

LEBANESE AMERICAN COOKBOOK

A vibrant photograph of various Lebanese dishes. In the foreground, there's a plate of hummus topped with olive oil, red spices, and fresh herbs. Next to it is a large glass bowl filled with tabbouleh, a fresh salad of finely chopped green herbs and red tomatoes. In the background, a glass pitcher of a dark liquid, possibly juice or a beverage, is visible. The overall scene is rich in color and texture, showcasing traditional Lebanese cuisine.

LEBANESE AMERICAN WOMEN'S ASSOCIATION

Lebanese American Cookbook

A Collection of Recipes as a fundraiser
for the

**Lebanese American Women's Association
"LAWA"**

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Welcome



"Ahlan wa Sahlan" - Welcome to the world of Lebanese cooking. Once again we have compiled the best of both worlds to present to you Volume 2 of our authentic recipes.

These age old favorites are the staple of our middle eastern cuisine. We are proud to share them with you and hope that you enjoy them as much as we do.

The Lebanese American Women's Association was founded in 1968. We are an independent non-profit organization. Our normal agenda includes a yearly scholarship to a Lebanese/American high school graduate, sponsoring an orphan in Lebanon, and donations to Our Lady of Lebanon Church.

We hope you enjoy our cookbook, especially our Lebanese recipes. They are precious to us and we hope you appreciate our taste. "Sahtahn" (Good Eating)

Officers

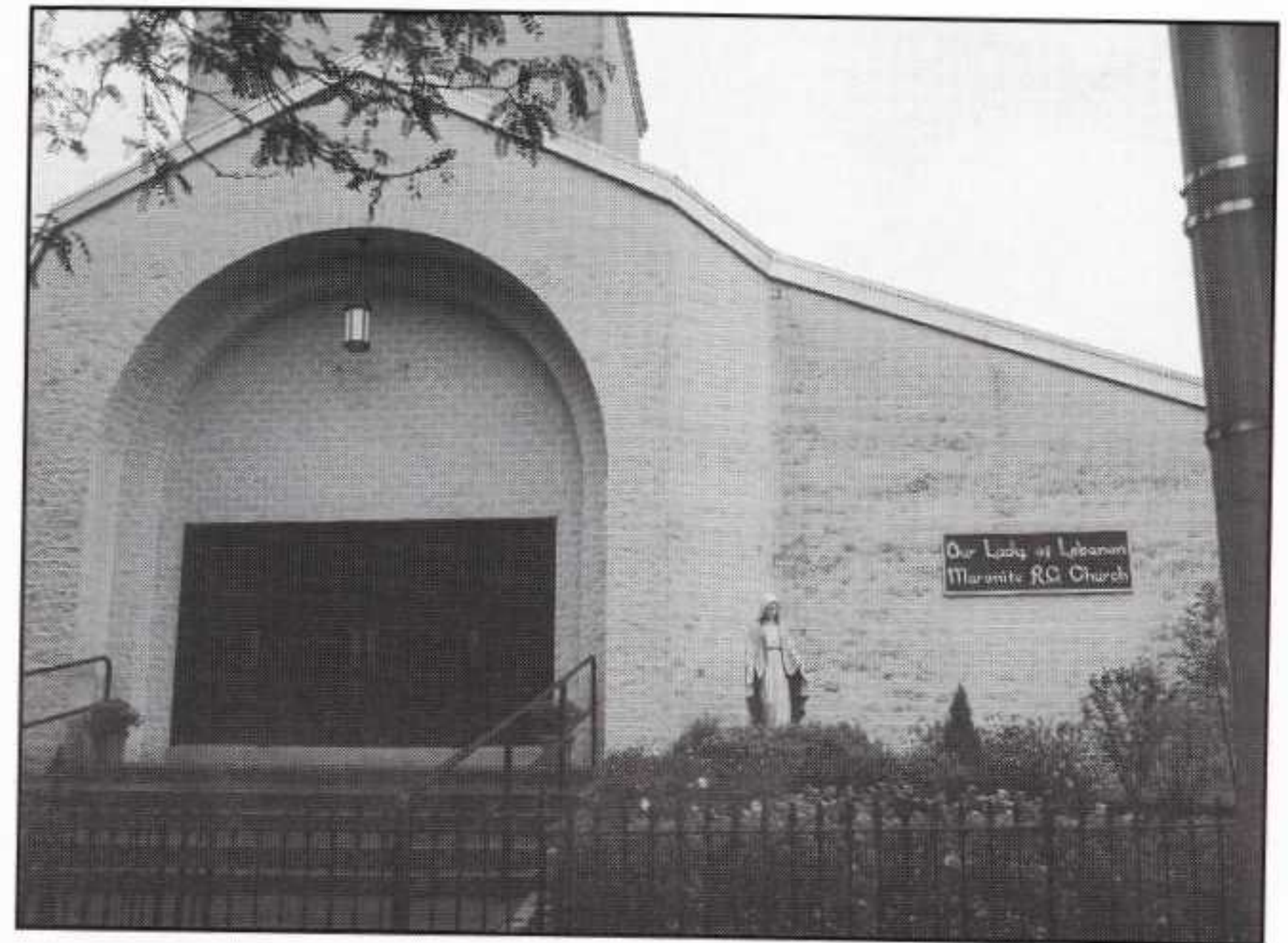
President - Maria Shumar
Vice President - Marcine Symia Solliday
Secretary - Sharon John
Treasurer - Sandy Lombardo
Sunshire Girl - Charlotte Assise



Sandy Lombardo, Maria Shumar, Marcine Solliday and Sharon John (missing is Charlotte Assise)

Club Members

Charlotte Assise, Marion Boulous, Marie Hanni, Kathy Walkowiak, Sharon John, Joanna Joseph, Adeline Karam, Sally Karam, Sandy Lombardo, Stephanie Rodriguez, Naomi Shiner, Maria Shumar, Anna Stamets, Sara Staszewski, Josephine Symia, Lillian Symia, Marcine Symia Solliday, Tara Simonetta, Claire Willard.

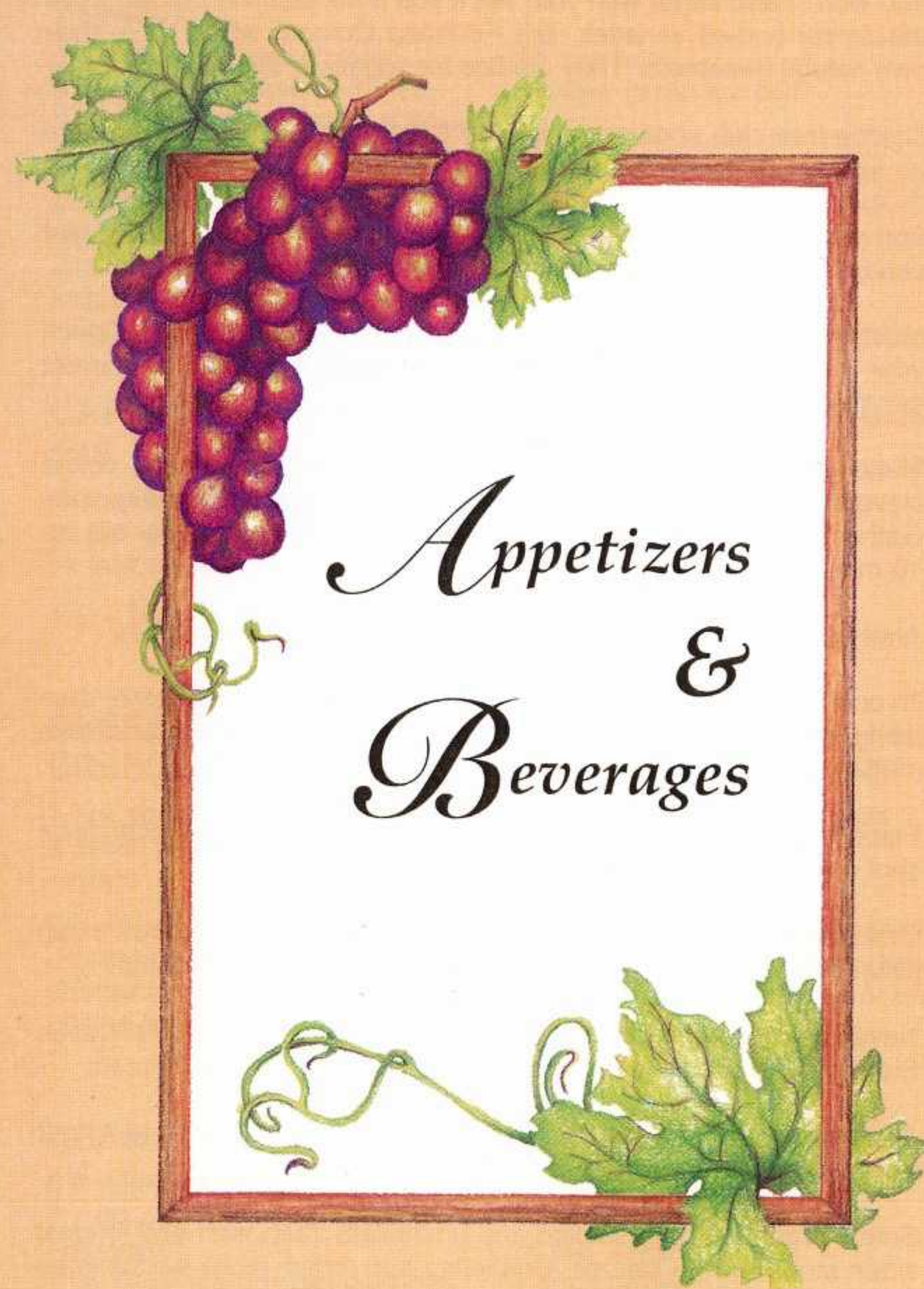


Thanks

We would like to take this opportunity to thank our members (current and past) and our many friends for contributing their many favorite recipes.

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Helpful Hints

- You won't need sugar with your tea if you drink jasmine tea or any of the lighter-bodied varieties, like Formosa Oolong, which have their own natural sweetness. They are fine for sugarless iced tea, too.
- Calorie-free club soda adds sparkle to iced fruit juices, makes them go further and reduces calories per portion.
- For tea flavoring, dissolve old-fashioned lemon drops or hard mint candy in your tea. They melt quickly and keep the tea brisk!
- Most diets call for 8 ounces of milk and 4 ounces of fruit juice. Check your glassware. Having the exact size glass ensures the correct serving amount.
- Make your own spiced tea or cider. Place orange peels, whole cloves, and cinnamon sticks in a 6-inch square piece of cheesecloth. Gather the corners and tie with a string. Steep in hot cider or tea for 10 minutes or longer if you want a stronger flavor.
- Always chill juices or sodas before adding to beverage recipes.
- To cool your punch, float an ice ring made from the punch rather than using ice cubes. Not only is this more decorative, but it also inhibits melting and diluting.
- Place fresh or dried mint in the bottom of a cup of hot chocolate for a cool and refreshing taste.
- One lemon yields about $\frac{1}{4}$ cup juice; one orange yields about $\frac{1}{3}$ cup juice. This is helpful in making fresh orange juice or lemonade!
- Never boil coffee; it brings out the acid and causes a bitter taste. Store ground coffee in the refrigerator or freezer to keep it fresh.
- Always use COLD water for electric drip coffee makers. Use 1 to 2 tablespoons ground coffee for each cup of water.
- Seeds and nuts, both shelled and unshelled, keep best and longest when stored in the freezer. Unshelled nuts crack more easily when frozen. Nuts and seeds can be used directly from the freezer.
- Cheeses should be served at room temperature, approximately 70°.
- To prevent cheese from sticking to a grater, spray the grater with cooking spray before beginning.

APPETIZERS & BEVERAGES

BREAD AND CHEESE FONDUE

Paula Fink

8 oz. soft cheddar cheese
8 oz. cream cheese softened
1 loaf rye or pumpernickel bread unsliced

$\frac{3}{4}$ cup beer
1 clove garlic minced

Mix all ingredients (except bread) and place in blender. Mix well. Cut top off bread, hollow out and let dry 2-3 hours. Break remaining bread into dipping size pieces, place in bag to keep moist. Fill hollowed bread with dip and place pieces around and serve.

CAPPUCCINO COFFEE MIX

Linda Minnich

$\frac{1}{2}$ cup instant coffee granules
 $\frac{1}{2}$ tsp. cinnamon
 $\frac{3}{4}$ cup sugar

1 cup non dairy powdered coffee creamer

Mix 2 tsp. into 6 oz. water.

CHEESE'N HOT DOG CRESCENTS

Selma Karam

8 hot dogs
4 slices American cheese cut in strips

8 oz. Pillsbury crescent rolls

Heat over 375°. Slit hot dogs in center and insert cheese. Separate crescent dough into 8 triangles. Wrap dough around hot dogs. Keep cheese up. Place on ungreased cookie sheet. Bake 11-14 min. or until golden brown.

CRABMEAT APPETIZERS

Kathy Schaffer

6 English muffins sliced in half
1 7 oz. can crabmeat rinsed and strained
1 jar Kraft old English cheddar sharp cheese

2 T. mayonnaise
 $\frac{1}{2}$ tsp. garlic powder
 $\frac{1}{2}$ tsp. season all salt
1 stick butter

Spread mixture on muffins, cut in four. Freeze 1 hour. Broil on low for about 10 min. or until brown.

CRANBERRY SALAD RELISH

Georgina Zechman

16 oz. fresh cranberries
20 oz. can crushed pineapple
drained
1 cup celery
1 cup walnuts

1 cup sugar
1 cup apples
3-4 oranges with skin
6 oz. red Jello (strawberry or
cherry)

Place all ingredients except Jello into processor to chop. Dissolve Jello in 1 cup hot water and 2 cup pineapple juice. Mix until well dissolved then pour over other ingredients. Stir. Chill until formed and serve cold.

CREAM CHEESE STUFFED CELERY

Debra A Karam

12 stalks celery
1/2 lb. cream cheese
2 T. lemon juice

1 1/2 tsp. salt
paprika

Separate and wash celery stalks. Soften cream cheese and blend in butter or margarine. Add lemon juice, salt and paprika. Stuff the celery stalks. Cut diagonally arrange on plate and serve.

DILL DIP

Marie A Deckling

1 1/3 cup mayonnaise
1 1/3 cup sour cream
2 tsp. Spice Island Beaumond
Wagner

2 tsp. fresh parsley
2 tsp. onions chopped fine

Mix together all ingredients. Make early and refrigerate. Delicious with cubed French bread or potato chips.

FROSTY STRAWBERRY MARGARITAS

Rachel E Haddad

2 cup strawberry sorbet
2 cup ice cubes
1 can 12 oz. evaporated milk
3 T. tequila

1 T. lime juice
1 T. sugar
strawberry and lime slices

Blend all liquids in blender until smooth. Dip rim of glass into salt and then coat with sugar. Pour margaritas and trim with fruit. Invite the girls and have a ball.

HOME MADE BOLOGNA

Ella Elias Burnard

2 lb. ground beef
2 T. Morton's TenderQuick
1/8 tsp. garlic powder
1 tsp. peppercorns
1 tsp. crushed red pepper

1 tsp. mustard seed
1 cup water
1/2 T. liquid smoke
1/4 tsp. onion powder

Mix and make into three rolls. Wrap tightly and refrigerate 24 hours. Unwrap and bake at 350 degree for one hour.

HOT SAUSAGE AND CHEESE PUFFS

Shirley R. Bryfogle

1 lb. sweet Italian sausage with
skin removed
1 lb. grated sharp cheddar
cheese

3 cup Bisquick
3/4 cup water

Cook and drain sausage. Spoon in large bowl, cool completely. Add cheese, Bisquick and water. Mix until blended. roll in 1 inch balls. Place on cookie sheet. Bake 400° 12-15 minutes. Yields 48.

LEBANESE CHI CHI BEAN DIP (HUMMOS)

Dorothy Karam Mawad

1 can chick (peas or garbanzo
beans)
3 T. tahini
1 clove garlic

1/2 tsp. salt
1/2 cup lemon juice
water as needed

Place in blender garlic, salt, tahini and small amount of water. May use juice from can of chick peas instead of water. Add chick peas, lemon juice, blend well. Add as much water as needed to arrive at desired consistency. Garnish with chopped parsley and olive oil.

LEBANESE EGGPLANT DIP

Sara Staszewski

1 Med. eggplant
1 T. sesame seed oil (tahini)
1 Clove garlic, minced

1 T. lemon juice
1 tsp. salt
1/4 Cup mayonnaise

Place eggplant on baking sheet and poke with fork. Then broil until done, turning often. Skin eggplant and blend with tahini, garlic, lemon juice and salt. Blend 60 seconds until puréed. Place in bowl and add mayonnaise, mix well. Serve as a dip.

LEBANESE PICKLED TURNIPS OR CAULIFLOWER

Eva Oliver

3 Lbs turnips or 1 large head
cauliflower
1/2 Gallon glass jar
1 Can red beets
1 cup vinegar
2 cup water
1 tsp. salt

Wash and slice turnips or cauliflower. Put 2 slices of beets in bottom of jar. Fill jar with turnips or cauliflower. Put 2 slices of beets on top. Sprinkle with salt. Pour vinegar and water over turnips until covered. Place piece of Saran Wrap over opening, replace lid. Turn jar upside down to mix together. Tighten lid and store for 2 weeks.

PEPPERONI BALLS

Vivian Romagnoli

1 pkg. frozen bread dough
sliced pepperoni
olive oil, salt, pepper and
oregano

Defrost dough, break off into pieces, insert a slice of pepperoni in middle of dough and make a ball. Bake at 375° on greased cookie sheet until brown. Toss in olive oil, salt, pepper and oregano to taste while hot.

PICKLED EGGS

Anna Stamets

1 doz eggs
1 cup vinegar
1 cup water
1 can whole red beets (16 oz.)
4 whole cloves
1 tsp. sugar
1 tsp. salt

Hard boil the eggs. Peel while still hot. Place in half gallon container. Layer red beets in between eggs. Heat vinegar, water, beet juice, cloves, sugar and salt until hot. Pour over eggs until covered. Let stand several days.

PIZZA SNACKS

Shirley R Bryfogle

1 lb. hamburger
1 lb. Italian sausage skinned
1 lb. Velveeta cheese
1 tsp. Italian seasoning
1 loaf rye bread whole sliced in
4 sections

Sauté hamburger and sausage in deep pan and drain off fat. Add cheese and seasoning and cook on low flame until cheese is thoroughly melted. Lay rye bread on cookie sheet in single layer. Toast one side in broiler. Take out and put cheese and meat on toasted side. Heat when ready to serve - 350° 15 minutes. yields 54.

PUNCH

Jeanette Shaheen

1 qt ginger ale
1 large can Hawaiian punch
1/2 gal sherbet (3 flavored)
1 10 oz. frozen strawberries

Pour all in punch bowl and mix well.

RASPBERRY CHAMPAGNE PUNCH

Marie A Decking

2 10 oz. pkg. frozen red
raspberries in syrup (thawed)
1/3 cup Real lemon juice from
concentrate
1/2 cup sugar
1 (750 mil) bottle red rose wine
chilled
1 qt raspberry sherbet
1 (750 mil) bottle champagne
chilled

In blender purée raspberries. In punch bowl combine puréed raspberries, real lemon juice, sugar and wine. Stir until sugar dissolves. Just before serving add sherbet into punch bowl and add champagne. Stir gently.

SKIP AND GO NAKED

Vivian Romagnoli

Large Amount

1 gal sour mix
1/2 gal gin

1 qt grenadine syrup

Medium amount

1/2 gal sour mix
1 qt gin

1 pint grenadine syrup

Individual

2 shots sour mix
1 shot gin

1/2 shot grenadine syrup

Mix all ingredients well. Pour over ice and top with a small amount (1-2 shots) of "lite" beer. Stir and serve.

SPINACH AND CHEESE STUFFED EGGS

Anita Villari

1/2 10 oz. pkg. frozen chopped
spinach
12 hard-boiled eggs
1/4 cup grated Parmesan cheese
1/4 tsp. salt
1/8 tsp. nutmeg
dash pepper
1/2 cup milk
1/4 cup ricotta cheese
paprika

Cook spinach according to package directions. Drain well. Cut eggs in half. Remove and mash yolks. Combine egg yolks, spinach, cheese,

(continued)

salt, nutmeg and pepper. Stir in milk and ricotta cheese. Mix well. Fill eggs with mixture. Cover and chill. Sprinkle with a little paprika. Makes 24 appetizers.

SPINACH BALLS

Adeline T. Karam

- | | |
|---|-----------------------------------|
| 2 10 oz. frozen chopped spinach
cooked and drained | $\frac{3}{4}$ cup melted butter |
| 2 cup Pepperidge farm stuffing
mix | 1 small chopped onion |
| 4 beaten eggs | $\frac{1}{2}$ cup Parmesan cheese |
| | $\frac{1}{2}$ tsp. salt |
| | $\frac{1}{2}$ tsp. garlic powder |

Mix all ingredients together. Cover and refrigerate overnight. Form into balls and place on cookie sheet. Bake for 15 min. at 350°.

STUFFED MUSHROOMS

Sharon John

- | | |
|--|--|
| $\frac{1}{2}$ cup 4C Redi-flavored bread
crumbs | $\frac{1}{4}$ cup olive or vegetable oil |
| $\frac{1}{2}$ cube finely chopped cooked
ham | 2 T. grated Parmesan cheese |
| 1 lb. large mushrooms | 1 egg |
| | freshly ground pepper |

Wash mushrooms and remove stems. Scoop a little of inside to make a pocket. Chop stem to make $\frac{1}{2}$ cup. Heat oil in skillet and add caps tossing just enough to coat them. Remove caps and set aside. Add stems and cook over lot heat until very soft. Remove stems from pan and stir in bread crumbs, cheese, ham, egg and pepper and mix well. Spoon mixture into mushroom caps. Place caps on baking dish and drizzle oil over each to moisten. Sprinkle cheese over each. Bake in preheated oven @ 325° for 30 min. (Yield 12-16).

TACO DIP

Marcine Symia Solliday

- | | |
|-----------------------------|-----------------------|
| 8 oz. cream cheese softened | chopped lettuce |
| 8 oz. sour cream | chopped green peppers |
| 1 T. milk | chopped onions |
| 1 T. lemon juice | chopped tomatoes |
| 1 10 oz. taco sauce | mild cheddar cheese |

Mix ingredients and put in large pie shell dish. Mix cream cheese, sour cream, milk and lemon juice together. Place mixture over sides and bottom of dish. Place taco sauce over top of this. Refrigerate 2-3 hours. Garnish with lettuce, green peppers, onions, tomatoes, and mild cheddar cheese.

TUNA DIP

Laura Badway

- | | |
|---|---|
| 1 6 $\frac{1}{2}$ oz. water packed tuna | 1 T. lemon juice |
| 1 cup mayonnaise | 1 envelope Italian seasoning
mix (dry) |
| 1 cup sour cream | |

VEGGIE BARS

Evelyn Corpora

- | | |
|------------------------------|--|
| 2 lg. tubes crescent rolls | $\frac{1}{2}$ cup chopped green pepper |
| 1 8 oz. cream cheese | 1 cup chopped broccoli |
| 1 cup cottage cheese | 1 cup chopped cauliflower |
| $\frac{3}{4}$ cup mayonnaise | $\frac{1}{2}$ cup chopped onions |
| 1 pkg. ranch dressing mix | 1 tomato chopped |

Unroll crescent dough. Spread on ungreased jelly roll pan. Bake at 350° 10-14 min. Let cool. Mix cream cheese and cottage cheese with mayonnaise and dressing mix. Spread on baked dough. Top with veggies. Chill overnight and cut into squares.

WHITE PIZZA

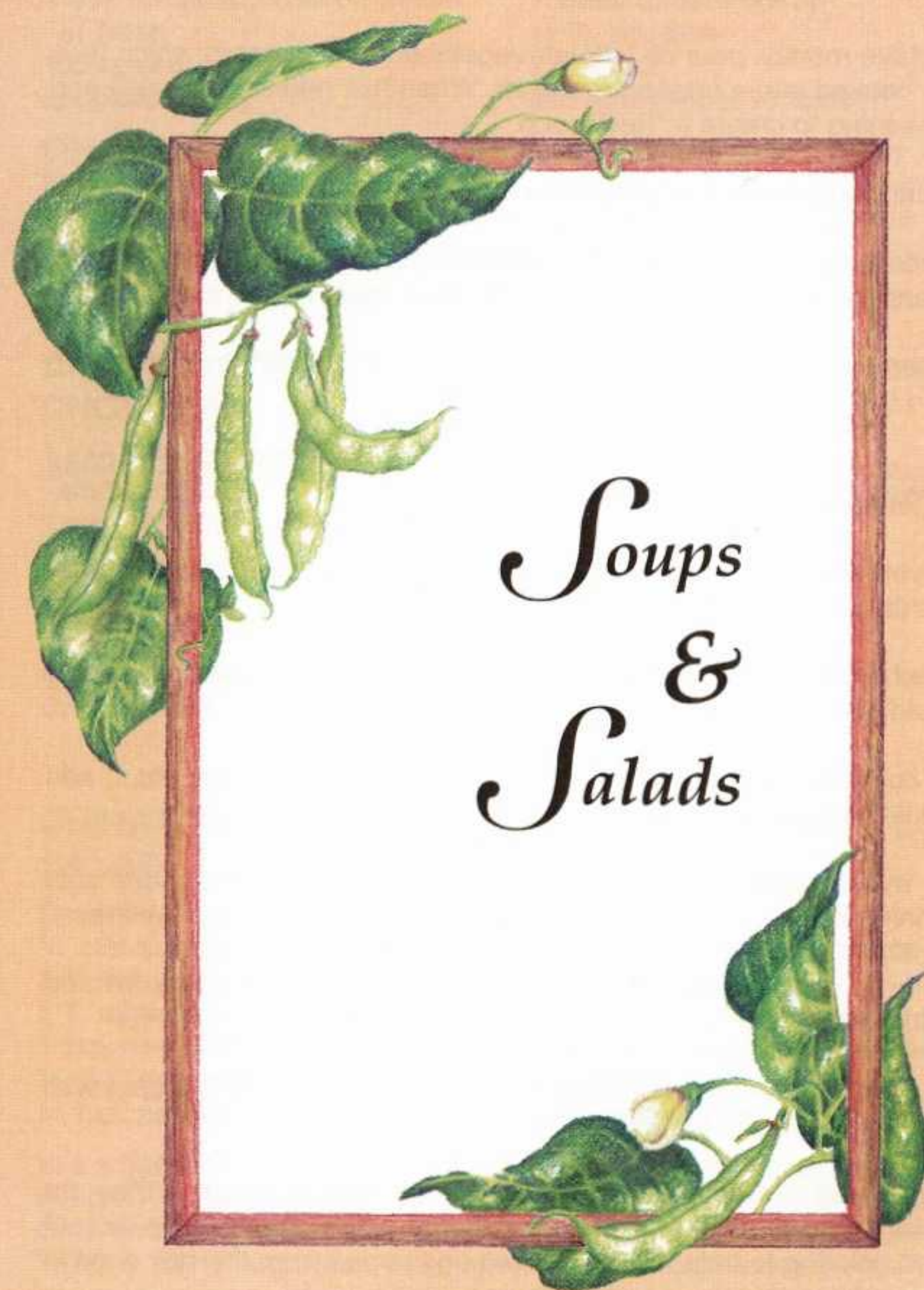
Joette Lakis

- | | |
|-------------------------------------|---------------------------------|
| house of pasta frozen dough
loaf | 24 oz. grated mozzarella cheese |
| olive oil | basil/oregano |
| garlic clove | Parmesan cheese |

Combine olive oil and dough in a bowl. Place in oven, let rise until doubled. Flour dough and cut in half. Take whole clove of garlic and mash with mortar and pedestal adding olive oil. Brush over dough. Season mozzarella cheese with dry basil, oregano and Parmesan cheese. Use foil rectangular pans (cookie sheet size) and line with dough and put cheese mixture on top of dough. Let sit a few minutes and bake at 450° for 10 min.

Recipe Favorites

Recipe Favorites



Helpful Hints

- Fresh lemon juice will remove onion scent from hands.
- To save money, pour all leftover vegetables and water in which they are cooked into a freezer container. When full, add tomato juice and seasoning to create a "free" soup.
- Instant potatoes are a good stew thickener.
- Three large stalks of celery, chopped and added to about two cups of beans (navy, brown, pinto, etc.), will make them easier to digest.
- When cooking vegetables that grow above ground, the rule of thumb is to boil them without a cover.
- A lump of sugar added to water when cooking greens helps vegetables retain their fresh color.
- Never soak vegetables after slicing; they will lose much of their nutritional value.
- Fresh vegetables require little seasoning or cooking. If the vegetable is old, dress it up with sauces or seasoning.
- To cut down on odors when cooking cabbage, cauliflower, etc..., add a little vinegar to the cooking water.
- To avoid tears when cutting onions, try cutting them under cold running water or briefly placing them in the freezer before cutting.
- Perk up soggy lettuce by soaking it in a mixture of lemon juice and cold water.
- Vinegar can remove spots caused by tomatoes. Soak the spot with vinegar and wash as usual.
- Egg shells can be easily removed from hard-boiled eggs if they are quickly rinsed in cold water after they are boiled. Also, add a drop of food coloring to help tell the cooked eggs apart from the raw ones in your refrigerator.
- Keep bean sprouts and jicama fresh and crisp up to five days by submerging them in a container of water, then refrigerating them.
- Your fruit salads will look perfect when you use an egg slicer to make perfect slices of strawberries, kiwis, or bananas.

SOUPS & SALADS

BROCCOLI SOUP

Sharon John

1 box chopped broccoli frozen
or fresh
1 chopped onion
chopped celery

1 small tomato cut up
1/2 lb. noodles
2 qt water
salt and pepper to taste

Cover bottom of pan with oil or butter and sauté onions and celery. Add broccoli and water. Fill saucepan 3/4 full and cook for 1 hour or until tender. Precook 1/2 lb. noodles, strain and add to above. Sprinkle with grated Romano or Parmesan cheese, croutons and serve.

CHICKEN CORN CHOWDER

Sara Staszewski

1 can 10³/₄ oz. cream of potato
soup undiluted
1 can 16¹/₂-17 oz. cream style
corn
1 can 5 oz. boned chicken or
turkey cut in pieces

2 cup milk
1 tsp. of chicken bullion powder
or 1 cube crushed

In large saucepan stir all ingredients until well blended. Bring to boil over medium heat stirring occasionally. Makes 4 servings.

CHINATOWN SPINACH SALAD

Friend of LAWA

Dressing:

1/3 cup salad oil
2 T. red wine vinegar
1 T. minced scallions
1 tsp. soy sauce
1/4 tsp. dry mustard
1/8 tsp. pepper

Salad:

8¹/₂ oz. cans water chestnuts
drained and sliced
1 lb. fresh spinach ripped
1/4 lb. fresh mushrooms sliced
1 T. lemon juice
4 slices bacon crumbled

In a small mixing bowl combine salad oil, vinegar, scallions, soy sauce, mustard and pepper. Mix well to blend. Add water chestnuts. Blend to coat evenly. Chill several hours stirring occasionally. Wash spinach remove stems and drain thoroughly. In salad bowl combine spinach and mushrooms. With slotted spoon remove water chestnuts from dressing and add to spinach. Add lemon juice and toss well. Add bacon and dressing toss again and serve.

CORN CHOWDER*Sara Staszewski*

- 1 can 10³/₄ oz. cream of celery soup
- 1 can 10³/₄ oz. cream of potato soup
- 1 can 10³/₄ oz. new England clam chowder

- 1 can 13¹/₂ oz. whole kernel corn
- 2 cup half and half milk
- salt and pepper to taste

Combine all ingredients in large saucepan, heat to blend flavors. Garnish with butter if desired. Makes about 4-6 servings.

CRAB SALAD*Josephine Symia*

- 1 lb. imitation crab
- 2 stalks celery sliced diagonal
- 2 T. finely chopped onion
- ¹/₂ tsp. old bay spice

- salt and pepper to taste
- ¹/₂ cup mayonnaise (more if needed)

Mix all ingredients together. Serve cold.

EGGPLANT SALAD*Laura Badway*

- 1 eggplant peeled and slice into ¹/₂ in. slices
- 4 Roma tomatoes chopped
- 1 bunch green onions finely chopped
- 1 cup finely chopped parsley

- romaine lettuce
- salt and pepper
- Dressing:
- 2 clove garlic crushed
- 6 T. olive oil
- 2 lemons juiced

Salt eggplant and place on paper towel in glass pie plate. Cover tightly and microwave on high for 3 min. Rinse eggplant and dry thoroughly. Chop it fine and mix with tomatoes, onions and parsley. Add dressing and toss. Add salt and pepper to taste. Serve on crisp romaine lettuce. Makes 8-12 servings.

GAZPACHO SOUP*Dorothy Karam Mawad*

- 1 chopped onion
- 1 large cucumber
- 2 diced green peppers
- 3 tomatoes quartered
- 1 clove garlic minced

- 1 cup water
- 4 oz. olive oil
- 2 oz. wine vinegar
- 1 tsp. lemon

Mix all ingredients in blender until smooth. Season with salt and pepper as needed to taste. Refrigerate, serve cold.

HAM-MACARONI SALAD*Fran Rankin*

- 1 7 oz. Creamettes macaroni
- 1 10¹/₂ oz. can cream of mushroom soup
- ²/₃ cup milk
- 1 cup shredded cheddar cheese

- ¹/₂ tsp. celery salt
- 1 tsp. Worcestershire sauce
- 1 6³/₄ oz. can tender chunk ham flaked apart with fork
- corn flakes crumbled

Prepare Creamettes according to package directions and drain. Heat together soup, milk, cheddar cheese, celery salt, Worcestershire sauce and flaked ham. Add mixture to cooked macaroni. Pour into greased 2 qt. baking dish. Top with corn flake crumbs. Bake in preheated oven 350° for 40 min. (until hot and bubbly).

HEARTY PEA SOUP*Dorothy Karam Mawad*

- 1 lb. green split peas
- 1 ham bone
- 1¹/₂ cup sliced onions
- ¹/₄ tsp. marjoram
- 1 tsp. salt

- ¹/₂ tsp. pepper
- 1 bay leaf
- 1 cup diced celery
- 1 cup diced carrots
- 1 cup diced potatoes (optional)

Soak peas overnight in cold water. Combine with ham bone, onions and seasonings, bring to a boil, cover and simmer for 2 hours. Remove ham bone and cut meat off of bone and dice. Return meat to soup and add vegetables. Cook on simmer for ¹/₂ hour more. Add salt and pepper if needed. Serves 6-8 people.

ITALIAN CHOWDER*Marcine Symia*

- 2 sliced onions
- ¹/₄ cup butter or margarine
- 1 lb. sliced zucchini
- 1 can 15¹/₂ oz. chick peas with juice
- 1 lb. can Italian plum tomatoes
- 1¹/₂ cup dry wine
- 1 cup grate Romano cheese

- ¹/₂ tsp. pepper
- 2 tsp. (or 3 cloves) minced garlic
- 1 tsp. basil
- 1 bay leaf
- 1 cup shredded Monterey jack cheese
- 1 cup whipping or heavy cream

Sauté onion with butter or margarine. Add zucchini, chick peas, tomatoes, wine and seasonings. Simmer 20-30 min. stirring occasionally. Stir in cheese and cream. Simmer over low heat stirring often until cheese melts.

ITALIAN WEDDING SOUP*Maria Shumar*

- | | |
|---------------------------------------|-------------------------|
| 18 small meatballs cooked as directed | 1/2-3/4 cup orzo |
| 2 lb. chicken breast | 1 onion |
| 1 large head escarole chopped | 2 stalks celery |
| 4-5 carrots shredded | 6 chicken bullion cubes |
| 1 large can chicken broth | 4 eggs |
| | 1/2 cup grated cheese |

Cook chicken with onion, celery, salt and pepper for 1 1/2 hours with 8 cups water. Remove chicken and add broth. Bring to boil and add orzo. Cook about 10 min. more. Add carrots and cleaned escarole to soup. Simmer for 20 min. Beat eggs and cheese together. Drop egg mixture into boiling soup and stir with fork and cook for another 10 min. Shreds chicken and add it and meatballs to soup when ready to serve.

LEBANESE BEAN AND POTATO SALAD*Friend of LAWA*

- | | |
|-----------------------------------|---------------------|
| 1 lb. green beans cooked and cool | 1/2 tsp. salt |
| 4 potatoes boiled and cool | 1/2 cup lemon juice |
| 1 clove garlic | 1/2 cup olive oil |

Mix beans and diced potatoes together. Mash garlic and salt, add lemon juice and oil. Mix all ingredients well. Serve cold.

LEBANESE BEEF STEW*Friend of LAWA*

- | | |
|-----------------------------|--------------------|
| 1 lb. beef or lamb cubed | 1 can tomato sauce |
| salt and pepper to taste | 1 can water |
| 1 onion chopped | 2 T. olive oil |
| 3 potatoes peeled and cubed | |

Sauté beef or lamb cubes in olive oil until browned. Add onions and potatoes and continue cooking cover for 5 min. Add tomato sauce and water and simmer for 1/2 hour. Serve over rice.

LEBANESE CUCUMBER SALAD*Friend of LAWA*

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|----------------------|---------------|
| 1 clove garlic | 2 cucumbers |
| 1 tsp. salt | 2 T. dry mint |
| 2 cup leben (yogurt) | |

Mash garlic and salt and 1 T. dry mint. Add leben and mix well. Peel cucumbers and slice. Add to leben mixture. Sprinkle 1 T. dry mint on top.

LEBANESE EGGPLANT SALAD*Rebecca Mawad Stocker*

- | | |
|------------------|-----------------|
| 1 large eggplant | 2 lemons juiced |
| 1 clove garlic | 1 T. olive oil |
| 1/2 tsp. salt | |

Poke eggplant with fork to let steam out when cooking. Bake the eggplant in microwave or oven and cook until tender but not too soft. Peel and cut into cubes and place in large bowl. Mash garlic with salt adding olive oil and mix, slowly adding lemon juice. Add this mixture to cubed eggplant and mix well. Eat with pita bread.

LEBANESE FATTOUCH (BREAD SALAD)*Friend of LAWA*

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|---|--------------------------------------|
| 1/2 loaf Lebanese bread or 4 slices of white bread toasted and broken | 2 T. parsley chopped |
| 2 juiced lemons | 2 T. mint chopped or 1 T. dried mint |
| 1 cucumber chopped | 2 clove crushed garlic |
| 3 tomatoes chopped | 6 T. olive oil |
| 1 onion or spring onion chopped | salt and pepper |

Place broken pieces of bread into bowl. Moisten and soften with cold water or lemon juice. Mash garlic with salt and add oil. Mix with remaining ingredients. Toss. Taste and adjust seasonings.

LEBANESE GREENS SALAD*Friend of LAWA*

- | | |
|---------------------|----------------|
| 2 bunch spinach | 2 clove garlic |
| 1/4 cup olive oil | salt as needed |
| 1/4 cup lemon juice | |

Wash spinach several times in cold water until thoroughly clean. Cut into bite size pieces. Mash garlic and salt, add oil and lemon juice. Toss thoroughly and serve. Same dressing may be used with tomatoes, and also lettuce with cucumbers.

**LEBANESE KIBBET ROHEEB
(MONK'S SOUP)***Dorothy Karam Mawad*

1½ cup lentils
1 gal water
Kibbee balls - kneed together:
½ onion mashed
½ pepper mashed
salt, pepper, ½ tsp. cumin
½ tsp. allspice
1 cup washed bulgur (cracked wheat)

1 cup flour
water to soften dough to make balls
Flavoring:
2 clove garlic
½ tsp. salt
2 T. olive oil
2 lemons

Boil lentils in water until cooked at least halfway for approximately ¾ hour. Make little kibbee balls, size of marbles and drop into lentils and water. Simmer whole mixture until balls are cooked (you can tell by splitting a ball and seeing if still raw on inside). Flavoring: Mash 2 garlic cloves, salt, olive oil and lemons into this mix. Add to soup. Boil 15 min.

LEBANESE LEBNIA (YOGURT SOUP)*Friend of LAWA*

2 doz kibbee balls, cooked
(make from kibbee recipe)
2 cup cooked rice
4 T. flour

2 T. dry mint
½ gal leben (yogurt made from leben recipe)

Mix leben in blender with flour. Add water to large pan with leben. Drop in kibbee balls, boil, stirring occasionally until kibbee balls are cooked. Add rice and mint. Serve hot.

LEBANESE LENTIL SOUP*Mary Simon*

1 cup lentils
2 cup tubettini pasta
7 cup water
¼ cup lemon juice

1 clove garlic minced
1 T. salt
2 large onions (optional)

Put lentils in pot with 6 cups of water and bring to a boil. Add 1 cup of water and bring to boil again. Cook 10 min. on medium heat. Add pasta, lemon juice, garlic and salt cooking until pasta is al dente. If wish to add onions fry them in olive oil till almost black. Drain oil from onions and add to lentil broth.

**LEBANESE MALCHLUTA
(LENTIL, BEAN, AND RICE SOUP)***Dorothy Karam Mawad*

½ cup lentils
½ cup canned chick peas
½ cup canned lima beans
1 T. cumin
6 cup water

½ cup canned kidney beans
2 lg. onions chopped
½ cup rice
½ cup olive oil

Place lentils and rice in water, cover and cook until tender (about ½ hour). Add chick peas, lima beans, kidney beans and cook for 15 min. over medium heat. Sauté onions in olive oil, add to soup and cook for 15 min. more. Season with cumin, salt and pepper to taste. Most of the liquid should be boiled off. Should be thick soup. Serves 6 people.

LEBANESE POTATO SALAD*Anna Stamets*

1½ lb. potatoes
salt
4 T. chopped parsley
4 T. chopped spring onions
Dressing:

4 T. olive oil
2 T. lemon juice
2 clove crushed garlic
salt

Boil potatoes and peel after cooked then slice into cubes. Mix with onions. Mix dressing and pour over hot potatoes. Toss well and sprinkle with parsley.

LEBANESE TABBOULI*Dorothy Karam Mawad*

¾ cup burghul (crushed wheat)
1 bunch green onions finely chopped
3 bunch parsley finely chopped
2 tomatoes finely chopped
1 onion finely chopped

2 tsp. salt
½ tsp. cinnamon
½ cup lemon juice (or juice of 4 lemons)
½ cup olive oil

Soak the burghul and squeeze out water. Put in large salad bowl. Add the parsley, onions, tomatoes and mix well. Add spices, lemon juice and olive oil. Mix together and serve. If you want to prepare ahead of time don't add lemon juice and oil till ready to serve. Refrigerate mixture (onions, parsley, etc.) without mixing together.

**LEBANESE VEGETABLE SOUP
(SHARBAT)***Friend of LAWA*

1 lb. beef or lamb cubes
1 stalks celery cubed
2 carrots cubed
10 fresh string beans
7 cup water
cinnamon power

3 tomatoes cubed
2 potatoes cubed
salt and pepper to taste
1/2 cup chopped parsley
1 8 oz. can tomato sauce

Cook beef or lamb cubes in 7 cups water. Add cinnamon, salt and pepper. Cover and cook for 1 hour. Add celery, carrots and string beans. Remove curds from water by skimming off. Add tomatoes and tomato sauce. Cook until vegetables are cooked.

MANDARIN SALAD*Laura Badway***Salad**

1/4 cup sliced almonds
1 T. sugar
1 tsp. sugar
1/2 head iceberg lettuce or
spinach

1 cup chopped celery
2 green onions thinly sliced
1 11 oz. can mandarin oranges
drained

Prep time 30 min. Cooking time 5 min. Serves 8-10. Cook almonds with 1 T. and 1 tsp. sugar over low heat stirring until sugar is melted and almonds are coated. Cook and break apart. Store at room temperature. Tear lettuce and spinach to make about 4 cups. Place greens in plastic bag and add celery and onion. Fasten bag securely and refrigerate. Five min. before serving, shake and pour dressing into bag. Add mandarin oranges and almonds. Fasten bag securely and shake well. This salad can be prepared up to 24 hours ahead and the dressing put on at the last min.

Dressing

1/2 tsp. salt
dash pepper
2 T. sugar
2 T. vinegar

1/4 cup salad oil
dash Tabasco sauce
1 T. snipped parsley

Place all ingredients in covered jar, shake and refrigerate.

MEATBALL SOUP*Laura Badway*

2 lb. hamburger
1/2 cup onion
1 can tomato paste
1 whole can tomatoes
5 bouillon cubes

1 large can mixed vegetables
2 small jar mushrooms
1 pkg. frozen vegetables
2 qt water

Brown hamburger and onions together and add rest of ingredients including all liquids. Cook 2 hours or more. Add 1/2 to 3/4 cup of orzo. Cook until tender.

**NEW ENGLAND FISH
CHOWDER***Charlotte Assise*

1 lb. haddock or cod
4 potatoes peeled and sliced
1" cube salt pork diced small
1 onion diced

2 cup cream or half and half
scalded
salt and pepper to taste

Cook fish in small amount of water until fish flakes. Remove fish and set aside. Cook potatoes in same water until tender but firm. Fry salt pork and onion and cook slowly until golden. Add the fish and salt pork mixture to potatoes (still in water). Put cream in onion pan and heat and then add to rest of mixture. Salt and pepper to taste.

**ORIENTAL CHICKEN
SALAD***Maryann Kickline***Lettuce Combination**

4 small green onions
3 stalks celery chopped
2 cup cooked chicken cut in
small pieces

1 cup chow mein noodles
1/4 cup toasted almonds
2 T. sesame seeds
1 pkg. snow peas or snap beans

Dressing

1/4 cup sugar
1 tsp. salt
1 tsp. pepper
1/2 cup oil

6 T. raspberry wine vinegar or
fruit jelly as substitute
1 clove garlic

Combine ingredients and toss. Serve with pita bread toasted with butter and rosemary. Lo cal version is 1/4 pita slice sprayed with olive oil and sprinkle with garlic powder and fresh rosemary. Toast under broiler.

OYSTER STEW*Kathy Isaac Walkowiak*

3 T. butter
1 small onion minced
1 pint oysters drained (reserve liquid)
1 qt milk

1 tsp. salt
1/2 tsp. pepper
1/2 tsp. celery salt
minced parsley

Melt butter in 2 qt saucepan. Sauté onions in pan then add oysters and stir until their edges curl. Add milk, oyster liquid and seasonings. Heat to steaming, but do not boil. Serve immediately. Garnish with minced parsley. Use of oyster crackers optional. Makes 4-6 servings.

PASTA FAGSULIA (PASTA WITH BEAN SOUP)*Anita Villari*

2 qt chicken broth
1 cup elbow macaroni
salt and pepper
chopped parsley
1 large can beans drained

1 clove garlic
1 chopped onion
1 celery
8 oz. peeled tomatoes
4 T. olive oil

Heat oil in saucepan. Sauté onions, garlic, celery until brown. Add broth and tomatoes and boil. Add rest of ingredients, stirring until pasta is tender. Serve with grated cheese if desired.

PASTA SALAD*Adeline Karam*

3 pkg. colored pasta
1/2 lb. chunks of pepperoni or salami
1 whole green pepper

2 tomatoes
1 box mushrooms
1 head fresh broccoli
2 pkg. good seasons salad mix

Cook, drain and cool pasta. Cut the other ingredients into small pieces. Mix the pasta, meat and all vegetables together. Mix one package of salad mix and add to salad. Refrigerate for several hours. Before serving open salad mix and sprinkle on the salad.

PERRY'S ONION SOUP*Shelley Russack*

8 large yellow onions
4 T. butter
1 T. olive oil
1 tsp. salt
1 tsp. sugar
1/4 cup sifted flour

4 cup chicken broth
4 cup beef broth
4 oz. dry sauterne crackers
1 1/2 oz. brandy
salt and pepper
croutons

Thinly slice onions and cook slowly in covered saucepan with butter, oil, salt and sugar for 1 1/2 to 2 hours or until golden. Add flour and cook

(continued)

additional 5 min. Add chicken and beef broth and dry sauterne and return to boil. Cover and simmer for 45 min. Before serving add brandy and salt and pepper to taste. Croutons and 3-4 slices of Swiss cheese melted under broiler.

PORTUGUESE FISH CHOWDER*Charlotte Assise*

3 T. olive oil
4 onions sliced
3 clove garlic minced
1/2 bunch parsley chopped
1 tsp. coriander seeds

2 lb. white fish filets
6 potatoes sliced
1 20 oz. can tomatoes
1 bay leaf
1 cup dry white wine

Heat olive oil in a deep pot adding onions, garlic, parsley and coriander and cook until onions are golden. Add all other ingredients and just enough water to cover. Cover pot and simmer for 45 min. Serves 6-8.

PORTUGUESE STYLE STEW WITH CHORIZO AND CHICKEN*Maria Shumar*

2 T. extra virgin olive oil
6 skinless chicken thighs cut into 1" pieces
1/2 lb. Spanish chorizo sausage cut into 1/2" rounds
1 large onion chopped
8 clove garlic sliced
1/3 cup tomato paste
1 28 oz. can crushed tomatoes with added purée

5 cup low salt chicken broth
1 2 oz. piece Parmesan cheese
1 15 oz. Great Northern beans drained
18 littleneck clams scrubbed
1/3 cup fresh basil chopped
1/4 cup fresh parsley chopped

Heat oil in heavy large pot over medium heat. Sprinkle chicken with salt and pepper. Add to pot; sauté until browned (about 6 min). Add chorizo and sauté until browned (about 3 min). Using slotted spoon transfer chicken and chorizo to large bowl. Pour off all but 2 T. drippings from pot. Add onion to pot, sauté until golden (about 6 min). Add garlic and sauté 1 min. Mix in tomato paste, then crushed tomatoes, broth, and Parmesan. Bring to boil. Reduce heat to medium-low and simmer uncovered 20 min. to blend flavors. Discard Parmesan. Return chicken and sausage to stew; simmer until chicken is cooked through (20 min). Stir beans into stew. Add clams; cover and simmer until clams open (about 8 min). Discard any clams that do not open. Stir in basil and parsley. Season stew to taste with salt and pepper.

POTATO SALAD DRESSING*Anna Stamets*

- | | |
|---------------|-----------------|
| 1 beaten egg | 1/2 cup vinegar |
| 1/2 cup sugar | 2 T. margarine |
| 1 T. flour | 1/2 tsp. salt |
| 1/2 cup water | 1/4 tsp. pepper |

Combine all ingredients stirring after each addition. Boil until dressing is thick. Cool before serving.

PUMPKIN SOUP*Kathy Isaac Walkowiak*

- | | |
|---|----------------------------|
| 4 T. butter or margarine | 1/2 tsp. salt |
| 1 small onion diced | 2 T. flour |
| 1 1/2 lb. pumpkin peeled and diced (or 1 1/2 lb. can pumpkin) | 3/4 cup light cream heated |
| 4 cups chicken stock | toasted croutons |
| | whipped cream |

In stockpot add 2 T. butter and sauté onion. Add pumpkin, chicken stock, and salt. Simmer until pumpkin is soft. Knead flour with remaining 2 T. of butter. Add this to pumpkin mixture and boil. Pour soup into blender until smooth. Return soup to heat and boil. Add in light cream. Garnish with croutons and whipped cream. Makes 4-6 servings.

QUEENIE'S FRUIT SALAD*Sara Staszewski*

- | | |
|----------------------------|--------------------------------|
| 1 large can fruit cocktail | 1 can grapefruit slices cut up |
| 1 can pineapple chunks | 5 T. lemon juice |
| 1 can peaches cut up | 6 T. honey |
| 1 can mandarin oranges | 3 bananas |
| 1/2 jar cherries cut up | fresh fruit also if desired |

Mix all ingredients (except bananas) including juices in large bowl. Put in refrigerator overnight. Add the bananas and stir.

QUICK PASTA BROCCOLI SOUP*Laura Badway*

- | | |
|--------------------------|-------------------------------|
| 1 large chopped onion | 1 cup ronzoni orzo #47 |
| 1 clove garlic minces | 1 16 oz. frozen broccoli cuts |
| 2 T. margarine | 7 cup water |
| 3 chicken bouillon cubes | |

Cook and stir onion and garlic in hot margarine until tender but not brown. Add water and bouillon cubes and bring to a boil. Stir in pasta, simmer for 5 min. Add broccoli and simmer 5 min longer.

SHRIMP SALAD*Sharon John*

- | | |
|--|--------------------|
| 1 lb. shrimp cooked, cleaned and diced | salt and pepper |
| 2 large stalks celery diced | 2 T. lemon juice |
| 1 white onion minced | 1/3 cup mayonnaise |
| 2 hard-boiled eggs diced | lettuce |
| | tomatoes |

Toss all ingredients. Serve salad on bed of lettuce with quartered tomatoes on the side.

SWEET AND SOUR SALAD DRESSING*Laura Badway*

- | | |
|-------------------|------------------------|
| 1/2 cup salad oil | 1/2 tsp. garlic powder |
| 1/2 cup vinegar | 1/2 tsp. salt |
| 1/2 cup water | 1/2 tsp. pepper |
| 1/2 cup sugar | 1/2 tsp. oregano |

Pour all liquid ingredients into jar and add all spices. Cover with lid and shake well.

VEGETABLE SOUP*Dorothy Karam Mawad*

- | | |
|--------------------------|--|
| 5 cup water | pinch oregano, basil, garlic powder, celery salt, parsley flakes |
| 2 can chicken broth | 1 T. Worcestershire sauce |
| 1 lb. cubed beef | 1 cup noodles |
| 2 T. margarine or butter | 1 can string beans |
| 1 chopped onion | 1 cup chopped broccoli |
| 2 diced potatoes | 1 cup chopped cauliflower |
| 3 diced celery stalks | 3 chopped tomatoes |
| 2 diced carrots | |
| 1 diced green pepper | |

Sauté beef in butter or margarine. Mix broth and 5 cups water in large pot. Add cooked beef and boil, add remaining ingredients. Simmer for 1 hour until vegetables are cooked.

VENUS DEMILO SOUP*Leila Shumar*

- | | |
|---------------------------------------|--------------------------------|
| 1 lb. hamburger | 2 stalks celery diced |
| 1 large can College Inn chicken broth | 1 14 1/2 oz. can tomatoes |
| 1 pkg. Lipton onion soup | 2 small pkg. frozen vegetables |
| 1 qt water | 1/2 cup orzo |

Brown hamburger and drain. Add broth, onion soup, water and celery. Boil 20 min. Add remaining ingredients. Bring to a boil and simmer another 10 min. Serve with grated Parmesan cheese.

VERY GOOD DRESSING*Laura Badway*

1 cup sugar
 1 cup salad oil
 3/4 cup catsup
 1 can tomato soup
 1 tsp. salt

1 tsp. pepper
 1 tsp. dry mustard
 1 tsp. onion salt
 1/2 cup vinegar

Mix ingredients (except vinegar) in order given with hand mixer or in blender. After well blended slowly add vinegar. Makes 1 qt.

VICKI'S TORTELLINI SALAD*Georgina Zechman*

1 head broccoli diced
 2 tomatoes diced
 1 green pepper diced
 1 14 3/4 oz. can unmarinated artichoke hearts diced
 1 can black olives diced
 9 oz. pkg. cheese tortellini
 9 oz. pkg. meat tortellini

Dressing:
 1 cup olive oil
 1 tsp. salt
 1/2 tsp. dry mustard
 1/2 cup vegetable oil
 1/2 cup wine vinegar
 1/2 tsp. pepper
 1/2 tsp. basil

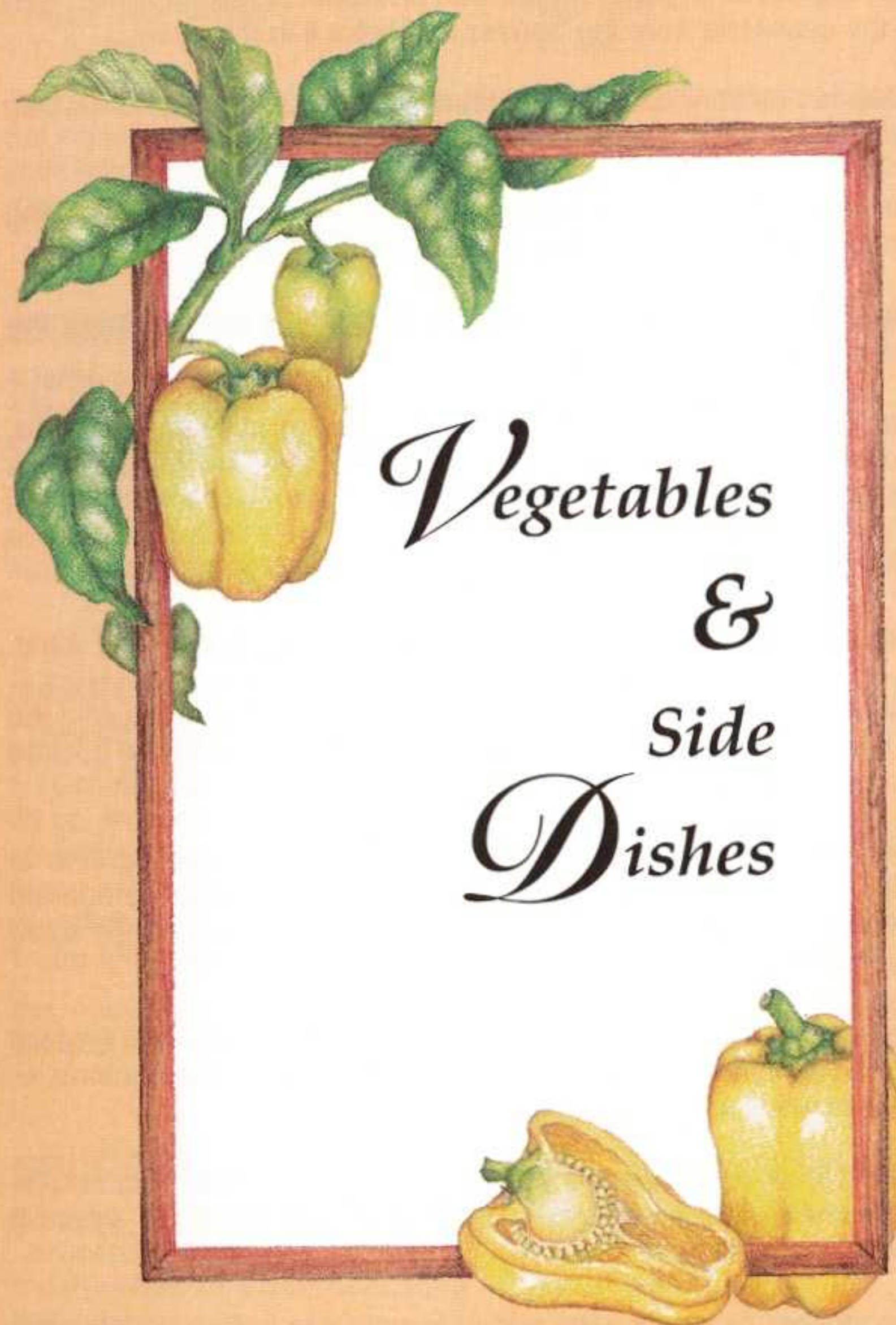
Cook cheese and meat tortellini according to directions. Drain and mix with all the rest of the ingredients. Mix dressing and add slowly mixing continuously. Chill. Stir before serving.

WALDORF SALAD*Maria Shumar*

3 red apples
 2 celery ribs
 3 T. walnuts

1/3 cup lemon yogurt
 2 T. mayonnaise
 3 T. raisins

Cut apples and celery until diced thin. Mix in mayonnaise, yogurt and raisins. Garnish with walnuts.



Helpful Hints

- When preparing a casserole, make an additional batch to freeze. It makes a great emergency meal when unexpected guests arrive. Just take the casserole from the freezer and bake it in the oven.
- To keep hot oil from splattering, sprinkle a little salt or flour in the pan before frying.
- Never overcook foods that are to be frozen. Foods will finish cooking when reheated. Don't refreeze cooked thawed foods.
- A few drops of lemon juice added to simmering rice will keep the grains separated.
- Green pepper may change the flavor of frozen casseroles. Clove, garlic, and pepper flavors get stronger when they are frozen, while sage, onion, and salt get milder.
- Don't freeze cooked egg whites; they become tough.
- For an easy no-mess side dish, grill vegetables along with your meat.
- When freezing foods, label each container with its contents and the date it was put into the freezer. Store at 0°. Always use frozen cooked foods within one to two months.
- Store dried pasta, rice (except brown rice), and whole grains in tightly covered containers in a cool, dry place. Always refrigerate brown rice, and refrigerate or freeze grains if they will not be used within five months.
- To dress up buttered, cooked vegetables, sprinkle them with toasted sesame seeds, toasted chopped nuts, canned french-fried onions, or slightly crushed seasoned croutons.
- Soufflé dishes are designed with straight sides to help your soufflé climb to magnificent heights. Ramekins are good for serving individual casseroles.
- A little vinegar or lemon juice added to potatoes before draining will make them extra white when mashed.
- To quickly bake potatoes, place them in boiling water for 10 to 15 minutes. Pierce their skins with a fork and bake in a preheated oven.
- To avoid toughened beans or corn, add salt midway through cooking.

VEGETABLES & SIDE DISHES

BAKED CORN

Marie A Decking

2 cup creamed corn
2 eggs well beaten
1 T. butter

2 tsp. flour
2 tsp. milk
1 T. salt

Combine ingredients and mix thoroughly. Pour into greased casserole. Set in pan of warm water. Bake in moderate oven (400°) until an inserted knife comes out clean. If desired additional milk may be added to provide moisture. Serves 6

BAKED POTATO MEAL

Sandy Lombardo

4 large potatoes
1 lb. ground beef
1½ oz. spaghetti sauce mix

1 cup water
6 oz. tomato paste

Brown ground beef and drain off fat. Mix in sauce mix, water and tomato paste. Cook over low heat 10 min. Bake potatoes in 350° oven for 1 hour. Cut open potato and spoon mixture over top.

BAKED VEGETABLE CASSEROLE

May Ann Murry

1 stick margarine
20 oz. frozen Italian vegetables
(cook first)
1 can water chestnuts sliced
(optional)
1 cup chopped celery

1 cup chopped onion
½ cup Parmesan cheese
1 cup miracle whip
seasoned salt
¾ small bag Pepperidge farm
cheddar fishes smashed

Mix everything together. Put into 9 x 13 greased glass baking dish. Bake at 350° 30 min.

BROCCOLI CASSEROLE

Marcine Symia Solliday

2 boxes 10 oz. chopped frozen
broccoli spears
1 can cream of mushroom soup

1 can sliced water chestnuts
1 can Durkee fried onion rings
¼ cup milk

Defrost broccoli and mix with mushroom soup, water chestnuts and ¾ can fried onion rings. Add milk and mix well. Preheat oven to 350°. Place mixture in oven for 35 min. During the last 5 min of baking, garnish with remaining ¼ can of onion rings and return to oven.

BROCCOLI RICE*Friend of LAWA*

- | | |
|--------------------------------|--------------------------|
| 1 cup instant rice | 1/2 cup milk |
| 2 pkg. chopped broccoli cooked | 1 can cream chicken soup |
| 2 T. butter | 1/2 cup grated cheese |
| 1 onion chopped | |

Mix all ingredients together. Bake uncovered in oven for 35 min. at 350°.

CATHERINE'S COLESLAW*Sara Staszewski*

- | | |
|-------------------------------|-----------------|
| 1 small head cabbage shredded | 3 T. vinegar |
| 3 T. sugar | 1/2 tsp. pepper |
| 1 tsp. salt | 1 carrot grated |
| 1/2 cup mayonnaise | |

Toss together all ingredients and refrigerate overnight. Serves 6.

CRANBERRY MOLD*Anita Villari*

- | | |
|------------------------------------|------------------------------------|
| 1 lb. fresh cranberries | 1 cup chopped celery |
| 2 cup water | 1/2 cup chopped walnut |
| 2 cup sugar | 1 can crushed pineapple with juice |
| 2 pkg. 3 oz. size strawberry Jello | |

Wash and remove stems of cranberries. Put cranberries and water into pot. and add sugar. Boil for 7 min. until cranberries are soft. In large bowl add the Jello and pour cranberries with water and mix well. Add rest of ingredients and pour into mold or a clear bowl. Refrigerate overnight. Serves 10-12 people. It's good leftover and served on lettuce as a salad.

GARLIC POTATO SALAD*Josephine Symia*

- | | |
|-----------------------|--------------------------------|
| 1 1/2 lb. potatoes | 1/4 tsp. pepper |
| 2 clove garlic minced | 1/4 cup finely chopped parsley |
| 4 T. olive oil | 2 green onions chopped |
| 1/2 tsp. salt | |

Boil potatoes until tender, cool and cut into 1 inch chunks. Put the remaining ingredients into large bowl Stir mixture and add potatoes. Toss well and serve.

GERRY'S FRENCH FRIED CAULIFLOWER*Gerry Miner*

- | | |
|-------------------|----------------------|
| 1 lb. cauliflower | 1 egg |
| 1/4 tsp. salt | 1/2 cup bread crumbs |

Separate cauliflower into small flowerets. Wash and dry well. Mix salt and egg in bowl. Dip cauliflower in egg mixture and bread crumbs. Fry in oil.

HASH BROWN POTATOES*Friend of LAWA*

- | | |
|----------------------------------|-----------------|
| 1/2 cup shortening | 1 tsp. salt |
| 1/2 cup chopped onions | 1/2 tsp. pepper |
| 2 1 lb. pkgs. frozen hash browns | |

Melt shortening in Teflon coated skillet. Add onions and cook until tender. Add potatoes, salt and pepper and stir several times to thaw potatoes and coat with shortening. Press down on mixture evenly with spatula. Fry without stirring until bottom is golden brown, about 15 min. Fold omelet style and serve.

HOLIDAY POTATOES*Anita Villari*

- | | |
|----------------------|-------------------------|
| 8-10 medium potatoes | dash pepper |
| 8 oz. mushrooms | 2 egg yolks |
| 6 T. butter | 1/4 cup chopped parsley |
| 1 cup light cream | 1/2 tsp. baking powder |
| 1 1/2 tsp. salt | |

Brown mushrooms in 2 tsp. butter and set aside. Boil potatoes and whip in all the ingredients except mushrooms. Stir in mushrooms last. Bake in a 2 qt. casserole at 350° for 45 min.

ITALIAN POTATO SALAD*Anita Villari*

- | | |
|-----------------------|------------------------|
| 5 lb. potatoes | 2 medium onion chopped |
| 1 cup oil | 3 tsp. oregano |
| 1/2 cup cider vinegar | salt and pepper |

Boil potatoes, peel skin and cut potatoes into cubes. Mix the rest of the ingredients together. Cover and refrigerate. May be made a day ahead but stir at least every 6-8 hours.

LEBANESE IMJUDDRA (LENTILS WITH BEANS AND RICE)*Dorothy Karam Mawad*

1 cup lentils
1 cup rice
8 cup water
1 can kidney beans

2 large onions chopped
1/2 cup olive oil
salt to taste

Boil rice and lentils in water till tender, about 1/2 hour. Fry onions in olive oil until almost black. Drain oil into rice and lentil mixture. Cool onions then mash with a mallet. Put through sieve until lentil and rice mixture is colored brown. Add drained kidney beans and salt to taste. Mix all together and serve.

LEBANESE MJADRAH*Mary Simon*

2 cup lentils
2 cup rice
5 medium onions

1 cup oil
2 T. salt
6 cup water

Chop onions and sauté in pan with oil until very brown, almost burnt. Take out onions and put aside and reserve the oil. Put 5 cups of water in big saucepan and add lentils and salt and bring to a boil. Add 1 cup of water and bring to boil again and add rice, onions, oil and cook on medium heat about 1/2 hour or until it thickens.

LEBANESE RICE PILAF*Friend of LAWA*

2 cup rice
3/4 cup orzo
1/2 cup margarine

4 cup water
1 T. salt

Brown orzo in margarine. Rinse rice in cold water, and drain. Sauté with orzo stirring constantly. Add salt and water and mix. Stir and cover. Bring to boil, then simmer for 1/2 hour or until rice and orzo are tender

LEBANESE ROSARY OF THE POOR*Sonja Shaheen*

Thick slices of :
eggplant
zucchini squash
potatoes
green peppers
onions
carrots

celery
Sauce:
fresh tomatoes or canned
2 spoonfuls tomato paste
salt and pepper to taste
water

Partly cook (in small amount of oil) thick slices of vegetables. Place in roaster. Dissolve the paste and cook over heat with tomatoes and water

(continued)

(enough to make amount needed). Add salt and pepper to taste. Pour sauce over vegetables in roaster or casserole. Use amounts of sauce to coincide with amount of vegetables. Cook at 350° oven for about 1/2 hour.

LEBANESE SPINACH APPY*Sara Staszewski*

1 10 oz. frozen leaf spinach
2 T. oil
1 small onion chopped

3 T. bulgur (cracked wheat)
1/2 tsp. salt
dash of pepper

Cook spinach as directed on package and drain all liquid. Sauté onion in oil. Add this to spinach, bulgur, salt and pepper and mix together.

OLD FASHION POTATO CASSEROLE*Mary Ann Murray*

5 potatoes
5 slices bread
3/4 stick margarine
1 large onion chopped
1/2 cup fresh parsley chopped

1/2 cup grated Parmesan or
Pecorino cheese
canned chicken broth
salt and pepper

Cut up potatoes and boil and drain. Mash potatoes, add 5 slices of bread that have been soaked in chicken broth. Add margarine, salt, pepper, parsley, onion and cheese. Mix well. Put in greased baking dish (use margarine for greasing). Sprinkle cheese on top with 4 pats of margarine. Bake covered about 3/4 hour @ 350°. Remove cover and bake another 1/4 hour uncovered.

POTATO CASSEROLE*Laura Badway*

2 lb. frozen hash browns (room temperature)
1 stick oleo
1 can cram celery soup

2 cup grated cheddar cheese
1 pt. sour cream
1 onion chopped

Mix all ingredients together. Put in 9 x 13 pan. Bake at 350° for 2 hours.

RICE AND SHRIMP ANTIPASTO

Friend of LAWA

2 cup cooked rice
1 cup shrimp cooked
red cabbage chopped
2 apples peeled and chopped

1 yellow pepper chopped
1 onion chopped
oil and vinegar to taste

Mix all ingredients together. Refrigerate and serve cold.

SCALLOPED POTATOES

Sara Staszewski

Potatoes
Onions
Flour
Milk

Margarine
Cheese
Salt and pepper

Use your judgment for the size of the baking dish according to the amount of potatoes you use. Grease casserole. Slice potatoes into thin slices in casserole. Add salt and pepper. Slice onion on top and mix. Add a little flour. Add milk to cover half of potatoes. Put pats of margarine on top. Bake for 40-50 min @ 350°.

SLOW ROASTED TOMATOES WITH FETA, OLIVES & PINE NUT

Marcine Symia Solliday

12 medium plum tomatoes
halved lengthwise and seeded
1 1/4 tsp. salt
1/2 cup pine nuts
2 cup crumbled feta cheese

1 3 oz. pkg. cream cheese
2/3 cup pitted coarsely chopped
Kalamata olives
2 tsp. dried oregano
2 T. extra virgin olive oil

Sprinkle tomatoes with salt and turn cut side down on a wire rack set over a cookie sheet with a rim to drain for 30 min. Warm a skillet over low heat. Add pine nuts and sauté stirring constantly until golden brown (3-4 min.). Adjust oven rack to center position and heat oven to 325°. Mix cream cheese, feta cheese, olives, pine nuts and oregano in medium bowl. Turn tomatoes cut side up and fill with about 2 T. of feta mixture. Bake until tomatoes are soft but still hold their shape (about 30 min). Remove from oven and brush with oil. Serve hot, warm, or at room temperature.

SPEEDY NICOISE SALAD

Marie A Decking

1 can whole green beans
15 oz. can artichoke hearts
6 1/2 oz. can white tuna
1 can pitted olives

2 T. sliced pimentos
2 T. anchovy filling
1/4 cup Italian dressing
1 tomato sliced

Combine green beans drained, artichoke hearts drained and quartered, tuna drained and flaked, olives, pimentos, anchovy fillets, and Italian dressing. Toss lightly and serve in lettuce cups. To each serving add 3-4 slices of tomatoes. Makes 6-8 servings.

STEAK FRIES WITH LEMON/ GARLIC DRESSING

Adeline Karam

4 clove garlic
salt
oil

lemon juice
5 large potatoes

For dressing smash garlic with salt, blend in the oil and lemon juice. Put aside. Wash potatoes and peel. Slice potatoes steak fry size, drain in colander. Heat oil in frying pan until hot. Add potatoes and salt and fry until done. Remove from pan put in deep bowl and pour the dressing on the potatoes and toss.

STIR FRY VEGETABLE DINNER

Laura Badway

1/2 lb. beef chuck steak sliced
thin
3 T. soy cause
2 large green peppers
3 stalks celery
1/2 lb. margarine
1 leek
18 oz. can water chestnuts
1/4 lb. Chinese snow peapod

3 large carrots
2 large stalks broccoli including
stems
2 tsp. cornstarch
5 tsp. water
1 tsp. sugar
6 tsp. soy sauce
1 clove minced garlic
3 tsp. vegetable or peanut oil.

Marinate beef chuck in soy sauce. Chop vegetables into bite size pieces. Mix cornstarch, water, sugar and 6 tsp. soy sauce and garlic to make sauce. Add sauce to meat. In a wok or frying pan heat oil on high heat. Stir fry beef 3-5 min. Remove to platter to keep warm. Cook 2 cups of vegetables at a time. Broccoli and carrots 2-3 min. and peppers 3-4 min. all others 1-2 min. Heap onto serving platter. Serve with rice. Serves 6-8 people.

TACO PIE*Laura Badway*

1 pkg. crescent rolls
 1 pkg. taco seasoning mix
 1 lb. hamburger
 1/4 cup chopped ripe olives
 1 cup Doritos crushed

8 oz. sour cream
 1 cup grated cheddar cheese
 lettuce
 tomatoes
 guacamole (optional)

Unroll and arrange crescent rolls to cover an 8 "9" pie pan. Follow directions on taco seasoning mix to prepare meat sauce. Put meat mixture in pie pan. Layer remaining ingredients in the order listed. Bake at 350° for 20 min. Garnish with shredded lettuce chopped tomatoes and guacamole (optional).

TUNA TOMATO MOLD*Paula Fink*

1 can tomato soup
 8 oz. cream cheese
 2 pkg. unflavored gelatin
 2 6 1/2 oz. drained tuna

1/2 cup onion
 1/2 cup green pepper
 1 cup mayonnaise

In saucepan combine soup and cream cheese over medium heat. Soften gelatin in 1/2 cup warm water. Add to soup mixture and remove from heat. Add remaining ingredients and blend well. Place in any mold and refrigerate until firm. Unmold and serve with crackers.

YORKSHIRE PUDDING*Sandy Lombardo*

1 cup flour
 1/4 tsp. salt
 3 eggs

1 cup milk
 1/4 cup fat from cooked roast
 beef

Beat ingredients together (except fat) for 20 min. Pour into square pan. Pour fat on top. Bake at 400° for 30 min.

ZUCCHINI CASSEROLE*Marion Willever*

4 zucchini cubed
 1 large onion chopped or sliced
 2 clove garlic minced
 2 green peppers cut in strips
 4 potatoes cubed

1 lb. sausage cubed
 1 eggplant (optional) cubed
 salt, pepper, basil, garlic salt
 spaghetti sauce
 grated cheese (your favorite)

Cube zucchini and mix with peppers, and potatoes in large bowl. Add eggplant if desired. Simmer sausage pieces in oil with onion and garlic. Drain excess juice. Mix all ingredients together with spices and place in baking pan. Pour spaghetti sauce over and mix together. Put grated cheese on top. Bake 1 1/2 hours covered. Eliminate excess juice and pour more spaghetti sauce on top.

ZUCCHINI PIE*Johanna Butchko*

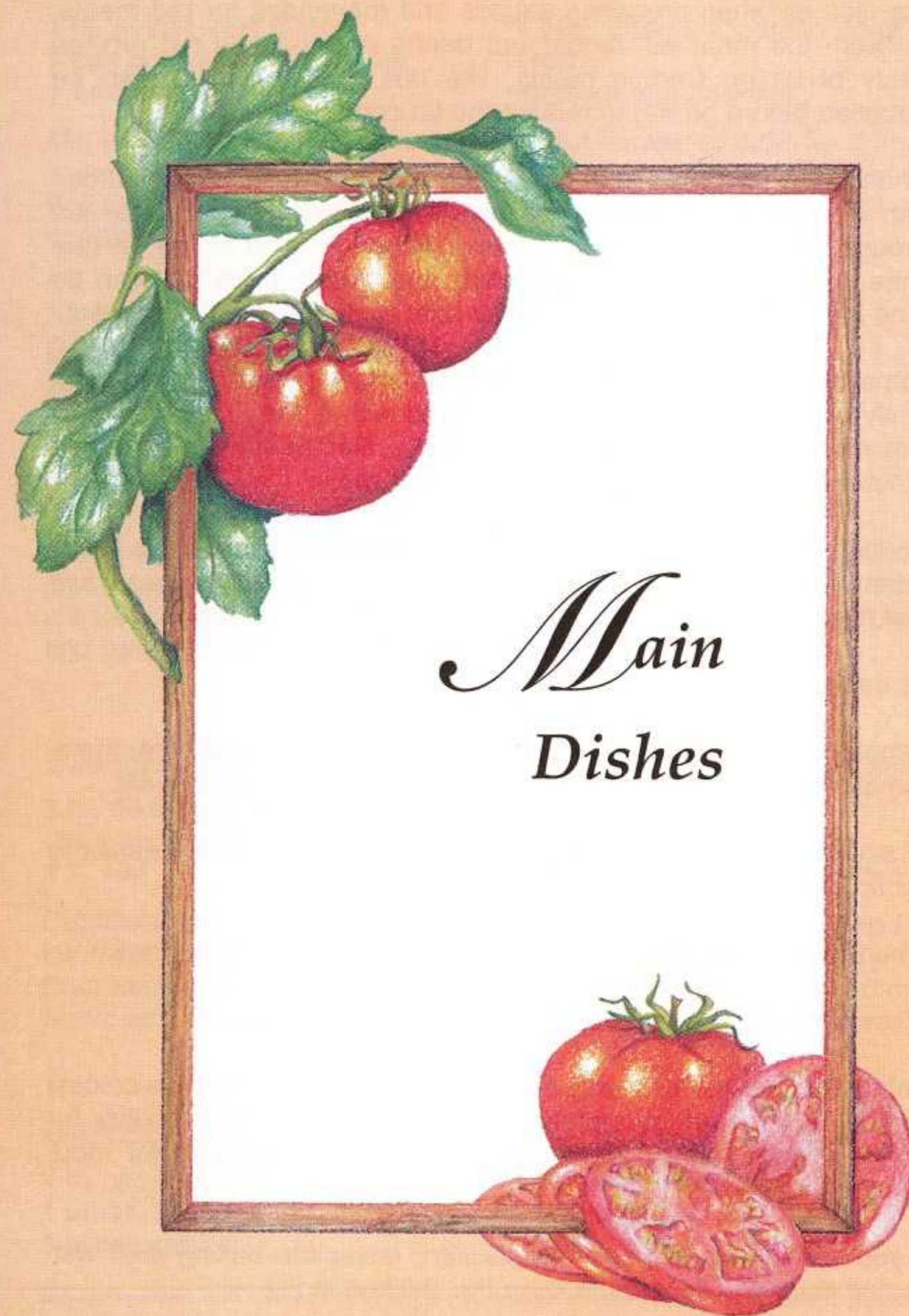
4 eggs
 1 cup Bisquick flour
 1/2 cup chopped onions
 2 tsp. parsley chopped
 1/4 tsp. salt

1/2 tsp. oregano
 3 cup zucchini sliced
 1/2 cup grated cheese
 1/2 cup oil

Mix all ingredients together. Put in greased casserole and sprinkle grated cheese on top. Bake at 350° for 25-30 min.

Recipe Favorites

Recipe Favorites



Helpful Hints

- Use little oil when preparing sauces and marinades for red meats. Fat from the meat will render out during cooking and will provide plenty of flavor. Certain meats, like ribs and pot roast, can be parboiled before grilling to reduce the fat content.
- When trying to reduce your fat intake, buy the leanest cuts you can find. Fat will show up as an opaque white coating or can also run through the meat fibers, as marbling. Although most of the fat (the white coating) can be trimmed away, there isn't much that can be done about the marbling. Stay away from well-marbled cuts of meat.
- Home from work late with no time for marinating meat? Pound meat lightly with a mallet or rolling pin, pierce with a fork, sprinkle lightly with meat tenderizer, and add marinade. Refrigerate for about 20 minutes, and you'll have succulent, tender meat.
- Marinating is a cinch if you use a plastic bag. The meat stays in the marinade and it's easy to turn and rearrange. Cleanup is easy; just toss the bag.
- It's easier to thinly slice meat if it's partially frozen.
- Tomatoes added to roasts will help to naturally tenderize them. Tomatoes contain an acid that works well to break down meats.
- Whenever possible, cut meats across the grain; they will be easier to eat and have a better appearance.
- When frying meat, sprinkle paprika over it to turn it golden brown.
- Thaw all meats in the refrigerator for maximum safety.
- Refrigerate poultry promptly after purchasing. Keep it in the coldest section of your refrigerator for up to two days. Freeze poultry for longer storage. Never leave poultry at room temperature for more than two hours.
- If you're microwaving skinned chicken, cover the baking dish with vented clear plastic wrap to keep the chicken moist.
- Lemon juice rubbed on fish before cooking will enhance the flavor and help maintain a good color.
- Scaling a fish is easier if vinegar is rubbed on the scales first.

MAIN DISHES

"NO" PEAK STEW

Mary Shumar

1 lb. sirloin beef cubes
1 can cream of celery soup
1 can water

1 pkg. Lipton dry onion soup mix
medium egg noodles

Mix all of the above together and stir. Put in over at 325° for 3 hours covered (don't lift lid). If using crock pot cook at medium for 8 hours. Boil water and add medium egg noodles, and drain. Serve stew over noodles.

BAKED CHICKEN WITH GARLIC

Friend of LAWA

6 chicken breasts
3 clove garlic
salt

$\frac{3}{4}$ cup olive oil
3 lemons juiced

First must make garlic sauce to put on chicken. Put salt on garlic and crush with a mortar. Add oil and lemons slowly and mix well. Place chicken breasts in a baking pan and pour garlic mixture over top. Cover and bake until chicken is cooked.

BAKED FILLETS

Laura Badway

2 lb. fillets (whatever kind of fish you prefer)
1 T. salt

1 cup milk
1 cup bread crumbs
4 T. butter or other fat melted

Cut fillets into serving size portions. Add salt to milk and mix. Dip fillet into milk mixture and roll in crumbs. Place in well greased baking pan. Pour melted butter over fillet. Bake in very hot oven (500°) for 10 min. Serve immediately on a hot platter. Serves 6.

BARBEQUE

Anita Villari

2 lb. ground chuck
1 onion chopped
1 green pepper

1 large bottle ketchup
1 bottle chili sauce
 $1\frac{1}{2}$ cup water

Brown meat with salt and pepper to taste. Add chopped onions, pepper, ketchup, chili sauce and water. Simmer for $1\frac{1}{2}$ hour stirring occasionally.

BARBEQUE SAUCE TEXAS STYLE*Danny Adair*

- | | |
|---|--------------------------------|
| 1 large bottle Kraft barbeque sauce | 1/4 tsp. red hot Tabasco sauce |
| 1 small bottle Kraft hot barbeque sauce | 1/2 can beer |
| 1 tsp. mustard | 4-5 T. honey |
| 1 tsp. Worcestershire | 1 tsp. seasoned salt |
| | salt and pepper to taste |

Combine all of ingredients in large saucepan. Bring to boil, then reduce heat and simmer for 1 hour. Use to baste chicken, ribs, etc. Leftover may be refrigerated for a month.

BEEF BURGUNDY*Sandy Lombardo*

- | | |
|----------------------|--------------------------|
| 1 lb. beef | 1/2 tsp. pepper |
| 1 can mushroom gravy | 1/4 cup red cooking wine |
| 1 onion chopped | 2 tsp. parsley chopped |
| 2 tsp. butter | |

Brown beef in butter. Add remaining ingredients. Cover and cook @ 300° for 1 hour.

BEEF STROGANOFF*Laura Badway*

- | | |
|-----------------------|---------------------------------|
| 1/2 cup onions sliced | 1/2 cup sour cream |
| 2 T. butter | 1/2 cup water |
| 1 can mushroom soup | 1 lb. round steak cut in strips |

Brown meat and onions in butter until tender. Add remaining ingredients. Cover and simmer for 45 min. or until tender stirring occasionally. Serve over hot noodles.

BEST EVER MEAT LOAF*Anita Villari*

- | | |
|-----------------------|-----------------------------|
| 2 lb. ground chuck | 1 can tomato soup |
| 1 cup chopped onion | 2 eggs |
| 1 cup pepper diced | 2 cup flavored bread crumbs |
| 1 cup carrots chopped | |

Mix all ingredients together. Put into a loaf pan and bake @ 350° for 1 1/2 hours. Let stand 10 min. before slicing.

BOK CHOY, RED PEPPERS, ALMONDS & CHICKEN/ SHRIMP*Rachel E Haddad*

- | | |
|---------------------------|-------------------------------------|
| 1 1/2 cup sliced bok choy | 1/2 cup diced chicken or shrimp |
| canola oil | 1/2 cup sliced red pepper |
| 3 T. sliced almonds | salt, pepper & garlic salt to taste |

Coat pan with canola oil and sauté chicken or shrimp. Add almonds, bok choy, and pepper and cook until slightly softened. Add seasonings to taste.

BRAISED BEEF CUBES*Jeanne Joseph*

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|------------------------------|---------------------------------|
| 1 lb. round beef 1/4" thick | 2 tsp. salt and pepper to taste |
| 3 T. butter or oil | 1 tsp. tomato paste |
| 3/4 cup thinly sliced onions | 3 T. flour |
| 2 1/3 cup + 5 T. cold water | |

Cut the beef into 1/2" cubes. Brown in hot butter or oil with pepper. Add onions and stir until lightly browned. Add salt, 2 1/2 cup of water and tomato paste. Cover and simmer for 1 hour or until tender. Blend flour and 5 T. of water together. Stir this into beef cubes. Cook until smooth and thickened. If desired 1 can of green peas may be added to beef after flour has been blended in. Serve with noodles, rice pilaf, or mashed potatoes.

BROCCOLI CHICKEN CASSEROLE*Kathy Isaac Walkowiak*

- | | |
|--|---------------------|
| 3 lb. frozen chopped broccoli | 1 tsp. curry powder |
| 5 cup cooked white chicken cut into small pieces | 2 cup mayonnaise |
| 4 can cream of chicken soup (not diluted) | 2 T. lemon juice |

Place layer of uncooked broccoli in large casserole dish. Add a layer of chicken. Continue layering until broccoli and chicken are used up ending with broccoli on top. Combine soup, mayonnaise, curry powder, and lemon juice. Pour this sauce over broccoli and chicken. Bake @ 325° for 1 hour. Yields 14 servings.

BROILED MACKEREL*Adeline T. Karam*

1 2 lb. mackerel
1/2 cup oil

salt and pepper to taste
2 lemons thinly sliced

Wash mackerel thoroughly and drain on paper towel. Cut enough heavy duty aluminum foil to wrap mackerel. Set mackerel in the center of foil then add salt and pepper to both sides. Pour oil over the mackerel. Roll the mackerel front and back in oil. Lay the lemon slices in a straight line across the mackerel. Fold the foil over the mackerel by closing both ends and squeezing so as not to allow any seepage. Put on a broiler pan and bake for 1 hour turning over after 1/2 hour.

CAVATELLI WITH GARLIC*Anna Stamets*

1 lb. cavatelli
2 T. oil
2 T. Tahini (sesame seed paste)

1 T. lemon
2 pieces garlic
1/2 cup walnut

Cook cavatelli macaroni as directed. Mix all dressing ingredients in blender. Whip until nice and creamy. Pour over macaroni.

CHEESE STRATA RECIPE*Maria Shumar*

10 slices of white bread crust removed
1/3 cup butter softened
2 cup grated sharp cheddar cheese
8 eggs slightly beaten
1 qt milk

1 1/2 tsp. salt
1 1/2 tsp. mustard
Finely chopped parsley
paprika
Topping optional
6 slices bacon or sausage crumbled after cooking

Trim crusts off bread and spread both sides lightly with butter. Using 9 x 11 pan cover bottom and sides of pan with bread. Beat eggs, add seasonings and milk, pour over bread. Sprinkle on cheese. Refrigerate covered overnight. Take out 1 hour before baking @ 350° for 40 min. or until puffed and brown. If using sausage put on just before baking. When baked, sprinkle with paprika and chopped parsley and bacon (if using bacon).

CHICKEN ALL IN ONE*Anita Villari*

1 can cream of celery soup
1 can cream of chicken soup
3/4 cup uncooked rice

5 chicken breasts, thighs, or legs
1 pkg. onion soup mix

Mix rice with soups. Pour into 10 x 13 baking pan. Lay chicken pieces on top. Sprinkle with onion soup mix. Bake @ 35° for 2 hours.

CHICKEN AND GREEN BEAN CASSEROLE*Dorothy Karam Mawad*

1 1/2 cup cooked rice
1 T. parsley flakes
1 1/2 cup diced cooked chicken
2 can green beans drained

3/4 cup milk
1 can cream of mushroom soup
1 can French fried onions
pepper to taste

Combine rice and parsley in casserole dish. Add chicken, green beans, milk, soup, and half of French fried onions. Mix together. Bake covered at 350° for 40 min. Top with remaining French fried onions and bake uncovered for 5 min. more.

CHICKEN CACCIATORE*Charlotte Assise*

1/2 cup flour
1 tsp. salt
1/4 tsp. pepper
2 1/2 lb. fryer chicken cut up
1/4 cup olive or vegetable oil
1 can (16 oz.) tomatoes
1 can (8 oz.) tomato sauce
1 cup mushrooms sliced
1/4 cup water
1/4 cup sliced pitted ripe olives

1 medium onion chopped
2 clove garlic crushed
1 tsp. salt
1 tsp. crushed dried oregano leaves
1/4 tsp. pepper
1 bay leaf
snipped parsley
hot cooked spaghetti

Mix flour, salt and pepper together. Coat chicken with flour mixture. Heat oil in 12" skillet or Dutch oven until hot. Cook chicken over medium heat until brown on all sides (15 min.). Drain fat from skillet. Mix tomatoes, tomato sauce, mushrooms, water, olives, onion, garlic, salt, oregano, pepper and bay leaf together breaking up tomatoes with fork. Pour over chicken. Heat to boiling then reduce heat. Cover and simmer until thickest pieces of chicken are done (about 30 min). Sprinkle with parsley and serve over spaghetti.

CHICKEN CORDON BLEU*Dorothy Karam Mawad*

6 medium boned chicken breasts
8 oz. Swiss cheese
8 oz. sliced ham
3 T. flour

1 tsp. paprika
6 T. butter or margarine
1/2 cup white wine
1 chicken bouillon cube
1 tsp. cornstarch or flour

Spread breasts, fold ham and cheese on top. Then fold over the filling with chicken breast edge and fasten with a toothpick. Do this with each chicken breast. Dip the 6 breasts in flour and paprika and mix. Brown in butter or margarine. Place in baking dish. Add the mixture of wine, bouillon cube and flour. Cover and bake @ 350° for 20 min.

CHICKEN NOEL*Laura Badway*

4 large or 6 medium chicken breasts
1 can condensed cream of mushroom soup

1 3 oz. can mushroom crowns
1 cup sour cream
1/2 cup cooking sherry

Place chicken breasts skin side up in baking dish. Combine remaining ingredients including the mushroom liquid. Pour over chicken. Sprinkle with paprika. Bake in moderate oven @ 350° for 1 1/4 to 1 1/2 hours or until tender. Serve over cooked rice.

CHICKEN PAPRICOSH*Marie A Decking*

4 chicken breast or chicken parts
2 onions sliced fine
1/2 green pepper
1 16 oz. can tomatoes squashed

paprika
1 small can mushrooms
2 T. sour cream
salt and pepper
Enough flour to thicken gravy

Sauté onion, pepper and tomatoes in Crisco. Add enough paprika, salt and pepper to taste. Cook a little while and then add chicken and water. Cover mixture and cook until chicken is tender. Take chicken out and thicken the gravy with flour. Put chicken back into pan and add mushrooms. Before serving add sour cream and stir in. Serve over rice.

CHICKEN PICCATA*Maria Shumar*

4 chicken cutlets
2 T. vegetable oil
1/4 cup dry white wine
1 tsp. garlic minced
1/2 cup low sodium chicken broth

2 T. fresh lemon juice
1 T. capers drained
2 T. unsalted butter
fresh lemon slices
fresh chopped parsley

Season cutlets with salt and pepper then dust with flour. Spray a sauté pan with nonstick spray, add vegetable oil and heat over medium-high. Sauté cutlets 2-3 min. on one side. Flip the cutlets over and sauté the other side 1-2 min. with the pan covered. Transfer cutlets to a warm plate, pour off fat from the pan. Deglaze pan with wine and add minced garlic. Cook until garlic is slightly brown and liquid is nearly gone (about 2 min.). Add broth, lemon juice, and capers. Return cutlets to pan and cook on each side 1 min. Transfer cutlets to a warm plate. Finish sauce with butter and lemon, once butter is melted pour over cutlets. Garnish with chopped fresh parsley. Makes 2 servings.

CHICKEN SCAMPI WITH LINGUINE*Dorothy Karam Mawad*

2 chicken breasts deboned and skinned
1/4 cup margarine
1/4 cup oil
2 clove garlic minced
1 lb. linguine

1 bunch broccoli cooked
1 red pepper diced
1 tsp. lemon juice
salt and pepper
grated Parmesan cheese

Cook linguine as directed and drain. Sauté garlic in margarine and oil. Add chicken and cook well. Add broccoli, salt, pepper, and lemon juice and mix well. Add this mixture to linguine as you would spaghetti sauce. Top with Parmesan cheese to taste.

CORNERED BEEF AND NOODLE CASSEROLE*Fran Rankin*

1 can corned beef
1 can cream of chicken soup
1 can milk
1 8 oz. pkg. wide noodles
1/2 cup onion chopped

1/4 lb. American cheese
pepper and seasoned salt
bread crumbs
butter

Cube corned beef. Cook noodles as directed and drain. Mix with soup, milk, pepper, onions, salt and corned beef. Break up cheese into small pieces and add to mixture. Place in greased oblong dish. Sprinkle on top bread crumbs and butter. Bake @ 350° for 1 hour.

CRAB PATTIES*Sara Staszewski*

1 can crabmeat
1 small onion diced
3 small celery stalks diced
3 hard-boiled eggs
3 eggs
1 T. melted margarine

3/4 tsp. seafood spice
chopped parsley
salt and pepper
bread crumbs
1 small carrot grated

Mix all ingredients in a big bowl. Add enough bread crumbs to form a ball. Shape mixture into patties. Dip patties into extra bread crumbs on each side. Fry in hot oil.

CREAMY BONELESS CHICKEN*Mary Ann Piro*

1-2 lb. boneless chicken breasts
 1/4 cup oil
 5-6 fresh mushrooms sliced
 1 stalks celery sliced
 1 tsp. parsley (fresh or dry)

1/4 cup white cooking wine
 2 T. margarine
 salt and pepper to taste
 2 T. flour
 1 cup milk

In large skillet brown and cook chicken, celery, mushrooms and parsley. When done add wine and simmer for 10 min. Meanwhile make sauce: In a small saucepan melt margarine over low heat and blend in flour and slowly add milk stirring constantly until thick and smooth. Add salt and pepper to taste. Add sauce to same pan as chicken and heat thoroughly. Serve with rice or noodles.

EGG SOUFFLÉ*Gerry Miner*

4 eggs
 1 8 oz. cream cheese

dash salt and pepper
 1/4 tsp. milk

Beat eggs, cream cheese, salt and pepper, and milk. Fry.

EGGS A LA KING*Ella Elias Burnard*

3 T. butter
 2 T. green pepper chopped
 1 tsp. salt
 1/4 tsp. pepper
 6 T. flour
 1 3 oz. can sliced mushrooms with juice

2 T. pimento chopped
 4 hard-cooked eggs
 milk (enough to make 1 pint when mixed with mushroom juice)

Melt butter over low heat and add green pepper and simmer till tender. Add seasonings and blend in flour. Cook over low heat till mixture is smooth and bubbly. Remove from heat. Drain can of mushrooms. Add mushroom juice to milk to make 1 pint and stir this liquid pint flour mixture gradually. Return to heat to boiling, stir constantly during this process. Cook for 1 min. Fold in mushrooms, pimento and eggs. Cover and simmer till vegetables are hot.

ENGLISH FISH AND CHIPS*Sandy Lombardo*

2 lb. haddock fillets
 2 eggs separated
 1/2 cup beer
 1/4 cup milk
 1/2 tsp. salt

1/4 tsp. pepper
 2 lb. potatoes cut into French fry size
 1 cup flour
 oil for frying

Cut fish into pieces approximately 4" long. Beat egg yolks until thick. Mix in beer, milk, flour, salt and pepper to smooth. Beat egg whites

(continued)

until stiff and fold into other mixture. Dip fish into butter. Fry in deep oil @ 375° for 3 min. Drain on newspaper or paper towel. Fry potatoes in same oil for 5 min or until brown.

FETTUCCINE ALFREDO*Rachel E Haddad*

1 lb. fettuccine
 5 T. olive oil
 4 T. minced garlic
 salt

1 pint heavy whip cream
 4 T. white wine
 fresh grated locatelli cheese

Cook pasta by directions and drain. In bowl add olive oil, garlic, and salt and mix well and refrigerate overnight. Before serving heat pasta in hot water. Drain and add whipped cream until thicken. Then add other ingredients.

GREEK SPINACH PIE*Ella Elias Burnard*

1 lb. pkg. phyllo dough
 1/2 lb. feta cheese
 1/2 lb. ricotta
 6 eggs beaten
 1-2 chopped green peppers (optional)

2 pkg. frozen spinach (10 oz. each)
 1/2 cup oil
 1/2 cup margarine

Filling: Thaw out spinach and squeeze out all extra water. Crumble feta and ricotta cheese. Mix in eggs with cheese, and add green peppers. Set aside. Unwrap phyllo dough and place on cookie sheet and smooth out creases. Place moist towel over dough so it doesn't dry out. Use half for bottom and other half for over filling. Oil pan bottom and sides with pastry brush (1/2 oil and 1/2 margarine). Lay 2 sheets phyllo in rectangular pan, brush with warm oil mixture. Repeat until 1/2 phyllo is used. Spread filling on phyllo, cover with remaining phyllo. Repeat oiling. Tuck sides in. Bake @ 350° for 50 min.

GRILLED CHICKEN*Dorothy Karam Mawad*

4 chicken breasts
 2 chicken legs

4 chicken wings

Put chicken parts in deep sauce pot with water almost covering chicken. Cook until done. Take chicken out of water and place on charcoal grill and cook again to get charcoal flavoring. This should be eaten with garlic sauce and pita bread. Make a "lootma" which is a bite size piece of bread torn from the large loaf and wrapped around a bite size piece of chicken. Dip this into the garlic sauce and enjoy the taste. You may also cook the chicken in the microwave before putting it on the grill.

HALUBKY (STUFFED CABBAGE)*Margaret Reczek*

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|-------------------------------------|-------------------------|
| 3 lbs. meat loaf mix or ground pork | 4 lb. head cabbage |
| 1 cup rice washed | 2 eggs |
| 1 green pepper diced | 1 T. salt |
| 1 large onion chopped | 1/2 tsp. black pepper |
| 1/2 cup celery chopped | 2 lb. sauerkraut rinsed |
| 1/4 cup parsley chopped | 3 can tomato soup |
| | 1 T. paprika |

Cut cabbage deeply around core. Steam cabbage for 10 min. and cool and take off 15 leaves. Shred rest of cabbage and toss with sauerkraut and set aside. Sauté green pepper, onion, celery and parsley till soft. Set aside to cool. Combine meat, rice, salt, pepper, and green pepper mix, 1 tsp. paprika, and eggs. Mix well. Divide into 15 portions. Place a portion on each cabbage leaf and roll closing ends so meat does not cook out. Put a thin layer of sauerkraut on bottom of 8 qt stock pot. Place cabbage rolls in a layer side by side. Cover with rest of sauerkraut. Mix tomato soup with 3 can of water and 1 T. paprika. Pour over cabbage rolls. Bring to a boil and then simmer for 1 1/2-2 hours. Makes 15 rolls.

HAWAII CHICKEN*Laura Badway*

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|---|---|
| 1 frying or parts of chicken | 1 onion cut in half crosswise into eighths |
| 1/2 cup flour | 1 cup water |
| 2 tsp. powdered ginger | 1/4 cup pineapple syrup from pineapple chunks |
| 1 tsp. salt | 2 T. vinegar |
| 1/8 tsp. pepper | 2 T. brown sugar |
| 1/4 cup olive oil | 1/2 tsp. garlic powder |
| 1 1/2 cup pineapple chunks (drain and save syrup) | |
| 1 green pepper cut in strips | |

Shake chicken in paper bag with seasoned flour (which is made with flour, salt, pepper, and ginger). Save the remaining seasoned flour mixture in the bag. Brown chicken in hot oil in skillet. Put chicken in baking dish. Mix 3 T. of seasoned flour from bag and mix with water till smooth. Add this to the skillet which has the drippings in, and then add remaining ingredients to this. Bring to boil and pour over chicken, cover and bake @ 325° about 45 min. Serve over cooked rice.

JEWISH BEEF ROAST*Laura Badway*

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|---------------------------------|----------------------------------|
| 4 lb. chuck roast (or any beef) | 1 14 1/2 oz. can stewed tomatoes |
| 1 pkg. Lipton onion soup mix | |

Place onion soup mix on top of roast. Pour tomatoes over top. Cover and bake in over 3-4 hours @ 350°.

LEBANESE BAKED KIBBEE*Barbara Bisher*

Use same ingredients as raw kibbee but doubled. Spread in 9 x 12 baking pan oiled with olive oil preferable. Smooth well and press with hands to 1/2" thickness. Score layer with knife coming down pan with lines 3" apart. Then go across same way sectioning each piece. Pour olive oil on top. Bake at 400° for 25 min. then lower to 300° for 2 min. more.

LEBANESE BAKED MACARONI*Dorothy Karam Mawad*

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|---------------------------|------------------------------------|
| 3/4 cup pine nuts | 2 6 oz. cans tomato sauce |
| 1/2 cup oil | 3 clove garlic chopped |
| 1 lb. lean hamburger | 4 cup water |
| 1/4 tsp. cinnamon | 1 lb. ziti or long macaroni |
| salt and pepper to taste | 1 1/2 cup shredded Parmesan cheese |
| 4 6 oz. cans tomato paste | |

Sauté pine nuts in olive oil until slightly browned, stirring continually so as not to burn them. Add hamburger and mix together with pine nuts until meat is done, then add cinnamon, salt, and pepper. Make sauce with tomato paste, sauce, garlic and water. Add meat and pine nuts mixture and simmer for 1 hour stirring occasionally. Boil macaroni in 1 gallon of water till cooked. Line flat 9 x 12 baking pan with layer of sauce, macaroni, more sauce to full. top with bread crumbs and cheese. Bake at 300° for 1/2 hour.

LEBANESE CABBAGE ROLLS*Charlotte Assise***Stuffing:**

1 cup uncooked rice
 1 lb. meat (lamb or beef)
 chopped fine
 2 T. softened butter or
 margarine
 2 T. chopped parsley
 1/8 tsp. cinnamon

1/2 can tomato paste
 salt and pepper to taste
Cabbage rolls:
 1 small head cabbage
 (approximate 3 lbs)
 3 large clove garlic (unpeeled)
 1 small can tomatoes

Carve out thick core from center of cabbage. Drop cabbage into salted boiling water cored end down. While boiling, loosen each leaf with a long fork. Remove and place in a pan to cool. Remove heavy center stems from leaves. Fill each leaf with 1 T. of stuffing and roll in shape of cigar. Gently squeeze each roll and trim ends if needed. Place cabbage stems on bottom of kettle; arrange cabbage rolls alternating in directions. Add a little salt, garlic and squeeze a tomato over each layer. Cover rolls with water 1/2" higher than top. Press down with inverted dish. Cook over medium heat approximately 30 min.

LEBANESE CHICKEN AND RICE*Mary Simon*

1 whole chicken
 2 cup rice
 1 stick margarine
 1 stick butter

1 tsp. salt
 1/2 tsp. pepper
 1 lb. ground beef
 1/4 cup pine nuts

Boil the chicken until tender and save the juice. Take the juice and add 4 cups of water and set aside. Melt margarine and butter in pan, add pine nuts and cook until pine nuts are light brown. Add beef, salt and pepper and simmer until a little brown. Add uncooked rice, chicken juice with water and cook on medium heat till done. Debone the chicken and shred the meat and add to the rice mixture and stir together.

LEBANESE EGGAH (EGG OMELET)*Friend of LAWA*

4 eggs
 2 T. milk
 2 T. dried mint
 butter

onions, and peppers chopped
 (may be cooked ahead of time
 in butter)

Mix all ingredients. Fry slowly. When one side is cooked, turn over. Will be thick. May be cut into slices as one would cut a cake. May be eaten hot or cold.

LEBANESE GREEN BEAN STEW (MEATLESS)*Dorothy Karam Mawad*

1 1/2 lb. fresh green beans
 1 onion sliced thin
 1 clove garlic diced
 1/4 cup olive oil

1 8 oz. can tomato sauce
 water as needed
 1/2 tsp. salt
 1/2 tsp. pepper

Wash green beans and cut off ends. Sauté garlic and onion in olive oil until soft. Add green beans and mix well. Cover and let cook for about 10 min. tossing once or twice. Add salt and pepper, tomato sauce, and as much water as needed to not quite cover beans. Mix together, cover and cook for 1/2 hour. Serve with cooked rice.

LEBANESE GREEN BEANS AND MEAT*Sara Staszewski*

2 lb. fresh green beans
 1 lb. cubed beef
 1 medium onion
 1/4 tsp. cumin

salt and pepper to taste
 1 8 oz. can tomato sauce
 oil to sauté

Cut tips off beans and wash. Sauté onions in oil and add meat. Cook till done, add seasonings and sauté for 5 min. more. Add beans and sauté 10 min. Add tomatoes and water to cover half of meat and beans. Cover and cook about 30 min. or till meat and beans are tender stirring occasionally. Serves 4-6. Serve with rice.

LEBANESE KAFTA (LEBANESE HAMBURGER)*Rebecca Mawad Stocker*

1 1/2 lb. ground beef
 1/2 cup chopped parsley
 1 onion chopped

salt and pepper to taste
 1/2 tsp. cinnamon
 1/2 tsp. allspice

Mix all ingredients well then shape around a skewer making it into the shape of a hot dog. Broil in oven or on a charcoal grill until cooked. May be eaten in pita bread. Add chopped to tomatoes if you like.

LEBANESE LIMA BEAN STEW*Friend of LAWA*

1 lb. beef cubes
 1 can lima beans
 2 onions chopped
 1 large can tomatoes whole
 chopped

1 6 oz. can tomato paste
 salt and pepper to taste

Sauté beef cubes in oil until browned. Add chopped onions and sauté until golden color. In sauce pot combine tomatoes, paste, water, salt

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and pepper. When boiling add to this the meat and onion mixture. Simmer 20 min. When meat is cooked (cut a piece on a big spoon), add lima beans and simmer. Serve on cooked rice.

LEBANESE MEAT AND OKRA STEW

Dorothy Karam Mawad

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|--------------------------------|--------------------------|
| 1 lb. beef cubes | 1 8 oz. can tomato sauce |
| 1/4 cup olive oil | pinch of salt |
| 3 clove garlic diced | pinch of pepper |
| 2 small onions diced | 1/2 tsp. allspice |
| 1 lb. fresh okra or 1 can okra | 1 cup water |

Fresh okra must be washed and stems cut off. Canned okra must be drained. Sauté meat in olive oil stirring constantly to prevent sticking. Add onions, garlic, salt, pepper, and allspice. Cook in sauce pot. Add 1 cup water and simmer for 10 min. Add tomato sauce, cover and cook for 5 min. Add okra, cover and cook until meat and okra are done.

LEBANESE OR'RUS (PIE SHAPED KIBBI BALLS)

- | | |
|------------------------------------|---------------------------|
| 1 lb. raw kibbee mix (in cookbook) | 1 1/2-2 cups hashweh salt |
|------------------------------------|---------------------------|

With wet hands mold some of the kibbee mixture into a dish shape about the size of a small saucer. Lay the shell upside down over a small inverted soup bowl and make an identical shell. Fill the second shell with hashweh. Place the first shell over the second shell to form a pie shape. With wet hands securely seal the rims of both shells together. Repeat the above procedure until all the kibbee has been used. Rub the top of each Or'rus with slightly salted water. Place under a very hot grill and cook until browned on top, turn over and brown underside.

Hashweh

- | | |
|--------------------------------|--------------------------|
| 3 T. clarified butter | 2 tsp. salt |
| 1/2 cup pine nuts | 1/4 tsp. pepper |
| 2 medium onions finely chopped | 1/2 tsp. allspice |
| 1 lb. meat coarsely ground | 1/4 tsp. ground cinnamon |

Heat clarified butter in a pan and lightly brown the pine nuts. Remove and set aside. Add the meat to the butter and fry for a few minutes until the raw look disappears. Before the meat browns, mix in the chopped onions, salt, paper, allspice and cinnamon. Cover, turn down to medium heat and continue to cook until meat is very tender and the juices are absorbed (20-25 min). Remove from heat and mix in the pine nuts.

LEBANESE POTATO KIBBEE

Josephine Symia

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|----------------|---------------|
| 6 big potatoes | 2 T. thebla |
| 1/3 cup bulgur | salt to taste |

Boil the potatoes then peel when cool. Let the bulgur soak in cold water. Mash the potatoes till smooth then add thebla. Squeeze the bulgur from the water. Add this to the potatoes with the salt. Mash until the mixture is smooth with no lumps. Serve with olive oil on top.

LEBANESE RAW KIBBEE (LEBANESE NATIONAL DISH)

Friend of LAWA

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|---|-------------------|
| 1 lb. ground lamb or beef (must be ground 3 times and absolutely no fat or sinew) | 1/2 tsp. salt |
| 1 cup bulghur (cracked wheat) | 1/2 tsp. pepper |
| 1 onion chopped finely or mashed with mallet | 1/2 tsp. allspice |
| | 1/2 tsp. cumin |
| | olive oil |

Wash bulghur and soak for 3 min. Squeeze the water out. Mix bulghur with onions and spices. Add meat and knead altogether as if kneading dough. Use ice water on hands when kneading. Salt as desired. Spread on flat plate and make ridges with fork. Serve with olive oil and pita bread.

LEBANESE SHISH KABOB

Friend of LAWA

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|---------------------------------|----------------------|
| 1 lb. beef or lamb cut in cubes | 2 large onions cubed |
| 2 large tomatoes cubed | salt and pepper |

Onion may be cooked ahead of time in microwave; will brown better between meat cubes. Skewer meat cubes alternating meat with a tomato cube, meat with onion cube. Salt and pepper to taste. Cook over charcoals, squeezing meat with forceps occasionally to release some juice from meat. Serve with rice and Lebanese bread.

LEBANESE SPINACH PIES

Friend of LAWA

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|------------------------------------|-------------------------|
| 1 pkg. phyllo dough or bread dough | 1 onion chopped |
| 3 bunches spinach | salt, pepper & allspice |
| 1 bunch green onion chopped | 1/2 cup olive oil |
| | 1/2 cup lemon juice |

Wash spinach and chop. Mix rest of ingredients together with spinach. Unwrap phyllo dough and use 2 sheets for each pie. Fill with spinach

(continued)

mixture and fold over dough either like an envelope or triangle. Place on greased cookie sheet and bake until browned at 350°. If using bread dough, roll thin and cut into 6" rounds fill with spinach and close and bake.

LEBANESE STUFFED GRAPE LEAVES

Charlotte Assise

55-65 fresh or canned grape leaves
1 lb. beef or lamb finely chopped
1 cup rice uncooked
1/4 cup lemon juice
1/8 tsp. cinnamon
1/8 tsp. allspice
salt and pepper to taste

Rinse rice in cold water and drain. Mix well all ingredients except lemon juice and leaves. Wilt fresh grape leaves by rinsing a few at a time in hot water and drain, squeeze out moisture and stem. Canned leaves have to be only rinsed of the brine and squeezed. Place a heaping tsp. of stuffing in center of leaf and roll. Fold in ends and keep rolling. Arrange rolls in compact rows and barely cover with water. Sprinkle a tsp. of salt on top of rolls and place a pottery plate over them so they will remain firm. Cover pan and cook over medium heat 20 min. Add lemon juice and simmer 20 min. more. At 10 min. intervals use a baster to moisten top as they sometimes take longer to cook.

LEBANESE STUFFED GRAPE LEAVES (MEATLESS)

Dorothy Karam Mawad

Jar of grape leaves
2 cup chopped parsley
1 bunch green onions
2 peeled tomatoes
1 onion diced
1 cup uncooked rice
1/2 cup lemon juice
1/2 cup olive oil

Separate grape leaves and rinse. Chop onions and tomatoes finely and mix together with the rice. Add filling to grape leaf and roll and fold ends like an envelope closing the ends. Arrange in a sauce pot in rows. Cover with water, lemon juice and olive oil. Place a heavy dish on rolls so they will remain packed. Cover and cook on medium heat for 30 min. If they dry up during cooking add more water as previous amount can be absorbed by the rice.

LINGUINE UN FORNO

Friend of LAWA

1 eggplant
1 box linguini
1/2-1 lb. ground beef
2 small cans tomato paste

1 large can tomato sauce
1/2 cup grated mozzarella cheese
1 small onion

Brown onion and ground beef and drain. Add tomato paste and tomato sauce. Add 3 tomato paste cans full of water, salt, pepper and basil to mix. Cook for 1 1/2 hours. Peel eggplant, slice and soak in cold salted water for 1 hour. Fry eggplant in oil to done. Cook linguine as directed and drain. Layer ingredients in roasting pan beginning with sauce, linguine, eggplant, mozzarella and sauce until all ingredients are used up. Bake @ 350° for 20 min.

MACARONI AND CHEESE

Sandy Lombardo

2 T. butter
1/4 cup flour or cornstarch
1 tsp. salt
1/4 tsp. pepper
2 cup milk
1 lb. Velveeta cheese
1 lb. elbow macaroni

In nonstick large pot melt butter on low heat. Add salt and pepper. Gradually add the flour to make a rue (mixture is smooth). Gradually add the milk stirring constantly to smooth and thick. Heat this mixture for 5 min on low heat. Take cheese and cut into small cubes and add to the milk mixture until all cheese is melted. Stir frequently to avoid sticking. Cook macaroni as directed. Put macaroni in large container and pour cheese mixture on top and mix. Bake at 375° for 30 min.

MANICOTTI

Anita Villari

Shells
5 eggs
1 1/4 cup flour
1/4 tsp. salt
1 tsp. butter
1 1/4 cup water
Filling
2 lb. Ricotta cheese
8 oz. mozzarella cheese
1/4 cup grated cheese
2 eggs
1 tsp. chopped parsley
1 tsp. salt
1/4 tsp. pepper

In medium bowl combine eggs, flour, salt and water and beat till smooth. Add butter to hot skillet (pancake size). Pour 1/4 cup batter into hot skillet. When sides are dry, flip and cook only a few seconds. Cool on wax paper. Mix filling ingredients together. Spread filling by T. onto shell and roll. Place onto 9 x 13 casserole dish folded side down. Spread your favorite spaghetti sauce on top of each manicotti and bake 35 min. @ 350°.

MARINATED SHRIMP*Marie A Decking*

2½ lb. shrimp
 ½ cup celery tips
 ¼ cup mixed pickling spices
 2 cup sliced onions
 7-8 bay leaves
 3½ tsp. salt

1¼ cup salad oil
 ¾ cup white vinegar
 2½ tsp. capers and juice
 2½ tsp. celery seed
 1½ tsp. salt
 Dash of Tabasco sauce

Cover shrimp with boiling water. Add celery tops, pickling spices and salt and bring to a boil. Simmer for 10-12 min. Drain and cool with cold water. In shallow dish alternate shrimp and onions. Add the bay leaves to top. Combine oil, vinegar, capers, celery seed, salt and Tabasco sauce and mix well. Pour this over shrimp and onions cover and store in refrigerator at least 24 hours.

MARY'S ITALIAN QUICHE*Mary Ann Murray*

½ cup provolone cheese cut in small pieces
 ½ cup pepperoni (remove skin and slice in small pieces)
 ¼ cup onion sliced small
 ¼ cup red or green pepper sliced small
 ¼ cup tomatoes cut in small pieces

2 eggs
 ¼ cup oil
 ¼ cup grated Romano cheese
 ¼ cup chopped parsley
 ½ cup Bisquick
 dash oregano

Sauté onion and peppers in a little oil. When done drain well. Mix all other ingredients together. Put mixture in a small greased pie dish. Sprinkle some oregano on top. Bake @ 350° for 20-25 min.

MICROWAVE SHRIMP CREOLE*Kathy Schaffer*

1 T. butter or margarine
 ½ cup chopped onion
 1 medium green pepper cut in thin strips
 ½ cup thinly sliced celery
 1¾ cup prego al fresco spaghetti sauce

¾ lb. med. shrimp shelled and de veined
 1 bay leaf
 ⅛ tsp. pepper
 Hot pepper sauce
 Hot cooked rice

In 2 qt microwave safe casserole combine onion, green pepper and celery. Cover with lid and microwave on high for 4 min. or until vegetables are tender, stirring once during cooking. Stir in spaghetti sauce, shrimp, bay leaf, pepper and general dash of hot pepper sauce. Cover and microwave on high 6 min. or until shrimp are opaque, stirring once during cooking. Let stand covered for 5 min or until all shrimp are opaque. Remove bay leaf. Serve over cooked rice. 4 servings.

PAELLA*Charlotte Assise*

4 T. salad oil
 2-3 lb. chicken pieces
 2 onions sliced
 1 16 oz. can stewed tomatoes
 2 tsp. salt
 2 tsp. paprika
 1 cup rice

3 cup chicken broth
 2 4½ oz. can medium shrimp rinsed and drained
 1 pkg. frozen green peas
 cayenne red pepper, thyme, garlic to taste

Heat oil in Dutch oven and brown chicken, remove and set aside. Drain off fat. Heat oven to 350°. Cook and stir onion, tomatoes and seasonings in Dutch oven until onion is tender (5 min). Stir in rice and broth and heat to boiling. Add chicken cover and bake 35 min. Add shrimp and peas and bake until chicken is tender (10 min). Serve in shallow serving dish. Garnish with pimento strips and parsley. 4 servings.

PASTA WITH GREEN ONIONS*Josephine Symia*

½ cup spaghetti sauce
 2 clove garlic minced
 3 green onions chopped

½ lb. pasta
 2 T. white wine

Heat spaghetti sauce and white wine. In frying pan sauté garlic and green onions. Cook spaghetti as directed and drain. Pour garlic and onions on top. Add the spaghetti sauce mixture and grated cheese.

PASTA WITH QUICK MEAT SAUCE*Anita Villari*

3 T. olive oil
 1 onion chopped
 1 cup strained tomatoes
 6 oz. chicken broth
 salt and pepper
 ¼ tsp. basil
 1 clove garlic minced

¼ cup celery chopped
 ¼ cup carrot chopped
 1 lb. ground beef
 4 oz. red wine
 chopped parsley
 1 lb. cooked pasta

Heat oil in saucepan and then sauté garlic, onion, celery, carrots, and meat until light brown. Add rest of ingredients and simmer 20 min. stirring occasionally. Pour over any cooked pasta.

PENNE RIGATE WITH CREAMY GARLIC SAUCE*Marcine Symia Solliday*

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|-----------------------------|--------------------------------|
| 1 lb. Penne Rigate uncooked | 3/4 cup milk or light cream |
| 2 T. butter or margarine | 2 tsp. dried parsley flakes |
| 2 large clove garlic minced | salt and pepper to taste |
| 2 T. all-purpose flour | 1/3 cup grated Parmesan cheese |
| 3/4 cup chicken broth | |

Cook Penne according to package directions. In a small saucepan melt butter and add garlic and cook over medium heat for 1 min. Add flour, and cook for 1 min. stirring constantly. Stir in broth and milk. Cook, stirring frequently, until sauce boils and thickens. Add parsley, salt, pepper and cheese, and stir until cheese is melted. Toss hot pasta with sauce and serve immediately.

PENNE WITH SHRIMP*Maria S Shumar*

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|-------------------------|-------------------------|
| 4 T. olive oil | salt |
| 3 clove garlic minced | 1/2 tsp. crushed pepper |
| 2/3 cup broccoli floret | 1 lb. penne pasta |
| 1 lb. shrimp | Romano cheese |
| 1 cup chicken broth | |

Cook garlic in olive oil. Add broccoli, salt, and crushed pepper. Cook 2-3 min., add shrimp and cook 2 more min. Add chicken broth and simmer for 5 min. Cook penne as directed on box. Drain. Pour shrimp sauce over penne and serve with Romano cheese on top.

PEPPER STEAK*Anita Villari*

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|--|---------------------------------------|
| 1 lb. beef or chuck cut into thin strips | 1 cup green pepper cut into 1" square |
| 1/4 cup soy sauce | 2 stalks celery sliced thin |
| 1 clove garlic minces | 1 T. cornstarch |
| 1/2 tsp. ground ginger | 1 cup water |
| 1/4 cup salad oil | 2 tomatoes cut up |
| 1 cup onion sliced thin | |

Cut beef into thin strips. Combine soy sauce, garlic, and ginger and set aside. Heat oil in large frying pan or wok. Add beef and brown until tender. Add veggies and cook about 10 min. Mix cornstarch with water and add to above and stir until thick cooking on low heat. Add tomatoes, soy sauce mixture and heat thoroughly. Serve over rice.

PESTO PASTA LARA*Shelley Russack*

- | | |
|-----------------------|------------------------------------|
| 1 cup olive oil | salt to taste |
| 8 clove garlic | 1/2 lb. mozzarella cheese |
| 20 fresh basil leaves | 1 lb. ziti or mostaccioli rigatoni |
| 4 fresh tomatoes | |

In blender combine oil and garlic. Slice tomatoes into segments and chop basil. In bowl pour garlic sauce over tomatoes and basil add salt and marinate for at least 1 hour. Grate mozzarella cheese and put aside. Cook pasta and drain. Sprinkle cheese over pasta until it melts, pour tomatoes and sauce over all.

PICNIC CHICKEN*Ella Elias Burnard*

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|---------------------|-------------------------|
| 8-10 chicken thighs | 4 clove garlic crushed |
| 1 1/2 tsp. salt | 1/4 tsp. cayenne pepper |
| 1/4 tsp. pepper | 1 T. paprika |
| 1/6 cup cooking oil | 1 dash Tabasco |

Combine ingredients and pour over chicken. Bake @ 375° for 50 min. turning carefully until chicken is pink at the bone. Refrigerate overnight and serve cold.

PITA POCKETS*Friend of LAWA*

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|------------|---------------|
| pita bread | tomato slices |
| ham | oregano |
| cheese | |

Open pocket of pita loaf half way. Insert ham, cheese, tomato slice, and oregano. Close the top and bake in hot oven until cheese is melted. Cut in quarters and serve. May use any combination of cold cuts you wish.

PORTUGUESE COLD VERDE*Donna Jabeir*

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|------------------------------------|-------------------------------------|
| 1 lb. kale | 3 qt chicken stock |
| 1 cup white bread soaked overnight | 1 lb. Portuguese sausage or chosimo |
| 1/2 cup olive oil | 3 large potatoes grated |
| 1 large onion diced | salt and pepper to taste |

Sauté onion in olive oil. Add chicken stock and all other ingredients except kale. Simmer for 1 hour. Add kale and cook for 1/2 hour more.

POT ROAST IN OVEN*Anita Villari*

4 lb. cross cut boneless beef
1 can cream of mushroom soup
8 small potatoes
8 medium carrots cut crosswise into halves

1 envelope Lipton onion soup mix

Place beef in 10 x 13 pan. Mix soup and onion mix in small bowl. Place potatoes and carrots around beef. Spread soup on onion mixture over meat and vegetables. Seal tightly with aluminum foil. Cook @ 300° for 4 hours. Let stand 10 min. before removing foil.

POUTLET PROVENCE FOR 4*Shelley Russack*

1 lb. chicken cutlets
4 oz. orange mayonnaise
2 oz. vinaigrette mustard
1 oz. snow peas

1 oz. olives
1 oz. orange segments
Provence herbs (thyme, rosemary, and lavender)

Poach chicken and cool. Marinate chicken in oil, vinegar, and mustard seed. Prepare homemade mayonnaise by adding orange juice and orange rind. Drain and slice chicken, add the snow peas, olives, orange segments and Provence herbs. Mix altogether with the mayonnaise. Serve cold on bed of lettuce and garnish.

RIGATONI WITH PORCINI MUSHROOMS*Maria Shumar*

1 oz. dried porcini mushrooms soaked in 2 cups lukewarm water for 20 min.
1 T. unsalted butter
2 T. olive oil
1/3 cup minced yellow onion
1/2 lb. mild Italian sausage, casing removed and finely chopped
3 cup canned imported Italian plum tomatoes with their juice put through a food mill to remove the seeds

1/2 cup milk
salt and freshly ground pepper to taste
1 lb. rigatoni
1/3 cup freshly grated Parmigiana Reggiano cheese

Drain the porcini mushrooms and reserve the soaking water. Rinse the mushrooms well under cold running water and chop them roughly. Line a strainer with 2 paper towels and strain the liquid into a bowl to get rid of the sandy deposits. Set aside. Heat the butter and oil in a medium size saucepan over medium heat. When the butter begins to foam, add

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the onion and cook, stirring until the onion is lightly golden (4-5 min). Raise the heat to high and add the sausage. Stir with a large spoon to break up the sausage. When sausage is lightly colored, add the mushrooms and stir for a minute or two. Add 1 cup of reserved porcini soaking water, tomatoes, and milk. Season with salt and pepper to taste. Bring the sauce to a boil, then reduce heat to low and simmer uncovered 25-30 min. Make rigatoni as directed. Pour sauce over rigatoni and serve with cheese.

ROSEMARY & GARLIC LAMB CHOPS*Phyllis Sabatine*

5 clove garlic
3 T. extra virgin olive oil
2 1/2 tsp. chopped fresh rosemary

2 tsp. salt
1 tsp. freshly ground black pepper
12 meaty lamb rib chops

Combine first 5 ingredients in processor and blend until garlic is finely chopped. Coat lamb chops with garlic mixture. Arrange chops in single layer on baking sheet (Can be prepared 8 hours ahead of time cover and refrigerated). Preheat boiler. Watching closely broil lamb chops 4-5" from heat source until cooked to desired doneness (about 3 min. per side for med-rare).

SAN ANTONIO BEEF STEW*Kathy Isaac Walkowiak*

1 lb. boneless top sirloin 3/4" thick
1 T. vegetable oil
1/4 tsp. salt
1 can beef broth
3/4 cup picante sauce
2 medium zucchini cut lengthwise in half

1 large red pepper cut into 1" pieces
1 1/2 tsp. ground cumin
2 T. cornstarch dissolved in 1/4 cup water

Cut steak in strips. In Dutch oven heat oil and add beef stir-fry for 2 min. Remove from pan and season with salt and set aside. In same pan, combine broth, sauce, zucchini, pepper, and cumin. Bring to boil then reduce heat to medium/low. Simmer for 10 min until vegetable are crisp and tender. Add cornstarch mixture to stew. Cook 1-2 min. until thick. Return beef to pan. Serve with sour cream and cilantro as optional toppings.

SAUSAGE BAKE*Anita Villari*

2 lb. sausage
1 large green pepper

4 whole potatoes
1 large onion

Parboil sausage. Grease a 9 x 13 pan. Put sliced potatoes on the bottom of pan. Slice an onion and place on top of potatoes, then sausage, then sliced green pepper. Cover with aluminum foil and bake 1 hour in a 350° preheated oven. Uncover and bake 15 min. more.

SCALLOPED PORK CHOPS*Mary Ann Piro*

1-2 lb. boneless butterfly pork chops
5 medium potatoes sliced
1 can golden cream of mushroom soup

$\frac{3}{4}$ cup milk
1 stalks celery cut in $\frac{1}{4}$ " pieces
2-3 T. onion diced
2 T. butter or margarine
salt and pepper to taste

In skillet brown pork chops in oil. Then add onion and celery and sauté. When done set aside. Slice potatoes $\frac{1}{4}$ " thick and combine with soup and milk. In a shallow baking dish place pork chops, onions, celery, potatoes and soup mix. Dot with butter and cover and bake @ 350° for 1½ hours or until meat and potatoes are done.

SEAFOOD PRIMAVERA*Helen Badway*

1 lb. angel hair pasta
20 oz. pkg. frozen broccoli
6 clove garlic chopped finely
2 stick margarine

1 lb. crabmeat
1 lb. scallops
1 lb. shrimp
salt and pepper to taste

Fry garlic in margarine and add seafood and cook until done. Add thawed broccoli, salt and pepper and cook some more. If too dry add some oil. Boil angel hair pasta (follow directions on box), drain of water and put in a large bowl. Pour seafood mixture over pasta and toss well. Serve with freshly grated Romano cheese.

SPICY FETTUCCINE*Phyllis Sabatine*

3 clove garlic minced
4 T. fresh Italian parsley minced
3 T. fresh basil minced
1 tsp. crushed red pepper flakes

$\frac{1}{2}$ cup olive oil
6 T. grated Parmesan cheese
6 T. grated Romano cheese
1 lb. fettuccine cooked al dente

Sauté garlic in one T. olive oil, adding basil and parsley and sauté for 30 seconds more. Toss cooked pasta into skillet mixture adding remaining olive oil, red pepper, and cheeses.

SWEET AND SOUR CHICKEN*Friend of LAWA*

1 lb. boneless cubed chicken
1 T. oil
1 cup green and red pepper strips
1 T. flour

$\frac{1}{4}$ cup soy sauce
1 8 oz. can pineapple chunks
3 T. vinegar
3 T. brown sugar
 $\frac{1}{3}$ tsp. garlic powder

Cook chicken cubes in hot oil till browned. Add pepper and cook 3 min. Mix flour and soy sauce and add to pan. Add pineapple, vinegar, brown sugar and garlic powder. Boil then simmer. Cook for 15 min. more. Serve over rice.

TENDERLOIN OF BEEF IN PASTRY*Linda Minnich*

3-4 lb. tenderloin (with salt and pepper rubbed into beef)
 $\frac{1}{2}$ cup butter
1 lb. fresh mushrooms chopped
1 onion chopped

1 sheet frozen puff pastry thawed
1 egg yolk
1 tsp. water

Cook meat 25-30 min @ 400° then cool. Cook mushrooms and onions in butter until soft. Roll pastry on floured 10 x 13 rectangle sheet. Mix egg and water. Spread mushroom mixture evenly on pastry up to 2" from edge. Center beef on pastry, fold, seam down on greased baking sheet. Brush top with egg yoke mix. Bake 25-30 min. at 400°.

TUNA CASSEROLE*Anna Stamets*

1 cup cracker crumbs
1 can cream of mushroom soup

2 eggs
1 small can tuna fish

Beat eggs and add mushroom soup and mix well. Add tuna and cracker crumbs. Pour mixture into greased baking dish. Bake @ 350° for 30 min.

TUNA NOODLE CASSEROLE*Friend of LAWA*

1 8 oz. pkg. wide noodles
1 T. oil
1 stalks celery chopped
1 onion chopped
1 10½ oz. can cream celery soup
 $\frac{1}{3}$ cup mayonnaise or whipped salad dressing

1 cup milk
1 12½ oz. can chunk tuna drained
1 T. melted cheese
2 medium tomatoes diced
 $\frac{1}{2}$ cup bread crumbs

Prepare noodles as directed. Cook celery and onions in hot oil till tender. Stir in soup, milk, and mayonnaise. Drain noodles and add tuna and

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tomatoes and toss. Spoon mixture into celery mixture. Mix then put into 2 qt casserole. Melt margarine and mix with bread crumbs and sprinkle over noodle mixture. Bake @ 350° for 30 min.

VICKI'S SWISS STEAK

Georgina Zechman

2 lb. Swiss steak
1/4 cup flour with pepper added
2 carrots sliced

2 stalks celery sliced
15 oz. stewed tomatoes
shredded sharp cheese

Pound flour mixture into steak. Brown in a little oil on both sides and place in a shallow dish. Add carrots, celery and stewed tomatoes to frying pan along with excess flour and bring to a boil. Pour over steak and cover with aluminum foil. Bake @ 350° for 2 hours. Sprinkle shredded cheese and bake uncovered till melted.

VODKA PASTA SAUCE

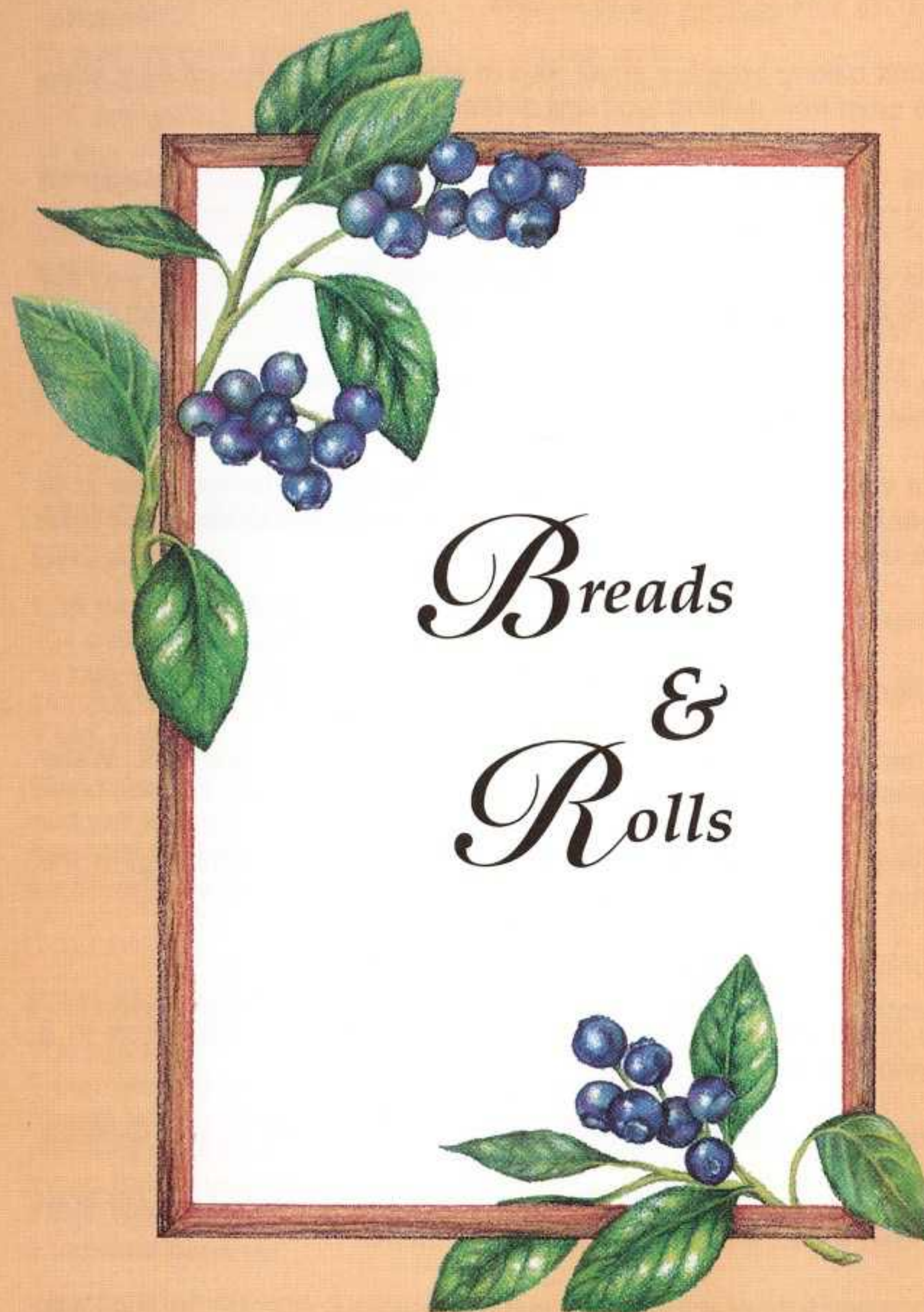
Maria Shumar

1 T. butter
1 T. olive oil
1 lb. sausage casing removed
1 small onion chopped
1 clove garlic chopped
1 T. basil

1/4 tsp. hot pepper
1 cup light cream
1/4 cup vodka
1 28 oz. can plum tomatoes
drained and chopped

Fry sausage, drain and set aside. Melt butter, add oil, onion, and garlic and sauté until tender. Add tomatoes and cook until almost no liquid remains. Add cream, vodka, basil and red pepper. Bring to a boil and cook until it starts to thicken. Blend in sausage and serve over Penne.

Recipe Favorites



Helpful Hints

- Over-ripe bananas can be peeled and frozen in a plastic container until it's time to bake bread or cake.
- When baking bread, a small dish of water in the oven will help keep the crust from getting too hard or brown.
- Use shortening, not margarine or oil, to grease pans, as margarine and oil absorb more readily into the dough or batter (especially bread).
- Use a metal ice tray divider to cut biscuits in a hurry. Press into the dough, and biscuits will separate at dividing lines when baked.
- To make self-rising flour, mix 4 cups flour, 2 teaspoons salt, and 2 tablespoons baking powder, and store in a tightly covered container.
- Hot water kills yeast. One way to tell the correct temperature is to pour the water over your forearm. If you cannot feel either hot or cold, the temperature is just right.
- When in doubt, always sift flour before measuring.
- When baking in a glass pan, reduce the oven temperature by 25°.
- When baking bread, you get a finer texture if you use milk. Water makes a coarser bread.
- If your biscuits are dry, it could be from too much handling, or the oven temperature may not have been hot enough.
- Nut breads are better if stored 24 hours before serving.
- To make bread crumbs, toast the heels of bread and chop in a blender or food processor.
- Cracked eggs should not be used because they may contain bacteria.
- The freshness of eggs can be tested by placing them in a large bowl of cold water; if they float, do not use them.
- For a quick, low-fat crunchy topping for muffins, sprinkle the tops with Grape-Nuts cereal before baking.
- Dust a bread pan or work surface with flour by filling an empty glass salt shaker with flour.

BREADS & ROLLS

APPLE BRAN MUFFINS

Friend of LAWA

1/2 cup apples peeled and chopped
1/4 cup walnuts chopped
2 T. brown sugar
1 T. margarine
1/3 tsp. cinnamon
1 1/4 cup all-purpose flour

1/3 cup sugar
1 T. baking powder
1/4 tsp. salt
1 cup bran flakes
1 cup milk
1 egg
2 T. oil

Mix together first 5 ingredients and set aside. Mix in large bowl flour, sugar, baking powder and salt. In small bowl mix bran flakes and milk, stirring in egg and oil. Add bran mixture to flour mixture and stir. Grease muffin pan and spoon 1/2 mix into muffin cups. Add to each muffin cup the apple mix. Then add remaining batter on top. Bake @ 400° for 20 min.

APRICOT WALNUT BREAD

Friend of LAWA

1 16 oz. can apricot drained
1 3/4 cup all-purpose flour
3/4 cup wheat flour
1 1/2 cup sugar
1 tsp. salt

3 1/2 tsp. baking powder
2 eggs
1/2 cup milk
3 T. cooking oil

Blend canned apricots and set aside. Mix flours, sugar, baking powder, and salt and set aside. Mix eggs, apricots, milk and oil, then add to the flour mix stirring to mixed. Pour into 2 greased loaf pans, bake @ 350° for 50 min. Cool.

BANANA NUT MUFFINS

Dorothy Karam Mawad

1 1/2 cup bran
1 cup white flour
3/4 cup whole-wheat flour
pinch of allspice and nutmeg
2 tsp. baking powder
2 tsp. baking soda
2 mashed bananas

1/4 cup oil
1/4 cup syrup
1 egg
3/4 cup milk
1/4 cup raisins
1/4 cup nuts

In large bowl mix add dry ingredients and set aside. In small bowl mix bananas, oil, syrup, egg, milk, raisins and nuts. Combine two bowls together. Batter will be lumpy. Spoon into 12 muffin pan or muffin pan lined with cups. Bake @ 375° for 20 min.

BLUEBERRY NUT BREAD*Dorothy Karam Mawad*

2 cup flour (white or wheat)
 1/4 tsp. salt
 3 tsp. baking powder
 1 cup sugar
 1/2 cup chopped nuts

2 eggs beaten
 1 cup milk
 3 T. oil
 1 cup blueberries

Sift together flour, salt, baking powder and sugar, then add nuts and berries small bowl. Combine eggs, milk and oil stirring just enough to moisten in large bowl. Combine 2 bowls together. Pour into 9" loaf pan lined with wax paper. Let stand 20 min. before baking. Preheat oven to 350°, Bake 1 hour. May be frozen for up to 2 months.

BRAN MUFFINS*Friend of LAWA*

1 1/4 cup all-purpose flour
 3/4 tsp. baking soda
 1/2 tsp. baking powder
 1/2 tsp. salt
 bran flake cereal

1 1/4 cup buttermilk
 1/4 cup salad oil
 1/4 cup honey
 1/2 cup raisins
 1 egg

Preheat oven to 400° and grease 12 muffin cups. Mix flour, baking soda, baking powder, salt, and bran flakes together. In a small bowl beat milk, oil, honey and egg. Pour this mixture into flour mixture and stir till just moistened, then fold in raisins. Batter will be lumpy. Spoon into muffin cups. Bake 15-20 min. When done remove from pan and cool.

CHEDDAR BREAD*Shirley R Bryfogle*

1 1/2 cup Bisquick
 1 egg
 1 cup milk
 1 medium onion chopped

8 oz. cheddar cheese grated
 2 T. butter melted
 poppy seeds

Mix Bisquick, egg and milk together. Then add onion and 1/2 cheddar cheese. Spread in grease 9 x 13" pan. Sprinkle rest of cheese over top. Dribble melted butter on the top. Sprinkle with poppy seeds. Bake @ 400° 35-40 min. Cut and serve when cool.

CRANBERRY NUT BREAD*Helen Basiago*

2 cup sifted flour
 1 cup sugar
 1 1/2 tsp. baking powder
 1 tsp. salt
 1/2 tsp. baking soda
 1/4 cup shortening

1 tsp. grated orange peel
 3/4 cup orange juice
 1 egg well beaten
 1 cup cranberries chopped coarsely
 1/2 cup nuts

Sift together dry ingredients. Cut in shortening, orange peel, juice and egg. Add this to dry ingredients and mix together just to moisten. Fold

(continued)

in cranberries and nuts. Turn into greased 9 x 5 x 3" loaf pan. Bake @ 350° oven for 1 hour. When cool unfold from pan. Wrap and store in refrigerator overnight.

GINGERBREAD

1 cup dark molasses
 1/2 cup brown sugar
 1/2 cup oil
 1/2 tsp. cinnamon
 1/2 tsp. cloves

1/2 tsp. nutmeg
 1 tsp. ginger
 1 cup boiling water
 2 1/2 cup flour unsifted
 1 tsp. baking soda

Blend together the first 7 ingredients and stir in the boiling water. Mix in the unsifted flour. Dissolve the baking soda in 2 T. of hot water and then add to the batter. Pour the mixture into a greased 8 x 8 x 2" cake pan. Bake @ 350° for 30 min.

LEBANESE BREAD

1/2 oz. dried yeast or 1 oz. fresh yeast
 2 1/2 cups lukewarm water
 1 tsp. sugar

8 cups flour
 2 tsp. salt
 3 T. oil

Dissolve the yeast in 1/4 cup of lukewarm water, add sugar and set aside in a warm place until it rises and foams (10-15 min.). Sift the flour and salt into a large mixing bowl and place in a warm oven for a few minutes to warm slightly. Pour the yeast into a well in the center of the flour and mix it in by hand, adding the water gradually. Knead well to soft en dough. Turn the dough onto a lightly floured board or cloth and continue to knead until it is smooth and shiny (15-20 min.). Knead in 2 T. of the oil, roll into a large ball and rub the remainder of the oil around the ball. Leave in the bowl, cover with a damp cloth and set aside in a warm place to rise until nearly double its size (1-2 hours). Turn the oven on to maximum heat at least 3/4 hour before cooking the bread. Punch the dough down in the center and draw edges to the middle to re-form the ball. Turn onto a floured board or cloth and knead for approximately 2 min. Divide the dough into 8 equal portions and roll each portion into a ball. Flatten each ball on a lightly floured cloth and roll with a rolling pin into flat round shapes about the size of a dinner plate and 1/4" thick. Place bread rounds on a lightly floured cloth, cover with another floured cloth and set aside to again rise to nearly double their size (20-30 min.). Place a baking tray in the oven for 5 min., remove and lightly rub with oil. Place one round of bread on the baking try and cook until it swells up in the center and browns slightly (4-8 min.). Remove from oven (the swelling will sink immediately) and wrap in a cloth. Continue in this way until all the rounds are cooked.

MONKEY BREAD

Helen Badway

4 tubes Pillsbury Biscuits
1 T. cinnamon
1½ cup sugar
raisins

1½ stick margarine
1 cup sugar
1 T. cinnamon

Cut 2 tubes of biscuits into quarter pieces. Combine cinnamon and sugar in plastic bag. Put the cut up biscuits in the plastic bag and shake them until coated with cinnamon mixture. Put them in a tube pan and sprinkle with raisins. In a saucepan combine margarine, 1 cup sugar, 1 T. cinnamon and cook for 2 min. Pour ½ of this mixture on the biscuits. Do the same for the other 2 tubes and pour the rest of the mixture on them. Bake 30-35 min. @ 350° until golden brown. tip out of pan when still warm.

PUMPKIN BREAD

Friend of LAWA

1⅔ cup all-purpose flour
1½ tsp. baking powder
1 tsp. baking soda
cinnamon
½ tsp. salt
2 eggs

1 cup sugar
1½ cup canned pumpkin
½ cup oil
⅓ cup walnuts chopped
⅓ cup raisins

Grease loaf pan. Preheat oven to 350°. Mix flour, baking powder, baking soda, salt, and cinnamon in medium bowl. Mix in large bowl eggs, sugar, oil and pumpkin. Combine both mixtures stirring well. Add nuts and raisins. Pour in loaf pan and bake for 1 hour. When cooked cool before serving.

PUMPKIN CREAM CHEESE ROLL

Sandy Basiago

Pumpkin Roll

3 eggs
1 cup sugar
⅔ cup pumpkin
¾ cup flour

1 tsp. baking soda
1 tsp. cinnamon
chopped walnuts (optional)

Filling

8 oz. cream cheese
¾ cup powdered sugar

3 T. butter
1 tsp. vanilla

For filling mix all ingredients together until creamy. For roll mix together eggs, sugar, and pumpkin until smooth. Add the flour, baking soda and cinnamon and beat well. Pour into greased cookie sheet and bake @ 350° for 15 min. Cool in pan for 10 min and then turn out on was paper sprinkled with powdered sugar. Roll up like for a jelly roll. When

(continued)

completely cool, unroll and fill with filling. Roll back up and refrigerate. Serve with powdered sugar.

QUICK BREAD

Sara Staszewski

1 pkg. yeast
1 cup warm water
2 cups flour

2 T. oil
1 tsp. salt
1 tsp. sugar

Mix warm water and yeast together. Add the rest of the ingredients and mix till its workable to form a loaf. Place in a greased loaf pan. Cover and let rise for 15 min. or until it has doubled in size. Bake @ 350° for 35-40 min. Can be used for pizza to.

WALNUT BREAD

Sara Staszewski

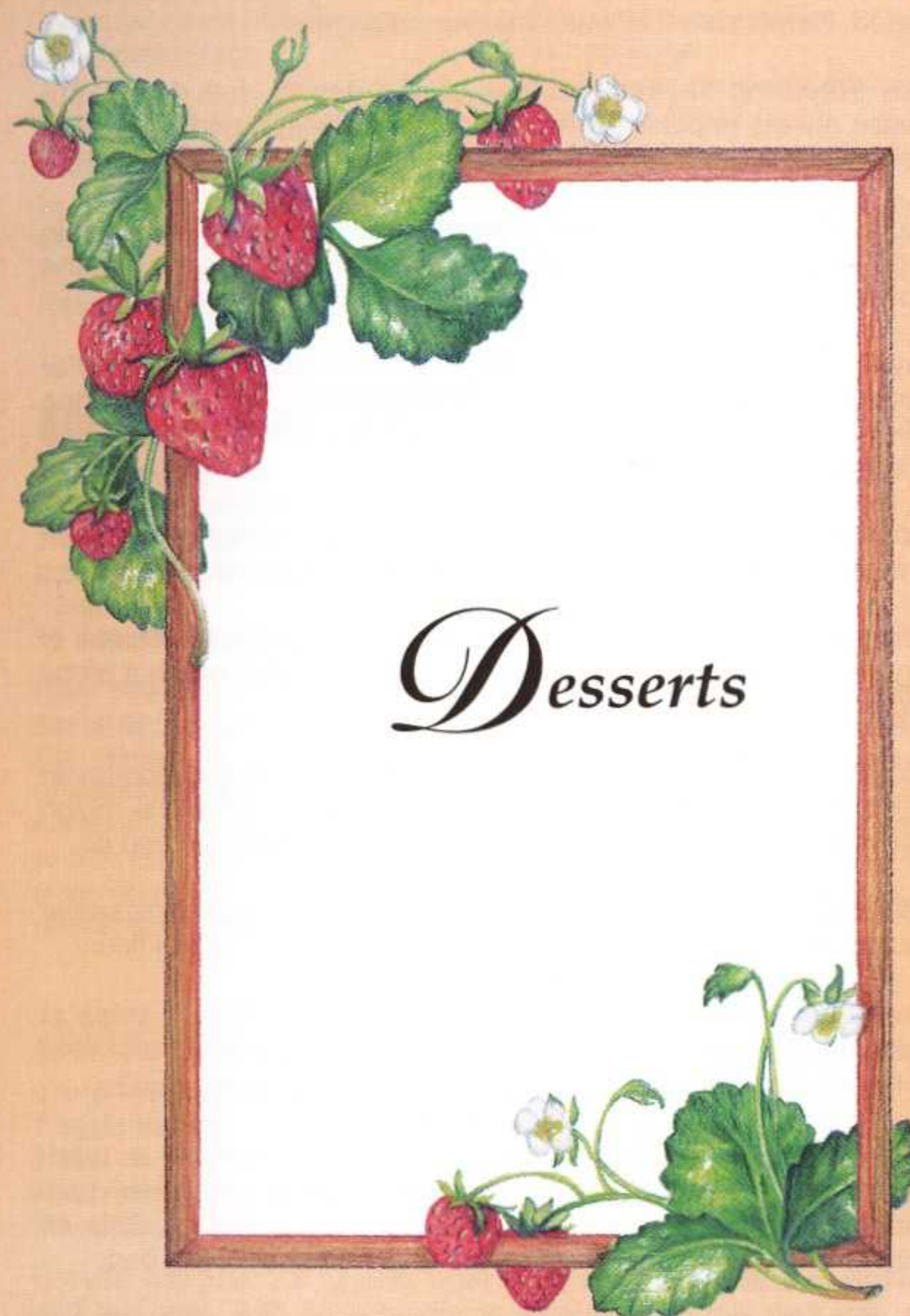
½ cup sugar
1 egg
1¼ cup milk

3 cup Bisquick
1 cup chopped walnuts

Mix sugar, egg and milk, then add Bisquick and nuts. Fold mixture into a greased loaf pan. Bake @ 350° for 50 min. to 1 hour. Test for doneness.

Recipe Favorites

Recipe Favorites



Helpful Hints

- Egg whites need to be at room temperature for greater volume when whipped. Remember this when making meringue.
- When preparing several batches of pie dough, roll dough out between sheets of plastic wrap. Stack the discs in a pizza box, and keep the box in the freezer. Pull out the required crusts as needed.
- Place your pie plate on a cake stand when placing the pie dough in it and fluting the edges. The cake stand will make it easier to turn the pie plate, and you won't have to stoop over.
- Many kitchen utensils can be used to make decorative pie edges. For a scalloped edge, use a spoon. Crosshatched and herringbone patterns are achieved with a fork. For a sharply pointed effect, use a can opener to cut out points around the rim.
- Keep strawberries fresh for up to ten days by refrigerating them (unwashed) in an airtight container between layers of paper towels.
- When grating citrus peel, bits of peel are often stuck in the holes of the grater. Rather than waste the peel, you can easily brush it off by using a new, clean toothbrush.
- To core a pear, slice the pear in half lengthwise. Use a melon baller to cut out the central core, using a circular motion. Draw the melon baller to the top of the pear, removing the interior stem as you go.
- When cutting butter into flour for pastry dough, the process is easier if you cut the butter into small pieces before adding it to the flour.
- To keep the cake plate clean while frosting, slide 6-inch strips of waxed paper under each side of the cake. Once the cake is frosted and the frosting is set, pull the strips away leaving a clean plate.
- When decorating a cake with chocolate, you can make a quick decorating tube. Put chocolate in a heat-safe zipper-lock plastic bag. Immerse in simmering water until the chocolate is melted. Snip off the tip of one corner, and squeeze the chocolate out of the bag.
- Professionally decorated cakes have a silky, molten look. To get that appearance, frost your cake as usual, then use a hair dryer to blow-dry the surface until the frosting slightly melts.
- To ensure that you have equal amounts of batter in each pan when making a layered cake, use a kitchen scale to measure the weight.

DESSERTS

AMBROSIA

Leila Shumar

1 can crushed pineapple
2 T. lemon juice
1 egg
2 tsp. sugar
dash of salt

2½ pints heavy cream
¾ cup sugar
1 large can fruit cocktail drained
1 banana sliced
½ pkg. miniature marshmallows

In double boiler add egg, 2 tsp. lemon juice, 2 tsp. sugar, and dash of salt. Cook until mixture thickens. Whip heavy cream in blender adding ¾ cup sugar to thicken. Add all ingredients to mixture and toss lightly. Refrigerate for 24 hours.

APPLE COFFEE CAKE

Selma Karam

¾ cup sugar
⅓ cup chopped nuts
1 tsp. cinnamon
2 cans Pillsbury Buttermilk Biscuits
¼ cup margarine melted

2 apples peeled, and sliced ¼" thick
½ cup powdered sugar
2 tsp. milk
¼ tsp. vanilla

Heat oven to 375°. Grease a 9" round cake pan. In small bowl add cinnamon, sugar and nuts. Separate the biscuit dough into 20 biscuits. Dip biscuits in melted margarine then sugar mix. Arrange biscuits in greased pan around the outside (probably use 15). If any left, place in center of pan. Place a apple slice between each biscuit. Cover with foil to prevent burning and bake for 30 min. Cool in pan for 2 min. Put on a serving dish. Combine powdered sugar, vanilla, and milk and mix until smooth. Spoon over cake.

APPLE NUT CAKE

Anna Stamets

4 cup raw apples chopped
2 eggs beaten
1 cup oil
2 cup sugar
2 cup flour

1 tsp. salt
2 tsp. cinnamon
2 tsp. baking soda
2 cup walnuts
1 tsp. vanilla

Grease and flour 9 x 13 pan. Coat apples with eggs, add oil and sugar and mix well. Add dry ingredients together and mix well with apple mixture. Add vanilla and walnuts. Spread mixture evenly in pan. Bake 25 min @ 350°.

APPLESAUCE CAKE*Evelyn Corpora*

- | | |
|------------------|-----------------------|
| 3 eggs | 1 tsp. salt |
| 1 1/4 cup sugar | 3/4 tsp. baking soda |
| 1 cup applesauce | 2 tsp. cinnamon |
| 1/2 cup oil | 1 tsp. nutmeg |
| 1/4 cup water | 1 cup chopped walnuts |
| 1 3/4 cup flour | |

Mix everything together except walnuts. After mixture blended well mix in walnuts with spoon. Grease and flour tube pan. Pour mixture into tube pan and bake @ 350° for 35-40 min.

ATHENIAN ALMOND CAKE*Josephine Zadie Oliver*

- | | |
|-----------------------|--|
| 1 cup butter softened | 1/2 cup sugar |
| 1 cup farina | 6 eggs |
| 2 tsp. vanilla | 1 cup cake flour (or 7/8 cup sifted all-purpose flour) |
| 1 T. baking powder | 1 cup ground almonds |
| 1/2 cup milk | |
| 1 cup water | |

Syrup

- | | |
|-------------|----------------|
| 1 cup water | 2 lemon slices |
| 2 cup sugar | |

Preheat oven to 350° and butter 9 x 13 pan. Beat butter with sugar in large bowl until light and creamy. Gradually blend in farina mixing well. Add eggs one at a time beating well after each addition. Blend in vanilla. Sift flour with baking powder. Add the dry mixture and milk alternate to batter ending with dry ingredients. Stir in almonds and mix well. Pour batter into prepared pan and smooth top with spatula to distribute evenly. Bake 35-40 min. until golden. To make syrup combine water, sugar and lemon slices in 2 qt saucepan and bring to boil over medium/high heat, letting it boil for 15 min. Remove from heat and let cool. When cake is done prick cake in several places with a sharp knife. Spoon cooled syrup over top of cake. Let cake cool completely and serve cut into diamond shaped pieces. Spoon dollop of whipped cream over each. May also be garnished with fresh strawberries marinated in Greek brandy. This can be prepared up to 2 months ahead of time and frozen, letting stand at room temperature for several hours to thaw.

BABAS AU RHUM (RUM CAKES)*Dorothy Karam Mawad*

- | | |
|---|-----------------------------|
| 2 1/4 cup unsifted flour | 1/4 tsp. salt |
| 1/2 cup raisins | 1/2 cup milk |
| 1 T. dark rum | 1/3 cup butter or margarine |
| 1/4 cup sugar | 2 eggs at room temperature. |
| 1 pkg. fast rising or regular dry yeast | |

Rum Syrup

- | | |
|-----------------|------------------|
| 1 1/2 cup sugar | 3/4 cup dark rum |
| 1 1/2 cup water | |

Mix raisins and rum in small bowl and let stand for 1/2 hour. Mix 1 1/2 cup flour, sugar, salt, and yeast in large bowl. Heat milk and butter until butter melts. Pour milk and egg into flour mixture and beat with mixer at low speed. Add soaked raisins and rest of flour. Cover this bowl with kitchen towel and let stand for 45 min in warm place. Grease mini bundt's or muffin pan. Spoon dough into pans 1/2 way and cover with towel and let stand 1/2 hour. Bake for 20 min @ 350°. Make syrup by boiling sugar and water for 10 min. Add rum and let simmer for 1 more min. Put rum cakes in shallow dish and pour syrup over them.

BAKED RICE PUDDING*Vivian Romagnoli*

- | | |
|---------------------------|-----------------------|
| 3/4 cup rice (not minute) | 2 T. vanilla |
| 3/4 cup sugar | 5 oz. evaporated milk |
| 1/4 tsp. salt | cinnamon |
| 2 qt milk | |

Mix rice, sugar, salt, milk and vanilla in deep casserole bowl (making sure enough room to expand). Sprinkle well with cinnamon. Bake at 350° 1 1/2 - 2 hours or until rice is tender. Stir occasionally mixing brown topping into rice. Remove from oven. When cool pour evaporated milk into rice and then refrigerate.

BANANA CAKE*Shirley R Bryfogle*

- | | |
|----------------------|------------------------|
| 1 cup mashed bananas | 1/4 cup sour milk |
| 1/2 cup shortening | 2 cup flour |
| 1 1/2 cup sugar | 1/2 tsp. baking powder |
| 2 eggs | 3/4 tsp. baking soda |
| 1 tsp. vanilla | 1/2 tsp. salt |

Mix in large bowl shortening, sugar, eggs and vanilla. Then add sour milk and mix well. Sift together flour, baking powder, baking soda and salt. Add this dry mixture to wet mixture and then add mashed bananas and blend. Pour into greased and floured 13 x 9 pan. Bake @ 350° for 30-35 min.

BANANA SPLIT CAKE*Sandy Lombardo*

24 chocolate wafer cookies
 5 T. melted butter
 2 cup powdered sugar
 1/4 lb. butter
 2 eggs
 1 T. vanilla

3 bananas
 1 can crushed pineapple
 1 can peaches
 1 small container Cool Whip
 1/2 cup crushed peanuts
 5 cherries sliced in half

Crush cookies and add melted butter. Press this mixture into 13 x 9 pan and chill for 1 hour. Cream powdered sugar, butter, eggs and vanilla to smooth and spread over crumbs. Chill for 1/2 hour. Slice bananas over entire pan. Drain pineapple and spread over pan. Drain peach and spread over mixture and top with Cool Whip. Put peanuts and cherries on top and chill for 2 hours.

BETTER THAN SEX CAKE*Laura Badway*

1 1/2 stick butter at room temperature
 1 1/2 cup flour
 3/4 cup walnuts finely chopped
 8 oz. cream cheese at room temperature

1/2 cup sugar
 2 Med. containers Cool Whip
 1 large chocolate instant pudding

Mix butter, flour and nuts with fork and press into 9 x 13 glass pan. Bake at 375° for 25 min. and let cool. Mix cream cheese, 1 container of Cool Whip and sugar until smooth. Spread over cooled crust. Prepare pudding as directed for pie and then spread over cream cheese mix. Chill 3-4 hours. Top with Cool Whip and spread additional nuts over top.

BLACK CAT CHOCOLATE CAKE*Fran Rankin*

1 cup sugar
 1 cup flour
 1/2 cup cocoa
 1 tsp. baking soda
 1/4 tsp. salt

1 beaten egg
 1/3 cup melted shortening
 1 cup hot water
 1 tsp. vanilla

Sift together sugar, flour, cocoa, baking soda and salt. Add egg, shortening, water and vanilla and beat well. Bake in 8" cake pan at 350° for 25 min.

BLACK DEVIL'S FOOD CAKE*Friend of LAWA*

2 cup flour
 1 1/2 cup sugar
 1/2 cup cocoa
 1 T. baking soda

1/2 cup oil
 1 cup buttermilk
 1 cup strong coffee (instant coffee may be used)

Sift together flour, sugar, cocoa and baking soda. Add oil and buttermilk and stir until well blended. Bring coffee to boil and stir in gently into the batter. Mixture will be soupy. Bake in greased and floured 9 x 13 pan @ 350° for 35-40 min. Decorate with minute fudge frosting.

BLUEBERRY CHEESE PIE**Crust**

3/4 stick butter or margarine
 3 T. sugar
 1 egg

1 tsp. baking powder
 1 cup flour

Filling

1 8 oz. cream cheese
 2 eggs
 4 T. sugar

1 1/2 cup milk
 1 tsp. flour
 1 tsp. lemon juice

Mix crust ingredients together and put in a pie dish. Mix filling mixture until smooth. Put mixture on top of crust and bake @ 350° for 45 min-1 hour. top with blueberries when cool.

BRITISH TRUFFLE*Sandy Lombardo*

1 pkg. vanilla pudding mix
 2 1/2 cup milk
 1 8" sponge cake (or angel food cake)
 1/2 cup orange juice

1/4 cup sherry wine
 2 T. water
 1/3 cup macaroon crumbs
 1 envelope of whipped topping

Prepare pudding mix and milk. Cover mixture with waxed paper and set aside. Cut cake into 1/2" cubes. Take 2 qt serving bowl and add cake sprinkling orange juice and wine over cake. Add water and macaroon crumbs and mix. Spoon pudding mixture over cake. Chill 2 hours. Prepare whipped topping as directed on package and spoon over cake mixture.

CARROT AMBROSIA*Kathy Schaffer*

1 lb. carrots shredded
 1 20 oz. can crushed pineapple
 $\frac{3}{4}$ cup golden raisins
 $\frac{3}{4}$ cup flaked coconut

$\frac{3}{4}$ cup miniature marshmallows
 1 cup sour cream
 2 T. honey

Combine carrots, pineapple, raisins, coconut and marshmallows in salad bowl mixing well. Add sour cream and honey and mix gently. Chill until serving time. 10-12 servings.

CARROT TOP CAKE*Sylvia Murphy*

1 cup + 1 T. vegetable oil
 2 cup sugar
 3 cup freshly ground carrots (7 medium)
 1 cup coarsely chopped walnuts
 2 cup flour

3 tsp. baking powder
 1 tsp. cinnamon
 1 tsp. nutmeg
 $\frac{1}{2}$ tsp. salt
 4 eggs

Frosting

$\frac{1}{4}$ cup butter at room temperature
 $\frac{1}{4}$ cup solid vegetable shortening (Crisco)

$1\frac{1}{2}$ cup pint cream cheese
 1 T. vanilla
 2 T. milk
 $1\frac{1}{2}$ cup confectionery sugar

Preheat oven to 350°. Grease a 9 x 11 sheet pan. Combine oil, sugar, carrots, walnuts, flour, baking powder, cinnamon, nutmeg and salt. Then stir in eggs and mix well. Pour the batter into the pan and bake for 45 min. Remove from oven and cool in pan. For frosting, cream the butter, vegetable shortening, and cream cheese with a wooden spoon or hand mixer. Add to this the milk and vanilla extract. Slowly add the confectionery sugar and stir until smooth. When cake is cool, frost. Yield 8 servings.

CHEESE PIE*Norma*

4 pkg. cream cheese
 3 eggs
 $\frac{3}{4}$ cup sugar
 1 tsp. vanilla

$\frac{1}{4}$ tsp. salt
 $\frac{1}{2}$ tsp. cinnamon
 $\frac{1}{3}$ cup butter
 1 graham cracker crust

Take sugar, cream cheese and eggs and beat well. Add cinnamon, butter, salt and vanilla and mix well. Pour mixture into graham cracker crust. Bake at 350° until done.

CHERRY CHEESECAKE CUPCAKES*Sara Staszewski*

1 box vanilla wafers (20)
 1 8 oz. cream cheese
 $\frac{1}{2}$ cup sugar

2 eggs
 2 tsp. vanilla
 1 can cherry filling

Line muffin pan with paper cups. Place one wafer in each cup. Beat cream cheese, sugar, eggs and vanilla with mixer until smooth. Divide mixture into 20 cups. Bake @ 350° for 12 min. When cool top with 1 T. of cherry filling. Chill.

CHERRY COBBLER*Shirley R Bryfogle*

2 can cherry pie filling
 $1\frac{1}{2}$ cup flour
 2 tsp. baking powder
 $\frac{1}{4}$ cup sugar

$\frac{1}{2}$ tsp. salt
 $\frac{1}{4}$ cup butter
 $\frac{1}{2}$ cup milk

Topping

$\frac{1}{2}$ cup toasted slivered almonds 2 T. sugar

Preheat oven @ 400°. Spoon pie filling in shallow 3 qt baking dish. Sift flour, baking powder, sugar and salt into bowl. Cut in butter until mixture is crumbly. Stir in milk until stiff dough forms. Drop by T. onto cherries. Sprinkle almonds and sugar topping on top. Bake for 30 min. or until topping is golden brown. Serve warm.

CHERRY CUSTARD*Sandy Lombardo*

6 eggs
 $\frac{1}{2}$ cup sugar
 dash salt
 1 tsp. vanilla
 $3\frac{1}{4}$ cup milk

$\frac{1}{2}$ cup cooked rice
 21 oz. cherry pie filling
 $\frac{1}{4}$ cup sugar
 $\frac{1}{4}$ tsp. cream of tartar
 dash cinnamon

Separate 2 eggs. In bowl beat 2 eggs yolks and 4 remaining eggs together. Add sugar, salt, vanilla and cinnamon to this mixture. Scald milk. When cool add this to mixture. Place rice in 2 qt baking dish. Pour mixture over rice. Set this dish into shallow pan. Pour water into outside pan until 1" deep. Bake this way for 1 hour 20 min @ 325°. Set aside $\frac{1}{4}$ cup pie filling. Pour remaining pie filling over pudding. Beat the 2 egg whites until stiff, add sugar and cream of tartar and beat until stiff. Spoon this on top of cherry mixture and make puffs on top. Return entire pan (including outside pan) in oven and bake 8 min. @ 350° until peaks are brown. Cool. Drizzle remaining pie filling over meringue and then refrigerate.

**CHOCOLATE & STRAWBERRY
SANDWICH WITH ITALIAN
BREAD***Marcine Symia Solliday***2 slices hearty wide Italian
bread****4 slices chocolate
4 slices fresh strawberries**

Butter one side of each slice of bread. Place buttered side on grill and cook for a few minutes. Place a piece of chocolate onto the bread, and then add a slice of thinly slice strawberries on top of chocolate. Place second slice of bread on top of strawberries. Grill until chocolate starts to melt.

CHOCOLATE BROWNIES*Shirley R Bryfogle*
1/3 cup butter or margarine
2 sq's. chocolate
1/2 tsp. salt
1 cup sugar
2 eggs beaten
3/4 cup flour
1/2 tsp. baking powder
1 tsp. vanilla
1/2 cup chopped nuts

Melt butter and chocolate in a 2 qt pan. Add sugar, salt, eggs, and mix well. Mix together flour and baking powder and add to the wet mixture. Add the vanilla and chopped nut and mix well. Spread in a greased and floured 8" square pan. Bake at 350° for 30-35 min.

CHOCOLATE CHIP PIZZA*Sandy Lombardo*
1 cup butter
1/2 cup sugar
1/2 cup brown sugar
1 egg
1 tsp. vanilla
1 3/4 cup flour
1 cup peanuts
1 cup small marshmallows
6 oz. chocolate chips

Beat butter until softened. Add sugar and brown sugar and beat until fluffy. Combine vanilla and egg and beat well. Add flour gradually and beat continually. Spread this mixture on ungreased pizza pan and bake @ 375° for 12. min. Sprinkle peanuts, marshmallow and chocolate chips on hot crust. Bake 6-8 min.

**CHOCOLATE MINT CAKE (3
STAGES)****Cake Batter**
1 cup sugar
1/2 cup butter
4 eggs beaten
**1 16 oz. Hershey chocolate
syrup**
1 cup flour
1/2 tsp. salt
1 tsp. vanilla
Mint Layer
2 cup 10 x sugar
2 T. creme de Menthe
1/2 cup butter**Glaze**
1 6 oz. pkg. chocolate chips **6 T. butter**

Mix all cake ingredients together. Pour into 9 x 13 greased pan and bake @ 350° for 30 min. Let cool in pan. Mix mint layer ingredients together and spread over cooled cake. Melt ingredients for glaze together in pan on stove on low heat. When cool a bit spread over mint layer then chill in refrigerator for 10 min. Cut into pieces. Store in refrigerator. May be frozen.

**CHOCOLATE PEANUT BUTTER
FROSTING***Anna Stamets*
1/4 cup cocoa
3/4 cup hot water
1 cup peanut butter
1 tsp. vanilla
1/4 tsp. salt
1 box confectionery sugar

Combine cocoa and water and slowly add peanut butter, vanilla, and salt beating until smooth. Gradually add sugar. If needed add a very small amount of hot water until it is of a smooth consistency.

**CINNAMON COFFEE
CAKE***Shirley R Bryfogle*
1 cup sugar
1/2 cup butter
1 egg
1 cup milk
2 cup flour
2 tsp. baking powder

Cream sugar, softened butter and egg together in a large bowl. Add the rest of the ingredients and mix together thoroughly. Pour in greased and floured 8 x 8 square pan. Sprinkle with sugar and cinnamon before putting in oven. Bake 30 min. @ 350°.

COCONUT AMBROSIA*Debra A Karam*

2 1 lb. can mandarin oranges
 1 can angel flake coconut
 1 10 oz. bag miniature marshmallows

1 pint sour cream
 1 can crushed pineapple

Drain the syrup from oranges and pineapples. Mix all ingredients together. Chill for several hours and serve cold.

CRAZY CAKE (CHOCOLATE CAKE)*Sharon John*

2 cup flour
 2 cup sugar
 2 eggs
 1/4 tsp. salt
 1/4 tsp. vanilla
 2 T. baking soda

1 tsp. baking powder
 3/4 cup cocoa
 1 cup milk
 1/2 cup oil
 1 cup boiling coffee

Mix all above ingredients well. Place in bundt pan that has been buttered on bottom. Bake 350° for 30-35 min.

CRAZY CRUST APPLE PIE*Shirly R Bryfogle*

1 cup flour
 1 tsp. baking powder
 1/2 tsp. salt
 1 T. sugar
 1 egg
 2/3 cup shortening

3/4 cup water
 1 can apple pie filling (1 lb. 5 oz.)
 1/2 tsp. apple pie spice or cinnamon

In mixing bowl combine flour, baking powder, salt, sugar, egg, shortening and water and blend well. Then beat for 2 min at medium speed. Pour batter into 9" pie pan. Combine pie filling and spice. Pour this into center of batter and do not stir. Bake 45-50 min @ 425°.

CREAM CHEESE CUPCAKES*Anna Stamets*

3 8 oz. cream cheese
 1 cup sugar
 4 eggs

1 box vanilla wafers
 Favorite jelly

Take cream cheese out to soften ahead of time. Mix cream cheese and sugar together, adding 1 egg to mixture. Mix and beat until all 4 eggs are added. Put wafers flat side down in bottom of cup cake wrappers. Fill wrappers 1/2 full with cream cheese mixture. Bake 350° 15 min. Top with favorite jelly.

CUSTARD PASTRY (GALATBOURIKO)*Maria Rizk*

1 lb. filo dough
 10 eggs
 1 cup sugar

2 qt milk
 3/4 cream of rice

Scald milk and remove from stove to cool. Separate eggs and beat 10 egg yolks with only 5 egg whites. When eggs are fluffy and light, add sugar and beat until creamy. Stir in cream of rice; slowly spoon in milk into mixture beating constantly. Cook mixture over low heat until slightly thickened, remove from heat and allow to cool. Grease 10 x 15 baking pan with melted butter. Place 8 filo sheets each individually brushed with butter in bottom of pan. Pour slightly cooled mixture over filo sheets and cover with 8 more buttered filo sheets. Fold in pastry edges to retain mixture and bake @ 375° for 15 min., then reduce heat to 350° for 30 min.

Syrup

3 cup sugar
 2 cup water

1 tsp. vanilla

Prepare syrup while pastry is baking by boiling sugar and water until thickened. Remove from heat and add vanilla. Cool syrup and pour over pastry. "Galatobouriko" should be cool before cutting into square pieces.

DATE AND NUT BARS*Evelyn Corpora*

1/4 cup melted butter
 1 cup sugar
 3 eggs beaten
 1 cup flour

1 cup chopped dates
 1 cup chopped nuts
 few grains salt
 powdered sugar

Mix in order given. Grease and flour a 13 x 9 pan. Bake 15 350° for 20-25 min. Put powdered sugar on top while still warm. When cool, cut into squares.

DATE CAKE*Gerry Miner*

1 1/2 cup flour
 1 cup sugar
 1 tsp. baking soda
 1/2 tsp. salt
 1 cup water

1/2 cup shortening
 1 egg
 1 tsp. vanilla
 1 cup dates
 1/2 cup walnuts

Mix shortening, egg, vanilla, salt, baking soda, flour, sugar and water in bowl. Then fold in dates and walnuts. Bake for 40 min @ 350°.

EASY CHEESECAKE*Helen Jabour***Crust**

1 cup graham crackers 1/4 cup melted butter

Topping

1/2 pint sour cream 1/2 tsp. vanilla
1/2 tsp. sugar

Filling

1 1/2 lb. cream cheese at room temperature 1 cup sugar
4 eggs well beaten

Place crackers in plastic bag and with rolling pin crush fine. Take crushed crackers and add melted butter and spread over bottom of 9" spring pan, pressing tightly. Place filling ingredients in bowl and mix well. Pour over crumbs and bake @ 375° for 40 min. Take out of oven and let cool for 10 min. Set oven to 475°. Mix topping ingredients together and spread over top of cake. Bake again for 5 min.

EASY RICE PUDDING*Marie A Decking*

1/2 cup water 1/2 cup raisins
1/4 cup raw rice 1/4 cup sugar
dash salt 2 eggs
2 cup milk 1 tsp. vanilla
2 T. butter

Topping

1 1/2 T. sugar 1/2 tsp. cinnamon

Place water and salt in a heavy 1 qt saucepan and bring to a boil. Stir in the rice and cook over medium heat covered for 7 min. At that pint most of the water should be absorbed. Add the milk and butter stirring together and reduce heat to lowest setting. Cook covered for 1 hour (Check to make sure does not stick). Stir in raisins. Combine sugar, eggs, and vanilla and gradually stir into the rice mixture. Cook stirring slowly until mixture starts to thicken (5 min.). Put in either individual serving dish or 8x8 baking dish. Mix topping and sprinkle on top.

FLAMING PEARS MELBA*Marie A Decking*

2 1 lb. 13 oz. cans pear halves 1 T. sugar
1 3 oz. pkg. cream cheese softened 1/4 cup chopped walnut

Sauce

1/4 cup water 1/4 cup brandy
1 T. cornstarch
1 10 oz. pkg. frozen berries thawed

Drain pears and reserve syrup. Place 12 pear halves cut side down on paper towels. For filling combine cream cheese, sugar and enough syrup to make mixture spreadable. Stir in walnuts. Spread mixture on flat surface of pear halves about 1 T. for each half. Press 2 halves together making 6 whole pears. Set upright in dessert dishes. For sauce in saucepan blend the water and cornstarch until smooth, stirring in berries. Cook and stir until thickened. Heat brandy and pour on top of strawberry sauce. Ignite sauce at table with long match. Spoon flaming sauce over pears. (May also be served without igniting.)

FROZEN CAPPUCCINO*Teresa DiFelice*

1 cup sugar 2 cup heavy cream whipped
1 T. cornstarch 1/4 tsp. salt
1 cup espresso 1 1/2 tsp. vanilla
4 egg yolks grated chocolate optional
1/3 cup sliced unblanched almonds

Stir together in a saucepan sugar and cornstarch. Gradually blend in espresso. Whisk in egg yolks one at a time. Place over low heat and cook until thickened, stirring constantly. Remove from heat and add salt and vanilla. Toast almonds at 400° till they are slightly browned. Pour mixture into deep pan and freeze until mix is solid around the edges. After mix is partially frozen, beat smooth with a wooden spoon. Beat heavy cream and fold into mixture along with almonds. Return to freezer until firm. Garnish with grated chocolate.

FRUIT CAKE*Shirley R Bryfogle*

1 cup brown sugar
 1 cup sugar
 1 lb. raisins
 2 cup cold water
 1 cup Crisco
 2 T. butter
 2 tsp. baking soda
 3 cup flour

1 tsp. cinnamon
 1/2 tsp. ground cloves
 1/2 cup maraschino cherries cut up
 1 cup apple cut up
 1/2 box red or green pineapple or mixed fruit

Cook in 2 1/2 qt pan brown sugar, sugar, raisins, water, Crisco and butter. Bring to a boil and then let cool. Pour this into mixing bowl and add flour, baking soda, cinnamon and ground cloves and mix together. Then add fruit and mix again. Pour into greased and floured tube pan. Bake 1 hour 20 min @ 350°.

FRUIT PUNCH BARS*Georgina Zechman*

2 eggs
 1 1/2 cup sugar
 1 lb. can fruit cocktail
 1 1/3 cup coconut
 2 1/4 cup flour

1 1/2 tsp. baking soda
 1/2 tsp. salt
 1 tsp. vanilla
 1/2 cup chopped nuts

Glaze

3/4 cup sugar
 1/2 cup butter
 1/2 cup chopped walnut

1/4 cup evaporated milk
 1/2 tsp. vanilla.

Grease and flour bottom of 15 x 10 pan. Beat eggs and sugar at high speed with mixer until light and fluffy (5 min.). Add fruit cocktail, flour, baking soda, salt and vanilla and beat at medium speed until well blended. Spread mixture in pan and sprinkle with coconut and walnuts. Bake 20-25 min @ 350° until golden brown. For glaze combine everything but nuts. Boil 2 min stirring constantly. Cool slightly before drizzling over cake and then adding walnuts on top.

HAWAIIAN CAKE*Anita Villari*

1 pkg. yellow cake mix
 1 20 oz. can crushed pineapple
 3/4 cup sugar

2 pkg. vanilla instant pudding
 3 cup milk
 1 Cool Whip

In 13 x 9 pan bake cake according to directions. In saucepan combine pineapple with its juice and sugar and cook over medium heat stirring occasionally until thick and syrupy (about 20 min.). When cake is done, remove from oven, piece top with fork in 1" intervals. Pour pineapple mixture on top and spread evenly over cake. Let cool completely. In small bowl mix pudding with milk and blend until thick.

(continued)

over cooled cake. Then spread Cool Whip on top (can spread optional coconut on top of that). Refrigerate 24 hours.

HUNGARIAN DOBOS TORTA*Margaret Reczek*

16 eggs separated
 16 T. sugar
 2 tsp. vanilla

1 1/2 tsp. baking powder
 8 T. flour

Beat egg yolks and sugar till lemon colored. Add vanilla, baking powder and flour mixing well. Beat egg whites till peaks form but not stiff and dry. Fold egg whites into batter gently with wooden spoon. Grease and flour 2-3 9" pans. Make into thin layers (10-12) till cake comes away from pan in 350° oven about 8-10 min. Turn out onto cloth covered table and let cool. Stir batter when putting each batch of 2-3 into pans.

HUNGARIAN DOBOS TORTA ICING*Margaret Reczek*

12 T. softened lightly salted butter
 1 lb. powdered sugar sifted
 2 T. sifted cocoa

1 tsp. vanilla
 1 egg yolk
 black coffee

Combine all above ingredients adding enough black coffee to make spreadable. Beat with an electric mixer. Spread between and on top, and sides of Torta. Ground nuts may be sprinkled between layers a on top of cake.

LEBANESE LABABY CAKE*Katherine John*

2 1/4 cup flour
 7 eggs
 1 tsp. vanilla
 2 cup clarified butter

1/4 tsp. salt
 3 cup milk warmed
 5 cup flour
 4 tsp. baking powder

Mix all ingredients together. Bake in 350° oven for 45-50 min.

LEBANESE NUTMEG CAKE*Laura Badway*

2 cup flour
2 cup brown sugar
1/2 cup shortening
1 egg

1 tsp. nutmeg
1 cup sour cream
1 tsp. baking soda
1/2 cup chopped walnut

With fork blend brown sugar, flour and shortening into crumbs. Put 1/2 the crumbs in a spring from pan 7" round 3" deep or 9" square pan greased. To the remaining crumbs, stir in the egg, nutmeg, sour cream, and baking soda. Pour batter over crumbs and sprinkle with chopped nuts. Bake 45 min. @ 350°.

LEBANESE UIFTAYER UREESHA*Dorothy Karam Mawad*

2-3 cups flour
1 tsp. baking powder
1 tsp. salt
3 eggs

1 tsp. vanilla
1 1/2 cup sugar
enough milk to thin

Mix batter ingredients together until it is the consistency of thin pancake batter. Fry on both sides to make a pancake as big as a regular pancake only thinner. After using all of batter, fill each pancake with cottage cheese mix. Roll and place in greased baking pan. top with cinnamon and bake for 15 min. @ 350°.

Filling

1 16 oz. container of cottage cheese mixed with 1/2 cup sugar

MARZIPAN*Debra A Karam*

2 egg whites
1 cup almond paste
1/2 tsp. lemon or vanilla flavoring

1 cup confectioners sugar

Beat egg whites and mix with almond paste. Add either flavoring and enough confectionery sugar so mixture can be easily handled. Store in refrigerator overnight before molding the mixture into fruit or vegetable shapes. Use a tiny brush to paint the marzipan shapes with food colors. Small piece of marzipan can also be used as centers for dates or prunes.

MILLIONAIRE'S CAKE*Marie A Decking*

1 box white cake mix
1 8 oz. pkg. cream cheese
1 cup milk
1 pkg. instant vanilla pudding (3 3/4 oz. size)

1 20 oz. can crushed pineapple drained
1 12 oz. whipped topping
chopped pecan or walnuts for garnish

Prepare cake according to package directions and place in a 9 x 13 pan. When done cool completely. Beat cream cheese with 1/2 cup milk until fairly smooth. Add pudding mix and remaining 1/2 cup milk and beat until smooth. Spread this mixture on top of cake. Spread pineapple on top of pudding layer. Then spread whipped topping on top of pineapple layer. Garnish with pecans or walnuts. Refrigerate up to 24 hours before serving. Serves 12-15.

MOCHA CHEESECAKE*Sandy Lombardo*

24 chocolate wafer cookies
1/4 cup sugar
1/4 cup butter melted
1 8 oz. cream cheese
14 oz. sweetened condensed milk

2/3 cup chocolate syrup
2 T. instant coffee
1 tsp. hot water
1 cup whipped cream

Crush wafer cookies, adding sugar and butter. Coat 9" springform pan with butter. Add crumb mixture and pat firmly on bottom and sides. Chill at least 1 hour. In large bowl beat cream cheese, milk and syrup. In separate bowl dissolve coffee with water then add to cheese mixture and mix well. Fold in whipped cream. Pour mixture into springform pan. Freeze 6 hours. Store in freezer.

MOLASSES CRUMB CAKE*Evelyn Corpora*

4 cup flour
2 cup sugar
2 stick margarine

1 cup molasses
2 cup boiling water
1 T. baking soda

Mix flour, sugar and soft margarine. Take 1 cup out and set aside. Next add molasses, water, and baking soda mix until all crumbs are covered. Pour into lightly greased and floured pan. Sprinkle the crumbs that had been set aside. Bake 40-50 min @ 350°.

**NO BAKE ICE CREAM
DESSERT***Anita Villari*

70 Ritz crackers
 1/4 lb. butter or margarine
 1/2 gal vanilla ice cream
 1 1/2 cup milk

2 box vanilla instant pudding
 (3 1/2 oz. size)
 1 container Cool Whip

Crush crackers and mix with melted butter. Press in bottom of 9 x 13 pan saving 1 cup for topping. Mix ice cream and milk (ice cream should be at room temperature). Add the instant pudding and mix well and pour into pan. Spread Cool Whip on top then sprinkle with cracker mixture. Refrigerate overnight.

**PEACHES AND CREAM
CAKE***Friend of LAWA*

1/2 cup milk
 3/4 cup flour
 1 tsp. baking powder
 1/2 tsp. salt
 3 1/2 oz. pkg. vanilla pudding
 3 T. margarine

1 egg
 1 20 oz. can sliced peaches
 1 pkg. cream cheese
 1/2 cup + 1 T. sugar
 1/2 tsp. cinnamon

Combine first 7 ingredients and beat 2 min. @ medium speed. Pour into greased 9" pie pan. Drain peaches reserving juice. Spoon peaches over pie filling. Combine cream cheese, 1/2 cup sugar and 3 T. of reserved peach juice and beat until smooth. Spread over cake batter. Combine 1 T. sugar and cinnamon and sprinkle on top. Bake 35 min @ 350°. Filling will appear soft when done. Refrigerate.

**PHILLY CLASSIC NEW YORK
CHEESECAKE***Kathy Isaac Walkowiak*

1 cup graham cracker crumbs
 3 T. sugar
 3 T. butter or margarine
 5 pkg. 8 oz. cream cheese
 softened
 1 cup sugar

1 cup sour cream
 3 T. flour
 1 T. vanilla
 4 eggs
 1 cup sugar
 orange and lemon peel

Mix crumbs, 3 T. sugar, and butter. Press into 9" springform pan. Bake @ 325° for 10 min. Beat cream cheese, 1 cup sugar, flour and vanilla with mixer until blended. Add sour cream, 1 egg at a time and pour mixture over crust. Bake @ 325° for 1 hour 5 min. or until center is almost set. Loosen cake from rim of pan. Cook cake before removing rim entirely. Refrigerate 4 hours or overnight. Garnish with orange and lemon peel. Serves 16.

PINE NUT TARTS*Maryann Baloh*

1/2 cup honey
 1/2 cup sugar
 1 egg beaten
 3 T. anes flavored liquor/
 sambouka

1 tsp. anes seed ground
 1/4 tsp. salt
 5 T. unsalted butter melted
 1 cup pine nut
 tart shells

Mix honey, sugar, anes seed, salt, and anes flavored liquor in medium bowl. Stir in melted butter and nuts. Put tarts in greased baking dish. Put 1 tsp. of mixture in each tart. Bake tart shell according to directions.

PINEAPPLE CAKE*Evelyn Corpora*

2 cup flour
 2 cup sugar
 2 tsp. baking soda

2 eggs
 1 20 oz. can crushed pineapples

Icing

1 cup confectionery sugar
 1 8 oz. cream cheese

1/2 cup butter
 1 tsp. vanilla

Mix all 5 ingredients together and pour into ungreased 13 x 9 pan. Bake @ 325° for 45 min. Mix all ingredients together for icing and put on cake. when cool.

PISTACHIO CAKE*Jeanette Shaheen*

1 pkg. white cake mix
 2 pkg. pistachio instant pudding
 1/2 cup vegetable oil

1/2 cup milk
 1/2 cup water
 2 eggs

Blend cake mix with pudding mix adding oil, milk and water. Add eggs one at a time beating well after each addition. Pour into greased 10" tube pan or bundt pan. Bake at 350° for 1 hour. Cool 10 min. and then turn over.

**PISTACHIO CAKE
FROSTING***Jeanette Shaheen*

1/2 pint heavy cream
 1 pkg. pistachio instant pudding

1 small container whipped
 topping (4 1/2 oz.)

Beat heavy cream until thick. Blend in pudding mix and Cool Whip. Spread over cake. Keep refrigerated.

POOR MAN'S CAKE*Shirley R Bryfogle*

3 cup flour
2 cup sugar
5 T. cocoa
1 T. baking soda
1 T. vanilla
1 T. vinegar
 $\frac{2}{3}$ cup oil
2 cup water

Add everything together and beat until smooth. Pour into greased and floured 13 x 9 pan. Bake 40-45 min @ 350°.

POUND CAKE*Georgina Zeckman*

$1\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ lb. butter or margarine
5 eggs
1 tsp. vanilla
dash salt
 $1\frac{3}{4}$ cup flour
1 cup walnuts (optional)

Blend sugar and butter till creamy. Add eggs and vanilla and blend. Add salt and flour and mix together. Add walnuts. Bake @ 350° 1 hour in loaf pan.

PUMPKIN CHEESE PIE**Filling #1**

1 8 oz. pkg. cream cheese
 $\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ tsp. vanilla
1 egg
1 9" unbaked pie shell

Filling #2

$1\frac{1}{4}$ cup pumpkin
 $\frac{1}{2}$ cup sugar
1 tsp. cinnamon
 $\frac{1}{4}$ tsp. ginger
1 cup evaporated milk
 $\frac{1}{4}$ tsp. nutmeg
2 slightly beaten eggs
dash of salt

Mix filling #1 ingredients well and spread on bottom of 9" unbaked pie shell. Mix filling #2 ingredients well and pour over cheese mixture. Bake @ 350° for 60-65 min.

QUICK CAKE*Kathy Isaac Walkowiak*

1 pkg. vanilla pudding
2 can evaporated milk
1 pkg. yellow cake mix
6 oz. pkg. chocolate bits

Cook vanilla pudding and milk until thick in saucepan. Add yellow cake mix stirring with spoon until well mixed. Pour into greased 9 x 9 pan. Cover with chocolate bits and bake @ 350° for 35 min.

QUICK DOUGHNUTS*Anna Stamets*

1 container (10 count)
refrigerated biscuits
oil for frying
sugar or cinnamon

Separate biscuits with fingers and shape into doughnuts. Heat oil in a deep saucepan or deep fryer @ 375°. Drop doughnuts a few at a time into oil turning as needed until golden brown. Remove to drain on paper towels. Roll doughnut in sugar or cinnamon.

RICOTTA CAKE*Rosemary Smith*

1 pkg. yellow cake mix
2 lb. ricotta cheese
 $\frac{2}{3}$ cup sugar
1 tsp. vanilla
4 eggs

Prepare cake mix as directed on box. Grease and flour a 9 x 13 pan. Pour cake mix into pan. Mix the rest of the ingredients together and pour on top of cake mix. Bake @ 350° for 1 hour.

SCONES*Maria Shumar*

4 cup all-purpose flour
 $\frac{1}{4}$ cup sugar
2 T. baking powder
 $\frac{3}{4}$ cup sweet butter
 $\frac{1}{4}$ tsp. baking soda
2 large eggs lightly beaten
1 cup buttermilk
 $\frac{1}{2}$ cup raisins or dried
cranberries (any dried fruit)

Combine flour, sugar, baking powder, and baking soda in large bowl. Cut in the butter, working the flour through fingers until it resembles large peas. Make a well in the center of the flour mixture and pour the eggs and buttermilk into it. Stir well to combine, then gradually add the raisins. Mix the dough with the hands and bring it together to form a ball. Turn the dough out onto a lightly floured board and gently bring it together for a few minutes. Flatten the dough with the palms of your hands until it is uniformly 1" thick. Dip a 2 $\frac{1}{2}$ " scalloped edge biscuit cutter into the flour, then cut scones out and place them on the baking sheet about 2" apart. Brush with egg wash. Bake @ 350° for 30-35 min. or until scones are golden. Yields 12 large scones.

SOUR CREAM COFFEE CAKE*Marie A Decking*

1½ stick butter
 1½ cup sugar
 3 eggs
 1½ tsp. vanilla
 3 cup flour
 ¼ tsp. salt

1½ tsp. baking powder
 1½ tsp. baking soda
 1½ cup sour cream
 1 jar Mussellmans cherries or blueberries

Topping

¾ cup brown sugar
 ¾ cup chopped walnuts

2 tsp. cinnamon

Cream together the butter and sugar, adding eggs one at a time then vanilla. Sift together flour, salt, baking powder and baking soda. Add this to butter mixture, then add sour cream. Flour and grease 13 x 9 pan. Pour little more than ½ of batter in pan. Put cherries or blueberries over batter. Add rest of butter mixture. Mix topping ingredients together and then put on top of butter mixture. Bake 1 hour @ 350°.

SOUR CREAM FUDGE CAKE*Tersa DiFelice*

2 cup flour
 1 tsp. baking soda
 1 tsp. salt
 1½ cup Crisco
 1 cup sour cream

3 square unsweetened chocolate melted
 2 eggs
 1 tsp. vanilla
 ¼ cup hot water

ICING

2½ cup sugar
 ⅓ cup butter
 ¾ cup flour

⅓ cup sour cream
 2 tsp. vanilla
 ½ tsp. salt

Mix together flour, baking soda, salt and sugar. In a separate bowl beat together Crisco and sour cream. Then add to this the chocolate, eggs, vanilla and hot water. Beat for 2-3 min. Add the dry ingredients and mix thoroughly. Bake @ 350° for 30-35 min. For icing combine all ingredients and beat for 20 min. When cake is cool, apply icing.

SPICED NUTS*Friend of LAWA*

4 cup peanuts
 2 egg whites slightly beaten

¾ cup sugar
 2 T. cinnamon

Mix nuts with egg whites. Mix sugar and cinnamon together then add nut mixtures. Mix well and spread on cookie sheet. Bake 30 min @ 300°. Cool and store in a sealed container.

STIR IN PASTRY CRUST (WITH SALAD OIL)*Laura Badway*

2¼ cup sifted all-purpose flour
 1½ tsp. salt

⅓ cup cold milk*
 ½ cup + 1 T. salad oil

In bowl mix flour and salt. Pour milk and salad oil in same measuring cup (don't stir). Add this at one time to flour. With fork stir lightly until well mixed. With hands press dough until smooth ball and then divide in half to form 2 balls. Wipe table with damp cloth. Place ½ of pastry flattened slightly between 2 12" square sheets of waxed paper. With rolling pin roll gently until pastry circle reaches edges of paper. Peel off top sheet of wax paper (if pastry tears med by pressing edges together and seal with fingers dipped in water). Lift bottom sheet of wax paper and pastry and place with paper side up in ungreased 8-9" pie plate. Carefully peel off paper. Ease and fit pastry to plate. Fill with desired filling. Repeat above instructions for top crust and then lay over filling. Cut 3 or 4 small slits near center and bake as directed. *You can substitute ice water for milk. With fork beat it with salad oil until thick and creamy. Immediately pour all at once over flour and then proceed as above.

STRAWBERRY DELIGHT*Laura Badway*

¾ cup butter
 1 tsp. salt
 2 tsp. sugar
 1½ cup flour
 2 8 oz. pkg. cream cheese
 2 cup powdered sugar

2 tsp. vanilla
 1 large container Cool Whip
 1 6 oz. pkg. strawberry gelatin
 2½ cup boiling water
 3 pint strawberries

Mix butter, salt, sugar and flour together. Pat in bottom of 13 x 9 pan and bake @ 300° for 20 min. Place in freezer and cool. Mix together cream cheese, powdered sugar, vanilla, and Cool Whip then spread mixture over crust. Dissolve gelatin in boiling water and add strawberries. Allow this mixture to set lightly then pour over cream cheese layer. Chill until thoroughly set.

STRAWBERRY DESSERT*Kathy Isaac Walkowiak*

2 large pkg. wild strawberry Jello
 1 can crushed pineapple
 2 frozen strawberries

3 bananas
 1 cup crushed walnuts
 1 8 oz. sour cream
 2 cup boiling water

Add all ingredients except sour cream and put ½ mixture in freezer for 20 min. Spread sour cream on top, then add rest of mixture. Refrigerate.

STRAWBERRY PIE*Evelyn Corpora*

1 3 oz. box strawberry Jello
 1½ cup water
 ½ cup sugar
 2 T. cornstarch

1 pint strawberries cleaned and
 hulled
 1 9" baked pie shell (or graham
 cracker crust)

Combine sugar, water and cornstarch and cook over medium heat till dissolved and clear. Add Jello and cook for 2-3 min. more. Remove from stove and fold in strawberries. Pour into pie shell and refrigerate.

STRIPE DELIGHT*Maria Shumar*

1½ cup graham cracker crumbs
 ¼ cup sugar
 ⅓ cup melted butter or
 margarine
 1 pkg. 8 oz. cream cheese
 softened
 ¼ cup sugar

2 T. milk
 1 8 oz. container Cool Whip
 thawed
 2 pkg. chocolate flavor instant
 pudding
 3½ cup cold milk

Combine graham cracker crumbs, ¼ cup sugar, and melted butter. Press firmly in bottom of 13 x 9 pan. Beat cream cheese with sugar and 2 T. milk until smooth. fold in ½ the whipped topping and spread over crust. Using 3½ cups cold milk, prepare pudding as directed on package. Pour over cream cheese layer. Chill several hours or overnight. Spread remaining whipped topping over pudding. Garnish with grated chocolate or chopped nuts if desired. Make 12-15 servings.

WATERGATE DESSERT*Anita Vilari*

1 20 oz. can pineapple chunks
 cut in half (save ¼ cup of
 juice)
 1 box pistachio instant pudding

1 9 oz. Cool Whip
 ½ cup chopped nuts
 1 cup mini marshmallows
 maraschino cherries.

Add pineapple juice to instant pudding and beat. Stir in Cool Whip and then add chopped nuts and marshmallows. Add some maraschino cherries cut in half. Fold in pineapple chunks. Refrigerate.

ZUCCHINI CAKE*Sharon John*

3 eggs
 1¾ cup sugar
 1 cup vegetable oil
 1 T. vanilla
 2 cup zucchini
 2 cup flour

1 tsp. cinnamon
 2 tsp. baking soda
 1 tsp. salt
 ¼ tsp. baking powder
 1 cup chopped walnuts

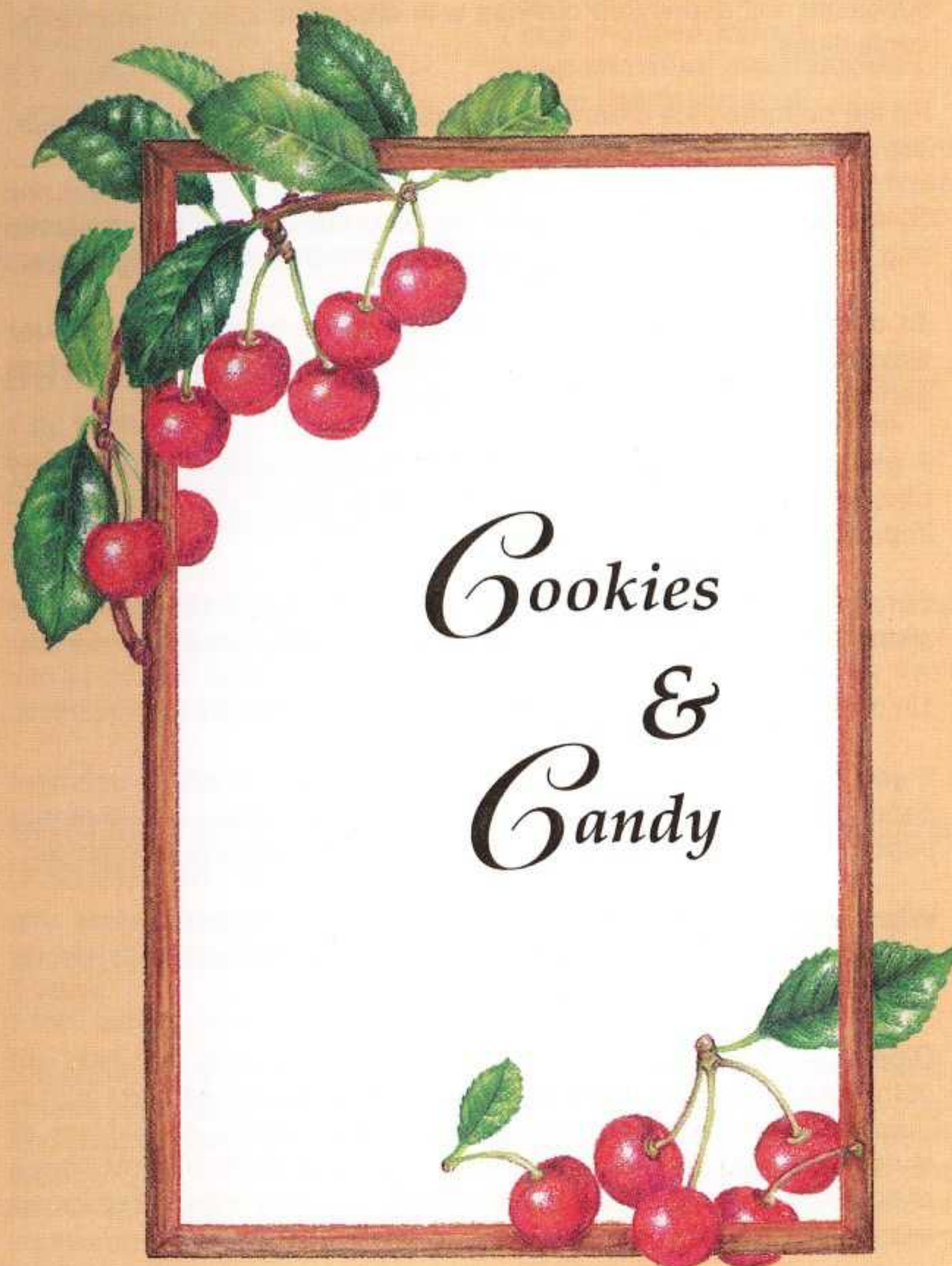
Blend eggs and sugar until smooth. Add oil, vanilla and zucchini. Sift in flour, cinnamon, baking soda, salt and baking powder until smooth.

(continued)

Add chopped walnuts to batter. Place in bundt pan or 9 x 12 pan. Bake @ 350° for 35-40 min. When cool sprinkle with confectionery sugar.

Recipe Favorites

Recipe Favorites



Helpful Hints

- Push animal shaped cookie cutters lightly into icing on cakes or cupcakes. Fill depressed outlines with chocolate icing or decorating confections.
- Fill flat bottomed ice cream cones half full with cake batter and bake. Top with icing and decorating confections.
- To make cookie crumbs for your recipes, put cookies into a plastic bag and run a rolling pin back and forth until they are the right size.
- To decorate cookies with chocolate, place cookies on a rack over waxed paper. Dip the tines of a fork with chocolate, and wave the fork gently back and forth making wavy lines.
- A gadget that works well for decorating sugar cookies is an empty plastic thread spool. Simply press the spool into the dough, imprinting a pretty flower design.
- Some holiday cookies require an indent on top to fill with jam or chocolate. Use the rounded end of a honey dipper to make the indent.
- Tin coffee cans make excellent freezer containers for cookies.
- If you only have one cookie sheet on hand, line it with parchment paper. While one batch is baking, load a second sheet of parchment paper to have another batch ready to bake. Cleaning is also easier.
- When a recipe calls for packed brown sugar, fill the correct size measuring cup with the sugar, and then use the next smaller size cup to pack the brown sugar into its cup.
- Dipping strawberries in chocolate? Stick toothpicks into the stem end of the berry. Coat the berries with chocolate, shaking off any excess. Turn the berries upside down and stick the toothpick into a block of styrofoam until the chocolate is set. The finished berries will have chocolate with no flat spots. Another easy solution is to place dipped berries dipped-side up in the holes of an egg carton.
- Cut-up dried fruit sometimes sticks to the blade of your knife. To prevent this problem, coat the blade of your knife with a thin film of vegetable spray before cutting.
- Cutting dessert bars is easier if you score the bars as soon as the pan comes out of the oven. When the bars cool, cut along the scored lines.

COOKIES & CANDY

ANGEL SWEETS

Jeanette Shaheen

1 6 oz. pkg. semi sweet
chocolate pieces
2 T. butter or margarine
1 egg

1 cup sifted confectionery sugar
1 cup chopped walnut
2 cup miniature marshmallows
1/2 cup flaked coconut

Melt chocolate and butter or margarine over low heat. Remove from heat and blend in egg. Stir in confectionery sugar, nuts and marshmallows blending well. Shape mixture into 1" balls, then roll in coconut. Refrigerate or freeze. Makes about 3 1/2 doz pieces of candy.

BUTTER COOKIES

Helen Roszman

1 lb. butter
5 cup flour
2 cup sugar
3 eggs beaten with 1/2 tsp.
baking soda

1 tsp. baking soda into 1 tsp.
white vinegar
1 tsp. vanilla

Mix all ingredients together to make small rolls. Wrap in was paper and refrigerate until very cold. Slice thin and bake @ 375° approximately 6 min (3 min on bottom shelf of oven and 3 min on top shelf). For thick cookies bake 10 min.

BUTTER TEA COOKIES (KOURABIETHOS)

Cathy Theodorou

1 lb. sweet butter
1/2 cup confectionery sugar
2 eggs
1 tsp. baking powder

6 cup cake flour
1 cup chopped almonds
(browned)
1 oz. whiskey

Soften butter at room temperature until very soft Use electric mixture to beat well; add sugar and beat until fluffy and light colored. Add eggs and beat thoroughly. Sift flour and baking powder and mix into butter mixture. Add nuts if desired. Sprinkle dough lightly with whiskey and knead thoroughly. Roll into balls and press with thumb lightly. Bake on cookie sheet @ 350° for 20 min. Sprinkle liberally with confectionery sugar.

CC'S FUDGE CANDY*Jerry Miner*

- | | |
|------------------------------|--------------------------------|
| 1/4 lb. butter melted | 1 T. vanilla |
| 1/2 cup cocoa | 1/4 cup milk |
| 1 box powdered sugar | 1/2 cup chopped walnuts |
| 1/4 tsp. salt | |

Mix all ingredients well. Place in pan and refrigerate. Cut into squares when cold.

CHOCOLATE BALLS*Anna Stamets*

- | | |
|-----------------------------|-----------------------------|
| 4 cup flour | 3 tsp. baking powder |
| 1 1/2 cup sugar | 2 tsp. cinnamon |
| 1 cup Crisco | 1 1/2 tsp. vanilla |
| 1 cup cocoa | 1/2 cup milk |
| 3 eggs | 1/2 cup walnuts |
| 1/2 tsp. baking soda | |

Cream sugar, eggs and Crisco. Add the cocoa and flour and mix well until blended. Add remaining ingredients and roll dough to make balls walnut size. Place on cookie tray and bake @ 370° 8-10 min.

CHOCOLATE CHIP LOGS*Mary Shannon*

- | | |
|--------------------------|------------------------------------|
| 3/4 cup margarine | 2 1/4 cup flour |
| 3/4 cup sugar | 1 1/2 tsp. vanilla |
| 1 egg | 1 pkg. semi sweet chocolate |
| 1/2 tsp. salt | pieces (6 oz.) |

Cream together all ingredients. Roll dough into balls. Roll into 3" logs. Bake @ 350° for 12-15 min. on ungreased cookie pan.

Chocolate coating

- | | |
|------------------------------------|-------------|
| 12 oz. pkg. chocolate chips | milk |
| 1/4 cup margarine | |

Melt chips and margarine together with milk. When logs are cool, coat ends in chocolate and then dip in nuts, sprinkles, etc.

CHOCOLATE DROP COOKIES*Frances Faur*

- | | |
|-------------------------------|--------------------------|
| 1 cup dark brown sugar | 1/2 cup butter |
| 1/2 cup milk | 1/2 cup cocoa |
| 1 1/2 cup flour | 1/2 tsp. cinnamon |
| 1/2 tsp. baking soda | 1 egg |

Mix all of the above ingredients together. Roll into small balls. Place 1 1/2" apart on cookie sheet. Bake @ 350° for 10 min.

EASY FUDGE*Anna Stamets*

- | | |
|----------------------------------|------------------------------|
| 1 lb. confectionery sugar | 1/4 cup peanut butter |
| 1/4 cup cocoa | 1 tsp. vanilla |
| 1 cup margarine melted | |

Stir together confectionery sugar and cocoa. Add the remaining ingredients and mix well. Spread into a buttered 8" or 9" pan. Refrigerate until set. Cut into small squares.

FESTIVE COOKIES*Lillian Isaac Symia*

- | | |
|----------------------------------|-------------------------------|
| 1 cup margarine | 2 tsp. baking powder |
| 1 8 oz. pkg. cream cheese | 1/4 tsp. salt |
| 2 T. sugar | confectioners sugar |
| 2 cup flour | Filling of your choice |

Thoroughly blend margarine, softened cream cheese, and sugar. Adding flour, baking powder and salt mixing well. Knead to form stiff dough. Roll to 1/4" thickness and cut in 2" squares. Place 1/2 tsp. of filling in center. Pinch opposite corners together. Place on ungreased cookie sheet and bake @ 350° for 20 min. or until light brown. Sprinkle with confectioners sugar.

ITALIAN ALMOND COOKIE*Mary Shannon*

- | | |
|--|--|
| 6 eggs beaten | 8 cups flour |
| 3 stick melted margarine | 2 tsp. almond flavoring (I used |
| 10 tsp. baking powder dissolved | more, add as much as you |
| in 3/4 cup warm water | want) |
| 1 1/4 cup sugar | |

In large bowl put flour, margarine and sugar mixing well. Make a hole in middle making a well and add eggs, flavoring, and baking powder already dissolved in water. Mix well. Roll and cut in pieces. Bake @ 400° for 16 min. (8 min. on bottom rack and 8 on top rack). If batter is sticky, add more flour.

Icing

- | | |
|-----------------------|------------------------------------|
| powdered sugar | food coloring if you prefer |
| milk | sprinkles (optional) |
| almond extract | |

Mix all ingredients and put on cool cookies.

ITALIAN BISCOTTI*Anita Villari*

1 lb. butter or margarine
8 tsp. baking powder
1 cup milk
2½ cup sugar

8 eggs
5 tsp. vanilla
5 lb. flour or more

Icing

Powdered sugar and milk with
drops of food coloring.

Mix all ingredients together until consistency to roll the dough. Shape and twist the dough into desired shapes. Bake 10-12 min @ 375°. Icing when cool. Yields about 20 doz.

ITALIAN COOKIES*Frances Faur*

6 eggs
2 cup sugar
1 lb. Crisco (melted and cool)
8 cup flour

1 T. vanilla
6 tsp. baking powder
1 cup milk

Add sugar and eggs and mix well. Add Crisco and beat for a few minutes. Add milk and beat again. Add vanilla, baking powder and flour and mix until cookie dough is ready to roll. Bake @ 350° until cookies are brown on the bottom.

ITALIAN COOKIES*Vivian Romagnoli*

7 cup flour
1 cup sugar
1 lb. butter or margarine

8 eggs
7 tsp. baking powder
1 tsp. vanilla

Mix all ingredients until smooth. Roll out in small strips and shape. Grease pans and bake @ 350° for 20 min.

Icing

Confectionery sugar

small amount of milk

Mix ingredients together to smooth and then put on cookies.

KIFFLES*Helen Jabour*

2½ cup flour
2 egg yolks
½ tsp. salt
½ lb. Crisco

½ yeast cake
½ pint sour cream
⅛ lb. butter or margarine

Fillings:

Apricot, lekvar
or

Ground walnuts with sugar and
milk

Dissolve yeast according to package directions. Mix butter with Crisco. Add egg yolks, yeast, salt, sour cream and flour. Mix and then knead well into soft dough. Place in refrigerator for a few hours. Take half out at a time and roll out to medium/thin. Cut in strips and then across (measuring 2"x3"x1"). Fill with whatever filling you prefer and roll up and place on cookie sheet. Bake @ 425° until golden brown. When cool sprinkle with powdered sugar.

LEBANESE BAKLAVA*Dorothy Karam Mawad*

1 lb. crushed walnuts
½ cup sugar

2 pkg. filo dough
½ lb. melted butter

Syrup

1 cup water
2 cup sugar

1 tsp. rose water

Mix together walnuts and sugar. Brush baking pan with melted butter. Place 2 filo sheets on bottom of pan and brush them with melted butter. Do this repeatedly until ½ of filo sheets are used. In center of layered filo sheets spread nut mixture and resume layering remaining filo sheets in same manner. Score with sharp knife bake a 350° for 35 min. For syrup boil syrup ingredients for 10 min. Pour cooled syrup on warm Baklava.

**LEBANESE GARABI
(COOKIE)***Anna Stamets*

1 cup clarified butter
1 cup sugar

2½ cup flour

Cream butter and sugar until fluffy. Add flour. Use hands to knead until smooth. On floured wax paper roll dough into ropes. Break off pieces 1½" long. Bake on ungreased cookie sheet @ 300° for 20 min. Do not brown.

LEBANESE HIRRISA IL LAUS*Sara Staszewski*

1 large box farina
1½ cup sugar
¼ tsp. baking powder

1 cup unsalted butter
1¼ cup milk

Syrup

2 cup sugar
1 cup water

2 T. lemon juice
1 tsp. rose water

Mix top ingredients in bowl. Pour into a greased 9 x 13 pan. Cut dough into squares and top with almonds. Bake @ 375° for 1 hour. For syrup put sugar, water, rose water and lemon juice in a pot and boil until thick. When hirrise comes out of oven, cut into squares and pour syrup over top.

LEBANESE UTAYIF (SUZETTES WITH WALNUTS)*Dorothy Karam Mawad*

3 cup smeed (cream of wheat or farina)
1 cup flour
2 T. sugar
4 cup water

½ yeast cake
1 lb. crushed walnuts
milk as needed
syrup or utir

Melt yeast in water and add all ingredients by hand except walnut and milk. Let stand covered for 1 hour. Stir and if not consistency of pancake batter add milk mixing well. Fry pancakes on one side only in butter. When browned slightly, fill with walnuts and press over one side of pancake to make ½ moon. Pour syrup over.

LEBANESE UTIR (SYRUP) FOR PASTRIES*Dorothy Karam Mawad*

2 cup sugar
1 cup water

1 tsp. lemon juice

Boil all ingredients together in saucepan for about 10 min., then let cool. May be used on baklava or other Lebanese desserts like Itayif.

LEMON COOKIES*Mario Coccia*

8 cup flour
2 cup sugar
½ tsp. salt
6 tsp. baking powder
4 eggs

1 lb. margarine softened
1 tsp. vanilla extract
2 tsp. lemon extract
1 cup milk

Icing

2 cup powdered sugar
½ tsp. vanilla

1 tsp. butter
water

Mix dry ingredients and margarine until smooth. Add eggs, vanilla, and lemon extract mixing thoroughly. Add the milk and chill over night. Remove and knead adding flour if needed. Roll out about 1" thick and place lengthwise on greased cookie sheet. Bake 10-12 min at 350°. To make icing combine all ingredients just adding enough water to make smooth. While cookie are warm icing before cutting.

N. M. \$250 COOKIES*Pam Panto*

2 cup butter
2 cup sugar
2 cup brown sugar
4 eggs
2 tsp. vanilla
4 cup flour
3 cup chopped nuts

2 tsp. baking powder
2 tsp. baking soda
24 oz. chocolate chips
8 oz. Hershey bar (grated)
5 cup oatmeal (blend in blender until fine powder)

Cream butter, sugar, brown sugar, eggs, and vanilla and mix together. Add flour, oatmeal, salt, baking powder, baking soda, chocolate chips, grated Hershey bar, and nuts. Roll into balls and place 2" apart on cookie sheet. Bake for 10 min. @ 375°.

NO FUSS FUDGE*Kathy Isaac Walkowiak*

4½ cup confectionery sugar
¼ cup cocoa unsweetened
1 cup margarine melted
¼ cup peanut butter (¼ cup melted marshmallows may be substituted for peanut butter)

1 tsp. vanilla

Stir together confectionery sugar and cocoa. Add the remaining ingredients mixing well. Spread mixture into a buttered 8" or 9" square pan. Refrigerate until set.

**PEANUT BUTTER
COOKIES***Helen Jabour*

1/4 lb. butter
 1/2 cup brown sugar
 1/2 cup sugar
 2 eggs
 1/2 cup peanut butter

1 1/2 cup flour
 1/2 tsp. baking soda
 1/2 tsp. baking powder
 chopped peanuts (optional)

Cream butter for 1 min. Add brown sugar and sugar creaming thoroughly. Add eggs and peanut butter. Add dry ingredients in separate bowl mixing together also optional peanuts. Add the dry ingredients to the peanut butter mixture mixing well. Refrigerate for a few hours. Form into balls and place on a cookie sheet. Flatten balls in a fork. Bake @ 375° for 12-15 min. Cookies spread slightly when baking so leave space in between.

**PEANUT BUTTER
DELIGHT***Anita Villari*

1 1/2 stick margarine
 12 oz. jar peanut butter

1 box confectionery sugar
 1 cup graham cracker crumbs

Topping

1 stick margarine

8 oz. semi sweet morsels

Melt margarine and peanut butter in microwave. Add the confectionery sugar and cracker crumbs mixing well. Press this mixture into a 9 x 13 pan. For topping melt the margarine and semi sweet morsels in microwave and pour over peanut butter mixture. Cool and refrigerate. Cut in bar or squares.

Recipe Favorites

Helpful Hints

- To refinish antiques or revitalize wood, use equal parts of linseed oil, white vinegar, and turpentine. Rub into the furniture or wood with a soft cloth and lots of elbow grease.
- To stop the ants in your pantry, seal off cracks where they are entering with putty or petroleum jelly. Also, try sprinkling red pepper on floors and counter tops.
- To fix sticking sliding doors, windows, and drawers, rub wax along their tracks.
- To make a simple polish for copper bottom cookware, mix equal parts of flour and salt with vinegar to create a paste. Store the paste in the refrigerator.
- Applying baking soda on a damp sponge will remove starch deposits from an iron. Make sure the iron is cold and unplugged.
- Remove stale odors in the wash by adding baking soda.
- To clean Teflon™, combine 1 cup water, 2 tablespoons baking soda and ½ cup liquid bleach. Boil in stained pan for 5 to 10 minutes or until the stain disappears. Wash, rinse, dry, and condition with oil before using the pan again.
- Corning Ware can be cleaned by filling it with water and dropping in two denture cleaning tablets. Let stand for 30 to 45 minutes.
- A little instant coffee will work wonders on your wood furniture. Just make a thick paste from instant coffee and a little water, and rub it into the nicks and scratches on your dark wood furniture. You'll be amazed at how new and beautiful those pieces will look.
- For a clogged shower head, boil it for 15 minutes in a mixture of ½ cup vinegar and 1 quart water.
- For a spicy aroma, toss dried orange or lemon rinds into the fireplace.
- Add raw rice to the salt shaker to keep the salt free-flowing.
- Ice cubes will help sharpen garbage disposal blades.
- Separate stuck-together glasses by filling the inside one with cold water and setting them in hot water.

THIS & THAT

LEBANESE GARLIC SAUCE

Dorothy Karam Mawad

1 cup olive oil
½ cup lemon juice

8 clove garlic minced
¼ tsp. salt

Put all ingredients in a blender and blend well. This sauce may be used for broiled chicken as an accompaniment, or used to cook chicken in place of oil for baking. May also be used as a salad dressing or dipping chicken or steak (shish ka bob) in. You may also add mashed potato flakes if you want it thicker.

LEBANESE LEBEN (YOGURT)

Friend of LAWA

½ gal milk

2 T. starter or plain yogurt.

Boil milk until foams to top. Remove from heat and pour into glass casserole dish. Let sit till lukewarm. Add starter or yogurt and mix in well. Cover and then cover the dish with a heavy blanket and let sit for 4 hours. Will thicken. Put in refrigerator for at least 2 hour before using. You should save 2 T. cold leben to use as a starter for your next batch.

LEBANESE LEBNI (CREAM CHEESE)

Friend of LAWA

1 qt leben (plain yogurt)

cheese cloth bag

Pour leben into cheese cloth, hanging it over sink. Tie the cheesecloth on the sink faucet so the liquid will drain from leben and leave there for a few hours. Leben will be thickness of cream cheese. Eat as appetizer with Lebanese bread.

LEBANESE TARATUR (TAHINI SAUCE)

Friend of LAWA

2 clove garlic
1 tsp. salt
¾ cup tahini (sesame seed oil)

½ cup lemon juice
water as need (max 1 cup)

In blender add tahini, garlic, salt, lemon juice and then water if needed. Blend until desired thickness. May be eaten with fish or meat.

MICROWAVE QUICK BREAKFAST ROLL UP

Kathy Schaffer

- 1 flour tortilla (8" size)
2 T. soft cream cheese with
strawberries

Spread tortilla with cream cheese. Roll up jelly roll fashion. Wrap in paper towel or napkin. Microwave on high for 20-30 sec. or until warm.

SUNDAY MORNING SAUSAGE RING

Ella Elias Burnard

- 2 lb. bulk sausage
2 eggs beaten
- 2 T. onion chopped
1½ cup bread crumbs

Heat over to 350°. Lightly butter a 9" ring mold or bundt pan. Mix ingredients altogether and pack into mold. Bake 20 min. Take out of oven and pour off excess fat. Return to over and bake 20 min. more. Turn out on heated platter and fill enter with eggs ala king.

Recipe Favorites

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PANTRY BASICS

A WELL-STOCKED PANTRY provides all the makings for a good meal. With the right ingredients, you can quickly create a variety of satisfying, delicious meals for family or guests. Keeping these items in stock also means avoiding extra trips to the grocery store, saving you time and money. Although everyone's pantry is different, there are basic items you should always have. Add other items according to your family's needs. For example, while some families consider chips, cereals and snacks as must-haves, others can't be without feta cheese and imported olives. Use these basic pantry suggestions as a handy reference list when creating your grocery list. Don't forget refrigerated items like milk, eggs, cheese and butter.

STAPLES

Baker's chocolate
Baking powder
Baking soda
Barbeque sauce
Bread crumbs (plain or seasoned)
Chocolate chips
Cocoa powder
Cornmeal
Cornstarch
Crackers
Flour
Honey
Ketchup
Lemon juice
Mayonnaise or salad dressing
Non-stick cooking spray
Nuts (almonds, pecans, walnuts)
Oatmeal
Oil (olive, vegetable)
Pancake baking mix
Pancake syrup
Peanut butter
Shortening
Sugar (granulated, brown, powdered)
Vinegar

PACKAGED/CANNED FOODS

Beans (canned, dry)
Broth (beef, chicken)
Cake mixes with frosting
Canned diced tomatoes
Canned fruit
Canned mushrooms
Canned soup
Canned tomato paste & sauce
Canned tuna & chicken
Cereal
Dried soup mix
Gelatin (flavored or plain)
Gravies
Jarred Salsa
Milk (evaporated, sweetened condensed)
Non-fat dry milk
Pastas
Rice (brown, white)
Spaghetti sauce

SPICES/SEASONINGS

Basil
Bay leaves
Black pepper
Boullion cubes (beef, chicken)
Chives
Chili powder
Cinnamon
Mustard (dried, prepared)
Garlic powder or salt
Ginger
Nutmeg
Onion powder or salt
Oregano
Paprika
Parsley
Rosemary
Sage
Salt
Soy sauce
Tarragon
Thyme
Vanilla
Worcestershire sauce
Yeast



HERBS & SPICES

DRIED VS. FRESH. While dried herbs are convenient, they don't generally have the same purity of flavor as fresh herbs. Ensure dried herbs are still fresh by checking if they are green and not faded. Crush a few leaves to see if the aroma is still strong. Always store them in an air-tight container away from light and heat.

- BASIL** Sweet, warm flavor with an aromatic odor. Use whole or ground. Good with lamb, fish, roast, stews, beef, vegetables, dressing and omelets.
- BAY LEAVES** Pungent flavor. Use whole leaf but remove before serving. Good in vegetable dishes, seafood, stews and pickles.
- CARAWAY** Spicy taste and aromatic smell. Use in cakes, breads, soups, cheese and sauerkraut.
- CELERY SEED** Strong taste which resembles the vegetable. Can be used sparingly in pickles and chutney, meat and fish dishes, salads, bread, marinades, dressings and dips.
- CHIVES** Sweet, mild flavor like that of onion. Excellent in salads, fish, soups and potatoes.
- CILANTRO** Use fresh. Excellent in salads, fish, chicken, rice, beans and Mexican dishes.
- CINNAMON** Sweet, pungent flavor. Widely used in many sweet baked goods, chocolate dishes, cheesecakes, pickles, chutneys and hot drinks.
- CORIANDER** Mild, sweet, orangy flavor and available whole or ground. Common in curry powders and pickling spice and also used in chutney, meat dishes, casseroles, Greek-style dishes, apple pies and baked goods.
- CURRY POWDER** Spices are combined to proper proportions to give a distinct flavor to meat, poultry, fish and vegetables.
- DILL** Both seeds and leaves are flavorful. Leaves may be used as a garnish or cooked with fish, soup, dressings, potatoes and beans. Leaves or the whole plant may be used to flavor pickles.
- FENNEL** Sweet, hot flavor. Both seeds and leaves are used. Use in small quantities in pies and baked goods. Leaves can be boiled with fish.



HERBS & SPICES

- GINGER** A pungent root, this aromatic spice is sold fresh, dried or ground. Use in pickles, preserves, cakes, cookies, soups and meat dishes.
- MARJORAM** May be used both dried or green. Use to flavor fish, poultry, omelets, lamb, stew, stuffing and tomato juice.
- MINT** Aromatic with a cool flavor. Excellent in beverages, fish, lamb, cheese, soup, peas, carrots and fruit desserts.
- NUTMEG** Whole or ground. Used in chicken and cream soups, cheese dishes, fish cakes, and with chicken and veal. Excellent in custards, milk puddings, pies and cakes.
- OREGANO** Strong, aromatic odor. Use whole or ground in tomato juice, fish, eggs, pizza, omelets, chili, stew, gravy, poultry and vegetables.
- PAPRIKA** A bright red pepper, this spice is used in meat, vegetables and soups or as a garnish for potatoes, salads or eggs.
- PARSLEY** Best when used fresh, but can be used dried as a garnish or as a seasoning. Try in fish, omelets, soup, meat, stuffing and mixed greens.
- ROSEMARY** Very aromatic. Can be used fresh or dried. Season fish, stuffing, beef, lamb, poultry, onions, eggs, bread and potatoes. Great in dressings.
- SAFFRON** Aromatic, slightly bitter taste. Only a pinch needed to flavor and color dishes such as bouillabaisse, chicken soup, rice, paella, fish sauces, buns and cakes. Very expensive, so where a touch of color is needed, use turmeric instead, but the flavor will not be the same.
- SAGE** Use fresh or dried. The flowers are sometimes used in salads. May be used in tomato juice, fish, omelets, beef, poultry, stuffing, cheese spreads and breads.
- TARRAGON** Leaves have a pungent, hot taste. Use to flavor sauces, salads, fish, poultry, tomatoes, eggs, green beans, carrots and dressings.
- THYME** Sprinkle leaves on fish or poultry before broiling or baking. Throw a few sprigs directly on coals shortly before meat is finished grilling.
- TURMERIC** Aromatic, slightly bitter flavor. Should be used sparingly in curry powder and relishes and to color cakes and rice dishes.

Use 3 times more fresh herbs if substituting fresh for dried.



BAKING BREADS

HINTS FOR BAKING BREADS

- Kneading dough for 30 seconds after mixing improves the texture of baking powder biscuits.
- Instead of shortening, use cooking or salad oil in waffles and hot cakes.
- When bread is baking, a small dish of water in the oven will help keep the crust from hardening.
- Dip a spoon in hot water to measure shortening, butter, etc., and the fat will slip out more easily.
- Small amounts of leftover corn may be added to pancake batter for variety.
- To make bread crumbs, use the fine cutter of a food grinder and tie a large paper bag over the spout in order to prevent flying crumbs.
- When you are doing any sort of baking, you get better results if you remember to preheat your cookie sheet, muffin tins or cake pans.

3 RULES FOR USE OF LEAVENING AGENTS

1. In simple flour mixtures, use 2 teaspoons baking powder to leaven 1 cup flour. Reduce this amount 1/2 teaspoon for each egg used.
2. To 1 teaspoon soda, use 2 1/4 teaspoons cream of tartar, 2 cups freshly soured milk or 1 cup molasses.
3. To substitute soda and an acid for baking powder, divide the amount of baking powder by 4. Take that as your measure and add acid according to rule 2.

PROPORTIONS OF BAKING POWDER TO FLOUR

biscuitsto 1 cup flour use 1 1/4 tsp. baking powder
cake with oilto 1 cup flour use 1 tsp. baking powder
muffinsto 1 cup flour use 1 1/2 tsp. baking powder
popoversto 1 cup flour use 1 1/4 tsp. baking powder
wafflesto 1 cup flour use 1 1/4 tsp. baking powder

PROPORTIONS OF LIQUID TO FLOUR

pour batterto 1 cup liquid use 1 cup flour
drop batterto 1 cup liquid use 2 to 2 1/2 cups flour
soft doughto 1 cup liquid use 3 to 3 1/2 cups flour
stiff doughto 1 cup liquid use 4 cups flour

TIME & TEMPERATURE CHART

Breads	Minutes	Temperature
biscuits	12 - 15	400° - 450°
cornbread	25 - 30	400° - 425°
gingerbread	40 - 50	350° - 370°
loaf	50 - 60	350° - 400°
nut bread	50 - 75	350°
popovers	30 - 40	425° - 450°
rolls	20 - 30	400° - 450°

BAKING DESSERTS

PERFECT COOKIES

Cookie dough that must be rolled is much easier to handle after it has been refrigerated for 10 to 30 minutes. This keeps the dough from sticking, even though it may be soft. If not done, the soft dough may require more flour and too much flour makes cookies hard and brittle. Place on a floured board only as much dough as can be easily managed. Flour the rolling pin

slightly and roll lightly to desired thickness. Cut shapes close together and add trimmings to dough that needs to be rolled. Place pans or sheets in upper third of oven. Watch cookies carefully while baking in order to avoid burned edges. When sprinkling sugar on cookies, try putting it into a salt shaker in order to save time.

PERFECT PIES

- Pie crust will be better and easier to make if all the ingredients are cool.
- The lower crust should be placed in the pan so that it covers the surface smoothly. Air pockets beneath the surface will push the crust out of shape while baking.
- Folding the top crust over the lower crust before crimping will keep juices in the pie.
- When making custard pie, bake at a high temperature for about 10 minutes to prevent a soggy crust. Then finish baking at a low temperature.
- When making cream pie, sprinkle crust with powdered sugar in order to prevent it from becoming soggy.

PERFECT CAKES

- Fill cake pans two-thirds full and spread batter into corners and sides, leaving a slight hollow in the center.
- Cake is done when it shrinks from the sides of the pan or if it springs back when touched lightly with the finger.
- After removing a cake from the oven, place it on a rack for about 5 minutes. Then, the sides should be loosened and the cake turned out on a rack in order to finish cooling.
- Do not frost cakes until thoroughly cool.
- Icing will remain where you put it if you sprinkle cake with powdered sugar first.

TIME & TEMPERATURE CHART

Dessert	Time	Temperature
butter cake, layer	20-40 min.	380° - 400°
butter cake, loaf	40-60 min.	360° - 400°
cake, angel	50-60 min.	300° - 360°
cake, fruit	3-4 hrs.	275° - 325°
cake, sponge	40-60 min.	300° - 350°
cookies, molasses	18-20 min.	350° - 375°
cookies, thin	10-12 min.	380° - 390°
cream puffs	45-60 min.	300° - 350°
meringue	40-60 min.	250° - 300°
pie crust	20-40 min.	400° - 500°



VEGETABLES FRUITS

COOKING TIME TABLE

Vegetable	Cooking Method	Time
artichokes	boiled	40 min.
	steamed	45-60 min.
asparagus tips	boiled	10-15 min.
beans, lima	boiled	20-40 min.
	steamed	60 min.
beans, string	boiled	15-35 min.
	steamed	60 min.
beets, old	boiled or steamed	1-2 hours
beets, young with skin	boiled	30 min.
	steamed	60 min.
	baked	70-90 min.
broccoli, flowerets	boiled	5-10 min.
broccoli, stems	boiled	20-30 min.
brussels sprouts	boiled	20-30 min.
cabbage, chopped	boiled	10-20 min.
	steamed	25 min.
carrots, cut across	boiled	8-10 min.
	steamed	40 min.
cauliflower, flowerets	boiled	8-10 min.
cauliflower, stem down	boiled	20-30 min.
corn, green, tender	boiled	5-10 min.
	steamed	15 min.
	baked	20 min.
corn on the cob	boiled	8-10 min.
	steamed	15 min.
	baked	45 min.
eggplant, whole	boiled	30 min.
	steamed	40 min.
	baked	45 min.
parsnips	boiled	25-40 min.
	steamed	60 min.
	baked	60-75 min.
peas, green	boiled or steamed	5-15 min.
potatoes	boiled	20-40 min.
	steamed	60 min.
	baked	45-60 min.
pumpkin or squash	boiled	20-40 min.
	steamed	45 min.
	baked	60 min.
tomatoes	boiled	5-15 min.
turnips	boiled	25-40 min.

DRYING TIME TABLE

Fruit	Sugar or Honey	Cooking Time
apricots	1/4 c. for each cup of fruit	about 40 min.
figs	1 T. for each cup of fruit	about 30 min.
peaches	1/4 c. for each cup of fruit	about 45 min.
prunes	2 T. for each cup of fruit	about 45 min.

VEGETABLES FRUITS

BUYING FRESH VEGETABLES

Artichokes: Look for compact, tightly closed heads with green, clean-looking leaves. Avoid those with leaves that are brown or separated.

Asparagus: Stalks should be tender and firm; tips should be close and compact. Choose the stalks with very little white; they are more tender. Use asparagus soon because it toughens quickly.

Beans, Snap: Those with small seeds inside the pods are best. Avoid beans with dry-looking pods.

Broccoli, Brussels Sprouts and Cauliflower: Flower clusters on broccoli and cauliflower should be tight and close together. Brussels sprouts should be firm and compact. Smudgy, dirty spots may indicate pests or disease.

Cabbage and Head Lettuce: Choose heads that are heavy for their size. Avoid cabbage with worm holes and lettuce with discoloration or soft rot.

Cucumbers: Choose long, slender cucumbers for best quality. May be dark or medium green, but yellow ones are undesirable.

Mushrooms: Caps should be closed around the stems. Avoid black or brown gills.

Peas and Lima Beans: Select pods that are well-filled but not bulging. Avoid dried, spotted, yellow or limp pods.

BUYING FRESH FRUITS

Bananas: Skin should be free of bruises and black or brown spots. Purchase them slightly green and allow them to ripen at room temperature.

Berries: Select plump, solid berries with good color. Avoid stained containers which indicate wet or leaky berries. Berries with clinging caps, such as blackberries and raspberries, may be unripe. Strawberries without caps may be overripe.

Melons: In cantaloupes, thick, close netting on the rind indicates best quality. Cantaloupes are ripe when the stem scar is smooth and the space between the netting is yellow or yellow-green. They are best when fully ripe with fruity odor.

Honeydews are ripe when rind has creamy to yellowish color and velvety texture. Immature honeydews are whitish-green.

Ripe watermelons have some yellow color on one side. If melons are white or pale green on one side, they are not ripe.

Oranges, Grapefruit and Lemons: Choose those heavy for their size. Smoother, thinner skins usually indicate more juice. Most skin markings do not affect quality. Oranges with a slight greenish tinge may be just as ripe as fully colored ones. Light or greenish-yellow lemons are more tart than deep yellow ones. Avoid citrus fruits showing withered, sunken or soft areas.



NAPKIN FOLDING

FOR BEST RESULTS, use well-starched linen napkins if possible. For more complicated folds, 24-inch napkins work best. Practice the folds with newspapers. Children will have fun decorating the table once they learn these attractive folds!

1, 2



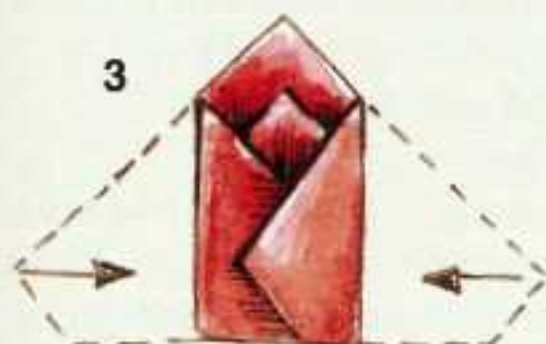
SHIELD

Easy fold. Elegant with monogram in corner.

Instructions:

1. Fold into quarter size. If monogrammed, ornate corner should face down.
2. Turn up folded corner three-quarters.
3. Overlap right side and left side points.
4. Turn over; adjust sides so they are even, single point in center.
5. Place point up or down on plate, or left of plate.

3



4



ROSETTE

Elegant on plate.

Instructions:

1. Fold left and right edges to center, leaving 1/2" opening along center.
2. Pleat firmly from top edge to bottom edge. Sharpen edges with hot iron.
3. Pinch center together. If necessary, use small piece of pipe cleaner to secure and top with single flower.
4. Spread out rosette.

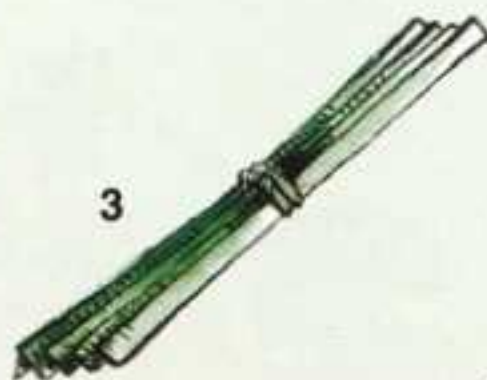
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2



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4



NAPKIN FOLDING

CANDLE

Easy to do; can be decorated.

Instructions:

1. Fold into triangle, point at top.
2. Turn lower edge up 1".
3. Turn over, folded edge down.
4. Roll tightly from left to right.
5. Tuck in corner. Stand upright.

1



2



3



FAN

Pretty in napkin ring or on plate.

Instructions:

1. Fold top and bottom edges to center.
2. Fold top and bottom edges to center a second time.
3. Pleat firmly from the left edge. Sharpen edges with hot iron.
4. Spread out fan. Balance flat folds of each side on table. Well-starched napkins will hold shape.

1, 2



3



4



LILY

Effective and pretty on table.

Instructions:

1. Fold napkin into quarters.
2. Fold into triangle, closed corner to open points.
3. Turn two points over to other side. (Two points are on either side of closed point.)
4. Pleat.
5. Place closed end in glass. Pull down two points on each side and shape.

1



2



3, 4



MEASUREMENTS SUBSTITUTIONS

MEASUREMENTS

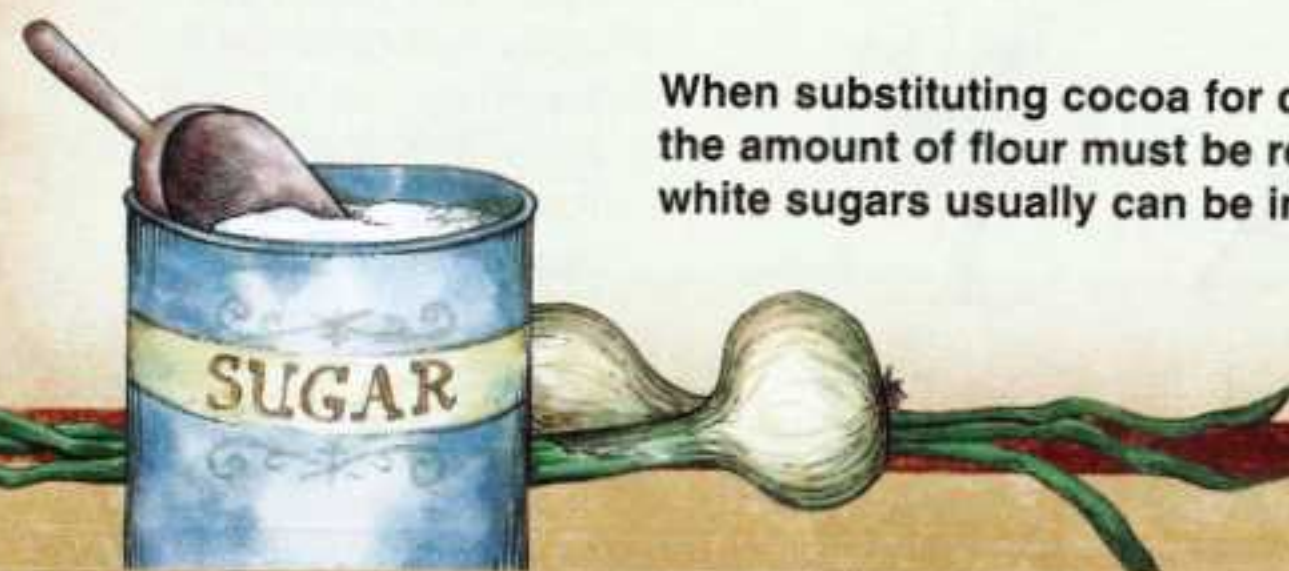
a pinch	1/8 teaspoon or less
3 teaspoons	1 tablespoon
4 tablespoons	1/4 cup
8 tablespoons	1/2 cup
12 tablespoons	3/4 cup
16 tablespoons	1 cup
2 cups	1 pint
4 cups	1 quart
4 quarts	1 gallon
8 quarts	1 peck
4 pecks	1 bushel
16 ounces	1 pound
32 ounces	1 quart
1 ounce liquid	2 tablespoons
8 ounces liquid	1 cup

Use standard measuring spoons and cups. All measurements are level.

SUBSTITUTIONS

Ingredient	Quantity	Substitute
baking powder	1 teaspoon	1/4 tsp. baking soda plus 1/2 tsp. cream of tartar
chocolate	1 square (1 oz.)	3 or 4 T. cocoa plus 1 T. butter
cornstarch	1 tablespoon	2 T. flour or 2 tsp. quick-cooking tapioca
cracker crumbs	3/4 cup	1 c. bread crumbs
dates	1 lb.	1 1/2 c. dates, pitted and cut
dry mustard	1 teaspoon	1 T. prepared mustard
flour, self-rising	1 cup	1 c. all-purpose flour, 1/2 tsp. salt, and 1 tsp. baking powder
herbs, fresh	1 tablespoon	1 tsp. dried herbs
ketchup or chili sauce	1 cup	1 c. tomato sauce plus 1/2 c. sugar and 2 T. vinegar (for use in cooking)
milk, sour	1 cup	1 T. lemon juice or vinegar plus sweet milk to make 1 c. (let stand 5 minutes)
whole	1 cup	1/2 c. evaporated milk plus 1/2 c. water
min. marshmallows	10	1 lg. marshmallow
onion, fresh	1 small	1 T. instant minced onion, rehydrated
sugar, brown	1/2 cup	2 T. molasses in 1/2 c. granulated sugar
powdered	1 cup	1 c. granulated sugar plus 1 tsp. cornstarch
tomato juice	1 cup	1/2 c. tomato sauce plus 1/2 c. water

When substituting cocoa for chocolate in cakes, the amount of flour must be reduced. Brown and white sugars usually can be interchanged.



EQUIVALENCY CHART

Food	Quantity	Yield
apple	1 medium	1 cup
banana, mashed	1 medium	1/3 cup
bread	1 1/2 slices	1 cup soft crumbs
bread	1 slice	1/4 cup fine, dry crumbs
butter	1 stick or 1/4 pound	1/2 cup
cheese, American, cubed	1 pound	2 2/3 cups
American, grated	1 pound	5 cups
cream cheese	3-ounce package	6 2/3 tablespoons
chocolate, bitter	1 square	1 ounce
cocoa	1 pound	4 cups
coconut	1 1/2 pound package	2 2/3 cups
coffee, ground	1 pound	5 cups
cornmeal	1 pound	3 cups
cornstarch	1 pound	3 cups
crackers, graham	14 squares	1 cup fine crumbs
saltine	28 crackers	1 cup fine crumbs
egg	4-5 whole	1 cup
whites	8-10	1 cup
yolks	10-12	1 cup
evaporated milk	1 cup	3 cups whipped
flour, cake, sifted	1 pound	4 1/2 cups
rye	1 pound	5 cups
white, sifted	1 pound	4 cups
white, unsifted	1 pound	3 3/4 cups
gelatin, flavored	3 1/4 ounces	1/2 cup
unflavored	1/4 ounce	1 tablespoon
lemon	1 medium	3 tablespoon juice
marshmallows	16	1/4 pound
noodles, cooked	8-ounce package	7 cups
uncooked	4 ounces (1 1/2 cups)	2-3 cups cooked
macaroni, cooked	8-ounce package	6 cups
macaroni, uncooked	4 ounces (1 1/4 cups)	2 1/4 cups cooked
spaghetti, uncooked	7 ounces	4 cups cooked
nuts, chopped	1/4 pound	1 cup
almonds	1 pound	3 1/2 cups
walnuts, broken	1 pound	3 cups
walnuts, unshelled	1 pound	1 1/2 to 1 3/4 cups
onion	1 medium	1/2 cup
orange	3-4 medium	1 cup juice
raisins	1 pound	3 1/2 cups
rice, brown	1 cup	4 cups cooked
converted	1 cup	3 1/2 cups cooked
regular	1 cup	3 cups cooked
wild	1 cup	4 cups cooked
sugar, brown	1 pound	2 1/2 cups
powdered	1 pound	3 1/2 cups
white	1 pound	2 cups
vanilla wafers	22	1 cup fine crumbs
zwieback, crumbled	4	1 cups

FOOD QUANTITIES

FOR LARGE SERVINGS

	25 Servings	50 Servings	100 Servings
Beverages:			
coffee	1/2 pound and 1 1/2 gallons water	1 pound and 3 gallons water	2 pounds and 6 gallons water
lemonade	10-15 lemons and 1 1/2 gallons water	20-30 lemons and 3 gallons water	40-60 lemons and 6 gallons water
tea	1/12 pound and 1 1/2 gallons water	1/6 pound and 3 gallons water	1/3 pound and 6 gallons water

Desserts:			
layered cake	1 12" cake	3 10" cakes	6 10" cakes
sheet cake	1 10" x 12" cake	1 12" x 20" cake	2 12" x 20" cakes
watermelon	37 1/2 pounds	75 pounds	150 pounds
whipping cream	3/4 pint	1 1/2 to 2 pints	3-4 pints

Ice cream:			
brick	3 1/4 quarts	6 1/2 quarts	13 quarts
bulk	2 1/4 quarts	4 1/2 quarts or 1 1/4 gallons	9 quarts or 2 1/2 gallons

Meat, poultry or fish:			
fish	13 pounds	25 pounds	50 pounds
fish, fillets or steak	7 1/2 pounds	15 pounds	30 pounds
hamburger	9 pounds	18 pounds	35 pounds
turkey or chicken	13 pounds	25 to 35 pounds	50 to 75 pounds
wieners (beef)	6 1/2 pounds	13 pounds	25 pounds

Salads, casseroles:			
baked beans	3/4 gallon	1 1/4 gallons	2 1/2 gallons
jello salad	3/4 gallon	1 1/4 gallons	2 1/2 gallons
potato salad	4 1/4 quarts	2 1/4 gallons	4 1/2 gallons
scalloped potatoes	4 1/2 quarts or 1 12" x 20" pan	9 quarts or 2 1/4 gallons	18 quarts 4 1/2 gallons
spaghetti	1 1/4 gallons	2 1/2 gallons	5 gallons

Sandwiches:			
bread	50 slices or 3 1-pound loaves	100 slices or 6 1-pound loaves	200 slices or 12 1-pound loaves
butter	1/2 pound	1 pound	2 pounds
lettuce	1 1/2 heads	3 heads	6 heads
mayonnaise	1 cup	2 cups	4 cups
mixed filling			
meat, eggs, fish	1 1/2 quarts	3 quarts	6 quarts
jam, jelly	1 quart	2 quarts	4 quarts

QUICK FIXES

PRACTICALLY EVERYONE has experienced that dreadful moment in the kitchen when a recipe failed and dinner guests have arrived. Perhaps a failed timer, distraction or a missing or mismeasured ingredient is to blame. These handy tips can save the day!

Acidic foods – Sometimes a tomato-based sauce will become too acidic. Add baking soda, one teaspoon at a time, to the sauce. Use sugar as a sweeter alternative.

Burnt food on pots and pans – Allow the pan to cool on its own. Remove as much of the food as possible. Fill with hot water and add a capful of liquid fabric softener to the pot; let it stand for a few hours. You'll have an easier time removing the burnt food.

Chocolate seizes – Chocolate can seize (turn course and grainy) when it comes into contact with water. Place seized chocolate in a metal bowl over a large saucepan with an inch of simmering water in it. Over medium heat, slowly whisk in warm heavy cream. Use 1/4 cup cream to 4 ounces of chocolate. The chocolate will melt and become smooth.

Forgot to thaw whipped topping – Thaw in microwave for 1 minute on the defrost setting. Stir to blend well. Do not over thaw!

Hands smell like garlic or onion – Rinse hands under cold water while rubbing them with a large stainless steel spoon.

Hard brown sugar – Place in a paper bag and microwave for a few seconds, or place hard chunks in a food processor.

Jello too hard – Heat on a low microwave power setting for a very short time.

Lumpy gravy or sauce – Use a blender, food processor or simply strain.

No tomato juice – Mix 1/2 cup ketchup with 1/2 cup water.

Out of honey – Substitute 1 1/4 cups sugar dissolved in 1 cup water.

Overcooked sweet potatoes or carrots – Softened sweet potatoes and carrots make a wonderful soufflé with the addition of eggs and sugar. Consult your favorite cookbook for a good soufflé recipe. Overcooked sweet potatoes can also be used as pie filling.

Sandwich bread is stale – Toast or microwave bread briefly. Otherwise, turn it into breadcrumbs. Bread exposed to light and heat will hasten its demise, so consider using a bread box.

Soup, sauce, gravy too thin – Add 1 tablespoon of flour to hot soup, sauce or gravy. Whisk well (to avoid lumps) while the mixture is boiling. Repeat if necessary.

Sticky rice – Rinse rice with warm water.

Stew or soup is greasy – Refrigerate and remove grease once it congeals. Another trick is to lay cold lettuce leaves over the hot stew for about 10 seconds and then remove. Repeat as necessary.

Too salty – Add a little sugar and vinegar. For soups or sauces, add a raw peeled potato.

Too sweet – Add a little vinegar or lemon juice.

Undercooked cakes and cookies – Serve over vanilla ice cream. You can also layer pieces of cake or cookies with whipped cream and fresh fruit to form a dessert parfait. Crumbled cookies also make an excellent ice cream or cream pie topping.



COUNTING CALORIES

BEVERAGES

apple juice, 6 oz.	90
coffee (black)	0
cola, 12 oz.	115
cranberry juice, 6 oz.	115
ginger ale, 12 oz.	115
grape juice, (prepared from frozen concentrate), 6 oz.	142
lemonade, (prepared from frozen concentrate), 6 oz.	85
milk, protein fortified, 1 c.	105
skim, 1 c.	90
whole, 1 c.	160
orange juice, 6 oz.	85
pineapple juice, unsweetened, 6 oz.	95
root beer, 12 oz.	150
tonic (quinine water) 12 oz.	132

BREADS

cornbread, 1 sm. square	130
dumplings, 1 med.	70
French toast, 1 slice	135
melba toast, 1 slice	25
muffins, blueberry, 1 muffin	110
bran, 1 muffin	106
corn, 1 muffin	125
English, 1 muffin	280
pancakes, 1 (4-in.)	60
pumpnickel, 1 slice	75
rye, 1 slice	60
waffle, 1	216
white, 1 slice	60-70
whole wheat, 1 slice	55-65

CEREALS

cornflakes, 1 c.	105
cream of wheat, 1 c.	120
oatmeal, 1 c.	148
rice flakes, 1 c.	105
shredded wheat, 1 biscuit	100
sugar krisps, 3/4 c.	110

CRACKERS

graham, 1 cracker	15-30
rye crisp, 1 cracker	35
saltine, 1 cracker	17-20
wheat thins, 1 cracker	9

DAIRY PRODUCTS

butter or margarine, 1 T.	100
cheese, American, 1 oz.	100
camembert, 1 oz.	85
cheddar, 1 oz.	115
cottage cheese, 1 oz.	30
mozzarella, 1 oz.	90
parmesan, 1 oz.	130
ricotta, 1 oz.	50
roquefort, 1 oz.	105
Swiss, 1 oz.	105
cream, light, 1 T.	30
heavy, 1 T.	55
sour, 1 T.	45
hot chocolate, with milk, 1 c.	277
milk chocolate, 1 oz.	145-155
yogurt	
made w/ whole milk, 1 c.	150-165
made w/ skimmed milk, 1 c.	125

EGGS

fried, 1 lg.	100
poached or boiled, 1 lg.	75-80
scrambled or in omelet, 1 lg.	110-130

FISH AND SEAFOOD

bass, 4 oz.	105
salmon, broiled or baked, 3 oz.	155
sardines, canned in oil, 3 oz.	170
trout, fried, 3 1/2 oz.	220
tuna, in oil, 3 oz.	170
in water, 3 oz.	110



COUNTING CALORIES

FRUITS

apple, 1 med.	80-100
applesauce, sweetened, 1/2 c.	90-115
unsweetened, 1/2 c.	50
banana, 1 med.	85
blueberries, 1/2 c.	45
cantaloupe, 1/2 c.	24
cherries (pitted), raw, 1/2 c.	40
grapefruit, 1/2 med.	55
grapes, 1/2 c.	35-55
honeydew, 1/2 c.	55
mango, 1 med.	90
orange, 1 med.	65-75
peach, 1 med.	35
pear, 1 med.	60-100
pineapple, fresh, 1/2 c.	40
canned in syrup, 1/2 c.	95
plum, 1 med.	30
strawberries, fresh, 1/2 c.	30
frozen and sweetened, 1/2 c.	120-140
tangerine, 1 lg.	39
watermelon, 1/2 c.	42

MEAT AND POULTRY

beef, ground (lean), 3 oz.	185
roast, 3 oz.	185
chicken, broiled, 3 oz.	115
lamb chop (lean), 3 oz.	175-200
steak, sirloin, 3 oz.	175
tenderloin, 3 oz.	174
top round, 3 oz.	162
turkey, dark meat, 3 oz.	175
white meat, 3 oz.	150
veal, cutlet, 3 oz.	156
roast, 3 oz.	76

NUTS

almonds, 2 T.	105
cashews, 2 T.	100
peanuts, 2 T.	105
peanut butter, 1 T.	95
pecans, 2 T.	95
pistachios, 2 T.	92
walnuts, 2 T.	80

PASTA

macaroni or spaghetti, cooked, 3/4 c.	115
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SALAD DRESSINGS

blue cheese, 1 T.	70
French, 1 T.	65
Italian, 1 T.	80
mayonnaise, 1 T.	100
olive oil, 1 T.	124
Russian, 1 T.	70
salad oil, 1 T.	120

SOUPS

bean, 1 c.	130-180
beef noodle, 1 c.	70
bouillon and consomme, 1 c.	30
chicken noodle, 1 c.	65
chicken with rice, 1 c.	50
minestrone, 1 c.	80-150
split pea, 1 c.	145-170
tomato with milk, 1 c.	170
vegetable, 1 c.	80-100

VEGETABLES

asparagus, 1 c.	35
broccoli, cooked, 1/2 c.	25
cabbage, cooked, 1/2 c.	15-20
carrots, cooked, 1/2 c.	25-30
cauliflower, 1/2 c.	10-15
corn (kernels), 1/2 c.	70
green beans, 1 c.	30
lettuce, shredded, 1/2 c.	5
mushrooms, canned, 1/2 c.	20
onions, cooked, 1/2 c.	30
peas, cooked, 1/2 c.	60
potato, baked, 1 med.	90
chips, 8-10	100
mashed, w/milk & butter, 1 c.	200-300
spinach, 1 c.	40
tomato, raw, 1 med.	25
cooked, 1/2 c.	30



COOKING TERMS

Au gratin: Topped with crumbs and/or cheese and browned in oven or under broiler.

Au jus: Served in its own juices.

Baste: To moisten foods during cooking with pan drippings or special sauce in order to add flavor and prevent drying.

Bisque: A thick cream soup.

Blanch: To immerse in rapidly boiling water and allow to cook slightly.

Cream: To soften a fat, especially butter, by beating it at room temperature. Butter and sugar are often creamed together, making a smooth, soft paste.

Crimp: To seal the edges of a two-crust pie either by pinching them at intervals with the fingers or by pressing them together with the tines of a fork.

Crudites: An assortment of raw vegetables (i.e. carrots, broccoli, celery, mushrooms) that is served as an hors d'oeuvre, often accompanied by a dip.

Degrease: To remove fat from the surface of stews, soups or stock. Usually cooled in the refrigerator so that fat hardens and is easily removed.

Dredge: To coat lightly with flour, corn-meal, etc.

Entree: The main course.

Fold: To incorporate a delicate substance, such as whipped cream or beaten egg whites, into another substance without releasing air bubbles. A spatula is used to gently bring part of the mixture from the bottom of the bowl to the top. The process is repeated, while slowly rotating the bowl, until the ingredients are thoroughly blended.

Glaze: To cover with a glossy coating, such as a melted and somewhat diluted jelly for fruit desserts.

Julienne: To cut or slice vegetables, fruits or cheeses into match-shaped slivers.

Marinate: To allow food to stand in a liquid in order to tenderize or to add flavor.

Meunière: Dredged with flour and sautéed in butter.

Mince: To chop food into very small pieces.

Parboil: To boil until partially cooked; to blanch. Usually final cooking in a seasoned sauce follows this procedure.

Pare: To remove the outermost skin of a fruit or vegetable.

Poach: To cook gently in hot liquid kept just below the boiling point.

Purée: To mash foods by hand by rubbing through a sieve or food mill, or by whirling in a blender or food processor until perfectly smooth.

Refresh: To run cold water over food that has been parboiled in order to stop the cooking process quickly.

Sauté: To cook and/or brown food in a small quantity of hot shortening.

Scald: To heat to just below the boiling point, when tiny bubbles appear at the edge of the saucepan.

Simmer: To cook in liquid just below the boiling point. The surface of the liquid should be barely moving, broken from time to time by slowly rising bubbles.

Steep: To let food stand in hot liquid in order to extract or to enhance flavor, like tea in hot water or poached fruit in syrup.

Toss: To combine ingredients with a repeated lifting motion.

Whip: To beat rapidly in order to incorporate air and produce expansion, as in heavy cream or egg whites.

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