olive oil, divided in half

3 eggs

8 oz. cottage cheese

1/4 c. Parmesan cheese

1/4 tsp. dried basil

2 c. well cooked whole wheat spaghetti (approx. 2 oz. uncooked)

½ c. chopped mushrooms

1/2 c. cooked chicken or turkey, chopped fine or ground

1/4 c. finely chopped onion 1 small garlic clove, minced

or pressed

1/2 c. chopped fresh spinach or frozen spinach, cooked and then drained

Preheat oven to 400°. Rub a 1 to 1½ quart square or rectangular casserole dish with ½ teaspoon olive oil. Set aside. Beat the eggs in a medium mixing bowl. Add the cottage cheese, Parmesan cheese, and basil. Stir well. Chop the spaghetti and stir into egg mixture. Set aside.

Heat the remaining olive oil in medium nonstick skillet. Add the mushrooms, chicken (turkey), onion, and garlic until vegetables are limp and meat is browned. Add the spinach and saute 2 minutes more. Drain. Add the vegetable mixture to egg mixture and stir well. Spread into casserole dish. Bake 25 minutes or until set. Allow to cool and cut into squares. May be frozen up to 3 months.

Emily's eyes would light up when I made this for her. I love you Emily! Love Mommy.

TONGUE

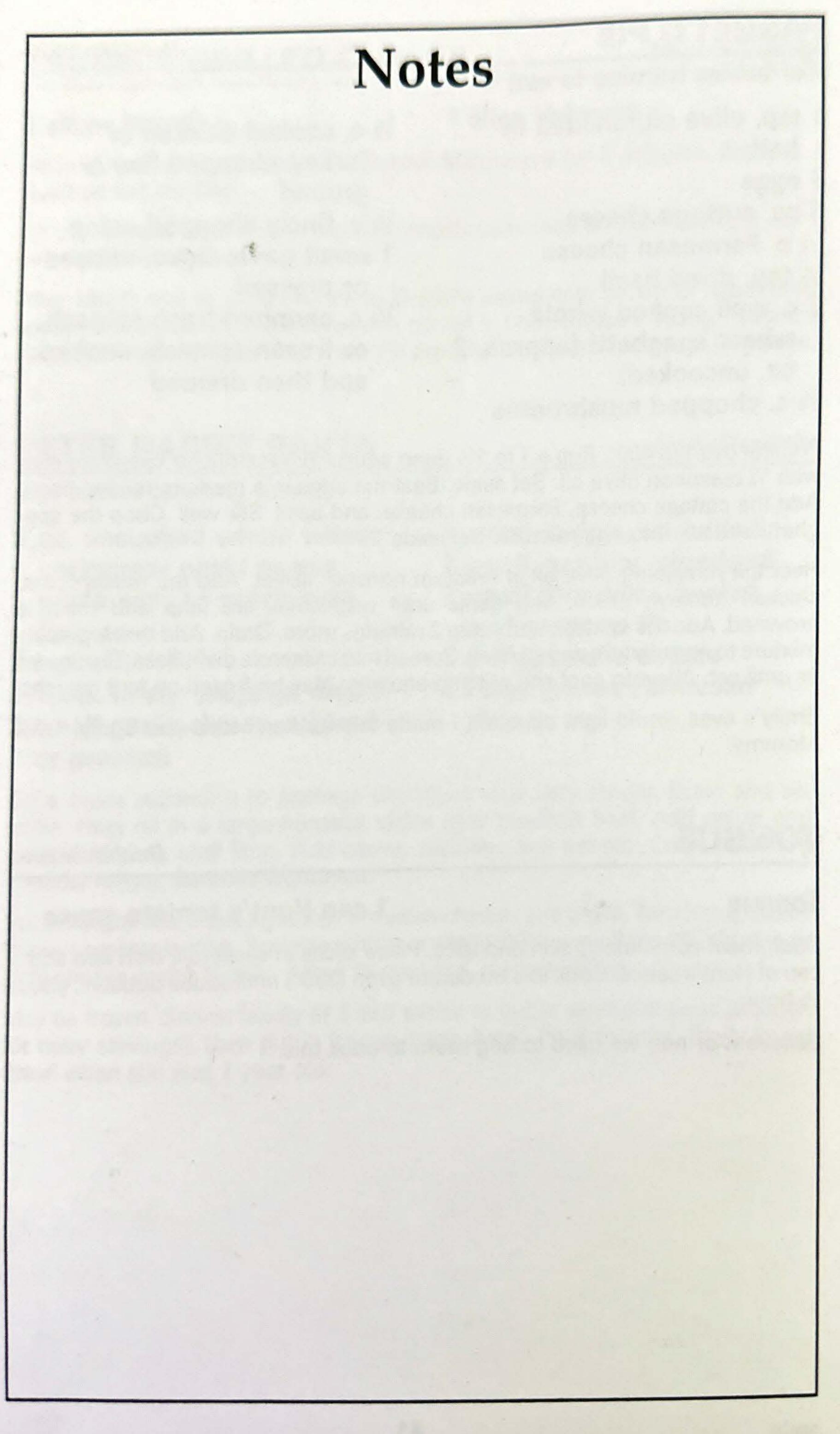
Debbie Leaper

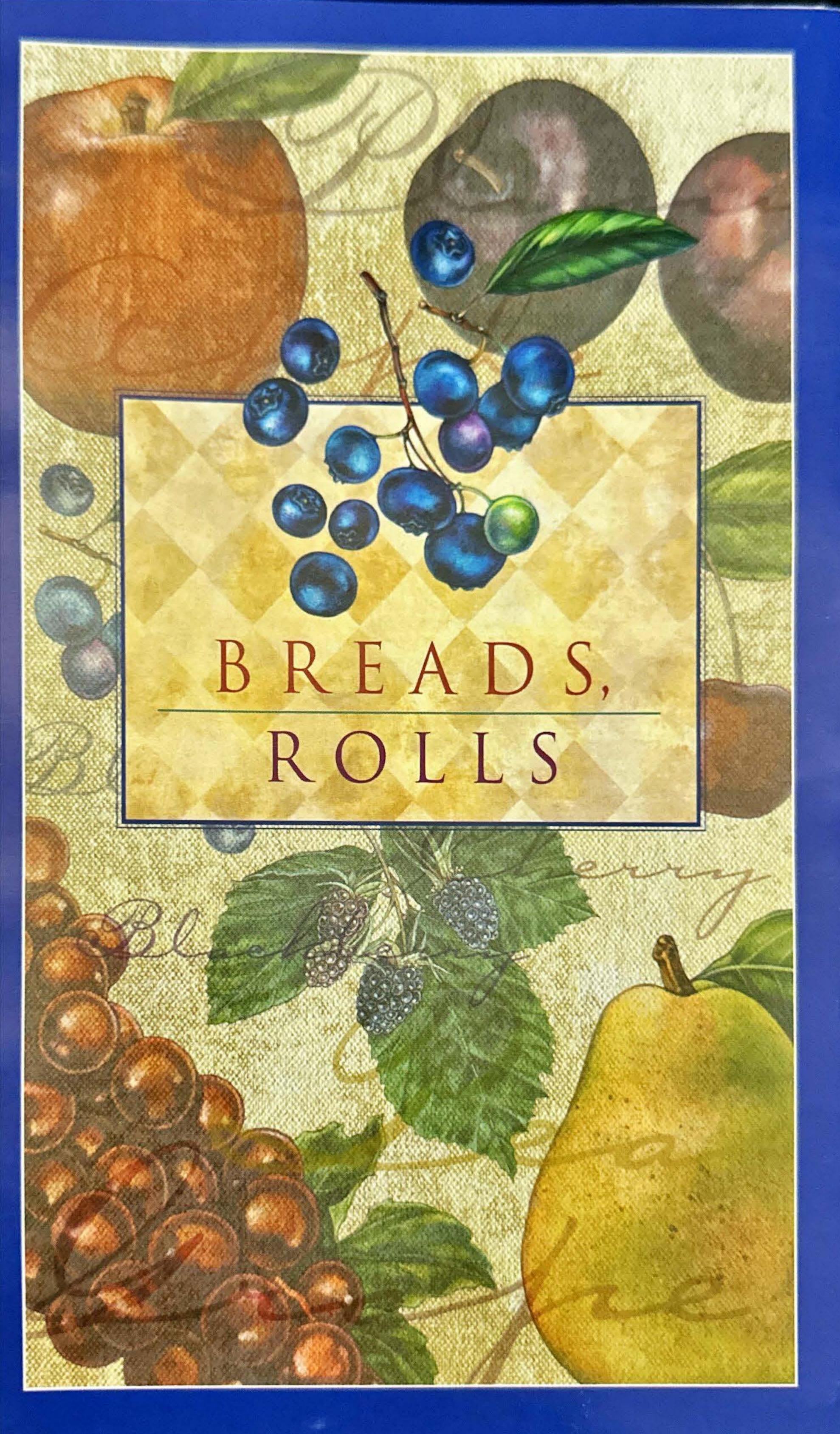
Tongue

1 can Hunt's tomato sauce

Cook meat completely; skin and slice. Place slices in casserole dish and add a can of Hunt's sauce. Cook in a moderate oven (350°) until sauce bubbles, about ½ hour.

Believe it or not, we used to beg mom to cook this.





MICROWAVE HINTS

1. Place an open box of hardened brown sugar in the microwave oven with 1 cup hot water. Microwave at high for 11/2 to 2 minutes for 1/2 pound or 2 to 3 minutes for 1 pound.

2. Soften hard ice cream by microwaving at 30% power. One pint will take 15 to 30 seconds; one

quart, 30 to 45 seconds; and one-half gallon, 45 seconds to one minute. 3. One stick of butter or margarine will soften in 1 minute when microwaved at 20% power.

4. Soften one 8-ounce package of cream cheese by microwaving at 30% power for 2 to 21/2 minutes.

One 3-ounce package of cream cheese will soften in 11/2 to 2 minutes.

- 5. Thaw frozen orange juice right in the container. Remove the top metal lid. Place the opened container in the microwave and heat on high power 30 seconds for 6 ounces and 45 seconds for 12 ounces.
- 6. Thaw whipped topping...a 41/2 ounce carton will thaw in 1 minute on the defrost setting. Whipped topping should be slightly firm in the center but it will blend well when stirred. Do not overthaw!

7. Soften jello that has set up too hard - perhaps you were to chill it until slightly thickened and forgot it. Heat on a low power setting for a very short time.

8. Dissolve gelatin in the microwave. Measure liquid in a measuring cup, add jello and heat. There

will be less stirring to dissolve the gelatin. 9. Heat hot packs in a microwave oven. A wet fingertip towel will take about 25 seconds. It depends on the temperature of the water used to wet the towel.

10. To scald milk, cook 1 cup milk for 2-21/2 minutes, stirring once each minute.

11. To make dry bread crumbs, cut 6 slices bread into ½-inch cubes. Microwave in 3-quart casserole 6-7 minutes, or until dry, stirring after 3 minutes. Crush in blender.

12. Refresh stale potato chips, crackers, or other snacks of such type by putting a plateful in the microwave oven for about 30-45 seconds. Let stand for 1 minute to crisp. Cereals can also be crisped.

13. Melt almond bark for candy or dipping pretzels. One pound will take about 2 minutes, stirring twice. If it hardens while dipping candy, microwave for a few seconds longer.

14. Nuts will be easier to shell if you place 2 cups of nuts in a 1-quart casserole with 1 cup of water. Cook for 4 to 5 minutes and the nut meats will slip out whole after cracking the shell.

15. When thawing hamburger meat, the outside will many times begin cooking before the meat is completely thawed. Defrost for 3 minutes, then remove the outside portions that have defrosted. Continue defrosting the hamburger, taking off the defrosted outside portions at short intervals.

16. To drain the fat from hamburger while it is cooking in the microwave oven (one pound cooks in 5 minutes on high), cook it in a plastic colander placed inside a casserole dish.

17. Cubed meat and chopped vegetables will cook more evenly if cut uniformly.

18. When baking large cakes, brownies, or moist bars, place a juice glass in the center of the baking dish to prevent a soggy middle and ensure uniform baking throughout.

19. Since cakes and quick breads rise higher in a microwave oven, fill pans just half full of batter.

20. For stamp collectors: Place a few drops of water on stamp to be removed from envelope. Heat in the microwave for 20 seconds and the stamp will come right off.

21. Using a round dish instead of a square one eliminates overcooked corners in baking cakes.

- 22. When preparing chicken in a dish, place meaty pieces around the edges and the bony pieces in the center of the dish.
- 23. Shaping meatloaf into a ring eliminates undercooked center. A glass set in the center of a dish can serve as the mold.

24. Treat fresh meat cuts for 15 to 20 seconds on high in the microwave oven. This cuts down on meat-spoiling types of bacteria.

25. A crusty coating of chopped walnuts surrounding many microwave-cooked cakes and quick breads enhances the looks and eating quality. Sprinkle a layer of medium finely chopped walnuts evenly onto the bottom and sides of a ring pan or Bundt cake pan. Pour in batter and microwave as recipe directs.

26. Do not salt foods on the surface as it causes dehydration (meats and vegetables) and toughens the food. Salt the meat after you remove it from the oven unless the recipe calls for using salt in

the mixture.

27. Heat leftover custard and use it as frosting for a cake.

28. Melt marshmallow creme in the microwave oven. Half of a 7-ounce jar will melt in 35-40 seconds on high. Stir to blend.

29. Toast coconut in the microwave. Watch closely because it browns quickly once it begins to brown. Spread ½ cup coconut in a pie plate and cook for 3-4 minutes, stirring every 30 seconds after 2 minutes.

30. Place a cake dish up on another dish or on a roasting rack if you have difficulty getting the bottom of the cake done. This also works for potatoes and other foods that don't quite get done on the bottom.

BREADS, ROLLS



MR. SLAVINSKY'S MUFFINS

Beth Loveless

- 1 c. plus 1 Tbsp. all-purpose unsifted flour
- 1 tsp. salt (or less)
- 1 c. plus 1 Tbsp. shortening (Crisco - regular or butter flavor)
- 2 c. plus 2 Tbsp. sugar
- 5 extra large eggs
- 2 c. plus 1 Tbsp. unsifted allpurpose flour
- 1 tsp. baking soda
- 1 Tbsp. double acting baking powder

- 1 c. buttermilk or sour milk (SACO powdered buttermilk works well add to dry ingredients, add water when buttermilk required)
- 2 tsp. vanilla
- 2% c. cake flour (unsifted not self-rising type)
- 2 pt. blueberries or desired fruits or nuts (frozen fruits work best freeze fresh fruits first)

Cream first all-purpose flour with salt, shortening, and sugar. Add eggs all at once; beat 3 minutes. Add remaining all-purpose flour, soda, and baking powder. Beat.

Blend in buttermilk and vanilla. Add cake flour and beat. (Batter is very stiff; I generally transfer to a large mixing bowl and use a wooden spoon to mix in the cake flour.) Fold in blueberries, fruit, or nuts. Fill greased muffin tins ¾ full. Sprinkle generously with sugar. Bake 20 to 25 minutes at 400°.

Batter keeps well under refrigeration two to three days (without fruit).

CRANBERRY NUT BREAD

Tammy Peters

2 c. cranberries, halved

1 c. pecans

1 tsp. orange rind

2 Tbsp. butter, melted

1 egg

1/3 c. orange juice

1/4 c. water

2 c. sifted flour

1 c. + 2 Tbsp. sugar

1¾ tsp. baking powder

1 tsp. salt

½ tsp. baking soda

Mix and set aside butter, egg, orange juice, and water. In a large bowl, mix flour, sugar, baking powder, salt, and soda. Make a well and pour in liquid ingredients. Stir until moist and add nuts and cranberries, then add 1 teaspoon

orange rind. Stir until blended. Pour in a greased loaf pan. Bake at 350° for 70 minutes. Makes 1 loaf.

My mother has made this every Christmas as long as I can remember.

SIX WEEKS MUFFINS

Brian Petrano Michelle Petrano, Danielle Larimer

(Batter will keep that long)

15 oz. box raisin bran (8 c.) 2 tsp. salt

3 c. sugar
5 c. flour
4 eggs, beaten
1 qt. buttermilk

5 tsp. flour 1 c. salad oil

5 tsp. soda

Combine raisin bran, sugar, and flour, sifted with soda and salt, in a large bowl. Add mixture of eggs, buttermilk, and oil. Refrigerate in a covered container - for weeks if you wish - and use batter when you want hot muffins in a hurry.

The mixture also makes a good snack raw; just don't think about the raw eggs. But, if you insist on making the muffins, fill muffin tins \(^2\)3 full and bake at 400° for 15 minutes.

DANIELLE'S FAMOUS BETTER THAN CINNABON CINNAMON ROLLS

Danielle Larimer

Rolls:

1 pkg. yellow cake mix
5 c. all-purpose flour
2 pkg. yeast
2½ c. hot water

Butter or margarine,
softened
Ground cinnamon
Granulated sugar

Topping:

1/2 c. butter, melted
1/4 c. corn syrup
1/4 c. packed brown sugar
1 c. chopped nuts

Icing:

1 pkg. cream cheese, 1 c. powdered sugar softened Milk
1 tsp. vanilla

Grease 2 (13x9x2 inch) pans. For rolls: Combine cake mix, flour, and yeast in a large bowl. Stir until well blended. Stir in hot water. Cover and let rise in a warm place for 1 hour or until doubled.

Divide dough in half. Roll half the dough into a large rectangle on floured surface. Spread with generous amounts of softened butter. Sprinkle with cinnamon and sugar. Roll up, jelly-roll fashion, and cut into 12 slices. Place rolls in one pan. Repeat with remaining dough. Cover and let rise in pans for 30 to 40 minutes or until doubled.

Preheat oven to 375°F.

For topping: Combine melted butter, brown sugar, corn syrup, and nuts in liquid measuring cup. Pour evenly over rolls. Bake at 375° for 12 minutes or until lightly golden brown.

For icing: Mix cream cheese with vanilla and 1 cup powdered sugar and enough milk for desired consistency. Pour generously over rolls.

I seriously have had people pay me to make these!

These are hands down the best cinnamon rolls ever, but, be careful not to overcook them (especially you, Danielle). Be sure to take them out when it says to, don't wait for them to brown, cause they get too hard. (Danielle, are you listening, cause I know you like to burn them ...) - Michelle.

ZUCCHINI BREAD

Mary Slavinsky

3 c. flour
2 c. shredded unpeeled
2 c. shredded unpeeled
2 c. coil
1½ c. sugar
1 c. raisins
1 tsp. salt
1 c. oil
1 tsp. baking powder
2 c. chopped nuts
3 eggs

1 tsp. cinnamon ³/₄ tsp. baking soda

In large bowl, stir together flour, sugar, cinnamon, salt, baking powder, soda, zucchini, nuts, and raisins. In another bowl, beat eggs and oil. Pour over flour mixture and stir until moistened. Turn in greased 9x13 inch loaf pan. Bake at 350° for 1 hour and 30 minutes. Cool in pan for 10 minutes. Invert on rack, turn top side up, and cool completely.

MOM'S FAMOUS HOT ROLLS

Sarah Slavinsky

2 pkg. yeast

1/2 c. warm water

1 tsp. salt

2 c. milk (we always use evaporated milk)

1/2 c. sugar

1/2 c. butter

1 tsp. salt

2 c. milk (we always use evaporated milk)

5 to 6 c. flour

Combine yeast, water, and sugar and set aside. Mix together sugar, butter, salt, and milk. Heat to scalding or until butter melts. Pour into mixing bowl. Add half of the flour and all of the yeast mixture. Stir and add remaining flour to make

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a soft dough that pulls away from the bowl. Knead 15 minutes. Let rise to double. Form rolls. Let rise. Bake at 375° for 15 minutes.

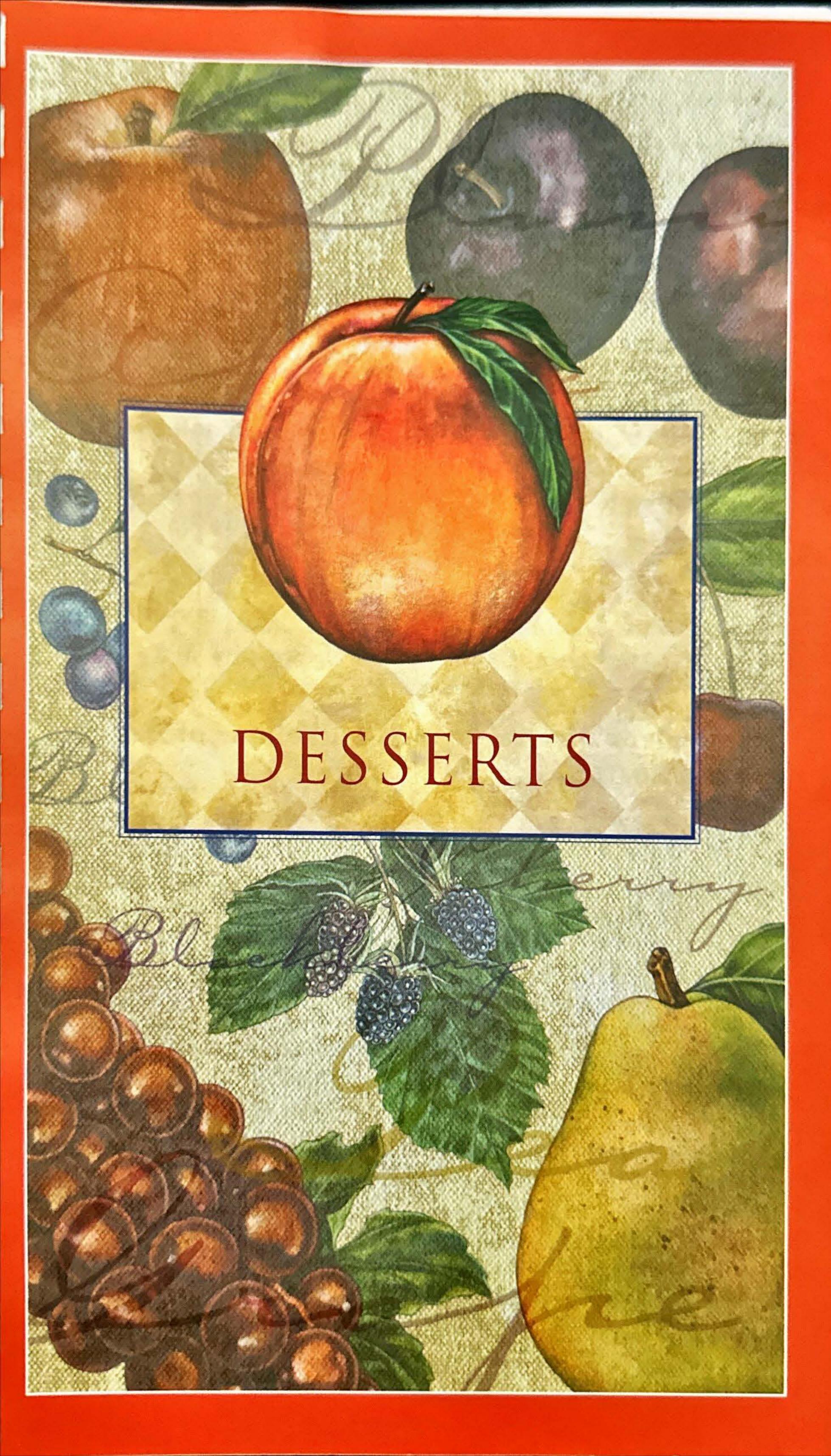
This recipe is from my Great-Grandma Alder. My mom got this recipe from her mom who had gotten it from her mom and has now passed it on to James and I. This makes me the 4th generation to bake these rolls. My mom would melt half a stick of butter in the baking dish, then as she formed the rolls, she would roll them in melted butter, which made them brown perfectly, and taste delicious. They are served at every holiday meal and loved by all who eat them.

HOMEMADE SICILIAN BREAD CRUMBS

Donna Magazu

1 loaf Italian bread Fresh Romano cheese (block) Fresh Italian parsley Fresh garlic

Take 1 loaf of Italian bread and dry it out for two to three days, then take a cheese grater and grate the bread. Next, chop garlic/parsley and grate cheese. Put ingredients in a Ziploc bag; shake well. Use to bread chicken, veal, pork, eggplant, etc.



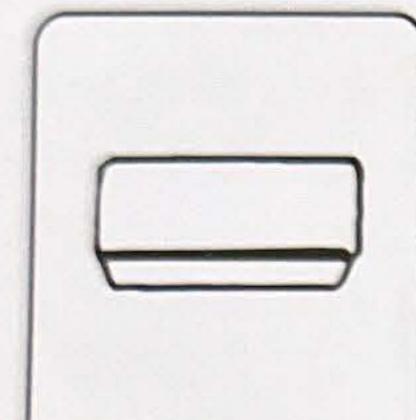
Common Baking Dishes and Pans



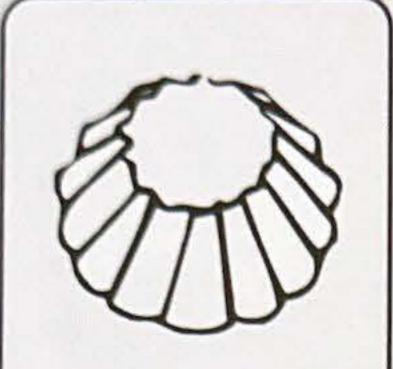






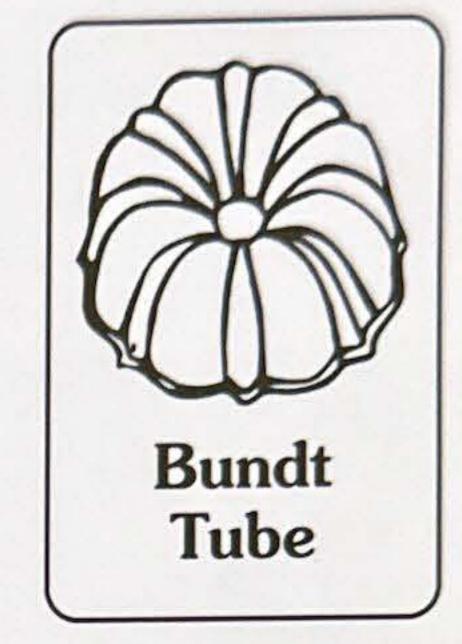


Loaf Pan



Brioche Pan





Equivalent Dishes 4-CUP BAKING DISH

- = 9" pie plate
- = 8" x 11/4" layer cake pan
- = 73/8" x 35/8" x 21/4" loaf pan

6-CUP BAKING DISH

- = 8" or 9" x 11/2" layer cake pan
- = 10" pie pan
- $= 8\frac{1}{2}$ " x $3\frac{5}{8}$ " x $2\frac{5}{8}$ " loaf pan

8-CUP BAKING DISH

- = 8" x 8" x 2" square pan
- $= 11'' \times 7'' \times 1^{1/2}''$ baking pan
- = 9" x 5" x 3" loaf pan

10-CUP BAKING DISH

- = 9" x 9" x 2" square pan
- $= 11\frac{3}{4}$ " x $7\frac{1}{2}$ " x $1\frac{3}{4}$ " baking pan
- = 15" x 10" x 1" flat jelly roll pan

12-CUP BAKING DISH OR MORE

- = 13½" x 8½" x 2" glass baking dish
- = 13" x 9" x 2" metal baking pan
- = $14'' \times 10^{1/2}'' \times 2^{1/2}''$ roasting pan

Total Volume of Pans

TUBE PANS

6 cups
9 cups
12 cups
12 cups
12 cups
16 cups
18 cups

SPRING FORM PANS

8"	x 3	g" pan	12 cups
9"	x 3	" pan	16 cups

RING MOLDS

8½" x 2¼" mold	$4\frac{1}{2}$ cups
9½" x 2¾" mold	8 cups

BRIOCHE PAN

9½" x 3¼" pan	8 cups
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DESSERTS



DUTCH CHOCOLATE BIRTHDAY CAKE

Mary Slavinsky

Cake:

1 c. sifted unsweetened cocoa 2 c. boiling water

3 c. sifted flour 2 tsp. baking soda 3/4 tsp. salt

Chocolate Filling:

1 c. soft butter or margarine 1 c. sifted confectioners sugar

Frosting:

2 c. heavy cream 3/4 c. sifted confectioners sugar

1/2 tsp. baking powder 1 c. soft butter or margarine 21/2 c. granulated sugar 4 eggs 1½ tsp. vanilla

½ c. sifted unsweetened cocoa 2 eggs

1 tsp. vanilla

Cake: In medium bowl, combine cocoa with boiling water. Let cool completely. Preheat oven to 350°. Lightly grease and flour 3 (9 inch) layer pans. Sift flour with baking soda, salt, and baking powder. Set aside mixture.

In large bowl, beat at high speed butter with granulated sugar, eggs, and vanilla until light and fluffy, about 5 minutes, occasionally scraping bowl. At low speed, beat flour mixture (in fourths) alternately with cocoa mixture (in thirds), beginning and ending with flour mixture. Do not overbeat!

Pour batter into prepared pans. Bake about 30 minutes or until cake springs back. Cool in pans 10 minutes. Remove and place on racks to cool.

Frosting: In medium bowl, combine cream, confectioners sugar, and vanilla. Beat with electric beater until stiff and of spreading consistency. Refrigerate.

Assemble cake on cake platter, placing one layer, top side up. Spread with half filling. Invert second layer, placing on first layer, and spread with remaining filling. Place last layer on top with top side up. Frost top and sides with Whipped Cream Frosting. Refrigerate at least 1 hour before serving. Makes 12 servings.

The Slavinsky family loved this for birthday cake.

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TODD'S FAVORITE CHEESECAKE

1½ lb. cream cheese 1 pt. sour cream Vanilla extract Graham cracker mix 4 eggs 3 c. sugar 1 stick butter

Cream cheese, 2 cups sugar, and 3 teaspoons vanilla together. Add eggs, 1 at a time, beating well. Make graham cracker crust in springform pan. Pour cheese mixture over crust. Bake in oven for 1 hour. Cool for 30 minutes. Mix sour cream, 1 cup of sugar, and 1 tablespoon vanilla. Pour over the cake. Bake in oven for 15 minutes. Cool for 2 hours. Top with your favorite topping; refrigerate. Enjoy!!

COMPANY COCONUT CAKE

Tammy Peters

3 large eggs 1 (8 oz.) ctn. sour cream 3/4 c. vegetable oil 3/4 c. cream of coconut

1/2 tsp. vanilla
1 pkg. white cake mix with pudding in the mix

Frosting:

8 oz. cream cheese ½ c. butter
1 tsp. vanilla

16 oz. pkg. powdered sugar,sifted7 oz. can flaked coconut

Grease and flour 3 (8 inch) round cake pans. Set aside. Beat eggs at high speed for 2 minutes. Add sour cream and next three ingredients, beating well after each addition. Add cake mix; beat at low speed until blended. Beat at high speed for 2 minutes. Pour into prepared pans. Bake at 325° for 35 minutes. Cool in pans for 10 minutes. Remove cake and cool completely.

Beat cream cheese and butter at medium speed until creamy. Add vanilla, beating well. Gradually add sugar, beating until smooth. Stir in coconut. Store frosted cake in refrigerator in an airtight container.

TEXAS SHEET CAKE

Sarah Slavinsky

2 c. sugar 2 c. flour ½ tsp. salt 2 sticks butter 1 c. water

4 Tbsp. cocoa ½ c. sour cream 2 eggs 1 tsp. baking soda

Frosting:

6 Tbsp. milk 1 stick butter 4 Tbsp. cocoa

1 c. chopped pecans
1 box powdered sugar
1 tsp. vanilla

In a large bowl, mix the sugar, flour, and salt. In a medium saucepan, bring just to a boil the butter, water, and cocoa. Remove immediately and add to the dry ingredients. Add sour cream, eggs, and baking soda. Blend thoroughly. Pour batter into 9x13 inch cake pan. Batter will be thin. Bake at 375° for 20 to 25 minutes. Test with a toothpick.

Frost the cake when it is still warm. Boil milk, butter, and cocoa. Mix in powdered sugar and vanilla. Beat until smooth. Add nuts, if desired, and pour on cake immediately.

My mom would make me this cake for every birthday as I was growing up. It is a family favorite with lots of special memories.

BLUE RIBBON CARROT CAKE

Richard Slavinsky

2 c. all-purpose flour 2 tsp. baking soda ½ tsp. salt 2 tsp. ground cinnamon 3 eggs, well beaten ¾ c. vegetable oil ¾ c. buttermilk 2 c. sugar

2 tsp. vanilla extract
1 (8 oz.) can crushed
pineapple, drained
2 c. grated carrots
1 (3½ oz.) c. flaked coconut

1 c. chopped walnuts or pecans

Buttermilk Glaze:

1 c. sugar ½ tsp. soda ½ c. buttermilk

Orange-Cream Cheese Frosting:

1/2 c. butter, softened
1 (8 oz.) pkg. cream cheese,
softened
1 tsp. vanilla extract

½ c. butter

1 Tbsp. light corn syrup

1 tsp. vanilla extract

2 c. sifted powdered sugar 1 tsp. grated orange rind (optional)

Combine flour, baking soda, salt, and cinnamon; set aside. Combine eggs, oil, buttermilk, sugar, and vanilla. Beat until smooth. Stir in flour mixture, pineapple, carrots, coconut, and chopped nuts. Pour batter in 2 greased and floured 9 inch round cake pans.

Bake at 350° for 35 to 45 minutes or until a wooden pick inserted in center comes out clean. Immediately spread Buttermilk Glaze evenly over layers. Cool in pans 15 minutes; remove from pans and cool completely.

Spread Orange-Cream Cheese Frosting between layers and on top and sides of cake. Store cake in refrigerator.

APRIL FOOLS CAKE (CHOCOLATE COCONUT CAKE)

Mary Slavinsky

2½ c. flour 1 tsp. baking powder 1 tsp. baking soda ¼ tsp. salt ½ c. cocoa

²/₃ c. sauerkraut, well drained

2/3 c. butter or margarine 12/3 c. sugar 3 large eggs 1 tsp. vanilla extract 1 c. water

Sift dry ingredients together; set aside. Rinse drained sauerkraut; cut into small pieces with scissors. Cream the butter and sugar until creamy. Add eggs, one at a time; beat well. Add vanilla. Add dry ingredients alternately with water, ending with flour mixture. Fold in "coconut" last.

Grease two (8 inch) layer cake pans. Lightly dust with cocoa to keep the nice dark color on the outside of the layers. Pour in batter and bake in 350° oven for 30 to 35 minutes or until it tests done. Let cool in pan for 5 minutes before removing to racks to cool. Fill and frost with your favorite icing.

I liked seeing the looks on people's faces when they said how much they loved the cake and I told them it was not coconut.

GRANDMA LEAPER'S CHERRY BERRIES ON A CLOUD

Pat Leaper

6 egg whites ½ tsp. cream of tartar ¼ tsp. salt 1¾ c. sugar 2 c. chilled whipping cream

2 (3 oz.) pkg. cream cheese, softened
1 c. sugar
1 tsp. vanilla

2 c. miniature marshmallows

Topping Sauce:

1 (21 oz.) can cherry pie filling
1 tsp. lemon juice
2 c. sliced fresh strawberries or 16 oz. frozen strawberries (I have used both fresh and frozen strawberries for more sauce)

Heat oven to 275°. Butter a 13x9x2 inch baking pan. In large mixer bowl, beat egg whites, cream of tartar, and salt until foamy. Beat in 1¾ cups of sugar, 1 tablespoon at a time, and continue beating until stiff and glossy. Do not underbeat. Spread in pan. Bake 1 hour. Turn off oven; leave meringue in oven with door closed for 12 hours or more.

In a chilled bowl, beat whipping cream until stiff. Blend cream cheese, 1 cup sugar, and the vanilla. Gently fold the whipped cream and marshmallows into cream cheese mixture; spread over the meringue. Chill 12 to 24 hours. Cut into serving pieces and top with Cherry Berry Topping. Makes 10 to 12 servings.

Cherry Berry Topping: Stir together 1 (21 ounce) can cherry pie filling, 1 teaspoon lemon juice, and 2 cups sliced, fresh strawberries or 1 (16 ounce) package frozen strawberries, thawed.

I have made this many times. It's one of the best desserts! It takes awhile, but is worth it.

MORMON APPLE CAKE

Mary Slavinsky

1/2 c. oil 1 c. sugar 2 eggs 1 c. flour 1/4 tsp. salt 1 tsp. baking powder
2 tsp. cinnamon
½ tsp. vanilla
2 apples, cut in small pieces
½ c. chopped nuts

Mix oil, sugar, and eggs together, then add dry ingredients to this mixture. Finally, add remaining ingredients. Put mixture in a well greased 8x8x2 inch square pan. Bake at 350° for 30 to 40 minutes. After cooled, mix 1½ tablespoons sugar and 1 teaspoon cinnamon and sprinkle on top.

This was originally called Jewish Apple Cake, but we renamed it when we used it for church activities.

1 box yellow cake mix 2 lb. Ricotta cheese 3/4 c. sugar

4 eggs 1/4 tsp. vanilla

Mix cake according to directions on box. Grease and flour a 13x9 inch pan. Pour cake mix into pan. Mix Ricotta, sugar, beaten eggs, and vanilla. Pour filling mixture over cake batter and spread evenly. Don't mix with batter. Bake at 350° for 1 hour or until toothpick will come out clean. Cool, then cut into small squares. Put into the smallest cupcake papers. Serves many guests.

CARROT CAKE

Tammy Peters

2 c. sugar 2 c. all-purpose flour 2 tsp. baking soda 1 tsp. salt 1 c. oil 4 eggs 3 c. grated carrots
2 tsp. cinnamon
8 oz. cream cheese
1 box confectioners sugar
2 tsp. vanilla
1 stick butter

Mix ingredients; no sifting necessary. Add oil and stir. Add eggs and carrots. Bake at 350° for 35 minutes.

Frosting: Cream the cheese and butter until soft. Add ¾ to 1 box of confectioners sugar. Add vanilla and blend.

GRANDMA DeROSA'S SOUR CREAM COFFEE CAKE

Brian Petrano

1 stick margarine
1 c. sugar
2 eggs
2 tsp. baking powder
2 c. flour

1/2 pt. sour cream (1 c.)
1/2 c. sugar
3 tsp. cinnamon
1/2 to 1 c. crushed walnuts

Preheat oven to 350°. Mix together first six ingredients. In a separate bowl, crumble together sugar, cinnamon, and walnuts.

In a greased pan, layer ½ sour cream mixture and ½ crumble, followed by remaining ½ sour cream mixture and ½ crumble. Bake for 40 minutes.

When Brian was little, he called me "Hot Coffee," because I would always warn him to be careful of the hot coffee I was holding in my hand and Brian always thought that was funny - Aunt Chris.

1 box devil's food cake mix
1 c. water
1/3 c. vegetable oil
3 large eggs
1 tsp. vanilla extract
1 c. sour cream (divided)

2 (12 oz.) pkg. chocolate chips
½ c. seedless raspberry jam
3 Tbsp. unsalted butter
2 c. powdered sugar

Preheat oven to 350°. Butter 3 (8 inch) nonstick pans with 1½ inch sides. Place cake mix, water, oil, eggs, vanilla, and ¼ cup sour cream in a large bowl. Beat 2 minutes. Stir in 1 cup chocolate chips. Divide batter among pans. Bake 25 minutes. Cool cake layers in pans 15 minutes. Turn out and cool completely.

Bring jam and butter to simmer in a heavy, large saucepan over medium heat. Stir often. Remove from heat and add remaining 3 cups chocolate chips and stir until melted. Add remaining sour cream and powdered sugar.

Using mixer, beat frosting until smooth and thick, about 2 minutes. Place 1 cake layer on platter and frost. Top with second layer and frost. Top with third layer and place in the refrigerator until frosting sets about 15 minutes. Spread remaining frosting over top and sides of cake. Chad's favorite!

AUNT BARBIE'S CHEESE CAKE

Barbra Wilson

Crust:

1½ c. graham cracker crumbs
½ tsp. cinnamon

1/4 c. granulated sugar 1/3 c. soft butter or margarine

Filling:

1¾ c. granulated sugar 8 Tbsp. flour ¾ tsp. salt ¾ tsp. grated orange rind ¾ tsp. grated lemon rind 5 (8 oz.) pkg. cream cheese 6 eggs
½ c. heavy cream
¼ tsp. vanilla

Topping:

½ pt. (1 c.) cultured sour cream

1/4 c. slivered almonds

Filling: Mix flour, sugar, salt, orange, and lemon rinds. Gradually blend in cream cheese. Beat until smooth and light. Add eggs, one at a time, beating well after each addition. Blend cream and vanilla into batter. Turn into prepared pan. Bake

in 325° oven for 60 to 70 minutes or until set. Remove from oven and reset oven to 450°.

Topping: Spread sour cream on hot cake and sprinkle with almonds. Return to oven for 5 minutes. Remove to cooling rack. Chill before removing from pan. Makes 12 to 14 servings.

LISA, LAURIE, AND MOM'S BROWNIES

Alysa Slavinsky

4 eggs
2 c. sugar
½ c. butter, melted
4 sq. unsweetened
chocolate, melted

1 tsp. vanilla
1 c. flour
½ tsp. baking powder
½ tsp. salt
1 c. chopped walnuts

Beat eggs, sugar, butter, and chocolate. Add vanilla, flour, baking powder, and salt, mixing after each addition. Stir in nuts. Pour into a greased and floured 9x13 inch pan. Bake 25 minutes at 350°.

Great to make with loved ones on a Sunday afternoon! - Laurie.

Laurie, Mom, and our friends would say, "Umm, Wanna make brownies" and in a commercial we would have these brownies in the oven! I was in charge of the 4 eggs and zapping the butter in the microwave.

I don't remember the exact story, but one time while at French Rd, Aunt Chris made brownies for Brian, Danielle, and I ... at first she started preaching about how to be careful while cooking ... then she dropped a couple of eggs on the floor and we all started laughing ... Now every time I make brownies, I think of that story. - Michelle.

GRANDMA'S COOKIES

Chris Pariso

1½ c. flour 1 c. brown sugar 1½ c. oatmeal (quick cooking) 1 tsp. baking powder 3/4 c. butter 1 c. apricot jam

Mix flour, sugar, and baking powder with oatmeal. Cut in butter. Mix well. Pat ²/₃ mixture in 13x9 inch pan. Spread with jam and sprinkle with rest of oatmeal mixture. Bake 35 minutes at 350°. Cut when cool.

7 LAYER MAGIC COOKIE BARS Dawn and Tony Provenzano

1/2 c. (1 stick) butter
11/2 c. graham cracker
crumbs
1 (14 oz.) can sweetened
condensed milk (not
evaporated)

1 c. (6 oz.) semi-sweet chocolate chips 11/3 c. flaked coconut 1 c. chopped nuts

Preheat oven to 350° (325° for glass dish). In 13x9 inch pan, melt butter in oven. Sprinkle crumbs evenly over butter; pour condensed milk evenly over crumbs. Top with remaining ingredients in order listed. Press firmly with fork. Bake for 25 minutes or until lightly browned. Chill if desired. Cut into bars. Store, covered, at room temperature.

Tip: For perfectly cut cookies, line entire pan with tin foil, lift out, and cut when cool.

HELLO DOLLY BARS

Chris Pariso

1/4 lb. butter
1 c. graham cracker crumbs
1 c. coconut

1 (12 oz.) chocolate chips

1 can sweetened condensed milk
1 c. chopped walnuts

Heat oven to 350°. Melt butter in a 13x9 inch pan.Remove from heat. Sprinkle butter with crumbs, then coconut and chocolate chips. Pour condensed milk evenly over top. Sprinkle with nuts. (Do not mix.) Bake 30 to 35 minutes. Cool completely before cutting into squares.

GRANDMA LEAPER'S CHOCOLATE CHIP COOKIES

Alysa Slavinsky

1 c. plus 2 Tbsp. all-purpose flour

1/2 tsp. baking soda

1/2 tsp. salt

1/2 c. (1 stick) butter or margarine, softened

1/2 c. packed brown sugar

1/3 c. granulated sugar
1/2 tsp. vanilla extract
1 large egg
1 c. (6 oz. pkg.) Nestle Toll
House semi-sweet
chocolate morsels
1/2 c. chopped nuts

Preheat oven to 375°. Combine flour, baking soda, and salt in small bowl. Beat butter, brown sugar, granulated sugar, and vanilla extract in a large mixing bowl until creamy. Beat egg. Gradually beat in flour mixture. Stir in morsels and nuts. Drop by rounded tablespoonfuls into ungreased baking sheets. Bake for 9 to

11 minutes or until golden brown. Cool on baking sheets for 2 minutes; remove to wire rack to cool completely.

When Grandma made these, she always doubled them. - Alysa.

Though I never thought of cutting a frozen cookie, that's the only way I've ever eaten Grandma's. She always kept them in the freezer and I guess I was too lazy to wait for them to thaw. - Michelle.

ITALIAN CHOCOLATE COOKIES

Theresa Peters

8 c. flour

1/2 c. cocoa

1 Tbsp. baking soda
(heaping)

1/4 tsp. cinnamon

1/4 tsp. nutmeg

1/4 tsp. allspice

1 pinch of clove

1/2 tsp. salt

2 c. milk
2 c. sugar
1 c. Crisco
3/4 c. chopped walnuts
3/4 c. chocolate chips
1 box confectioners sugar
Butter to taste
1 tsp. vanilla
Milk

Sift together and stir first 8 ingredients. Heat milk and sugar until dissolved. Melt Crisco and cool. Make well in dry ingredients and add liquid with 1 teaspoon vanilla. Add nuts and chocolate chips. Mix in mixer. Make into balls approximately 1 heaping tablespoonful. Bake at 350° for 10 minutes on greased cookie sheets.

Make frosting: Mix confectioners sugar, a little melted butter, vanilla, and milk to taste. Frost cookies.

NANA'S SHORTBREAD

Chris Pariso

1 lb. butter 1 c. sugar 5 c. sifted flour

Soften butter at room temperature. Add sugar and beat until light and fluffy. Add flour and blend with pastry cutter until mixed. Press into 2 greased 8 inch square pans. Prick top with tines of fork. Bake until golden and firm to touch. Cut in squares while warm. Allow to cool before removing from pan.

4 c. flour
1 c. Crisco
½ tsp. salt
1 c. sugar

1/4 c. milk 1 tsp. vanilla 2 eggs

1 tsp. baking soda

Beat sugar, Crisco, eggs, milk, and vanilla; add flour, salt, and baking soda. Drop by teaspoonfuls on ungreased cookie sheet. Bake at 375° for 10 to 15 minutes.

This was Ameila Pettitto's recipe. She came from Italy and married Grandma's nephew, James, in Rochester. Grandma has used this recipe for 45 years.

JANE'S PECAN SANDIES

Danny and Jane Provenzano

1 c. butter

1/4 c. confectioners sugar
2 tsp. vanilla

1 Tbsp. water
2 c. unsifted flour
1 c. chopped pecans

Cream butter and sugar; add vanilla and water. Sift flour and add to mixture. Mix well; add chopped pecans. Bake on ungreased cookie sheet at 350° for 20 minutes. While hot, roll confectioners sugar. You may form the cookies into balls about 1 inch in diameter, or small crescents. Makes 3 dozen.

S COOKIES

Theresa Peters

10 to 12 eggs

2 c. milk

2 c. sugar minus 2 Tbsp.

2 c. Crisco or Wesson oil

2 Tbsp. vanilla

5 lb. Pillsbury all-purpose

flour

7 Tbsp. baking powder

Pinch of salt

Mix eggs and sugar with mixer until well blended. Add oil, milk, and vanilla and mix just until blended. Add ¾ of flour slowly and mix until soft but not sticky. Place in a large bowl. Add baking powder and salt. Mix remaining flour, kneading by hand. You may not use all 5 pounds. Cut into 4 sections. Roll each section into a thick roll and cut smaller sections off each roll. Roll each section into a rope and form into an S shape. Spray pans with Pam and bake in 350° oven. Place on bottom shelf for 12 minutes and then place on top shelf for another 5 or 6 minutes, until golden on top.

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RUSSIAN TEA CAKES STOWN

1 c. butter 1/2 c. confectioners sugar 1 tsp. vanilla 21/4 c. flour 1/4 tsp. salt
3/4 c. chopped walnuts
Confectioners sugar to roll
cookies in

Mix butter, sugar, and vanilla. Stir in flour and salt. Add nuts. Roll into balls. Bake at 400° until set but not brown. Roll in sugar while hot. Roll again when cool.

I make batches of these every Christmas. When Lisa and Laurie were little, they called them snowballs.

MUD SLIDE

Danielle Larimer

(Stolen from local Mexican restaurant)

Chocolate chip cookie dough Extra chocolate chips Favorite ice cream Chocolate sauce

Generously spread cookie dough on an ovensafe plate (I prefer to use approximately ½ the dough just for myself!) Bake until done. Scoop ice cream on top of cookie and drizzle chocolate sauce on everything, then enjoy. (I assure you that this is the greatest dessert one will ever eat.)

WANDES (FRIED BOW KNOTS)

Dolores Benoit

5 lb. flour
3½ c. sugar
2 c. shortening
1 c. milk

1 doz. eggs 4 Tbsp. almond flavoring 3 Tbsp. baking powder

1½ tsp. salt

Cream all ingredients except flour, baking powder, and salt. Add flour, baking powder, and salt. Roll dough. Cut into strips and shape into bows. Deep-fry in Crisco.

CHOCOLATE CHIP COOKIES

Tammy Peters

1/3 c. shortening
1/3 c. butter
1/2 c. sugar
1/2 c. brown sugar
1 egg
1 tsp. vanilla

1½ c. flour
½ tsp. soda
½ tsp. salt
½ c. nuts
1 (6 oz.) pkg. semi-sweet chocolate chips

Mix together in a large bowl shortening, butter, sugars, egg, and vanilla. Sift together and add to creamed mixture flour, soda, and salt. Thoroughly work in nuts and chocolate chips. Drop dough by rounded teaspoonfuls on ungreased baking sheet. Bake in 375° oven 8 to 10 minutes, until lightly browned, but not soft.

GRAMMIE GRACE'S PEANUT BUTTER COOKIES

Mary Slavinsky

1/2 c. shortening
1/2 c. peanut butter
1 c. brown sugar
1 egg, well beaten

11/4 c. flour
1/2 tsp. salt
1/2 tsp. baking soda
1/2 tsp. vanilla

Mix peanut butter, shortening, sugar, and egg. Sift flour, salt, and soda and add vanilla to the first mixture. Mix all together and place on cookie sheet. Bake in moderate oven (350°) for 10 minutes.

This was Mary's father's mother.

NAMA'S GINGERBREAD MEN

Chris Pariso

3/4 c. molasses
1/4 c. brown sugar
1/2 c. melted shortening
1 egg

3 tsp. baking powder

3 c. flour ½ tsp. salt

½ tsp. cinnamon

Mix in order and roll very thin for cutouts. Frost and decorate.

We all remember doing this at Nama's kitchen table ... raisin eyes, Nama's smile, and getting to eat all the broken cookies.

GRANDMA'S FIG COOKIES (CUCIDATA)

Theresa Peters Dolores Benoit

Filling:

1/2 lb. pitted figs
1/2 lb. seedless raisins
1 strip orange peel 2 inches long
1/4 lb. sweet chocolate

1/4 c. honey
Pinch of pepper
1/4 tsp. cinnamon
1/4 tsp. ground allspice
1/4 lb. chopped candied fruit

Dough:

8 c. sifted flour
1 c. sugar
3 Tbsp. baking powder
1/4 tsp. salt
11/2 c. shortening

3 eggs 1 c. milk 1½ tsp. vanilla 1½ tsp. anise flavoring

Put figs, raisins, orange peel, and chocolate through food chopper, using medium blade. Add honey, spices, and fruit to mixture and blend well. Set aside. Sift flour, measure, and resift with sugar, baking powder, and salt. Cut in shortening with fingers until mixture resembles corn meal. Make a well in flour and break eggs into it. Add half of milk and both flavorings. Knead well for 5 minutes, adding the balance of the milk gradually as you knead. Add only enough milk to make a medium soft dough, which is easy to handle.

Divide dough into 3 parts. Roll each portion into circular sheets ½ inch and cut into shapes. Cut two shapes for each cookie. Place 1 rounded tablespoonful of filling on one cookie, then cover with another. Make a ¼ inch slit in the top cookie. Press edges together. Bake on greased cookie sheet at 375° for 18 to 25 minutes. Makes 10 dozen.

Frosting:

3 c. confectioners sugar 3 Tbsp. melted butter 1 Tbsp. vanilla 1/4 c. barely lukewarm milk Colored sprinkles

Combine all ingredients and blend well. Add a little more milk if necessary. Frost cookies and then sprinkle with colored sprinkles.

I remember everyone coming over for a cookie, making party at Grandma's every year. It was so much fun!

These have been around a long time. Grandma Peters' mom used this recipe too.

NANCY'S COOKIES

Babs Sossong

1 c. butter (2 sticks)
1 c. dark brown sugar
1 tsp. vanilla
1 egg yolk
1 c. flour

Pinch of salt
1 pkg. semi-sweet chocolate
chips
Chopped nuts

Preheat oven to 350°. Mix together ingredients and pat on an ungreased cookie sheet. Bake for 20 minutes. Spread chips over hot cookies and sprinkle with nuts. Cut right away into squares.

We don't know who Nancy is. They are just called Nancy's Cookies.

GRACE'S MOLASSES COOKIES

Mary Slavinsky

1/2 c. butter or margarine
1/2 c. dark brown sugar
1 large egg
1 c. light or dark molasses
1/3 c. sour milk (or use fresh milk and 11/2 tsp. lemon juice)

1 tsp. ginger
1 tsp. salt
½ tsp. cinnamon
½ tsp. ground cloves
½ tsp. baking soda
3 c. flour

Cream the butter, then add in the order listed - brown sugar, egg, molasses, sour milk, ginger, salt, cinnamon, cloves, and flour with baking soda, sifted into it. Mix well. Wrap in aluminum foil and chill in refrigerator overnight. Roll dough out on floured board to ¼ inch thickness and cut to favorite shapes, or pull small pieces of dough, shape into balls, and put on greased cookie sheet and then flatten to ¼ inch thickness.

Bake on greased cookie sheet in preheated 400° oven for 8 to 10 minutes. Remove from cookie sheet to rack to cool. Serve as is, or decorate with sugar frosting. Makes 3 dozen or more cookies, depending on size and shapes you choose.

PEANUT BUTTER BALLS

Tammy Peters

1 (16 oz.) box confectioners sugar
½ c. butter, softened
1¼ c. chunky peanut butter

1 c. mini chocolate chips (optional)
3/4 lb. dipping chocolate

In a large bowl with electric mixer, combine ¾ of box of sugar with butter and peanut butter. Gradually add sugar, a little at a time, so mixture is easy to roll without sticking to your hands. I usually use about ⅓ of a box. Stir in chips if desired. Roll mixture into ¾ inch balls. Place on wax paper lined cookie sheets. Freeze until chilled.

Melt dipping chocolate. Stick a toothpick in the center of frozen ball and dip into warm chocolate so that all but the top of the ball is covered. Remove toothpick. Place back on cookie sheet until set. Store in airtight containers in a cool place. My kids' favorite!

NAMA'S CHRISTMAS COOKIES

Chris Pariso Michelle Petrano

1/2 c. butter
1 c. sugar
2 beaten eggs
1 Tbsp. milk

1/2 tsp. vanilla 21/2 c. flour 2 tsp. baking powder 1/4 tsp. salt Sift together flour, baking powder, and salt. Cream together butter and sugar. Add eggs, milk, and vanilla. Mix with flour mixture. Chill for 2 hours. Roll dough thin and cut into shapes. Bake 8 to 10 minutes at 350°.

For as long as I can remember, I have made the cookies during the holidays. I liked going to Nama's the best, cause I could do whatever I wanted and Mom wouldn't complain ... and of course there was Uncle Everett's Tang - Michelle.

I remember all that too. Wasn't that fun! - Alysa.

CHOCOLATE CHOCOLATE CHIP COOKIES

Marie Lavan Karen Glover

2 eggs

2/3 c. shortening (vegetable oil)

1/4 c. brown sugar

1 box chocolate cake mix (with pudding in the box)

1 tsp. vanilla 1 (12 oz.) bag chocolate chips

Combine eggs, oil, sugar, vanilla, and half of cake mix (dry). Blend with mixer; stir remaining cake mix in by hand. Bake about 8 minutes at 350° on cookie sheet.

GRANDMA PETERS' ALMOND BALLS

Theresa Peters

½ c. butter 1 c. sugar

1 egg

1 tsp. sherry, lemon, orange, almond, or vanilla extract

2 c. sifted flour

1 tsp. baking powder
2 Tbsp. milk
2/3 c. chopped almonds
1/4 c. apricot jam or orange
marmalade

Cream butter, sugar, eggs, and flavoring. Add flour, baking powder, and milk. Knead until well mixed. Pinch off small pieces of dough and roll between palms into balls. Roll balls in chopped almonds and place on greased cookie sheets. With thumb, make indentation in center of each cookie and fill with jam. Bake at 400° for 12 to 15 minutes. Makes 2 dozen.

1 c. whole pecans
1 tsp. vinegar
3 egg whites
Pinch of salt
1 c. sugar

Ziploc Baggies Wooden spoon Tape A Bible

Do this on Easter eve before bed.

Preheat oven to 300°. Place pecans in zipper Baggies and let children beat them with a wooden spoon to break into small pieces. Explain that after Jesus was arrested he was beaten by Roman soldiers. Read John 19:1 - 3.

Let children smell the vinegar. Put 1 teaspoon vinegar into mixing bowl. Explain that when Jesus was thirsty on the cross, he was given vinegar to drink. Read John 19:28 - 30.

Add egg whites to vinegar. Eggs represent life. Explain that Jesus gave his life to give us life. Read John 10:10 - 11. Sprinkle a little salt into each child's hand and let them taste it and brush the rest into the bowl. Explain that this represents the salty tears shed by Jesus' followers and the bitterness of our own sins. Read Luke 23:27.

So far the ingredients are not very appetizing. Add 1 cup sugar. Explain that the sweetest part of the story is that Jesus died because he loves us. He wants us to know him and belong to him. Read Psalms 34:8 and John 3:16. Beat with a mixer on high speed for 12 to 15 minutes, until stiff and peaks form. Explain that the color white represents the purity in God's eyes of those whose sins have been cleansed by Jesus.

Read Isaiah 1:18 and John 3:1 - 3. Fold in broken nuts. Drop by teaspoonfuls onto wax paper covered cookie sheet. Explain that each mound represents the rocky tomb where Jesus' body was laid. Read Matthew 27:57 - 60.

Put the cookie sheet in the oven, close the door, and turn the oven off. Give each child a piece of tape and seal the oven door. Explain that Jesus' tomb was sealed. Read Matthew 27:65 - 66. Go to bed! Explain that they may feel sad to leave the cookies in the oven overnight. Jesus' followers were in despair when the tomb was sealed. Read John 16:20 and 22.

On Easter morning, open the oven and give everyone a cookie. Notice the cracked surface and take a bite. The cookies are hollow! On the first Easter, Jesus' followers were amazed to find the tomb open and empty. Read Matthew 28:1 - 9. He has risen!

BOILED CIDER APPLE PIE

Pastry for 2 crust (9 inch) pie 1 c. sugar A few grains of salt 3 Tbsp. cornstarch ½ c. boiled cider (boil 1 qt. cider until it is reduced to 1½ c., enough for 3 pies) 1 egg, beaten 1 Tbsp. melted butter 1½ c. boiling water 2 c. thinly sliced apples

Roll out pastry for bottom crust and fit loosely into 9 inch pan. Combine sugar, salt, and cornstarch; add boiled cider and blend well. Add egg and melted butter; mix well. Stir in boiling water. Spread apples in bottom of pie pan; add boiled cider mixture.

Roll out top crust. Place over pie. Crimp or flute edges. Cut slashes on top. Bake at 425° for 40 to 45 minutes. Cool before serving.

Note: You may find that you will not use all the liquid on a single pie. Also doesn't matter what kind of apples you use since the cider adds its flavor to the pie. This is really an appley apple pie. It was fun in the fall in New England to get the fresh apples and cider from the orchard.

MARK'S FAVORITE PECAN PIE

Chris Pariso

3 eggs, beaten
1 c. sugar
1 c. dark corn syrup
2 Tbsp. melted butter

1 tsp. vanilla 11/4 c. pecans

1 unbaked pie crust 1 Tbsp. bourbon

Stir eggs, sugar, syrup, butter, and vanilla. Stir in pecans. Pour into pie crust. Bake at 350° for 50 to 55 minutes or until a knife inserted comes out clean.

For even more calories, top with whipped cream.

FROZEN PEANUT BUTTER PIE

Sarah Slavinsky

8 oz. pkg. cream cheese 3/4 c. chunky peanut butter 1 c. powdered sugar

1/2 c. milk 8 oz. Cool Whip Graham cracker crust

Beat cream cheese on low speed until soft and fluffy. Add peanut butter and powdered sugar. Mix well. Slowly add milk, beating until well blended. Fold in Cool Whip. Spoon mixture into pie crust. Freeze until firm (2 to 3 hours). Remove from freezer 10 to 15 minutes before serving.

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This is one of our favorite summer pies, as it requires no heating of the oven. It is especially tasty when served with chocolate sauce drizzled over it.

MOM'S PUMPKIN PIE

Alysa Slavinsky

3/4 c. sugar
1 tsp. ground cinnamon
1/2 tsp. salt
1/2 tsp. ground ginger
1/4 tsp.ground cloves
2 large eggs

1 (15 oz.) can Libby's
pumpkin
1 (12 oz.) can evaporated
milk
1 pie crust

Mix sugar, cinnamon, salt, ginger, and cloves in a small bowl. Beat eggs in large bowl. Stir in pumpkin and sugar-spice mixture. Gradually stir in evaporated milk. Pour into pie shell. Bake in preheated 425° oven for 15 minutes. Reduce temperature to 350° and bake 40 to 50 minutes or until knife inserted near center comes clean. Cool on wire rack for 2 hours, then serve, or refrigerate. Makes 8 servings.

And if you're feeling a little heavy this holiday season, just wear your big sweat pants and just put the pie filling in a casserole dish and you will feel thin and it tastes just as good! - Alysa.

CANNOLI

Michael Peters

3 lb. Ricotta 2½ c. confectioners sugar 1 tsp. vanilla

1 (6 oz.) bag mini chocolate chips (optional)

This filling works best if the Ricotta is dry. Drain on paper towels if necessary. Mix all ingredients in food processor until smooth. Fill cannoli shells. Store in refrigerator.

Or ... skip the shells, store in fridge, and eat like pudding! - Laurie Peters.

CANNOLI SHELLS

Dolores Benoit

3 c. flour 1 tsp. baking powder 1 tsp. salt 4 Tbsp. XXXX sugar

Cut in:

1/2 c. shortening or 1 stick margarine 2 eggs

2 Tbsp. vinegar 2 Tbsp. vanilla 1/4 c. cold water

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BUCKEYES

Michelle Petrano Nathan Bohnert

1½ c. smooth peanut butter
1 (1 lb.) bag powdered sugar
1 tsp. vanilla
½ c. butter
6 oz. chocolate chips

1 oz. paraffin (cooking wax hardens and shines up the chocolate - not necessary, but helpful)

Combine peanut butter, powdered sugar, vanilla, and butter. Roll into 1.5 inch balls (buckeye size) and chill one hour. Melt chips and paraffin in a double boiler. Coat balls with chocolate mixture and let stand till set. Enjoy at room temperature or frozen.

Tip: Use toothpicks to dip peanut balls in chocolate and stick other end of the toothpick in a piece of styrofoam. Your buckeyes will come out perfect this way.

FLAN

Alysa Slavinsky

3/4 c. sugar 4 eggs 1 (14 oz.) can sweetened condensed milk

1 tsp. vanilla 1 c. water

Melt sugar over low heat while stirring constantly. Pour into 1 quart casserole dish. Coat bottom and sides. Beat eggs and add milk, water, and vanilla. Pour into casserole. Bake 1 hour at 350° or until knife inserted comes out clean. Cool, invert, and chill.

This used to be my favorite birthday cake when I was younger - Alysa.

GRAPES WITH SOUR CREAM AND BROWN SUGAR

Pat Leaper

1½ lb. seedless green grapes ½ c. sour cream

½ c. light brown sugar

Wash grapes in pot, then dry with paper towel (remove all of the stems). Put in medium size bowl. Cover in plastic wrap to chill. Just before serving, mix sour cream and brown sugar until smooth. Add to grapes and stir until coated. Serve in dessert bowls. Sprinkle with more brown sugar before serving.

GRANDMA LEAPER'S SWEETENED CONDENSED MILK DESSERT

Alysa Slavinsky

2 cans sweetened condensed milk

Whip cream Nuts

Put can in water. Bring to a boil. Cover. Simmer for 2 hours and 40 minutes. Cool can to room temperature. Put in fridge overnight. Open both ends of can and push out. Slice thin (it's very rich). Top with whip cream and nuts.

Sounds gross, but it's really good! - Alysa.

Don't use evaporated milk. It doesn't work. Funny story: I made the evaporated milk version (by accident) and opened one side of the can, then flipped it over (thinking it had worked), set it on the counter, and opened the other side. When I took off the lid, I saw it was still all liquid. So, I'm staring at it, thinking, "how am I going to get the can off the counter?" when my mom comes over and picks up the can. Curdled evaporated milk went all over me. She laughed. - Michelle,

"Actually, she came over and looked at it for a minute, and goes, "huh" as she picked it up." - Nathan.

FRUIT TRIFLE

Debbie Leaper

1 pkg. ladyfingers or equivalent in leftover angel food cake

2 c. fresh or canned fruit, including strawberries

1/4 c. raspberry jam

3/4 c. heavy cream, stiffly whipped

For Custard:

1½ Tbsp. cornstarch 2 c. milk ½ c. sugar

1 tsp. vanilla 3 egg yolks, beaten to mix

Spread ladyfingers with raspberry jam and place on bottom of a glass bowl. Drain fruit and spoon ½ cup over cake. If fresh fruit is used and has no juice, use orange juice or sherry, or a combo. Spread fruit on top.

For custard, mix cornstarch with ¼ cup milk. Heat remaining milk with sugar and, when boiling, stir in cornstarch off the heat. Cook the mixture, stirring constantly, until it thickens and simmer 2 minutes. Take from the heat and beat in the vanilla and egg yolks. Pour custard over the fruit in the bowl and chill to set. Just before serving, spread the whipped cream over the custard.

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GRANDMA LEAPER'S HOT FUDGE SAUCE

Alysa Slavinsky

1 can sweetened condensed milk

Dash of salt 1 tsp. vanilla Hot water

2 sq. unsweetened chocolate

Cook first 3 ingredients until melted and smooth. Add vanilla, then add enough hot water to make consistency you want.

Recipe note: Great on ice cream, brownies, cake, or just over the sink with a spoon.

HOT BANANA SPLIT

Babs Sossong

Add a shot of each to hot chocolate:

Butterscotch Schnapps

Banana liqueur

Top with whipped cream. If it needs an extra zing, add a "tad" of vodka.

MELT AWAY DESSERT

Chris Pariso

1 c. butter

1 tsp. peppermint extract

2 tsp. vanilla

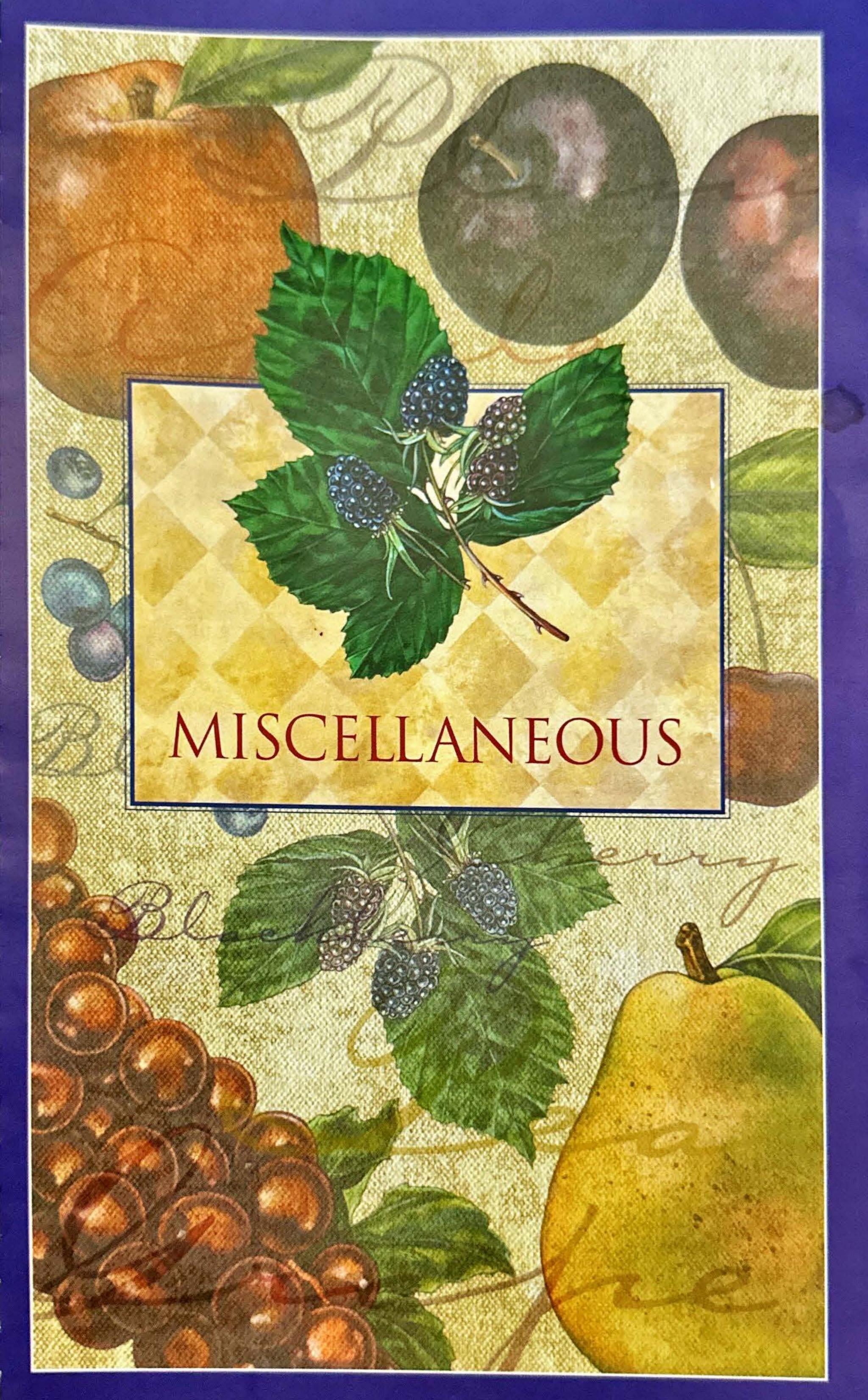
2 c. powdered sugar

4 sq. unsweetened chocolate (1 box) 2/3 box vanilla wafer cookies

4 unbeaten eggs

Melt chocolate in double boiler. Beat butter and sugar until very fluffy and creamy. When chocolate is cool, add to butter and sugar. Beat well. Add eggs, one at a time, while beating. Add extracts. Beat well. (Optional: Add crushed vanilla wafers to bottom of paper baking cups.) Pour chocolate mixture into cups. Freeze.

This is a still requested birthday "cake" for Lisa.



TEMPERATURE TESTS FOR CANDY MAKING

There are two different methods of determining when candy has been cooked to the proper consistency. One is by using a candy thermometer in order to record degrees, the other is by using the cold water test. The chart below will prove useful in helping to follow candy recipes:

TYPE OF CANDY	DEGREES	COLD WATER
Fondant, Fudge Divinity, Caramels Taffy Butterscotch Peanut Brittle Caramelized Sugar	234 - 238° 245 - 248° 265 - 270° 275 - 280° 285 - 290° 310 - 321°	Soft Ball Firm Ball Hard Ball Light Crack Hard Crack Caramelized

In using the cold water test, use a fresh cupful of cold water for each test. When testing, remove the candy from the fire and pour about ½ teaspoon of candy into the cold water. Pick the candy up in the fingers and roll into a ball if possible.

In the SOFT BALL TEST the candy will roll into a soft ball which quickly loses its shape when removed from the water.

In the FIRM BALL TEST the candy will roll into a firm, but not hard ball. It will flatten out a few minutes after being removed from the water.

In the HARD BALL TEST the candy will roll into a hard ball which has lost almost all plasticity and will roll around on a plate on removal from the water.

In the LIGHT CRACK TEST the candy will form brittle threads which will soften on removal from the water.

In the HARD CRACK TEST the candy will form brittle threads in the water which will remain brittle after being removed from the water.

In CARAMELIZING the sugar first melts then becomes a golden brown. It will form a hard brittle ball in cold water.

MISCELLANEOUS



DAD'S BLINIS

Beth Loveless

2 eggs, beaten
1 c. milk
1 c. flour
1 tsp. vanilla

Bananas (optional) Apples (optional) Blueberries (optional)

Stir until smooth. Cover and let stand ½ hour. The batter should be thin - just thick enough to coat a spoon dipped in it. Richard would add ½ to 1 cup fruit (bananas, apples, or blueberries). The children loved the surprise of that. Heat a 5 to 6 inch frying pan. Grease lightly with oil. Pour in just enough batter to cover the pan with a very thin layer. Cook on one side, turn with spatula, and brown on other side. Cook the pancake, one by one. Keep warm if you are serving them immediately - or set aside and reheat in oven.

GRANDMA LEAPER'S CHRISTMAS BREAKFAST

Alysa Slavinsky

6 to 12 hard-boiled eggs, sliced in halves
1 chopped onion
Ground pepper

1 can celery soup
A little milk
Bacon, cooked and crumbled
Cheddar or Swiss cheese

Put sliced eggs in a large flat pan or whatever size you are making. Saute chopped onion. Spread on top of eggs. Sprinkle a little pepper on top of eggs. Mix in bowl celery soup with a little milk. Pour celery mixture over eggs. Sprinkle with crumbled cooked bacon and shredded cheese. Bake at 350° for about 30 minutes.

You can make this the night before, then pop in the oven until done.

I remember having this when I was a little girl. Now I make this for my own family.

DANIELLE'S STUFFED FRENCH TOAST

Danielle Larimer

(Stolen from our favorite B & B)

Sliced bread 1 pkg. cream cheese 1 tsp. vanilla ½ c. sour cream

6 eggs ½ c. frozen orange juice mix 1/4 c. milk (can use favorite jelly or

11/2 tsp. cinnamon chopped fruit)

Beat cream cheese, sour cream, and orange juice and spread on one side of bread slice. Make sandwiches with slices. Mix eggs, milk, cinnamon, and vanilla. Dip sandwiches, then cook on greased griddle.

I know this isn't an oatmeal recipe, but I wanted to thank Uncle Everett for always making the best oatmeal and writing a note with little pictures every morning when we came to visit. Now when I make oatmeal for Emily, I try to draw her a picture too.

BREAKFAST CASSEROLE

Babs Sossong

½ c. butter, melted in roasting pan 6 slices bread, cubed Sausage (pork, Italian, etc.), sliced

5 eggs, beaten 2 c. half & half Salt and pepper to taste ½ tsp. dry mustard

11/2 c. shredded Cheddar cheese

Preheat oven at 350°. In pan, melt butter, add bread, and top with sausage and cheese. Mix together eggs, half & half, mustard, and salt and pepper. Pour over cheese. Let soak 20 minutes or overnight. Bake 40 to 45 minutes.

BAB'S SCOTCH EGGS

Danielle Larimer

4 boiled eggs (without shell) 1 lb. hot sausage

1 egg 1/2 c. bread crumbs

Mix sausage, egg, and bread crumbs. Coat the eggs individually with the sausage mixture and fry until the sausage is thoroughly cooked. Serve with honey mustard.

I asked my mom to make these for me years ago ... and she still hasn't - Michelle.

BETH'S STRAWBERRY FREEZER JAM

Beth Loveless

Exactly 2 c. fresh strawberries 4 c. sugar

1 box pectin (Sure-Jell) 3/4 c. water 12 jam containers

Crush fruit with potato masher or food processor. Do not puree. Jam should have bits of fruit. Measure exactly 2 cups of crushed berries. Mix with exactly 4 cups sugar. Mix well and let stand 10 minutes. Stir occasionally. Stir pectin and 3/4 cup water into saucepan. Bring to a boil on high heat, stirring occasionally. Boil 1 minute, stirring constantly.

Remove from heat. Pour into berry mixture and dissolve sugar. Mix 3 minutes. Pour into containers; leave ½ inch from top. Cover. Let stand at room temperature 13 hours, until set. Refrigerate up to 3 weeks, or freeze for up to 1 year. (Thaw in fridge.)

For use with other fruits, please refer to directions in pectin (Sure-Jell) box. For lower sugar recipe, use Sure-Jell for lower sugar recipe that is on the box.

Emily, Noah, and Austin love this jam!

PATRICK'S SUNDAY BREAKFAST (BISCUITS AND GRAVY)

Danielle Larimer

English muffins
Butter
1 lb. hot sausage

3 c. milk 3 Tbsp. Bisquick

Butter English muffins and toast them. Brown sausage and drain the fat. Whisk the Bisquick into the milk, then add the sausage. Bring to a boil, while stirring, and simmer until it's a little runnier (is that a word?) than you like it. The sauce will thicken as it cools down. Pour gravy over muffins and enjoy!

I can get Patrick to move any furniture when I make this for breakfast (or dinner).

UNCLE MARK'S FRENCH TOAST

Mark Leaper

French bread (the long kind), cut into 1½ inch slices (leave overnight to get dry)

1 doz. eggs (or more) 2 grated lemon zest 1 can sweetened condensed milk
½ tsp. vanilla
2 c. milk (est)
¼ c. Grand Marnier (optional)

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Place stale bread in 9x13 inch baking dish. Blend other ingredients. Pour over bread to cover completely. Cover with plastic wrap and refrigerate overnight. Fry medium-low in lots of butter until browned. Keep batches warm in oven until serving.

EMILY'S FAVORITE PANCAKES (BABY PANCAKES)

Alysa Slavinsky

- 2 small apples, peeled, cored, and diced
- 2 eggs
- 3 Tbsp. milk, breast milk, or formula

2 Tbsp. apple juice concentrate ½ c. whole wheat flour

1/4 tsp. cinnamon

In food processor or blender, process the apples, eggs, milk, and apple juice concentrate until blended but thick. Pour into medium mixing bowl. Add the flour and cinnamon to the wet ingredients. Stir just until combined.

Preheat a large nonstick griddle or skillet over medium heat. Drop apple batter by tablespoonfuls onto griddle and cook on both sides until browned. Cool and serve whole or in pieces.

May be frozen for 3 months.

I put baby size servings in sandwich bags, then in freezer bags for freezing, then zap in the microwave when hungry.

FRENCH BREAKFAST PUFFS

Mark Leaper

1/4 c. sugar ½ tsp. cinnamon 11/2 c. all-purpose flour ½ c. sugar 11/2 tsp. baking powder 1/4 tsp. nutmeg

½ tsp. salt 1 beaten egg ½ c. milk 1/3 c. melted butter or margarine

Preheat oven to 350°. Mix sugar and cinnamon and set aside. Combine dry ingredients. In separate bowl, blend liquids. Add to flour mixture, stirring until just moistened. Lightly grease muffin cups or line with paper. Fill 3/3 full. Bake at 350° for 20 to 25 minutes or till golden. Immediately dip tops in ½ stick melted butter, then into sugar cinnamon mixture. Serve warm. Makes 12.

BAB'S SWEDISH PANCAKES

Brian Petrano, Michelle Petrano

2 c. milk 2 Tbsp. sugar 4 eggs 2 Tbsp. butter, melted 1/4 tsp. salt 1 c. flour

Beat eggs well. Add salt, butter, and sugar and beat more. Add flour and milk gradually. Spoon teaspoonfuls onto a greased griddle, preferably in a greased Swedish pancake pan.

We have these every Christmas morning.

I won the Swedish Pancake Championship at Fourth Lake - Mark.

GRANDMA PETERS' SAUCE

Alysa Slavinsky Theresa Peters

Olive oil

1 big onion

Granulated garlic, garlic
powder, or 1 to 2 fresh
garlic cloves

1 gal. Hunt's crushed

1 gal. Hunt's crushed tomatoes

1 tiny can tomato paste (if sauce is too thin)
Romano or Parmesan cheese

Dash of sugar
Dash of parsley
3 bay leaves
Dash of oregano
1 Tbsp. basil
Hard-boiled eggs, peeled
(optional)

Grandma Peters' meatballs, cooked sausage, or Bracoila

In 8 quart pot, saute onions in oil (enough to skim the bottom of the pot) on medium low heat until they are lightly golden brown. Pour in crushed tomatoes and 1½ to 2 cups of water. Stir. If it looks watery, pour in the paste. Pour in bay leaves, cheese, sugar, parsley, oregano, and basil.

Make sauce start to bubble slowly. Grandma used medium heat. Cook, covered, for 1 hour to 1 hour and twenty minutes.

You can freeze and use later.

I remember eating Grandma's Sauce and having Grandpa tell me the story of when his Grandma Carmella would hard-boil eggs to put in his pocket to go to school on cold winter days in Rochester.

To this day, when I make "sauce," I always toss in a few hard-boiled eggs. My guests often cringe, question, and almost always refuse, though some are brave. I had always thought that the concept of hard-boiled eggs served in sauce was from the "old country" ... a tradition passed on by many generations. I have since found out that Grandma Peters really just started this years ago for her children. The story says that she started cooking the sauce so early on

Sunday morning, that when her children woke up, she just served them a hard-boiled egg in sauce for breakfast! And so although it may not be from the old country, it has become a tradition passed on from one generation to the next. Cheers to eggs in the sauce! - Laurie Peters.

GRANDMA PETERS' MEATBALLS

Alysa Slavinsky

1 lb. ground sirloin (Grandma says, "don't get anything else")

3 eggs

A little more than 1 c. Italian bread crumbs

2 Tbsp. Romano or Parmesan cheese

Garlic powder or granulated garlic (Grandma uses granulated now)
1 Tbsp. water if needed Parsley
Sweet basil

Mix thoroughly. Roll into balls.

You can use these in sauce, chicken soup, or lentil soup. I will always remember Grandma standing over a big pot and neatly breaking off little pieces of meatballs and tossing them in the pot. I love the smell of whatever she made.

RICHARD'S TURKEY STUFFING

Mary and Richard Slavinsky

1 large pkg. Pepperidge Farm seasoned stuffing mix1 pkg. frozen diced onions2 c. diced celery

4 eggs, beaten ½ lb. butter 2 c. milk Water or chicken broth

Melt butter in frypan, add diced onions and celery, and saute. Add 2 cups water and cook until semi-soft. Add stuffing mix, eggs, and milk and stir. Add sufficient water to moisten all to desired consistency. Insert stuffing into bird cavity.

Extra stuffing can be placed in a buttered baking dish and baked at 350° until done.

NAMA'S MAGIC COUGH MEDICINE

Chris Pariso

2 Tbsp. butter ½ tsp. lemon juice

1 tsp. honey

Melt butter; add lemon and honey.

Start coughing right before bedtime ... Nama would give me some of this and rub my back with Vicks Vapor Rub while she told stories of the "olden" days. When I woke up in the morning, my "cough" was gone and I felt very loved.

CARAMEL CORN

Roger Leaper Pat Leaper

1 c. butter

2 c. brown sugar, firmly packed

½ c. corn syrup (light or dark)

1 tsp. salt ½ tsp. baking soda 1 tsp. vanilla

6 qt. popped corn

Preheat oven to 250°. Melt butter, then stir in brown sugar, corn syrup, and salt. Bring to a boil, stirring constantly. Boil, without stirring, 5 minutes. Remove from heat, stir in soda and vanilla, and mix well. Pour over popped corn and mix well. Spread in baking pans (shallow) and bake for 1 hour at 250°, stirring every 15 minutes. Cool. Break apart. Store in containers, or just eat it all.

Delicious! I used to make it all of the time. Enjoy - Pat.

SUNDAY AFTERNOON FONDUE

Alysa Slavinsky

1 fondue pot Fondue forks 1 loaf French bread

Fondue (the cheese kind)
1 rainy day

Read directions on how to make the fondue. Cut bread into cubes. Poke 1 bread cube through fondue fork or like Grandpa, poke as many bread cubes on fork and dunk into fondue when nobody is looking. Serve with Shirley Temple on T.V.

Every time I start dating a new guy, I have a "fondue party." All my friends come over and we have cheese, oil, and chocolate fondue. If the guy starts complaining about it, or doesn't like it, I kick him out on the curb. Luckily for Nathan, he passed the test ... and at our party we dubbed it fun-due. - Michelle.

PETERS' ANYTIME MEAL

Peter Sossong

1 c. cereal

½ c. skim milk

Pour cereal into bowl. Cover with milk. Serve immediately.

PIMENTO-MUSHROOM SAUCE

1 can cream of mushroom soup

1 c. sour cream 1/4 c. chopped pimentos

1/4 c. milk

Mix soup, milk, sour cream, and chopped pimentos. Heat and stir until hot. Serves 12.

Serve with Chicken and Stuffing Scallop.

Great dish for the first thing you cook for new boyfriends - right, Chris?

MINT SAUCE (FOR LAMB)

Chris Pariso Pat Leaper

1/2 c. vinegar 1/4 c. water

1/4 c. mint flakes 1/4 c. brown sugar

Boil vinegar and water. Add mint flakes and sugar. Let stand for 30 minutes. Delicious on rack or leg of lamb.

GREAT GIFT MUSTARD

Babs Sossong

1 c. dry mustard 1 c. tarragon vinegar 2 egg yolks, beaten 1 c. brown sugar

1 c. sugar

Combine dry mustard and vinegar in medium bowl. Cover and let and let stand at room temperature overnight. Transfer to saucepan. Add sugar and yolks and cook at low heat 30 minutes, stirring frequently. Remove from heat. Stir in prepared mustard. Pack into hot jars. Seal tightly. Cool and refrigerate up to 3 months.

BBQ SAUCE

Roger Leaper

1 c. ketchup 1/2 c. beef broth or water 1 Tbsp. Worcestershire sauce 1/4 c. brown sugar

1/4 c. wine vinegar 1 tsp. salt 1/2 to 1 tsp. mustard 1 garlic clove

Heat ingredients and simmer 20 minutes.

1½ c. white vinegar
1 medium sweet red pepper,
cut into wedges
¾ c. chopped habanero
pepper
6 c. sugar, divided

2 (3 oz.) pouches liquid fruit pectin
1 tsp. red food coloring
Cream cheese and crackers
Rubber gloves (for touching peppers)

Place vinegar and peppers in a blender; cover and puree. Add 2 cups sugar; blend well. Pour into saucepan. Stir in remaining sugar. Bring to a boil. Strain mixture and return to pan. Stir in pectin and food coloring. Return to a rolling boil over high heat. Boil 2 minutes, stirring constantly.

Remove from heat. Skim off foam. Pour hot liquid into hot jars, leaving ½ inch head space. Adjust caps. Process for 5 minutes in a boiling water bath. Serve with cream cheese and crackers.

This is worth the effort! Makes 5 half pints. Take a Triscuit, spread cream cheese on it, and top it off with the hot pepper jelly ... Hmm - Michelle.

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COCONUT CAKE)	BAB'S SCOTCH EGGS. BAB'S SWEDISH PANCAKES. BBQ SAUCE. BETH'S STRAWBERRY FREEZER JAM. BREAKFAST CASSEROLE. CARAMEL CORN. DAD'S BLINIS. DANIELLE'S HOT PEPPER JELLY. DANIELLE'S STUFFED FRENCH TOAST. EMILY'S FAVORITE PANCAKES (BABY PANCAKES). FRENCH BREAKFAST PUFFS. GRANDMA LEAPER'S CHRISTMAS BREAKFAST. GRANDMA PETERS' MEATBALLS. GRANDMA PETERS' SAUCE GREAT GIFT MUSTARD. MINT SAUCE (FOR LAMB). NAMA'S MAGIC COUGH MEDICINE. PATRICK'S SUNDAY BREAKFAST (BISCUITS AND GRAVY). PETERS' ANYTIME MEAL. PIMENTO-MUSHROOM SAUCE. RICHARD'S TURKEY STUFFING. SUNDAY AFTERNOON FONDUE.	737 777 70 727 677 76 74 75 76 74 75 76 74 75
COCONUT CAKE)	BAB'S SCOTCH EGGS. BAB'S SWEDISH PANCAKES. BBQ SAUCE. BETH'S STRAWBERRY FREEZER JAM. BREAKFAST CASSEROLE. CARAMEL CORN. DAD'S BLINIS. DANIELLE'S HOT PEPPER JELLY. DANIELLE'S STUFFED FRENCH TOAST. EMILY'S FAVORITE PANCAKES (BABY PANCAKES). FRENCH BREAKFAST PUFFS. GRANDMA LEAPER'S CHRISTMAS BREAKFAST. GRANDMA PETERS' MEATBALLS. GRANDMA PETERS' SAUCE GREAT GIFT MUSTARD. MINT SAUCE (FOR LAMB). NAMA'S MAGIC COUGH MEDICINE. PATRICK'S SUNDAY BREAKFAST (BISCUITS AND GRAVY). PETERS' ANYTIME MEAL. PIMENTO-MUSHROOM SAUCE. RICHARD'S TURKEY STUFFING.	737 777 70 727 677 76 74 75 76 74 75 76 74 75
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Suggestions for Lowering Fat Content in Your Diet

FOOD	CHOOSE	DECREASE				
Meat Fish Poultry	Lean cuts of meat with fat trimmed, such as: beef-round, sirloin, rump steak, loin Poultry without skin Pork tenderloin	"Prime" grade meats Fatty cuts, like: corned beef, brisket, short ribs, spareribs Goose, duck, organ meats, sausage, bacon, hot dogs, regular luncheon meats				
Dairy Products	Skim milk, lowfat buttermilk, lowfat evaporated or nonfat milk Lowfat or nonfat yogurts and cheeses	Whole milk, cream, half & half, nondairy creamers, real or nondairy whipped cream, cream cheese, sour cream, ice cream, custard-style yogurt High-fat cheese, like: Brie, Swiss, American, Cheddar				
Eggs	Egg whites, cholesterol and fat- free egg substitutes	Egg yolks (substitute 2 egg whites for 1 egg)				
Fats Oils	Unsaturated vegetable oils (in limited quantities): corn, olive, peanut, canola, safflower, sesame, soybean Fat-free mayonnaise, cream cheese, and salad dressings Mustard and flavored vinegars (when cooking, use spray oils or nonstick pans and decrease amount of fat in recipe by 1/3 or substitute applesauce for fat)	Butter, coconut oil, palm kernel oil, palm oil, lard, bacon fat				
Breads Cereals Pasta	Breads like whole wheat, pumpernickel, rye, pita, bagels, English muffins, rice cakes Lowfat crackers and bread sticks Plain cereals (hot and cold) Spaghetti and macaroni Any grain Dried peas and beans	Croissants, butter rolls, sweet rolls, pastries, doughnuts, most snack crackers, granola-type cereals made with saturated fats, egg noodles, pasta and rice prepared with cream, butter, or cheese sauces				
Vegetables Fruits	Fresh, frozen, canned (no salt added)	Vegetables prepared in butter, cream, or sauce Fruits served in glazes				

Fat Facts

Reducing fat in the diet is a major focus in America today, and for good reason. A high fat diet can contribute to elevated blood cholesterol levels, a risk factor for heart disease. Excess dietary fat has also been linked to obesity and cancer. As a result, lower fat intake has become a priority for many.

Cholesterol is a fat-type substance found in all animal tissues. In adults, a blood cholesterol level below 200 milligrams per deciliter is desirable. A level above 240 milligrams is considered high. Blood cholesterol can also be broken into two categories: "good" and "bad" cholesterol. High density lipoproteins (HDL) are known as "good" cholesterol because of their

high protein content and low cholesterol content, and because people with higher HDL levels have a lower incidence of heart disease. Low density lipoproteins (LDL) contain more cholesterol than HDL and are responsible for cholesterol build-up on artery walls, thus earning the label "bad" cholesterol. A lowfat, low cholesterol diet, as well as exercise and being at a desirable weight, can help lower blood cholesterol levels and raise HDL levels.

Dietary fat can be divided into three different types: saturated, polyunsaturated, and monounsaturated. Foods we eat contain a mixture of these fats.

- SATURATED FATS are generally solid at room temperature. They have been shown to increase blood cholesterol levels. Saturated fats are primarily found in animal products such as butter, milk, cream, and lard. Some plant foods, such as palm oil, coconut oil, vegetable shortening, and some peanut butters also contain large amounts of saturated fats.
- POLYUNSATURATED FATS tend to lower blood cholesterol levels. These
 fats are found in high concentrations in vegetable oils, and are usually liquid
 at room temperature. Fats such as sunflower oil, corn oil, and soft margarines
 have large amounts of polyunsaturated fats.
- MONOUNSATURATED FATS have also been shown to decrease cholesterol levels in the blood. They can be liquid or solid at room temperature, and can be from plant or animal sources. Olive, peanut, and canola oils are high in monounsaturated fats.
- DIETARY CHOLESTEROL comes from animal sources such as meat, poultry, fish and other seafood, and dairy products. Egg yolks and organ meats contain high amounts of dietary cholesterol.
- HYDROGENATION is a chemical process in which hydrogen is added to
 unsaturated oils to make them firmer at room temperature. Hydrogenated
 fats such as shortening or margarine are more saturated than the oil from
 which they are made. When choosing a margarine, pick one with 2 grams
 or less saturated fat per tablespoon.

Heart Healthy guidelines include: (1) Limit total fat intake to 30% or less of total calories. (2) Of these calories, up to one-third can be saturated fat, and the remaining two-thirds should come from polyunsaturated and monounsaturated sources. (3) Limit daily cholesterol intake to 300 milligrams or less.

Calculating Percent Fat

To achieve a desirable percentage of total calories from fat, it is helpful to know how much fat is in individual foods. To determine the percentage of a food's total calories that come from fat, you can use the following formula. In order to calculate this percentage, you need to know the total calories and the grams of fat per serving, both of which are usually listed on the food label.

 $\frac{\text{grams of fat x 9*}}{\text{total calories}} \times 100 = \% \text{ of total calories from fat}$

* Each gram of fat contains 9 calories. Multiplying grams of fat by 9 gives the total calories from fat. On food labels, this number has already been calculated, and is listed on the same line as total calories.

When reading a food package, the front of the label may not tell the whole story. For instance, a package of boiled ham might claim to be 96% fat free. From this information, the consumer might assume that the food contains 4% fat, which is well within the recommended guideline of eating foods with 30% or less of total calories from fat. Although the 96% fat free claim is truthful, it refers to the amount of fat by weight rather than by the food's total calories. To get a clearer picture, use the above calculation. The label of the boiled ham shows 60 calories and 2.5 grams of fat per serving.

 $\frac{2.5 \text{ grams of fat x 9}}{60 \text{ total calories}} \times 100 = 37\% \text{ of total calories from fat}$

By calculating the percentage of total calories from fat, you can make more informed decisions about the nutritional qualities of foods. In this case, the ham may be lower in fat than other ham products, but it is still above the 30% guideline. If you are trying to follow a lowfat diet, you should eat this food in moderation.

"Heart Healthy" Recipe Substitutions

ORIGINAL		REDUCES:					
INGREDIENT	ALTERNATIVE	TF	SF	C			
1 pound ground beef	1 pound ground turkey	~	-	~			
1 ounce Cheddar, Swiss, or American cheese	 1 ounce lowfat cheese 1 ounce part-skim cheese (Mozzarella) 	~	~	~			
1 egg	 2 egg whites ½ c. low cholesterol egg substitute 	~	~	~			
1 c. whole milk	1 c. skim milk	~	~	V			
1 c. cream	1 c. evaporated skim milk	~	~	V			
1 c. sour cream	 1 c. nonfat sour cream 1 c. plain nonfat yogurt 1 c. lowfat cottage cheese plus 1 to 2 tsp. lemon juice, blended smooth 	ンンン	ンソン	ソソン			
1 ounce cream cheese	 1 ounce nonfat cream cheese 1 ounce Neufchatel cheese 	~	~	~			
1 c. butter	 1 c. margarine 1 c. vegetable oil 		~	~			
1 c. shortening	7 oz. vegetable oil		V				
1 ounce baking chocolate	3 Tbsp. cocoa powder plus 1 Tbsp. vegetable oil		~				
roux: 1 part fat 1 part starch	• ½ part fat to 1 part starch	>					
KEY: TF = total fat SF = saturated fat C = cholesterol	 Mix together: ½ c. nonfat dry milk 2 Tbsp. cornstarch 2 tsp. low sodium chicken bouillon ¼ tsp. onion powder ½ tsp. garlic powder ¼ tsp. basil ¼ tsp. thyme ¼ tsp. white pepper 9 oz. cold water Add the following if desired: ¼ c. chopped celery or ½ c. sliced mushrooms Heat to a boil; stir frequently. Per "can": 215 calories, 1g fat, 8mg cholesterol, 200mg sodium 						

Food Labeling Definitions

Government regulations give specific guidelines as to what words can be used on a food label to describe the product. Here is a list of these descriptive terms.

FREE A product must contain no amount or only an insignificant amount of one or more of the following: fat, saturated fat, cholesterol, sodium, sugar, and calories. The terms no, without, and zero can also be used.

Calorie-free: less than 5 calories per serving Sugar-free or Fat-free: less than 0.5g per serving Sodium-free: less than 5mg per serving

LOW This term can be used when referring to one or more of the following: fat, cholesterol, sodium, and calories. The terms little, few, and low source of can also be used.

Low calorie: 40 calories or less per serving
Lowfat: 3g or less per serving
Low saturated fat: 1g or less per serving
Low cholesterol: less than 20mg per serving
Low sodium: less than 140mg per serving
Very low sodium: less than 35mg per serving

LEAN Meat, poultry, and seafood containing less than 10g of fat, less than 4g saturated fat, and less than 95g of cholesterol per 3.5 oz. serving.

EXTRA LEAN Meat, poultry, and seafood containing less than 5g of fat, less than 2g saturated fat, and less than 95g of cholesterol per 3.5 oz. serving.

HIGH One serving of a product must contain 20% or more of the *Daily Value* (recommended daily intake of a nutrient).

GOOD SOURCE One serving must contain 10% to 19% of the Daily Value.

REDUCED A nutritionally altered product containing 25% less of a nutrient or of calories than the regular product. If the regular product already meets the criteria for *low*, a reduced claim cannot be made.

LESS A food that contains 25% less of a nutrient or of calories than a similar food. Cream cheeses that have 25% less fat than butter could use the term less or fewer.

LIGHT This term can still be used to describe food characteristics such as color and texture if the label makes the meaning clear; for example, *light brown sugar*.

The term also carries two other meanings:

- A nutritionally altered product that contains one-third less calories or half the fat of the original food
- ♦ A food's sodium content has been cut by 50% or more

MORE A food using this claim must contain 10% more of the Daily Value of a nutrient than the reference food. To use the words fortified, enriched, or added, this standard must also be met.

UNSALTED, NO SALT ADDED, or WITHOUT ADDED SALT The sodium naturally found in the product is still there, but it has been prepared without the salt that is normally added.

Sodium

Sodium is a mineral used by the body to maintain a proper balance of water in the blood. Although it is a vital nutrient, the body needs very little sodium to stay healthy. Because it is found naturally in some foods and is added to many other foods, getting too little sodium is usually not a problem. A high sodium diet, on the other hand, can contribute to high blood pressure in some people. Reducing sodium intake in the diet may help prevent or control high blood pressure. It is hard to know who will develop high blood pressure, or who might benefit from eating less sodium. For these reasons, and because most individuals consume much more sodium than needed, it is generally suggested that we reduce sodium intake.

Table salt is the major source of sodium in our diet. It is made up of about half sodium and half chloride. An adult diet containing between 1,100mg and 3,300mg of sodium per day is considered adequate. One teaspoon of salt contains 2,000mg of sodium.

WAYS TO REDUCE DIETARY SODIUM

- ◆ Taste food before salting. Salt food only sparingly at the table.
- ♦ Cut back on sodium slowly to give the body time to adjust to less salty flavors. Salt-craving taste buds will eventually be replaced by new ones that do not have an affinity for salt.
- ◆ Choose foods that have little or no sodium added. In general, the more processed the food, the more sodium it contains. For example, processed turkey breast purchased at a deli has considerably more sodium than fresh turkey breast.
- ♣ In many recipes, the salt can be cut back or even eliminated without greatly affecting the taste. Experiment with recipes at home, using less salt each time and using low sodium substitutes for high sodium ingredients.
- ◆ Read labels on food packages. Compare the sodium content to similar items and to the recommended sodium intake for an entire day.

- ★ Limit intake of high sodium foods such as cheeses, processed meats, soups, broths, snack foods, canned vegetables and vegetable juices, pickled vegetables, gravies, sauces, commercial casserole mixes, frozen dinners, and condiments. In many cases, lower sodium alternatives are available.
- When eating in restaurants, ask for foods to be prepared without added salt and request to have sauces, gravies, dressings, and condiments served on the side.
- ◆ Use herbs and spices instead of salt to enhance the flavor of foods. Check the label of seasonings to be sure they do not contain sodium. Use onion powder rather than onion salt, garlic powder instead of garlic salt. In place of seasoning salt, try commercially prepared herb and spice blends or make your own.

Low Sodium Seasoning Suggestions

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		90/		.eaves	Nay S	y Seed	Si	Pom		0	Je.	Musta	Q.	Rosano	emar	2 2	Thursdon
	Allen	Bacin	Bar	Car	Celo ay	Chin	Curr	Dill	Garti	Ging	Dra	Onio	Oreal	Ros	San	Tar	7.
Beef	V									V	V				1	1	
Pork				V					V						1		
Veal			V				1			V				V			-
Ground Meat	V	V			V				1		V						
Poultry			V				1			V				1		-	
Fish						1	V	V								~	
Eggs					V		V						V	1			
Soups/Stews	V	V	V	1	1			1				V			-		~
Sauces		1												V		~	
Pasta		ij		V													
Rice		1					1					1					
Popcorn									1						0.0		
Asparagus				1													
Beets				V			W.										
Broccoli					No.						~		~				
Cabbage				V				1									
Carrots			V	V													
Cauliflower							~					-				-	
Green Beans								~			~						
Lima Beans						1	~								~		
Potatoes										V					~	-	-
Tomatoes		V					1		~		-		V				+
Salads		100	ri:	V		V	1					V					L

Try this low sodium spice blend in your shaker instead of salt:

1 Tbsp. dry mustard 1 tsp. garlic powder 1½ Tbsp. onion powder ½ Tbsp. ground pepper ½ Tbsp. thyme, crushed 1 tsp. sage
1/2 tsp. marjoram, crushed
1 Tbsp. paprika
1/2 tsp. basil, crushed
1/2 tsp. ground oregano

Food Safety Guidelines

Food safety is an important part of food preparation. Bacteria that cause foodborne illnesses are present in many foods. Fortunately, with proper handling and cooking of foods, the danger from these bacteria and the toxins they may produce can be greatly reduced.

Follow these safety guidelines to help protect against food-borne illnesses:

Keep the temperature in the refrigerator between 35° F. and 40° F. A freezer should be at 0° F. or below.

Thaw all meat, fish, or poultry in the refrigerator. Do not thaw on the kitchen counter. For faster thawing, a microwave can be used, but meat should be cooked immediately after thawing.

Cook all meat and poultry thoroughly. The following chart is a guide.



FOOD	MINIMAL INTERNAL TEMPERATURE
Ground Meat	160° F.
Ground Poultry	165° F.
Beef, Veal, Lamb	145° F.
Pork	160° F.
Poultry	170° F.

Cook fish until it is opaque, firm, and flakes easily with a fork.

Cook eggs until the white is set and the yolk is starting to thicken. Do not eat raw eggs or those with cracks in the shell. Separate the egg white from the yolk by using an egg separator or a slotted spoon rather than by using the shell.

Once cooked, hold food at temperature below 40° F. or above 140° F. Do not allow perishable food to sit between these temperatures for more than two hours. This is considered the *danger* zone at which bacteria can readily grow or produce toxins.

Cool foods such as soups, sauces, and gravies in shallow pans no more than two inches deep.

Keep raw animal products and their juices separate from other foods.

- Place raw meat on a plate or pan in the refrigerator to keep juices from dripping on other foods.
- Wash kitchen surfaces, utensils, and hands after they have been exposed to raw meat, poultry, fish, and eggs.
- Thoroughly clean cutting boards used for raw meat before using them for cooked foods or foods to be eaten raw, such as salad greens.
- Use a clean container to hold cooked meat. Do not reuse the container that held the raw meat without cleaning it first.

When roasting a turkey or chicken with stuffing, it is best to cook the stuffing in a separate pan instead of in the cavity of the bird. If you choose to stuff the bird, however, do so just prior to putting it in the oven. When checking for doneness, make sure a thermometer placed into the center of the stuffing reads at least 165° F.

Basic Guidelines for Losing Weight

There are many diets and weight loss products available for those struggling to lose weight. The sad reality, however, is that most diets do not work. In the long run, people often regain even more weight than they originally lost. There is hope for those who want to shed some extra pounds. The key to long-term weight reduction is gradual and permanent changes in lifestyle habits.

Decrease the amount of total fat eaten. Fat has more than twice the calories of carbohydrates or protein. Thus, even small amounts of high fat items such as butter, margarine, oil, sauces, and gravies can contain large amounts of calories. Dietary fat is also the nutrient most easily converted into body fat. Much of the carbohydrates and protein we eat are burned up before they can be stored as fat.

Eat a variety of foods and do not restrict certain foods from the diet. In general, it is not the occasional food that keeps someone from achieving a desirable weight; it is what is eaten on a daily basis. For example, limit dessert to one or two times per week instead of after each meal. Forbidding foods often makes them more desirable, and may undermine weight loss efforts.

Eat breakfast. People who eat breakfast are generally more successful at losing weight.

Try not to eat before going to bed. Food eaten at this time of day is often not burned up and is more likely to be stored as fat.

Eat single portions of food and give the body time to signal that it is full. Often we eat so fast that the second portion of food is almost gone before the body can signal that it was satisfied after the first.

carbohydrates. This includes breads, cereals, pasta, rice and other grains, fruits, and vegetables. Although many weight loss diets in the past have limited starchy foods, it is the high fat items that often accompany these foods that inhibit weight loss efforts, not the starchy foods themselves.

Exercise. Aerobic exercise is an excellent way to achieve and maintain a desirable weight. Walking, jogging, biking, and rowing are examples of aerobic activities. Before beginning any exercise program, it is a good idea to consult a physician.

Do not starve yourself. Low calorie diets may slow a body's metabolism, making weight loss more difficult.

Lose weight slowly, 1 to 2 pounds per week is desirable. Most people who need to lose weight need to lose excess fat. The body cannot burn off more than a few pounds of fat per week. Faster weight loss is probably due to muscle breakdown.

Set reasonable weight goals. Despite our society's obsession with thinness, it is not practical for most of us to expect to have the body of a model. Instead, setting a goal which is achievable and maintainable may, over time, result in greater physical and psychological health benefits.

Understanding the Nutrition Facts Food Label

The Nutrition Facts food label is designed to help the consumer make nutritious choices when selecting foods. It can be found on most packaged products in the grocery store. Information about serving size, calories, and several nutrients help to give an overall picture of the nutritional qualities of each food. The label on the following page is a typical example, although some labels list additional nutrients.

Serving Sizes have been set at an amount that people would typically eat. If your normal serving is smaller or larger, adjust the nutrient values accordingly. Serving sizes are in standard household and metric measures. Metric abbreviations used on the label include:

g: grams - 28g = 1 ounce mg: milligrams - 1,000mg = 1g ml: milliliters - 30ml = 1 fluid ounce

Nutrients listed are those considered to be important to today's health conscious consumer. These include total fat, saturated fat, cholesterol, sodium, and fiber.

The *Percent of Daily Value* tells you if the food is high or low in a particular nutrient. It also shows how that food fits into an entire day's diet. Percent of Daily Values are based on a 2,000 calorie diet and on current dietary guidelines. An individual's daily values may be higher or lower depending on calorie needs. As a rule of thumb, if the Daily Value is 5% or less, the food contains only a small amount of that nutrient. For total fat, saturated fat, cholesterol, and sodium, foods with a low Percent of Daily Value are good choices.

Terms used on the label to describe the food's nutritional content have strict definitions set by the government. Eleven **Descriptive Terms** have been identified: free, low, lean, extra lean, less, reduced, light, fewer, high, more, and good source. Because precise guidelines must be met for a food to use one of these terms, you can be assured that the claim is believable. For example, if a food claims to be sodium free, it must have less than 5ml of sodium per serving.

Claims regarding a food's relationship to various health-related conditions must also meet specific guidelines. To make a health claim about fats and heart disease, a food must be low in total fat, saturated fat, and cholesterol. A food making a statement regarding blood pressure and sodium must be low in sodium.

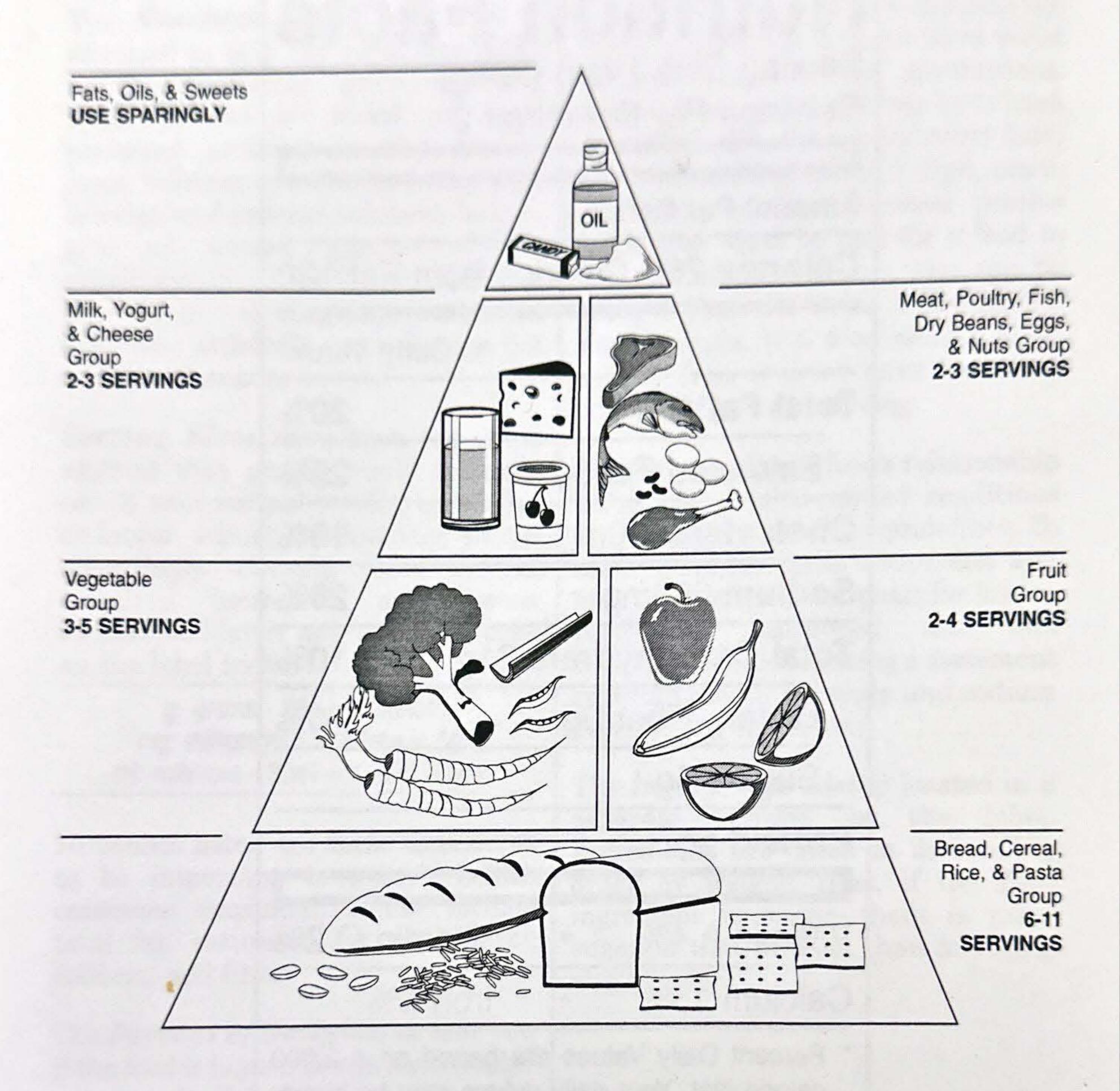
The *Ingredients List* is located in a separate location on the label. Ingredients are listed in descending order by weight; thus, if the first ingredient is sugar, there is more sugar in that product than anything else.

See the
following page
for an example of the
Nutritional Facts Food Label.

The Nutrition Facts Food Label

Nut Serving S Servings	ritio	nF	acts
Serving S	Size 1 cup	o (228g)	
Servings	Per Cont	ainer 2	
Amount P	er Serving		
Calories	260 Calc	ories from	n Fat 120
		% D	aily Value*
Total Fat	: 13g		20%
Saturat	ted Fat 5g		25%
Choleste	erol 30mg		10%
Sodium	660mg		28%
Total Ca	rbohydra	te 31g	10%
Dietary	Fiber 0g		0%
Sugars	5g		
Protein 5	5g		
	40/	X 701	. 000/
Vitamin A	4%	Vitar	nin C 2%
Calcium	15%	Iron	4%
calorie die	aily Values et. Your daily epending on	values ma	y be higher
	Calories:	2,000	2,500
Total Fat Sat Fat Cholesterol Sodium Total Carbon Dietary File		65g 20g 300mg 2,400mg 300g 25g	60g 25g 300mg 2,400mg 375g 30g
Calories per Fat 9 • Carb	-	Protein 4	

The Food Guide Pyramid A Guide to Daily Food Choices



What is the Food Guide Pyramid?

The Pyramid is an outline of what to eat each day. It's not a rigid prescription, but a general guide that lets you choose a healthful diet that's right for you.

The Pyramid calls for eating a variety of foods to get the nutrients you need and at the same time the right amount of calories to maintain a healthy

weight.

The Pyramid also focuses on fat because most American diets are too high in fat, especially saturated fat.