

A TASTE OF ALOHA



A SPIRIT OF SHALOM

A KOSHER COOKBOOK
FROM THE ALOHA JEWISH CHAPEL WOMEN'S GUILD
PEARL HARBOR, HAWAII

Many thanks to the following people for
the countless hours, the creative energy
and the outpouring of that Spirit of
Shalom that has made this book possible:

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A TASTE OF ALOHA - A SPIRIT OF SHALOM

This cookbook has been compiled in the spirit of what we like to call "Shaloha" - a combination of the words, Shalom and Aloha. "Shalom", of course, represents the love and great pride we all share in our Jewish heritage. Accordingly, every recipe in this book may be prepared in a kosher kitchen.

"Aloha" speaks of the warmth and welcome we have all experienced living in Hawaii. We hope that that warmth, that Aloha, will extend from our Island kitchens to yours.

The recipes collected herein have been taste-tested by the most expert of critics - the families and friends of those gracious ladies who submitted them. We are grateful to each of you for contributing your time and culinary talents to this 'labor of love'.

Because we are a military Chapel organization, many of us are here all too short a time. More than a compilation of favorite foods, this book is a tangible reminder of the happy times we have shared in Hawaii. As you use it, we hope those memories will give added spice and substance to each dish you prepare. To those of you who are not part of our Chapel community, we hope that you will find within these pages all that we've tried to put into them; interesting ideas, new taste treats (as well as some good old-fashioned Jewish cooking!), helpful kitchen hints and most of all - a Taste of Aloha and a Spirit of Shalom!

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A FEW WORDS ON KASHRUT

By

Rabbi Fred A. Natkin

The laws of Kashrut (keeping kosher) are found in various books of the Bible. One reason for following the word of God concerning these laws is discipline. The discipline of Kashrut allows us to make the "everyday" special. The discipline of Kashrut allows us to make an everyday meal a holy act.

Following a "diet" which is holy allows us to live a life that is holy. When a fat person diets, that person is looking for a thin self-image. When a Jew can keep the laws of Kashrut, that helps the Jew have a "holy" self-image. The modern Jew, who is able to follow at least some of the laws of Kashrut in his/her eating habits, is accepting a discipline which ties that Jew to the generations that went before and helps to acknowledge his/her culture and heritage. By following Kashrut, it becomes easier to follow the discipline of Judaism in other areas of life and religion.

"WHY ON THIS NIGHT....?"

A Guide to the Whys and Wherefores of Special Holiday Foods

ROSH HASHONAH:

HONEY CAKE, APPLES WITH HONEY, AND TAIG-LACH are served to ask for a sweet year.

A ROUND RAISIN CHALLAH is served as a symbol of the cycle of life which is mixed with sweetness.

TZIMMES indicates that life is mixed with sweetness and that as the ingredients need sweetening, man needs to have his merits increase above his shortcomings.

FISH is a reminder of the eternity of the cycle and the need to be in our own "Element" for fertility, and to get ahead.

ROUND FARFEL is served in the hope that our misdeeds have fallen (FARFALLEN - Yiddish) away.

YOM KIPPUR:

KREPLACH alludes to our hope that kindness will "cover" any strict judgment we may receive.

HARD BOILED EGGS are a symbol of the cycle of life. Just as the egg becomes hardened by boiling, we learn to overcome difficulties with experience.

SUKKOT:

STRUDEL ingredients are a symbol of the harvest and represent the simple and plain joy of accomplishment and pride of the harvest season.

STUFFED CABBAGE alludes to the fact that the person's whole body, both inside and out, participates in the holiday.

KUGEL is served because it has a refreshing taste which reminds us of constant Torah learning. Its delightful fragrance reminds us of good deeds.

CHANUKAH:

LATKES are served because the oil in which they are fried reminds us of the oil of the miracle.

DAIRY DISHES are served because the story contained in the Book of Judith, in the Apocrypha, happened at this time of the year. According to the story, Jews were saved by the clever use of a "spiked" dairy meal.

TU B'SHVAT:

FRUIT, especially five different types which remind us of the different fruit trees in Israel are the main specialty of this holiday. The fruits include: olives, grapes, dates, figs, and pomegranates.

PURIM:

HAMENTASHEN are served and gobbled up just as the evil Haman was "gobbled" up by his desire to kill the Jews. Different countries relate the shape of the cookie to his hat, nose, or ears.

PASSOVER:

Because each and every Haggadah contains explanations for the many symbolic foods, we will not present them here.

SHAVUOT:

FRUIT is eaten because the holiday occurs during that time of year in which the first fruits were offered, and were available to be eaten.

DAIRY DISHES such as BLINTZES and CHEESE-CAKE are served because in Biblical times the Jews had not yet learned the laws concerning eating and preparing meat so they prepared dishes in accordance with the dairy laws.

SHABBAT:

The Sabbath meal is leisurely and joyful; a source of physical and spiritual enjoyment. It enhances our enjoyment of the Sabbath to have dishes that give pleasure to us when we eat them. Each home has its own traditional Sabbath dish. Gefilte fish, kugel, matzo ball soup, and cholent are among those foods which have become a Sabbath tradition.

CAULIFLOWER DIP
(or all fresh vegetables)

- $\frac{1}{4}$ cup sugar
- 1 teaspoon garlic powder (not
garlic salt)
- 1 teaspoon salad oil
- 2 teaspoons prepared mustard
- $\frac{1}{2}$ cup mayonnaise (or salad dressing)

Mix all ingredients except mayonnaise. Add mayonnaise in small amounts at a time, stirring well between each addition. Mix well ahead to allow time for sugar to dissolve. For more than 6 people, double or triple recipe.

Bonnie Sultanik

CURRY DIP (DAIRY)

- $\frac{1}{2}$ cup sour cream
- 3 tablespoons mayonnaise
- 1 teaspoon curry powder (or to taste)
- $\frac{1}{8}$ teaspoon cayenne pepper
- 1 tablespoon catsup
- $\frac{1}{4}$ teaspoon Worcestershire sauce
- dash of salt
- juice of 1 clove garlic or
- 2 teaspoons garlic powder

Combine all ingredients. Refrigerate several hours or overnight to allow flavors to blend. Stir again before serving. Makes about 1 cup.

Karen L. Natkin

DELIGHTFUL DILL DIP

- $\frac{1}{2}$ cup sour cream
- $\frac{1}{2}$ cup mayonnaise
- 2 tablespoons parsley
- 2 tablespoons chopped green onion
- 1 tablespoon dill weed
- $\frac{1}{4}$ teaspoon salt
- 1 teaspoon Worcestershire sauce
- pepper
- squeeze of lemon

Combine all ingredients. This dip is great served with cut up fresh vegetables. It's sensational served in a hollowed out pumpernickel or rye bread. Use about a 1 pound pumpernickel or dark rye (uncut). Cut a slice off the top. Carefully scoop out bread leaving about an inch remaining on the crust. Fill with dip. Break scooped out bread into pieces and serve with raw vegetables for dipping.

Gayle Benn

MEXICAN DIP

- 2 4 ounce cans green chilis,
chopped and seeded
- 8 ounces grated cheddar cheese
- 2 eggs, beaten
- 2 tablespoons milk

Place the green chilis in the bottom of a pie pan. Cover with the grated cheese. Top with a mixture of the eggs and milk. Bake at 350 degrees F. for about 30 minutes. Terrific served with corn chips or raw vegetables.

Gayle Benn

Use a toothpick to clean the area around your sink and stove.

SPINACH DIP

- 2 10 ounce packages chopped spinach
drained well
- 1 cup mayonnaise
- $\frac{1}{2}$ cup chopped onion
- tabasco sauce to taste
- $\frac{1}{4}$ cup lemon juice
- $\frac{1}{4}$ teaspoon garlic powder

Mix all well. Chill most of the day if possible.

D. Sollod

Spray garbage bags with ammonia to prevent dogs from tearing the bags before they are picked up.

CHATZILIM
(Poor Man's Caviar)

- 3 large round eggplants
- 1 clove garlic crushed *
- 1 tablespoon onion, finely chopped
- juice of $\frac{1}{2}$ lemon
- 2 tablespoons vegetable oil
- 1 teaspoon salt *
- $\frac{1}{2}$ teaspoon black pepper
- 2 tablespoons parsley, finely chopped
- 1 tablespoon green pepper, fine
chopped

* Garlic salt may be substituted for salt and crushed garlic.

Grill eggplant on a cookie sheet under a broiler for 20 minutes or until very tender. Cool. Chop eggplant, add remaining ingredients and refrigerate for several hours before serving. This is served like a pate' with crackers, bread, or sliced vegetables.

Karen Natkin



TUNA CHEESE BALL

- 1 7 ounce can tuna
- 1 8 ounce package softened cream
cheese
- 1 tablespoon lemon juice
- 2 teaspoons grated onion
- 1 teaspoon horseradish *
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{2}$ cup chopped pecans **

Mix all ingredients except nuts and
chill; then roll in pecans.

* More horseradish may be added according
to taste.

** Walnuts may be substituted.

Gayle Benn

NUTTY CHEESE BALL

- 2 8 ounces packages cream cheese
- 2 cups shredded cheddar cheese
- 1 tablespoon chopped pimento
- 1 tablespoon chopped green pepper
- 2 teaspoons Worcestershire sauce
- 1 teaspoon lemon juice
- dash pepper and salt
- 2 cups chopped nuts (pecan or walnuts)

Combine cheeses and mix until well blended. Add remaining ingredients except nuts and mix well. Chill and form into a ball. Roll in nuts.

Edith Krantzman

CREAM CHEESE BALL

- 8 ounces cream cheese
- 1 can (8 ounces) crushed pineapple,
well drained
- 1 cup chopped pecans
- $\frac{1}{4}$ cup mild cheddar cheese, grated

Blend cream cheese and cheddar cheese well with drained pineapple. Add $\frac{1}{4}$ cup pecans. Shape into a ball. Roll cheese ball in remaining nuts. Chill several hours or overnight.

Carla Cole

CHEESE BALL

- 8 ounces cream cheese
- 10 ounces sharp cracker barrel
cheese (gold package)
- $\frac{1}{4}$ cup minced onion
- 1 tablespoon Worcestershire sauce
- $\frac{1}{2}$ tablespoon cayenne pepper (I
use much less)
- dash garlic salt

Shred the sharp cheese. Soften cream cheese. Combine cheeses and rest of ingredients and form into a ball.

Nancy Lightman

CHEESE BALL

- 4 ounces bleu cheese
- 5 ounces grated extra sharp cheese
- 8 ounce package cream cheese
- 1 teaspoon grated onion
- 1 teaspoon Worcestershire sauce
- 1 cup chopped pecans (or macademia nuts)

Put one-half the pecans in mixture and mix well. Form into a ball. Roll in rest of pecans; or make two smaller balls. Can be frozen.

Nancy Lightman

SALMON BALL

- 1 can (16 ounces) red salmon
- 1 package (8 ounces) cream cheese
- 1 tablespoon horseradish
- 1 tablespoon lemon juice
- 1 tablespoon grated onion
- salt
- pepper

Combine all ingredients. Chill for several hours. Form into a ball. Roll in pecans or parsley.

Nan Harris

PULL APART CHEESE RING

- 3 tablespoons cornflake crumbs
- 2 cups sifted all-purpose flour
- 3 teaspoons baking powder
- 1 teaspoon salt
- $\frac{1}{2}$ teaspoon dry mustard
- dash cayenne
- $\frac{3}{4}$ cup grated cheddar cheese
- $\frac{1}{3}$ cup sauterne
- $\frac{1}{3}$ cup salad oil
- $\frac{1}{3}$ cup milk
- 6 tablespoons melted butter
- $\frac{3}{4}$ cup grated parmesan

Grease an 8 inch tube pan or ring mold well, and sprinkle with cornflake crumbs. Resift flour with baking powder, salt, mustard and cayenne. Add cheddar cheese and mix with fork. Add sauterne, oil and milk and stir until mixture clears the bowl. Shape into small balls about 1- $\frac{1}{4}$ inches in diameter. Dip balls in melted butter and roll in parmesan. Place in prepared pan, making two layers. Pour any remaining butter over top and sprinkle with any remaining parmesan. Bake at 400 degrees F. about 25 to 30 minutes until nicely browned and baked through. Let stand 5 minutes, then turn out. Serve warm.

Nancy Lightman

PARMESAN-RYE SNACKS

- 1 cup mayonnaise
- $\frac{1}{2}$ cup grated parmesan cheese
- 2 - 3 scallions (green onions), sliced
very thin

Mix well and spread on:

- 1 loaf party rye

Cook on cookie sheet at 375 degrees F.
for 10 minutes, or until topping is golden
brown and bubbly.

Nancy Lightman

WELSH RAREBIT

- 2 tablespoons Worcestershire sauce
- $\frac{1}{2}$ tablespoon dry mustard
- dash of cayenne
- dash of paprika
- $\frac{1}{2}$ cup ale or beer (not "light" beer)
- 1 pound sharp natural cheddar
cheese, shredded

Mix the seasonings in a skillet. Add the ale and let stand over very low heat until the ale is hot. Add the cheese and stir until it is melted. Serve as a hot "fondue" with cubed french bread (leaving on crust).

Nancy Lightman

CHOPPED HERRING A LA CUISINART

- 1 12 ounce jar herring in wine
sauce
- 2 hard boiled eggs
- 1 large apple, cut up
- 2 slices white bread
- $\frac{1}{2}$ raw onion
- $\frac{1}{4}$ teaspoon sugar
vinegar

Soak bread in vinegar. Grind all ingredients together. If you are using a food processor be sure to add herring last and process quickly to avoid turning your chopped herring into herring pate! Decorate with finely chopped egg and serve with crackers or party rye.

Gayle Benn

HERRING CACCIATORE

- 1 16 ounce jar herring in wine
sauce
- 1 12 ounce bottle chili sauce
- 2 medium onions, sliced thin
- 1 large green pepper, sliced

Drain the wine sauce and mix with the chili sauce. Place herring, onion and green pepper in a large dish. Pour chili sauce mixture over all. Marinate 24 hours.

Gayle Benn

PARVE MOCK CHOPPED LIVER

- 8 - 10 hard-boiled eggs
- 2 medium onions, chopped
- 3/4 - 1 cup walnuts
- 1 tablespoon mayonnaise
- salt and pepper to taste

Saute onions until light brown in vegetable oil. Chop or grind eggs, walnuts, and onions until they are fine and have a consistency of chopped liver. Add salt, pepper, and mayonnaise. Chill 24 hours.

Sara Efron

CHOPPED LIVER, CLARA ORENSTEIN STYLE

- 1 pound beef, chicken, or calves
liver
- $\frac{1}{4}$ cup peanut oil
- 1 large onion, chopped
- 1 small ripe avocado, chilled
- 3 hard-cooked eggs, chilled
- salt and pepper

Preheat oven to 350 degrees F. Wipe liver with a damp paper towel. Put 1 tablespoon of the oil in a 9-inch pie plate. Place liver in pie plate and bake for 30 minutes, turning once after 15 minutes. Cool slightly and cut into small pieces. Pour 1 more tablespoon of the oil over liver; chill. Saute onion in remaining 2 tablespoons oil; chill. Pare avocado and cut into chunks. Put part of the liver, part of the onion, part of the avocado and 1 of the eggs into blender. Cover and blend until liver is chopped. Empty blender and repeat until all ingredients are chopped. If desired, a food grinder may be used to chop ingredients. Season with salt and pepper to taste. Chill before serving. Serve as a main dish on lettuce leaves with tomato and cucumber slices, kosher pickles, and olives or serve as an appetizer on crackers or buffet rye bread. Makes 6 servings or 24 appetizer servings.

Clara Orenstein

MOCK KISHKE

This makes a terrific hors d'oeuvre or appetizer, too.

- 1 box Tam-Tam crackers
- 1 stalk celery
- 1 carrot
- 1 egg
- 1 small onion
- 1 stick margarine

Make cracker crumbs from Tam-Tam crackers by placing them in a blender. Place cracker crumbs in a large bowl. Cut onion, celery and carrot into small pieces and add slowly to blender. Blend until smooth. Melt margarine. Add all ingredients to crumbs. Mix well. Roll in log form in foil. Seal all edges. Bake at 375 degrees F. for 45 minutes. Slice and serve. Serves 6 - 8.

Karen Natkin

PASSOVER DERMA

- $\frac{1}{2}$ cup grated carrots
- 1 large onion chopped
- $\frac{1}{2}$ cup finely chopped celery
- 2 cloves garlic, crushed
- 3 cups crushed egg matzos
- 2 eggs, beaten
- 1 cup melted margarine
- 1 teaspoon salt
- $\frac{1}{4}$ teaspoon pepper
- $\frac{1}{4}$ teaspoon poultry seasoning
- aluminum foil

Heat oven to 350 degrees F. Combine all ingredients in a large bowl. Mix well. Put a 20 inch piece of Reynolds wrap on a cookie sheet. Shape mixture into a 16 inch roll. Bring two sides up over derma and fold loosely for heat expansion. Fold short ends up and over again. Seal. Cook for 45 minutes. Unwrap and cut while hot into $\frac{1}{2}$ inch thick slices. Makes one 16 inch roll.

Nadya Akau Glatzer

PAULINE'S KNISHES

- 2 pounds ground beef
- 3 large onions
- 1 cup instant mashed potatoes
- 1 cup potatoes
- 1 cup water
- 1 egg
- Season-all and some garlic powder
to taste
- 4 cans refrigerated biscuits (10
per can)

Chop onions and saute in about two full tablespoons oil until soft. Cook ground beef in frying pan just enough to get the red out. Mix beef and onions, add cooked mashed potatoes (rather stiff, not too soft). Add egg and mix thoroughly. Season to taste. While mixture is cooling, prepare uncooked refrigerated buttermilk biscuits as follows: cutting each biscuit in half, roll each half in a circle, not too thin. Place about one teaspoon of filling into each round. Gather the dough together to seal edges. Place on a greased cookie sheet and flatten a little. Bake at 350 degrees F. until light brown, about 12 to 15 minutes. This quantity makes about 80 knishes using about 4 cans of biscuits, 20 from each can.

Pauline Sollod
Diane's mother-in-law

FRIED LUMPIA - PHILIPPINES

- $\frac{1}{2}$ pound ground beef
- $\frac{1}{2}$ pound finely chopped chicken
- $\frac{1}{2}$ cup mushrooms, finely chopped
- 4 cups bean sprouts
- 2 green onions, finely chopped
- 1 cup celery, finely chopped
- 2 tablespoons soy sauce
- 3 egg yolks
- salt to taste
- lumpia wrappers (egg roll wrappers)

Mix meat, chicken, mushrooms, bean sprouts, onions, celery, egg yolks, soy sauce, and salt in shallow skillet. Cook slowly, stirring often until meat is cooked. Cool, put a tablespoon or two of mixture in center of each wrapper, roll and fold in ends. Fry in deep fat until golden brown. Serve with lumpia sauce.

SAUCE

- 1 cup soy sauce
- $\frac{1}{2}$ cup cider vinegar
- 2 tablespoons chopped onions (fine)
- garlic salt (to taste)

Mix above ingredients and use as dip for lumpia.

Bonnie Sultanik

SAMBOUSIKS

- 1- $\frac{1}{4}$ cups flour (reserve 1 tablespoon)
- 1- $\frac{1}{2}$ teaspoons salt
- 3/4 cup Crisco, or 1- $\frac{1}{2}$ sticks pareve margarine (reserve 1 tablespoon)
- 3 tablespoons ice water
- 3/4 cup chicken bouillon
- 1 tablespoon curry powder, or more to taste
- 1- $\frac{1}{2}$ cups cooked ground chicken
- $\frac{1}{2}$ teaspoon salt

Place shortening, minus 1 tablespoon in a bowl with the flour, minus 1 tablespoon. Add salt. Blend with pastry blender until crumbly. Add ice water and form dough. Place in wax paper and chill 15 minutes. Roll out dough. Fold in half, then in quarters. Reroll and fold into thirds. Rewrap and chill for 1 hour.

In a saucepan melt reserved margarine. Add flour and make a roux. Add chicken bouillon, gradually; stir until boiling and mixture thickens. Blend in curry and salt. Let cool.

Roll out dough 1/8 inch thick (on lightly floured board); cut into 3- $\frac{1}{2}$ inch (approximately) circles. Place a teaspoon of chicken mixture in center and shape into

(Continued)

SAMBOUSIKS - Continued

half moons. Seal edges with water and crimp with fork. Chill on ungreased cookie sheet 15 minutes before placing in a 375 degrees F. oven. Bake 15 minutes or until golden.

Helene Goodhart

When your hands are badly stained from gardening, add a teaspoon of sugar to the soapy lather in which you wash them.

Dry vermouth is an excellent substitute for white wine or sherry in a recipe.

TOASTED MUSHROOM ROLLS

- $\frac{1}{2}$ pound fresh mushrooms
- $\frac{1}{2}$ cup butter
- 3 tablespoons flour
- $\frac{3}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon MSG
- 1 cup light cream
- 2 teaspoons minced chives
- 1 teaspoon lemon juice
- 1 family-sized loaf sliced, fresh white bread

Clean and finely chop mushrooms. Saute in butter for five minutes. Blend in flour, salt, and MSG. Stir in light cream. Cook until thick, stirring occasionally. Stir in chives and lemon juice. Cool. Remove crust from bread and roll slices very thin. Spread with cooled mixture and roll up jelly-roll style. (They may be frozen at this point.) To serve, defrost (if frozen). Cut each roll in half and toast on all sides in 400 degrees F. oven. Yield - 3- $\frac{1}{2}$ dozen.

Barbara Fried

SPICY COCKTAIL MEATBALLS

Great for parties!

- 1 pound ground chuck
- 2 tablespoons finely minced onion
- 1 egg
- $\frac{1}{2}$ cup fresh bread crumbs
- dash garlic salt
- 1 can water chestnuts, drained and finely minced
- 1 envelope sweet and sour sauce mix
- 1 12 ounce jar grape jelly
- 1 bottle chili sauce

Thoroughly combine the first seven ingredients and shape into small meatballs. Heat jelly and chili sauce in a large skillet. Simmer the meatballs in the jelly mixture for 15 minutes. Transfer the meat and sauce to an oven-and-freezer proof baking dish. Cover with foil and freeze. When needed, thaw to room temperature and bake one hour at 300 degrees F. Makes about 75 small meatballs.

Edith Krantzman

WAIKIKI MEATBALLS

- 1- $\frac{1}{2}$ pounds ground beef
- 2/3 cup cracker crumbs or matzo meal
- 1/3 cup minced onion
- 1 egg
- 1- $\frac{1}{2}$ teaspoon salt (I use 1 teaspoon)
- $\frac{1}{4}$ teaspoon ginger
- $\frac{1}{4}$ cup water
- 1 tablespoon vegetable shortening
- 2 tablespoons cornstarch
- 1 can (13- $\frac{1}{2}$ ounces) pineapple tidbits, drained (reserve syrup)
- $\frac{1}{2}$ cup brown sugar (packed)
- 1/3 cup vinegar
- 1 tablespoon soy sauce
- 1/3 cup chopped green pepper

Mix thoroughly beef, crumbs, onion, egg, salt, ginger and water. Shape mixture by rounded tablespoonsful into balls. Melt shortening in large skillet; brown and cook meatballs. Remove meatballs, keep warm. Pour fat from skillet. Mix cornstarch and sugar. Stir in reserved pineapple syrup, vinegar and soy sauce until smooth. Pour into skillet; cook over medium heat, stirring constantly, until mixture thickens and boils. Boil and stir 1 minute. Add meatballs, pineapple tidbits and green pepper. Heat through. Serves 6.

Marge DiBrogroccio

CONSOMME DE ROUGET EN CROUTE
(Red Snapper Soup Sealed in Puff Pastry)

INGREDIENTS FOR SOUP STOCK

- 5 pounds red snapper bones, heads,
tails or any other white fish
bones
- 2 stalks fresh leek
- 1 heart of celery
- 2 fresh tomatoes, cut into quarters
- 1 large onion, cut into half
- 1 whole unpeeled head of garlic,
lightly mashed
- 1 teaspoon crushed white peppercorns
- 4 whole cloves
- 1 piece fresh fennel or 1 teaspoon
fennel seeds
- 3 twigs fresh dill or 1 teaspoon dry
dill weed
- 1 quart white wine
- 4 quarts water
- $\frac{1}{4}$ cup pernod
- 2 bay leaves

If you are using dry fennel and dill instead of the fresh spices, place spices into a small piece of cheesecloth and secure tightly. Fasten 1 bay leaf with 2 cloves on each piece of onion. Wash fish bones with cold water. Place water and wine into stock pot, add all other ingredients, except pernod. Bring stock to a boil, reduce heat and simmer for 1 hour. Skim top of stock periodically.

(Continued)

CONSOMME DE ROUGET EN CROUTE - Continued

Add 2 egg whites for clarification. Strain stock with fine mesh strainer lined with cheesecloth. Add pernod, taste stock and adjust seasoning with salt.

INGREDIENTS FOR SOUP

- 2 ripe tomatoes, skinned, seeded and diced
- 1 piece leek, cut julienne, lightly blanched
- 1 piece fresh fennel, cut julienne
- 1 carrot, cut julienne, lightly blanched
- 1 pound red snapper cubed, lightly blanched
- 6 4 inch individual souffle dishes or soup cups
- 2 pounds puff pastry dough
- egg wash

Distribute all ingredients equally into souffle dishes. Roll out puff pastry to $\frac{1}{4}$ inch thick; cut circles slightly larger than souffle dishes. Fill souffle dishes with hot stock, seal with puff pastry and brush with egg wash. Bake at 375 degrees F. for 10 minutes. Yield: 6 servings.

NOTE: If puff pastry dough is unavailable, Pepperidge Farm patty shell dough may be used in place of it

Hyatt Regency Waikiki

COLD BORSCHT

- 1 pound fresh beets (about 4 medium)
- 3 cups water
- 1 teaspoon salt
- 2 tablespoons sugar
- 4 teaspoons lemon juice
- sour cream

Cut the beets off from their stems. Reserve the leafy part of the stems for use as a green vegetable and chop the remaining length of the stems into $\frac{1}{2}$ -inch pieces. Peel the beets and cut any very large ones in half. Bring beets, chopped stems, water, and salt to a boil and simmer covered until beets are tender, about 40 - 50 minutes. Shred the cooked beets on a coarse grater and return to the liquid. Flavor with sugar and lemon juice. Serve chilled with sour cream.

Lillian Lesch

SWEET AND SOUR CABBAGE BORCHT

- 1 head cabbage
- 1 package short ribs
- 1 large onion, diced
- 1 large can tomatoes
- 1 lemon or (lemon juice concentrate)
- $\frac{1}{4}$ - $\frac{1}{2}$ cup sugar
- 1 tablespoon shortening
- 1 teaspoon salt
- $\frac{1}{2}$ teaspoon pepper

In a large pot place shortening and meat and brown. When browning is almost completed add diced onion and continue browning. Cover meat with water and simmer for 1 hour. Add salt and pepper and tomatoes and simmer $\frac{1}{2}$ hour. Add lemon and $\frac{1}{4}$ cup sugar - taste. If not sweet enough add the remaining sugar. Continue cooking until meat is tender, then add cabbage. Cut cabbage into bite size pieces.

Harriet Weissman

TOMATO CABBAGE SOUP

- $\frac{1}{2}$ small cabbage
- 1 can (10- $\frac{1}{2}$ ounces) tomato bisque
soup
- $\frac{1}{2}$ teaspoon sugar
- 1 small can mushrooms
- 4 medium sized carrots
- water

Shred the cabbage and boil for about 10 minutes until tender. Pour off the water. Add the tomato bisque soup, 1 can of water, sugar, mushrooms and carrots. Bring to a boil and let simmer until the carrots are tender.

Minnie F. Beck

CHICKEN SOUP AND MATZO BALLS

- 3 pound frying chicken, cut into
serving pieces
- 2- $\frac{1}{2}$ quarts water
- 1 large onion, quartered
- 2 large carrots, quartered
- 2 large celery stalks with leaves,
quartered
- 1 parsnip, quartered
- 8 sprigs parsley
- 1 tablespoon salt
- 2 eggs, slightly beaten
- 1 tablespoon chopped parsley
- 1/8 teaspoon salt
- dash of pepper
- $\frac{1}{4}$ cup water
- $\frac{1}{2}$ cup plus 1 tablespoon matzo meal

Put chicken, water, and onion into large kettle. Bring to a boil; skim surface. Cover and simmer for 1 hour. Add carrots, celery, parsnip, parsley sprigs, and the 1 tablespoon salt. Simmer for 1- $\frac{1}{2}$ more hours or until chicken is tender. To prepare matzo balls, combine remaining ingredients, lightly folding in matzo meal. Chill for 20 minutes or more, then shape tablespoons of mixture into balls, using wet hands. Remove chicken and vegetables from soup; put on serving platter. Sprinkle with salt, pepper, and paprika; keep warm in oven until served. Strain soup, bring to a boil, and put in matzo balls, one at a time. When soup boils again, cover and simmer for about 20 minutes. Gently put matzo balls into serving bowls; add hot soup. Makes 6 servings.

Clara Orenstein

JOOK
The Chinese Answer To Jewish Penicillin
(good for what ails you)

- 12 cups strained chicken or turkey
stock
- 1 cup rice
- $\frac{1}{2}$ cup green onions
- $\frac{1}{2}$ cup Chinese parsley
- soy sauce to taste
- pepper to taste
- salt to taste

Begin with a good strained chicken stock or turkey stock. Wash rice and soak for 1 hour in warm water. Bring stock to a rolling boil and add drained rice. Cook at a good boil for 30 minutes. Lower heat to a fast simmer and cook until rice is broken up, stirring frequently. At this point add salt to taste and lower heat to a slower simmer. Cover pot with the lid slightly ajar and cook for approximately 2 hours longer, stirring often. Serve with finely chopped green onions or Chinese parsley as garnish, and soy sauce and pepper (letting everybody add his own garnishes and seasoning to his own bowl).

Sandy Ige

BARLEY BEEF VEGETABLE SOUP

- 1 pound ground beef
- 1 large onion chopped
- 2 cloves garlic
- 3 carrots, sliced $\frac{1}{4}$ inch thick
- 3 stalks celery, sliced $\frac{1}{2}$ inch thick
- 1 medium zucchini, sliced $\frac{1}{4}$ inch thick
- salt and pepper
- parsley
- $\frac{1}{4}$ teaspoon basil
- $\frac{1}{4}$ teaspoon oregano
- $\frac{1}{2}$ cup pearl barley, rinsed and drained
- 6 cups regular-strength beef broth
or 7 bouillon cubes dissolved
in water

In 5 quart pan, cook beef, onion and garlic over medium heat until meat loses its pink color and onion is limp. Drain fat, add carrots, and celery, basil, oregano, barley, and broth. Boil and reduce heat; cover and simmer gently 45 minutes or until barley is tender. Add the zucchini and simmer until tender, about 5 minutes longer.

Ellen Strouse

"CREAMED" LEEK SOUP (A DIETER'S SPECIAL)

- 6 cups chicken bouillon
- 3 cups frozen cauliflower florets
- 12 ounces leeks (white part only),
thinly sliced
- $\frac{1}{2}$ cup fresh chopped parsley
- 1 tablespoon dehydrated onion flakes
- 8 ounces non-dairy liquid creamer
- salt and white pepper to taste
- dash nutmeg (optional)

In large saucepan, bring first five ingredients to a boil. Lower heat, simmer until vegetables are soft, about 10 minutes. Place vegetables and one cup liquid in blender container, reserving remaining liquid; process until smooth. Return to saucepan with reserved liquid. Add non-dairy liquid creamer and seasonings, re-heat but do not boil. Garnish with parsley. Serves six.

Harriet Weissman

ASPARAGUS SOUP

- 1- $\frac{1}{2}$ pounds fresh asparagus (or 1 large can)
- 3 tablespoons margarine
- 4 tablespoons flour
- 6 cups chicken broth, simmering
- $\frac{1}{2}$ teaspoon salt and freshly ground pepper
- 1 egg yolk, combined with 2 tablespoons non-dairy liquid creamer

Wash asparagus. Cut off and discard woody ends. Remove the tender tips and reserve. Cut stalks into 1 inch pieces. In a large saucepan heat margarine. Stir in flour and cook 2 minutes. Add hot broth gradually, stirring until smooth. Add asparagus, salt and pepper and simmer slowly 20-25 minutes or until asparagus is tender. Puree soup in blender and pass through a sieve to remove woody or stringy part of asparagus. Reheat soup; add the asparagus tips and simmer slowly about 7 minutes. Stir in the egg yolk combined with the milk but do not allow soup to boil. Serve immediately.

Bonnie Sultanik

ABDUKIAR (Persian)
Yogurt Soup

This is a cold soup. The yogurt should be made the night before.

YOGURT

- $\frac{1}{2}$ gallon whole milk
- 1 tablespoon yogurt starter or plain commercial yogurt

SOUP

- 3 cucumbers
- 1 clove garlic
- 3 sprigs fresh mint leaves (finely chopped)
- 5 fresh basil leaves (finely chopped)
- $\frac{1}{2}$ cup raisins
- $\frac{1}{8}$ - $\frac{1}{4}$ cup walnuts (finely chopped)
- salt and pepper to taste

YOGURT

Heat the milk in a saucepan; stirring often bring to a boil. Remove from heat. Pour into a large mixing bowl and let cool until 110 to 106 degrees F., but no cooler. Mix the tablespoon of yogurt into the milk.

(Continued)

ABDUKIAR (Persian) - Continued

Cover the bowl with a tablecloth, then a plate and put in a warm place (perhaps inside of the oven) overnight. DO NOT DISTURB. The yogurt should be solidified and will keep refrigerated for several days.

SOUP

Peel and dice cucumbers. Mince garlic. If garlic becomes too sticky while mincing, sprinkle with salt. Mix all ingredients, including raisins, into the yogurt. If the mixture is too thick add ice cubes. Be careful with the garlic. If you use too much or leave it in the yogurt too long, the flavor may be overpowering.

Stephanie Sheehy

Liquid spilled on upholstery and carpeting should always be blotted, never rubbed.

SALADS

CUCUMBER SALAD (Wong-gua)

- 3 cucumbers, medium size
- $\frac{1}{4}$ cup soy sauce
- 1 teaspoon sesame oil
- 3 tablespoons light brown sugar
- 3 tablespoons cider vinegar
- salt and pepper to taste
- parsley

Peel cucumbers lengthwise in alternate strips to create a striped, green-white, effect. Cut off the ends of the cucumbers, then slice in half, lengthwise. Scoop out seeds from each half and slice into half-moons $\frac{1}{4}$ inch thick. Mix the remaining ingredients and toss the cucumbers 3 - 5 minutes before serving. Garnish with parsley. Serves 4 to 6.

Titus Chan



CUCUMBER SALAD

- 1 teaspoon salt
- 2 cups cubed cucumber

Sprinkle salt onto cucumbers and toss lightly. Refrigerate 1 hour. Drain.

DRESSING

- 1 teaspoon Accent
- 1-2 small chili peppers
- 2 tablespoons vinegar
- 1 tablespoon soy sauce
- 2 teaspoons sugar
- 2 tablespoons oil (sesame or peanut)

Combine dressing ingredients with cucumber cubes and serve.

Bonnie Sultanik

YOGURT CUCUMBER SALAD

2 large cucumbers
1- $\frac{1}{2}$ cups yogurt
 $\frac{1}{2}$ cup chopped walnuts
 $\frac{1}{2}$ teaspoon cumin
pinch cayenne pepper

Cut off ends of cucumber and rub it with another cucumber to remove any bitterness. Peel and thinly slice cucumber. Place in bowl and toss with remaining ingredients. Chill first, then serve. Can replace walnuts with two medium size tomatoes instead.

Nadya Akau Glatzer

ORIENTAL WILTED ROMAINE SALAD

- 1 small bunch (3/4 pound) romaine
- 2 tablespoons lemon juice
- 1 tablespoon sugar
- 1 tablespoon catsup
- $\frac{1}{2}$ teaspoon Worcestershire
- $\frac{1}{2}$ teaspoon prepared mustard
- $\frac{1}{4}$ cup salad oil
- 1 medium-sized onion, chopped
- $\frac{1}{4}$ pound bean sprouts
- 1 cup croutons

Tear romaine in bite-sized pieces. Mix lemon juice, sugar, catsup, Worcestershire and mustard. Heat oil in a wok or wide frying pan over high heat; add onion and cook, stirring, for 30 seconds. Add sugar mixture and when it boils, add romaine and remove from heat. Add sprouts, mix well, and turn into a bowl; top with croutons and serve immediately. Serves 4.

Diane Parker

MIDDLE EASTERN SALAD

- 1 head lettuce
- 3 medium tomatoes with seeds gently squeezed out
- 1 large cucumber - scrape out seeds
- 1 small onion (Maui onion if available)
chervil, fresh coriander, or
fresh chopped mint - to taste

Chop first four ingredients into small pieces. Toss to mix thoroughly. Chervil or fresh coriander may be added as desired. However, we have found fresh chopped mint to be the most refreshing. Because the vegetables are chopped small, their flavors will intermingle more than in other salads and will, therefore, require only a hint of salad dressing or simply salt and pepper. If salad dressing is desired, the most compatible is as follows:

- 3 tablespoons oil
- 1 tablespoon lemon juice
- 1 clove garlic crushed with salt

Combine all ingredients leaving in clove of garlic until desired flavor is reached.

CARROT SALAD

- 2 cups grated raw carrots
- 1 cup flaked coconut
- 1/3 cup raisins
- 1 cup canned pineapple chunks,
drained
- 1/2 cup mayonnaise (approximately)
- 2 tablespoons lemon juice

Mix all ingredients, chill 1 hour.

Marge DiBrogrozcio

Fresh lemon juice will take onion scent
away from hands.

BEAN SALAD

- 1 can (16 ounces) cut green beans
- 1 can (16 ounces) wax beans
- 1 can (15- $\frac{1}{2}$ ounces) kidney beans
- 1 can (16 ounces) garbanzo beans
(optional)
- 1 onion, sliced in rings

Drain wax, green and garbanzo beans.
Drain and rinse kidney beans. Combine all
ingredients in bowl.

DRESSING

- 2/3 cup sugar
- 1/2 cup Crisco oil
- 1/2 cup vinegar
- salt and paprika

Combine dressing ingredients and pour
over beans at least 12 hours before serving.
Will keep several days in refrigerator.

Marge DiBrogrozcio

COLD BARLEY SALAD OR TALVOULI
(An Armenian Dish)

3 cups water
1- $\frac{1}{2}$ teaspoons salt
1- $\frac{1}{4}$ cups barley
1/3 cup lemon or lime juice
 $\frac{1}{2}$ cup oil
 $\frac{1}{2}$ teaspoon pepper
 $\frac{1}{4}$ cup chopped parsley
 $\frac{1}{4}$ cup mint
 $\frac{1}{4}$ cup chives

Boil water with 1 teaspoon salt. Add barley, cover, simmer 35 minutes. Cool. Add juice, oil, $\frac{1}{2}$ teaspoon salt and pepper. Chill. Add parsley, mint, and chives.

Diane Sollod

CRUNCHY SALAD (PARVE)

- 1 head cauliflower
- 1 small onion
- $\frac{1}{2}$ cup finely chopped radishes
- 2 tablespoons lemon juice
- $\frac{1}{4}$ cup mayonnaise
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{8}$ teaspoon pepper (or to taste)
- 4 teaspoons chopped parsley.

Finely chop cauliflower in a blender. Do the same with onion. In a bowl combine cauliflower, onion, radishes. In a separate bowl slowly add lemon juice to mayonnaise; add salt and pepper. Stir mixture into cauliflower mix and garnish with parsley. Chill before serving. Serves 4 - 6.

Karen L. Natkin

COLE SLAW - PARTY

- 1 medium head cabbage - shredded
- 1 20 ounce can crushed pineapple,
drained well
- 3 bananas, chopped
- 1 cup miniature marshmallows

DRESSING

- 1 cup mayonnaise
- 3 tablespoons sugar
dash salt
- 2 tablespoons celery seed

Combine cabbage, pineapple, bananas and marshmallows. Pour dressing over ingredients and refrigerate for several hours. Serve cold.

Docia Connolly, sister,
Bonnie Sultanik

POTATO SALAD WITH YOGURT

- 2 pounds potatoes
- 1 cup plain yogurt
- 1 teaspoon salt
- 1 teaspoon ground roasted cumin seeds
- freshly ground pepper to taste
- 1/16 teaspoon cayenne pepper
- 6 - 8 scallions, trimmed and sliced, including half their green sections

Boil potatoes in jackets, then cool completely. Peel and dice into $\frac{1}{2}$ inch cubes. In a bowl combine remaining ingredients. Add potatoes and mix gently.

Diane Sollod

MOLDS

FROZEN STRAWBERRY SALAD

- 1 8 ounce package cream cheese
- 2 20 ounce cans crushed pineapple,
drained
- 3 medium bananas, sliced
- 1 cup chopped pecans
- 3/4 cup sugar
- 1 10 ounce package frozen strawberries
- 1 9 ounce bowl Cool Whip

Mix softened cream cheese with sugar. Beat until smooth. Fold into Cool Whip, then add fruit and nuts, making sure to thaw strawberries before adding. Freeze in a 9 x 13 inch pan, or in a soup size can. To serve frozen from soup size can, remove other end of can, push salad out and slice. May be kept frozen for weeks.

RED-WHITE-BLUE JELLO MOLD

(This looks beautiful made in a large brandy snifter!)

- 1 6 ounce package strawberry jello
- 1 6 ounce package lemon jello
- 1 6 ounce package orange jello
- 1 10 ounce package frozen strawberries
- 1 9 ounce container Cool Whip
- 1 11 ounce can mandarin oranges

Dissolve strawberry jello in 1- $\frac{1}{2}$ cups boiling water. Add 1- $\frac{1}{2}$ cups cold water. Let set until thick but not jelled. Add strawberries, pour into mold. Continue when this has jelled. Dissolve lemon jello in 1- $\frac{1}{2}$ cups boiling water. Add 1- $\frac{1}{2}$ cups cold water. Let set until thick but not jelled. In a deep bowl add Cool Whip and beat with electric mixer until smooth. Add to strawberry jello in mold. When this has completely jelled: dissolve orange jello in 1- $\frac{1}{2}$ cups boiling water. Add 1- $\frac{1}{2}$ cups cold water. Let set until thick but not jelled. Add mandarin oranges, pour into mold and let set.

(Continued)

RED-WHITE-BLUE JELLO MOLD - Continued

NOTE

Grape or black raspberry jello with canned blueberries may be substituted for the orange or strawberry jello. When canned fruit is used, use the juices as part of the cold water.

Barbara Fried

To keep your knife edge sharp, while chopping turn blade over (turn hand upside down) and slide food to the side using the top of the blade.

WINE GELATIN MOLD

- 3 packages (3 ounces each) black
cherry gelatin
- 1 can (16 ounces) black cherries,
juice drained and saved
- 1 cup chopped nuts
- 3/4 cup sweet red wine (I use
Manischewitz)

Dissolve gelatin with cherry juice and enough boiling water to make 4- $\frac{1}{4}$ cups liquid. Add 3/4 cup wine to mixture and chill until it starts to thicken. Stir in cherries and nuts. Chill until firm.

Edith Krantzman

SALAD DRESSINGS

CELERY SEED DRESSING

- 2 cups vegetable oil
- $\frac{1}{2}$ cup cider vinegar
- 1 tablespoon French mustard
- 1 teaspoon celery seed
- $\frac{1}{2}$ teaspoon Worcestershire sauce
- 1 egg
- 3 teaspoons sugar
- $1-\frac{1}{2}$ teaspoons salt
- $\frac{1}{4}$ teaspoon white pepper
- 1 clove garlic, crushed
- 1 teaspoon sweet relish
- $\frac{1}{2}$ teaspoon Kitchen Bouquet
- $\frac{1}{2}$ teaspoon Maggi seasoning
- $\frac{1}{2}$ lemon, juice

Combine cider vinegar, mustard, celery seed, Worcestershire sauce, egg, sugar, salt, white pepper, garlic, sweet relish, Kitchen Bouquet, Maggi seasoning, and juice of lemon half. Blend in oil slowly.

Executive Chef Martin Wyss
Kahala Hilton

PAPAYA SEED DRESSING

- 1 cup sugar
- 1 tablespoon salt
- 1 teaspoon dry mustard
- 1 cup vinegar
- 1 cup salad oil
- 1 small onion, chopped
- 3 tablespoons fresh papaya seeds

Place sugar, salt, mustard and vinegar in blender. Turn on blender and gradually add oil and onion. When thoroughly blended, add papaya seeds. Blend only until seeds are the size of coarse ground pepper. Makes 3 cups. This dressing is good for both fruit and green salads.

Diane Parker

SESAME SEED SALAD DRESSING

- 3/4 cup sugar
- 1/4 teaspoon dry mustard
- 1/2 teaspoon paprika
- 1/2 teaspoon salt
- 1/4 teaspoon Worcestershire
- 3/4 tablespoon minced onion
- 1 cup salad oil
- 1/2 cup vinegar
- 1/4 cup sesame seeds, toasted and crushed

Combine all ingredients except sesame seeds in blender. Blend thoroughly and add seeds. If dressing separates, blend briefly before serving. Makes 1 pint.

Diane Parker

FRENCH DRESSING

$\frac{1}{2}$ cup oil
 $\frac{1}{4}$ cup sugar
 $\frac{1}{4}$ cup vinegar
1 teaspoon lemon juice
1 teaspoon celery seed
 $\frac{1}{2}$ cup catsup
dash garlic powder
dash onion salt

Beat all ingredients for 5 minutes.

Rae Goldman

LOW-CALORIE COTTAGE CHEESE DRESSING

- $\frac{1}{2}$ cup cottage cheese
- $\frac{1}{2}$ cup milk
- 1 teaspoon salt
- 1 teaspoon paprika
- 2 tablespoons lemon juice
- 1 garlic clove, sliced
- $\frac{1}{2}$ green pepper, cut in strips
- 4 radishes
- 2 green onions, coarsely cut

Put all ingredients into blender; blend on high for 10 seconds, or until vegetables are finely chopped. Makes 1- $\frac{1}{2}$ cups.

Diane Parker

BEEF

STEAK TARTARE (CANLIS STYLE)

- 8 ounces fresh ground beef
- 1 teaspoon Worcestershire sauce
- 1 tablespoon chopped tomato
- dash salt and fresh ground pepper
- 1 tablespoon mustard mayonnaise
sauce
- 1 raw egg (yoke only)
- 1 tablespoon chopped onion
- 1 tablespoon chopped green pepper
- few capers

Place meat in mixing bowl and add egg yoke, Worcestershire sauce, salt and pepper, and mix well. Patty out on lettuce leaf on plate. Garnish on patty as follows: spread mustard mayonnaise sauce on patty, fresh pepper, onion, green pepper, tomato and capers. Garnish with sliced tomato, lemon wedges and parsley.

Courtesy of Canlis'

STUFFED CABBAGE

- 2 pounds ground chuck
- 1 egg
- 1 small onion minced
- $\frac{1}{2}$ cup cooked rice
- salt and pepper to taste
- 1 large can tomatoes
- 1 large head cabbage
- 1 lemon
- $\frac{1}{4}$ - $\frac{1}{2}$ cup sugar

Cut the cabbage in half. In a large pot of boiling salted water place cabbage leaves. Parboil the leaves just until they are translucent. Be careful removing the leaves from pot. Place leaves on a dish towel to drain. Mix ground chuck, egg, onion, rice, salt and pepper. Place mixture of ground meat in a cabbage leaf. The quantity depends on the size of leaf. Make sure the leaf can wrap around the meat. Fasten with tooth picks. Place in large pot. If you run out of cabbage leaves, roll remaining ground chuck and place in pot too. Cover with water and can of tomatoes. Cook on a low heat for one hour. Squeeze lemon on top of cabbage rolls and add sugar to taste. Continue cooking for one-half hour, basting the cabbage rolls. Makes 12 to 15 cabbage rolls.

Harriet Weissman

STUFFED GREEN PEPPERS

4 green peppers (washed and cored)

FILLING

1 pound hamburger
salt and pepper to taste
1 egg
1 medium onion (chopped)
3/4 cup raw rice

SAUCE

2 ten ounce cans tomato soup
1/4 cup (approx.) vinegar to taste
brown sugar to taste
1 pound can stewed tomatoes

Mix filling ingredients together and place in cored peppers. Mix sauce ingredients together and pour over stuffed peppers. Bake slowly in a 350 degree F. until done.

Sharon Schwab

ORIENTAL BURGERS

- 1 pound ground beef
- $\frac{1}{4}$ cup chopped water chestnuts
- 2 tablespoons thinly sliced green onions
- 1 tablespoon Worcestershire sauce
- $\frac{1}{4}$ teaspoon salt

In a medium size bowl combine all ingredients. Mix gently, but thoroughly. Shape meat mixture into four burgers. Place under a hot broiler 3 or 4 inches from heat source. Broil until done as desired -- 5 to 7 minutes on each side, or place burgers in a hot skillet with a small amount of oil. Cook over high heat until done as desired. Serve on toasted buns and garnish with sliced scallions, if desired. Serves four.

Minnie Beck

RICE MEAT BALLS

- 1 cup rice
- 1 pound ground beef
- 1/8 teaspoon marjoram
- 2-1/2 cups tomato juice
- 1 egg, beaten
- 2 teaspoons salt
- 2 teaspoons grated onion
- 1/2 teaspoon sugar
- dash pepper
- dash oregano

Mix all except 2 cups tomato juice and sugar. Shape into balls. Blend remaining juice and sugar. Pour into skillet with meat. Bring to boil, cover, simmer 15 minutes, basting occasionally.

CHILI

- 1- $\frac{1}{2}$ pounds ground meat
- 1 large onion, diced
- 2 cloves garlic
- 2/3 tablespoon or $\frac{1}{2}$ bottle Geb-harts Chili Powder
- 1 1 pound can tomatoes, whole
- 1 8 ounce can tomato sauce
- 1 teaspoon hot chili peppers, dried (if desired)
- $\frac{1}{2}$ teaspoon ground cumin powder
- salt and pepper to taste
- 1 14- $\frac{1}{2}$ ounce can chili beans, or home cooked (if desired)
- 1 - 2 tablespoons cornstarch

Fry meat and onion until onions are clear and meat is brown. Drain off grease. Add 2/3 cup water and remaining ingredients except beans and cornstarch. Cook in pressure cooker for 30 minutes or over medium heat for 2 to 3 hours, adding water as needed. Add cooked beans and thicken with cornstarch.

Bonnie Sultanik

SKILLET SUPPER ITALIANO

- 2 tablespoons margarine
- 3 tablespoons chopped onion
- 1 can (8 ounces) mushrooms (sliced)
- 1 pound ground beef
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 1 can (15-1/2 ounces) marinara sauce
- 1 beef boullion cube
- 1/2 cup hot water (boiled)
- 2 cups uncooked medium noodles

Melt margarine in large frying pan (or use electric skillet set at 300 degrees F.). Add mushrooms and onions. Cook until tender. Add meat and brown (stir frequently). Add salt, pepper and marinara sauce. Dissolve boullion cube in hot water. Add to pan. Heat to a boil and reduce temperature to low. Let simmer for 5 minutes. Ten minutes before serving, add uncooked noodles. Cover and cook over low heat for 10 minutes. Serves 4 to 6.

Gayle Benn

EASY HAMBURGER CURRY STEW

- 2 pounds hamburger
- $\frac{1}{4}$ cup flour
- 1 bouillon cube
- 3 cups water
- 2 10 ounce packages frozen mixed vegetables
- 2 large potatoes peeled and diced
- curry powder to taste (I like a lot of it)
- salt to taste

Brown hamburger and sprinkle with flour. Stir well. Add water and bouillon cube. Add vegetables and seasoning. Cook until potatoes are done. Total cooking time - 30 minutes.

Sandy Ige

HAMBURGER MACARONI CASSEROLE

- 1- $\frac{1}{2}$ pounds hamburger
- salt, to taste
- pepper, to taste
- 1 tablespoon flour
- 1 15-ounce can tomato sauce
- 1 package dry onion soup mix
- 2 cups water
- 1 cup cooked macaroni

Brown hamburger and season with salt and pepper. Add flour, tomato sauce, soup mix and water. Simmer for 15 minutes. Add macaroni. Bake 20 minutes at 375 degrees F, uncovered.

Rae Goldman

HAMBURGER CHOP SUEY

- 1- $\frac{1}{4}$ pounds ground beef
- 1 medium size onion, chopped
- $\frac{1}{4}$ cup ($\frac{1}{2}$ stick) margarine
- 2- $\frac{1}{2}$ teaspoons salt
- $\frac{1}{4}$ teaspoon pepper
- 1- $\frac{1}{2}$ cups water
- 2 cups diced celery
- 2 cans (1 pound) bean sprouts, drained
- 4- $\frac{1}{2}$ ounces mushrooms, drained
- 2 tablespoons chopped pimento

THICKENING

- 3 tablespoons cold water
- 3 tablespoons cornstarch
- 1- $\frac{1}{2}$ tablespoons soy sauce
- 1- $\frac{1}{2}$ teaspoons sugar
- 1- $\frac{1}{2}$ tablespoons La Choy
- 1 beef bouillon cube

Cook beef and onion in margarine lightly browning. Add salt, pepper, celery, and water. Bring to boil. Cover and simmer 15 minutes. Add remaining vegetables; heat until hot. Combining thickening ingredients, add to meat mixture. Cook until slightly thickened, stirring constantly. Serve over hot rice or chow mein noodles.

Ellen Strouse

HAMBURGER SOUP

Serve this meaty soup as main dish with a salad and rolls.

- 2 pounds ground beef
- 2 tablespoons olive oil or salad oil
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon pepper
- $\frac{1}{4}$ teaspoon oregano
- $\frac{1}{4}$ teaspoon basil
- $\frac{1}{8}$ teaspoon seasoned salt
- 1 package onion soup mix
- 6 cups boiling water
- 1 cup elbow macaroni
- 1 can (8 ounces) tomato sauce
- 1 tablespoon soy sauce
- 1 cup celery, sliced crosswise
- $\frac{1}{4}$ cup celery leaves, torn in large pieces
- 1 cup sliced carrots
- $\frac{1}{3}$ cup dried split peas

In large saucepan or kettle, brown meat in oil. Add salt, pepper, oregano, basil, seasoned salt, and onion soup mix. Stir in boiling water, tomato sauce, soy sauce, and split peas. Cover and simmer for about 15 minutes. Meanwhile, prepare celery, celery leaves, and carrots; then add to simmering mixture with split peas and continue to cook for 30 minutes longer, adding more water if needed. Makes 6 - 8 servings.

Ellen Strouse

SPANISH CORN

- 1 pound ground beef
- $\frac{1}{2}$ green pepper chopped
- 2 cans (12 ounces) whole kernel
corn (drained)
- 1 can (10- $\frac{1}{2}$ ounces) tomato soup
- $\frac{1}{2}$ cup pitted ripe olives

Saute' first three ingredients together. Add remaining ingredients and put into shallow 2 quart baking dish. Bake at 350 degrees F. for 30 minutes.

Bonnie Sultanik

BRISKET

- 1 first cut (or flat cut, or front
cut) fresh brisket, 3 - 4 pounds
- 1 package dried onion soup mix
- 1 8 ounce can tomato sauce

Place meat on aluminum foil. Sprinkle with soup mixture. Add tomato sauce. Fold aluminum foil so that it is air tight. Cook in a 300 degrees F. oven for 3 hours.

Barbara Fried

CHOLENT
Sabbath Overnight Stew

- 2 tablespoons margarine or oil
- 1 pound beef shankbone meat or
brisket (also use the bone)
- 1 cup dried beans or chick peas,
soaked overnight
- 4 onions, diced
- 1 clove garlic, chopped
- 6 tablespoons pearl barley
- 8 medium-sized potatoes, halved
- 1 bay leaf
- salt and pepper to taste
- 1 cup red wine
- water

Heat the oil in a large heavy saucepan and sear the meat. Add all of the ingredients. Cover with boiling water and bring to a boil. Cover the pot, set over a very low heat or in a very slow oven, 225 degrees F., and cook overnight. Do not stir, but occasionally shake the pan and add water if needed. If Sabbath is over, you may add sliced carrots, celery and $\frac{1}{2}$ package frozen peas. Continue to cook for 30-45 minutes. Cooking time is 10-12 hours. Serves 6.

Stephanie Sheehy

BEEF WITH SWEET POTATO TZIMMES

- 1 pound beef brisket
- 1 pound prunes
- 5 sweet potatoes diced
- $\frac{1}{2}$ cup sugar
- lemon juice
- salt and pepper to taste
- sour salt, to taste

Wash prunes and soak overnight in cold water to cover. Sprinkle meat with salt and pepper, put in pot, and add prunes with the water in which they were soaked. Add more water to cover meat; cover pot and let simmer an hour until meat is nearly tender. Remove meat and prunes, put potatoes into pot, and replace meat and prunes over them. Add sugar, and sour salt or lemon juice to taste, cover pot and let simmer 30 minutes longer, until potatoes and meat are tender.

Diane Sollod

SAVORY BRISKET

- 6 pounds fresh brisket of beef
- 2 teaspoons garlic salt
- 1 bottle (8 ounces) French-type salad dressing
- 1 large onion, sliced
- 1 cup Concord grape wine or sherry
- $\frac{1}{2}$ cup chili sauce
- $\frac{1}{4}$ cup all-purpose flour
- 1 cup water

Sprinkle meat with garlic salt. Place in large baking pan (13 x 9 x 2) without rack. Spread top of meat with half of the French dressing and turn over. Top with onion slices and cover with aluminum foil. Roast at 300 degrees F. for 2 hours. Spread meat with remaining dressing. Spoon mixture of wine and chili sauce over all. Cover and roast 2 hours longer or until meat is fork-tender. Strain broth and skim off fat. Mix 4 cups broth with flour and water. Cook over medium high heat until thickened. Slice meat diagonally across grain. Arrange slices on platter, garnishing with parsley if desired. Serve with gravy.

This makes a large amount of delectable meat. The recipe can easily be halved if you're cooking for a small group.

Avis Greenstone

BEEF BRISKET POT ROAST

- 4 pounds boneless beef brisket
- 2 teaspoons salt
- $\frac{1}{2}$ teaspoon pepper
- 1 teaspoon paprika
- 4 onions, chopped
- 2 cloves garlic, minced
- $\frac{1}{2}$ cup water

Trim excess fat from beef. Combine salt, pepper, and paprika; rub into beef. In a large skillet or Dutch oven, brown meat. Add onions and garlic; saute lightly. Add water, cover, and cook over low heat for 2- $\frac{1}{2}$ hours or until meat is tender. Turn meat occasionally, adding more water if necessary. If desired, after browning transfer to casserole, add water, cover, and roast at 300 degrees F. for 2- $\frac{1}{2}$ hours or until tender, turning meat occasionally and basting with liquid. Add additional water if necessary. Makes 6 servings.

Clara Orenstein

GEDEMPTE FLAISH

- 2 pounds chuck roast
- 1 package onion-mushroom soup mix
- 1 package (1-½ ounces) raisins
- 6 medium potatoes
- 6 medium carrots
- 1 tablespoon honey
- 1 tablespoon margarine
- 2 cups water

Melt margarine in a Dutch Oven and brown meat on both sides. Pour dry soup mix over meat and add 2 cups water. Cook in oven at 350 degrees F. covered for 2 hours. After 2 hours add potatoes, halved, and carrots cut in 1 inch pieces. Cook one-half hour more. Then add raisins and honey. Cook for one-half hour more. Thicken remaining fluid, if desired, and serve meat with horse radish and vegetables as a stew. Serves 4 persons.

Bonnie Sultanik

OLD-FASHIONED BEEF POT ROAST

- 4 pound beef chuck roast
- 2 tablespoons all-purpose flour
- 1 tablespoon cooking oil
- 2 teaspoons salt
- $\frac{1}{2}$ teaspoon dried marjoram, crushed
- $\frac{1}{4}$ teaspoon dried thyme, crushed
- $\frac{1}{4}$ teaspoon dried basil, crushed
- $\frac{1}{4}$ teaspoon pepper
- 1 small onion, sliced
- $\frac{1}{2}$ cup water
- $\frac{1}{2}$ cup dry red wine
- 3 medium onions, cut in sixths
- 1 pound carrots, pared and cut
in chunks
- 1 pound small potatoes, pared and
halved
- $\frac{1}{2}$ cup water
- $\frac{1}{2}$ teaspoon salt

Sprinkle roast lightly with flour; rub in. In Dutch oven, brown meat slowly on all sides in hot oil. Season with the 2 teaspoons salt, marjoram, thyme, basil and pepper. Add sliced onion, the first $\frac{1}{2}$ cup water, and the wine. Cover and roast in 350 degrees F. oven for 2 hours. Add vegetables and the second $\frac{1}{2}$ cup water; sprinkle vegetables with the $\frac{1}{2}$ teaspoon salt. Cover; continue cooking for 1 to 1- $\frac{1}{2}$ hours more or until tender. Remove to platter. Serve with gravy. Makes 6 - 8 servings.

(Continued)

OLD-FASHIONED BEEF POT ROAST

Gravy

Skim fat from pan juices; add water to make 1-½ cups. In shaker, combine ½ cup cold water and ¼ cup flour; shake well. Stir into juices; cook, stirring constantly, until gravy bubbles. Season with salt and pepper. Simmer 2 to 3 minutes, stirring occasionally. Pass with meat.

Pat Sandal

Sprinkle board with powdered sugar rather than flour when rolling out dough to make a sweeter pastry.

ONION BRAISED BEEF

- 4 medium carrots (about $\frac{1}{2}$ pound
halved lengthwise)
- 2 pounds boneless chuck steak
- 2 tablespoons shortening
- dash salt
- dash paprika
- dash pepper
- 1 can onion soup
- 3 medium potatoes, quartered

Cut carrots in 3 inch pieces. In large heavy pan, brown steak in shortening; pour off fat. Season with salt, paprika and pepper. Add soup. Cover; cook over low heat 45 minutes. Add carrots and potatoes. Cook 45 minutes more or until meat and vegetables are done. Stir occasionally. Spoon off fat. Thicken sauce if desired. Makes 4 servings.

Ellen Strouse

SAVORY ROAST

- 4 pounds beef chuck roast
- $\frac{1}{4}$ cup wine or cider vinegar
- $\frac{1}{4}$ cup catsup
- 2 tablespoons soy sauce
- 2 tablespoons Worcestershire sauce
- $\frac{1}{2}$ teaspoon rosemary
- $\frac{1}{2}$ teaspoon garlic powder
- $\frac{1}{2}$ teaspoon dry mustard

Mix sauce ingredients. Place roast on aluminum foil and pour sauce over it. Cover with foil. Roast at 350 degrees F. for 2 hours, or until desired doneness is reached on meat thermometer. Serves 4 - 6 people.

This tastes even better when cooked over a charcoal grill. Brown the meat over the coals before placing it in the foil and adding the sauce. Cooking time in a covered kettle grill is approximately 1 - 1 $\frac{1}{2}$ hours.

Karen L. Natkin

SWISS STEAK BOUQUETIERE

- 2 pounds boneless rump, round or
chuck steak, cut into 6 pieces
- $\frac{1}{2}$ cup flour
- 1- $\frac{1}{2}$ teaspoons salt, divided
- 3 tablespoons oil
- $\frac{1}{2}$ cup chopped onion
- 1 can (1 pound 1 ounce) peeled Italian plum tomatoes, broken up
- 4 tablespoons Worcestershire Sauce,
divided
- 6 carrots, halved lengthwise and
cut in thirds
- 2 green peppers, cut into 1 inch
pieces

Dredge meat with flour mixed with $\frac{3}{4}$ teaspoon salt. Pound into both sides of meat. In a large heavy pot or Dutch oven heat oil. Add meat and brown well on both sides. Add onion, saute until transparent. Stir in Worcestershire Sauce (2 tablespoons). Cover, reduce heat and simmer 45 minutes. Add carrots and green pepper. Cover and cook 45 minutes longer or until vegetables and meat are tender. Stir in remaining 2 tablespoons Worcestershire Sauce and $\frac{1}{2}$ teaspoon salt. Serves 6.

Ellen Strouse

SAVORY SWISS STEAK

- $\frac{1}{2}$ cup flour
- 1 tablespoon dry mustard
- salt and pepper to taste
- 1- $\frac{1}{2}$ pounds steak, cut 1 inch thick
- 2 tablespoons salad oil or shortening
- 1 can (1 pound) tomatoes
- 1 cup sliced onions
- $\frac{1}{2}$ cup diced celery
- 2 - 3 carrots, diced
- 2 tablespoons Worcestershire sauce
- 1 tablespoon brown sugar

Mix flour, mustard, salt and pepper. Sprinkle meat with the mixture and pound it into the steak with a meat pounder. Cut pounded steak into individual portions. Heat the oil in a heavy frying pan or Dutch oven over medium-high heat; brown meat on both sides in the oil. Pour the remaining ingredients over meat; add salt and pepper to taste. Cover and bake in a 350 degrees F. oven for 1- $\frac{1}{2}$ hours, or simmer on top of the stove for about 1- $\frac{1}{2}$ hours. If it dries out, add an 8 ounce can of tomato sauce. Serves 4.

Ellen Strouse

ROULLADEN

- 1 pound round steak, cut 1/8
inch thick
- prepared mustard, enough to
coat meat
- 2 medium onions, chopped
- 1½-2 teaspoons sweet pickle relish
- salt and pepper to taste
- 2-3 cups water
- ½ cup white wine
- 2 beef boullion cubes

On flat piece of meat spread prepared mustard, 1 teaspoon chopped onions, relish and salt and pepper. Roll and secure with toothpick. Brown in margarine. Add water, wine and beef bouillon cubes. Cook ½ hour in pressure cooker or 1-½ hours in Dutch oven at 350 degrees F. When finished, thicken gravy with flour or cornstarch and serve over meat. This dish is usually served on noodles or rice.

Bonnie Sultanik

FLANK STEAK WITH MUSHROOMS AND PEAS

- 1- $\frac{1}{4}$ pounds flank steak
- $\frac{1}{2}$ pound mushrooms, sliced (about 3 cups)
- 1 cup celery, diagonally sliced
- 1 package (10 ounces) frozen peas
- 1 tablespoon cornstarch
- $\frac{1}{2}$ teaspoon sugar
- 1- $\frac{1}{2}$ tablespoons soy sauce
- $\frac{1}{2}$ teaspoon ground ginger
- $\frac{1}{4}$ teaspoon garlic powder
- 3 tablespoons salad oil
- rice or Chinese noodles

Cut flank steak in half lengthwise; slice each half on the diagonal into $\frac{1}{4}$ inch thick strips. Place mushrooms, celery and frozen peas in a large, heavy frying pan that has a cover. Add 1 cup water. Cover, bring to a boil, and cook over medium-high heat for about 5 minutes or until celery is tender but still crisp. Drain, reserving liquid, and place vegetables in bowl.

Blend $\frac{1}{2}$ cup water and cornstarch; stir in sugar, soy sauce, ginger, and garlic powder. Brown meat quickly in the salad oil; reduce heat, return vegetables to pan with soy sauce mixture, and cook for about 1 minute longer, stirring constantly until sauce becomes quite thick. Blend in about $\frac{1}{3}$ cup of the reserved vegetable liquid, if you prefer a thinner sauce. Yield - 4 servings.

Ellen Strouse

STEAK WITH MIXED VEGETABLE GARNISH

- 1 large baking potato
- 2 or 3 carrots, cut in 2 inch lengths
- 1 - 1½ pounds top round cut, 2 inches thick
- 8 - 10 medium sized mushrooms
- 3 tablespoons margarine
- ½ teaspoon basil
- ¼ teaspoon garlic powder

Boil or steam the potato (unpeeled) and carrots until tender when pierced. Briefly rinse in cold water and drain. Let cool, cover and refrigerate. Broil the steak about 6 inches from heat. Meanwhile peel the cooked potato and cut in quarters to form thick sticks. In a frying pan over medium heat, saute the mushrooms in the margarine, basil, and garlic powder until tender; about 7 minutes. Then add the carrots and potato sticks and turn gently until heated through. To serve, transfer the steak to a carving board and surround with vegetables. Cut meat across the grain into slanting slices.

Ellen Strouse

KOREAN BEEF

- 1 pound beef
- $\frac{1}{4}$ cup sugar
- 2 tablespoons oil
- 6 tablespoons soy sauce
- pepper, to taste
- 1 green onion, chopped
- 1 clove garlic
- 4 teaspoons sesame seeds
- 1 tablespoon flour

Cut beef into thin slices. Add sugar and oil. Mix well. Combine soy sauce, pepper, chopped green onion (including top), chopped garlic, prepared sesame seeds, and flour. Add to meat. Mix well. Let stand at least 15 minutes. Cook on hibachi for best results.

Marge DiBrogrozcio

KOREAN STEAK

One pound steak cut $\frac{1}{2}$ inch thick. Marinate steak in the following mixture for at least 3 hours:

- 2 green onions (scallions), chopped fine
- 1 large clove garlic, chopped fine
- $\frac{1}{4}$ teaspoon Accent
- $\frac{1}{8}$ teaspoon ginger
- dash black pepper
- 1 teaspoon sesame seeds
- 4 teaspoons sugar
- $\frac{1}{4}$ cup salad oil
- $\frac{1}{4}$ cup Kikkoman Soy Sauce

Coat steak with flour; then dip into beaten egg and fry. Serve with stir-fried vegetables.

Anne Frohman

SHISH-KE-BOB

1½ pound sirloin steak (cut in cubes)
fresh mushrooms (whole)
green peppers (cut in 1 inch pieces)
celery (cut in 1 inch pieces)
onions (single small or large cut in
1 inch pieces)
cherry tomatoes (whole)

MARINADE

1½ cups salad oil
¾ cup soy sauce
¼ cup worcestershire sauce
2½ teaspoons salt
1 tablespoon ground pepper
½ cup wine vinegar
1½ teaspoons parsley
2 garlic cloves
1/3 cup lemon juice

In a blender mix together ingredients for marinade. Pour over meat and let stand covered in refrigerator overnight. Marinate vegetables for two to three hours. Alternate meat with vegetables on skewers. Cook over charcoal or broil until done.

Nancy Lightman

SPICY BEEF SHORT-RIBS WITH VEGETABLES

- 2 tablespoons salad oil
- 5 pounds beef short ribs, cut in 2-rib portions
- 1 medium onion, coarsely chopped
- 1 16 ounce bottle barbecue sauce
- 5 medium carrots, each cut cross-wise in 2 inch pieces
- 1 or 2 10 ounce packages fresh or frozen Brussels sprouts, or fresh or frozen string beans

In 8-quart Dutch oven over medium-high heat, in hot oil, cook beef short-ribs, a few at a time, until well browned on all sides, removing ribs as they brown. Reduce heat to medium; add onions to drippings in Dutch oven and cook until tender, about 5 minutes - stirring occasionally. Spoon off fat from Dutch oven. Return ribs to Dutch oven. Stir in barbecue sauce and $\frac{1}{2}$ cup water; heat to boiling. Reduce heat to low; cover and simmer 1- $\frac{1}{2}$ hours (test with fork after first hour - ribs may be tender by then), stirring occasionally. Add carrots, cover and simmer 30 minutes. Add Brussels sprouts (or other vegetable) over medium high heat. Heat to boiling. Reduce heat to low; cover and simmer 10 to 15 minutes or until vegetables and meat are tender. Skim off fat from liquid. Delicious over tender egg noodles. Makes 6 servings.

Edith Krantzman

ORIENTAL BARBEQUE SHORT RIBS

- 2 pounds short ribs
- 2 tablespoons soy sauce
- 2 tablespoons gravy from meat
- 1 cup brown sugar

Cut ribs into serving size pieces. Cover and roast plain for 1 hour. (Place on rack so fat can drip off). Uncover and cool. Make a paste of soy sauce gravy from meat and brown sugar. Dip ribs into paste. Broil until brown on both sides.

Gayle Benn

CHEESE, EGGS, AND OTHERS

FETTUCINE ALFREDO

- 12 ounces dry fettucine (cooked -
will yield 36 ounces)
- 1 pint heavy cream
- 4 ounces fresh unsalted butter
- 6 ounces fresh grated parmesan
cheese
- 1 ounce chopped parsley
- pinch of salt
- freshly ground white pepper corn
nutmeg

Use a shallow saute pan, preferably copper, over low heat. Bring cream to boil. Add pasta, mix well and add butter. Turn in pan with wooden utensil. Sprinkle with parmesan cheese and mix well. Season. Grate nutmeg over last minute. Serves 6 persons.

Hyatt Regency Waikiki

MAMALIGA

Mamaliga is an old Roumanian peasant recipe given to me by a recently acquired aunt who used to be a Roumanian Countess. It was usually served as a main dish pudding type, but can serve as an accompaniment to a main course. The serving was a ritual in which the eldest divided the pudding using a string to make separate portions.

- 1 cup yellow corn meal
- 1 teaspoon salt
- 1/3 stick butter (approximately
1- $\frac{1}{2}$ ounces)
- 1/3 pound cottage cheese
- 2 tablespoons sour cream
- 1/3 pound cheddar cheese or 1/3
pound feta cheese
- 1 tablespoon grated parmesan cheese

Into 3 cups of boiling water add the 1 teaspoon salt and then the cup of yellow corn meal which has been moistened with 1 cup of cold water. Boil for about 15 minutes covered - stir. Then add sour cream, half of the butter, cottage cheese, cheddar or feta (or both, if you prefer). Bake in 350 degrees F. oven in oven-proof dish for 10 minutes. Place remaining butter on top before completion for crust.

Arlyne DeSena Fox

COTTAGE CHEESE SOUFFLE

- $\frac{1}{2}$ cup butter
- $\frac{1}{2}$ cup sugar
- 4 eggs, separated
- $\frac{1}{2}$ pound cottage cheese, sieved
- $\frac{1}{3}$ cup seedless raisins
- 1 teaspoon lemon juice
- 1 cup sour cream

Cream butter, add sugar and egg yolks. Stir in sieved cottage cheese, raisins, lemon juice, and sour cream. Fold in beaten egg whites and turn into a buttered casserole set in hot water. Bake, uncovered, one hour at 350 degrees F. and serve immediately. Serves 6.

Lillian Lesch

COTTAGE CHEESE CASSEROLE

- 3 or 4 8-ounce cans of tomato sauce
- 24 ounces cottage cheese
- 12 ounces cooked elbow macaroni
- $\frac{1}{2}$ pound grated longhorn cheese (or
other cheese if preferred)
- pepper to taste

In a large casserole dish combine the first 3 ingredients. Sprinkle the grated cheese on top. Bake in moderate oven until cheese melts and bubbles.

Jar lids or a glass may be used as cookie or pastry cutters.

CHEESE BLINTZES

- 2 eggs
- 1 cup milk
- 2 teaspoons salad oil
- 3/4 cup flour
- 1/2 teaspoon salt
- 1 cup cottage cheese
- 1/2 package (8 ounces) cream cheese,
softened
- 2 egg yolks
- 2 tablespoons sugar
- 1 teaspoon vanilla
- 6 tablespoons butter or margarine

Beat eggs with milk and oil; beat in flour and salt until smooth. Chill batter for 30 minutes. Drain cottage cheese; stir in cream cheese, egg yolks, sugar, and vanilla. Chill. To make pancakes, melt 1 teaspoon of the butter in a 7-inch skillet. Pour in 2 tablespoons of the batter, turning pan quickly so batter will coat the bottom. Fry until lightly browned on one side only. Repeat, stacking pancakes browned side up, until all are fried. Preheat oven to 350 degrees F. Butter a baking sheet. Place a spoonful of the cheese filling on browned side of each pancake. Turn opposite sides in slightly to help hold filling; roll carefully. Put on prepared baking sheet. Spread remaining 2 tablespoons butter on blintzes; bake for 15 minutes. Serve immediately with fruit such as strawberries or raspberries and sour cream. Makes 12 blintzes.

Clara Orenstein

BLINTZ SOUFFLE

12 blintzes

4 eggs
1- $\frac{1}{2}$ cups sour cream
1 teaspoon vanilla
 $\frac{1}{4}$ scant cup orange juice
 $\frac{1}{4}$ cup sugar
softened butter or margarine

Spread softened butter or margarine in casserole to cover sides and bottom. Place blintzes in casserole and pour all the mixed ingredients over blintzes. Bake uncovered for 45 minutes at 350 degrees F. If made ahead and kept in refrigerator, let stand at room temperature before baking.

Lillian Lesch

MAC'N CHEESE SURPRISE

- 1 cup chopped onion
- 4 tablespoons butter or margarine
- 2 cans cream of mushroom soup
- 1- $\frac{1}{2}$ cups water
- 1 tablespoon Worcestershire Sauce
- 1/8 teaspoon pepper
- 6 cups cooked elbow macaroni
- 4 cups shredded sharp cheddar
cheese (1 pound)
- 1 package (10 ounces) frozen
mixed vegetables

In large saucepan cook onion in butter until tender. Add soup; gradually blend in water. Stir in remaining ingredients. Heat until cheese melts; stir often. Garnish with tomato wedges if desired. Makes about 10- $\frac{1}{2}$ cups.

Ellen Strouse

CHILI RELLANOS

- 2 4 ounce cans whole mild peppers
(roasted and peeled), drained
- $\frac{1}{2}$ pound Monterey Jack cheese
- 6 eggs, beaten
- $\frac{2}{3}$ tablespoon flour, approximately -
add to eggs to make a thick
batter
- salt and pepper
- 1 cup vegetable oil

Make batter with eggs, flour, salt and pepper. Drain peppers, remove seeds, slice and place $\frac{1}{4}$ inch slice of cheese inside pepper. Cover with other side of pepper. Cover with batter and fry in hot oil until golden brown. Serve plain or with taco sauce.

Bonnie Sultanik

LASAGNA FOR A CROWD (75)

SAUCE

- 3 pounds onions, diced
- 6 cloves garlic, crushed
- 1 pound carrots, grated
- 1 package celery, diced
- bunch of parsley, chopped
- 7 cans (32 ounces) tomatoes
- 4 cans (12 ounces) tomato paste
- 1- $\frac{1}{2}$ cups dry red wine
- 3/4 cup olive oil (approximately)
- $\frac{1}{4}$ - $\frac{1}{2}$ pound margarine to saute vegetables
- sugar, salt and pepper to taste

Saute vegetables (first four ingredients) and put into a large heavy pot. Break up tomatoes by putting into blender, add to sauce along with paste, wine, seasonings and parsley. Cook about 1 hour and then refrigerate overnight as this enhances the flavor.

LASAGNA AND CHEESE

- 6 cartons (32 ounces) cottage cheese
- 3 cans (8 ounces) parmesan cheese
- 2 dozen eggs, hardcook 1- $\frac{1}{2}$ dozen
- 5 - 6 pound loaf of mozzarella cheese,
shredded, put into 2 bags
- 7 packages (8 ounces) lasagna,
cooked per directions

Put cottage cheese in two large bowls. Add a can of parmesan cheese and three eggs to each and mix well. Use 6 roaster pans,

(Continued)

LASAGNA FOR A CROWD (75) - Continued

14 x 10 inches, greasing the sides well. Lay out the pans. Spread a little sauce on each followed by a layer of lasagna, spread contents of cottage cheese from one bowl, mozzarella cheese, slices of eggs (3 eggs per pan), then a generous layer of sauce. Repeat this with the second bowl of cheese. On the last or third layer of lasagna, spread your sauce and then sprinkle a can of parmesan over all, and end with the mozzarella cheese. Bake in a 375 degrees F. oven. There will be 15 servings per pan and will allow for seconds.

B. Pat Sandal

Wet your hands before rolling matzo balls or meat balls and they won't stick to your hands.

SPINACH LASAGNA

- 1 medium onion, chopped
- $\frac{1}{2}$ green pepper, chopped
- 2 garlic cloves, minced
- 2 tablespoons vegetable oil
- 2 cans (16 ounces each) tomatoes
- 1 can (6 ounces) tomato paste
- $\frac{1}{4}$ cup fresh parsley, minced
- $\frac{1}{2}$ teaspoon basil
- $\frac{1}{2}$ teaspoon thyme
- 1 teaspoon oregano
- 1 bay leaf
- salt and pepper to taste
- 9 lasagna noodles
- 1 10-ounce package frozen chopped spinach, thawed and well drained
- 1 pound ricotta cheese
- 1 egg
- $\frac{3}{4}$ cup grated parmesan cheese
- $\frac{1}{4}$ teaspoon pepper
- 8 ounces mozzarella cheese, grated

Saute' onion, green pepper and garlic in oil until tender. Stir in tomatoes, tomato paste and seasonings. Simmer uncovered 30 minutes. Meanwhile, cook noodles according to package directions. Drain. In a separate bowl, combine spinach, ricotta cheese, egg, $\frac{1}{4}$ cup parmesan and $\frac{1}{4}$ teaspoon pepper. Spoon $\frac{1}{4}$ of sauce into bottom of a 9 x 13 inch baking dish. Cover with 3 noodles, half of ricotta filling, $\frac{1}{3}$ of the mozzarella cheese and $\frac{1}{3}$ of the remaining parmesan. Repeat layer, using up ricotta filling. Cover with

(Continued)

SPINACH LASAGNA - Continued

last 3 noodles. Top with remaining sauce and cheeses. Bake at 350 degrees F. for 45 minutes. Let stand a few minutes before cutting into squares for serving. Makes 6 servings.

Edith Krantzman

Dip a new broom in hot salt water (and let dry) before using. This will toughen the bristles and make it last longer.

EGGPLANT LASAGNA

- 2 medium eggplants
- 3 eggs, beaten
- flour, salt, pepper, to make
thick batter

SAUCE

- 1 pound ground beef
- 1 small onion, diced
- 1 1 pound can whole peeled
tomatoes
- 1 8 ounce can tomato sauce
- 1 cup water
- $\frac{1}{2}$ teaspoon oregano
- 1 teaspoon parsley, dried or fresh
- $\frac{1}{4}$ teaspoon garlic salt
- $\frac{1}{4}$ teaspoon onion salt
- salt and pepper to taste

Slice eggplants; cover with batter; fry in vegetable oil in shallow skillet, turning to brown golden on both sides. Drain and set aside.

SAUCE

Brown meat and onions; drain off excess grease. Add other ingredients. Cook $\frac{1}{2}$ hour in pressure cooker or simmer over moderate heat for 2 to 3 hours. Thicken with flour or cornstarch until consistency of very thick paste.

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EGGPLANT LASAGNA - Continued

Layer a large 12 x 12 inch pan; start with a small amount of sauce, then add eggplant, then sauce, then more eggplant. Repeat until all sauce and eggplant is used. Recipe should make 3 layers. Bake at 350 degrees F. for about 20 minutes - until sauce bubbles.

Bonnie Sultanik

Use club soda to clean stains on tablecloths, carpeting, upholstery, clothing, etc.

EGGPLANT CASSEROLE

- ½ cup salad oil
- 3 cloves garlic minced or grated
- 1 large onion coarsely chopped
- 1 green pepper chopped
- 1 teaspoon powdered coriander
- 1 teaspoon tumeric
- ¼ teaspoon cayenne
- 1 teaspoon fresh ginger root grated
- 2 bay leaves
- 1 medium eggplant cut into ¾ inch cubes
- 1 pound can whole tomatoes cut up
- 1 vegetable bouillon cube
- 1 tablespoon brown sugar

Simmer first nine ingredients until onion is clear. Then discard bay leaves. Add eggplant and stir until oil is absorbed. Then add tomatoes, bouillon cube, and brown sugar. Bake in casserole dish at 325 degrees F. for 1 hour. Serve with rice and fresh home-made yogurt.

ZUCCHINI CASSEROLE

- 1- $\frac{1}{2}$ pounds zucchini
- 1 can (4 ounces) chili peppers
- 4 eggs
- $\frac{1}{2}$ cup milk
- 1 pound jack or mozzarella cheese,
grated
- 1 teaspoon salt
- 2 teaspoons baking powder
- 3 tablespoons flour
- $\frac{1}{2}$ cup bread crumbs
butter or margarine

Cut zucchini into $\frac{1}{2}$ inch slices. Cook in water until barely tender (5 minutes). Drain and cool. Beat eggs slightly and add milk, cheese, salt, baking powder, and flour. Stir zucchini and chili peppers into egg mixture. Place in buttered 2 quart casserole. Sprinkle with bread crumbs and dot with butter. Bake for 35-40 minutes at 350 degrees F. Makes 6 servings.

Gayle Benn

MATZO PIZZA

If you have matzo left over from Passover that you feel you must get out of the house but you feel guilty about throwing it away, try this recipe:

- matzo sheets (as many as will fit on your Teflon-coated or Pam-sprayed cookie sheet)
- 2 eggs
- salt
- 1 cup tomato sauce
- $\frac{1}{2}$ cup milk
- 6-8 slices of American cheese or cheddar or mozzarella cheese
- pizza toppings (suggest mushrooms, onions and green peppers)

Beat eggs and milk together. Dip matzo sheets in mixture and then place on cookie sheet. Pour remaining mixture over matzo. Sprinkle with salt. Add cheese and cover with tomato sauce. Arrange pizza toppings. Bake in 350 degrees F. oven for 25 minutes.

(WARNING: This is much richer than regular pizza. You will not be able to eat as many pieces. Also, go easy on the anchovies as they can clash with the egg.)

PAT-A-PIZZA

- 1 can of 10 refrigerated biscuits
- $\frac{1}{2}$ can (8 ounces) tomato sauce
- $\frac{1}{2}$ pound fresh mushrooms, sliced
- 1 small onion, chopped
- $\frac{1}{4}$ teaspoon salt
- $\frac{3}{4}$ teaspoon oregano
- 2 tablespoons oil
- 10 small slices (or shredded)
Mozarella cheese

Pat and push the biscuits into circles, about 4 inches across, on an ungreased baking sheet. Put about 1 tablespoon tomato sauce on each. Bake at 400 degrees F. until lightly browned (about 10 minutes). While pizza bakes, saute mushrooms and onions in oil in hot skillet. Pour off grease; add salt and oregano. Turn oven down to 325 degrees F. (low). Put some of mushroom mixture, and then some cheese, on each pizza. Heat pizzas in oven until cheese is melted.

Karyn Fried

PIZZA CASALINGA

DOUGH

- 1- $\frac{1}{4}$ cups flour
- $\frac{1}{2}$ teaspoon salt
- 1 teaspoon sugar
- 1 tablespoon butter
- $\frac{1}{2}$ cup hot water
- 1 package (1- $\frac{1}{2}$ teaspoons) active dry yeast
- olive oil

SAUCE

- 1 tablespoon olive oil
- 1 medium onion, finely chopped
- 1 clove garlic, finely chopped
- 1-1/3 cups peeled tomatoes, coarsely chopped but not drained (canned)
- 2 tablespoons tomato paste
- 1 teaspoon oregano
- 1 teaspoon fresh basil, finely chopped or $\frac{1}{2}$ teaspoon dried basil
- $\frac{1}{2}$ bay leaf
- $\frac{1}{2}$ teaspoon sugar
- $\frac{1}{2}$ teaspoon salt and pepper

TOPPING

- $\frac{1}{2}$ pound mozzarella cheese, grated
- $\frac{1}{2}$ -3/4 cups parmesan cheese, grated

(Continued)

PIZZA CASALINGA - Continued

DOUGH

Combine flour, salt, and sugar in a medium bowl and mix well with a wooden spoon. In a small bowl, stir butter into hot water. When water cools to lukewarm, add yeast; let develop for 5 minutes. Add yeast mixture to flour mixture. Mix until a dough forms that leaves the sides of the bowl. It will be somewhat sticky. Make a ball of dough with lightly floured hands and transfer to a very lightly oiled clear bowl. Let rise for 45 minutes or until doubled in bulk, in a draft free place.

SAUCE

Heat olive oil in a skillet or a medium sauce pan. Saute onion in the oil until it is transparent, but not brown. Add garlic to the pan. Saute 1 minute with onion, stirring. Stir in remaining ingredients and simmer over low heat, uncovered, for 1 hour or until thick. Stir from time to time.

ASSEMBLING

Turn ball of dough onto floured, flat surface. Punch down. Preheat oven to 400 degrees F. Shape dough; put on greased cookie or pizza sheet. Pour sauce over the dough, leaving $\frac{1}{2}$ inch at the edge. Sprinkle mozzarella and parmesan mixture over sauce. (I put a little oil with the cheese; mix with oregano - makes a nicer, crustier topping) Cook for 15-20 minutes, or until cheese looks ready.

Nancy Lightman

PUFFY OMELET LYONNAISE

- 8 eggs, separated
- $\frac{1}{2}$ cup non-dairy liquid creamer
- $\frac{1}{2}$ teaspoon salt
- dash of pepper
- 2 tablespoons margarine

Beat egg whites until stiff. Set aside. Beat yolks until thick and lemon colored; add milk, salt, and pepper; fold into whites. In 10" skillet (oven proof) melt margarine and pour in eggs. Cook over low heat 5 minutes or until lightly browned on bottom. Bake at 350 degrees F. for 15 minutes or until top springs when pressed with finger.

SAUCE

- 1 can (4 ounces) sliced mushrooms,
drained
- 1- $\frac{1}{2}$ cups thickly sliced onions
- 2 tablespoons margarine
- 1 can (10- $\frac{1}{2}$ ounces) chicken gravy
- $\frac{1}{4}$ cup pimento strips
- 2 tablespoons chopped parsley
(dried or fresh)
- 2 tablespoons sherry
- dash of pepper

While omelet is cooking, melt margarine in saucepan; brown mushrooms and cook onions

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PUFFY OMELET LYONNAISE - Continued

in margarine until tender. Add remaining ingredients. Heat, stirring occasionally. When omelet is done, transfer to a warm platter. Make a shallow cut down center; pour part of sauce on, fold omelet in half. Top with remaining sauce. Makes 4 servings.

Docia Connolly, sister
of Bonnie Sultanik

MEXICAN OMELET

- 3 eggs
- 2 tablespoons onion, sauted transparent
- 3 - 4 tablespoons green chili and tomato sauce (salsa)
- grated cheddar cheese
- margarine
- 1 tablespoon milk

Beat eggs with milk. Pour into moderately hot, buttered skillet (preferably non-stick skillet). Place onions and 2 tablespoons chili sauce and 1 tablespoon grated cheddar cheese on top of egg mixture. When cooked fold over into thirds. Add 1 tablespoon cheddar cheese to remaining chili sauce and pour over top of eggs.

Bonnie Sultanik

DELICIOUS EGG CASSEROLE

- 14 slices bread (no crust) - cut
into cubes
- $\frac{1}{2}$ pound processed American cheese -
shredded
- 6 eggs
- 2 cups milk
- 1 teaspoon salt
- $\frac{1}{4}$ pound melted butter

Grease 2 quart casserole. Layer with bread cubes and shredded cheese. Beat eggs, milk and salt. Pour over bread and cheese. Pour melted butter over egg mixture, cover and refrigerate overnight. Bake at 400 degrees F., covered, in pan of water for 1 hour 15 minutes. Serve at once. Tuna may be added for lunch or evening meal. Good for brunch. Serves 8 - 10.

Nan Harris

A DIFFERENT KIND OF EGG

- 2 tablespoons butter or margarine
- 1 tablespoon chopped green onion
- 6 eggs
- 1/3 cup cream, or half and half, or
evaporated milk
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 package (3 ounces) cream cheese,
broken

Melt butter in top part of double boiler. Add onion and cook over direct heat 1 - 2 minutes. Combine remaining ingredients. Add to onions in double boiler, put over simmering water and cook stirring often until set. Makes 4 servings.

Bonnie Sultanik

BIRD HAY

- 4 large slices rye bread
- 6 tablespoons butter or margarine
- 6 large eggs
- salt to taste
- pepper to taste
- Tabasco, dash
- 1 tablespoon cold water

Remove crusts from bread. Cut bread into thin strips about 1- $\frac{1}{2}$ inches long and $\frac{1}{4}$ inch wide. Melt butter in teflon skillet; add bread and saute very, very slowly, toasting it well and turning with rubber spatula until it has absorbed a lot of the butter and become quite crisp, like fried toast, but not burned. Beat eggs with salt, pepper, Tabasco and cold water. Pour mixture into pan with the bread, and let the eggs start to set. Turn them gently with rubber spatula merging them with the crispy bread strips until everything is thoroughly mixed and the eggs are scrambled as you like them. Serves 4.

You may add chopped chives or parsley to egg mixture.

Marge DiBrogroccio

SCRAMBLED EGGS TOFU

- 3 tablespoons butter
- $\frac{1}{2}$ teaspoon tumeric
- 1 tablespoon soy sauce (or less)
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{8}$ teaspoon pepper
- 2 cups well drained mashed tofu
- 2 tablespoons cream cheese

Combine first five ingredients in a skillet and lightly cook. Add mashed tofu and scramble about 5-10 minutes. Mix in cream cheese and serve like scrambled eggs with toast.

Nadya Akau Glatzer

To prevent tomato worms on your plants, plant a few sprigs of dill near them.

TOFU TEMPURA

This is great as a main or side dish

- 1 8 ounce block tofu
- $\frac{1}{4}$ cup toasted and ground sesame seeds
- 3 eggs
- 2 tablespoons sugar
- 1- $\frac{1}{2}$ teaspoons salt
- $\frac{1}{2}$ teaspoon msg
- $\frac{1}{2}$ cup finely chopped carrots
- $\frac{1}{2}$ cup chopped green beans

Heat oil to 380 degrees F. Place tofu in cloth and squeeze to remove water. Place tofu, sesame seeds, eggs, sugar, salt and msg in blender. Blend well. Combine by hand with carrots and green beans; mix well. Drop small spoonful of mixture into hot oil and fry until golden brown. Fry only a few at a time. Serve hot with mustard soy sauce. Makes about 6 dozen small or 3 dozen large.

Diane Parker

MOCK TURKEY AND GRAVY

- 6 cups cubed tofu (about 3 blocks)
- $\frac{1}{4}$ cup soy sauce
- $\frac{1}{4}$ cup water

METHOD 1

Drain tofu blocks well. Try to choose firm tofu. Cut into large cubes and put into teflon baking pan. Combine soy sauce and water and pour evenly over tofu cubes. Cover with aluminum foil and bake at 425 degrees F. for 20 minutes. Remove from oven, uncover, and gently stir tofu. Cover with foil again and return to oven for 15 minutes. Remove foil and gently stir and return to oven without foil for a final 15 minutes of baking.

METHOD 2

May use less tofu and steam in a covered pot for 15 minutes. Put soy sauce and water on floor of pan.

GRAVY

- 1 cup garbanzo beans (chickpeas) flour
- 1 teaspoon basil
- 1 teaspoon thyme
- $\frac{1}{2}$ teaspoon black pepper
- 3 cups water or soy milk
- $\frac{1}{4}$ cup soy sauce
- 2 teaspoons lemon juice
- 2-3 tablespoons nutritional yeast

(Continued)

MOCK TURKEY AND GRAVY - Continued

Prepare gravy by combining first 4 ingredients in a teflon skillet on medium to medium-low heat and stir constantly to dry roast grain and spices. Must stir constantly or will burn. It is best to use a teflon pan so it will not stick. Gradually add water or soy milk, constantly stirring to prevent lumping. A whisk works well. When blended, add last 3 ingredients and mix well. Serve over baked or steamed tofu.

Nadya Akau Glatzer

FELAFEL

- ½ pound fresh chickpeas
- water
- 3 tablespoons cracked wheat (bulghur)
- 2 tablespoons flour
- 2 cloves garlic
- 1 teaspoon salt
- dash chili pepper
- 1 teaspoon ground cumin
- pinch ground coriander
- sufficient oil for deep frying

Soak chickpeas in water overnight. Soak cracked wheat in water for one hour. Grind chickpeas and cracked wheat in a meat grinder. Mix in remaining ingredients (except for oil). Form into small balls. Deep fry in oil until golden brown. Drain and serve hot. May also be put into pita.

TACHINA

- 3 medium-size garlic cloves, chopped
- 1 cup hulled, ground sesame seeds
- 1 cup cold water
- $\frac{1}{2}$ cup fresh lemon juice
- 1 teaspoon salt

Mash the garlic to a paste with a pestle or the back of a large spoon. Stir in the ground sesame seeds. Then beat in $\frac{1}{2}$ cup of the cold water, the lemon juice, and the salt. Still beating, add up to $\frac{1}{2}$ cup more of water, 1 tablespoon at a time, until the sauce is the thickness of mayonnaise. Taste for seasoning. Serve with pita. Makes about 1- $\frac{1}{2}$ cups.

FISH

JULIENNE OF MAHIMAH I A'LA CAVALIER

- 12 ounces mahimahi in long strips
(3 to 4 inches)
- $\frac{1}{4}$ cup butter
- salt
- white pepper
- 2 tablespoons chopped shallots
- $\frac{1}{4}$ cup sauterne wine
- 8 medium size mushrooms, sliced
- 2 tablespoons capers
- 2 pieces artichoke bottoms, sliced
- 1 tablespoon lemon juice
- Worcestershire sauce
- cornstarch

Coat fish lightly with flour and saute in butter over high heat. Add salt, white pepper and continue sauteing. Add shallots, mushrooms, capers and artichoke bottoms. Saute for two minutes. Add wine and reduce heat. Add Worcestershire sauce and lemon juice for taste. Add a little cornstarch to thicken. Serves 2.

Wallace K. Takara
Executive Chef,
Cavalier

RED SNAPPER FLORENTINO

Featured at SPATS, Italian Style Family Restaurant and Disco

- 6 ounces red snapper filet with skin on
- 2 ounces sliced fresh mushrooms
- 1 teaspoon chopped fresh parsley
- 6 ounces frozen spinach
- 1 tablespoon imitation bacon bits
- 1 teaspoon chopped fresh shallots
or $\frac{1}{2}$ teaspoon freeze dried shallots
- $\frac{1}{2}$ clove garlic
- 1 tablespoon dry vermouth
- salt
- white pepper
- butter
- flour
- oil
- nutmeg

Marinate snapper filet to taste with salt, white pepper, fresh lemon juice, and Worcestershire sauce. Coat snapper filet with flour, saute in oil until golden brown, bake in oven at 375 degrees F. for 5 minutes. Drain oil and set aside filet on warm plate. Add butter to pan and saute mushrooms for 3 minutes. In another pan, saute chopped shallots for 1 minute with garlic and butter; add imitation bacon bits; add spinach and season to taste with nutmeg, salt and white pepper. Lay red snapper filet over spinach mixture and top with mushrooms; garnish with chopped parsley. Serve with pasta or risotto rice. One serving.

Hyatt Regency Waikiki

FILLET OF SOLE

- 1 pound fillet of sole
- 1 tablespoon lemon juice
- $\frac{1}{2}$ cup white wine
- 1 cup mushroom soup
- $\frac{1}{4}$ cup milk
- salt and pepper to taste
- $\frac{1}{2}$ cup carrots cut into $\frac{1}{8}$ inch slices
- 1 tablespoon parsley

Salt and pepper fillets, then mix all other ingredients together. Pour over fish. Bake at 350 degrees F. for 20 minutes. Prior to serving sprinkle with parsley.

Bonnie Sultanik

SWEET AND SOUR SHAD

- 4 slices boned shad
- 6 cups water
- 12 ginger snaps
- 1 cup raisins
- 3 cups vinegar
- 1 cup brown sugar
- 2 large onions, sliced
- 2 lemons, sliced

Boil all above except fish for about 20 minutes. Add the fish to the sauce. Boil slowly 10 or 12 minutes. Remove fish from pan and place on platter and cover with some of the sauce. Cool and serve.

Frankie Kusel

SWEET AND SOUR SALMON

- 2 slices salmon steak (about 3/4" thick)
- 2 cups water
- 3/4 cup vinegar
- 1 lemon - sliced
- 1 onion - sliced
- 4 tablespoons sugar

Boil all above except fish for about 15 minutes. Add washed fish. Boil 15 or 20 minutes. Put fish on platter. Cool sauce. Beat yolk of 1 egg and pour sauce into the egg, stirring constantly with whisk. Pour over fish. Serve cold with boiled potatoes.

Frankie Kusel

TUNA NOODLE CASSEROLE

- 8 ounces broad noodles
- 2 7 ounce cans tuna, drained
- 1 teaspoon celery salt
- $\frac{1}{4}$ teaspoon pepper
- $\frac{1}{2}$ teaspoon thyme
- 2 cups tomato juice

Cook noodles, drain. Flake tuna. Pour half the noodles into the bottom of a greased 2 quart casserole; top with flaked tuna, celery salt, pepper and thyme. Cover with remaining noodles. Pour tomato juice over top. Bake in a 350 degrees F. oven for 20 minutes, or until top noodles are lightly browned.

Lillian Lesch

SWEET-SOUR TUNA WITH RICE

- 2 6- $\frac{1}{2}$ or 7 ounce cans tuna in vegetable oil
- 1 green pepper, cut in strips
- 1 cup diagonally cut celery
- 5 teaspoons cornstarch
- 1 20 ounce can pineapple chunks
- 2 tablespoons vinegar
- 2 teaspoons soy sauce
- 1 chicken bouillon cube
- hot fluffy rice

In a medium skillet over high heat in oil from one can tuna, cook green pepper and celery about 2 minutes, stirring constantly. Measure cornstarch into 2-cup measuring cup; gradually stir in syrup from pineapple, vinegar, and soy sauce; add water to make 1- $\frac{1}{2}$ cups. Pour into skillet with tuna, pineapple, bouillon cube. Cook, stirring constantly, until sauce is thickened. Serve with rice. 6 servings.

Lillian Lesch

BAKED TUNA SALAD

- 10 cans tuna, drained and flaked
- 10 cups finely chopped celery
- 10 cans (8 ounces) water chestnuts,
drained and sliced thinly
- 3 tablespoons plus 1 teaspoon
instant onion
- 10 cans chopped olives
- 10 cans cream of celery soup
- 1 package thin noodles, cooked and
drained

Mix tuna, celery, and water chestnuts.
Blend in soup, onions and olives. Turn into
3 four quart disposable pans (deep roasters).
Sprinkle with crumbs. Bake in 350 degrees F.
oven 30 - 35 minutes or until bubbly. Yield
40 - 60 (12 quarts).

Aloha Jewish Chapel Women's Guild

INDIAN STYLE TUNA FISH

- $\frac{1}{2}$ teaspoon mustard seed
- $\frac{1}{4}$ teaspoon garlic salt
- 2 medium onions, chopped
- $\frac{1}{4}$ teaspoon turmeric powder
- 1 7-3/4 ounce can tuna
- $\frac{1}{4}$ teaspoon curry powder
- $\frac{1}{4}$ teaspoon chili powder (or less
for milder flavor)
- 1 teaspoon salt

Heat oil in frying pan; add mustard seed and heat until it pops (cover pan). Add garlic salt and fry for a few minutes, stirring. Add onions and fry, stirring often, until well-browned. Add turmeric and mix, cooking for just a few seconds. Add drained tuna, flake and mix in pan. Add curry powder, chili powder and salt, mix well. Cover pan and fry over low heat, stirring occasionally, for about 15 minutes. Serve hot or cold.

Diane Parker

(This recipe comes from India, via an Indian friend. It is used there with various types of fish.)

TUNA APPLE SALAD

- 1 small head lettuce
- 1 7-3/4 ounce can white tuna meat
- 2 cups peeled chopped apple
- 1 cup walnuts, chopped
- 1 11 ounce can mandarin oranges,
drained
- 1/4 cup mayonnaise or salad dressing
- 1 teaspoon lemon juice
- 2 teaspoons soy sauce

Break lettuce into chunks. Break tuna into chunks. Add apple, walnuts and mandarin oranges. In small bowl mix mayonnaise, lemon juice and soy sauce. Add to lettuce-tuna mixture just before serving and toss lightly to coat.

Bonnie Sultanik

SALADE NICOISE
Tuna a la Francais

- 4 potatoes, cooked and peeled
- 1 pound fresh string beans, cooked
and sliced
- 2 cans tuna, drained, 7 ounces
- 1 large cucumber, sliced
- 1 large red onion, sliced
- 2 tomatoes, sliced
- 2 hard cooked eggs
- 2 green peppers, sliced
- 2 tins anchovy fillets (optional)
- 1 can pitted black olives (5.8
ounces)

In a large glass bowl start to layer tuna and vegetables individually, starting with potatoes. Salt and pepper each layer. Pour vinagrette dressing on each layer. Top all with black olives and anchovies.

VINAGRETTE DRESSING

- 1 ½ cups salad oil
- ½ cup wine vinegar
- 2 teaspoons Dijon mustard
- salt and pepper to taste
- 3 cloves garlic, minced
- 2 teaspoons tarragon

Blend all ingredients well.

Gayle Benn

VEAL/LAMB

CROCK POT VEAL

- 1 pound veal stew
- 1 teaspoon garlic powder
- 1 teaspoon paprika
- 1 beef bouillon cube or teaspoon
onion soup powder
- 1- $\frac{1}{2}$ cup water
- $\frac{1}{4}$ cup cooking sauterne
- 1 4 ounce can mushroom stems and
pieces
- 1 tablespoon parsley flakes
- 1 tablespoon onion flakes

Mix bouillon, water and sauterne. Put all other ingredients in crock pot, pour liquid over it. Cover and cook on low for 8 - 10 hours. It can be left cooking all day, or can be cooked in 4 - 5 hours on high. Serve over cooked noodles. 3 - 4 servings.

Karen L. Natkin

LAMB SHOULDER

4 or 5 pounds shoulder of lamb
lemon
mustard
garlic
 $\frac{1}{4}$ cup Kitchen Bouquet
2 cups water
salt and pepper to taste
potatoes, peeled, enough for as
many people to be served

The night before the lamb is to be cooked, remove the skin and fat from the lamb. Make little nicks and insert garlic. Cover with lemon juice and wrap in waxed paper. Refrigerate overnight. The next day, wash the lamb, rub in salt and pepper, and cover with mustard. Place in roasting pan (without the rack); add Kitchen Bouquet and water. Roast at 350 degrees F. for 2- $\frac{1}{2}$ to 3 hours, or until tender. Baste every half hour. An hour before lamb is finished, place potatoes in roasting pan with lamb.

Minnie Beck

SHISHLIK
Grilled Lamb on Skewers

- 1- $\frac{1}{2}$ pounds of lamb
- 1 onion, sliced
- 1 tablespoon olive oil
- 3 medium size tomatoes, sliced
- juice of $\frac{1}{2}$ lemon
- bay leaves
- 1 large bell pepper, sliced
- 1 large egg plant, sliced
- salt and pepper

Dice the meat into 1 inch cubes. Mix olive oil with lemon juice and dip the meat cubes into it. Place on a plate and sprinkle with salt and pepper. Cover with onion slices, tomato slices and bay leaves. Place in refrigerator 4-5 hours. Put the meat on metal skewers together with onion, bell pepper and eggplant. Brush with oil. Broiling over charcoal is preferable but it may also be done in an oven broiler. Serve immediately. Cooking time 10 minutes. Serves 4.

Stephanie Sheehy

SPANISH LAMB CASSEROLE

- 1 package (6 ounces) Spanish Rice Mix
- 2 tablespoons shortening
- 1 medium onion, sliced
- $\frac{1}{2}$ cup green pepper, cut in strips
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{8}$ teaspoon liquid hot pepper sauce
- 6 - 8 slices cooked lamb

Cook rice according to package directions. Meanwhile, melt shortening in skillet; add onion and green pepper and saute until tender. Stir in salt and hot pepper sauce, then lamb. Mix in the cooked rice and serve. Makes six servings.

Minnie Beck

POULTRY

SOUPE DE POULET EN CROUTE "ROBERT BALZER" Baked Chicken Soup a la Robert

- 4 2 pound whole chickens
- 2 leeks (separate green from the
white; use white only,
approximately 1 pound)
- 2 whole cloves
- 2 bay leaves
- 2 whole ripe tomatoes
- 1 bouquet parsley
- 2 ounces dry morels (mushrooms)
- 1 pound puff pastry
- 1-½ gallons water

Soak the morels in water. Wash them until the water is clear and one by one remove the sand and the stem. Dry them in cheese cloth. Separate the white part of the leek and later cut it in julienne. Make the broth with all the ingredients, chicken, parsley, leek green, cloves, bay leaves and morels in their cheese cloth. Simmer slowly for 1 - 1-½ hours.

Remove the chicken and cut the breast in julienne. Place breast of chicken into soup bowl and add julienne of leek, the morels and then the chicken broth strained. Seal the soup bowl with puff pastry cut and rolled ¼ inch thick, and the diameter slightly larger than the soup bowl. Bake the soup in

(Continued)

SOUPE DE POULET EN CROUTE "ROBERT BALZER"
- Continued

a hot oven at 400 degrees F. for 15 to 20 minutes until the pastry puffs and becomes brown. Serve immediately. Yield: 8 servings.

Hyatt Regency Waikiki

BAKED CHICKEN

- 1 cup uncooked rice (long cooking)
- 1 package dry onion soup mix
- 2 cans consomme' soup
- 1 10-3/4 ounce can mushroom soup
- 1 10-1/2 ounce can chicken gravy

Spread rice in a greased deep pan. Place chicken over rice. Add soups. Bake two hours at 325 degrees F. uncovered.

Rae Goldman

A HONEY OF A CHICKEN

- $\frac{1}{4}$ cup honey
- $\frac{1}{4}$ cup soy sauce
- $\frac{1}{4}$ cup fresh lemon juice
- $\frac{1}{2}$ cup ketchup
- 1 pound can drained pineapple
chunks
- 1 large green pepper in chunks
- 2 tablespoons cold water
- 1 tablespoon cornstarch
- 3 - 4 pounds chicken parts

In a large bowl mix together honey, soy sauce, ketchup and lemon juice. Place chicken in the bowl; marinate 3 - 4 hours. Line a shallow baking pan with foil. Place chicken in pan, skin side up. Pour remaining marinade over chicken. Bake at 325 degrees F. for 1 hour uncovered, basting occasionally. Add pineapple and green pepper. Bake 15 minutes more. Remove to platter. Mix cornstarch in water. Stir into gravy to thicken and pour over chicken. Serves 6.

Diane Sollod

EASY CHICKEN KIEV

- $\frac{1}{2}$ cup margarine
- 1 - 2 cloves garlic, crushed
- 1 teaspoon chopped chives
- 1 teaspoon chopped parsley
- 1 teaspoon salt
- 1 teaspoon Italian Seasoning
- $\frac{1}{4}$ teaspoon black pepper
- 3 - 4 pounds chicken pieces
- 1 package seasoned chicken coating mix

Combine margarine, garlic, chives, parsley, salt, Italian Seasoning and pepper on a cookie sheet with a raised edge. (Cover cookie sheet with aluminum foil, if desired.) Melt mixture over low heat on burner on top of stove, stirring to mix well. Moisten chicken pieces and shake off excess liquid. Roll chicken pieces in seasoned coating mix, being certain each piece is evenly coated. Dunk into melted mixture and arrange chicken pieces in single layer on the cookie sheet. Bake 45 minutes at 400 degrees F. Serve with wild rice mix. Serves 4 to 6 depending on amount of chicken used.

Carla Cole

CHICKEN MONTMORENCY

- 2 cups pitted black cherries
- 3 pounds cut-up chicken
- 3 tablespoons margarine
- 1 tablespoon flour
- salt
- pepper
- paprika
- 1 teaspoon sugar
- 1/8 teaspoon allspice
- 1/8 teaspoon cinnamon
- 1 chicken bouillon cube

Drain cherries but save liquid. Wash, dry and skin chicken. Season with salt, paprika and pepper. Brown in butter in skillet. Remove chicken. In skillet add $\frac{1}{4}$ teaspoon salt, flour, sugar, and spices. Mix well. Add cherry juice and return chicken to pan. Cover and simmer 35 minutes. Add cherries and simmer 5 minutes more.

HERB BAKED CHICKEN

- 2 fryers (2- $\frac{1}{2}$ to 3 pounds)
- 1 teaspoon garlic salt
- 1 teaspoon rosemary, crushed
- $\frac{1}{3}$ cup vegetable shortening, melted
- $\frac{1}{3}$ cup dry white wine
- 1 teaspoon rosemary, crushed
- $\frac{1}{2}$ teaspoon sweet basil, crushed
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon white pepper

Heat over to 400 degrees F. Wash and dry chicken. Sprinkle neck and body cavities with garlic salt and 1 teaspoon rosemary, crushed, for full flavor. Combine shortening, wine, 1 teaspoon rosemary, basil, salt and pepper. Truss chicken; place in roasting pan. Brush with sauce. Bake 1- $\frac{1}{2}$ to 2 hours or until tender. Brush with sauce several times (about every 20 minutes) during baking for a moist flavorful chicken. When tender, remove from baking pan, remove trussing. Carve chicken or cut into serving pieces with knife or poultry shears. Serves 8.

Pat Sandal

DRESSED-UP CHICKEN

- cut up fryer pieces
- 1 bottle Russian salad dressing
- 1 package dry onion soup mix
- 1 jar (18 ounces) apricot preserves

Mix all ingredients; pour over chicken and marinate for at least 4 hours. Bake at 350 degrees F. until crisp and tender.

Gayle Benn

CHICKEN AND RICE

- 2/3 pound cut up chicken (I take the skin off)
- 1 package dehydrated onion soup
- 1 cup Minute Rice (may use 1-½ cups and equal water if you like rice)
- 1 cup water

Place chicken in dish. Pour rice, soup mix, then water over chicken. Cover and cook in Microwave for ½ hour or at 350 degrees F. for 1 hour.

Bonnie Sultanik

ROAST CHICKEN

- 2 cups mashed potatoes
- 2 tablespoons melted chicken fat or vegetable shortening
- $\frac{1}{2}$ cup browned minced onions
- 3 teaspoons salt
- $\frac{1}{2}$ teaspoon pepper
- 5 pound roasting chicken or pullet
- $\frac{1}{2}$ teaspoon ginger (optional)
- $\frac{1}{2}$ cup boiling water

Mix together the potatoes, fat, onions, 1 teaspoon salt and $\frac{1}{4}$ teaspoon pepper. Stuff the chicken and sew the opening or fasten with skewers. Season with remaining salt and pepper, also ginger. Place in roasting pan. Roast in a 425 degrees F. oven for 45 minutes, turning the chicken to brown on all sides. Add the water, reduce the heat to 350 degrees F., and roast 1- $\frac{1}{2}$ hours longer, or until chicken is tender. Baste occasionally. Serves 6.

Pat Sandal

SHERRY CHICKEN

- 2- $\frac{1}{2}$ - 3 pound chicken fryer (whole or cut up)
 - 1 teaspoon garlic salt
 - $\frac{1}{4}$ teaspoon pepper
 - 1 large onion, cut in small pieces
- 2 - 3 stalks celery, cut in small pieces
- 2 carrots, cut in small pieces
- $\frac{1}{4}$ pound fresh mushrooms
- $\frac{1}{4}$ cup cooking Sherry or Sauterne
- $\frac{1}{4}$ cup bouillon, chicken or mushroom
- $\frac{1}{4}$ teaspoon paprika

Place chicken in a roasting pan lined with aluminum foil. Sprinkle with garlic salt and pepper. Place onion, celery, mushrooms and carrots around chicken. Pour sherry over all after mixing it with bouillon. Cover and bake at 350 degrees F. for 45 minutes. Baste as needed. Uncover and cook 15 minutes more. Sprinkle with paprika before serving. Serves 3 - 4.

Karen L. Natkin

SUPREME SKILLET CHICKEN

- 2 medium zucchini
- 2 pounds chicken parts
- 2 tablespoons shortening
- $\frac{1}{2}$ cup diced celery
- 1 teaspoon paprika
- $\frac{1}{2}$ teaspoon basil
- 1 medium clove garlic, minced
- $\frac{1}{2}$ cup drained chopped canned tomatoes

Cut zucchini in half lengthwise; slice diagonally in $\frac{1}{2}$ inch pieces. In skillet, brown chicken in shortening, pour off fat. Add celery and seasonings. Cover; cook over low heat 30 minutes. Stir occasionally. Add zucchini and tomatoes. Cook 15 minutes more or until tender. Makes 4 servings.

Ellen Strouse

TERI CHICKEN

- 1 broiler-fryer (or equivalent in parts)
- 1 cup soy sauce
- $\frac{1}{2}$ cup dry red wine
- $\frac{1}{2}$ cup water
- $\frac{1}{2}$ cup brown sugar
- 1 clove garlic
- 1 finger ginger (or 1 teaspoon powdered ginger)

Cut chicken into serving pieces and arrange in cooking dish. In a bowl, stir together soy sauce, wine, water, brown sugar, garlic and ginger. Pour over chicken and bake 1- $\frac{1}{2}$ hours at 325 degrees F. Turn pieces every 20 minutes. Serve immediately. Good cold but remove chicken from sauce before refrigerating.

Marge DiBrogrozcio

SOY-WINE CHICKEN

- 4-5 pounds of chicken parts
- $\frac{1}{2}$ cup soy sauce
- $\frac{1}{4}$ cup sherry
- $\frac{1}{4}$ cup lemon juice
- 1 tablespoon dried minced onions
- 2 dashes Chinese five spice

Mix last five ingredients together. Pour over chicken and let stand in refrigerator 3 hours or longer, turning once or twice. Place chicken pieces, skin side up, in roasting pan and add marinade. Cook at 375 degrees F. uncovered 1- $\frac{1}{4}$ hours or until tender. Suggest serving with brown rice.

Rita C. Teitel

CANTONESE CHICKEN

- 3 chickens
- 1 cup BBQ sauce (hickory smoked)
- $\frac{1}{2}$ cup honey
- $\frac{1}{2}$ cup soy sauce
- 1 teaspoon ginger
- $\frac{1}{4}$ cup lemon juice
- dash garlic powder

Combine above ingredients. Marinate chickens over night. Bake at 350 degrees F. about 2 hours on cookie sheet.

Raelene Goldman

CHINESE MINUTE CHICKEN

- 3- $\frac{1}{2}$ pounds chicken breasts or thighs
- 3 tablespoons flour
- $\frac{1}{4}$ cup shortening
- 2 cloves garlic, crushed
- $\frac{1}{4}$ teaspoon pepper
- $\frac{3}{8}$ cup water
- 2 teaspoons sugar
- 1 tablespoon sake
- $\frac{3}{4}$ cup chopped green onion
- $\frac{3}{8}$ cup chopped Chinese parsley

Bone chicken and cut into bite-size pieces. Coat with flour. Let stand for ten minutes. Heat shortening and garlic in large wok, or heavy skillet, until sizzling hot. Add chicken and quickly stir until brown, keeping unit at highest heat. Lower heat and add pepper, water, sugar, sake, green onions and Chinese parsley. Mix ingredients thoroughly and serve at once on a bed of crisp noodles. Garnish with more Chinese parsley. Yield - 6 servings.

Minnie Beck

CHICKEN CURRY (INDIA)

- $\frac{1}{2}$ cup diced celery
- 1 large onion, diced
- $\frac{1}{2}$ stick margarine
- 2 cups chicken broth
- 1 medium apple, peeled and diced
- 1 teaspoon salt
- 1 teaspoon Accent (optional)
- 1 teaspoon curry powder (this
makes mild curry)
- 1 teaspoon vinegar
- $\frac{1}{3}$ cup flour
- $\frac{1}{2}$ cup water (optional)
- 2 cups diced cooked chicken

Saute celery and onions in margarine. Add chicken broth, apple, salt, curry powder, and vinegar. Bring liquid to a boil. Thicken with paste made from flour and water. Add chicken and heat through. Serve with hot rice and condiments:

- 1) chopped - peanuts, hard cooked eggs, chutney.
- 2) diced - tomato, bananas.
- 3) raisins, shredded coconut, french fried onions, crushed pineapple, chives.

Bonnie Sultanik

LEVY'S LOUISIANA CHICKEN STEW

- 3- $\frac{1}{2}$ - 4 pounds cut up chicken
- salt and pepper, to taste
- 2 tablespoons margarine
- 3 tablespoons flour
- $\frac{1}{2}$ green pepper, diced
- $\frac{1}{2}$ cup minced parsley
- 1 small onion, diced
- 2 bay leaves
- 1 clove garlic
- rosemary, a pinch
- thyme, a pinch
- 2 cups chicken stock

Sprinkle chicken with salt and pepper. In a cast iron Dutch oven, blend margarine and flour over medium high heat. Add green pepper, parsley, onion, garlic, bay leaves, rosemary, and thyme. When mixture is brown, add chicken pieces. Then slowly add boiling chicken stock. Simmer slowly for 2 hours or until chicken is tender. Serve with gravy over hot rice.

JoAnn Levy

CHICKEN SALAD (Sau-See-Gai)

2 cups cooked chicken meat

MARINADE

$\frac{1}{2}$ teaspoon monosodium glutamate
 $\frac{1}{2}$ teaspoon sugar
 $\frac{1}{2}$ teaspoon sesame oil
 $\frac{1}{2}$ teaspoon salt
dash white pepper
2 teaspoons soy sauce
1 teaspoon peanut or vegetable oil
3 teaspoons dry sherry
2 tablespoons Chinese red vinegar
Tabasco to taste

Use chicken that has been deep fried, roasted, or boiled, but not barbecued. Cut the meat into 2 inch strips, about $\frac{1}{4}$ inch thick. Combine the chicken with marinade ingredients and mix well; then let it sit for at least $\frac{1}{2}$ hour.

VEGETABLES

2 cups head lettuce
 $\frac{1}{2}$ cup green onion
1 cup celery
2 cups Chinese won bok cabbage
or romaine lettuce
1 bunch Chinese parsley (optional)

(Continued)

CHICKEN SALAD (Sau-See-Gai) - Continued

DRESSING

- $\frac{1}{2}$ teaspoon monosodium glutamate
- $\frac{1}{2}$ teaspoon sugar
- $\frac{1}{2}$ teaspoon salt
- 1 teaspoon sesame oil
- 1 teaspoon soy sauce
- $\frac{1}{4}$ teaspoon Tabasco
- $\frac{1}{4}$ teaspoon pepper
- $\frac{1}{3}$ cup Chinese red vinegar
- $\frac{1}{4}$ cup salted peanuts, crushed
- roasted sesame seeds

Slice the lettuce and won bok into thin strips about $\frac{1}{4}$ inch wide and 2 inches long. Cut the green onion into thin strips about $1\frac{1}{2}$ inches in length and also cut the celery into thin pieces, julienne style. Cut Chinese parsley in 2 inch sprigs.

Gently mix the vegetables and dressing in a large salad bowl. Add the chicken and half of the peanuts and again gently mix well. Transfer onto a platter and garnish with the remainder of the peanuts and roasted sesame seeds. Do not mix the salad with the seasonings until just before serving since the vegetables will then wilt rather rapidly and the salad will lose its textures.

Titus Chan

BAKED CHICKEN SALAD

- 2 cups cubed cooked chicken
- 1 cup sliced celery
- $\frac{1}{2}$ cup salted cashew nuts
- 3 tablespoons lemon juice
- $\frac{1}{2}$ cup green pepper, chopped
- $\frac{1}{4}$ teaspoon salt
- 1 cup mayonnaise (not Miracle Whip)
- $\frac{1}{4}$ cup pimento, chopped
- $\frac{1}{4}$ teaspoon basil (or Italian Seasoning)
- 1 can (3- $\frac{1}{2}$ ounces) French Fried Onions
- paprika

Mix all of the above except $\frac{1}{2}$ can of the onions and paprika. Pour into greased 1- $\frac{1}{2}$ quart casserole and bake, covered, 30 - 40 minutes at 350 degrees F. Remove from oven and top with remaining onions. Sprinkle with paprika and bake 5 minutes longer. Serves 6.

NOTE: This may be frozen - omitting second topping of onions until last 5 minutes of reheating. It can also be made 1 or 2 days in advance and kept in the refrigerator.

Carla Cole

CHINESE CHICKEN SALAD

- 3 shredded chicken breasts (cooked about 20 minutes or until done)
- 1 head lettuce (shredded to bite size)
- $\frac{1}{2}$ package chow mein noodles or cut won ton pi into thin strips and deep fried
- 3-6 green onions (sliced thin diagonally)
- 1 small package toasted almonds
- $\frac{1}{4}$ cup sesame seeds toasted

Combine above ingredients for salad.

DRESSING

- 4 tablespoons sugar
- 2-3 teaspoons salt
- 1 teaspoon MSG (Accent)
- $\frac{1}{4}$ teaspoon black pepper
- 4 tablespoons vinegar
- $\frac{1}{4}$ cup salad oil

Combine first five ingredients and dissolve over low heat. Add oil after cooling. Toss dressing on salad just before serving.

Harriet Weissman

CHICKEN LIVERS WITH ARTICHOKE AND DILL SAUCE

- $\frac{1}{4}$ cup chopped onions
- 2 tablespoons margarine
- 16 ounces chicken livers, halved
- 1 envelope hollandaise sauce mix
- $\frac{1}{2}$ teaspoon dried dillweed
- $\frac{1}{4}$ teaspoon salt
- 1 can artichoke hearts (7 ounces),
drained and quartered
- $\frac{2}{3}$ cup water

In a large skillet, cook onion in margarine until tender but not brown. Add chicken livers and cook until browned, about 3 minutes. Remove from heat. Push chicken livers to one side. Blend dry sauce mix into pan drippings in skillet; add dill and salt. Stir in water, cook and stir over medium heat until thickened and bubbly; add artichokes, reduce heat and simmer covered for 4-5 minutes. Serve on hot cooked rice. Makes 4 servings.

Diane Sollod

ROAST DUCKLING WAIALAE

- 2 4 pound ducklings
- $\frac{1}{4}$ cup sugar
- $\frac{1}{2}$ cup wine vinegar
- 2 oranges
- $\frac{3}{4}$ cup red wine
- 2 cups Espagnole Sauce (brown sauce),
not too thick
- 1 cup water or wine
- 16 pieces lychee
- 12 pieces tangerine
- 16 slices banana
- 1 ounce Grand Marnier
- 1 ounce brandy
- Tabasco
- salt
- pepper
- Kitchen Bouquet (optional)

Rub ducklings with salt and pepper. Roast at 350 - 375 degrees F. for 1 to 1- $\frac{1}{2}$ hours or until tender. Caramelize sugar in sauce pan. Add vinegar and simmer for a few minutes. Peel oranges with julienne scraper. In a separate pan, boil orange peel julienne in red wine for 5 minutes. Squeeze orange juice into caramel sauce. Add heated Espagnole Sauce; simmer for 15 minutes.

When ducklings are done, remove from roasting pan; discard fat. Deglaze pan with 1 cup water or wine and add this stock to sauce;

(Continued)

ROAST DUCKLING WAIALAE - Continued

simmer a little longer. Strain sauce, then add orange peel and wine. Add few drops of Tabasco sauce to taste. If sauce is not dark enough, add a little Kitchen Bouquet for color.

Carve each duckling into four pieces and arrange in a flat skillet. Sprinkle with lychee, tangerines, and bananas. Heat over burner. Flame with Grand Marnier and brandy. Pour sauce over duckling. Serve with buttered wild rice and spiced peaches. Serves 4.

Martin Wyss
Maile Restaurant
Kahala Hilton

Keep a screwdriver in your Kitchen to separate frozen meat.

DUCK AH LA YUM YUM

Stuffing for 4 - 5 pound duck

- $\frac{1}{2}$ cup raisins
- 2 cups bread crumbs
- 3 medium apples diced
- 1 teaspoon salt
- $\frac{1}{2}$ cup brown sugar (3/4 cup for
sour apples)
($\frac{1}{2}$ can of canned apples can be
used)

Stuff duck. Slit the skin with a sharp knife all over the duck. Put on roaster rack. Roast at 325 degrees F. for 3 hours. Last half hour baste with concentrated orange juice.

Anne Frohman

SUKKOT SPECIAL - TZIMMES (MODERN VERSION)

- 2 pounds raw sweet potatoes
- 2 bunches raw carrots
- $\frac{1}{2}$ pound dried prunes
- $\frac{1}{2}$ cup white sugar
- $\frac{1}{2}$ cup brown sugar (or 1 cup syrup)
- 1 teaspoon salt
- $\frac{1}{4}$ cup chicken fat, butter or other shortening
- $\frac{1}{3}$ cup water

Peel and cut potatoes in slices or cubes. Cut carrots in slices or cubes. Combine all ingredients and place in casserole. Cover and bake in 400 degrees F. oven for 1 hour. Uncover and bake for another hour.

PENNY CARROTS

- 1 can (10 ounce) tomato soup
- 1 tablespoon prepared mustard
- 2 medium green peppers, diced
- 3/4 cup white vinegar
- 3/4 cup sugar
- 1/4 cup cooking oil
- 1 medium onion, chopped
- 2 pounds carrots, cut in 1/2 inch pieces and cooked until tender

Mix first seven ingredients to make marinade. Drain carrots and put into marinade. Keeps 2 weeks.

Lennie Shapero

MARILYN'S CARROT PUDDING

- 1 cup shortening
- $\frac{1}{2}$ cup brown sugar
- 1 egg
- 1 tablespoon water
- $\frac{1}{4}$ teaspoon salt
- $\frac{3}{4}$ teaspoon lemon juice
- 2 cups grated raw carrots
- $1\frac{1}{2}$ cups flour
- 1 teaspoon baking powder
- $\frac{1}{2}$ teaspoon baking soda
- $\frac{1}{2}$ teaspoon nutmeg and cinnamon

Cream shortening and sugar. Add egg and water and beat again. Stir in grated carrots. Add rest of ingredients and mix well. Pour into well greased ring mold and refrigerate for 2 - 3 hours or longer. Remove from refrigerator one-half hour before baking. Bake at 350 degrees F. for 1 hour.

Note: This can be made ahead of time but must be left in mold to reheat.

Marcy Smith

CARROT RING

- 1 cup shortening
- $\frac{1}{2}$ cup brown sugar
- 1 egg
- $1-\frac{1}{2}$ cups grated carrots
- $1-\frac{1}{4}$ cups flour
- 1 teaspoon baking powder
- 1 teaspoon salt
- 1 teaspoon baking soda
- $\frac{1}{2}$ teaspoon cinnamon
- 1 tablespoon hot water
- $1-\frac{1}{2}$ tablespoons lemon juice

Cream shortening and sugar. Add egg; add carrots and beat. Sift dry ingredients and add to first mixture. Add water and lemon juice. Place in well greased mold. Bake at 350 degrees F. for 1 hour. Freezes well.

Center may be filled with peas - either heated canned or frozen.

Sara Efron

CARROT KUGEL

- 1- $\frac{1}{4}$ cups flour
- $\frac{3}{4}$ teaspoon salt
- 1- $\frac{1}{2}$ teaspoons baking powder
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- $\frac{1}{4}$ teaspoon ginger
- $\frac{1}{4}$ teaspoon nutmeg
- $\frac{1}{4}$ teaspoon cloves
- $\frac{3}{4}$ cup oil
- $\frac{1}{2}$ cup brown sugar
- 2 egg whites
- 1 tablespoon water
- 1 tablespoon lemon juice
- 1- $\frac{1}{2}$ cups grated carrots (about 4
medium-sized carrots)

Stir together all the dry ingredients except the sugar. Beat the oil, brown sugar, and egg whites. Stir in the flour mixture. Stir in the water, lemon juice, and grated carrots. Carrots can be grated in water on high speed in an electric blender. Drain before incorporating into the batter. Bake at 350 degrees F. in a greased 8-inch baking dish for 45 minutes. 6 - 8 servings.

Lillian Lesch

CARROT CAKE

This carrot cake is to be used as a vegetable. It goes very well with pot roast.

- 3/4 cup shortening
- 1/2 cup brown sugar
- 1 egg
- 1 cup grated carrots (1 - 15 ounce
can diced or sliced carrots
can be used)
- 1-1/4 cup flour
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 1/2 teaspoon cinnamon
- 1 tablespoon lemon juice
- 1 tablespoon water

Cream together shortening and brown sugar. Add egg, carrots, flour, baking soda, baking powder, salt, cinnamon and mix well. Add lemon juice and water mixing until blended. Pour into a greased ring pan. Bake 1 hour at 350 degrees F.

Anne Frohman

ELEGANT ACORN SQUASH

- 1 acorn squash for every two persons
- 1 can (21 ounces) apple pie filling
- brown sugar
- cinnamon
- butter

Cut squash in half; scoop out seeds.
Place cut side down on a baking sheet.
Place in 350 degrees F. oven and bake until
tender (about 30 minutes). Turn cut side up.
Fill squash with apple pie filling. Sprinkle
with brown sugar and cinnamon; dot with but-
ter. Return to oven and bake for 20 minutes
more. This vegetable dish is delicious and
looks beautiful when served.

Gayle Benn

MARINATED BROCCOLI

- 1 pressed garlic clove
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 1/3 cup salad oil
- 1/4 cup cider vinegar
- 1 tablespoon Dijon mustard
- 3 tablespoons brown sugar
- 1/2 pound fresh mushrooms
- 1 bunch fresh broccoli (tops only,
to serve 3 - 4 people)

Mix first five ingredients well. Stir in prepared Dijon mustard and brown sugar. Pour over drained raw broccoli (use tops only). Marinate in a plastic bag 5 to 8 hours (or overnight). Toss in 1/2 pound of sliced raw mushrooms about 1 hour before serving. Even people who don't eat broccoli like this one!

Gayle Benn

BROCCOLI CASSEROLE

- 1 bunch fresh broccoli
- 4 tablespoons butter
- 4 tablespoons flour
- $\frac{1}{4}$ teaspoon salt
- pinch of pepper
- 2 cups milk
- 1 cup grated Cheddar cheese

Rinse and trim broccoli into small pieces. Steam over boiling water for 15 minutes or until crisp-tender. While broccoli is cooking, melt butter in a large skillet. When melted, mix in flour, salt and pepper. Stir until smooth. Gradually add milk, stirring constantly with wire whisk until sauce thickens and bubbles (about 2 minutes). Add grated cheese. Heat briefly; serve over broccoli.

Bonnie Sultanik

SPINACH SUPREME

- 2 10 ounce packages frozen chopped spinach (or 1-½ pounds fresh)
- 1 10-3/4 can cream of mushroom soup, undiluted
- salt
- pepper
- dash of garlic salt
- 2 tablespoons toasted sesame seeds
- ¼ cup sliced almonds or chopped macadamia nuts

Cook spinach in boiling salted water until tender, about 5 minutes; drain thoroughly. Mix in soup, salt, pepper, garlic salt, sesame seeds, and half of nuts. Put in small buttered casserole dish (about 1-quart size); sprinkle rest of nuts on top. Bake at 350 degrees F. for 20 minutes, or until bubbly and nuts are golden brown. Serves about 6.

Diane Parker

ZUCCHINI FLORENTINE

- 6 small zucchini, cut into $\frac{1}{4}$ inch slices
- 2 tablespoons butter or margarine
- 1 cup evaporated milk
- 3 slightly beaten eggs
- 1 teaspoon salt
- $\frac{1}{4}$ teaspoon pepper
- $\frac{1}{4}$ teaspoon garlic salt

Place zucchini in 1- $\frac{1}{2}$ quart casserole, add butter. Bake at 400 degrees F. for 15 minutes or until zucchini is just crisp-cooked. Combine remaining ingredients and pour over zucchini. Sprinkle with paprika. Set casserole in shallow pan, filled to 1 inch of top with hot water. Bake at 350 degrees F. for 40 minutes or until knife inserted halfway between center and edge comes out clean. Serves 6.

Diane Sollod

STIR-FRIED VEGETABLES

- 4 medium carrots, julienned, 2 x $\frac{1}{4}$ inches
- 4 large stalks celery, cut diagonally
- 2 green onions (scallions), cut diagonally
- 1 box (10 ounces) frozen French style green beans; thaw and squeeze out excess water
- 2 cans bean sprouts (fresh may be used)
- 1 tablespoon Accent (MSG)
- 2 tablespoons sugar
- 1 teaspoon garlic, diced
- 4 tablespoons Kikkoman soy sauce

Mix last four ingredients and divide in half. Heat a small amount of oil in the skillet. Add carrots and celery. Stir-fry quickly. Add half the spices, then the green onions. Stir and pour into bowl. Add a little more oil to pan; then add stringbeans, bean sprouts and remaining half of spices. Stir-fry quickly and mix with previously prepared vegetables. Serve hot. Excellent with Korean steak. Serves 8.

Anne Frohman

CHICK-PEAS COOKED WITH TOMATOES

- 7 cloves garlic, peeled and coarsely chopped
- 1 1 inch cube ginger, peeled and coarsely chopped
- 5 tablespoons vegetable oil
- 2 fresh tomatoes, medium size, peeled; or 4 canned tomatoes, peeled and chopped (lightly drained)
- 2 pounds canned chick-peas, drained
- $\frac{1}{2}$ teaspoon salt
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1/16-1/8 teaspoon cayenne pepper

Put garlic, ginger, and $\frac{1}{2}$ cup water into a blender or food processor. Blend until smooth. Heat oil in a wide heavy pot. When hot, add onions and fry until brown at edges. Pour in garlic and ginger mixture. Stir and fry for 1 minute. Add chopped tomatoes and continue stirring and frying for another 3-4 minutes. Put in drained chick-peas, salt, and other spices. Mix gently, cook 2-3 minutes. Stir gently occasionally. Serves 4-6.

Diane Sollod

COLD DILLED PEAS

- 2 10 ounce packages frozen tiny
 (spring) peas
- 1 cup sour cream
- $\frac{1}{2}$ cup chopped fresh dill or chives
 salt and fresh ground pepper, to
 taste
- $\frac{1}{2}$ to 1. teaspoon curry powder (optional)

Drain peas of all liquid. Mix together thoroughly all other ingredients. Combine with peas, using a fork so as not to mash the peas. Garnish with more dill. Chill 10 to 15 minutes -- longer is even better.

Variation: Add $\frac{1}{2}$ cup Spanish peanuts.

Diane Sollod

BAKED ASPARAGUS AND PEAS

- 1 pound fresh asparagus
- 2 tablespoons butter
- 2 tablespoons flour
- 2 cups milk
- $\frac{1}{2}$ teaspoon herb salt
- 1 pound frozen green peas
- grated cheddar cheese - mild or
longhorn

Cut asparagus into one inch pieces and steam until tender. Mix together butter and flour. Add milk and salt and cook until it begins to thicken. Add asparagus and peas (uncooked) to sauce and turn into a greased flat, shallow baking pan. Sprinkle with grated cheese, dot with butter, and bake at 325 degrees F. until cheese is bubbly.

BAR-B-QUE BEANS WESTERN STYLE

4 16 ounce cans vegetarian beans
1 8 ounce can tomato sauce
 $\frac{1}{2}$ medium onion diced
 $\frac{1}{2}$ teaspoon dry mustard
2 tablespoons catsup
 $\frac{1}{4}$ cup brown sugar
 $\frac{1}{4}$ cup pancake syrup
 $\frac{1}{4}$ cup molasses
1 teaspoon Worcestershire sauce
 $\frac{1}{4}$ cup bar-b-que sauce
dash garlic salt
salt
pepper

Combine all the ingredients and simmer over moderate heat about 30 minutes until thick or bake in oven at 350 degrees F. for about 1 - 1½ hours.

Bonnie Sultanik

LIMAS AND EGGS

- 1 package (8 or 10-ounces) frozen
baby lima beans, prepared as
directed on package
- 2 hard cooked eggs
- $\frac{1}{4}$ cup chopped green bell peppers
- 1 tablespoon chopped onion (optional)
- $\frac{1}{4}$ cup mayonnaise (more, if desired)
- salt and pepper to taste
- celery seeds
- dill weed

Mash the beans and eggs with a fork or put through food chopper. Add remaining ingredients and place in a bowl; mix thoroughly. Serves 4 to 5.

Note: Use as a side dish with cold cuts; as a filling for tomatoes, bell peppers, etc.

Clara Orenstein

JUST FOR FUN :

PLAY-DOH

- 2 cups flour
- 1 cup salt
- 4 teaspoons cream of tartar
- 2 tablespoons oil
- 2 cups water
- food coloring

Cook slowly until it forms into a ball. Knead. Divide and color with food coloring if desired. Cool and let the kids at it.

Anne Frohman

CRUSTY POTATO PANCAKES

- 6 medium size potatoes, peeled
- 1 small onion, grated
- 3 eggs
- 3/4 cup flour
- 1-1/2 teaspoon salt
- melted vegetable shortening,
about one-half inch deep

Grate potatoes coarsely into a bowl filled with cold water. This keeps the potatoes from turning dark and removes some of the excess starch, making the pancakes crispier. In another bowl combine onion, egg, flour and salt. Drain potatoes, pressing out all liquid. Beat potatoes into batter. Heat shortening. Spoon heaping tablespoons of the batter into shortening, spreading batter with the back of the spoon into 4-inch rounds. Brown on one side, turn and brown on the other side. Brown the pancakes slowly so potatoes will have a chance to cook through properly. Drain on absorbent paper. Serve hot with sour cream or applesauce.

Pat Sandal

POTATO PANCAKES

- 3 cups raw potatoes
- 1 medium onion, grated
- 2 eggs
- $\frac{1}{2}$ teaspoon pepper
- 1 teaspoon salt
- $\frac{3}{4}$ cup matzo meal
- hot oil

Peel and grate the potatoes. Mix with grated onion and eggs, pepper, salt and matzo meal. Mix well. Pat into pancakes. Brown in hot oil and drain on paper towels. Pancakes should be crisp and served warm. May be placed in covered pan in warm oven until desired. Makes approximately 12 pancakes. Applesauce is a delicious topping.

Mrs. Laurence Schwab

POTATO FRITTADA

- $\frac{1}{4}$ cup vegetable oil
- 2- $\frac{1}{2}$ cups Tater Tots
- $\frac{1}{3}$ cup chopped onions
- $\frac{1}{2}$ teaspoon minced garlic
- 6 large eggs
- 2 tablespoons water
- $\frac{3}{4}$ teaspoon salt
- $\frac{1}{2}$ teaspoon dill weed
- 1 package (10 ounces) frozen chopped spinach, thawed and drained well; press out excess liquid
- 2 tablespoons grated fresh parmesan cheese

Heat oil in oven proof skillet; add Tater Tots and fry over moderate heat for 5 minutes. Push to one side of skillet and add onions and garlic and cook 2 minutes, stirring gently with potatoes. Preheat oven to 350 degrees F. In a medium bowl, beat eggs and water, salt, and dill weed. Stir spinach and cheese into egg mixture. Pour evenly over potatoes in skillet. Cook over moderate heat for 5 minutes. As mixture sets around edges of skillet, lift edges with spatula and tilt pan to allow uncooked mixture to run underneath. Place skillet in oven and bake 15 minutes, until mixture is completely set. Loosen edges with spatula and slide out onto heated serving plate. Cut into wedges and serve.

Docia Connolly, sister
of Bonnie Sultanik

CORN FRITTERS

- 3 egg yolks
- 1-3/4 cups canned whole-kernel corn
- 3/4 teaspoon salt
- 1/8 teaspoon pepper
- 1/4 cup sifted flour
- 3 egg whites, stiffly beaten
- 1/2 cup salad oil
- 1 cup maple syrup

Beat the egg yolks very well; stir in the corn, salt, pepper and flour. Fold in the egg whites. Heat the oil in a skillet and drop the batter, by the tablespoon, into it. Fry until browned on both sides. Heat the maple syrup and serve with the fritters. Serves 6.

Pat Sandal

POTATO CASSEROLE

- 8 medium-sized potatoes, boiled
- 1 large onion, chopped
- 2 ounces chicken fat
- 1 teaspoon salt
- pepper to taste
- 5 eggs

Mash the potatoes. Lightly fry the onion in the chicken fat and add salt and pepper. Separate the egg yolks from the white and beat the yolks well. Then whip into the potatoes. Beat the egg whites until stiff and fold into the potatoes. Bake in a greased casserole in 350 degrees F. oven for about 30 minutes, or until kugel is golden. Serve at once. Serves 6 - 8.

Lillian Lesch

POTATO SALAD FOR PARTIES

- 5 pounds potatoes, cooked and cut
into $\frac{1}{2}$ inch pieces
- 4 stalks celery - diced
- 1 medium onion - diced
- $\frac{1}{2}$ green pepper - diced (optional)
- 1 small jar pimento - sliced
- 6-8 hard boiled eggs - diced
- $\frac{1}{2}$ cup sweet pickle relish
- 1 tablespoon sugar
- 1 teaspoon vinegar
- 1- $\frac{1}{2}$ tablespoons prepared mustard
- $\frac{1}{2}$ -1 cup mayonnaise (as needed)

Mix all ingredients together. Add mayonnaise until salad is slightly creamy. Chill in refrigerator at least 2 - 3 hours. Actually it is better if stored overnight.

Bonnie Sultanik

SWEET POTATO AND BANANA CASSEROLE

- 2 cans (17-ounce size) sweet potatoes or yams
- 8 large, very ripe bananas (approximately)
- 3/4 cup brown sugar
- 1/2 cup maple syrup
- butter or margarine

Cut sweet potatoes and bananas into $\frac{1}{4}$ -inch slices. Place slices vertically in heavily buttered casserole dish (2 to 3 inches deep), alternating bananas and potatoes. Dab generously with butter; pour maple syrup over top and sprinkle with brown sugar. Bake about 1 hour at 375 degrees F. Serve hot. This may cook in less time, depending on the ripeness of the bananas.)

This is especially good with turkey or chicken but it can be used with other meats as well. It can be made a day ahead of time as it keeps well and tastes just as good reheated.

Diane Parker

SAFFRON RICE

- 1 cup long-grain white rice, dry
- 1- $\frac{1}{2}$ - 2 cups water or broth
- 2 - 3 tablespoons oil, preferably olive oil
- $\frac{1}{4}$ teaspoon saffron or tumeric
- $\frac{1}{4}$ cup chopped fresh mushrooms

Wash rice in water until the water runs clear. Drain well. Heat the oil in a large frying pan, add rice and mushrooms, stir fry until rice is translucent. Add saffron, then add hot liquid and bring to a boil. Reduce heat to low. Cover tightly and simmer until finished. Let the rice sit without heat for at least 15 minutes after cooking. Do not stir. Cooking time 25 - 35 minutes. Serves 6 - 8.

Stephanie Sheehy

RICE PILAF

- $\frac{1}{4}$ pound margarine
- 8 ounces egg noodles
- 1 cup hot water
- 3 chicken bouillon cubes
- $\frac{1}{2}$ can chicken broth
- 1 cup rice, uncooked

Melt margarine in large saucepan. Stir in egg noodles and brown, stirring frequently; mix should appear foamy. When noodles have toasted, stir in hot water in which the chicken bouillon cubes have been dissolved. Then add $\frac{1}{2}$ can clear chicken broth. Add rice. Bring to boil and reduce heat immediately. Simmer 45 minutes for Minute Rice, or 1 - 1- $\frac{1}{2}$ hours for regular rice (or until tender).

Nancy Lightman

CHICKEN RICE PILAF

- 1 cup raw rice
- 4 tablespoons butter
- 1 envelope chicken noodle soup mix
- 3 cups water
- 4 green onions (thinly sliced)
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ cup chopped peanuts

Saute raw rice in butter until golden stirring often. Stir in chicken noodle soup mix, water, green onions and salt. Cover, heat to boiling, then simmer over very low heat, 25 minutes or until rice is tender and water absorbed. Stir in chopped peanuts.

NOODLE KUGEL (BAKED NOODLES)

- $\frac{1}{2}$ pound wide noodles
- 2 quarts boiling water
- 1 teaspoon salt
- 2 eggs, beaten
- 3 tablespoons sugar
- $\frac{1}{4}$ teaspoon cinnamon
- $\frac{1}{8}$ teaspoon salt
- $\frac{1}{4}$ cup melted butter or margarine
- $\frac{1}{2}$ cup chopped raisins
- 3 tablespoons bread crumbs

Cook noodles in the boiling water with the 1 teaspoon salt until noodles are tender; rinse with cold water. Preheat electric oven to 400 degrees F. Grease 8 oven-glass custard cups or an 8-compartment muffin pan. Combine eggs, sugar, cinnamon, and salt; mix into noodles. Stir in butter and raisins. Put into prepared custard cups. Sprinkle with crumbs. Bake for 20 to 30 minutes or until set. Makes 8 servings.

Clara Orenstein

NOODLE KUGEL

- 1 pound cooked noodles
- 2 eggs
- 1 teaspoon vanilla
- $\frac{1}{4}$ cup sugar
- $\frac{1}{4}$ cup butter
- $\frac{1}{2}$ pound cottage cheese
- 1 cup sour cream
- 1 teaspoon lemon juice
- $\frac{1}{4}$ cup milk
- 2 eggs

Mix noodles, eggs, vanilla, sugar and butter. Pour into ungreased pan. Mix cottage cheese, sour cream, lemon juice, milk and eggs together - beat. Pour on top of noodles. Bake at 350 degrees F. about 1 hour.

Bonnie Sultanik

KUGEL

- 8 ounces wide egg noodles
- 1 stick melted margarine, cooled
- 1 8 ounce package cream cheese
- 1 cup sugar
- 1 teaspoon vanilla
- 4 eggs
- 2 cups milk

TOPPING:

- $\frac{1}{2}$ cup Corn Flakes (or Wheaties)
- $\frac{1}{2}$ cup sugar
- 1 teaspoon cinnamon

Mix cream cheese and melted oleo. Add eggs, milk, sugar and vanilla to cream cheese and butter. Add cooked noodles. Leave mixture in refrigerator, covered, overnight. Put in greased 9 x 13 inch pan, sprinkle Corn Flakes, or Wheaties, over top. Sprinkle sugar and cinnamon mixture over Corn Flakes. Bake at 350 degrees F. for 1 - 1 $\frac{1}{4}$ hours.

DAIRY NOODLE KUGEL

- 1 pound noodles (medium width)
- 2- $\frac{1}{2}$ cups boiling water
- 2 ounces margarine
- 2 cups milk
- 2 eggs, well beaten
- 4 ounces sugar
- 1 teaspoon salt
- 6 tablespoons raisins
- 1 teaspoon vanilla
- dash ginger (optional)

Parboil the noodles in the boiling water, then drain but do not rinse. Mix all remaining ingredients and stir into the noodles. Bake in a well-buttered shallow casserole in a 350 degrees F. oven for about 30 minutes, or until done. Serves 6.

Lillian Lesch

APPLESAUCE-COTTAGE CHEESE-NOODLE PUDDING

- 12 ounces noodles, cooked and drained
- 3 tablespoons margarine
- 1 pound dry or low-fat cottage cheese
- 1 cup applesauce
- $\frac{1}{2}$ cup brown sugar
- $1\frac{1}{2}$ teaspoon cinnamon
- $\frac{1}{2}$ teaspoon salt
- 4 egg whites
- raisins, chopped dates, or chopped
walnuts - optional

Toss the hot cooked noodles with the margarine. Stir in the remaining ingredients. Pour into a $2\frac{1}{2}$ quart casserole or a 9 x 13 inch greased baking dish and bake covered at 350 degrees F. for 30 minutes. If a crisp top is desired, uncover for the last 10 minutes of baking. 6 - 8 servings.

Lillian Lesch

PINEAPPLE-COTTAGE CHEESE-NOODLE PUDDING

- 8 ounces noodles, cooked and drained
- 2 tablespoons margarine
- 12 ounces dry or low-fat cottage cheese
- 10 ounces or 1- $\frac{1}{4}$ cups drained crushed pineapple
- $\frac{1}{2}$ cup brown sugar
- $\frac{1}{2}$ teaspoon salt
- 1 teaspoon cinnamon
- 3 egg whites

Toss the hot cooked noodles with the margarine. Combine with the remaining ingredients. Bake covered in a greased 8-inch square baking dish or a greased 1- $\frac{1}{2}$ quart casserole at 350 degrees F. for 30 minutes. If a crisp top is desired, uncover for the last 10 minutes of baking.

Lillian Lesch

MY MOM'S HONEY CAKE

- 4 eggs
- 1- $\frac{1}{2}$ cups sugar
- $\frac{3}{4}$ cup oil
- 1 pound honey (1- $\frac{1}{3}$ cups)
- 3- $\frac{1}{2}$ cups flour
- 2 teaspoons baking powder
- pinch of salt
- 1 teaspoon allspice
- 1 teaspoon cinnamon
- 1 cup lukewarm coffee mixed with
1 teaspoon baking powder
- $\frac{1}{2}$ cup whole almonds, approximately

Beat eggs with sugar; add oil and honey. Sift flour, allspice, baking powder, cinnamon and salt together. Pour flour mixture over egg mixture. Pour coffee mixture over flour and egg mixture. Mix all together. Pour into greased 9 x 13 inch pan. Scatter almonds on top. Bake at 325 degrees F. for 40-50 minutes.

Anne Frohman

MAMA'S HONEY CAKE

6 eggs, beat well
1 cup sugar
2 cups honey
1 cup oil
1 cup hot tea or coffee (strong)
3¼ cups flour
3 teaspoons baking powder
1 heaping teaspoon baking soda
½-1 teaspoon each - spices
(nutmeg, ginger, cloves, allspice,
cinnamon) anise (optional)
pinch of salt

Mix together and beat well eggs, sugar, honey and oil. Sift together dry ingredients, stir into above liquid mixture. Bake in well oiled waxed paper lined pan for at least one hour at 300 to 325 degrees. Pan size about 9" x 13" or three small aluminum foil loaf pans.

Sara Efron

STRUDEL CAKE (PARVE)

DOUGH

- 3- $\frac{1}{2}$ cups flour, sifted
- 1 tablespoon baking powder
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ cup butter, softened
- 3 large eggs, beaten
- $\frac{1}{2}$ teaspoon vanilla
- $\frac{1}{2}$ cup sugar
- $\frac{1}{2}$ cup orange juice

FILLING

- 16 ounce can crush pineapple,
drained
- 1 box raisins
- $\frac{1}{2}$ cup cracker crumbs or graham
cracker crumbs
- $\frac{3}{4}$ cup chopped nuts
- 1 tablespoon cinnamon
- 12 ounces strawberry jam (or your
favorite)
- $\frac{1}{4}$ cup sugar

Sift together flour, baking powder, and salt. Make a well in the middle of the flour. Add butter, eggs, vanilla, sugar, and orange juice. Mix well with a fork, gradually incorporating flour to make a soft dough. Divide the dough into four parts. Roll one-quarter

(Continued)

STRUDEL CAKE (PARVE) - Continued

of dough to fit a 13 x 15 inch pan. Put dough in an unbuttered pan.

Mix pineapple, raisins, crumbs, nuts, one-half cup of sugar, and cinnamon together. Spread one-third of this filling over the first layer of dough. Dribble one-third of jam over filling. Roll the next layer and repeat filling, and do same with third layer. Cover with the fourth layer. Sprinkle one-fourth cup of sugar on top. Bake at 350 degrees F. for 50 minutes. Cool, cut in squares. Freezes well.

Karen L. Natkin

To keep drinks cold at large parties fill the tub of a top loading washer with ice. Drinks will stay cold and out of the way.

MANDEL BREAD

3 eggs
1 cup sugar
 $\frac{1}{2}$ cup raisins
 $\frac{1}{2}$ cup chopped nuts
 $\frac{3}{4}$ cup oil
2 teaspoons baking powder
 $3\frac{1}{2}$ - 4 cups flour

Beat eggs and sugar well. Add oil very slowly beating continuously. Add raisins, nuts, etc. - mix well. Add flour and baking powder with consistency to mold with hands. (Hard stiff dough - not sticky) Knead in bowl. Divide into 3 pieces and on a greased cookie sheet mold 3 narrow loaves the length of the sheet; flatten slightly. Bake at 375 degrees F. for 30 minutes until golden brown. Cool 5 minutes on cookie sheet. Remove and slice while hot. Stack on a plate to allow air circulation. Freezes well.

Carla Cole

PASSOVER MANDEL BREAD

- 3 eggs
- 3/4 cup oil
- 3/4 cup sugar
- 1/2 cup matzo meal
- 3/4 cup cake meal
- 2 tablespoons potato starch
- 3/4 cup chopped nuts
- 1 tablespoon lemon or orange grated
rind (optional)

Beat together until light first 3 ingredients; add remaining ingredients and mix well. Chill mixture several hours or overnight. Make small rolls about 1-1/2 inches in diameter. Bake in greased pan at 350 degrees F. for 20 minutes or until slightly brown. Cool. Slice about 3/8 to 1/2 inch thick. Dip if desired in mixture of sugar cinnamon. Place on cookie sheet and dry in oven at 275 degrees F. Turn and dry other side. Will keep well.

Sara Efron

PASSOVER APPLE CRUMB CAKE

3/4 cup melted butter or margarine
2-1/2 cups matzo meal
6 tablespoons sugar
1 tablespoon cinnamon
2 jars (15 ounces) apple sauce,
3-1/2 cups
1/2 cup chopped walnuts
3/4 cup raisins
ginger

Mix matzo meal, sugar and cinnamon. Blend in butter thoroughly. Brown in moderate oven at 350 degrees F. for 15 minutes stirring occasionally. Press 3/4 of the crumbs firmly on the bottom and 1-1/2 inches up the sides of a 9 inch springform pan. Mix applesauce, raisins, and nuts. Pour into pan and spread evenly. Top with remaining crumb mixture and sprinkle with ginger. Bake at 350 degrees F. for 1 hour. Cool at least 1 hour before removing side of pan. Best if made at least 1 day ahead of time.

Barbara Fried

PASSOVER APPLE CAKE

- 1 cup matzo meal
- 1/3 cup ground unblanched almonds
- 1 teaspoon cinnamon
- 8 medium sized cooking apples
- 1 teaspoon grated orange peel
- 1 tablespoon orange juice
- 8 egg whites
- 3/4 teaspoon salt
- 3/4 cup sugar
- 8 egg yolks, well beaten

Mix first three ingredients; set aside. Quarter, core, pare, and finely shred the apples; stir in orange peel and juice. Set aside. Beat egg whites and salt until frothy. Gradually add the sugar, beating constantly until stiff, glossy peaks are formed. Fold in egg yolks, blending well. Gently fold matzo meal mixture and then grated apples into egg mixture. Turn batter into a greased (bottom only) 13 x 9 x 2 inch baking pan. Bake at 325 degrees F. for 1-½ hours or until cake is well browned. Remove from oven and set on wire rack. Cool completely in pan. Cut into squares to serve. Makes 12 servings.

Edith Krantzman

PASSOVER BANANA SPONGE CAKE

- 7 eggs, separated
- 2 whole eggs
- 1- $\frac{1}{2}$ cups sugar - divided
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ cup mashed bananas (ripe)
- 1 teaspoon grated lemon rind
- 1 cup sifted potato starch
- 2 - 3 tablespoons Passover cake meal
(depending on size of eggs)

Preheat oven to 350 degrees F. Beat 7 egg whites to soft peaks. Add $\frac{1}{2}$ cup sugar, continue to beat until very stiff peaks are formed. In a separate bowl add 2 whole eggs to the 7 egg yolks, 1 cup sugar, mashed bananas, lemon rind, and potato starch. Mix together until well blended (in large bowl). Gently fold beaten egg whites into egg yolk mixture. Pour into ungreased 10 inch tube pan. Bake 50 to 55 minutes and cool. When cool, remove from pan.

Sara Efron

ISRAELI CHEESE CAKE
(No refrigeration necessary)

- 5 eggs, separated
- 1- $\frac{1}{4}$ cups sugar
- 1 teaspoon vanilla
- 2 tablespoons vegetable shortening
- $\frac{1}{2}$ cup flour
- 3 8-ounce packages cream cheese

Beat egg yolks. Add all remaining ingredients except egg whites and beat until smooth. Beat egg whites until stiff. Fold egg whites into batter. Pour in ungreased tube pan. Bake at 350 degrees F. for one hour. Turn oven off and leave cake in oven until cool. Leave oven door slightly ajar. This is especially delicious served with cherry or blueberry topping.

Harriet Weissman

TOFU CHEESECAKE

CRUST

- 1 cup ground up crackers, matzos,
or any oilless flat bread
- 1 tablespoon liquid lecithin
- 1 tablespoon honey
- 1 tablespoon water

FILLING

- 2 cups mashed tofu
- 1 average banana
- $\frac{1}{2}$ cup honey
- 2 tablespoons lemon juice
- 1 teaspoon vanilla

TOPPING

- $\frac{1}{2}$ cup raisins
- $\frac{1}{4}$ cup water
- 2 tablespoons honey

Put crackers in blender and grind until fine, or put into brown bag and mash well. Measure 1 cup and mix with next 3 ingredients. Press into an 8 inch pie plate and form nice edges. Wet hands and press mixture to sides of pan.

(Continued)

TOFU CHEESECAKE - Continued

Combine filling ingredients and mix in blender until creamy and smooth. Scoop into pie shell and spread evenly. Bake at 350 degrees F. for 30 minutes. Let cool a bit, then gently spread on topping which is made by combining the ingredients and blending in a blender until smooth. (The topping is optional; you may use jam or jelly instead). Refrigerate 4 - 6 hours.

Nadya Akau Glatzer

CHEESECAKE

- $\frac{1}{4}$ cup sugar
- 1 cup cracker crumbs
- $\frac{1}{4}$ cup butter
- 1 pound cream cheese
- 2 eggs
- $\frac{2}{3}$ cup sugar plus 2 tablespoons
sugar
- 2 teaspoons vanilla
- 1 cup sour cream

Mix first three ingredients for crumb crust and line a 9 inch pie plate with mixture. Then mix, in blender, cream cheese, eggs, $\frac{2}{3}$ cup sugar and 1 teaspoon vanilla. Pour into crumb crust and bake for 20 minutes at 350 degrees F. Let cool. Mix 2 tablespoons sugar, sour cream, 1 teaspoon vanilla and spread on cooled cake for topping. Bake at 375 degrees F. for 10 minutes longer.

JoAnn Algiers Levy

CHEESE CAKE FOR WEIGHT-WATCHERS

- 1 pound cottage cheese
- $\frac{1}{4}$ teaspoon salt
- 1 cup yogurt
- $\frac{1}{4}$ cup whole wheat flour
- 3 egg yolks
- 1 teaspoon vanilla
- 1 tablespoon lemon juice and rind
of 1 lemon
- $\frac{1}{2}$ cup honey

Blend until smooth all of the above ingredients. Fold in stiffly beaten egg whites (3) and pour into a 9 inch graham cracker crust (or a buttered baking pan without crust). Bake in a 375 degrees F. oven until the center is firm - about 40 minutes. Leave in oven for 1 hour after heat is turned off.

VARIATION

A tablespoon or two of cocoa, or cocoa and carob, may be added for a delicious chocolate cheese cake. When doing this, omit lemon flavor.

Frances Cooper Askinas

CHEESE CAKE

CRUST

- 1 cup graham cracker crumbs
- 1/8 pound melted butter

FILLING

- 1 pound softened cream cheese
- 3 eggs
- 1 cup sugar
- 1 teaspoon vanilla
- 1 pint sour cream

Mix together butter and graham cracker crumbs. Line bottom of 8 - 9 inch spring form pan. Beat cream cheese until fluffy. Add eggs one at a time, beating each well. Gradually add sugar, beating to keep fluffy. Add the vanilla and sour cream, and mix thoroughly. Preheat over to 375 degrees F. Pour filling in pan, bake for 20 minutes, then turn off oven and allow to remain inside 1 hour longer. Remove from oven, cool, then refrigerate. Top with cherry pie filling.

Ellen Strouse

GERMAN KASEKUCHEN

CRUST

- 1/3 cup margarine
- 1/3 cup sugar
- 1 egg
- 1- $\frac{1}{4}$ cups flour

Cream margarine and sugar until light and fluffy. Blend in egg. Add flour, mix well. Spread dough on bottom of 9 inch spring-form pan or deep dish pie dish and about 1- $\frac{1}{2}$ inches up the sides. Bake at 450 degrees F. for 5 minutes.

FILLING

- 3 8 ounce packages cream cheese,
softened
- 3/4 cup sugar
- 2 tablespoons flour
- 1 teaspoon vanilla
- 3 eggs
- 2 tablespoons milk

Mix cream cheese with sugar, flour, and vanilla. Mix at medium speed in electric mixer until well blended. Add eggs one at a time mixing well after each addition. Stir in milk. Pour into cooked shell. Bake at 450 degrees F. for 10 minutes. Reduce heat to 250 degrees F.; continue baking 25 minutes, it may take a little longer,- until no longer soupy in center. Cool before removing rim of pan. It can be served plain or with a can of cherry pie filling or a jar of strawberry preserves.

Bonnie Sultanik

APPLESAUCE CAKE

- $\frac{1}{2}$ cup butter or margarine
- 2 cups sugar
- 2 eggs
- $2\frac{1}{2}$ cups sifted all-purpose flour
- $1\frac{1}{2}$ teaspoons soda
- 1 teaspoon salt
- $\frac{1}{2}$ cup raisins
- 1 teaspoon ground cinnamon
- $\frac{1}{2}$ teaspoon ground nutmeg
- $\frac{1}{4}$ teaspoon ground all-spice
- $1\frac{1}{2}$ cups canned applesauce
- $\frac{1}{2}$ cup chopped pecans

Cream butter; gradually add sugar, creaming until light. Add eggs, beating well after each one. Sift together dry ingredients. Add alternately to creamed mixture with applesauce. Stir in raisins and nuts. Turn batter into greased and lightly floured 13 x 9 x 2 inch pan. Bake at 350 degrees F. about 45 minutes or until done. Cool in pan.

Ellen Strouse

GRANDMA MIL'S NOBBY APPLE CAKE

1 cup sugar
 $\frac{1}{4}$ cup margarine
1 egg beaten
3 cups diced apples
 $\frac{1}{2}$ teaspoon baking powder
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ teaspoon baking soda
 $\frac{1}{2}$ teaspoon nutmeg
1 teaspoon vanilla
1 cup flour
 $\frac{1}{4}$ cup nuts, chopped
 $\frac{1}{2}$ teaspoon cinnamon

Pare apples and cut into cubes. Cream margarine and sugar well; add beaten egg, apples, nuts, vanilla and sifted dry ingredients. Bake in an 8 inch square pan at 350 degrees F. for 45 minutes. Serve hot or cold with or without whipped cream or ice cream. Freezes well.

Carla Cole

JEWISH APPLE CAKE

- 2 cups flour (unsifted)
- 2 cups sugar (1-½ cups also works)
- 1 cup oil
- 4 eggs
- ¼ cup orange or pineapple juice
- 2 teaspoons vanilla
- 3 teaspoons baking soda
- 3 large apples (sliced)

Put all ingredients in a large bowl. Beat all together until smooth. Pour half of batter into tube pan. Add half the sliced apples. Sprinkle with cinnamon. Pour rest of batter and repeat with apples and cinnamon. Bake at 350 degrees F. for one hour and 15 minutes without opening oven door; bake longer if necessary. Delicious plain or with powdered sugar.

Ess Gezeinte Heit

Rosiet Weissman

GLAZED ORANGE CAKE

- 1 cup margarine
- 2 cups sugar
- $\frac{1}{2}$ teaspoon vanilla
- 2 tablespoons grated orange peel
- 5 eggs
- 3 cups cake flour
- 1 tablespoon baking powder
- pinch of salt
- $\frac{3}{4}$ cup milk

GLAZE

- $\frac{1}{4}$ cup margarine
- $\frac{2}{3}$ cup sugar
- $\frac{1}{3}$ cup orange juice

Butter and flour a 10 inch tube pan. Cream butter and sugar until light and fluffy. Add vanilla and orange rind. Add eggs one at a time, beating well after each addition. Sift together twice the cake flour, baking powder and salt. Add to the creamed mixture a little at a time, alternately with the milk ending up with flour, beating well after each addition. Spoon into tube pan. Bake in a 350 degrees F. oven for approximately one hour or until top of cake springs back when touched. Cool pan on wire rack for about 2 minutes.

(Continued)

GLAZED ORANGE CAKE - Continued

Heat glaze ingredients in a saucepan until sugar is dissolved. Pour evenly over cake in pan while still hot. Allow cake to cool thoroughly in tube pan before removing. Makes 14 - 16 servings. Freezes well.

Carla Cole

Sew up stuffed poultry and roasts quickly and easily with a large sewing needle and thread.

BANANA CAKE

- 2 teaspoons lemon juice
- milk to equal $\frac{2}{3}$ cup when com-
 bined with lemon juice
- $2\frac{1}{3}$ cups flour, sifted
- $1\frac{2}{3}$ cups sugar
- $1\frac{1}{4}$ teaspoons baking powder
- 1 teaspoon baking soda
- 1 teaspoon salt
- $\frac{2}{3}$ cup shortening
- $\frac{2}{3}$ cup ripe bananas, mashed
- 2 eggs
- $\frac{2}{3}$ cup walnuts, chopped

Place lemon juice in a measuring cup. Add enough milk to the lemon juice to equal $\frac{2}{3}$ cup. Sift flour, sugar, baking powder, baking soda, and salt into a large mixing bowl. Add shortening, bananas, and soured milk (milk plus lemon juice); mix until all of the flour is dampened. Beat vigorously for 2 minutes. Add eggs and beat 2 minutes longer. Stir in walnuts. Pour into 2 greased and floured 9 x $1\frac{1}{2}$ inch round pans. Bake in a 350 degrees F. oven for 35 minutes. Cool 10 minutes in the pans before removing the cakes from the pans. Cool completely; frost with chocolate icing.

Ellen Strouse

PINEAPPLE BREAD

- 1 cup crushed pineapple, undrained
(8 ounce can)
- $\frac{1}{2}$ cup raisins
- 1 cup sifted all-purpose flour
- 2 teaspoons baking powder
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon baking soda
- $\frac{3}{4}$ cup chopped nuts
- $\frac{3}{4}$ cup unsifted whole-wheat flour
- $\frac{3}{4}$ cup light brown sugar, firmly
packed
- 3 tablespoons soft butter or
margarine
- 2 eggs
- 2 tablespoons granulated sugar
- $\frac{1}{2}$ teaspoon cinnamon

Mix pineapple and raisins; set aside. Sift next 4 ingredients onto paper; add nuts and whole-wheat flour. In mixing bowl combine sugar, butter and eggs; beat well. Stir in half flour mixture, then pineapple and raisins, then rest of flour, beating just until blended each time. Spoon into greased 9 x 5 x 3 inch loaf pan. Mix granulated sugar and cinnamon; sprinkle on top. Bake in 350 degrees F. oven 1 hour or until done.

Nancy Lightman

PUMPKIN CAKE

- 4 eggs
- 1- $\frac{1}{2}$ cups sugar
- 1 cup oil
- 1 can (16 ounces) pumpkin
- 2 cups flour
- 2 teaspoons baking powder
- 2 teaspoons cinnamon
- 1 teaspoon salt
- 1 teaspoon baking soda

In bowl, beat eggs, sugar, oil and pumpkin until light and fluffy. Stir together other ingredients and add to pumpkin mixture. Spread in ungreased jelly roll pan, 15 x 10 x 1 inches. Bake at 350 degrees F. for 20 minutes. Cool and frost with cream cheese frosting.

CREAM CHEESE FROSTING

- 3 ounces cream cheese, softened
- $\frac{1}{2}$ cup butter, softened
- 1 teaspoon vanilla
- 2 - 3 cups powdered sugar, sifted

Stir cream cheese and butter, then add vanilla and sugar.

Nancy Lightman

CARROT CAKE

- 2 cups flour
- 2 cups sugar
- $\frac{1}{2}$ teaspoon salt
- 2 teaspoons baking soda
- 2 teaspoons cinnamon
- 4 eggs
- 3 cups grated carrots
- $1\frac{1}{4}$ cups Wesson oil

Sift dry ingredients. Add oil, eggs, and carrots and mix. Bake in 2 or 3 layers or 8 or 9 inch square pans for approximately 45 minutes at 350 degrees F.

ICING

- 1 8 ounce package cream cheese
- 1 stick butter or margarine
- 1 1 pound box powdered sugar
- 1 cup nuts, chopped
- 2 teaspoons vanilla

Cream butter and cheese, sugar and vanilla, and fold in the nuts.

Diane Sollod

CHERRY NUT LOAF

- 2/3 cup shortening
- 2 cups sugar
- 4 eggs
- 2 teaspoons baking powder
- 2 teaspoons vanilla
- 1 teaspoon salt
- 4 cups flour
- orange juice
- 1 bottle whole cherries
- 1 cup walnuts (cut up)

Drain cherry juice from cherries and add enough orange juice to this liquid to make one cup liquid. Cream sugar, shortening and eggs. Add juice, flour mixed with salt and baking powder. Add cut up walnuts and cherries. Put in 2 greased loaf pans. Bake at 350 degrees F. about one hour.

Raelene Goldman

SOUR CREAM COFFEE CAKE

- $\frac{1}{2}$ cup shortening
- $\frac{3}{4}$ cup sugar
- 1 teaspoon vanilla extract
- 3 eggs
- 2 cups sifted flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- $\frac{1}{2}$ pint sour cream
- 6 tablespoons butter or margarine,
softened
- 1 cup firmly packed brown sugar
- 2 teaspoons cinnamon
- 1 cup chopped nuts

Cream shortening, sugar and vanilla thoroughly. Add eggs singly, beating well after each addition. Sift flour, baking powder and soda together. Add to creamed mixture, alternating with sour cream, blending after each addition. Spread half of batter in 10-inch tube pan that has been greased and lined on the bottom with wax paper. Cream butter (or margarine), brown sugar and cinnamon together. Add nuts; mix well. Dot batter in pan evenly with half of nut mixture. Cover with remaining batter. Dot with remaining mixture. Bake at 350 degrees F. about 50 minutes. Cool cake 10 minutes; remove from pan.

Edith Krantzman

PECAN-SOUR CREAM COFFEE CAKE

CAKE

- $\frac{1}{2}$ cup ($\frac{1}{4}$ pound) butter or margarine
- 1 cup granulated sugar
- 3 eggs
- 2 cups regular all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{2}$ cup golden raisins
- 1 cup sour cream

TOPPING

- $\frac{3}{4}$ cup firmly packed brown sugar
- 1 tablespoon flour
- 1 teaspoon cinnamon
- 2 tablespoons butter or margarine
- 1 cup chopped pecans

In the large bowl of your electric mixer cream together butter and sugar. Add eggs, one at a time, beating well after each addition. Sift flour, measure, and sift again with baking powder, soda, and salt; add to creamed mixture alternately with sour cream, making about 3 equal additions of each and blending after each addition. Sprinkle raisins over the top and stir in. Spread mixture in a greased (13 x 9 x 2 inch) baking pan.

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PECAN-SOUR CREAM COFFEE CAKE - Continued

PECAN TOPPING

Mix brown sugar, flour and cinnamon. Cut in butter until mixture has the consistency of corn meal. Mix in pecans and sprinkle over batter. Bake in 350 degrees F. oven about 30 minutes or until it tests done. Cut in squares and serve either warm or cold. Makes 12 servings.

Ellen Strouse

Keep a toothbrush near the the kitchen sink. It may be useful in cleaning rotary beaters, graters, choppers, and similar kitchen utensils as well as hard to clean areas around your sink and stove.

CINNAMON COFFEE CAKE (DAIRY)

1- $\frac{1}{2}$ cups flour
3/4 cup sugar
3/4 teaspoon salt
2- $\frac{1}{2}$ teaspoons baking powder
3/4 cup milk
 $\frac{1}{4}$ cup margarine or butter (softened)
1 egg

CINNAMON MIX

$\frac{1}{2}$ cup brown sugar
2 tablespoons cinnamon
2 tablespoons margarine or butter
(melted)

In a large mixing bowl, blend all ingredients except the cinnamon mix. Spread $\frac{1}{2}$ of the batter in a greased round layer pan, 9 x 1- $\frac{1}{2}$, or a square cake pan. Mix brown sugar, cinnamon, and margarine. Sprinkle $\frac{1}{2}$ of the mixture over batter. Repeat with remaining batter and mixture. Bake at 375 degrees F. for 25 to 30 minutes or until toothpick inserted into center comes out clean. Serves 8 to 9.

Karen L. Natkin

APRICOT COFFEE CAKE

- 1 stick margarine ($\frac{1}{4}$ pound)
- 1 cup sugar
- 1 egg
- 1 cup sour cream
- 1- $\frac{1}{2}$ cups flour
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- $\frac{1}{2}$ teaspoon salt
- 1 teaspoon vanilla
- 1 teaspoon cinnamon
- $\frac{1}{2}$ cup apricot puree or preserves

Cream butter, sugar, eggs and sour cream. Sift together flour, baking soda, baking powder and salt. Add to the mixture above, beating as you add. Add vanilla; mix well. Into a greased loaf pan put $\frac{1}{2}$ cup apricot puree or preserves; pour batter over it. Sprinkle extra cinnamon and sugar over the batter. Bake in a 350 degrees F. oven for 35 minutes. Remove from loaf pan while still warm. Invert onto serving plate - apricot layer will be topping!

Diane Sollod

CHOCOLATE CHIP SOUR CREAM COFFEE CAKE

Preheat oven to 350 degrees F. -
grease a tube pan.

- 3 eggs
- 1 stick of margarine or butter
- 1 cup sugar
- 2- $\frac{1}{2}$ cups sifted flour
- 3 teaspoons baking powder
- 1- $\frac{1}{2}$ teaspoons baking soda
- 1 teaspoon vanilla
- 1 cup sour cream ($\frac{1}{2}$ pint)
- 9 ounces chocolate chips
- 1 cup sugar and cinnamon - mixed

Mix first eight ingredients in a large bowl for 4 minutes, and make sure they are well blended. Then pour half of the batter in the pan. Take $\frac{1}{3}$ of the chocolate chips and sprinkle over batter in pan. Then sprinkle $\frac{1}{3}$ of sugar and cinnamon mix over pan batter. Cut through with a knife. Pour remaining batter in pan and sprinkle another $\frac{1}{3}$ of chocolate chips and sugar and cinnamon mix into batter and cut through with a knife again. Sprinkle remaining chips and mixture on top. Press into batter. Bake 45 to 50 minutes. Check to see if done earlier. Let cool completely.

Lee Shane

NO-FROST CHOCOLATE CHIP DATE CAKE

- 1- $\frac{1}{4}$ cups water (hot)
- 1 small package dates (chopped)
- 1 teaspoon baking soda
- 1- $\frac{1}{2}$ cups flour
- $\frac{3}{4}$ teaspoon baking soda
- $\frac{1}{2}$ teaspoon salt
- $\frac{3}{4}$ cup butter or margarine (1- $\frac{1}{2}$ sticks)
- 1 cup sugar
- 2 eggs
- 2 tablespoons sugar
- 1 small package semi-sweet chocolate chips
- $\frac{1}{4}$ - $\frac{1}{2}$ cup chopped walnuts

Pour hot water over dates, add 1 teaspoon baking soda and cool. Sift together flour, $\frac{3}{4}$ teaspoon baking soda and salt. Cream together butter and sugar, add eggs. Add dates and flour mixture to creamed mixture. Mix well. Pour into greased floured 13 x 9 x 2 inch pan and sprinkle with 2 tablespoons sugar, walnuts and chocolate chips. Bake at 350 degrees F. for 30 minutes.

Lee Shane

FUDGE CAKE

- 2 sticks margarine
- 1 cup water
- 3 tablespoons cocoa
- 2 cups sugar
- 2- $\frac{1}{4}$ cups flour
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ cup buttermilk
- 2 eggs, beaten
- 1 teaspoon soda
- 1 teaspoon vanilla

Boil water, margarine, cocoa; add 2 cups sugar, flour, salt, buttermilk, eggs, soda and vanilla. Bake in jelly roll pan 25 minutes at 350 degrees F in 17 x 11 x 1 inch pan.

FROSTING

- 1 stick margarine
- 3 tablespoons cocoa
- 1 box powdered sugar
- 1 teaspoon vanilla
- 6 tablespoons milk (use buttermilk)
- 1 cup pecans

Heat margarine, cocoa and buttermilk. Add other ingredients. Pour frosting over hot cake.

Nancy Lightman

DOUBLE CHOCOLATE MIX CAKE

- 1 package yellow cake mix
- 1 package (3-3/4 ounces) instant
vanilla pudding mix
- 4 eggs
- 1 cup milk
- 1 cup oil
- 1 bar German sweet chocolate
- 1 package (6 ounces) semi-sweet
chocolate chips

Mix all ingredients together (except both chocolates) in a large bowl for 5 full minutes at medium speed with an electric mixer. Grate the German sweet chocolate and blend it into the mixture along with the 6 ounce package of chocolate chips. Bake in a well greased and floured 10 inch tube pan at 350 degrees F. for 1 hour. Cool 15 minutes in pan and then turn out onto rack to finish cooling. Serves 12. Freezes well. Keeps well. Good made 24 hours in advance.

Carla Cole

CHOCOLATE MARBLE CAKE

- 2- $\frac{1}{4}$ cups sifted cake flour
- 1- $\frac{1}{2}$ cups sugar
- 3 teaspoons baking powder
- 1 teaspoon salt
- $\frac{1}{2}$ cup oil
- 7 egg yolks
- $\frac{3}{4}$ cup cold water
- 1 teaspoon vanilla
- 7 egg whites
- $\frac{1}{2}$ teaspoon cream of tarter
- $\frac{1}{4}$ cup boiling water
- 2 tablespoons sugar
- 2 squares unsweetened chocolate -
melted

Sift flour, sugar (1- $\frac{1}{2}$ teaspoons), baking powder, and salt. Make a well in the center of dry ingredients and add in order, oil, egg yolks, cold water, and vanilla. Beat until smooth. In large bowl beat egg whites and cream of tartar until very stiff peaks form. Pour egg mixture in thin stream over entire surface of egg whites, gently folding to blend. Remove $\frac{1}{3}$ of batter to another bowl. Blend together boiling water, sugar, chocolate and fold into small portion of batter. Spoon $\frac{1}{2}$ of the light batter into ungreased 10-inch tube pan, top with $\frac{1}{2}$ chocolate batter. Repeat layer. With narrow spatula, swirl gently through batter to marble. Bake in 350 degrees F. oven for 55 minutes. Invert; cool. Frost with chocolate icing, if desired.

Ellen Strouse

SOUTHERN DATE CAKE

- 1- $\frac{1}{2}$ cups seedless raisins
- 1- $\frac{1}{2}$ cups chopped dates
- 2 cups sugar
- 2 cups boiling water
- 5 tablespoons shortening
- 3 cups flour
- 2 tablespoons cinnamon
- 1 teaspoon allspice
- 1 teaspoon baking soda
- $\frac{1}{2}$ teaspoon salt
- 1 cup chopped pecans

Combine raisins, dates, sugar, water and shortening in a saucepan. Simmer over low heat for 20 minutes, stirring occasionally. Cool (takes 2 - 3 hours to cool). Combine flour, cinnamon, allspice, baking soda and salt. Add to date mixture blending well. Stir in nuts. Spoon batter into a well-greased and floured 10-inch tube pan. Bake at 325 degrees F. for one hour and 50 minutes. Cool 30 minutes in pan and turn out onto rack. Freezes well. Keeps well. Can be made 2 - 3 days in advance. No refrigeration needed.

Carla Cole

7-UP POUND CAKE

- 2 sticks margarine
- $\frac{1}{2}$ cup shortening
- 3 cups sugar
- 5 eggs
- 3 cups cake or regular flour,
sifted twice
- 1 7 ounce bottle 7-Up
- 1 teaspoon lemon extract
- 1 teaspoon vanilla extract (or $\frac{1}{2}$
teaspoon almond extract)

Cream margarine and shortening until light and fluffy. Gradually add sugar; add eggs one at a time and beat well after each addition. Add alternately the cake flour; 7-Up, and flavorings. Grease and flour a 9 or 10 inch tube pan and sprinkle with finely chopped nuts. (Nuts optional). Pour batter in pan and bake at 350 degrees F. for 45 minutes. Reduce heat to 300 degrees F. and bake 25-35 minutes longer. Let cool in pan at least 5 minutes before turning out. Serve plain or sprinkled with confectioner's sugar.

Nancy Lightman

WINE CAKE

- 1 package yellow cake mix
- 1 small package (3-3/4 ounces)
instant vanilla pudding
- 4 eggs
- 3/4 cup sherry
- 3/4 cup Wesson oil
- 1 tablespoon nutmeg

Combine as written on mixes, adding all ingredients. Beat for 5 minutes at medium speed. Bake in greased tube pan for 45 minutes in preheated 325 degrees F. oven. Let cool in pan on rack. Take out, sprinkle with powdered sugar.

JoAnn Algiers Levy

MOTHER'S DAY
OLD WORLD MACADAMIA NUT CAKE

- 2-3/4 cups sifted cake flour
- 2 teaspoons baking powder
- 1 teaspoon salt
- 1 cup butter (2 sticks) softened
- 1-3/4 cups sugar
- 4 eggs
- 2/3 cup milk
- 2 teaspoons creme de cacao (or
vanilla)
- 1 cup finely ground macadamia nuts

Grease bundt pan, dust with flour and tap out excess flour. Use a teflon-lined pan if possible. Stir flour, baking powder, salt and set aside. Beat butter, sugar and eggs in a large bowl with a mixer at high speed for 3 minutes. Remove bowl from mixer. Stir in dry ingredients alternately with milk, beating after each addition, until batter is smooth. Stir in vanilla (or creme de cacao) and nuts.

Pour batter into prepared pan and bake in a moderate oven at 350 degrees F. for about 1 hour and 5 minutes, or until cake tester comes out clean. Cool cake in pan which has been set on a wire rack for 10 minutes, then loosen cake around center and outer edge. Invert onto wire rack and cool. Sprinkle with powdered sugar through a sieve; then sprinkle with finely ground macadamia nuts.

Diane Sollod

PISTACHIO TORTE

CRUST

- 1- $\frac{1}{2}$ cups flour
- 1- $\frac{1}{2}$ cups margarine
- 2/3 cup chopped pecans or macadamia nuts

1ST FILLING

- 8 ounces cream cheese, softened
- 1 cup confectioner's sugar
- $\frac{1}{2}$ carton (9 ounce carton) Cool Whip

2ND FILLING

- 2 packages (3-5/8 ounces each)
pistachio instant pudding
- 3 cups milk

CRUST: Cut margarine into flour and when they are blended, add the nuts. Press into bottom of a 9 x 13 inch pan. Bake at 350 degrees F. for 20 minutes, but do not brown.

1ST FILLING: Beat cream cheese, sugar, and Cool Whip until smooth. Spread over the cooked crust.

2ND FILLING: Beat pudding and milk until smooth. Pour over cheese. Refrigerate until serving time. "Frost" with rest of the Cool Whip before serving.

Nancy Lightman

CANDIES, FRUITS, AND SNACKS

BAKED APPLES

- 4 large Washington or McIntosh
apples
- 1 pint apple juice
- 1 quart water
- 2 tablespoons lemon concentrate or
juice of 4 fresh lemons
- 1 cup lightly salted butter
- 2 cups brown sugar
- dash of cinnamon

STUFFING FOR APPLES

- $\frac{1}{2}$ cup chopped macadamia nuts
- $\frac{1}{2}$ cup seedless raisins
- $\frac{1}{2}$ cup brown sugar

Add lemon concentrate to water to make lemon wash. Set aside. Peel $\frac{1}{3}$ of top portion of the apple. Leaving bottom portion of apple intact, carefully remove core and pits. Place apples into lemon wash to prevent discoloration. Make apple glaze by whipping butter with brown sugar, add the cinnamon and mix well. Place mixture into double boiler to heat until it becomes a liquid. Keep liquid warm. Remove apples from lemon wash.

(Continued)

BAKED APPLES - Continued

STUFFING FOR APPLES

Make stuffing, fill apples, then place into deep pan (tall enough to cover apples); add apple juice, cover pan with foil and bake in 350 degrees F. oven for 35 minutes. Remove and test. Apples should be soft but not mushy. If done, remove foil and glaze the top of the apples. Return to oven for 5 more minutes. Remove and let cool. Chill and serve. Serves 4 persons.

The Colony
Hyatt Regency Waikiki

BAKED APPLES

These are easy to make, a joy to eat!

- 4 apples - cored
- 1 can raspberry soda (diet is fine
if you're counting calories
cinnamon and nutmeg to taste
margarine

Pour raspberry soda over, around, and in center of the cored apples. Sprinkle with cinnamon and nutmeg to taste. Dot with margarine. Bake at 350 degrees F. for 50 - 60 minutes. Serve warm with ice cream or whipped topping. Serves four.

Diane Sollod

MEXICAN BAKED PINEAPPLE NATILLAS

- 1 large fresh ripe pineapple
- $\frac{1}{4}$ cup sugar (approximately)
- 2 - 3 tablespoons rum, or 1 teaspoon
rum flavoring
- 4 tablespoons ($\frac{1}{4}$ cup) butter

Cut off top of pineapple and remove insides. Cut center portion into bite-sized pieces. Sweeten to taste with sugar. Flavor with rum. Put pineapple pieces back into pineapple shell. Dot with butter, cover with foil and bake in moderate oven at 350 degrees F. for 20 minutes. Replace the top and bring to table on plate to serve warm topped with natillas, a cold sauce.

NATILLAS SAUCE

- 1 pint light cream
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ cup sugar
- 1 egg
- 2 egg yolks
- 1 teaspoon vanilla
- 1 teaspoon cornstarch

Scald cream. Add salt, sugar beaten with egg, egg yolks, cornstarch and vanilla. Cook over hot water stirring constantly until smooth and slightly thickened. Chill. Serve on top of pineapple.

Bonnie Sultanik

CHOCOLATE CHERRIES

- 1 8 ounce jar stemmed maraschino cherries
- $\frac{1}{2}$ cup semi-sweet chocolate bits
- 2 tablespoons milk
- 2 ounces pecan chips (finely chopped)

Drain cherries well on paper toweling. Using an individual egg poacher, melt chocolate in milk, stirring until melted and well blended. (Chocolate must be of right consistency to adhere to the cherries, but not so thick as to lose the shape of the fruit.) Holding the cherry by the stem, dip the bottom half into the chocolate, then immediately into the chopped pecans. Place on wax paper to cool. Place cherries in freezer to set the coating. Cherries may be kept frozen until used.

Dee Martin

CURRIED FRUIT

- $\frac{1}{2}$ cup butter
- $\frac{3}{4}$ cup packed brown sugar
- $1-\frac{1}{2}$ teaspoons curry powder
- 1 can pear halves, drained
- 1 can peaches, drained
- 1 can pineapple chunks, drained
- 1 can apricots, drained
- $\frac{1}{2}$ jar maraschino cherries, drained

Size of cans depends on quantity you desire.

Melt butter and sugar together; add curry powder. Pour over fruits. Then bake for 45 minutes at 325 degrees F. Delicious by itself, just great over ice cream!

Nathan Kryz

FRUIT CHEWS

- 1 cup sunflower seeds
- $\frac{1}{2}$ cup sesame seeds
- 1 cup raisins
- $\frac{1}{4}$ cup peanut butter
- $\frac{1}{2}$ cup wheat germ (toasted)
- papaya juice
- 2 or 3 tablespoons blackstrap molasses
- 1 teaspoon vanilla
- shredded unsweetened coconut

Place small amounts of the first three ingredients in a blender and blend until smooth. Transfer to a bowl. Repeat until all seeds and raisins have been blended. Add remaining ingredients except coconut and papaya. Add papaya juice to moisten. Moisten fingers and make small balls. Roll in coconut. Refrigerate.

Frances Cooper Askinas

ISRAELI FRUIT FRITTERS

- 1 cup flour
- 2 teaspoons baking powder
- $\frac{1}{4}$ teaspoon salt
- 2 tablespoons sugar
- 1 egg, beaten
- $1\frac{1}{3}$ - $\frac{1}{2}$ cup milk
- 2 tablespoons melted butter (or vegetable fat)
- 2 sliced bananas, or 1 dozen thin slices fresh pineapple

To prepare the batter, sift together the flour, baking powder, and salt; stir in the sugar. Mix together the egg, milk, and melted butter and stir into the dry ingredients. Blend until smooth but do not overbeat. Batter should be heavy enough to coat the fruit; adjust accordingly, if necessary, with a little more milk or flour. Two cups of any well-drained cubed fruit may be stirred into the batter; then deep fry in hot fat by spoonfuls until well browned and fruit cooked through. An interesting way of preparing fruit fritters is by using round slices of colored apples or canned pineapple. These are dipped into the batter one at a time, then dropped into deep hot fat to cook through and brown all over. These will come from the frying pot like the most delicate of round doughnuts. Drain on absorbent paper. Serve hot with confectioners' sugar over top. Serves 2 or 3.

ANN BUSH'S FRUIT SLICES

- 4 eggs
- $\frac{1}{2}$ cup sugar
- $\frac{3}{4}$ cup sifted flour
- $\frac{1}{2}$ teaspoon salt
- 1 teaspoon baking powder
- 1 pound pitted dates (whole)
- $\frac{3}{4}$ pound Brazil nuts (whole)
- $\frac{3}{4}$ pound English walnut halves
- 1 16 ounce jar maraschino cherries,
drained
- $\frac{1}{4}$ cup flour
- $\frac{1}{4}$ cup cherry juice mixed with $\frac{1}{3}$
cup Kentucky bourbon

Beat eggs. Gradually add sugar. Blend in flour mixed with salt and baking powder. Set aside. Put dates, nuts and cherries into a large mixing bowl. Coat with $\frac{1}{4}$ cup flour. Add batter and mix (by hand) until all the fruits and nuts have been covered. Grease two loaf pans, approximately $10 \times 3\frac{1}{2} \times 2\frac{1}{4}$, and line bottom and sides with wax paper. Fill pans half full. Bake at 250 degrees F. for 2 hours.

Remove cakes from pans and place on cake racks. Peel off wax paper immediately. Cool about 10 minutes. Spoon mixture of cherry juice and bourbon over cakes. Allow cakes to cool completely. Slice them. Pack slices with wax paper between layers. Freeze until ready to use.

Dee Martin

FROZEN BANANA FRUIT SALAD

- $\frac{1}{4}$ cup sugar
- 1- $\frac{1}{2}$ tablespoons flour
- $\frac{1}{2}$ teaspoon salt
- 1 egg, beaten
- 2 tablespoons vinegar
- $\frac{3}{4}$ cup pineapple juice
- 3 bananas
- 1 cup pineapple tidbits
- 1 cup mangoes, diced small
- 12 sliced maraschino cherries
- 1 cup heavy cream, whipped

In a saucepan, combine sugar, flour and salt. Stir in egg, vinegar and pineapple juice. Cook over low heat, stirring constantly, until mixture thickens; cool. Mash bananas; mix with other fruit. Stir in cooked mixture; fold in whipped cream. Pour into molds, cover tightly, and freeze until firm. Let thaw about 30 minutes in refrigerator before serving. Serves 12.

Diane Parker

(Courtesy of Hawaiian Electric Company)

SOUR CREAM FRUIT SALAD

- 1 11 ounce can mandarin oranges,
drained
- 1 18 ounce can fruit cocktail,
drained
- Any combination of fresh fruit,
diced, such as mangoes, apples,
pineapple, peaches, papayas,
etc., totaling about 4 cups
- 1 cup shredded coconut
- 1 cup miniature colored marshmallows
- $\frac{1}{2}$ cup chopped nuts
- $\frac{1}{2}$ pint sour cream (or more, if needed)

Combine well-drained fruits with other ingredients. Refrigerate several hours before serving. Any preferred proportions of fruit, nuts, etc. may be used. Mix with enough sour cream to bind. This salad is a great favorite -- colorful, easy to make, and delicious. It keeps well for a few days in the refrigerator.

Diane Parker

GRANNY'S AMAZING PRALINES

- 1 cup butter
- 1 cup brown sugar
- 1 cup chopped pecans
- 12 graham cracker squares

Preheat oven to 400 degrees F. Lightly grease bottom of 13 x 9 x 2 inch pan. Line bottom of pan with graham crackers (whole). Bring butter and brown sugar to a slow boil over medium-high heat until mixture is clear and bubbly. Add chopped pecans to mixture. Spread evenly over graham crackers making sure all of the crackers are evenly covered. Place in oven and bake for 5 minutes or until bubbly. Remove from oven and let cool for 5 minutes. While still warm cut into bite-size pieces. Yield 24 cookies. Happy Eating!

JoAnn Algiers Levy

DIVINITY

- 2 whites of eggs, beaten stiff
- 2 teaspoons vanilla
- 2- $\frac{1}{2}$ cups sugar
- $\frac{1}{2}$ cup corn syrup (light - Karo)
- $\frac{1}{2}$ cup water
- 1 cup nuts

Cook sugar, corn syrup and water until it spins in a thread. 1/ Pour $\frac{1}{2}$ into whites of eggs which have been beaten until they form a peak. Cook other half until it forms a hard ball in cold water, 2/ - then pour it into the first half stirring constantly. Beat until cream and candy cools. Mix in nuts and drop onto wax paper from a teaspoon.

NOTE: Do not make on a rainy day!

- 1/ To test, lift spoon with syrup on it above pot - slowly pour back into pot - when it strings or makes a thread it's ready.
- 2/ To test for hard ball stage, use $\frac{1}{2}$ cup cold water and drop 1 - 2 drops of syrup into cold water. When mixture is ready, it will form a hard crystalline ball when dropped into cold water.

Bonnie Sultanik

CHOCOLATE BALLS

- 1 14 ounce can condensed milk
- 4 squares Bakers chocolate or
3 pieces Hershey's cooking
chocolate
- 1 tablespoon vanilla
chopped nuts, shredded coconut
or chocolate sprinkles

Heat first 3 ingredients in double boiler until chocolate melts, stir occasionally. Let cool and shape into one inch diameter balls, then dip into any of the last three ingredients.

Rita C. Teitel

CRUNCHY GRANOLA

4-5	cups quick cooking oatmeal
1	cup wheat germ
1 or $\frac{1}{2}$	cup coconut
1	teaspoon cinnamon
$\frac{1}{2}$	cup honey
$\frac{1}{3}$	cup corn oil
1	teaspoon vanilla

Mix first four ingredients. Add honey and mix. Add oil and vanilla, mix thoroughly and spread evenly in large flat ungreased pan. Bake in 325 degrees F. oven for 20 minutes. Stir often or it will burn. Nuts, raisins, sun flower seeds, sesame seeds, chopped fruits, etc. may be added.

JoAnn Algiers Levy

COOKIES

PASSOVER BROWNIES

- $\frac{1}{4}$ cup oil
- $\frac{1}{4}$ cup cocoa
- 1 cup sugar
- 3 eggs, separated
- $\frac{1}{4}$ cup water
- $\frac{1}{4}$ cup Passover cake flour
- $\frac{1}{4}$ cup potato starch
- $\frac{1}{4}$ cup chopped nuts (or more)

Beat egg yolks and sugar. Add oil and water; beat well. Fold in sifted dry ingredients. Add nuts. Fold in egg whites beaten stiff. Bake in greased 9 inch square pan at 350 degrees F. for 30 minutes. Cool. Freezes well - very fluffy.

Sara Efron

MATZO CHARLOTTE (PARVE)
Passover snack

- 5-6 matzos
- 4 eggs, separated
- $\frac{1}{2}$ cup sugar
- 1 medium apple, peeled and chopped
in small pieces
- 1 tablespoon cinnamon
- juice of $\frac{1}{2}$ lemon
- 1 teaspoon salt

Soak matzos in warm water until very soft. Drain very well. Add egg yolks, sugar, apple, cinnamon, lemon juice and salt. Beat egg whites stiff and carefully fold the whites into the matzo mixture. Pour into a greased 9 x 9 x 2 inch pan. Bake 1 hour at 350 degrees F. Will adequately serve 4.

Karen L. Natkin

POMPUSHKES

Traditionally Served During Chanukah

- 1 cup ($\frac{1}{2}$ pound) cottage cheese
- 1 cup grated apple
- 2 eggs
- 1 cup sifted flour with 1 teaspoon
baking powder
- 1- $\frac{1}{2}$ teaspoons sugar
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ cup thick sour cream
- $\frac{1}{2}$ cup oil

Combine cottage cheese, apple and eggs in a mixing bowl. Beat with hand mixer until well blended. Mix and sift dry ingredients. Stir into cheese and apple mixture. Add sour cream and mix again. Heat oil in skillet, drop teaspoons of mixture into oil and fry over medium heat until golden brown on each side (about 5 minutes). Drain on a paper towel and serve hot with sour cream, honey, or sprinkle with cinnamon and sugar.

Diane Sollod

RUTH'S ICE BOX COOKIE

- 1 cup margarine or butter
- 1 cup sugar
- 1 egg, beaten
- 1 teaspoon vanilla
- $\frac{1}{4}$ teaspoon almond
- $2\frac{1}{2}$ cups flour
- $\frac{1}{2}$ teaspoon baking soda
- $\frac{1}{4}$ teaspoon salt
- 1-2 tablespoons grated orange and/or
lemon peel
- 1 cup sesame seed toasted or
1 package coconut, shredded
chocolate chips, optional

Cream together margarine, sugar, egg, vanilla and almond. Add flour, baking soda, salt, orange, and sesame seed. Mix to form dough. Divide dough into fourths. Roll each fourth in wax paper or Saran wrap to form a log. Refrigerate or freeze. Cut into $\frac{1}{8}$ to $\frac{1}{4}$ inch slices. Press chocolate chips into each cookie, if desired. Bake at 350 degrees F. on ungreased cookie sheet until very lightly browned -- approximately 10 minutes. Makes about 100 cookies.

Ruth Ross

POPPY SEED COOKIES

- 3 cups unsifted flour
- 2 teaspoons baking powder
- 1/8 teaspoon salt
- 3 eggs
- 1/2 cup sugar
- 1/2 cup salad oil
- 1/3 cup poppy seeds
- 1 teaspoon vanilla
sugar

Preheat electric oven to 375 degrees F. Grease baking sheets. Sift flour with baking powder and salt. In large bowl of electric mixer, beat eggs with sugar. Mix in salad oil, poppy seeds, and vanilla. Stir in flour mixture. On a floured board, roll out dough 1/8 inch thick. Cut into desired shapes. Place on prepared baking sheets, sprinkle with sugar, and bake for 10 minutes or until lightly browned. Makes 5 dozen.

Clara Orenstein

MOLASSES SUGAR COOKIES

- 3/4 cup shortening (margarine)
- 1 cup sugar
- 1/4 cup molasses
- 1 egg
- 2 teaspoons baking soda
- 2 cups flour
- 1/2 teaspoon ground cloves
(optional)
- 1/2 teaspoon ginger
- 1 teaspoon cinnamon
- 1/2 teaspoon salt

Melt shortening over low heat. Cool. Add sugar, molasses and egg. Beat well. Sift dry ingredients and add to shortening mixture. Mix well. Chill for at least 1 hour. Roll dough into 1 inch balls and roll in white sugar. Place on greased cookie sheets 2 inches apart. Bake at 375 degrees F. for 8 - 10 minutes. Bake 1 sheet at a time on middle rack. These cookies scorch easily. Makes 4 dozen.

Carla Cole

MERINGUE COOKIES WITH CHIPS

- 1 6 ounce package chocolate chips
and/or chopped walnuts
- 2 egg whites
- 1/8 teaspoon cream of tartar
- 1/2 cup sugar
- pinch of salt

Blend egg whites, cream of tartar and salt with mixer. Beat until peaks form. Slowly add sugar, beating as you add it. Fold in chocolate chips and/or nuts. Drop by teaspoonful on greased cookie sheet. Bake 300 degrees F. for 20 minutes until lightly browned. Makes 40 - 50 cookies.

Debbie Fried

CHOCOLATE CHIP SQUARES

- 2 eggs
- 1 cup sugar
- 1 cup Biscuit Mix
- 1 package (6 ounces) chocolate morsels
- $\frac{1}{2}$ cup chopped nuts or coconut

Beat eggs; add sugar and beat until sugar is dissolved. Add biscuit mix, chocolate bits and nuts. Line a 9 x 9 x 2 inch pan with waxed paper. Spread mixture in pan. Bake at 350 degrees F. for 30 - 35 minutes. Cool in pan about 15 minutes; turn out and remove waxed paper. Return to pan and cut in squares. Cool completely before serving.

Note: Double recipe makes enough for a 9 x 13 inch pan. If desired, you may grease pan instead of using waxed paper. Be sure to cut squares while warm in either case!

I got this recipe many years ago, in my 6th grade cooking class. It was an instant favorite and still is. It has traveled to friends and relatives all over the world. We have never found anything easier or better-tasting!

Diane Parker

DATE BARS

- 3 eggs, separated
- 1 cup sugar
- 1 cup flour
- 1 teaspoon baking powder
- pinch salt
- 1 pound dates, pitted and quartered
- 1 cup chopped nuts

ICING

- 3/4 cup sugar
- juice of 1/2 orange

Beat egg yolks with sugar until light. Sift the flour with the baking powder and salt, add to egg-yolk mixture along with dates and nuts. Beat egg whites until they form stiff peaks and add to yolk mixture alternately with flour mixture. Bake in shallow greased 8 x 8 x 2 inch pan in a preheated moderate oven at 350 degrees F. for one-half hour. Let cool in pan. Make icing by combining sugar and orange juice. Spread over the cooled dessert. Refrigerate, then cut into bars. Makes 15 to 20 bars.

APPLE-OATMEAL SQUARES

- 2 cups quick cooking rolled oats
- 2 cups flour
- 1- $\frac{1}{4}$ cups brown sugar, firmly packed
- 1 cup margarine, melted
- 1 teaspoon vanilla
- 8 cups medium diced tart apples
- 4 teaspoons cinnamon
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ cup sugar

Add lemon juice to apples if not tart. Combine oats, flour, brown sugar, margarine, vanilla and salt. Mix until crumbly. Press half of mixture into a greased 13 x 9 x 2 inch pan. Top with apples which have been mixed with sugar and cinnamon. Top with remaining crumbs. Bake at 350 degrees F. for 45 minutes. Top with cream and serve warm or cold. Easily halved - 8 x 8 inch square pan.

Carla Cole

OATMEAL COOKIES

- 3/4 cup Crisco
- 1 cup firmly packed brown sugar
- 1 egg
- 1/2 cup granulated sugar
- 1 teaspoon vanilla
- 1/4 cup water
- 1 cup sifted all purpose flour
- 1/2 teaspoon soda
- 1 teaspoon salt
- 3 cups quick Quaker oats
- 1 6-ounce package chocolate chips

Beat, with mixer until creamy, Crisco, sugars, eggs, water, vanilla. Sift together flour, soda, salt - add to creamed mixture and mix well. Stir in oats and chocolate pieces. Drop by rounded teaspoon onto lightly greased cookie sheet. Bake in preheated 350 degrees F. oven 10 - 12 minutes. Yield 6 dozen.

Barbara Fried

CINNAMON NUT CRISPS

- $\frac{1}{2}$ pound butter
- 1 cup sugar
- 1 egg separated
- 2 cups flour (not packed)
- 4 teaspoons cinnamon
- 1 cup pecans, finely chopped

Cream together butter and sugar. Beat in egg yolk. Work in flour and cinnamon until thoroughly blended. Press dough onto a $13\frac{1}{2} \times 9\frac{1}{2} \times \frac{1}{2}$ cookie sheet. Brush with unbeaten egg white. Sprinkle with chopped nuts. Bake at 350 degrees F. until slightly brown around the edges, about 25 minutes. Cut into diamond shapes while still hot.

Dee Martin

MOCHI DESSERT

- 5 cups mochi flour
- 1 box dark brown sugar
- 1 teaspoon baking soda
- $\frac{1}{4}$ teaspoon salt
- 3 tablespoons salad oil
- 1 12 ounce can coconut milk
- $2\frac{1}{4}$ cups water
- 1 cup chopped nut meats
- 1 18 ounce can Koshi An (black
bean paste)
- sesame seeds

Mix ingredients together. Line 9 x 13 x 2 inch pan with wax paper. Pour mixture into pan and sprinkle with toasted sesame seeds. Bake at 350 degrees F. for 45 minutes. Must be thoroughly cooled before cutting. Bake the day before. Oil knife before cutting into pieces.

Lily Weiss

PIES AND PASTRIES

KIWI TART

- 7 ounces flour
- 5 ounces ground almonds
- 3 ounces powdered sugar
- 1 egg
- 5 ounces unsalted butter
- 12 large kiwi fruit
- 2 ounces raspberry marmalade
- 2 ounces chocolate (melted)

Put all dry ingredients into large bowl. Add the butter and egg and make a dough (like a pie crust). Put in refrigerator for 30 minutes. Peel kiwis and slice each one into 6 slices; set aside. Roll out dough and line a 12 inch quiche pan with it. Bake at 395 degrees F. for 20 minutes. Let cool and remove from pan. Put on a flat plate or cake stand and spread with melted chocolate. After chocolate hardens spread raspberry marmalade onto chocolate. Lay kiwi fruits fan-like and overlapping, and chill for 25 minutes.

GLAZE

- 1 cup water
- $\frac{1}{2}$ ounce Knox Gelatin
- $\frac{1}{5}$ ounce sugar

(Continued)

KIWI TART - Continued

Dissolve gelatin in water and bring to a boil. Add sugar and stir until dissolved. Glaze the kiwi tart with a pastry brush and chill for 15 minutes. Cut into desired pieces and serve at room temperature for better flavor of the kiwi fruit. Yield - one 12 inch tart.

Hyatt Regency Waikiki

APPLE CRUMB PIE

7 medium tart apples
1 recipe plain pastry
 $\frac{1}{2}$ cup sugar
1 teaspoon cinnamon
 $\frac{1}{2}$ cup sugar
 $\frac{3}{4}$ cup flour
 $\frac{1}{3}$ cup butter

Pare and cut apples. Arrange apples in 9 inch pastry lined pie pan. Pile apples 1 inch over top of pan. Mix $\frac{1}{2}$ cup sugar with cinnamon and sprinkle over apples. Sift $\frac{1}{2}$ cup sugar with flour and cut in butter until crumbly. Sprinkle mixture over apples. Bake at 400 degrees F. for 40 - 50 minutes.

Marcy Smith

RUGELACH (COTTAGE CHEESE ROLL UPS)

- 1 stick margarine
- 1 stick butter
- 1 cup cottage cheese
- 2 cups flour
- 1 stick melted butter
- brown sugar
- cinnamon
- chopped nuts
- 1 egg, beaten

Cream margarine and butter; add cottage cheese (may add some cream cheese). Stir in small amounts of flour at a time. Divide dough in 4 parts (if larger ones desired, make only three). Knead until smooth; roll each about 1/8 inch thick. Spread with melted butter, sprinkle with brown sugar, cinnamon, and chopped nuts. Cut in quarters, then each quarter in 3, making 12 wedges. Roll each from the widest end to the point. Place on ungreased cookie sheet and brush with beaten egg. Bake at 375 degrees F. for 25 minutes.

Sara Efron

MOTHER'S STRUDEL

EGG PASTRY

- 3 cups flour
- $\frac{1}{2}$ cup oil
- 1 egg
- $\frac{1}{2}$ cup sugar
- 2 teaspoons baking powder
- $\frac{1}{4}$ cup orange juice
- 1 teaspoon grated lemon

FILLING

- 1- $\frac{1}{2}$ cups fruit filling (apricot jam,
peach jam, or prune puree)
- $\frac{3}{4}$ cup crushed nuts (fine)
- $\frac{1}{2}$ cup coconut
- 4 - 5 fine crushed graham crackers

To mix pastry - mix sugar, flour and baking powder; add oil and then add egg and juice. Knead into a ball by placing on floured board and kneading. Invert a bowl over ball for 10 minutes. This keeps the dough warm. Divide dough into 3 equal parts. Roll out into 6 inch wide strips. Now you are ready to fill the pastry.

To fill pastry - crush 4 - 5 graham crackers, sprinkle lightly but evenly over 2 inches of pastry. This keeps the filling

(Continued)

MOTHER'S STRUDEL - Continued

from running and making the pastry soggy. Spread jam over crumbs and sprinkle coconut and nuts over the jam. Roll the pastry to enclose the filling. With a sharp knife, cut at 1- $\frac{1}{2}$ inch intervals cutting $\frac{3}{4}$ of the way through. Brush top of pastry with an egg beaten with a few drops of oil. This makes a glazed pastry. It is now ready to bake. Place the rolled, filled pastry on an oiled pastry sheet. Place on middle rack in a 325 degrees F. oven for 20-25 minutes. After 15 minutes, check to see that it doesn't burn.

Irene Chusman
Diane Sollod's mother

GRAHAM CRACKER PIE

- 3 eggs, separated
- 1 cup sugar
- 1 cup fine graham cracker crumbs
- shake of salt
- $\frac{1}{2}$ cup broken walnuts

Beat egg yolks and add sugar, nuts, salt and crumbs. Fold in egg whites that have been beaten stiff. Put in a 9 inch greased pan. Bake 35 minutes at 325 degrees F. Serve with whipped cream or ice cream.

Lennie Shapero

SUNNY BANANA PIE

- 1 9-inch graham cracker crust -
baked and cooled
- 2 bananas, medium
- 1 8 ounce package cream cheese
- 2 cups milk
- 1 package (3-3/4 ounces) instant
vanilla pudding mix
- toasted coconut

Slice bananas onto cooled graham cracker crust. Gradually add $\frac{1}{2}$ cup milk to softened cream cheese, mixing until well blended on medium speed with electric mixer. Add pudding mix and remaining milk, beat slowly for 1 minute. Pour into crust and chill in refrigerator for several hours. Garnish with toasted coconut and extra banana slices if desired.

Carla Cole

CAROB TOFU PIE

CRUST

- 1 cup whole wheat pastry flour
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{3}$ cup butter
- 3(+) tablespoons ice water

FILLING

- 4 8 ounce cakes tofu
- $\frac{1}{2}$ cup honey or maple syrup
- 3 teaspoons vanilla
- $\frac{1}{2}$ teaspoon cinnamon
- $\frac{1}{3}$ cup carob (or $\frac{1}{2}$ cocoa + carob)
- 1 cup cashew milk (blend $\frac{1}{3}$ cup cashew + $\frac{2}{3}$ cup water)
- $\frac{1}{2}$ cup chopped nuts or coconut

Blend ingredients for crust; roll and place in a 9-inch pie plate. Blend first 6 filling ingredients until creamy; stir in chopped nuts or coconut. Fill pie shell. Bake at 425 degrees F. for 13 minutes.

Frances Cooper Askinas

CHEESECAKE PIE

CRUST

- $\frac{1}{2}$ cup melted butter (cooled)
- $\frac{1}{2}$ cup sugar
- 1 egg
- 1 teaspoon baking powder
- 1 cup sifted flour

Set oven to 325 degrees F. Mix all ingredients in bowl. Flour fingers and pat into a 9 x 13 inch baking pan. Set aside.

FILLING

- 1 pound soft cream cheese (2 large packages)
- 1- $\frac{1}{2}$ cups sugar
- 6 eggs
- $\frac{1}{2}$ pint sour cream
- 2 tablespoons flour
- 1- $\frac{1}{2}$ cups milk
- 1 teaspoon vanilla
- cinnamon

Cream cheese and sugar until smooth. Add eggs, one at a time, beating after each addition. Add sour cream. Make a paste of flour and some of the milk. Add paste and remaining milk, a small amount at a time, to cheese mixture. Add vanilla and stir well. Pour onto unbaked crust. Sprinkle with cinnamon. Bake at 325 degrees F. for 10 minutes; reduce heat to 300 degrees F. and bake for an hour or more, until set. Cool in refrigerator for 8 hours before serving. A rich, delicious dessert!

Marge DiBrogrozcio

AUSTRIAN PASTRIES

PASTRY

- 3 cups flour
- 1 package granulated yeast
- $\frac{1}{2}$ pound butter (or margarine),
2 sticks
- 3 egg yolks
- 1 cup sour cream

FILLING

- 1- $\frac{1}{2}$ cups granulated sugar
- 2 teaspoons cinnamon
- 1 package sliced almonds crumbled
(or other nuts)

In a large bowl place flour. Sprinkle yeast over it. Add butter at room temperature. Blend with pastry blender until well mixed and crumbled. In a separate bowl combine egg yolks and sour cream and mix well. Add to dry ingredients, mix well, wrap in waxed paper. Refrigerate overnight. Then divide dough into 5 sections. Keep each refrigerated until ready for working.

FILLING

Mix the filling ingredients. Roll each dough section on filling (careful not to get

(Continued)

AUSTRIAN PASTRIES - Continued

it too sweet) to circle about 1/4 inch thick. Cut in narrow pie shaped wedges and roll towards center. Place on ungreased cookie sheet. Bake at 350 degrees F. until light and golden (about 14 minutes). Remove to rack immediately. This recipe freezes and ships well. Yields about 110.

Helene H. Goodhart

PECAN TARTS

- 1 3 ounce package cream cheese
- 1 stick margarine
- 1 cup flour
- 1 egg, beaten
- 3/4 cup brown sugar
- 1 teaspoon vanilla
- 1 tablespoon margarine
- 1/2 cup chopped pecans

Mix together cream cheese, margarine and flour (I find it easiest to mix with my hands). Using small pieces, form pastries in ungreased tart pans. Combine next five ingredients to make filling. Fill pastries and bake at 350 degrees F. for 25 minutes. Yield - 24 tarts.

Barbara Fried

FROSTED MACADAMIA NUT SOUFFLE

4 cups macadamia nut ice cream
1 ounce dark rum

Line edge of souffle cups with paper border of one-quarter inch. Mix ice cream with rum. Fill souffle cups until one-quarter inch above paper border. Freeze until solid. Before serving, remove paper border and garnish with whipped cream and a sprinkle of macadamia nuts. Serves 4.

Maile Restaurant
Kahala Hilton

PUDDING AND JELLO

APRICOT-PRUNE PUDDING (Passover)

- 20 ounces crushed pineapple
- 3 medium size apples, peeled and
grated
- 8 eggs
- $\frac{1}{2}$ cup sugar
- $\frac{1}{2}$ cup oil
- $\frac{1}{2}$ cup matzo meal
- $\frac{1}{2}$ pound each of dried apricots
and prunes, cut up

Combine pineapple, apples, eggs (one at a time) with sugar, oil and matzo meal. Add dried fruit and mix. Grease a 9 x 13 inch casserole pan. Sprinkle cinnamon. Bake at 325 degrees F. uncovered for 45 minutes.

Marcy Smith

HAUPIA
(Hawaiian Coconut Pudding)

- 1 12 ounce can fresh frozen coconut
milk
- 3/4 cup water
- 5 tablespoons sugar
- 5 tablespoons cornstarch

Melt coconut milk in double boiler. Combine and stir above ingredients until smooth. Cook and stir the pudding over a low heat until it has thickened completely. Increase the heat slightly and stir the pudding vigorously to prevent it from burning. When the fat begins to melt, the pudding is done. Remove pudding from stove and pour it into a cake pan 1 inch deep. Let it cool until it is set, then cut into 2 inch squares.

Dee Martin

"KISS" PUDDING

- 1 pint milk
- 3 eggs (separated)
- 2 tablespoons cornstarch (mixed
with a little milk to make
paste)
- $\frac{1}{2}$ cup sugar
- dash salt

Heat milk in top of double boiler. When hot, add egg yolks in which sugar and cornstarch have been added. Stir and cook until it coats a spoon.

TOPPING

- 1 square unsweetened chocolate
- $\frac{1}{2}$ cup confectioners sugar
- the egg whites

Beat egg whites with sugar added; then add melted chocolate. Put a layer on top of each individual custard.

Nancy Lightman

RICE PUDDING

- 1 cup raw rice cooked according
to package directions
- 2 tablespoons sugar
- $\frac{1}{2}$ teaspoon vanilla
- $\frac{1}{2}$ teaspoon cinnamon
- 1 teaspoon lemon juice
- 3 egg whites
- $\frac{3}{4}$ cup skimmed milk
- $\frac{1}{4}$ cup melted margarine
- $\frac{1}{2}$ cup raisins or chopped dates
(optional)

Mix all ingredients together and pour in-
to a greased 8-inch square baking dish or a
greased 1- $\frac{1}{2}$ quart casserole. Bake covered
at 350 degrees F. for one hour, or until the
top is firm and a knife inserted comes out
dry. If a crisp top is desired, bake another
5 minutes uncovered. 6 servings.

Lillian Lesch

CHOCOLATE LIME SWIRL

- 25-30 chocolate wafers
- 3 tablespoons margarine, melted
- 1 small package lime gelatin
- $\frac{1}{2}$ cup hot water
- $\frac{1}{4}$ cup lemon juice
- $\frac{1}{4}$ cup sugar
- 1 can evaporated milk, chilled
to the crystal stage
- 1 teaspoon lemon rind
- 4 drops green food coloring

Butter a 10 inch springform pan. Line sides with approximately 12 whole cookies. Crush remaining chocolate wafers and mix with melted margarine. Place on bottom of pan; save a bit for decorative topping. Dissolve gelatin in hot water; add lemon juice and sugar and let stand while whipping evaporated milk to a stiff froth. Add gelatin mixture to whipped milk and continue beating to stiff peaks. Mix in lemon rind and food coloring. Pour over cookie crumb crust. Sprinkle top with leftover crumbs. Refrigerate for several hours.

Carla Cole

CHOCOLATE MOUSSE

- 1 12 ounce package chocolate chips
- 10 tablespoons boiling water
- 6 packets Sweet and Low (or 12
teaspoons sugar)
- 5- $\frac{1}{2}$ teaspoons rum
- 8 eggs - separated

Blend chocolate chips and water in a blender until smooth. Add sugar, rum, and blended egg yolks. Beat egg whites until stiff. Fold in chocolate mixture. Freeze overnight, then place in refrigerator about 1 hour before serving. Top with whipped cream or cool whip. Grate some chocolate on top and garnish with fresh strawberries, or maraschino cherries.

Ellen Strouse

CHALLAH SHAPES

OVAL SHAPED

1. Take a large piece of dough.
2. Smooth it with your hands until it takes on an oval shape, narrower at the two ends and fuller and higher in the middle.
3. Take five very small pieces of dough, shape them into small balls.
4. Make a thin slit with a knife on the top of the oval loaf (approximately 4 inches long and $\frac{1}{2}$ inch wide).
5. Place the five small balls slightly apart in the slit.

ROUND

1. Take a piece of dough and form it into a long strip.
2. Cross one side over the other and wrap it in a circular pattern.
3. Take the tip of the higher half, bend it under the lower half, filling in the middle hole.



CHALLAH

- 1 package yeast
- 1 cup water (warm)
- 4 tablespoons sugar
- 1 teaspoon salt
- 2 tablespoons oil or parve
margarine
- 4 eggs (save one egg yolk for
glazing top)
- 5 - 6 cups flour

Pour yeast over water and mix until dissolved. Add sugar, salt, oil or margarine, and eggs. Mix until well blended. Mix in flour one cup at a time until a firm dough is formed. Cover and let rise until doubled. Make into desired shape. Let rise 20 minutes. Brush with egg yolk mixed with a little water. Bake at 350 degrees F. until golden brown, about 30 minutes. May be made into rolls.

Anne Frohman

SOURDOUGH BREAD

STARTER

- 1 envelope active dry yeast
- 2 cups warm water
- 2 cups all-purpose flour

BREAD

- 1 package active dry yeast
- 1 cup warm water
- 2 tablespoons sugar
- 1-½ cups sourdough starter
- 5 cups all-purpose flour
- 2 teaspoons salt
- rice flour or cornmeal

STARTER

In a 1-½ quart glass or earthenware bowl, mix together yeast in warm water, add the all-purpose flour. Cover with cheesecloth and leave in a warm room for 48 hours. Stir 2 - 3 times. It will bubble, ferment and smell slightly sour. Makes 3 cups. To use stir, then pour off needed starter as recipe requires. Then add equal amounts of flour and water to remaining starter in pot. Stir and let stand a few hours until it bubbles again before covering and refrigerating. By adding

(Continued)

SOURDOUGH BREAD - Continued

flour/water you can keep starter going continuously. Do not add anything other than flour/water.

BREAD

In large mixing bowl, sprinkle active dry yeast over warm water (115 degrees F.). Let dissolve 5 minutes. Stir in sugar, sourdough starter, then gradually add 4 cups all-purpose flour mixed with salt. Cover bowl with damp towel and let rise 1 - 1½ hours in a warm place. Turn dough onto floured board; work in about 1 cup more flour until dough is no longer sticky. Then knead until satiny (about 5 minutes). Shape dough into 1 large round or 2 small long oval loaves. Set on cookie sheet sprinkled with rice flour or cornmeal. Let rise again in warm place for 1 - 1½ hours. Place shallow pan of water on lower rack of oven; preheat to 400 degrees F. Make diagonal slashes in bread with razor blade. Bake 40 - 50 minutes until crust is medium dark brown. Set on rack to cool.

Bonnie Sultanik

NAAN BREAD

Ingredients for 8 pieces.

- 4 cups white flour
- 1 tablespoon sugar
- 1 tablespoon baking powder
- $\frac{1}{4}$ tablespoon baking soda
- $\frac{1}{2}$ tablespoon salt
- 2 eggs
- $\frac{1}{4}$ cup yoghurt
- $\frac{3}{4}$ cup milk
- 6 teaspoons cooking oil

In a deep bowl combine dry ingredients and mix well. Make a well in center and add the remaining ingredients, then mix all ingredients together until dough is somewhat sticky; add warm water if necessary. Knead the dough a little on a flour-ed board until the dough is somewhat elastic. Pinch off pieces about the size of a golf ball and place them on a buttered pan to rest. Cover with a damp cloth and let it rest for 1 hour. The dough can also be refrigerated for later use at this point. To cook, pat the dough balls into thin circles, about 6 inches in diameter (they should look like tortillas when ready). Put them on a sheet pan and heat in 450 degrees F. pre-heated oven until bread

(Continued)

NAAN BREAD - Continued

puffs up and is slightly brown; approximately 2- $\frac{1}{2}$ minutes. Serve immediately.

Ram Arora, Indian Chef
Third Floor Restaurant
Hawaiian Regent Hotel

PITA

- 1 ounce fresh yeast or 2 packages
active dry yeast
- 1 teaspoon sugar
- 1- $\frac{1}{4}$ cups lukewarm water
- 4 cups flour
- 1 teaspoon salt

Dissolve the yeast and sugar in water. Sift flour and salt together and mix with the dissolved sugar and yeast. Knead. Divide the dough into 20 balls and roll each one out as thin as possible on a floured board. Cover and let rise in a warm place for $\frac{1}{2}$ hour. Roll out again as thin as possible and let rise for another $\frac{1}{2}$ hour. Bake a few at a time in a preheated 500 degrees F. oven for just a few minutes - until they get puffy. When cut open, the pita can be filled with felafel and salad or used for dipping into tachina. (Makes 20 pitas.)

LAVOSH

- 1 package yeast (dry)
- 1 cup warm water
- 1 teaspoon sugar
- $\frac{1}{2}$ stick margarine melted and cooled
- $1-\frac{1}{2}$ teaspoon salt
- $3\frac{1}{4}$ -3- $\frac{3}{4}$ cups all purpose flour

Proof yeast: Pour yeast into about $\frac{1}{2}$ cup warm (110 - 115 degrees F.) water. Add sugar, stir and set aside. After a few minutes bubbles appear. Put in a large bowl, add remaining $\frac{1}{2}$ cup water, margarine, salt and 3 cups of flour. Beat until smooth. Add enough of the remaining flour to make a stiff dough. Turn out and knead until smooth and elastic (about 10 minutes). Put in bowl, cover and let rise to double size. Punch down and divide into 4 parts. Roll each into a 10" x 14" rectangle. Place on ungreased baking sheet; brush with water, sprinkle with sesame and poppy seeds. Bake at 350 degrees F. for about 20 minutes until golden.

Lennie Shapero

LAVOSH

- 8 cups sifted flour
- 3 whole eggs
- $\frac{1}{4}$ cup shortening
- $1\frac{1}{2}$ tablespoons salt
- $2\frac{1}{2}$ teaspoons sugar
- 2 cups milk
- sesame seeds
- poppy seeds

Work all ingredients, except seeds, into a firm dough. Let the dough rest for $\frac{1}{2}$ hour. Roll out dough on waxed paper using the paper as a tray to put on cookie sheets. Roll dough very thin and place on sheet pan or cookie sheet. Sprinkle seeds onto the dough and roll the seeds into the dough to hold them in place. Total baking time should be 25 minutes at 375 degrees F. Put the pan of dough into a pan of water in the oven for the first 15 minutes of baking. Be sure to remove the water for last 10 minutes.

Rochelle Washofsky

CARROT BREAD

- 3 eggs
- 1- $\frac{1}{2}$ cups sugar
- 2- $\frac{1}{4}$ cups whole-wheat flour
- 1 cup vegetable oil
- 1- $\frac{1}{4}$ teaspoons baking soda
- 1- $\frac{1}{2}$ teaspoons cinnamon
- 1- $\frac{1}{2}$ teaspoons nutmeg
- $\frac{3}{4}$ teaspoon salt
- 2- $\frac{1}{4}$ cups finely chopped raw carrots
- 1- $\frac{1}{2}$ cups chopped walnuts
- 1- $\frac{1}{4}$ cups raisins

Beat eggs well, then add sugar, oil and beat until light. Mix next 5 ingredients. Add to egg mixture and stir until just moistened. Stir in remaining ingredients. Turn into greased 9 x 5 x 3 inch loaf pan and bake in 350 degrees F. oven about 1- $\frac{1}{4}$ hours. Cool on wire rack 10 minutes, then remove from pan.

FROSTING

- 1 3 ounces cream cheese
- $\frac{1}{4}$ cup whipping or heavy cream
- 2- $\frac{1}{2}$ cups powdered sugar
- 1 teaspoon vanilla

Soften cream cheese with part of cream. Add sugar and remaining cream. Add vanilla. Mix until thoroughly blended. Smooth on cake.

Bonnie Sultanik

PUMPKIN BREAD

- 1-2/3 cup flour
- 1-1/2 cups sugar
- 1/4 teaspoon baking powder
- 1 teaspoon baking soda
- 3/4 teaspoon salt
- 1/2 teaspoon cloves
- 1/2 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1/2 cup salad oil
- 1/2 cup water
- 1 cup pumpkin (freshly cooked
or from can)
- 2 eggs
- 1 cup chopped nuts
- 1 cup chopped dates

Preheat oven to 325 degrees F. Grease a 9 x 5 x 3 inch pan. Sift flour with sugar, baking powder, soda, salt and spices. Mix oil, water, pumpkin and eggs. Blend in flour mixture. Fold in dates and nuts. Pour into prepared pan. Bake 1-1/2 hours. Makes 1 loaf.

Minnie F. Beck

MEXICAN SOPAPILLAS

- 4 cups flour
- 1- $\frac{1}{4}$ teaspoons salt
- 3 teaspoons baking powder
- 3 tablespoons sugar
- 2 tablespoons shortening
- milk (about 1- $\frac{1}{4}$ cups)

Sift flour, measure, and mix with other dry ingredients. Rub in shortening with finger tips and add milk to make a soft dough just firm enough to roll. Allow dough to stand 30-60 minutes. Roll on lightly floured board $\frac{1}{4}$ inch thick and cut in squares or diamonds. Fry in deep fat (vegetable oil) at 390 - 400 degrees F. Turn at once so they puff evenly, then turn back to golden brown on each side. Drain and serve with honey or as a bread equivalent.

For dessert sopapillas, increase sugar to $\frac{1}{3}$ cup, add 4 beaten eggs, and decrease milk accordingly. Serve with powdered sugar or honey.

When eating, bite off one corner, fill sopapilla with about two teaspoons honey and eat!

Bonnie Sultanik

SAVORY FARFEL STUFFING
(Makes enough for a 10-12 pound turkey)

- 3 cups raw farfel
- 2 ounces chicken fat or oil
- 1 cup chicken soup
- 6 tablespoons chopped onion
- 1 egg, beaten
- 1 teaspoon salt
- dash pepper, paprika, nutmeg
- 4 tablespoons chopped parsley
- 1 pound diced celery
- 1 carrot, coarsely grated

Fry farfel in the fat, then add the liquid (chicken soup) and cook until absorbed. Add remaining ingredients. Stir just until blended and put into cavity of the bird.

Karen Natkin

GRANDMA'S SOUTHERN CHICKEN DRESSING

- 1 cake pan corn bread
- 8 slices stale bread
- 2 stalks celery (cooked with onions)
- 1 good slice green pepper
- 1 medium potato, boiled
- 1 medium onion, fried in schmaltz (margarine)
- 1 or 2 eggs, boiled
- 1 egg, raw
- 1 level teaspoon ground sage
- salt and pepper to taste

Crumble cornbread and stale bread, add potato and potato water. Add onions, celery and remainder of ingredients. Use hands and mix to a moist but not wet consistency. If desired, giblets and juice can be used or giblets can be used in gravy.

Bonnie Sultanik.
from Grandmother - 1886

FROHMAN'S CARROT STUFFING FOR
VEAL BREAST OR CHICKEN

- 6 heaping tablespoons flour
- 4 tablespoons farina or cream of
wheat cereal
- 1 teaspoon paprika
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 1 large fine grated carrot
- 2 teaspoons dried onions
- 1/4 pound kosher margarine or other
parve shortening

Mix all together. Stuff veal or fowl
(4 - 6 pound bird)

Anne Frohman

BREAD STUFFING FOR POULTRY

This amount is sufficient for a large chicken. Makes three times the recipe for a 12 to 14 pound turkey.

- 4 cups bread crumbs (see instructions)
- 1 small onion, minced
- $\frac{1}{2}$ cup margarine ($\frac{1}{4}$ pound), melted
- 1 teaspoon salt
- $\frac{1}{4}$ teaspoon pepper
- $\frac{1}{2}$ teaspoon marjoram, sage, or poultry seasoning
- $\frac{1}{2}$ cup thinly sliced or diced celery
- regular strength chicken broth

Dry about 7 slices of bread. Leave them out uncovered a few hours or dry in a 175 degrees F. oven. Using a fork, tear them into coarse crumbs. Saute the onion in the butter until it is limp and golden. Sprinkle bread with the salt, pepper, and herbs; add celery. Pour over the onion-butter mixture and toss lightly with a fork until ingredients are evenly distributed. Sprinkle the mixture with broth, tossing with the fork just until barely moistened. Stuff the bird lightly. At no time mash the stuffing; keep it fluffy. Extra stuffing can be baked in a separate greased pan during the last 45 minutes the bird is roasting.

Ellen Strouse

NOODLES

- 1 cup unbleached flour
- 1 egg
- $\frac{1}{2}$ teaspoon salt
- 1 tablespoon oil
- 1 teaspoon water

Mix together well egg, salt, oil and water. Add flour. Knead until smooth. Let rest for 20 minutes. Roll out paper thin. Cut into $\frac{1}{4}$ - $\frac{1}{2}$ inch strips. Let dry. Cook for 5 minutes in salted boiling water. Use for soup, kugels or just plain buttered. Makes enough for one meal for four.

Anne Frohman

MATZO BALLS

- $\frac{1}{2}$ cup water
- $\frac{1}{4}$ teaspoon salt
- 1 tablespoon (chicken fat) shortening
- $\frac{1}{2}$ cup matzo meal
- 1 egg

Bring water to a rolling boil. Add salt and shortening. Add matzo meal and mix thoroughly. Add egg and beat well. Cool in refrigerator. Make into 6 to 8 balls. Drop into rapidly boiling water. Cook 15 minutes. Serve in chicken soup.

Anne Frohman

KREPLACH

DOUGH

- 1 cup unbleached flour
- 1 egg
- $\frac{1}{2}$ teaspoon salt
- 1 tablespoon oil
- 1 teaspoon water

Mix together well egg, salt, oil, and water. Add flour. Knead until smooth. Let rest for 20 minutes. Roll until $\frac{1}{8}$ inch thickness. Cut into 2 inch squares. Fill with chicken filling.

CHICKEN FILLING

- 1 cup cooked chicken
- $\frac{1}{2}$ medium onion
- 2 eggs
- salt and pepper to taste

Grind or chop chicken and onion together. Add eggs, salt, and pepper. Mix well. Fill each dough square with 1 teaspoon filling. Fold over and seal with a little water. Bring a large pot of water to a rolling boil. Add shaped kreplach and cook for 10 minutes.

Anne Frohman

STRAWBERRY JAM

- 2 cups strawberries, crushed
(frozen if fresh not available)
- 4 cups sugar
- 1 package Sure-Jel
- 3/4 cup water

Mix sugar and strawberries. Let sit for 20 minutes. If in a rush, warm mixture until sugar is dissolved. Mix Sure-Jel and water. Cook and boil for 1 minute stirring constantly. Pour into strawberry and sugar mixture. Stir for 3 minutes. Pour into jars. Let set for 24 hours on counter. Freeze. Will stay in refrigerator for a month. Other berries, peaches and mangoes may be used.

Anne Frohman

APPLE BUTTER

- 2 cups apple pulp (pulp-mashed
cooked apples)
- 3 cups sugar
- 2 tablespoons lemon juice
- 3 tablespoons vinegar
- 1 teaspoon cinnamon
- 1/4 teaspoon ground cloves

Mix ingredients and cook until it plops in small volcanoes.

Anne Frohman

HOME MADE COTTAGE CHEESE

- 2 quarts powdered milk prepared
as per directions
- 2 cups buttermilk

Mix all ingredients together in a glass bowl or stainless pot (not aluminum). Let sit overnight on counter until it curdles. The next day, in a pan, bring to a slow boil. Pour into strainer lined with cheese cloth. Drain for two hours. Great for blintzes, ravioli, or lasagne. Makes a good dry cheese.

Anne Frohman

Plastic covers of various sizes can be used in place of cutting boards for cutting small items such as garlic, onions, radishes, tomatoes.

BASIC SPAGHETTI SAUCE

- 2 tablespoons margarine or oil
- $\frac{1}{2}$ pound fresh mushrooms
- 3 cloves garlic, grated
- 4 - 5 8 ounce cans tomato sauce
- salt and pepper to taste
- 1 small can chopped black olives

Saute mushrooms and garlic in margarine or oil. Add tomato sauce, salt, and pepper. Simmer on low heat while preparing noodles - preferably whole wheat. Before serving add chopped olives and heat.

VARIATION

Put spaghetti noodles and basic sauce in casserole dish. Sprinkle with $\frac{1}{2}$ pound mozzarella and/or $\frac{1}{2}$ pound longhorn cheese. Bake in a medium oven until cheese melts. Serve with fresh green salad.

ARAL'S MARINADE

- 1- $\frac{1}{2}$ cups oil
- $\frac{3}{4}$ cup soy sauce
- $\frac{1}{4}$ cup vinegar
- $\frac{1}{4}$ cup lemon juice
- 2 tablespoons Worcestershire sauce
- $\frac{1}{2}$ teaspoon pepper
- 1 clove garlic, crushed
- 1 tablespoon parsley, flaked

Combine all ingredients in quart jar; shake and refrigerate. Good for chicken parts, flank steak, London broil and cuts of beef.

Aral Neiditz
Cleveland, Ohio

BEAN SAUCE

1 cup mayonnaise
2 hard boiled eggs
2 tablespoons Worcesterchire
1 tablespoon lemon juice
2 tablespoons minced onion
1 teaspoon prepared mustard
dash of hot sauce
dash of garlic salt

Mix together in blender. Keep in refrigerator to be served over hot green beans. Really a change from plain green beans!

Nancy Lightman

Chop parsley, and dried fruit such as raisins and dates by placing in a measuring cup and cutting with a scissor.

YOGURT DRINK

Yogurt
Ice cubes
Sugar (to taste)

Put desired amount of yogurt in Osterizer, add one or two ice-cubes and a little sugar (to taste), blend and serve.

Variations:

To basic drink add fresh mint and blend. Very cool, relaxing, and attractive on a hot day especially if served in a glass with a green design.

To basic drink add favorite fresh fruit - strawberries, cherries, blueberries, etc.

Nadya Glatzer

NAOMI'S ORANGE DAVID

- 1 small can orange juice (6 oz.)
- 1 cup milk
- 1 cup water
- $\frac{1}{2}$ cup sugar
- 1 teaspoon vanilla
- 8-9 ice cubes

Put everything into a blender. Blend well. Serve as a breakfast drink.

Naomi Frohman

FRUIT SMOOTHIE

- 1 cup orange juice
- $\frac{1}{2}$ medium papaya
- 1 banana
- $\frac{1}{4}$ cup yogurt
- 2 teaspoons honey (or more)

Combine ingredients and whiz in blender until smooth. Chill and whiz again before serving or serve over ice.

Nadya Akau Glatzer

HOMEMADE KAHLUA

- 3- $\frac{1}{2}$ cups white sugar
- 2 cups water
- 1 jar (2 ounces) instant coffee
- 1- $\frac{1}{2}$ pints brandy
- 1 vanilla bean (spice rack in most supermarkets)

Bring water to a boil and add sugar and coffee. Stir to dissolve both of the above; add brandy and continue stirring over low flame. When the ingredients seem to be well mixed, transfer this to a bottle that will hold about a half-gallon and has a screw-on type lid. Add the vanilla bean and place the bottle in the refrigerator overnight. Put the bottle in a cool dark spot and let the kahlua ferment for about two to three weeks and then drink up!

DRINKS WITH KAHLUA

1. Black Russian: 1 shot kahlua and 1 shot vodka on ice.
2. Brave Bull: 1 shot kahlua and 1 shot tequila on ice.
3. Moon Shot: 1 shot kahlua and 1 shot rum on ice.
4. Coffee Royal: 1 shot kahlua in each cup of coffee.
5. Ice-cream Royal: 1 shot over a dish of ice-cream.
6. Kahlua on Ice: ? shots over ice.

JoAnn Algiers Levy

MAI TAI

Serve in 13 ounce English hi-ball glass.
Squeeze $\frac{1}{2}$ lime and leave shell in glass.

- 1/3 ounce T.V. Orgeat Syrup
- 1/3 ounce T.V. Rock Candy Syrup
- 1/3 ounce Bols Orange Curacao
- 1 ounce Neilson's Lemon Juice
- 1- $\frac{1}{4}$ ounce Saint James (Martinique)
Amber Rum
- 1- $\frac{1}{4}$ ounce Lemon Hart 86 (Jamaican)
Dark Rum

Fill glass with shaved ice. Garnish with a cherry, pineapple spear, sprig of mint and float a vanda orchid. Serve with a straw.

A Specialty of The
Garden Court Lounge
Hawaiian Regent Hotel

CHI CHI

Mix in blender with shaved ice:

- 3 wedges fresh pineapple
- $\frac{1}{2}$ ounce coconut syrup
- $1\frac{1}{4}$ ounces sweet sour lemon juice
(sugar added)
- 2 ounces pineapple juice
- $1\frac{1}{4}$ ounces Wolfschmidt Vodka

Serve in 14 ounce beer glasses. Garnish with cherry and pineapple wedge. Top with vanda orchid.

A Specialty of The Library
Hawaiian Regent Hotel

A throw rug placed at the kitchen sink or anywhere you stand to do a lot of food preparation eases the strain on your legs.

GUAVA DELIGHT

- 1 package lemon jello, 4
serving size
- 1 package strawberry jello,
4 serving size
- $\frac{1}{2}$ package unflavored gelatin
- 4 ounces cream cheese
- 1 can frozen guava juice (6 ounces)

Dissolve first three ingredients in one cup of water in blender container. Add cream cheese and frozen guava juice. Mix in blender. Add enough ice cubes to make five cups. Blend until ice cubes are finely chopped up. Pour into mold. This sets rather quickly. It may be used in an hour or so. It is great with fish!

Anne Frohman

You can easily clean darkened aluminum pans by two teaspoons of cream of tartar mixed in a quart of water for about ten minutes.

DAHI
An Orange Nectar Drink

- 2 cups orange juice (freshly
squeezed or frozen)
- 2 cups yogurt (plain)
- 2 tablespoons honey

Combine ingredients and whiz in blender. Chill and serve. The amount of honey used depends on the sweetness of the orange juice. Yogurt is very easy to digest and can assist the digestive system to assimilate other foods and helps to maintain a healthy digestive tract. It is high in protein and low in calories.

Nadya Akau Glatzer

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