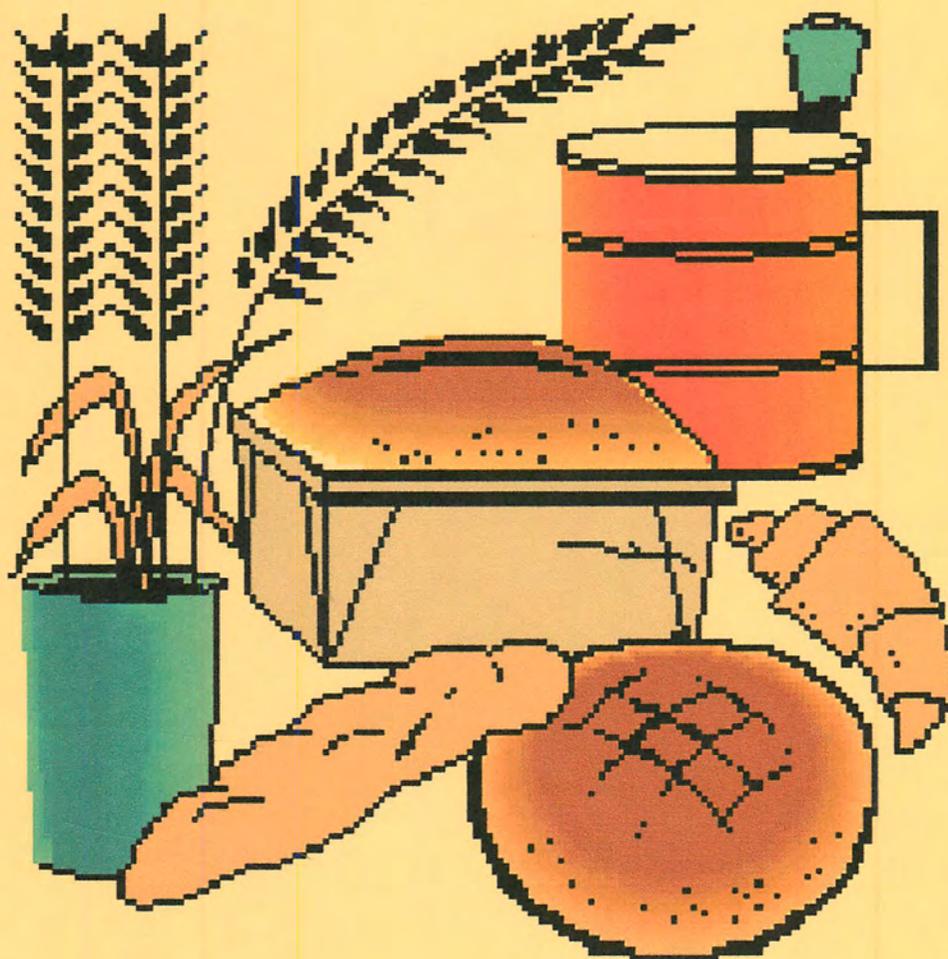


BALVIN COUSINS'

COOKBOOK



**BALVIN COUSINS'**  
**COOKBOOK**

Edited by Janet Aldridge

**This cookbook is dedicated  
to Jean Beringer  
whose idea it was.**

*WHO ARE THE BALVIN COUSINS?*

*EVELYN & WALT:*

*MARIE  
STEPHANA  
WANDA*

*ROMAIN & LIL:*

*DICK  
BERNIE  
DOLORES (DOLLY)  
DENISE  
ROGER*

*BILL & VERLA:*

*ELAINE  
LANCE*

*JIM & JEANNE:*

*GREG  
VINCE  
PAT  
TONY  
DAVID*

*JEAN & GEORGE:*

*DENNIS  
TOM  
CONNIE  
PEG  
BARRY  
BART*

*JOAN & WARREN:*

*MIKE  
JODY  
TIM  
JEFF  
PAUL  
SHIRLEY JEAN  
VICKY*

*JOHN & MAVIS:*

*MIKE  
BRUCE  
BRIAN  
KAREN*

*JANET & BOB:*

*CRES  
JANIE  
JIM  
DAN  
KATHY  
TERI  
MARY  
DIANE  
NANCY  
MARK*

# CONTENTS

Baked Omelet Roll, 1
Banana Cake, 2
Banana Cake Frosting, 3
Banana Split Brownie Pizza, 4
Barbecue Beef a La Jack, 5
Bayou Gumbo, 6
BBQ Recipe (Sloppy Joes), 7
Bhati Chok Churry, 8
Bird's Nest Pudding, 9
Blueberry Cheesecake, 10
Broccoli Salad, 11
Brownies, 12
Brussels Sprouts, 13
Chai Tea, 14
Chicken Chalupas, 15
Chicken or Vegetarian Enchiladas, 16
Chicken Salad, 17
Chili 'n Cheese Spirals, 18
Chocolate Caramel Cheesecake, 19
Chocolate Chip Pie, 20
Chocolate Dump Cake, 21
Chow Mein, 22
Chunky Chicken Chili, 23
Cranberry Salad, 24
Crazy Cake, 25
Creamy Cheesy Potato Bake, 26
Crumb Crust, 27
Cuban Empanadas, 28
Curry Chicken, 29
Czech Potato Dumplings, 30
Death by Chocolate, 31
Delicious Zucchini Appetizers, 32
Dirt Cake, 33
Eat Dirt, 34
Elephant Stew, 35
Fancy French Meatballs, 36
Fennel Salad, 37

Frosted Banana Bars, 38
Fruite Smoothie, 39
Fudge Frosting, 40
Garden Tomato Soup, 41
Grandma Peggy's Rice, 42
Hershey's Min. Chocolate Mousse Recipe, 43
Holiday Haystack Cookies, 44
Honey-dijon Grilled Pork Tenderloin, 45
Japanese Curry, 46
Karen's Strata, 47
Kids' Party Delight, 48
Kolache, 49
Meatballs, 50
Microwave Chicken Dinner, 51
Mike's Favorite Pasta, 52
Naan, 53
Neiman-Marcus Cookies, 54
One Crust Pastry, 55
Oriental Udon, 56
Oysters Flora, 57
Pat's Jawaiiian Squid-salad, 58
Peanut Butter Balls, 59
Peanut Cluster, 60
Pesto Lamb Chops, 61
Quiche, 62
Raisin Pie, 63
Raw Apple Cake, 64
Raw Carrot/Apple Salad, 65
Salmon Marinade, 66
Shrimp Quesadilla, 67
Southwest White Chili, 68
Stir-fry Veggies, 69
Strawberry Spinach Salad, 70
Sweet and Sour Beans, 71
Taco Soup, 72
Tofu and Green Beans over Rice, 73
Wild Bill's Easy Chip Dip, 74
Wine Cake, 75
Wonderful Household Tips, 76
Index By Category, 79

## BAKED OMELET ROLL

---

by Denise & Bill Cole, Romain & Lil's daughter & son-in-law

---

<b>6</b> <i>eggs</i>	<b>Place eggs and milk in a blender. Add flour, salt, and pepper; cover and process until smooth. Pour into a greased 13" x 9" baking pan. Bake at 450 degrees for 20 minutes or until eggs are set. Sprinkle with cheese. Roll up omelet in pan, starting with a short side. Place with seam side down on a serving platter. Cut into 1-inch slices. You can also add chopped green onion or ham chopped fine. Mags 6 servings. It is also good with salsa over the top.</b>
<b>1</b> <i>cup milk</i>	
<b>1/2</b> <i>cup all purpose flour</i>	
<b>1/2</b> <i>teaspoon salt</i>	
<b>1/4</b> <i>teaspoon pepper</i>	
<b>1</b> <i>cup (4 ounces) shredded cheddar cheese</i>	

## BANANA CAKE

---

by Mark & Robin Aldridge, Janet & Bob's son & daughter-in-law

---

<i>1/2 cup butter</i>	Beat butter until soft, add sugar and beat
<i>1 1/2 cups sugar</i>	until light and creamy. Add eggs in one at a
<i>2 eggs</i>	time. Sift 1 1/4 cups of the flour -- put baking
<i>2 1/4 cups all-purpose flour</i>	powder, baking soda and salt into flour and
<i>1/2 teaspoon baking powder</i>	resift.
<i>3/4 teaspoon baking soda</i>	Prepare mashed bananas, add vanilla, and
<i>1/2 teaspoon salt</i>	sour milk (1/4 cup milk & 1/2 teaspoon
<i>1 cup mashed bananas</i>	vinegar.)
<i>1 teaspoon vanilla</i>	Add flour and bananas to the batter mixture
<i>1/4 cup milk</i>	1/3 at a time, beat smooth each time.
<i>1/2 teaspoon vinegar</i>	Bake in 2 greased 9" cake pans or in a 10" x

for 30 minutes. Frost -- see recipe for Banana Cake Frosting.

# BANANA CAKE FROSTING

---

by Mark & Robin Aldridge, Janet & Bob's son & daughter-in-law

---

*1/2 cup butter*  
*2 tablespoons cocoa*  
*1/4 cup milk*  
*2 tablespoons butter*  
*1 tablespoon light corn syrup*  
*1 dash salt*  
*1/2 cup powdered sugar,*  
*use 1/2 -3/4 cup*  
*1/2 teaspoon vanilla*

Heat the first six ingredients on medium heat. When mixture starts to boil reduce to low and heat for 3 minutes. Take off of heat and let cool (20 minutes). Then beat in powdered sugar and vanilla. Spread on cake right away.

# BANANA SPLIT BROWNIE PIZZA

---

by Wanda & Darrell Kidd, Evelyn & Walt's daughter & son-in-law

---

- |  |                              |
|--|------------------------------|
| <i>1 package brownie mix (approx. 21 ounces)</i>         | Preheat oven to 375 degrees  |
| <i>2 packages cream cheese (8 ounces each), softened</i> | F. Prepare brownie mix in    |
| <i>2/3 cup sugar</i>                                     | Batter Bowl according to     |
| <i>1 can crushed pineapple, drained</i>                  | package directions. Place    |
| <i>banana slices</i>                                     | Parchment Paper on 15-inch   |
| <i>strawberry slices</i>                                 | Baking Stone. Pour brownie   |
| <i>1/2 cup chopped nuts</i>                              | mixture on paper and spread  |
| <i>1 ounce semisweet chocolate</i>                       | into 14-inch circle. (Do not |
| <i>1 tablespoon butter or margarine</i>                  | bake without Parchment       |
|  | Paper or batter will run off |
|  | stone while baking.) SEE     |

**NOTE BELOW.** Bake 15-20 minutes or until set. Cool to room temperature. Mix cream cheese and sugar until smooth. Spread over brownie "crust." Top with fruit and nuts. Melt chocolate and butter together, stirring until smooth. Drizzle over pizza. Chill. Cut into wedges with Pizza cutter. Yield: Serves 12 to 16.

**NOTE:** You can use a regular pizza pan and put oil and flour on it and it works just as well. If you slice it before you put the chocolate on it helps.

# BARBECUE BEEF A LA JACK

---

by Warren Bussey, Joan's husband

---

- 1 medium onion, chopped fine*
- 1 clove garlic*
- 4 tablespoons melted beef suet*
- 3 tablespoons brown sugar*
- 1/4 teaspoon cayenne pepper*
- 1/2 teaspoon dry mustard*
- 2 teaspoons chili powder*
- 3 pounds or 4 pounds rump roast*
- 1 teaspoon salt*
- 1 cup chopped celery*
- 2 tablespoons horseradish*
- 1 tablespoon vinegar*
- juice of lemon*
- 3/4 cup catsup*
- 3 tablespoons worchestershire sauce*
- 1 cup beef broth*
- 3 boullion cubes in 1 cup water*

**Brown beef and place in roaster.**

**Add onion, garlic, and celery until lightly browned. Add dry ingredients and blend. Add remainder of ingredients. Roast in sauce for 3 hours at 300 degrees turning frequently. Remove meat and cool slightly, then pull meat apart in samll pieces. Put meat back in roaster with sauce and cook for two hours at 350 degrees, stirring frequently.**

**SERVE ON WARMED HAMBURGER BUNS.**

**INDESCRIBABLY DELICIOUS.**

# BAYOU GUMBO

---

by John Balvin

---

- 3 half chicken breasts,  
4-depending on size**
- 1/3 cup flour**
- 3 tablespoons oil**
- 1 onion, peeled & sliced**
- 2 zucchini, sliced**
- 1 cup fresh tomato, chopped**
- 1 1/2 cups sliced ripe olives,  
drained**
- 2 cloves garlic, minced**
- 3 14-1/2oz. can chicken broth**
- 1 cup water**
- 1/4 teaspoon cayenne pepper**
- 1/4 teaspoon dried thyme**
- salt & pepper to taste**
- 1/2 pound shrimp,  
cleaned & shelled**
- 1 cup rice, cooked**
- 1 11 oz. can whole kernel corn,  
drained**

**Dredge chicken in flour and brown in oil in heavy casserole or soup pot. Remove chicken from pot and saute onion, zucchini, tomato, olives and garlic in remaining oil. Add broth, water, seasonings and chicken; simmer 20 minutes. Add remaining ingredients; cook 5 minutes or longer; but do not boil.**

## BBQ RECIPE (Sloppy Joes)

---

by Bill Cole's Mom, Denise' mother-in-law

---

- 3 pounds ground beef*
- chopped onion (however much you want)*
- 1 tablespoon vinegar*
- 1/3 cup brown sugar*
- 2 cups catsup*
- salt and pepper to taste*

Brown ground beef and onion; drain. Put ground beef and onion back in fry pan, add vinegar, brown sugar, salt, pepper, and catsup. Blend well and simmer for a few minutes. Spoon onto

**hamburger buns. Goes great with tator tots.**

# BHATI CHOK CHURRY

---

by Greg Balvin, Jim & Jeanne's son

My contribution is a spicy Bengali vegetable dish which can be served with traditional Indian rice with green peas alone, or with curry fish or chicken. Nirmal Pathak of Atlanta never told me how to spell it, but it sounds like Bhati Chok Churry.

---

*curry powder*

*crushed red pepper*

*salt*

*oil*

*radishes*

*small red potatoes*

*white or yellow onion*

*celery*

*sugar snap peas, frozen are ok*

*tomatoes*

*Optional - peeled broccoli stems, okra  
(may use frozen okra)*

Have one good big saucepan ready.

\*\*\* Proportions of vegetables: to your liking, but not too heavy on the tomatoes or the (optional) okra, so as to avoid making the end result too soggy. \*\*\* Cut your vegetables.

Mostly bite sizes: celery (& broccoli stem if used) a little smaller; trim the ends off the snap peas but otherwise leave them half or whole.

Pre salt the tomatoes. SEPARATE the vegetables into piles: #1 - radish, potato, HALF the onion; #2 - celery

plus the OTHER half the onion; #3 - snap peas (& okra if used); #4 - tomato.

\*\*\* In the big saucepan, heat several tablespoons of oil, then add some crushed red pepper and quite a bit of curry powder and some salt (to taste, but this is all the seasoning for all the vegetables you're going to cook, so don't skimp). Add pile #1 and cook 10 minutes, STIRRING frequently. WITHOUT any more stirring or mixing add pile #2 over the partly cooked vegetables and pile #3 over that. Cover and cook for 12 - 15 minutes on medium low heat WITHOUT STIRRING. Remove from heat, add the tomatoes, mix the layers together, and serve immediately. YUM!!

# BIRD'S NEST PUDDING

---

by Tammi Aldridge, Cres & Vicki's daughter,

Janet & Bob's granddaughter

---

*1/2*    *teaspoon butter*  
*6*    *(about 2 lbs.) tart apples*  
*1*    *cup brown sugar*  
*1/2*    *teaspoon ground nutmeg*  
*3*    *eggs*  
*1*    *cup homogenized milk*  
*1*    *teaspoon maple flavoring*  
*1*    *cup flour*  
*1*    *teaspoon cream of tartar*  
*1/2*    *teaspoon baking powder*  
*1/2*    *teaspoon salt*  
*1/2*    *cup powdered sugar*  
*1*    *pint heavy cream*

You will need a 2-quart baking dish, apple corer and paring knife, 2-quart bowl, 12-inch platter, 1-quart bowl.

Butter the baking dish. Peel and core the apples and place them in the dish. Fill the hole with brown sugar, pressing slightly, and sprinkle half the nutmeg on top. Place in preheated 350 degree F. oven to start baking while you prepare the batter.

Separate the eggs, putting yolks in the larger bowl and whites on the platter. Beat whites with a fork or whisk until they no longer slip from the tilted platter. Beat the yolks until they change color; stir in milk and maple flavoring. In smaller bowl mix flour, cream of tartar, baking powder, salt, and any remaining brown sugar. Stir the mixture quickly into the liquid. Fold the egg whites into this thin batter.

Pour the batter evenly over and around the partly cooked apples and return dish to the oven, baking it until the crust has browned, another 45 minutes to 1 hour.

While the pudding bakes, stir the powdered sugar and remaining nutmeg into a pitcher of heavy cream. Take the finished pudding directly to the table before it "falls", and turn each serving onto a plate so the apple is nested in the fluffy crust. Pass the pitcher of sweetened cream.

# BLUEBERRY CHEESECAKE

---

by Diane & Gary Robinson, Janet & Bob's daughter & son-in-law

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## **CRUST:**

- 1 cup graham cracker crumbs**
- 1/4 cup butter (1/2 stick)**
- 1 tablespoon sugar**

## **FILLING:**

- 4 8 oz. package cream cheese**
- 1 cup sugar**
- 2 tablespoons lemon juice**
- 1 tablespoon vanilla**
- 1 1/2 teaspoons grated lemon peel**
- 4 large eggs**
- 1 cup blueberries, fresh or frozen unthawed**
- 1 tablespoon all purpose flour**

## **TOPPING:**

- 1 1/2 cups blueberries, fresh or frozen unthawed**
- 1 1/2 teaspoons cornstarch**

**CRUST:** Preheat oven to 375 degrees F. Mix all ingredients in a bowl. Press into bottom, not sides, of a 9" springform pan. Set aside.

**FOR FILLING:** Beat cream cheese, sugar, lemon juice, vanilla and lemon zest until smooth. Add eggs one at a time and beat until combined. Toss blueberries with flour and stir into the cream cheese mixture. Pour into the pan and bake until edges are

set and the center moves slightly when shaken, about 1 hour. Refrigerate overnight.

**FOR TOPPING:** Stir 1 cup berries, sugar and cornstarch in heavy medium sauce pan over medium heat until sugar dissolves. Increase heat and boil until juices are thick and clear, stirring occasionally, about 3 minutes. Mix in remaining 1/2 cup berries. Cool completely.

Pour topping over cheesecake and refrigerate until topping sets, about 2 hours. Serve and Enjoy.

# BROCCOLI SALAD

---

by Sue Genoar, Gene & Mary's sister & sister-in-law

---

*1 1/2 pounds broccoli, cut & blanched*  
*6 slices bacon,*  
*cook crisp & crumble*  
*or use Bacos for vegetarians*  
*1/4 purple onion (may use 1/2 onion,*  
*chopped*  
*3/4 cup raisins*  
*1/3 cup sunflower seeds*  
*Dressing (see recipe below)*

**Mix all salad ingredients together.**  
**Toss with dressing. Feel free to**  
**adjust measurements to account for**  
**personal tastes.**

**Dressing recipe:**  
**1/2 cup mayonnaise**  
**1/4 cup vinegar**  
**2 tablespoon sugar**

# BROWNIES

---

by Jane Johansen, Janet & Bob's daughter

---

*2 squares unsweetened chocolate*  
*1/4 pound butter*  
*1 cup granulated sugar*  
*2 eggs*  
*1/2 teaspoon vanilla*  
*1 cup chopped walnuts*  
*1/4 cup all-purpose flour*  
*1/4 teaspoon salt*

into 12 pieces.

Preheat oven to 325 degrees. Melt unsweetened chocolate and butter over low heat in a heavy saucepan. Remove from heat and stir in granulated sugar. Beat in eggs and vanilla. Quickly stir in chopped walnuts, flour and salt. Spread batter in a well-greased 8" x 8" baking pan and bake for 40-45 minutes. Remove the pan to a rack to cool. Cut

# BRUSSELS SPROUTS

---

by Diane & Gary Robinson, Janet & Bob's daughter & son-in-law

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<i>1/2 stick butter</i>	<b>Heat at medium high until syrup. Add</b>
<i>2/3 cup Guinness Beer (Stout)</i>	<b>Brussels sprouts, salt and pepper and</b>
<i>3/4 cup chicken stock</i>	<b>simmer until leaves begin to fall off.</b>
<i>2 1/2 cups brown sugar</i>	
<i>1/3 cup orange juice</i>	
<i>1 teaspoon ground pepper</i>	
<i>3 pounds Brussels sprouts</i>	

# CHAI TEA

---

by Jim & Colette Aldridge, Janet & Bob's son & daughter-in-law

---

*1 ounce fresh ginger root, grated*  
*7 peppercorns*  
*1 cinnamon stick*  
*5 cloves*  
*15 cardamom seeds*  
*1 pint water*  
*1/2 cup milk*  
*sprinkle nutmeg, optional*  
*vanilla extract, to taste*  
*3 tablespoons Indian black tea,*  
*optional*

Simmer the ginger, peppercorns, cinnamon stick, cloves, cardamom seeds and black tea (optional) in one pint of water for 10 minutes. Add the milk and simmer for another 10 minutes. Add a sprinkle of nutmeg (optional) and a few drops of vanilla extract. Sweeten with honey or sugar. Especially good on cold days

# CHICKEN CHALUPAS

---

by Shirley & Amelio Gugliemeli,

Joan & Warren's daughter & son-in-law

---

- 12 *flour tortillas*
- 4 *large chicken breasts (boneless, skinless, & bite-size) You may boil or grill chicken and then cut into pieces. (We like to marinate ours in fajita mix)*
- 2 *cans cream of chicken soup*
- 1 *large can Ortega green chilis, diced*
- 1 *pint sour cream*
- 3/4 *pound Jack cheese ,grated*
- 3/4 *pound sharp cheddar cheese ,grated green onion tops, diced*
- 1 *can sliced black olives*
- 1 *small onion, chopped*
- 1 *can enchilada sauce*

1 9" x 13" baking pan, greased.

Note: You can change ingredients, adding or deleting depending on your own personal taste.

Combine soup, chilis, grated onion, sour cream, olives, cheeses, chicken.

Place 3 heaping tablespoons of chicken mixture on tortilla and roll.

Place in shallow 9" x 13" baking pan. Top with enchilada sauce and more

cheese.

Bake @ 350 degrees for 45 minutes.

Hope you all enjoy this.

## CHICKEN OR VEGETARIAN ENCHILADAS

---

by Peggy & Doug Burns, Jean & George's daughter & son-in-law

---

- 3/4 pound boneless chicken breasts, skinned, remove fat*
- 1/4 cup onion, chopped*
- 1 clove garlic, minced*
- 1/3 teaspoon chili powder*
- 1/2 teaspoon cumin*
- 2 tablespoons margarine*
- 2 tablespoons flour*
- 1 1/2 cups skim milk, (I use 3 cups)*
- 1 teaspoon fresh lemon juice*
- 1 cup lowfat Monterey Jack cheese, grated*
- 1/4 teaspoon canned hot chili peppers (optional), chopped*
- 8 corn torillas, I use flour torillas*
- 1/4 teaspoon ground black pepper*

Preheat oven to 350 degrees. Rinse chicken and pat dry. Cut into 1/4" cubes and cook in light olive oil until white throughout. (If using crumbles, barely brown.) Rinse chicken to cool. (If using Crumbles just set until cool.) Place in bowl and mix onion, garlic, chili powder, cumin and 1/2 of cheese. In saucepan over medium heat melt margarine and add flour. Whisk in skim

milk, stirring constantly. Bring mixture to a boil and reduce to heat. Stir in peppers, lemon juice and other 1/2 of cheese. Place tortillas on flat surface and add 2 tablespoons of chicken or crumble mixture. Roll and put in 9" x 13" pan seam side down. Pour sauce over mixture and top with chili peppers. Bake 20 - 25 minutes.

**NOTE:** May substitute 1 bag Morningstar Farms Burger Style Crumbles. May use Healthy Choice (no-fat Cheddar or Sagentina light Mexican style)

## CHICKEN SALAD

---

by Brian Balvin, John & Mavis' son

---

*5 cups cooked chicken, diced*  
*2 cups pineapple tid-bits,*  
*drained*  
*1 cup water chestnuts, sliced*  
*1/2 cup celery, angle sliced*  
*1 cup green onions, chopped*

**Combine and toss with:**

**1 cup sour cream**  
**1 cup mayonnaise**  
**4 tablespoons Major Grey's Chutney**  
**1 teaspoon curry powder**  
**Chill at least an hour before serving.**  
**At serving time, add one large can of**

**Chinese noodles.**

**Mix and serve.**

## CHILI 'N CHEESE SPIRALS

---

by Mike Balvin, John & Mavis' son

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- |   |  |
|---|--|
| <b>4 ounces softened cream cheese</b>   | <b>Combine ingredient and spread on tortillas. Roll up and chill. Slice each roll into 3/4 inches pieces. Dip in salsa if desired.</b> |
| <b>1 cup shredded cheddar cheese</b>    |  |
| <b>1 4-ounce can diced green chiles</b> |  |
| <b>1/2 cup sliced green onions</b>      |  |
| <b>1/2 cup chopped red bell pepper</b>  |  |
| <b>1/2 cup chopped ripe olives</b>      |  |
| <b>4 soft flour tortillas.</b>          |  |

# CHOCOLATE CARAMEL CHEESECAKE

---

by Jane Johanson, Janet & Bob's daughter

---

- 1 recipe Crumb-Crust,  
SEE RECIPE PAGE 27**
- 1 cup sugar**
- 3/4 cup heavy cream**
- 8 ounces fine quality bittersweet chocolate,  
chopped**
- 1/2 cup sour cream**
- 3 8 ounce pkg. cream cheese, softened**
- 4 large eggs**
- 1 teaspoon vanilla**
- See separate recipe for Crumb Crust**

**Make crumb crust as directed in separate recipe, using chocolate wafer cookies instead of graham crackers. Preheat oven to 350 degrees F. -Cook sugar in a dry heavy saucepan over moderately low heat, stirring slowly with a fork, until melted and pale golden. Cook caramel, without stirring, swirling pan, until deep golden. Remove from**

**heat and carefully add heavy cream. (mixture will vigorously steam and caramel will harden.) Cook over moderately low heat, stirring, until caramel is dissolved. Remove from heat and whisk in chocolate until smooth. Stir in sour cream. -Beat cream cheese with an electric mixer on low speed until fluffy, then beat in chocolate mixture on low speed. Beat in eggs, 1 at a time, then vanilla, beating on low speed until each ingredient is incorporated and scraping down bowl between additions.**

**-Put springform pan with crust in a shallow baking pan. Pour filling into crust and bake in baking pan (to catch drips) in middle of oven 55 minutes, or until cake is set 3 inches from edge but center is slightly wobbly when pan is gently shaken.**

**-Run a knife around top edge of cake to loosen and cool completely in springform pan on a rack. (Cake will continue to set as it cools)**

**-Chill cake, loosely covered, at least 6 hours. Remove side of pan and transfer cake to a plate. Bring to room temperature before serving. Cheesecake keeps, covered and chilled, 1 week.**

# CHOCOLATE CHIP PIE

---

by Mark & Robin Aldridge, Janet & Bob's son & daughter-in-law

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<i>1/2 cup butter</i>	Beat softened butter, eggs, granulated sugar, and
<i>2 large eggs</i>	brown sugar until well blended. Add flour and
<i>1/2 cup granulated sugar</i>	mix. Stir in chocolate chips and walnuts. Place in
<i>1/2 cup brown sugar</i>	Pillsbury pie crust. Bake in a preheated 325
<i>1/2 cup all-purpose flour</i>	degree oven, on the lowest rack for 40-45 minutes.
<i>1 cup chocolate chips</i>	Cool for 20+ minutes.
<i>1 cup walnuts</i>	
<i>1 9" Pillsbury pie crust</i>	

# CHOCOLATE DUMP CAKE

---

by Jane Johansen, Janet & Bob's daughter

---

<i>2 squares unsweetened chocolate</i>	<b>Melt 2 squares chocolate and 1/2 cup</b>
<i>1/2 cup butter</i>	<b>butter in top of a double boiler set</b>
<i>2 cups granulated sugar</i>	<b>over simmering water and set aside.</b>
<i>1/2 cup buttermilk</i>	<b>In a large mixing bowl combine the</b>
<i>1 teaspoon vanilla extract</i>	<b>granulated sugar, buttermilk, and</b>
<i>1 cup warm water</i>	<b>vanilla and blend at low speed with an</b>
<i>2 cups flour</i>	<b>electric mixer. Add the chocolate</b>
<i>1 1/2 teaspoons baking soda</i>	<b>mixture to the buttermilk mixture,</b>
<i>1/2 teaspoon salt</i>	<b>beating until blended. Beat the warm</b>
<i>2 eggs</i>	<b>water into the chocolate mixture and</b>

**beat at low speed until blended. In another bowl sift together the flour, baking soda, and salt. Add the flour mixture to the chocolate mixture and beat at low speed until blended. Add the eggs and beat at high speed for 2 minutes. Mixture will be thin.**

**Pour the batter into a greased and floured 9" x 13" x 2" pan. Bake in a preheated 350 degree oven for 50-60 minutes or until a toothpick inserted in the center comes out clean. Cool completely in the pan on a rack before frosting with Fudge Frosting.**

**Note: See separate Fudge Frosting recipe page 40.**

# CHOW MEIN

---

by Barry (B.J.) Beringer, Jean & George's son

---

*2 cans Chinese vegetables*

*1 can waterchestnuts*

*1 can mushrooms*

*Other vegetables you may want to add:  
or use instead of Chinese vegetables:  
cabbage, carrots, etc.*

*Meats you can use: chicken, left over  
roast beef (very good), pork steak*

**Brown meat in oil -- if using stew  
meat -- rub well with Adolph's  
Papaya tenderizer (work in with  
tines of fork). Last add: S & B  
chow mein seasoning packet and 3  
tablespoons soy sauce.**

# CHUNKY CHICKEN CHILI

---

by Elaine & Dan Murphy, Bill & Verla's daughter & son-in-law

---

- vegetable cooking spray*
- 1 1/2 cups chopped onion**
  - 1 cup chopped green pepper**
  - 1 4-ounce can diced green chiles**
  - 3 cloves garlic, minced**
  - 1 tablespoon or more chili powder**
  - 1 teaspoon or more ground cumin**
  - 1/2 teaspoon dried oregano**
  - 4 cups bite-sized cooked chicken breasts**
  - 1 cup water**
  - 1/2 teaspoon ground red pepper, (I sprinkle a little)**
  - 1/4 teaspoon black pepper**
  - 1 tablespoon worcestershire sauce**
  - 1 tablespoon Dijon mustard (yes, use Grey Poupon)**
  - 1 14 1/2 ounce can crushed tomatoes**  
*(I use larger size because of cooking so long - 1 pound, 12 ounce)*
  - 1 13 1/4 ounce can chicken broth**
  - 1 12 ounce bottle chile sauce**
  - 1 16 ounce can Cannellini beans**
- For topping:**  
**avocado, chopped purple onions and grated cheese.**

Coat a Dutch oven with cooking spray, place over medium heat until hot. (I use a little olive oil also.) Add onion and next 3 ingredients; saute 5 minutes. Add chili powder, cumin and oregano; cook 2 minutes. Add chicken, 1 cup of water and next 7 ingredients; bring to a boil. Cover, reduce heat and simmer 20 minutes. (I simmer about an hour.) I usually check here to see if I want to add more chili powder and cumin. Add beans and cook 5 minutes (or more if

desired.) Ladle chili into individual soup bowls; top each with above toppings. (Serving size: 1 cup of chili and about 2 tablespoons avocado, 2 tablespoons onion and 1 tablespoons yogurt.) Note: Don't overcook chicken. I put chilies in last before serving as they are quite hot if cooked too long.

## CRANBERRY SALAD

---

by Bill Balvin, sent to us by his daughter, Elaine

**Elaine's note: This is Dad's recipe in his own handwriting. He made this every Thanksgiving for years -- it's more of a dessert than a salad. It is yummy! The reason the recipe says, "Be sure to whip it." (the cream) is that one year Bill forgot to whip the cream.**

---

- 2 cups ground cranberries*
- 1 1/2 cups sugar*  
*Let first two ingredients stand 2 hours*
- 2 small cans crushed pineapple,*  
*drain for 2 hours*
- 1/2 pound marshmallows cut fine (or small ones)*
- 1 pint whipped cream (Be sure to whip it.)*  
*Add marshmallows. Let stand 2 hours,*  
*then mix all together. Pour in mold and*  
*let set over night. Ready to serve*

# CRAZY CAKE

---

by Dolly & Bill Luft, Romain & Lil's daughter & son-in-law

---

***Dry ingredients:***

- 3 cups flour***
- 1 teaspoon salt***
- 2 cups sugar***
- 2 teaspoons soda***
- 1/3 cup cocoa***

***Liquid ingredients:***

- 3/4 cup salad oil***
- 2 tablespoons vinegar***
- 1 teaspoon vanilla***
- 2 cups water***

Sift the 5 dry ingredients into a bowl. Make a well and add the 4 liquid ingredients. Blend for 3 minutes. Throw in a pan and bake 35-40 minutes at 350 degrees.

My kids still love this cake warm from the oven with butter. A seven-minute frosting makes it special and gee, so does Duncan Hines frosting mix.

# CREAMY CHEESY POTATO BAKE

---

by Denise & Bill Cole, Romain & Lil's daughter & son-in-law

---

*4 russet potatoes, peeled and grated*  
*1 1/2 teaspoon salt*  
*dash of pepper*  
*1 medium onion, chopped*  
*1 cup Jack cheese, grated*  
*1 cup Swiss cheese, grated*  
*1 pint whipping cream*

Peel and grate enough potatoes to fill a 9" x 13" pan. Rinse, drain and place in a greased or sprayed pan. Sprinkle onion, salt and dash of pepper, stir around to distribute. Sprinkle top with cheeses. Pour whipping cream over top and bake at 350 degrees for 25 minutes.

## CRUMB CRUST

---

by Jane Johansen, Janet & Bob's daughter

---

**1 1/2 cups (5 oz.) finely ground graham crackers, \* see note below**  
**5 tablespoons unsalted butter, melted**  
**1/3 cup sugar**  
**1/8 teaspoon salt**

**Stir together crust ingredients and press onto bottom and 1 inch up side of a buttered 24 - centimeter (10 inch) springform pan. Fill right away or chill up to 2 hours.**

**\*You may use cookies, such as chocolate or vanilla or gingersnaps.  
Makes enough for a 24 - centimeter (10 inch) Cheesecake.**

# CUBAN EMPANADAS

---

by Denise & Bill Cole, Romain & Lil's daughter & son-in-law

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- |            |  |   |
|------------|--|---|
| <b>1</b>   | <b><i>Grands Refrigerator Biscuits</i></b>         | <b>Cook beef and drain. In bowl, combine sauce, cheese, sugar, corn and seasoning. Press out biscuits. Put 1 tablespoon filling in center of biscuit. Beat egg, brush around the whole edge of biscuit and fold over. Press together with fork. Bake at 375 degrees for 15 minutes.</b> |
|            | <b><i>Meat filling:</i></b>                        |   |
| <b>1/2</b> | <b><i>pound ground beef, turkey or chicken</i></b> |   |
| <b>1/2</b> | <b><i>cup tomato sauce or salsa</i></b>            |   |
| <b>1/2</b> | <b><i>cup whole kernel corn</i></b>                |   |
| <b>1</b>   | <b><i>cup shredded cheddar or jack cheese</i></b>  |   |
| <b>1</b>   | <b><i>tablespoon sugar</i></b>                     |   |
| <b>1</b>   | <b><i>egg to seal seam of biscuit</i></b>          |   |
|            | <b><i>garlic, salt, and pepper to taste</i></b>    |   |

# CURRY CHICKEN

---

by Emily Aldridge, Jim & Colette's daughter, Janet & Bob's Gr.D.

---

- 1 onion, chopped fine*
- 5 cloves garlic, pressed*
- 1 tomato (optional), chopped*
- 2 serrano chiles,  
sliced lengthwise*
- 1/4 teaspoon chili powder (mild)*
- 3 potatoes, chopped*
- grated fresh ginger root,  
to taste*
- 1 piece chicken per person,  
cut into chunks*
- 1/4 cup vegetable oil*
- 1 tablespoon East Indian seeds*
- cilantro, to garnish*
- curry powder, to taste*

Heat oil in skillet over low heat. Fry chiles in oil. Add seeds. Fry for about 5 minutes. Add onion, brown. Add garlic and ginger after onion is browned. Add tomato. Add curry powder. When slightly thickened (about 5 minutes), add chicken. Fry for approximately 15 minutes. Add potatoes, cover with water. Bring to a boil, cook until potatoes are soft. Add cilantro to garnish and enjoy. Can be served over rice.

# CZECH POTATO DUMPLINGS

---

by Tom & Denise Beringer, Jean & George' son & daughter-in-law

---

*2 cups mashed potatoes*

*1 egg*

*2 tablespoons cream of wheat, uncooked*

*1 teaspoon salt*

*2 cups flour*

Take first four ingredients and mix well. Add 1 cup flour. Mix well.

Then add rest of flour. If sticky, add a little more flour. Make into small balls and drop into boiling water. Cook 15 to 20 minutes. Stir

to prevent sticking. Remove from water and serve. Season to taste.

These freeze well. Put onto wax paper lined cookie sheet and freeze. Then place in plastic bags.

When ready to cook, partially thaw, cut in half and saute in butter. Serve with saurkraut and meat.

## DEATH BY CHOCOLATE

---

by Wanda & Darrell Kidd, Evelyn & Walt's daughter & son-in-law

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- |   |   |
|---|---|
| <b>3</b> <i>batches Hershey's 5 minute Chocolate Mousse Recipe, See separate recipe</i> | <b>Punch holes in brownie (do not cut into squares). Pour liqueur over brownie. Place 1/2 of brownie into a deep decorative (preferably clear) bowl. Sprinkle</b> |
| <b>3</b> <i>boxes of prepared Jello Chocolate Mousse</i>                                |   |
| <b>8</b> <i>Heath bars, break up inside wrap</i>  |   |
| <b>1</b> <i>family size (or 2 regular size) Brownie mix, Prepare (box direct)</i>       |   |
| <b>1/4</b> <i>cup coffee liqueur (or cream de menthe) or</i>                            |   |
| <b>4</b> <i>tablespoons strong black coffee &amp; 1 tsp. sugar</i>                      |   |
| <b>1</b> <i>large whipped topping (thawed)</i>  |   |

**1/2 of broken Heath bars on top of brownie that is in the bowl. Then, take 1/2 of chocolate mousse mixture and smooth over top of Heath bar layer, followed by 1/2 of whipped topping. Repeat layers. Refrigerate at least overnight, or up to 1 day (if desired). Enjoy.**

**( P.S. You may have to hide this sinfully delicious dessert in the back of the refrigerator, and cover it up. Husbands and children are known to be drawn to it uncontrollably!)**

**See Hershey's 5 Minute Chocolate Mousse Recipe on separate page.**

## DELICIOUS ZUCCHINI APPETIZERS

---

by Janet Aldridge

---

- 3 cups zucchini (4) sliced unpared**
- 1 cup Bisquick baking mix**
- 1/2 cup onion, finely chopped**
- 1/2 cup Parmesan cheese, grated**
- 1 tablespoon parsley, snipped**
- 1/2 teaspoon salt**
- dash pepper**
- 1/2 teaspoon seasoned salt**
- 1 clove garlic, finely chopped**
- 1/2 cup vegetable oil**
- 4 eggs, slightly beaten, may want to substitute "Egg Beaters"**

Heat oven to 350 degrees. Grease a 13" x 9" x 2" pan. Mix all ingredients. Spread in pan. Bake until golden brown for about 25 minutes. Cut into rectangular 2" x 1" pieces.

## DIRT CAKE

---

by Wanda & Darrell Kidd, Evelyn & Walt's daughter & son-in-law

---

- New flower pot 8" top diameter*  
*Trowel*
- 2 1-1/4 lbs. package Oreo cookies (ground fine with, processor or blender*
  - 1/2 stick margarine or butter*
  - 8 ounces cream cheese, softened*
  - 1 cup powdered sugar*
  - 3 1/2 cups milk*
  - 12 ounces Cool Whip*
  - 2 small boxes instant vanilla pudding*

**Cream together margarine, cream cheese, powdered sugar.**

**Mix milk and pudding, when it begins to thicken add Cool Whip. Gradually add to cream mixture.**

**Line bottom of**

**flower pot with wax paper or plastic wrap to keep crumbs from falling through holes.**

**Alternate the layers, ending with crumbs**

**Add gummy worms or artificial flowers to decorate.**

**Do not use double stuff cookies.**

# EAT DIRT

---

by Hannah Genoar, Mary & Gene's daughter, Jan & Bob's Gr. D.

---

*Chocolate pudding*

*Gummy worms*

*Chocolate wafer cookies, crushed*

*Candy bird's eggs or*

*jellybeans that look like rocks*

*Plastic see-through cups*

**Fill each cup half full with the pudding.**

**Place crushed chocolate wafers, gummy worms, candy bird's eggs or jellybeans in separate containers and let the children layer their own. This is fun for childrens' birthday parties.**

# ELEPHANT STEW

---

by **Connie & Allen Anderson,**

**Jean & George's daughter & son-in-law**

---

***1 medium elephant (takes 28 days to cut), This will serve 2800 people.  
cut into chunks  
carrots, onion, potatoes, Simmer for 3 months.  
salt and water from the pond***

**If more stew is needed add a few  
rabbits, but not unless absolutely necessary since most people don't like to find  
hare in their stew.**

# FANCY FRENCH MEATBALLS

---

by Cortnie Locke, Teri & Greg's daughter

Janet & Bob's granddaughter

---

*1*    *tablespoon French dressing*  
*1 1/2* *pounds hamburger*  
*1/2*   *cup bread crumbs*  
*1/8*   *teaspoon Schillings Bon Appetit*  
*1/2*   *cup onions, chopped*  
*1/4*   *teaspoon garlic, minced*  
*1/4*   *cup Parmesan cheese*  
*1/4*   *cup green onion, chopped*

Mix all ingredients together and shape into balls. If you want, after you are through cooking the meatballs, dip them in French dressing.

## FENNEL SALAD

---

by Elaine & Dan Murphy, Bil & Verla's daughter & son-in-law

This is one of my favorite veggie recipe that I made up for the doctor I work for.

---

- 1 carrot*
- 1 medium bulb of fennel*
- 2 tablespoons feathery leaves from center of fennel bulb, (2 Tbs. or more)*
- 1/2 small bulb jicama*
- lemon juice*
- 1 teaspoon high quality oil per serving, (optional, allow for fat exchange)*
- salt*
- balsamic vinegar*

Use a food processor or cut vegetable into bite-size pieces. Put in bowl and mix veggie mixture with remaining ingredients. Adjust seasonings to taste.

# FROSTED BANANA BARS

---

by Denise & Bill Cole, Romain & Lil's daughter & son-in-law

---

*1/2 cup butter or margarine, softened*    **SEE FROSTING DIRECTIONS BELOW.**  
*1 1/2 cups sugar*

*2 eggs*

*1 cup sour cream*

*1 teaspoon vanilla*

*2 cups all purpose flour*

*1 teaspoon baking soda*

*1/4 teaspoon salt*

*2 medium bananas (about 1 cup)*

## **FROSTING**

*1 package (8-ounce) cream cheese, softened*

*2 teaspoons vanilla*

*3 3/4 cups (to 4 cups) powdered sugar*

In a mixing bowl, cream butter and sugar. Add eggs, sour cream and vanilla. Combine flour, baking soda, and salt; gradually add to the creamed mixture. Stir in bananas. Spread into a greased 15" x 10" x 1" baking pan (cookie sheet). Bake at 350 degrees for 20-25 minutes or until toothpick inserted comes out clean. Cool.

**FROSTING:** In a mixing bowl, beat cream cheese, butter, and vanilla. Gradually beat in enough powdered sugar to get desired consistency. I usually whip mine until real creamy. Frost bars. Store in the refrigerator. Makes 3 to 5 dozen.

# FRUITIE SMOOTHIE

---

by Adam Cole, Denise & Bill Cole's son, Romain & Lil's Gr. son

---

- 1 medium very ripe banana, peeled*
- 1 cup fresh strawberries*
- 1 cup nonfat plain yogurt or low fat milk*
- 1/4 teaspoon vanilla*
- 2 ice cubes*

Break the banana into 3 or 4 pieces, and place in a blender container or bowl of a food processor.

Rinse the strawberries, and pull off the stems. Put them in the

blender. Add the rest of the ingredients. Put the lid on blender. Blend for about 30 seconds, or until smooth and creamy. Pour into glasses and serve. Makes 4 - 1 cup servings.

## FUDGE FROSTING

---

by Jane Johansen , Janet & Bob's daughter

This recipe is the frosting for Chocolate Dump Cake page 21.

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<i>2 squares unsweetened chocolate</i>	To prepare frosting, melt 2 squares chocolate and 1/2 cup butter in top of a double boiler over boiling water. Keep the water boiling while adding the brown and confectioners' sugars, sour cream, corn syrup, 1 teaspoon vanilla, 1/8 teaspoon salt, and the walnuts. Cook only until dissolved. (Mixture will harden like fudge if overcooked.) Cover the top of the cake with the warm frosting, working rapidly before it cools and is hard to manage.
<i>1/2 cup butter</i>	
<i>1/2 cup brown sugar, packed</i>	
<i>1 pound confectioners' sugar</i>	
<i>1/3 cup sour cream</i>	
<i>2 tablespoons light corn syrup</i>	
<i>1 teaspoon vanilla extract</i>	
<i>1/8 teaspoon salt</i>	
<i>1 cup chopped walnuts</i>	

# GARDEN TOMATO SOUP

---

by Jean Beringer

---

- 1 cup chopped celery*
- 1 small onion, chopped*
- 1 medium carrot, shredded*
- 1 small green pepper, chopped*
- 1/4 cup butter or margarine*
- 4 1/2 cups chicken broth, divided (4 cups & 1/2 cup)*
- 4 cups chopped peeled tomatoes, about 7 medium*
- 2 teaspoons sugar*
- 1/2 teaspoon curry powder*
- 1/2 teaspoon salt*
- pepper to taste*
- 1/4 cup all-purpose flour*

In a three quart  
saucepan, saute celery,  
onions, carrots and  
green pepper in butter  
until tender. Add 4  
cups broth, tomatoes,  
sugar, curry, salt and  
pepper; bring to a  
boil. reduce heat;  
simmer uncovered for  
20 minutes. In a small  
bowl, stir flour and  
remaining broth until

smooth. Gradually stir it until thickened and bubbly about 2 minutes. Yields 6 servings. Makes 1-3/4 quarts.

# GRANDMA PEGGY'S RICE

---

by Hannah Genoar, Mary & Gene's daughter, Jan & Bob's Gr. D.

Grandma Peggy was Gene's Mother

---

- 3 pounds hamburger**
- 1 small onion**
- 1 can cream of mushroom soup,  
follow Pkg direction**
- 1 can cream of celery soup,  
follow Pkg direction**
- 1 cup cooked green beans (1-1/2 cups if desired)**
- 4 cups cooked rice (2 cups uncooked)**

Saute onion, add hamburger and brown in frying pan. Mix hamburger, soup and cooked green beans together and heat. Serve over cooked rice.

# HERSHEY'S 5 MINUTE CHOCOLATE MOUSSE RECIPE

---

by Wanda & Darrell Kidd, Evelyn & Walt's daughter & son-in-law

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- |            |   |   |
|------------|---|---|
| <i>1</i>   | <i>teaspoon unflavored gelatin (to double recipe use, 1 envelope)</i> | Chill deep bowl and beaters in freezer.   |
| <i>1</i>   | <i>tablespoon cold water</i>  | Sprinkle gelatin over cold water in small bowl. Stir. Let stand 1 minute to soften. |
| <i>2</i>   | <i>tablespoons boiling water</i>                                      | Add boiling water, stir until gelatin is completely dissolved                       |
| <i>1/2</i> | <i>cup sugar</i>  |   |
| <i>1/4</i> | <i>cup Hershey's cocoa</i>  |   |
| <i>1</i>   | <i>teaspoon vanilla</i>   |   |
| <i>1</i>   | <i>cup heavy cream (very, very cold)</i>                              |   |

(mixture must be clear!) Stir together sugar and cocoa in chilled bowl, add heavy cream and vanilla. Beat at medium speed until stiff peaks form. Pour in gelatin mix and beat until well blended. If not used for Death By Chocolate recipe, spoon into cups. Makes 4 - 1/2 cup servings

# HOLIDAY HAYSTACK COOKIES

---

by Denise & Bill Cole, Romain & Lil's daughter & son-in-law

---

**1 1/2 cups thin chow mein noodles**

**1 1/4 cups oil roasted peanuts**

**1/4 cup mini M & M's**

**1 10 ounce bag peanut butter chips**

**1 tablespoon vegetable oil**

**Line baking sheet with wax paper.**

**In a bowl, combine noodles, peanuts and M & M's. Set aside. In**

**microwave size bowl combine peanut butter chips and oil. Microwave on high for 1 to 2 minutes, stirring**

**once, until almost melted. Stir until smooth. Spoon 1 teaspoon of peanut butter mixture onto waxed paper; spread in a 2 inch circle, pile tablespoon noodle mixture and then drizzle 1 teaspoon peanut butter mixture on top. Makes 24 cookies. Chill for 15 minutes.**

## HONEY-DIJON GRILLED PORK TENDERLOIN

---

by Nancy & Jeff Archambault, Jan & Bob's daughter & son-in-law

---

- 2 *3/4 pound pork tenderloin*
- 1/2 *cup light beer*
- 3 *tablespoons sesame seeds*
- 3 *tablespoons honey*
- 2 *tablespoons Dijon mustard*
- 1/2 *teaspoon cracked black pepper*
- 2 *cloves garlic, crushed*
- cooking spray*
- rosemary sprigs, optional*

Trim fat from pork. Combine pork and next 6 ingredients in a large heavy duty zip-top plastic bag; seal bag and shake to coat pork. Marinate pork in refrigerator at least 2 hours, turning bag occasionally.

Remove pork from bag, reserving marinade. Insert meat thermometer into thickest portion of 1 tenderloin. Prepare grill or broiler. Place pork on grill rack

or broiler pan coated with cooking spray and cook 25 minutes or until meat thermometer registers 150 degrees (pork will be slightly pink) turning and basting occasionally with reserved marinade. Let pork stand 10 minutes before slicing. Cut each tenderloin diagonally across the grain into thin slices. Garnish with rosemary sprigs, if desired. Yield: 6 servings (serving size: 3 ounces.)

# JAPANESE CURRY

---

by Kathy & Ray Sabo, Janet & Bob's daughter & son-in-law

---

**8 3/8 ounces S & B Golden Curry Sauce Mix**  
*(can be found in most grocery stores in Asian section) We like the mild but there are more spicy mixes.*

**2 pounds or 3 lbs. of lean beef, chicken, or lamb, cubed or whole medium shrimp**

**4 finely chopped onions**  
*chopped vegetables (if desired): carrots, celery, bell peppers or other vegetables. (The Japanese like to put chopped potatoes in it as well. It is good but keep in mind, this all goes over rice.)*  
*White rice or noodles*

Cook meat and onions in oil or butter, stirring until onions are lightly browned (about 3 minutes.) Add vegetables and 6 cups water. Bring to a boil. Reduce heat, cover and simmer until meat is tender (about 15 minutes). Break curry sauce mix into mixture, stirring until completely melted.

**Simmer 5 minutes, stirring constantly. Serve over hot rice or noodles.**

**Note:** The Japanese serve the rice on one side of the plate with the curry just overlapping the rice on one side but basically served on the other side of the plate. Also, they think it has to be eaten with a tablespoon but a fork works just as well. (Chopsticks might be difficult to use for this dish.)

# KAREN'S STRATA

---

by Karen Balvin, John & Mavis' daughter

A great "make the day before" brunch dish.

The filling could be anything you like including ham or sausage. I prefer sauted onion, garlic, squash, mushrooms. You could also use spinach, leeks or any vegetable you like.

---

- |  |  |
|--|--|
| <i>12 eggs</i>   | - Saute filling ingredients in olive oil or butter.  |
| <i>2 cups cottage cheese</i>                           | - Set aside.   |
| <i>2 cups grated cheese (Monterey Jack or cheddar)</i> | - In a large bowl, beat eggs. Add cottage cheese, grated cheese, milk and spices to the eggs and stir to combine well. |
| <i>2 cups milk</i>                                     |  |
| <i>1 teaspoon nutmeg</i>                               |  |
| <i>salt, pepper</i>                                    |  |
| <i>10 slices day-old bread, torn into large pieces</i> |  |
- Coat a 15" x 10" glass baking dish with olive oil or non-stick cooking spray.
  - Spread the torn bread over the bottom.
  - Top with filling
  - Pour egg mixture over that.
  - Cover with foil and refrigerate overnight.
  - Pre-heat oven to 350 degrees.
  - Bake for 40-50 minutes or until eggs are set in the middle.

# KIDS' PARTY DELIGHT

---

by Koreana Sabo, Kathy & Ray's daughter

Janet & Bob's granddaughter

---

*orange-vanilla sherbert*    Place as much sherbert and Sprite as you want  
*Sprite*                            into a punch bowl and mix.

# KOLACHE

---

by Lillian Balvin (Aunt Lil) Submitted by Denise Cole,

Romain & Lil's daughter

---

*1 1/2 cups water*  
*1 1/2 cups milk*  
*1 package yeast*  
*1 1/3 sticks margarine*  
*2/3 cup sugar*  
*1 teaspoon sugar*  
*3 eggs*  
*3/4 cup instant potatoes*  
*10-12 cups flour*

Dissolve yeast in warm water. Let stand 5 minutes. Scald milk. Cool. Add yeast and water mixture, sugar, salt, and margarine; stir. Put into a greased bowl. Let rise. Make balls, let rise a second time in a greased 9" x 13" pan. Make dents in center of balls and fill with fillings, place back in pan. You can use cooked and sweetened prunes, canned lemon, apricot, blueberry, strawberry or cherry pie fillings. Let rise a little while. Bake at 435 degrees for 15 minutes.

# MEATBALLS

---

by Barry (B.J.) Beringer, Jean & George's son

---

- 3 pounds ground beef*  
*1 can evaporated milk*  
*2 cups oatmeal*  
*2 eggs*  
*2 teaspoons chili powder (optional)*  
*1/2 cup chopped onion*  
*1/2 teaspoon garlic powder*  
*2 teaspoons salt*  
*1/2 teaspoon pepper*
- Mix the first ingredients and make into meatballs. Pour sauce over meatballs.**
- Bake @ 350 degrees for 1 hour.**
- SAUCE:**  
*2 cups catsup*  
*1 1/2 cups brown sugar*  
*2 tablespoons liquid smoke*  
*1/2 teaspoon garlic powder*  
*1/2 cup chopped onion*

# MICROWAVE CHICKEN DINNER

---

by Connie & Allen Anderson,

Jean & George's daughter & son-in-law

---

- 1 large cooking bag,  
(or turkey size bag)**
- 1/2 cup water**
- 2 chicken bouillon cubes**
- 4 carrots, cut 2" X 1/4"**
- 4 potatoes, peeled and quartered**
- 3 tablespoons margarine or butter**
- 2 drops kitchen bouquet for color,  
(or more for color)**
- 1 whole chicken**

Place cooking bag in large flat casserole or baking dish. Add water and bouillon cubes to bag. Place carrots around edge of bag. Cook for 5 minutes on high. Melt margarine or butter in separate dish. Add kitchen bouquet to margarine or butter. Place potatoes around edge of bag and put chicken in the middle, breast side down. Brush top and sides with butter or margarine mixture. Cook on high

for 15 minutes. Turn chicken over and brush again. Cook for 15 minutes. Cut between drum stick and breast. If it's pink, cook for 5 more minutes or longer until white.

## MIKE'S FAVORITE PASTA

---

by Michael Cole, Denise and Bill's son, Romain & Lil's Gr. son

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- |   |                                    |
|---|------------------------------------|
| <i>1 large clove garlic</i>                         | Peel garlic and cut into 3 pieces. |
| <i>1 13-3/4 ounce can chicken broth</i>             | Open can of broth and pour into    |
| <i>2 tablespoons olive oil</i>                      | a medium size microwave safe       |
| <i>1 16-ounce package spaghetti</i>                 | bowl. Add garlic. Cover the        |
| <i>1 cup grated Parmesan cheese</i>                 | bowl with plastic wrap.            |
| <i>1/2 cup fresh basil leaves or parsley leaves</i> | Microwave for 3 minutes on         |
|   | high.                              |

Remove bowl from microwave. Carefully remove the plastic wrap. Add olive oil to broth and set aside. Fill a 6-quart pot with about 4 quarts of water. Bring to a boil. Add the pasta. Stir. Cook the pasta for 10 to 12 minutes until tender. Drain pasta well. Return pasta to pot. Remove the garlic pieces from the broth mixture. Carefully pour the broth mixture, and half of the Parmesan cheese over the pasta in the pot. Stir it well.

Serve with remaining Parmesan cheese sprinkled on top. You can also place a few fresh basil or parsley leaves over the top to make it look nice.

Serves 6 to 8.

# NAAN

---

by Diane & Gary Robinson, Janet & Bob's daughter & son-in-law

---

*1/2 teaspoon baking power*

*1/2 teaspoon salt*

*1 teaspoon sugar*

*2 cups bleached flour*

*3 tablespoons milk*

*1 cup yogurt*

*1/4 teaspoon yeast*

*3 tablespoons melted butter*

*1 lightly beaten egg*

*1 egg yolk*

*2 tablespoons poppy or sesame seeds*

Sift flour, sugar, baking powder and salt into large bowl. Make a well in center. Warm the milk and yogurt and mix in the yeast, butter and egg. Stir and pour into the well in the flour. Stir from center until mixed to a smooth batter. Knead on board 15-20 minutes or about 2 minutes in food processor. Dough should be elastic but not sticky. Add a little flour if the dough is sticky. Put in covered bowl and allow to rise until

double (about three to four hours, unless it is warm, in which case the rise time could be halved).

Divide ball into eight pieces. Knead each lightly, flatten ball, pull into an oval, forming a sort of pear shape. Put on baking sheet(s), cover with damp cloth, allow to rise about 15 minutes. Brush the tops with egg yolk and sprinkle with seeds. (Optional) Bake in pre-heated 450 degree oven for 8-10 minutes until golden brown.

# NEIMAN-MARCUS COOKIES

---

by Lance & Janet Balvin, Bill & Verla's son & daughter-in-law

---

- 2 *cups butter*
- 4 *cups flour*
- 2 *teaspoons soda*
- 2 *cups sugar*
- 5 *cups oatmeal, blended*
- 24 *ounces chocolate chips*
- 2 *cups brown sugar*
- 1 *teaspoon salt*
- 1 *8-ounce Hershey bar, grated*
- 4 *eggs*
- 2 *teaspoons baking powder*
- 3 *cups chopped nuts,*  
*your choice*
- 2 *teaspoons vanilla*

Measure oatmeal and blend in a blender to a fine powder. Cream the butter and both sugars. Add eggs and vanilla; mix together with flour, oatmeal, salt, baking powder, and soda. Add chocolate chips, Hershey bar and nuts.

Roll into balls and place two inches apart on a cookie sheet. Bake for 10 minutes at 375 degrees. makes 112 cookies.

# ONE CRUST PASTRY

---

by Jim & Colette Aldridge, Janet & Bob's son & daughter-in-law

---

- 1 cup whole wheat flour*
- 1/2 teaspoon sea salt*
- 1/3 cup sweet butter (unsalted),  
melted*
- 2 tablespoons ice water*

**In a bowl, combine flour and salt. Slowly blend in butter. Mix until grainy. Sprinkle with ice water. Mix to moisten. Form dough into a ball. Chill until ready to use. Flatten dough like a hamburger**

**patty. Place in a 9 inch pie pan and spread evenly with your fingers. Pierce thoroughly with a fork.**

# ORIENTAL UDON

---

by Kathy & Ray Sabo, Janet & Bob's daughter & son-in-law

**For this you would want to go to an oriental store to get the best ingredients.**

**Udon packages are sold in the refrigerator section. Get the Udon noodles with the seasonings inside. It is packaged similar to the "Ramen" type noodles except the Udon noodles are moist and cooked, not dry. Choose one package per person.**

---

*Udon packages  
water*

*Cooked meat, tofu, broccoli, carrots,  
onions and whatever vegetables or any  
oriental type fish or fish cakes you  
like*

**Boil the appropriate amount of water (per directions on the package) and whatever vegetables and other ingredients you would like to add (such as cooked meat, tofu, broccoli, carrots, onions, or any other vegetables or oriental**

**type fish or fish cakes you desire.) When all vegetables are cooked, add the sauce, stir and add the noodles. Let the noodles get hot and enjoy. This is best served in a big!! bowl with (if available) chopsticks and oriental soup spoons. And... fyi, it's okay to slurp in the orient!**

# OYSTERS FLORA

---

by Bernie & Edrhys Balvin,

Romain & Lil's son & daughter-in-law

---

- 1* **tablespoon bacon grease or cooking oil**
- 1* **10-ounce Pkg frozen chopped spinach, thawed and drained**
- 1* **8-ounce jar oysters, drained, reserve liquid**
- 2* **eggs**  
*salt, pepper & nutmeg to taste*
- 3* **ounces Swiss cheese, sliced thin**  
*About 20 saltine crackers*
- 2* **tablespoons margarine or butter**  
*options: see below*

**Options:** I like to add 1/4 pound of fried bacon bits and experiment with different cheeses.

**Preheat oven to 400 degrees. Coat a 9" pie pan with bacon grease, oil or margarine. Arrange spinach on the bottom of the pie pan. Distribute drained oysters over the spinach. Combine the oyster liquid and eggs, mix well, and season to taste with salt,**

**pepper, and nutmeg. Pour over oysters and spinach. Sprinkle with fried bacon bits -- (optional). Cover with thin slices of Swiss cheese. Coarsely crumble crackers over the cheese. Dot with margarine or butter. Cook uncovered at 400 degrees for about 20 minutes. Cut pie in slices to serve.**

**Note:** Best with small oysters -- if large, cut them into smaller pieces.

# PAT'S JAWAIIAN SQUID SALAD

---

by Pat Balvin, Jim & Jeanne's son

---

- 1 5 pound box frozen small squiddies**
- 3 celery stalks**
- 2 carrots**
- 1 yellow bell pepper**
- 1 red bell pepper**
- 1 6 ounce can pitted black olives**
- 1 12 oz. bottle Italian dressing (non-fat is OK)**
- 1/4 teaspoon sesame oil**
- 1/4 teaspoon ground cayenne pepper,  
use 1/4 to 1/2 teasp**
- 1/2 cup salt**

**Thaw squid in refrigerator for 24 hours.**

**Clean Squid: Cut tentacles off just below the eyes.**

**Remove the hard beak from the middle and throw it**

**away (important). Put tentacles, without the beak,**

**in a large bowl of ice water.**

**If larger than one bite--cut in half. Clean the body by**

**trying to peel off most of the**

**purple skin. It's OK to keep the wings. Remove internal organs by turning inside out. Try to peel off most of the sinew on the surface. Put body in the ice water and clean the rest of the squid. When completed put them in a colander.**

**Add 1/4 cup of salt and mix and rub with your hands for a few minutes. The salt helps to remove the remaining sinew. Rinse and repeat with another 1/4 cup of salt. After final rinse cut the squid into 1/2 inch rings then put in refrigerator.**

**Heat water in large pot--the bigger the better but at least 1-1/2 gallons. After bringing to boil put in the squid but cook for only ONE MINUTE. It will not even come back to a boil. Cook it longer than a minute or so and it gets tough and chewy. Drain it then dry on paper towels.**

**Prepare the Vegetables: Cut carrots in narrow julienne-style pieces about 1-1/2 inches long. Cut celery at a 45 degrees angle to the edge about 1/3" wide. Cut bell peppers in 1/4 inch by 1-1/2 inch pieces. Drain olives and cut in half. Combine vegetables and squid. Mix sesame oil with Italian dressing and pour onto vegetables and squid and mix well. Add cayenne pepper to taste.**

**Refrigerate. Mix again just prior to serving. Serve cold. Favorite vegetables may be substituted but try to give it Jawaiian (reggae) color.**

# PEANUT BUTTER BALLS

---

by Wanda & Darrell Kidd, Evelyn & Walt's daughter & son-in-law

---

*1/4 cup margarine*

*1 box powdered sugar*

*1 16 ounce jar crunchy Laura Scudder Peanut Butter*

Put the first  
ingredients in pot  
and melt together.  
Melt butter. Add

sugar. Add peanut butter.

Mix with wooden spoon. Take off stove and add 3 1/2 cups rice crispies. Mix well and form into balls.

**Chocolate:**

**1 8-ounce plain Hershey chocolate bar.**

**1 package 6 ounce regular chocolate chips**

**1 bar parafin wax.**

**Dip balls in chocolate (use slotted spoon) Drop on waxed paper.**



## PESTO LAMB CHOPS

---

by Nancy & Jeff Archambault, Jan & Bob's daughter & son-in-law

---

*1/2 cup fresh basil leaf*  
*1 1/2 teaspoons grated Parmesan cheese*  
*1 1/2 teaspoons pine nuts*  
*1 clove garlic, halved*  
*2 tablespoons plain fat free yogurt*  
*4 4-ounce lean lamb rib chops*  
*basil sprigs, optional*

Place basil, cheese, nuts and garlic in food processor bowl; process until smooth. Spoon mixture into a small bowl; stir in yogurt. Cover and chill 30 minutes.

Trim fat from chops. Prepare grill or broiler pan and cook 5 minutes.

Turn chops; spread basil mixture

evenly over chops. Cook 5 minutes or until desired degree of doneness. Garnish with basil sprigs, if desired. Yield 2 servings.

# QUICHE

---

by Jim & Colette Aldridge, Jan & Bob's son & daughter-in-law

Don't be afraid to modify the recipe by using different meats, vegetables and cheeses. There are any number of ingredients that can be used in place of bacon.

Substituting salmon, spinach (squeeze the liquid out before adding to the mixture), broccoli or diced mild green chiles have made many an interesting and tasty quiche. Use a cheese that you find complimentary to the main ingredient. Table cream (20%) can be used in place of whipping cream and, at times, can be practical.

---

- 12 *slices bacon, diced*
- 1 *cup (4 oz.) natural Swiss cheese, shredded*
- 1/3 *cup onion, minced*
- 4 *eggs*
- 2 *cups whipping cream*
- 3/4 *teaspoon sea salt*
- 1/4 *teaspoon sugar*
- 1/8 *teaspoon cayenne red pepper*
- 9 *inch pie pan*

Heat oven to 425 degrees. Prepare pastry (see "One Crust Pastry" recipe). Sprinkle bacon, cheese and onion in pastry-lined pie pan. Beat eggs slightly, then blend in remaining ingredients. Pour cream mixture into pie pan. Bake 15 minutes. Reduce oven temperature to 300 degrees and bake 30 minutes longer or until a knife inserted 1" from edge comes out clean. Let stand 10 minutes before cutting. Serve in

wedges.

## RAISIN PIE

---

by Dolly & Bill Luft, Romain & Lil's daughter

---

*2 cups raisins*  
*1 3/4 cups water*  
*3/4 cup brown sugar*  
*2 tablespoons cornstarch*  
*1 teaspoon cinnamon*  
*1/8 teaspoon salt*  
*1/4 cup water*  
*1 tablespoon butter*  
*1 tablespoon vinegar*  
*unbaked pastry*

Boil raisins in 1-3/4 cup water for 5 minutes. Combine brown sugar, cornstarch, cinnamon, salt with water. Add to mixture and stir and boil a minute or so. Remove from fire, add butter and vinegar. Cool slightly, pour into unbaked crust and cover with strips pastry. Bake 1/2 hour in hot oven.

## RAW APPLE CAKE

---

by Evelyn Jackson

---

*2 cups apples,  
peeled & cubed*  
*1 cup sugar*  
*1/2 teaspoon salt*  
*1 egg, unbeaten*  
*1/2 cup oil*  
*1 cup chopped nuts*  
*1 teaspoon allspice*  
*1 tablespoon vanilla*  
*1 cup flour*  
*1 teaspoon soda*

Stir together apples, sugar and salt. Add egg, oil, nuts, allspice, and vanilla. Sift flour and soda and add to mixture. Grease 9" x 9" x 2" pan. Bake at 350 degrees for 45 minutes.

# RAW CARROT/APPLE SALAD

---

by Elaine & Dan Murphy, Bill & Verla's daughter & son-in-law

This is one of my favorite veggie recipes that I made up for the doctor I work for.

---

**2 carrots**  
**2 apples**  
*small dash of: nutmeg, cinnamon (or)  
cardamom  
lemon juice (or) lemon extract to taste  
about 1 teaspoon of poppy seeds  
top with 1 tablespoon walnuts per serving  
1 teaspoon high quality oil per serving  
(optional, allow for fat exchange)*

**A food processor makes this real easy. Grate the apples and carrots. Put in bowl and mix veggie mixture with remaining ingredients except walnuts. Adjust seasonings to taste. Top with the walnuts right before serving.**

## SALMON MARINADE

---

by Doug and Peggy Burns, Jean & George's daughter & son-in-law

---

<i>2 tablespoons soy sauce</i>	<b>Marinate flesh side down for 1/2 hour. Charbroil skin side down 20 minutes or more.</b>
<i>2 tablespoons worcestershire sauce</i>	
<i>1 teaspoon dill weed</i>	
<i>1/2 teaspoon garlic powder</i>	
<i>1 1/2 tablespoons oil, may use olive oil</i>	
<i>1 1/2 tablespoons melted butter</i>	
<i>1/2 teaspoon dry mustard</i>	

# SHRIMP QUESADILLA

---

by Hannah Genoar, Mary & Gene's daughter Jan & Bob's Gr. D.

---

*tortillas*  
*cheese, shredded*  
*shrimp, cooked*  
*green onion, chopped*  
*mushrooms, sliced*  
*cilantro leaves (optional)*

Place the shredded cheese, cooked shrimp, and mushrooms on the tortilla and fold it in half; heat on each side in a skillet or microwave until the cheese is melted. (You can add onion and cilantro if desired.)

# SOUTHWEST WHITE CHILI

---

by Bruce Balvin, John & Mavis' son

---

<i>1</i>	<i>tablespoon olive oil</i>	<b>Cook chicken and onion in oil. Stir in broth, chiles and spice blend. (recipe below) Simmer 10 minutes. Stir in beans. Top with green onion and cheese.</b>
<i>1 1/2</i>	<i>pounds boneless chicken</i>	
<i>1</i>	<i>cup chicken broth</i>	
<i>1</i>	<i>4 ounce can chopped green chiles</i>	
<i>1</i>	<i>can white kidney beans, drained</i>	
	<i>green onions</i>	
	<i>cheese</i>	
	<i>chicory greens</i>	

## Spice blend:

**1** teaspoon garlic powder  
**1** teaspoon cumin  
**1/2** teaspoon oregano  
**1/2** teaspoon cilantro  
**1/8** teaspoon red pepper

# STIR-FRY VEGGIES

---

by Elaine & Dan Murphy, Bill & Verla's daughter & son-in-law

---

*shredded cabbage*

*broccoli*

*mushrooms*

*celery*

*onion*

*garlic*

*low sodium soy sauce, tamari, or*

*Bragg's Amino Acid blend to taste*

*(watch amounts of these if you need to  
watch your salt intake.)*

*Freshly grated ginger (This is really worth  
the trouble in terms of taste/nutrition;  
adjust according to taste.)*

*Or:*

*alternative choice:*

*Yoshida's Gourmet Sauce*

*Freshly grated ginger*

*Chinese 5-spice blend (use sparingly to  
start and adjust to personal taste.)*

**You can add chicken, turkey,  
tofu, etc.**

## STRAWBERRY SPINACH SALAD

---

by Wanda & Darrell Kidd, Evelyn & Walt's daughter & son-in-law

---

*Fresh spinach (can purchase pre-washed),  
tear off stems  
red onion, sliced  
fresh mushrooms, sliced  
sunflower seeds, shelled and unsalted  
almonds, sliced  
fresh strawberries  
poppy seed dressing,  
La Martinique brand*

**Mix all ingredients together.  
May add dressing individually  
or dress all at once.  
Enjoy!**

## SWEET AND SOUR BEANS

---

by Bernard & Edrhys Balvin,

Romain and Lil's son & daughter-in-law

---

*1/2 pound ground round*  
*1/2 green pepper*  
*1/2 medium onion, diced*  
*1 can S & W Baked Beans*  
*1 teaspoon prepared mustard*  
*1 cup brown sugar*  
*1/2 cup catsup*  
*1/4 cup vinegar*  
*dash pepper*  
*garlic powder & salt to taste*

Brown ground round, green pepper and onion. Add remaining ingredients. Simmer 45 minutes.

I usually double this for our family. They all like it.

# TACO SOUP

---

by Denise & Bill Cole, Romain & Lil's daughter & son-in-law

---

- 1 1/2 pounds of ground beef**
- 1/2 cup chopped onion**
- 1 28 ounce canned tomatoes**
- 1 14 ounce canned kidney beans**
- 1 17 ounce canned whole kernel corn**
- 1 8 ounce canned tomato sauce**
- 1 envelope taco seasoning mix**
- 1 cup to 2 cups water**
- salt and pepper to taste**
- 1 cup shredded cheddar cheese**

**Brown ground beef in saucepan, stirring until crumbly; drain. Add onion. Saute until tender. Add undrained canned vegetables, tomato sauce, taco seasoning mix, water, salt, and pepper; mix well. Simmer for 15 minutes, stirring occasionally. Spoon into bowls and top with cheese. This can also be made in a crock pot on the low setting. It is also good with corn**

**bread.**

## TOFU AND GREEN BEANS OVER RICE

---

by Heather Locke, Teri & Greg's daughter, Janet & Bob's Gr. D

---

*1 white onion, chopped*  
*1 clove garlic, finely chopped*  
*1/4 cup soy sauce, approximately*  
*1 package firm tofu, cubed*  
*1 pound string beans*  
*rice, cooked*

Saute onions and garlic in small amount of olive oil first. Then add soy sauce and tofu. Let it bubble for about 5 minutes or until warmed through. Then add green beans last. Saute until tender. Serve over rice.

# WILD BILL'S EASY CHIP DIP

---

by Bill & Denise Cole, Romain & Lil's son-in-law & daughter

---

- 1 can chili (with or without beans)* Put chili and cream cheese in a  
*1 8-ounce brick of cream cheese* saucepan. Heat over medium heat. Stir  
*tortilla chips* until melted and well blended. Pour into  
bowl and serve with tortilla chips.

## WINE CAKE

---

by Denise & Bill Cole, Romain & Lil's daughter & son-in-law

---

*1 box yellow cake mix*  
*1 box vanilla instant pudding*  
*4 eggs*  
*3/4 cup salad oil*  
*3/4 cup cream sherry*  
*1 teaspoon nutmeg*  
*powdered sugar*

Mix all at once with electric mixer for 5 minutes. Pour into greased and floured bundt pan. Bake 350 degrees for 45 minutes. Cool in pan for 30 minutes. Dust with powdered sugar.

# **WONDERFUL HOUSEHOLD TIPS**

**By Tammi Aldridge, Cres & Vicki's daughter, Jan & Bob's Gr, D.  
[Tips sent to Tammi by Shawn's (Tammi's fiancé) Aunt.]**

- 1) Stuff a miniature marshmallow in the bottom of a sugar cone to prevent ice cream drips.**
- 2) Use a meat baster to squeeze your pancake batter onto the hot griddle for perfect shaped pancakes every time.**
- 3) To keep potatoes from budding, place an apple in the bag with the potatoes.**
- 4) To prevent egg shells from cracking, add a pinch of salt to the water before hard-boiling.**
- 5) Run your hands under cold water before pressing Rice Krispie treats into the pan -- the marshmallow won't stick to your fingers.**
- 6) To get the most juice out of fresh lemons, bring them to room temperature and roll them under your palm against the kitchen counter before squeezing.**
- 7) To easily remove burned-on food from your skillet, simply add a drop or two of dish soap and enough water to cover bottom of pan, and bring to a boil on stove top -- the skillet will be much easier to clean.**
- 8) Spray your Tupperware with nonstick cooking spray before pouring in tomato-based sauces -- no more stains.**
- 9) When a cake recipe calls for flouring the baking pan, use a bit of the dry cake mix instead -- no white mess on the outside of the cake.**
- 10) If you accidentally over-salt a dish while it's still cooking, drop in a peeled potato -- it absorbs the excess salt for an instant "fix me up."**

- 11) **Wrap celery in aluminum foil when putting it in the refrigerator, it will keep for weeks.**
- 12) **Brush beaten egg white over pie crust before baking to yield a beautiful glossy finish.**
- 13) **Place a slice of apple in hardened brown sugar to soften it up.**
- 14) **When boiling corn on the cob, add a pinch of sugar to help bring out the corn's natural sweetness.**
- 15) **To determine whether an egg is fresh, immerse it in a pan of cool, salted water. If it sinks, it is fresh - if it rises to the surface, throw it away.**
- 16) **Cure for headaches: Take a lime, cut it in half and rub it on your forehead. The throbbing will go away.**
- 17) **Don't throw out all that leftover wine: Freeze into ice cubes for future use in casseroles and sauces.**
- 18) **If you have a problem, opening jars: try using latex dishwashing gloves. They give a non-slip grip that makes opening jars easy.**
- 19) **Potatoes will take food stains off you fingers. Just slice and rub raw potato on the stains and rinse with water.**
- 20) **To get rid of itch from mosquito bite: try, applying soap on the area, instant relief.**
- 21) **Ants, ants, ants everywhere ... Well, they are said to never cross a chalk line. So get your chalk out and draw a line on the floor wherever ants tend to march -- see for yourself.**
- 22) **Use air-freshener to clean mirrors: it does a good job and better still, leaves a lovely smell to the shine.**

23) When you get a splinter, reach for scotch tape before resorting to tweezers or a needle., Simply put the scotch tape over the splinter, then pull it off. Scotch tape removes most splinters painlessly and easily.

24) NOW Look what you can do with Alka-Seltzer:

**CLEAN A TOILET --** drop in two Alka-Seltzer tablets, wait twenty minutes, brush and flush.

**CLEAN A VASE --** to remove a stain from the bottom of a glass vase or cruet, fill it with water and drop in two Alka-Seltzer tablets.,

**POLISH JEWELRY --** drop two Alka-Seltzer tablets into a glass of water and immerse the jewelry for two minutes.

**CLEAN A THERMOS BOTTLE --** fill the bottle with water, drop in four Alka-Seltzer tablets and let soak for an hour (or longer, if necessary).

**UNCLOG A DRAIN --** clear the sink drain by dropping three Alka-Seltzer tables down the drain followed by a cup of Heinz white vinegar. Wait a few minutes, then run the hot water.

# INDEX BY CATEGORY

## **Appetizer**

**DELICIOUS ZUCCHINI APPETIZERS, 32**

## **Beef**

**BARBECUE BEEF A LA JACK, 5**

**BBQ RECIPE (Sloppy Joes), 7**

**FANCY FRENCH MEATBALLS, 36**

**MEATBALLS, 50**

**SWEET AND SOUR BEANS, 71**

## **Beverage**

**CHAI TEA, 14**

**FRUITIE SMOOTHIE, 39**

**KIDS' PARTY DELIGHT, 48**

## **Bread**

**NAAN, 53**

## **Cake**

**CRAZY CAKE, 25**

**RAW APPLE CAKE, 64**

**WINE CAKE, 75**

## **Candy**

**PEANUT CLUSTER, 60**

## **Cheese**

**CREAMY CHEESY POTATO BAKE, 26**

## **Chicken**

**BAYOU GUMBO, 6**

**CHICKEN CHALUPAS, 15,**

**CHICKEN OR VEGETARIAN ENCHILADAS, 16**

**CHICKEN SALAD, 17**

**Chicken (continued)**

- CURRY CHICKEN, 29**
- MICROWAVE CHICKEN DINNER, 51**
- SOUTHWEST WHITE CHILI, 68**

**Chip Dip**

- WILD BILL'S EASY CHIP DIP, 74**

**Cookies**

- HOLIDAY HAYSTACK COOKIES, 44**
- NEIMAN-MARCUS COOKIES, 54**

**Crock Pot Recipe**

- TACO SOUP, 72**

**Dessert**

- BANANA CAKE, 2**
- BANANA SPLIT BROWNIE PIZZA, 4**
- BIRDS-NEST PUDDING, 9**
- BLUEBERRY CHEESECAKE, 10**
- BROWNIES, 12**
- CHOCOLATE CARAMEL CHEESECAKE, 19**
- CHOCOLATE CHIP PIE, 20**
- CHOCOLATE DUMP CAKE, 21**
- CRAZY CAKE, 25**
- DEATH BY CHOCOLATE, 31**
- DIRT CAKE, 33**
- EAT DIRT, 34**
- FROSTED BANANA BARS, 38**
- HERSHEY'S 5 MINUTE CHOCOLATE MOUSSE RECIPE, 43**
- HOLIDAY HAYSTACK COOKIES, 44**
- KOLACHE, 49**
- NEIMAN-MARCUS COOKIES, 54**
- PEANUT, BUTTER BALLS 59**
- RAISIN PIE, 63**
- RAW APPLE CAKE, 64**

**East Indian**

**BHATI CHOK CHURRY, 8**  
**CURRY CHICKEN 29**

**Egg**

**BAKED OMELET ROLL, 1**

**Fish**

**SALMON MARINADE, 66**

**Frosting**

**BANANA CAKE FROSTING, 3**  
**FUDGE FROSTING, 40**

**Fruit**

**BIRD'S NEST PUDDING, 9**  
**FRUITIE SMOOTHIE, 39**

**Lamb**

**PESTO LAMB CHOPS, 61**

**Main Dish**

**BAKED OMELET ROLL, 1**  
**BARBECUE BEEF A LA JACK, 5**  
**BBQ RECIPE (Sloppy Joes), 7**  
**CHICKEN CHALUPAS, 15**  
**CHILI 'N CHEESE SPIRALS, 18**  
**CHUNKY CHICKEN CHILI, 23**  
**CUBAN EMPANADAS, 28**  
**GRANDMA PEGGY'S RICE; 42**  
**HONEY-DIJON GRILLED PORK TENDERLOIN, 45**  
**JAPANESE CURRY, 46**  
**KAREN'S STRATA, 47**  
**MEATBALLS, 50**  
**OYSTERS FLORA, 57**  
**PAT'S JAWAIIAN SQUID SALAD, 58**  
**PESTO LAMB CHOPS, 61**  
**QUICHE, 62**

**Main Dish (continued)**

**SHRIMP QUESADILLA, 67**  
**SWEET AND SOUR BEANS, 71**

**Marinade**

**SALMON MARINADE, 66**

**Meat**

**BAYOU GUMBO, 6**  
**CHOW MEIN, 22**  
**CUBAN EMPANADAS, 28**  
**CURRY CHICKEN, 29**  
**GRANDMA PEGGY'S RICE, 42**  
**HONEY-DIJON GRILLED PORK TENDERLOIN, 45**  
**JAPANESE CURRY, 46**  
**MEATBALLS, 50**  
**MICROWAVE CHICKEN DINNER, 51**  
**PESTO LAMB CHOPS, 61**  
**QUICHE, 62**

**Mexican**

**CHICKEN OR VEGETARIAN ENCHILADAS, 16**  
**CHILI 'N CHEESE SPIRALS, 18**  
**CHUNKY CHICKEN CHILI, 23**  
**SHRIMP QUESADILLA, 67**

**Microwave**

**MICROWAVE CHICKEN DINNER, 51**

**One Dish Meal**

**BHATI CHOK CHURRY, 8**  
**CHOW MEIN, 22**  
**MICROWAVE CHICKEN DINNER, 51**

**Oriental**

**CHOW MEIN, 22**  
**JAPANESE CURRY, 46**  
**ORIENTAL UDON, 56**

**Pasta**

**MIKE'S FAVORITE PASTA, 52**

**Pastry**

**ONE CRUST PASTRY, 55**

**Pie**

**CHOCOLATE CHIP PIE, 20**

**RAISIN PIE, 63**

**Pie Crust**

**CRUMB CRUST, 27**

**ONE CRUST PASTRY, 55**

**Pork**

**HONEY-DIJON GRILLED PORK TENDERLOIN, 45**

**Potato Dish**

**CREAMY CHEESY POTATO BAKE, 26**

**CZECH POTATO DUMPLINGS, 30**

**Pudding**

**BIRD'S NEST PUDDING, 9**

**Salad**

**BROCCOLI SALAD, 11**

**CHICKEN SALAD, 17**

**CRANBERRY SALAD, 24**

**FENNEL SALAD, 37**

**RAW CARROT/APPLE SALAD, 65**

**STRAWBERRY SPINACH SALAD, 70**

**Seafood**

**OYSTERS FLORA, 57**

**PAT'S JAWAIIAN SQUID SALAD, 58**

**SALMON MARINADE, 66**

**SHRIMP QUESADILLA, 67**

**Soup**

**BAYOU GUMBO, 6**  
**GARDEN TOMATO SOUP, 41**  
**ORIENTAL UDON, 56**  
**TACO SOUP, 72**

**Stew**

**ELEPHANT STEW, 35**

**Vegetarian**

**BHATI CHOK CHURRY, 8**  
**BRUSSELS SPROUTS, 13**  
**CHICKEN OR VEGETARIAN ENCHILADAS, 16**  
**CHILI 'N CHEESE SPIRALS, 18**  
**FENNEL SALAD, 37**  
**RAW CARROT/APPLE SALAD, 65**  
**STIR-FRY VEGGIES, 69**  
**TOFU AND GREEN BEANS OVER RICE, 73**