

Russia Yekaterinburg Mission Cookbook - 2004

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Introduction

Credits

Many thanks to all who contributed to the making of this missionary cookbook. Special mention goes to: Elder Greenhalgh, Sister Lawson, Sister Jones, Elder Flanagan, Elder Pearce, Elder Spratling, Sister Gee, and all the Elders who were “coerced” into taste-testing these recipes. May you find much pleasure in cooking and eating and remain in good health too.

Helpful Hints

When preparing foods for cooking and eating, always use **FILTERED WATER!!!!** Vegetables and fruits should first be rinsed to remove dirt, etc., then soaked for at least a minute in a solution of 1 tsp. of bleach (ACE) per liter of water, then rinsed in filtered water. Always drink **filtered water** and brush your teeth with **filtered water**.

Iodized Salt: Buy it, use it!!

Fresh Water Fish, Fresh Mushrooms and Fresh Berries: Nilzya!!!!

Cooked Beans

Cooked beans can be used for soups, added to soups or mashed for refried beans. They are very nutritious. To prepare: Rinse 2 cups beans and put in a pot and cover with water (filtered, of course). Bring to a boil and turn off heat. Cover and let sit over night. In the morning, pour off the soaking water and rinse beans with water. Cover with water again, and bring to a boil. Can add chopped onion, salt and other spices if desired. Turn heat down and simmer for 4-5 hours or till beans are tender. The red or pinto beans make great chili and the white beans are delicious with ham.

Pre-Boiled Potatoes

Clean mud from potatoes. Soak in bleach water. Rinse in filtered water. Scrub clean, but do not peel. Put in pot and cover with water. Boil gently until knife enters potato easily. Do not over cook as potatoes will split. Use them in many different ways with or without skins. Store in the fridge. Carrots can also be pre-boiled, but remove skins first.

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Hard Boiled Eggs

Put cleaned eggs in saucepan and cover with filtered water. Bring to a boil on stove. If you have gas heat, turn way down and cook for 7 minutes. If you have electric heat, turn off and let sit on hot plate for 10 minutes. When done, pour off hot water and rinse with filtered water until heat is gone from eggs. Getting the heat out of the egg quickly makes them peel easier. If the egg cracks during cooking and the white starts to come out, add a Tbsp. of vinegar or a Tbsp. of salt to the water. Store in fridge until ready to use. They will stay good for several days.

Cooking Beets

Wash beets. Do not remove skin or root. Cover with water and boil for about an hour or until fork enters easily. Remove skins and root. Slice and serve with salt, pepper, butter or sour cream, or cool for using in salads.

Cooking Cabbage

Cut cabbage into sections and boil in a small amount of water for 20 minutes or until done. Serve with salt, pepper and butter.

Russian Vinegar

Russian vinegar must be diluted before using. One part vinegar to ten parts water.

Roach Killer

Boric acid and mashed boiled egg yolks. Mix together and add a little water so it will stick together. Form into small balls and place in the kitchen and bathroom. (In cupboards, on counter tops, in corners on the floor, close to wet places). Also put them behind cupboards and couches, under beds, etc. Thoroughly clean your apartment, especially the kitchen and bathroom. Take out the garbage every day.

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Substitutions

1 cup brown sugar = 1 cup white sugar

1 teaspoon baking powder = 1/4 teaspoon soda + 1/2 teaspoon cream of tartar

1 cup oil = 1 cup butter or margarine

1 square of unsweetened chocolate = 3 Tablespoons cocoa + 1 Tablespoon margarine.

Vanilla Sugar for Vanilla Extract. 1 tsp extract = 3 tsp vanilla sugar. If too sweet, next time leave out an equivalent amount of sugar.

1 Tablespoon fresh snipped herbs = 1 teaspoon dried herbs

1 small fresh onion = 1 Tablespoon instant minced onion, dehydrated.

1 teaspoon dry mustard = 1 Tablespoon prepared mustard

1 clove garlic = 1/8 teaspoon garlic salt or powder

1 cup broth = 1 cup water + 1 bouillon cube

Sour Cream = Сметана

Cottage Cheese = Творог

Sage = Шалфей (You find this at the Аптека)

Sweetened Condensed Milk = 1/2 cup water and 1 cup sugar, boiled together until sugar is dissolved. Add 2 Tablespoons margarine and 1 cup regular dry milk or 2 cups Instant. Beat until smooth

Buttermilk = use the Russian Кефир or make your own by adding a scant tablespoon of vinegar (2 drops if it is the Russian vinegar) or lemon juice in the amount of milk that is called for in the recipe. Let stand for 5 minutes.

Spices to add if you want a particular taste

Italian

Oregano - Basil - Garlic - Bay Leaf -Parmesan Cheese

Mexican/Spanish

Cumin - Chili Powder - Garlic - Onion - Peppers - Oregano

Oriental

Soy Sauce - Ginger or ginger root - Garlic - Red Peppers - Onion

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Temperature Conversions

	<u>Fahrenheit</u>	<u>Celsius</u>
Very low oven	250-275	121-133
Low oven	300-325	149-163
Moderate oven	350-375	177-190
Hot oven	400-425	204-218
Very Hot oven	450-475	232-246

Measurements

3 tsp = 1 Tbsp	4 Tbsp = 1/4 cup	8 Tbsp = 1/2 cup
16 Tbsp = 1 cup	1 cup = 1/2 pint	2 cups = 1 pint
4 cups = 1 quart	4 quarts = 1 gallon	16 oz = 1 lb.

Please note that 1 quart is approximately equal to a liter (1 pint ~ 500 ml).
You can use this substitution without damage to the recipes.

Basic Supplies that should be in your cupboard

flour	sugar	iodized salt
rice	noodles	beans
oats	bouillon	powdered milk
oil	cocoa	spices
soda	vitamins	baking powder

Perishables that should be on hand

potatoes	onions	eggs
cheese	bread	fruits
vegetables	yogurt	milk
butter	juice	muesli

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Pelmeni (Пильмени)

3 eggs, lightly beaten
1 cup milk or water

3 cups flour
½ tsp salt
1 Tbsp oil

Make a nest in the flour and salt and put the eggs and oil in the nest. Start to mix and add the milk or water a little at a time until you have a soft dough. Knead it a bit. Roll dough very thin on floured surface and cut in 2" circles or you can pinch off a piece about the size of a walnut and roll it out very thin in circle shape.

Filling

½ lb. ground beef
1 chopped onion

½ lb. ground pork
Salt, pepper and garlic salt

Mix together and put 1 tsp filling in each pastry. Fold in half and pinch firmly to seal edges. Bring the two outside edges together and pinch to hold. This will make a small circle. Boil in salted water for 20 minutes or you can freeze them to use later. Serve with butter, sour cream, vinegar, barbeque sauce, Ranch Dressing or ketchup.

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Piroshki (Пирожки)

Use bread dough, Pelmeni dough, or testo (Тесто). Roll out fairly thin. Cut into circles with a large glass or small bowl. Place filling on one side. Fold over other side and seal edges with a fork. Bake in hot oven 400 (200C) for about 10 minutes.

Filling:

Any of the following ideas in any combination.

Cooked meats. Vegetables chopped or grated and sauteed (don't forget cabbage!). Mashed potatoes, cooked rice, grated cheese, hard cooked eggs, raisins, dried apricots, seasonings. Have Fun! Be creative!!

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Plov (ПЛОВ)

1 kilogram meat cut in cubes (pork, chicken or beef)

1 cup cooking oil

salt and pepper

3 cups onions (chopped or cut in rings)

6 medium carrots (peeled and cut in round or oblong slices)

3 cups uncooked rice

6 cups water

1 package Plov Seasoning*

Put rice in large bowl and cover with water. Let soak while preparing other ingredients. Once in a while massage the rice. Cover bottom of large kettle with oil and heat. Add meat and brown. Season with a little salt and pepper. Add onions and cover with a lid. Stir once in a while. When partially done, add carrots. Replace lid and cook for 10 minutes. Drain water off rice and add rice to pot. Add six cups of water seasoned with a package of Plov seasoning. Cover and cook until rice is done and water is absorbed (about ½ hour).

*Knorr makes a good Plov seasoning. If you can't find that, use Paprika, Basil, Thyme, Cumin, Salt, Black Pepper, Turmeric and Coriander.

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Chicken Pillows

2 chicken breasts cooked and shredded

1 cup sour cream (20%)

1/4 cup mayonnaise

1 large pkg. cream cheese (Viola)

2 Tbsp Vegetal food seasoning (to taste)

1 package Testa (Тесто) or Sloynoye (Слоёное Тесто)

Make the filling by mixing together all the above ingredients, except the dough. Roll out the dough and cut into 4x4 inch squares. Place a spoonful of filling on each square. Fold corners together in center, pinching tightly. Bake on greased cookie sheets at 375 (190C) for 10-15 minutes or until lightly browned.

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Sweet and Sour Chicken

1 large chicken, cooked and deboned	1 ½ cups green pepper strips
½ cup brown sugar	1 small onion, chopped
½ cup white sugar	1 tsp. salt
½ cup apple cider **vinegar	2 Tbsp soy sauce
	4 Tbsp flour or corn starch

*If you don't have enough pineapple juice, add water to amount to 2 cups.

**If you use Russian Vinegar, dilute one part vinegar to ten parts water.

Combine juice, sugars, vinegar, onion, salt, soy sauce and flour. Bring to a boil and cook about 2 minutes or until thickened. Stir constantly. Add chicken, green pepper and pineapple chunks. Heat through. Serve over rice.

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Sweet and Sour Chicken #2

3 lbs. chicken breasts

½ cup flour

Sauce:

½ cup vinegar (dilute Russian)

1 Tbsp soy sauce

4 Tbsp ketchup

½ cup corn starch

2 beaten eggs

¾ cup sugar

3 cups chicken broth (use bullion)

Dash of salt and pepper

Dip chicken in eggs, then flour mixed with corn starch. Fry until brown. Heat sauce in saucepan until sugar dissolves. Put chicken in oblong pan in a single layer. Pour sauce over chicken and bake 45 minutes at 350 (180C). Serve over rice.

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Plain Rice

4 cups water or chicken broth

2 tsp. salt

2 cups uncooked rice

2 Tbsp margarine or cooking oil

Add all ingredients and bring to a boil. Turn heat down and cook about 20 minutes or until rice is tender and liquid is absorbed.

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Onion Rice

½ cup finely chopped onion
1 Tbsp butter or margarine
1 cup uncooked rice
1 tsp salt

2 cups chicken broth or water with
bouillon (1 bouillon cube to 1 c.
water)

Sauté onion and rice in butter until golden; add broth and salt. Bring to a boil. Stir once. Reduce heat, cover and simmer 15 minutes or until rice is tender and liquid is absorbed.

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Fried Rice

2 Tbsp margarine

½ cup chopped green pepper

3 cups cooked rice

2 Tbsp Soy Sauce

1 small onion, chopped

½ tsp garlic salt

Salt and pepper to taste

½ cup slivered almonds

Sauté onion, green pepper, garlic salt, salt and pepper in margarine. Can add chopped cabbage, peas or little frozen shrimps. Simmer about 5 minutes. Add cooked rice, soy sauce and almonds. Cook on low heat about 10 minutes.

Note: Can also add eggs. Make sure they get cooked thoroughly.

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Spanish Rice

1/4 cup oil

1 green pepper, diced

1 med. onion chopped

1 Tbsp sugar

1 cup uncooked rice

1 can tomato sauce

2 cups water

1 ½ tsp chili powder

1 tsp salt

Saute green pepper and onion in oil. Add rice and fry till light golden brown. Add all other ingredients. Cover and cook till rice is tender.

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Chicken Teriyaki

6 skinless chicken breasts

½ cup soy sauce

1/4 cup sugar

1 tsp garlic salt

Place chicken in a 9x13 inch pan. Mix rest of ingredients together well. Pour over chicken. Bake in preheated 325 (175 C) oven for 1 hour. Turn once after 30 minutes.

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Chicken Casserole

1 whole chicken, cooked and cubed 1 large loaf bread, broken up
1 cup margarine 1 tsp salt
1 medium onion 1 Tbsp sage
4 cups white sauce made with chicken broth. Dash of pepper

Boil and debone chicken; cut meat in bite size pieces. Save broth. Saute onions in margarine and pour over broken up bread. Sprinkle salt, pepper and sage. Mix in.

Grease 9x13 inch pan. Layer with ½ dressing then all of the chicken. Pour sauce over the chicken and top with remaining dressing. Cook at 350 (180 C) for 1 hour.

White Sauce

4 Tbsp margarine 4 Tbsp flour
4 cups milk 1 tsp salt - dash pepper

Melt margarine in pan. Add flour, salt and pepper. Stir until smooth. Add milk gradually, or could use bouillon liquid (1 bouillon cube for each cup of water) stirring constantly until mixture thickens.

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Tangy Chicken

½ kilo chicken

1 cup flour

½ Tbsp salt

½ tsp pepper

½ cup chopped onion

1 cup catsup

1 cup water

2 Tbsp oil or melted butter

2 Tbsp brown sugar

½ cup celery (opt)

Mix flour, salt and pepper together and coat chicken pieces. Fry in hot oil till lightly browned on both sides. Mix together catsup, water, butter and brown sugar. Add to chicken along with onion and celery. Cover and let simmer over medium heat for 15 minutes. Goes good with rice.

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Thanksgiving Turkey and Stuffing

If you are lucky enough to find a turkey - great! If not, use the biggest chickens you can find. After thawing, wash inside and out with filtered water. You may have to clean the skin from pin feathers. Save the neck, heart, gizzard and liver to boil on top of the stove to use in giblet gravy. If desired, but not necessary, you can rub the inside of the bird with salt. Stuff the bird loosely with bread stuffing. (See recipe below). Place in large baking pan, breast side up. Bake at 325 (170C) for 1 hour per kilogram of meat. (½ hour per pound). Cooking time is a little less if you don't stuff the bird.

Note: Test for doneness by cutting drumstick away from body of bird. If blood is present, cook some more. If juices are light pink, it is ready to eat.

Note: To keep the breast meat more moist, cook with an aluminum foil tent over the meat, removing it for the last hour of baking so the meat will brown.

Giblet Gravy:

Cover the neck, heart, gizzard and liver with plenty of water. Add some salt and chopped onion. Cook until done. Remove meat from stock, cool and then pull meat from neck and cut heart and gizzard into small chunks. (Adding the liver is a personal choice.) When the turkey is done, add all the juices that have collected in the bottom of the roasting pan to the gravy. You may need to use some more water to clean all those wonderful browned drippings from the pan. This adds great flavor and color. Taste for salt, add some pepper and thicken with a flour thickening.

Note: You can also add some chicken bouillon if you want more flavor.

Stuffing:

6 cups dried bread cubes

1 cup onion, chopped

1 tsp sage

1 tsp salt, little pepper

½ cup butter

1 cup celery, chopped

2 Tbsp fresh parsley, chopped (opt)

In a frying pan, melt butter and add onion, celery, sage and parsley. Cook till onion is soft. Pour over bread cubes, add salt and pepper and mix. Add enough water to moisten bread. Stuff the neck cavity and inside the bird just before putting it in the oven.

Note: If you have left- over stuffing, bake it in a covered casserole dish along side the turkey.

Note: For “Stove Top” stuffing, add more water, making it quite moist, and cook on a low heat on top of the stove in a heavy sauce pan for about ½ hour. You can add more butter in the bottom of the pan so the bread won't stick.

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Hawaiian Ham

2 ½ cups ham, cubed
1/3 cup green pepper
2 Tbsp shortening
1 ½ Tbsp cornstarch
3/4 cup water

½ cup pineapple tidbits
½ cup pineapple juice
2 Tbsp brown sugar
1 ½ tsp prepared yellow mustard
1 ½ Tbsp vinegar (dilute Russian)

Brown ham and green pepper in shortening. Mix and add remaining ingredients. Simmer and serve over rice.

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Hamburger Stroganoff

2 lbs. extra lean ground beef
1 small onion, chopped
1 large can sliced mushrooms
2 Tbsp margarine
1 clove garlic (or garlic salt)

2 cans cream of mushroom soup*
1 tsp Worcestershire sauce (opt)
1 pt. sour cream
Salt and pepper
Cooked noodles, rice or mashed potatoes

Brown ground beef in margarine. Add chopped onion, the drained mushrooms and the garlic clove, peeled and crushed. Add soup and Worcestershire sauce. Season with salt and pepper. Simmer about 30 minutes to mix flavors. Remove from heat and stir in sour cream. Serve immediately over noodles, rice or mashed potatoes.

* Use 3 cups white sauce made from a combination of mushroom liquid, milk and chicken bouillon.

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Shepherd's Pie

Brown 1 pound ground beef with 2 medium chopped onions in frying pan. Place in baking dish and top with cooked vegetables of your choice. Carrots, green beans, mushrooms, peppers, corn, peas, broccoli, etc.. Be creative. Clean out your fridge. Now top with 3 cups mashed potatoes, then 1 cup grated cheese. Bake 350 (180 C) for 30 minutes.

Variations: (1) You can add ½ cup tomato sauce and 1/4 cup water to browned meat.

(2) Or add sliced tomatoes on top after baking, sprinkle again with cheese and return to hot oven till cheese is melted.

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Easy Baked Beans

4 slices of bacon, cooked crisp. Set aside.

1 small onion, chopped and sauteed in bacon drippings

Add:

2 cans pork and beans

2 Tbsp brown sugar

2 Tbsp catsup

1 Tbsp Worcestershire sauce

1 Tbsp mustard

Put in baking dish and top with broken pieces of cooked bacon. Bake uncovered in 350 (180 C) oven for 1 hour. Can substitute ham for bacon.

Good without either.

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Deluxe Baked Beans

1 pound ground beef
1/4 cup green pepper
1/2 cup onion chopped
1 (8 oz.) can tomato sauce
1/2 cup water
3 cans pork and beans

1 clove garlic (or garlic salt)
2 Tbsp vinegar (dilute Russian vinegar)
2 tsp mustard
1/2 tsp thyme
1 Tbsp brown sugar
salt and pepper

Cook hamburger and drain. Add other ingredients and cook 5 minutes. Add pork and beans and stir. Bake in baking dish at 375 (190 C) for 45 minutes.

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Deviled Hot Dogs

½ cup chopped onions
2 Tbsp oil
1 tsp salt
2 Tbsp brown sugar

2 Tbsp mustard
2 Tbsp Worcestershire sauce
¾ cup catsup
8 to 10 hot dogs

Saute onions in oil until tender. Add the rest of the ingredients and cook until blended. Add hot dogs, scored diagonally, and cook 5 to 7 minutes.

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Lasagna

2 cups (1 lb.) Cottage cheese (Творог)*	1/4 tsp oregano
2 cups grated Mozzarella cheese	1/4 tsp pepper
1/2 cup Parmesan cheese	1 lb. lean ground beef
2 eggs	2 cups spaghetti sauce + 1/2 cup
2 small cans plain tomato sauce	water**
1/4 tsp salt	1 pkg. Lasagna noodles

Make cheese mixture by combining cottage cheese, 1 cup Mozzarella, Parmesan, eggs, salt, oregano, and pepper. Set aside. Brown ground beef in skillet; drain, then add spaghetti sauce and water. Layer into pan in this order: (1) 1 can of plain tomato sauce (2) layer of lasagna noodles (3) 1/2 of meat sauce (4) 1/2 of cheese mixture. Another layer of noodles, meat sauce and cheese mixture. End with a layer of noodles and top with 1 can plain tomato sauce. Cover tightly with foil and bake in preheated 350 (180C) for one hour and 15 minutes. Then uncover and sprinkle the other cup of Mozzarella cheese on top and bake an additional 15 minutes or until cheese is melted and noodles test done.

Note: You can cook the noodles ahead of time, but you don't have to. They will cook!

*The Russian Творог is quite dry, so add a little milk to make it more moist like American Cottage Cheese. Mozzarella cheese is quite easy to find. Parmesan is harder, but it is around in certain stores. If you can't find it, use another kind of cheese. It will still taste great!

**Make your own spaghetti sauce with the packaged seasonings and tomato sauce. Or, try the spaghetti sauce recipe in the "Sauce" part of this cookbook.

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Scalloped Potatoes and Ham

7 medium potatoes, cooked and diced
1 cup grated cheese
1 or 2 cups chopped cooked ham

Butter a baking pan and layer twice:

Potatoes

Sauce

Ham

Cheese

Bake at 325 (160 C) for one hour

Sauce:

1/3 cup butter

1 medium onion and 1 clove garlic
chopped and sautéed in butter

Add to above and brown:

3 Tbsp flour

2/3 tsp salt and dash pepper

add:

2 cups milk, stirring constantly, till
thick

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Cheesy Potatoes

Follow the directions for Scalloped Potatoes and Ham, but leave out the ham. Melt the cheese in the sauce and add 2 cups sour cream. Layer sauce with the potatoes. Top with extra cheese or with 2 cups crushed corn flakes, moisten with melted butter. Bake at 350(180C) for 30 - 45 minutes.

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Melt In Your Mouth Potatoes

6 large potatoes	1 cup sour cream
1/4 cup onion, finely chopped	1/2 cup grated cheese
1/4 cup margarine, melted	3/4 tsp salt
1 1/2 cups chicken flavored white sauce*	

Boil potatoes with jackets on. Cool, peel and grate. Sauté onion in butter. Add to potatoes. Mix together the white sauce, sour cream, cheese and salt. Add to potatoes and put in greased casserole dish. Roll 2 cups corn flakes until crushed fine. Moisten with melted butter. Sprinkle on top and bake at 350 (180C) for 30 minutes.

*[Check White Sauce recipe on page 86.](#)

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Breakfast Sausage Fondue

1 large loaf of bread	2 or more cups grated cheese
½ kilogram ground beef	2 1/4 cups milk
10 centimeters diced sausage	4 eggs

Brown the ground beef and sausage in a frying pan and season with pepper and any kind of meat seasonings. Tear up the bread and put in greased 9x13 greased pan. Cover the bread with cheese. Spread the meat evenly over the cheese. Mix the eggs and milk together and pour over the meat. Put in fridge for several hours or overnight. Spread sauce on before baking.

Sauce:

1 Tbsp butter (or oil)	2 cups milk
1 Tbsp. flour	1 cube bouillon
Oregano	Basil

Melt the butter in a saucepan, and stir in flour. Add one cup of the milk with dissolved bouillon. Add oregano and basil. Cook until thick. Could add more cheese at this point also. Stir in the rest of the milk. Take off heat and spread evenly over meat. Bake at 350 (180C) for 1 hour.

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Main Dishes

Breakfast Casserole - but good for any meal

10 slices bread (with crust cut off)	1 cup chopped ham
1 cup grated cheese	6 eggs
chopped onion (to taste)	1 quart milk
salt and pepper (to taste)	

Break bread into small pieces and place in greased 9x13 baking dish. Add chopped onions and ham. Beat eggs and add milk and salt and pepper. Pour mixture over bread and top with grated cheese. Refrigerate overnight (or at least 4 hours). Bake at 350 (180C) for 1 hour. **DO NOT COVER.**

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Scrambled Egg Casserole

Cheese Sauce:

1 Tbsp. butter	2 cups milk
2 ½ Tbsp. flour	½ tsp each salt and pepper
1 cup grated cheese	

Eggs and Filling:

6 Tbs. butter	½ cup chopped ham
½ cup sliced mushrooms	½ cup diced tomatoes
1/4 cup chopped green onions	½ cup frozen broccoli
8 large eggs	½ tsp each salt and pepper
	2 cups fresh bread crumbs

1. Melt the butter for the cheese sauce in a sauce pan over medium heat; whisk in the flour. Gradually whisk in the milk until boiling. Cook for 2 minutes. Add the cheese, salt, and pepper; whisk until the cheese melts. Set aside.
2. Melt 2 Tbsp. of the butter for the filling in a nonstick skillet. Cook the ham, mushrooms, tomatoes and onions for 3 minutes, stirring. Add the broccoli. Drain the mixture. Clean the skillet.
3. In a bowl, beat the eggs, salt and pepper. Melt 2 Tbsp. of the butter in the skillet. Add the eggs and cook over low heat for 7 to 10 minutes, stirring gently, until large soft curds form. Stir in the cheese sauce.
4. Grease a shallow 2-quart casserole and place half the scrambled eggs in the bottom. Top with the drained ham mixture and then the remaining eggs.
5. Melt the remaining 2 Tbsp. butter and mix in the breadcrumbs. Sprinkle the crumbs over the casserole and bake at 375 (190C) for 25 minutes or until browned.

Note: Other vegetables can be used instead of or with the broccoli. Cooked carrots, corn, green beans, etc.

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[Main Dishes](#)

Breads

Flour Tortillas

6 cups flour

1 cup shortening

2 - 2 ½ cups very warm water

1 Tbsp salt

1 tsp baking powder

Put flour in a bowl, add salt & shortening. Cut in shortening until crumbly. Add water, mixing with hands to make a soft dough. Knead until smooth. Let rest 15 minutes. Break off in about 30 small balls. Roll each ball with a rolling pin until very thin. Cook on hot, un-greased frying pan till top is bubbly and the bottom is flicked with brown. (About 20-30 sec.) Turn and cook on other side.

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Breads

Indian Fry Bread

4 cups flour
1 Tbsp baking powder
1 tsp salt
1 ½ cup warm water

2 Tbsp dry milk (opt)
1 Tbsp yeast (opt)
Hot oil (1 cup)

If you use yeast, dissolve it in the warm water first. Mix all ingredients together (except oil). Make a soft ball. Let stand for 10 minutes on floured surface. Divide dough into 12 pieces. Roll each piece to about an 8 inch circle. Fry in hot oil until golden brown on each side.
Serve with refried beans, cheese, lettuce, tomato, onion, sour cream or salsa.

Table of Contents **Breads**

Easy Scones

3 Tbsp yeast

½ cup warm water

2 cups cold milk

½ cup oil

1 tsp salt

3 eggs

6 to 7 cups flour

Dissolve yeast in warm water. Mix with all remaining ingredients. Dough will be sticky. Refrigerate overnight. Roll out on floured board to 3/8 inch thickness. Cut into squares and fry in hot oil until golden brown. Serve with honey-butter. Equal portions of butter and honey whipped together.

Note: You may want to add more honey than butter. Taste it!!

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Breads

Cinnamon Rolls - Dinner Rolls (the long way)

½ cup warm water	2 tsp salt
2 Tbsp yeast	½ cup margarine
½ tsp sugar	7 to 7 ½ cups flour
2 cups hot milk	2 eggs, beaten
½ cup sugar	

Dissolve yeast in warm water with ½ tsp sugar. Set aside. Pour hot milk over ½ cup sugar, salt and margarine. Stir and let cool to lukewarm. Add beaten eggs and half the flour. Stir in yeast mixture. Keep adding flour until dough holds together and can be kneaded. Knead until smooth, 5 to 10 minutes. Put in a large greased bowl in a warm place, cover and let rise until double in bulk (about 1-1 ½ hours).

Punch down. Let rise again until double in bulk (about 1 hour). For Dinner Rolls, roll into balls and place on greased cookie sheets or in greased muffin tins. Let rise until double in bulk. Bake at 400 (200C) for 15 to 20 minutes.

For Cinnamon Rolls:

Roll dough into rectangular shape. Spread with melted butter, sprinkle with sugar and cinnamon. Ratio: 1 ¼ cups sugar to ¼ cup cinnamon. Brown or white sugar can be used. Can add raisins and nuts. Roll tightly, then cut in about 1 inch slices. Put on greased cookie sheets and let double in bulk, 20-30 minutes. Bake at 400 (200C) for 15-20 minutes. Immediately pour white icing over rolls, while still hot. Yield: 2 dozen rolls.

[Table of Contents](#) **[Breads](#)**

Cinnamon Rolls - Dinner Rolls (the quick, easy way)

Go to your produce store and buy the already made dough - (Тесто) or the flaky kind, found in the freezer section, already rolled out, called: sloyonoye (Слоёное Тесто). Then follow the directions above for rolls or cinnamon rolls.

Table of Contents **Breads**

Pull Apart

Use Tecto - the already made dough. Let it rise till double in bulk. Knead down. Pinch off a piece about the size of a ping-pong ball. Roll into a ball and dip in melted butter then in a mixture of sugar and cinnamon. (1 1/4 cup sugar to 1/4 cup cinnamon) Continue doing this until you have enough to fill a greased bread pan two layers thick. Let rise till double in bulk. Bake at 350 (180C) for 45 minutes. When done, turn out, eat and enjoy.

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Breads

Easy Bread Sticks

Using the already made dough (Tecto) roll it out to a rectangular shape. Brush with melted butter mixed with garlic salt. Sprinkle on Parmesan cheese either fresh grated or the powdered kind. Cut into strips and place on buttered cookie sheets. Let rise until double in bulk. Bake at 375 (190C) for 10-12 minutes or until golden brown.

Another idea: Pat 1 kilogram Tecto into greased flat pan and top with

½ cup melted butter	½ cup mayonnaise
½ cup Parmesan cheese	garlic salt, sprinkle on dill (opt)

Bake at 375 (190C) 10-12 minutes or until deep golden brown. Cut into strips.

Table of Contents **Breads**

Cheese Rolls

Using the already made dough - Тесто or Слоёное Тесто - roll it out to a rectangular shape. Brush with melted butter and sprinkle with 1 cup grated cheese. Roll up lengthwise as for a jelly roll. Cut in 1 inch slices and place in greased muffin tins. Brush tops with melted butter. Cover and let rise till double in bulk. Bake at 375 (190C) for 15-18 minutes.

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Breads

Corn Bread

4 eggs, beaten

2/3 cup sugar

2/3 cup oil

4 tsp baking powder

2 tsp. salt

1 cup corn meal

1 cup flour

1 cup milk

Mix lightly. Pour into 9x13 greased pan. Bake at 350 (180C) for 20-25 minutes.

Note: You need to grind the Russian corn meal with the little coffee grinder until it is very fine.

Table of Contents **Breads**

Flat French Bread

2 cups warm water

1 Tbsp yeast

Let yeast work in warm water then add:

1 Tbsp sugar

2 tsp salt

4 cups flour

Mix with wooden spoon. Leave in bowl. Cover and let rise until double in bulk. Stir again. Place in greased 9x13 pan. Melt ½ cup butter and pour over dough. Let rise. Sprinkle sesame seeds on top if desired. Bake at 400 (200C) for 20 minutes.

[Table of Contents](#) **[Breads](#)**

Roman Garlic Bread

½ cup softened butter

3 tsp parsley

1 tsp garlic salt

1/4 cup sour cream

2 Tbsp grated Parmesan cheese (opt)

½ tsp oregano

Slice a Батан almost all the way through. Lay it flat on a baking pan. Mix all the above ingredients together. Spread on the bread slices. Put in hot oven 400 (200C) and bake until the sauce melts and bread is crisp on the outside.

Table of Contents **Breads**

Сырники

200 grams cottage cheese (Творог)	½ tsp vanilla
1 egg	Flour
1/4 cup sugar	1 tsp soda
Vinegar (dilute Russian)	

Mix egg and sugar with the cottage cheese. Add vanilla. Put the soda in a Tbsp and finish filling the Tbsp with the vinegar. Add to previous mixture. Now add flour. Start with 1 cup and add a little at a time until mixture becomes a soft dough. It will be a bit sticky. Drop by spoonfuls into hot oil and brown on both sides. You may want to flatten them a bit.

Note: You can also drop them into boiling water and cook until they float to the top.

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[Breads](#)

Lemon Bread

1 cup shortening

2 cups sugar

3 eggs

1 1/4 cup milk

3 cups flour

1 1/2 tsp salt

1 1/2 tsp baking powder

2 lemon rinds, grated

Beat together shortening and sugar. Add eggs, then milk. Add all other ingredients. Bake in 2 greased and floured loaf tins 50-55 minutes at 300 (150C).

Topping:

Mix together 2 cups sugar with juice from the two lemons. Pour over bread as soon as you take it from the oven.

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Breads

Banana Bread

½ cup shortening
1 cup sugar
2 eggs
3 mashed bananas

2 cups flour
1 tsp soda
½ tsp salt
1 tsp vanilla
¾ cup chopped nuts (opt)

Cream together shortening and sugar. Add eggs, then bananas. Add all other ingredients. Mix well. Bake in 2 small greased and floured loaf pans at 350 (180C) for 1 hour.

Table of Contents **Breads**

Pancakes and Muffins

Every Day Pancakes

3 eggs

3 cups milk

1/3 cup oil

2 cups flour

4 tsp baking powder

½ tsp salt

1/4 cup sugar

Beat eggs, add milk, oil. Mix in sugar, flour, baking powder and salt. Pour on greased griddle or frying pan and turn when bubbles open up on the top.

Note: Can use whole wheat flour also.

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Pancakes and Muffins

Buttermilk Pancakes

2 eggs

2 cups buttermilk (Кефир)

1 Tbsp oil

1 tsp salt

1 tsp baking soda

1 Tbsp sugar

1-2 cups flour

Beat the eggs and add buttermilk, oil, salt, baking soda, and sugar. Mix together. Add 1 cup flour. Continue to add 2nd cup until batter is the desired consistency.

Note: You don't want it too thick or it won't cook through. Bake on hot griddle or frying pan.

[Table of Contents](#) **[Pancakes and Muffins](#)**

German Pancake, Yorkshire Pudding, Dutch Babies, or Monster Pancake - (they are all the same thing and tasty.)

6 eggs	1 cup flour
1 cup milk	1 Tbsp sugar
1 tsp vanilla (opt)	½ tsp salt
	3 Tbsp butter

Preheat oven to 400 (200C). Put butter in a 9x13 pan and melt in oven while preheating. (Don't let butter brown) Beat eggs and add other ingredients. Pour into hot pan and bake until puffy and light golden brown (about 15-20 minutes). Serve with syrup, jam, sugar, powdered sugar or fruit.

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[Pancakes and Muffins](#)

Swedish Pancakes

3 eggs

1 cup milk

3/4 cup flour

1 tsp salt

Beat together and pour on hot griddle or frying pan. Turn. Do not let them get brown. They should be thin. Put on jam, sugar, powdered sugar, or syrup and roll them up like a jelly roll.

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[Pancakes and Muffins](#)

Russian Pancakes (Блины)

1 cup water
1 ½ cups milk
2 eggs, beaten
1 Tbsp sugar

1 ½ cups flour
½ tsp salt
Dash pepper (opt)
4 Tbsp oil

Mix ingredients together. Batter should be thin. Preheat frying pan and grease it with butter or oil before cooking the first pancake. Pour in 1/4 cup batter, tip pan to evenly coat and cook until light brown. Turn. You can add oil and butter as needed for cooking remaining pancakes.

Fillings: There are so many good ones!! Here are some suggestions that can be used in many different combinations. Be creative - Have fun!!

Sour Cream - Cottage Cheese (Творог) - Jam - Sugar (granulated and powdered) - Cooked meats - Sauteed onions - eggs (hard boiled or scrambled) - Cheese - Cooked Rice - Raisins - Apricots - Chopped nuts - Caviar :-)

Spread filling on each blin. Fold in two sides, roll up. Can be eaten immediately or browned in hot frying pan with butter or oil.

Variation: “Leaf-Shaped Blini”

Prepare the batter and cook the same as regular Blini. Prepare filling and place a small amount on each piece. Roll it into a tube and then fry in butter or oil.

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[**Pancakes and Muffins**](#)

French Toast

4 eggs

½ tsp salt and a little pepper

½ cup milk

1 Tbsp sugar

Beat together. Saturate sliced bread in mixture and fry in hot oil in frying pan. Note: Cinnamon and Nutmeg can also be added to mixture.

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Potato Pancakes

3 cup peeled and grated potatoes 2 eggs, well beaten
1 ½ Tbsp flour 1/3 tsp baking powder (opt)
1 tsp salt, dash of pepper 1 tsp baking soda (opt)

Thoroughly drain grated potatoes by squeezing a handful at a time to remove excess moisture. Add eggs, then other ingredients, mixing well. Cover bottom of frying pan with oil and heat. Drop mixture by spoonfuls into hot oil. Flatten more with a spoon. Brown on both sides. Can drain on paper towels. Serve hot. Be creative with toppings.

Note for variety: You can add chopped onion or onion salt. You can add grated cheese.

Table of Contents **Pancakes and Muffins**

Bran Muffins: (Whether you call them Bran, Mormon, or 5 week - they're all the same and all delicious.)

2 cups boiling water	2 cups raisins
5 tsp soda	2 cups sugar
1 cup shortening	4 eggs
2 cups All Bran Cereal*	2 cups Bran Flakes*
5 cups flour	1 tsp salt
4 cups buttermilk	1 cup chopped nuts

Pour boiling water over raisins. Add soda, stir and let cool. Cream the sugar and shortening. Add eggs, one at a time, beating after each. Add cereals, flour, and salt. Mix in buttermilk and nuts. Add raisin mixture to batter and mix well. Put in a container and refrigerate over night. When ready to use, fill greased muffin tins 3/4 full and bake at 350 (180C) for 20-25 minutes.

Note: Mixture will seem runny at first but will thicken over night. It can be stored in fridge up to 5 weeks and can be used when desired. Don't stir it, just spoon it into greased muffin tins.

*You probably won't find those brands here, but any wheat or bran cold, prepared cereal will work. If they are big pieces, you may need to crush them down a bit.

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Pineapple or Orange Muffins

1 egg

½ cup sugar

4 Tbsp melted butter

1 cup crushed pineapple with juice or 1 cup orange juice and a little rind (opt).

2 cups flour

3 tsp baking powder

½ tsp salt

Beat egg and add sugar and butter. Add dry ingredients and pineapple or orange juice. Mix together with a few strokes. Bake in greased muffin tins at 400 (200C) for 15 minutes.

Table of Contents **Pancakes and Muffins**

Blueberry Muffins

1/4 cup margarine, softened
3/4 cup sugar
2 eggs
3/4 cup sour cream
1 cup blueberries, drained

1 1/2 cups flour (scant)
1/2 tsp soda
1/4 tsp salt
1/2 tsp vanilla

Cream together margarine and sugar. Add eggs one at a time. Mix dry ingredients together and add alternately with sour cream. Stir in blueberries and vanilla. Bake at 450 (230C) for 12-15 minutes or until brown. Makes 1 dozen.

Table of Contents **Pancakes and Muffins**

Apple Cinnamon Syrup (for those pancakes)

1 cup 100% Apple Juice

2 cups sugar

Cinnamon to taste

Boil juice, add sugar and cinnamon and continue to simmer until mixture becomes slightly thickened.

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[Pancakes and Muffins](#)

Basic Biscuits

2 cups flour

4 tsp baking powder

½ tsp salt

1/4 cup sugar

2/3 cup milk

4 Tbsp butter

Combine dry ingredients. Add butter in pieces and cut into flour with two knives until very crumbly. Make a well in the center and add milk until a smooth soft dough is formed. Turn out on floured board and knead gently 10 times. Roll out to ½ inch thick and cut with a floured cutter or glass. Place on baking sheet ½ in. apart and bake in hot oven 450 (232 C.) for 10-12 minutes.

Drop Biscuits:

Add a little more milk to Basic Biscuit recipe. Drop from a teaspoon onto a greased baking sheet. Bake as for Basic Biscuits.

Cheese Biscuits:

Make Basic Biscuit recipe and add ½ cup grated cheese. Mix, roll out and sprinkle top of dough with more cheese before cutting. Bake as for Basic Biscuits. If making Drop Biscuits, add all the cheese at one time.

Raisin Biscuit Roll:

Make Basic Biscuit recipe and add ½ cup raisins to dry ingredients. Mix, roll out and spread dough with soft butter. Sprinkle with 1/4 cup sugar mixed with 1 tsp cinnamon. Roll up as a jelly roll. Cut into slices ½ in. thick. Place on baking sheet. Top with melted butter and sugar. Bake as for Basic Biscuits.

Apple Biscuit Rolls in Syrup:

Prepare a syrup by boiling 2 cups of water and 1 ½ cups sugar for 5 minutes. While syrup is cooking, make Basic Biscuit recipe and roll out to 1/3 in. thick. Spread dough with 4 medium apples chopped fine. Sprinkle lightly with cinnamon and sugar mixture. Roll up as a jelly roll. Cut roll into 1 ½ in. slices. Pour syrup into 6x12, 2 in. deep pan. Place slices cut side down in the pan of hot syrup. Dot with butter and sprinkle with more sugar, cinnamon and nutmeg (opt). Bake as for Basic Biscuits until crust is golden brown - about 20 minutes.

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Pancakes and Muffins

Soups, Salads, Sandwiches, and Sauces

Borsch (Борщ)

Note: There are many ways to make Borsch. Each family and restaurant seems to have their own way of doing it. The main ingredients are listed here (with some optional ones also) and one way to put it all together.

Meat: You can use beef, pork or chicken - as much or little as you want. (You don't even have to use meat.) Whatever you use, cover it with water, and cook. When done, remove meat and strip from bones. Return meat to pot.

Add:

3 bouillon cubes	2 liters of water, (use meat stock)
5 potatoes, peeled & cubed	1 cup carrots, shredded or sliced
½ cup chopped onion	2 ½ cups thinly sliced cabbage
1 can pinto beans (opt)	5 Tbsp tomato sauce
1 can mushrooms (opt)	½ cup chopped sweet peppers (opt)
4 peeled red beets, shredded, diced or cut in strips and sauteed in butter (add to soup the last 20 minutes)	

Seasonings:

1 ½ tsp salt	½ tsp pepper
2 bay leaves	Garlic, diced or powder
3 Tbsp dill leaves	1 Tbsp lemon juice or vinegar (dilute Russian)

Cook till vegetables are tender. Serve with a dollop of sour cream.

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Solyanka (Сольянка)

Simmer 1 lb. of beef in 3 quarts water and ½ lb. chicken with small amount of water in separate pots. Cut ½ lb. ham or sausage into thin strips.

Saute in butter:

1 bell pepper (chopped)

2 carrots (grated)

1 medium onion (chopped)

Add them to the beef along with:

3 potatoes (peeled and cubed)

½ cup tomato sauce

Saute in butter:

cut up cooked chicken and add to beef. Also add ham or sausage.

Spices: bay leaf, oregano, garlic, parsley, salt and pepper.

When potatoes are tender, add: 2 dill or sweet pickles and

olives(chopped)

3 or 4 thin slices of lemon

Serve with a dollop of sour cream.

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Soups, Salads, Sandwiches, and Sauces

Taco Soup

1 lb. hamburger

1 onion, chopped

1 can kidney beans

1 can corn

1 can stewed tomatoes

1 small can green chilies (opt)

1 can tomato sauce

1 pkg. Taco seasoning mix

Fry hamburger and onions, drain. Put all other ingredients in a large pan, liquids included. Add the hamburger. Heat through. Serve with corn chips. Grated cheese and sour cream can be added at the table.

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Soups Salads Sandwiches

Potato Soup

6 large potatoes

4 chicken bouillon cubes

1 liter milk

1 onion, chopped fine

salt and pepper to taste

3 Tbsp butter

Peel and dice potatoes. Cover with water and boil until tender. Mash lightly leaving some chunks. Add milk and heat through. Make a thickening by adding ½ cup flour to 1 ½ cups water. Stir till there are no lumps. Slowly add this to the soup mixture, stirring constantly, till it is the desired thickness. Stir in butter and enjoy.

Note: You can add cooked vegetables. You can also add grated cheese.

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Broccoli Soup

1 (10 oz.) Pkg frozen broccoli
4 cups water
1 or 2 cubes beef bouillon
3 Tbsp butter

1 Tbsp flour
1 (8 oz.) Cream cheese
pinch of salt

Boil water, add broccoli. Cook and mash till small; add bouillon and salt. Melt the butter in another pan, stir in the flour and add 1 cup of the soup mixture. Put it all back together and add the cream cheese.

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Broccoli Cheese Soup

2 lb. broccoli, cut up
1 large onion, chopped
4 chicken bouillon cubes
3/4 cup butter

1 cup flour
4 cups milk
1 ½ tsp garlic salt
½ lb. grated cheese

Boil broccoli, onion, and bouillon with just enough water to cover vegetables. When tender, mash broccoli. In another pan, melt the butter, stir in flour and garlic salt. Add milk and stir until thickened. Combine both mixtures and add cheese. Stir till cheese is melted.

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Creamy Cheese Soup

2 Tbsp margarine

2 Tbsp celery, finely chopped

2 Tbsp grated carrots

1 Tbsp onion, finely chopped

3 Tbsp cornstarch

2 cups milk

2 cups grated cheese

½ tsp salt - dash pepper

Saute celery, carrot and onion in butter until tender; add salt and pepper. Stir cornstarch into cold milk until well blended; stir slowly and constantly into vegetables. Heat until thickened. Add cheese and stir until melted. Serve with croutons.

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Soups Salads Sandwiches

Minestrone Soup

½ cup oil	2 cups shredded cabbage
1 medium onion, chopped	2 (15 oz) cans kidney beans
2 carrots, sliced	1 medium zucchini, sliced
2 celery stalks, sliced (opt)	1 tsp salt
1 (28 oz) can tomatoes	½ cup uncooked elbow macaroni
4 cups chicken bouillon	½ cup corn (opt)

Other tasty seasonings can be pepper, garlic, parsley, basil and oregano

.
Heat oil in a 4 quart pot. Add onion, carrots and celery. Saute until onion is tender. Add tomatoes with liquid, breaking up tomatoes. Stir in chicken broth and seasonings. Bring to a boil and reduce heat. Cover and simmer 20 minutes. Stir in beans, drained and rinsed, and cabbage. Simmer 10 minutes longer. Stir in zucchini and macaroni. Simmer, uncovered, 10 minutes.

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Soups Salads Sandwiches

Clam Chowder

2 cans minced clams	1 cup water
1 cup chopped celery (opt)	1 cup chopped onion
2 cups peeled and cubed potatoes	

Drain clams and cook vegetables in clam liquid and water until tender, about 20 minutes.

White Sauce:

3/4 cup butter	1 tsp salt
3/4 cup flour	Pepper to taste
4 cups milk or half and half cream	

Melt butter in frying pan. Stir in flour. Add milk stirring constantly. Add salt and pepper. Add to vegetables along with clams.

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Easy Corn Chowder

3 slices cubed bacon	1 tsp salt
2 hot dogs, sliced	1/4 tsp pepper
1/2 cup onion, chopped	1 cup water
2 medium potatoes, peeled and diced	1 cup canned milk*
	1 small can corn, drained

Fry bacon in large skillet until crispy; add hot dogs and brown slightly. Add onion, potatoes, corn, salt, pepper and water; bring to a boil. Cover and cook over low heat until potatoes are tender - about 10 minutes. Add milk and heat through. (Do not boil).

*Can use milk with high percent fat content.

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[Soups Salads Sandwiches](#)

Hamburger Soup

1 lb. ground beef	1 large potato, peeled and diced
1 cup chopped onion	1 tsp salt
4 cups water	1/4 tsp pepper
1 large carrot, sliced thin	1/4 tsp basil
2 stalks celery, chopped (opt)	2 bay leaves
4 cups tomatoes	1 tsp. Worcestershire sauce
	1/4 cup uncooked rice (opt)

Break up meat into small pieces. Cook all ingredients together until tender.

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Soups Salads Sandwiches

Potato Salad

6 pre-boiled potatoes

1/4 cup finely chopped onion

1 Tbsp mustard

1 tsp sugar

Optional items: dill pickles, red, green or yellow peppers, green onions, celery, cucumbers, cooked carrots or peas.

3 hard boiled eggs

1 cup mayonnaise with a little milk added

salt and pepper

Dice potatoes and eggs. Add onion, salt, pepper and any additional items. Combine mayonnaise, mustard, sugar and milk. Pour over potato mixture, mix well and refrigerate. Serve cold.

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Soups Salads Sandwiches

Hot Dutch Potato Salad

2 slices bacon

½ cup chopped onion

3 Tbsp cider vinegar

1 Tbsp water

2 Tbsp sugar

½ tsp salt

dash pepper

2 potatoes, cooked & diced

Dice bacon into fine pieces and fry until crispy and brown. Add onion and cook until browned. Add vinegar, water, sugar, salt and pepper. Bring to a boil. Add potatoes; heat through and serve hot.

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Cole Slaw

½ head cabbage, shredded	1 carrot, grated
1 green onion, chopped	1/4 cup mayonnaise
1 Tbsp sugar	2 Tbsp milk
2 tsp vinegar (dilute Russian)	salt, pepper to taste

In a small bowl combine mayonnaise, milk, sugar and vinegar until well blended. Stir into cabbage mixture. Chill and serve.

Variation: Add 1 apple, cored and chopped instead of carrots and onion. Can add pineapple instead of apple, or an orange peeled and cut into pieces.

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Beet Salad

1 large beet
mayonnaise

1/4 cup walnuts, chopped fine

Cook beet in boiling water for about 1 hour until soft. Cool. Remove skin and root and grate or chop fine. Add walnuts and enough mayonnaise to moisten. Serve cold.

Variation: Add white raisins

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[Soups Salads Sandwiches](#)

Chicken Salad

2 cups cooked, cubed chicken	1 small head cabbage, chopped
4 green onions, sliced	1/4 cup sunflower seeds
1 tsp salt	1/2 cup slivered almonds
2 Tbsp sugar	1 pkg Chicken Ramen noodles
2 Tbsp sesame seeds (opt)	1 flavoring packet from noodles
6 Tbsp vinegar (dilute Russian)	1/3 cup oil

Mix together: oil, salt, sugar, vinegar and Ramen chicken flavoring packet. Mix together: cabbage, onions, chicken, sesame seeds and noodles (broken up and not cooked). Pour dressing over salad and mix well. Refrigerate for several hours or overnight. Before serving, stir in almonds and sunflower seeds.

Note: Delicious even without the chicken.

Variation: Instead of using onion, add drained pineapple chunks or grapes to the cabbage, chicken and Ramen noodle mixture. Make the dressing with 1/2 cup mayonnaise, 1/4 cup milk, spice packet from noodles, salt and a little pepper. Can add slivered almonds if desired and/or chopped apples.

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Macaroni Carrot Salad

3 cups macaroni, cooked until tender in boiling, salted water	
2 cups shredded carrots	3/4 cup mayonnaise
1/2 cup raisins	3 Tbsp lemon juice
1 tsp salt, dash pepper	3 Tbsp filtered water

Rinse cooked macaroni in cold filtered water. Blend mayonnaise, lemon juice, water, salt and pepper in small bowl. Add macaroni, carrots and raisins. Toss, cover and chill until ready to serve.

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Marinated Bean Salad

1 can green beans

1 can kidney beans

1 can yellow beans

Marinade:

3/4 cup sugar

1 tsp salt

1 red onion, thinly sliced

1 green or red pepper, sliced

1/4 cup salad oil

1/2 tsp pepper

1 cup apple cider vinegar

Drain and rinse beans and mix together with onion and pepper. Mix marinade ingredients together until sugar is dissolved. Pour over vegetables, cover and refrigerate overnight.

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Fruit Salad

Combine sliced fruits of your choice. Suggestions: Pineapple, peaches, pears (canned or fresh) mandarin oranges, apples, bananas, oranges, fruit cocktail, etc. and etc.

Drain liquid from fruits and put in saucepan. Add ½ cup sugar and bring to a boil. Thicken with 2 Tbsp cornstarch that has been dissolved in 1/4 cup cold water. Stir until thick and clear, about 1 minute. Add 1 small package orange Jell-O, (or another flavor) if you have it. If not, add 1 Tbsp lemon juice, a pinch of salt and 1 tsp vanilla. Cool and then fold into fruit. Add the bananas just before serving.

Variation: If this sounds like too much work, drink the fruit juices and fold in yogurt of your choice. The higher fat content, the better it tastes. :-)

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Soups Salads Sandwiches

Barbecued Beef

1 pound ground beef

1 medium onion, chopped

1 cup tomato juice

1 bay leaf

½ cup catsup

1 tsp mustard

1 tsp chili powder

Brown hamburger and onion and add 1 Tbsp flour. Add remaining ingredients and simmer for 3/4 hour. Enough for 1 dozen buns.

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Barbecued Hamburgers

1 pound hamburger

½ cup onion, chopped

1/4 cup celery (opt)

1 tsp. Worcestershire sauce

1 Tbsp brown sugar

1/4 cup water

1 can tomato sauce

1 Tbsp vinegar (dilute Russian)

1/4 cup green pepper, chopped

Salt and pepper

Brown hamburger with onion, celery and green pepper. Add remaining ingredients and simmer for 1 hour.

Note: Can add some grated carrots also.

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[Soups Salads Sandwiches](#)

Tuna, Chicken, or Ham Salad Sandwiches

Meat of your choice, shredded	4 hard boiled eggs, mashed
1 cup grated cheese	pickles, chopped

Blend together with mayonnaise, salt, pepper, onion salt, garlic salt, mustard, and a little pickle juice. Will keep in fridge for a couple of days. Great on fresh bread, or toasted like cheese sandwiches.

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[Soups](#) **[Salads](#)** **[Sandwiches](#)**

Basic White Sauce

Thin (1 ½ cups)

1 Tablespoon butter
1/4 teaspoon salt

1 Tablespoon flour
1 ½ cups milk

Medium (1 cup)

2 Tablespoons butter
1/4 teaspoon salt

2 Tablespoons flour
1 cup milk

Thick (1 cup)

3 Tablespoon butter
1/4 teaspoon salt

4 Tablespoon flour
1 cup milk

Melt butter in saucepan or frying pan over low heat. Blend in flour, salt and a dash of pepper. Stir until smooth. Add milk gradually, or could use bouillon liquid (1 bouillon cube for each cup of water) stirring constantly until mixture thickens.

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Barbeque Sauce

1 tsp salt

1 tsp celery salt

½ cup chopped onion

½ cup chili sauce

1/4 cup Worcestershire

2 cups water

1 tsp chili powder

1 cup brown sugar

½ cup catsup

1/4 cup vinegar (dilute Russian)

2 Tbsp lemon juice

Combine all ingredients in sauce pan. Bring to a boil then simmer for 15 minutes. Can be used with chicken, pork, or beef.

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Soups Salads Sandwiches

Spaghetti Sauce

2 large cans tomato sauce

2 Tbsp sugar

2 tsp salt

1 cup water

3 Tbsp oregano

1 medium onion, chopped

Optional seasonings:

garlic salt, onion salt, pizza herbs, basil, parsley, bay leaf, green, red, or yellow peppers and black pepper. etc.. You can also add a can of whole or chopped tomatoes, or 4 or 5 fresh tomatoes, diced. Browned hamburger also! Combine all ingredients in a pot and simmer on low heat for ½ hour.

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Fresh Salsa

5-6 cups finely chopped fresh tomatoes

1-2 green peppers, finely chopped

1 large onion, finely chopped

1 clove garlic, finely chopped or pressed

2-3 cucumbers, chopped

½ tsp salt, little pepper

½ tsp chili powder

1 Tbsp lemon juice

Stir until well blended. (If too chunky, the flavors will not blend properly.)

Store in refrigerator tightly covered. Stir before using. It may be necessary to pour off water as vegetables settle.

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Soups Salads Sandwiches

Ranch Dressing

1 Tbsp onion salt

2 tsp garlic salt

2 cups mayonnaise

2 tsp dry parsley flakes

1/4 tsp pepper

1 tsp vinegar (dilute Russian)

2 cups buttermilk

2 tsp vegeta seasoning

Mix together with electric beaters.

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Soups Salads Sandwiches

Russian Salad Dressing

½ cup sugar

½ cup oil

1/3 cup catsup

1/3 cup chopped onions

Dash of salt

Dash of paprika

1/4 cup apple vinegar

Combine ingredients in exact order beating hard after each addition.

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Thousand Island Dressing

1 cup mayonnaise

1/4 cup catsup

1 Tbsp grated onion

2 Tbsp green pepper, chopped

1 hard-boiled egg, grated

Combine ingredients and mix well.

2 Tbsp finely diced celery

1/4 cup finely chopped sweet
pickles

1 dash Tabasco sauce

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Soups Salads Sandwiches

Marvelous Marinade

½ cup soy sauce

2 Tbsp brown sugar

2 Tbsp oil

½ tsp salt

1/4 tsp pepper

2 large cloves garlic, crushed

Combine all ingredients. Marinate chicken or beef overnight.

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[Soups Salads Sandwiches](#)

Easy Chocolate Sauce

Mix together in a saucepan:

3 Tbsp cocoa

1 cup sugar

pinch of salt

2 Tbsp flour

1 cup water

Bring to a boil. Add 1 Tbsp butter and 1 tsp vanilla.

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Hot Chocolate Sauce

1 cup sugar
1/4 cup flour
2 cups milk

3 Tbsp cocoa
Pinch of salt
1 tsp vanilla
1 tsp butter

Heat 2 cups milk. Mix together dry ingredients. Add a little milk to dry ingredients and combine the 2 mixtures. Cook till thick. Remove from heat. Add vanilla and butter.

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Hot Fudge for Sundaes

1 can evaporated milk

2 cups sugar

Pinch of salt

3 squares unsweetened chocolate,
melted*

1 tsp vanilla

Cook 10 to 15 minutes, stirring constantly. Longer cooking makes the fudge for chewy.

*1 square baking chocolate = 3 Tbsp cocoa + 1 Tbsp margarine

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Caramel Topping

4 Tbsp butter

3/4 cup corn syrup*

3/4 cup evaporated milk

1/4 tsp salt

1 1/2 cup brown sugar

Combine butter, syrup, brown sugar and salt. Cook over medium heat, stirring constantly to soft ball stage**. Cool to lukewarm. Gradually add evaporated milk to thin sauce.

* Corn syrup = 1/2 cup water plus 1 cup sugar

**soft ball stage = drop a small amount of syrup in very cold water. If it squeezes together in a soft ball, it is done.

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Soups Salads Sandwiches

Desserts

Apple Crisp #1

Peel and slice 4 or 5 large apples. (Granny Smith apples are wonderful)
Sprinkle with a mixture of sugar and cinnamon

Topping

1 cup sugar	1 cup flour
1 ½ Tbsp baking powder	1 egg

Mix well and spread over apples. Melt ¾ cup margarine and pour evenly over top.

Bake 35 to 45 minutes at 350 (180 C)

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Apple Crisp #2

3 - 5 medium cooking apples

½ cup flour

½ cup butter

1 cup cooking oats

1 cup brown sugar

2 tsp Cinnamon

Peel and slice apples into a greased pan. Mix oatmeal, sugar, flour and cinnamon in a bowl. Mix in butter with fingers. Mixture will be crumbly. Add chopped nuts if desired. Place mixture over apples to make a cover effect. Bake at 350 (180 C) about 35 minutes. Good with ice cream or whipped cream.

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Desserts

Apple Crisp #3

1 pound peeled and sliced apples

Melt the following ingredients and pour over apples in baking pan:

½ cup water

2 Tbsp butter

1/4 tsp salt

1 ½ tsp cinnamon

1/3 cup brown sugar

Topping

1 cup sugar

3/4 cup flour

½ cup oatmeal

½ cup butter crumbled into above ingredients

Crumble Topping over apples and bake 350 (180C) degrees for one hour.

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Desserts

Buttermilk Chocolate Cake

3 1/3 cups flour

2/3 cup cocoa powder

2 cups sugar

2 tsp baking soda

1/2 cup vegetable oil

2 cups buttermilk

1/2 cup cold water

2 tsp vanilla

Preheat oven to 180 C. Grease and lightly flour 9x13 baking pan. Combine all dry ingredients in a bowl. Stir together. Mix in all other ingredients with wooden spoon or wire whisk. Pour into greased cake pan and bake 40 minutes. Frost as desired.

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Coffee Cake (“Hot Chocolate” Cake for the purists)

1 ½ cups flour	3 tsp baking powder
1/4 tsp salt	3/4 cup sugar
	1/4 cup margarine

Mix dry ingredients together and cut margarine in with two knives.

Mix together and add to above, mixing well:

½ cup milk	1 egg, beaten
1 tsp vanilla	

Topping:

½ cup brown sugar	2 Tbsp flour
2 tsp cinnamon	2 Tbsp melted margarine

Press half of dough into greased square pan. Add topping, then rest of dough. Bake at 375 (190C) for 25 -30 min.

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Breakfast or Any Time Cake

1/4 cup margarine

1/4 cup sugar

1 egg

1 1/2 cups flour

1 Tbsp baking powder

2/3 cup milk

Beat margarine, sugar and egg together then add milk and dry ingredients. Pour into greased, square baking pan.

Topping:

Cut 3 Tbsp soft butter into:

6 Tbsp sugar

4 Tbsp flour

1 tsp cinnamon

Mix till crumbles are about the size of peas. Sprinkle on batter. Bake at 400 (200C) for 25 min.

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Oatmeal Cake

1 1/4 cup boiling water
1/2 cup margarine
3/4 cup sugar
3/4 cup brown sugar
2 eggs

1 cup oats
1 1/2 cups flour
1/2 tsp salt
1/2 tsp nutmeg
1 tsp soda
1 tsp cinnamon

Pour boiling water over oats and let stand 20 minutes. (Makes 1 1/2 cups thick oatmeal. If you have leftovers from breakfast, just use that!) Cream together margarine and sugars. Add eggs. Stir in oatmeal, then dry ingredients. Bake in greased 9x13 inch pan at 350 (180C) for 40 to 45 minutes, or until done.

Coconut Topping:

1/2 cup margarine
1/2 cup cream or evaporated milk*

1 cup brown sugar, packed
3/4 cup nuts, coarsely chopped
2 cups coconut

Combine all ingredients in saucepan and bring to a boil. Simmer a few minutes and spread over warm cake.

Note: Can broil in oven till frosting is toasty brown on top.

*Can use the sweetened, condensed milk.

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Banana Cake

1 cup white sugar	3/4 cup buttermilk (Кефир)
1/2 cup brown sugar	2 1/4 cups flour
1/2 cup shortening	1 1/2 tsp baking powder
2 eggs	1/2 tsp salt
1 tsp vanilla	1 tsp baking soda
1 cup mashed ripe bananas (about 3)	

In a large bowl mix together sugars and shortening. Add eggs, bananas and vanilla.

Combine dry ingredients. Add to first mixture alternately with buttermilk, beating after each addition. Pour batter into greased and lightly floured 9x13 baking pan. Bake at 350 (180 C) for 35 minutes or until a wooden toothpick comes out clean. Let cool before frosting. Maple flavored butter frosting is especially good.

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Carrot Cake

2 cups sugar	1 tsp salt
1 cup oil	2 tsp baking powder
4 eggs	1 tsp baking soda
3 cups grated carrots	2 tsp cinnamon
1 cup chopped nuts	1/4 tsp nutmeg (opt)
2 cups flour	1 tsp cloves (opt)

Add sugar to oil and beat at high speed. Add eggs one by one beating after each. Add dry ingredients and mix well. Add carrots and nuts, mix well. Bake at 350 (175C.) For 1 hour.

Cream Cheese Frosting

1 small package cream cheese (Viola)	2 tsp vanilla
2 Tbsp soft butter	2-3 cups powdered sugar

Combine cheese, butter and vanilla and beat at low speed. Slowly add sugar to spreading consistency.

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Harold B. Lee's Boiled Raisin Cake

2 cups raisins

2 cups water

½ cup shortening

1 ½ cups sugar

1 cup chopped nuts

1 tsp vanilla

3 cups flour

1 tsp cinnamon

¼ tsp cloves

½ tsp nutmeg

1 tsp soda

1 tsp salt

1 tsp baking powder

Place raisins, water, sugar and shortening in a saucepan; bring to a boil and simmer 5 minutes. Cool and add all dry ingredients. Blend in nuts and vanilla and pour into a greased 9x13 baking pan. Bake at 350 (180 C) for 35 minutes. Frost if desired.

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Desserts

Applesauce Cake #1 (John Taylor's favorite)

3 cups sugar	6 cups flour
1 ½ cups shortening	1 tsp salt
1/4 cup water	1 tsp cloves
3 tsp soda	3 tsp cinnamon
3 cups applesauce	1 ½ tsp nutmeg
2 cups raisins	4 Tbsp cocoa
1 cup nuts	1 pkg. cut up Gumdrops (opt.)

Cream sugar and shortening. Stir soda into cold water and add to applesauce. Let foam up, then add to other ingredients. Mix with flour, spices and cocoa. Fold in raisins, nuts and gumdrops. Bake in loaf tins at 350 (180C) for 1 ½ hours or two 9x13 baking pans for 1 hour or until toothpick comes out clean.

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Desserts

Applesauce Cake #2

4 cups flour

2 1/4 cups sugar

1/2 tsp salt

3 tsp soda

1 tsp cinnamon

1 tsp cloves

1 tsp nutmeg

1 cup shortening

3 cups applesauce

4 eggs

2 tsp vanilla

1 cup raisins

1 cup nuts

Mix dry ingredients together. Beat in shortening, applesauce and vanilla.

Beat 3 minutes. Add eggs and beat. Add raisins and nuts. Put in 3 loaf pans.

Bake 1 hour at 350 (180C) or two 9x13 greased baking pans.

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Desserts

Applesauce Cake #3

½ cup margarine

1 ½ cups sugar

2 eggs

1 cup applesauce

2 Tbsp cocoa

2 cups flour

½ tsp salt

½ tsp baking soda

½ tsp cinnamon

1 tsp baking powder

Beat margarine and sugar together. Add eggs, then applesauce. Mix all dry ingredients together then add to applesauce mixture. Stir well. Pour into greased 9x13 pan. Sprinkle 2 Tbsp sugar on top and 2 Nestles chocolate bars cut in small pieces. Bake at 350 (180C) about 30 minutes or till toothpick comes out clean.

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Apple Cake

4 large baking apples, grated	2 cups flour
½ cup margarine	2 tsp soda
2 cups sugar	2 tsp cinnamon
2 eggs	¾ tsp salt
½ cup raisins or dates	1 tsp nutmeg
	1 cup nuts

Mix ingredients for the cake and bake at 375 (185 C) for 30 minutes. Use a 9x13 inch pan that has been lightly greased.

Sauce - heat together:

½ cup margarine	½ tsp vanilla
½ cup evaporated milk or cream	dash of nutmeg
1 cup sugar	

Heat the first 3 ingredients in the sauce recipe and stir until slightly thickened. Remove from heat and add vanilla and nutmeg. Stir. Serve over slices of cake.

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Hummingbird Cake

3 cups flour

2 cups sugar

1 tsp salt

1 tsp soda

1 tsp cinnamon

½ cup nuts

1 ½ cup oil (could use 1 c. oil and ½
c. pineapple juice)

3 eggs beaten

1 ½ tsp vanilla

1 eight oz. can crushed pineapple
(cut up sliced pineapple)

2 cups chopped bananas

Combine dry ingredients in bowl. Add eggs and oil. Stir - do not beat. Stir in vanilla, pineapple, nuts and bananas. Spoon batter into greased 9x13 baking pan. Bake at 180 C. for 45 minutes or until toothpick comes out clean.

Frosting:

Cream together 1 pkg. Cream cheese, ½ cup margarine, 1 lb. powdered sugar and 1 tsp vanilla.

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Lemon Bars

2 cups flour

1 cup margarine

½ cup powdered sugar

4 eggs

2 cups sugar

1 tsp baking powder

½ tsp salt

4 Tbsp lemon juice

4 Tbsp flour

Powdered sugar

Blend 2 cups flour, margarine and ½ cup powdered sugar. Press into a 9x13 inch pan. Bake for 20 minutes at 350 (180C). Beat together remaining ingredients (expect for additional powdered sugar) and pour over crust. Bake for 20 to 25 minutes more. Do not over bake. The filling puffs while baking, but flattens when cooled. Sprinkle with powdered sugar while hot.

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Desserts

Easy Brownies

1 cup margarine
2 cups sugar
4 eggs

1 ½ cups flour
1/3 cup cocoa
2 tsp vanilla

Just mix and bake in square greased baking pan. 350 (180 C) for 25 - 30 minutes.

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Deluxe Brownies

1 cup margarine

2 ½ cups sugar

5 eggs

2 cups flour

½ cup + 2 Tbsp cocoa

1 tsp vanilla

1 tsp salt

Beat together margarine and sugar. Add eggs and beat till it is fluffy. Add other ingredients and mix well. Pour into greased square pan and bake at 350 (180C) for 25 min.

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Desserts

Glorified Brownies

½ cup melted butter

1 cup sugar

2 eggs

1 tsp vanilla

1 cup flour

1/4 tsp baking powder

4 Tbsp cocoa

½ cups nuts

Combine ingredients and mix thoroughly. Bake in greased square pan at 350 (180 C) for 25 minutes. When done, top with marshmallows and return to oven for 4 to 5 minutes. Top with icing while hot.

Icing:

1 cup powdered sugar

3 Tbsp cocoa

2 Tbsp cream

½ tsp vanilla

Heat until melted. Add 1 Tbsp butter. Spread over brownies.

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Desserts

Low Fat Brownies (?)

2 eggs

1 can sweeten, condensed milk

1 1/4 cup sugar

1 tsp vanilla

1 1/3 cup flour

3/4 cup cocoa

1 tsp baking powder

1/2 tsp salt

In a bowl beat eggs until frothy and slightly thick. Stir in milk and vanilla. Combine flour, sugar, cocoa, baking powder and salt. Add to egg mixture and mix well. Pour into greased square pan and bake at 350 (180C) for 18-22 minutes.

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Desserts

Fat Free Brownies

Beat together:

1 egg + 2 egg whites

1 ½ cups sugar

1/3 cup low fat yogurt (note: the really fattening pineapple yogurt is best) :-)

Combine and add to yogurt mixture:

3/4 cup flour

1/4 tsp salt

½ cup cocoa

1 tsp vanilla

Bake in greased small pan 25 minutes at 350 (170C)

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Texas Sheet Cake #1

Mix together:

2 cups sugar	2 cups flour
1/4 cup cocoa	1 tsp baking soda
1 tsp cinnamon	

Add to dry ingredients, mixing well:

1/2 cup butter, melted	1/2 cup buttermilk
1/2 cup vegetable oil	1 cup water
2 eggs, lightly beaten	1 tsp vanilla

Pour into greased 9x13 baking pan. Bake at 400 (200C) for 20 minutes, or until toothpick comes out clean.

Frosting:

In a heavy saucepan, over medium heat, mix together and stir constantly:

1/4 cup + 2Tbsp milk
1/4 cup cocoa

When heated through to almost boiling, add:

1/2 cup butter
After butter melts, stir in till very smooth:

4 cups powdered sugar
1 tsp vanilla

Add:

1 cup chopped nuts

When the cake is just out of the oven, spread the frosting evenly on hot cake.

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Texas Sheet Cake #2

Mix together:

2 cups flour

2 cups sugar

½ tsp baking soda

½ tsp salt

In a saucepan bring to a boil:

1 cup butter

1 cup water

2 Tbsp cocoa

Pour into dry ingredients and mix.

Add:

2 large eggs, slightly beaten

1 cup sour cream

Mix well. Pour into greased and floured 18x21 pan (large cookie sheet).

Bake 22 minutes at 350 (180C).

Frosting:

About five minutes before cake is done, bring to a boil:

½ cup butter

1/4 cup milk

4 Tbsp cocoa

Stir constantly. Pour into 4 cups powdered sugar. Beat till smooth. Add ½ tsp vanilla and 1 cup chopped nuts. Pour hot frosting onto hot cake. Spread and let cool.

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Easy Chocolate Fudge Frosting

3 cups powdered sugar

1 tsp vanilla

2 Tbsp melted butter

2 Tbsp cocoa

Beat all ingredients until well blended; add milk, a few drops at a time, until frosting is of spreading consistency.

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Desserts

Nutty Coconut Icing

1 ½ cups sugar

½ can sweetened condensed milk

1 cup shredded coconut

½ to 1 cup chopped nuts

½ cup margarine

Combine sugar, milk and butter in a saucepan; bring to a boil and boil for 3 minutes, stirring constantly. Remove from heat; stir in coconut and nuts.

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Creamy Caramel Frosting

½ cup margarine

¼ cup milk

2 cups powdered sugar

1 ½ tsp vanilla

1 cup brown sugar

In a saucepan, combine butter, milk and brown sugar. Heat to boiling and cook for 2 minutes, stirring frequently. Cool. Stir in powdered sugar and beat until smooth. Add vanilla and beat until well blended.

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Chocolate Chip Cookies

2/3 cup margarine

1/2 cup granulated sugar

1/2 cup brown sugar

1 egg

1 tsp vanilla

1 1/2 cups flour

1/2 tsp soda

1/2 tsp salt

1/2 cup chopped nuts

1 cup chocolate chips

Heat oven to 375 (185 C). Mix margarine, sugars, egg and vanilla thoroughly. Stir in dry ingredients. Mix in nuts and chocolate pieces. Drop rounded teaspoonfuls of dough about 2" apart on ungreased baking sheet. Bake 8-10 min. or until delicately browned.

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Desserts

Surprise Cookies

Make recipe above, except use 1 1/4 cups chocolate covered raisins or chocolate covered peanuts in place of chocolate pieces. Or, add 1/2 cup crushed peppermint stick candy instead of chocolate chips.

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Desserts

Chocolate Chip Oatmeal Cookies

1 cup margarine

1 cup sugar

1 cup brown sugar

2 eggs

1 cup chopped nuts

2 cups oatmeal

½ tsp baking powder

½ tsp salt

1 tsp soda

1 cup chocolate chips

2 cups flour

Cream margarine and sugars. Mix in all ingredients except flour. Mix flour in by hand. Drop by spoonfuls on greased baking sheet. Bake at 350 (180 C) for 10-12 minutes.

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Desserts

Lucy Mack Smith's Cookies

2 cups brown sugar
2 cups white sugar
2 cups margarine
4 eggs
1 tsp vanilla

3 cups flour
½ tsp salt
2 tsp baking powder
6 cups oats
Chocolate chips
Chopped nuts

Cream sugars and margarine. Add eggs and beat. Mix dry ingredients together and add to first mixture. Stir in chocolate chips and nuts. Drop by rounded tablespoonfuls on greased cookie sheets. Bake at 350 (180C) for 8 to 10 minutes.

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Oatmeal Raisin Cookies

1 cup margarine	1 ½ cups flour
1 cup firmly packed brown sugar	1 tsp baking soda
½ cup granulated sugar	1 tsp cinnamon
2 eggs	½ tsp salt
1 tsp vanilla	3 cups oats
	1 cup raisins

Beat together butter and sugars until creamy. Add eggs and vanilla. Add combined flour, baking soda, cinnamon and salt. Mix well. Stir in oats and raisins. Drop by rounded tablespoonfuls onto ungreased cookie sheet. Bake at 350 (180 C) 10-12 minutes or until golden brown.

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Cowboy Cookies

3/4 cup sugar

1 cup shortening

1 tsp vanilla

1 tsp salt

½ tsp baking powder

chocolate chips, nuts, raisins

3/4 cup brown sugar

2 eggs

2 cups flour

1 tsp soda

2 cups oatmeal

Cream sugar and shortening; add eggs and beat well; add vanilla with flour, salt, soda and baking powder. Mix well. Add chocolate chips, nuts, raisins and oatmeal. Drop by spoonfuls onto cookie sheet. Bake at 375 (185C) for 8-10 minutes.

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Snickerdoodles

1 cup margarine

1 ½ cups sugar

2 eggs

2 ¼ cups flour

1 tsp baking powder

½ tsp salt

Mix together margarine, sugar and eggs. Add dry ingredients. Roll into balls the size of a small walnut. Roll into a mixture of 4 Tbsp. sugar and 2 tsp. cinnamon. Place on cookie sheet some distance apart to allow for spread. Bake at 375 (185 C) for 10-12 minutes.

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Sugar Cookies

1 cup shortening
2 cups sugar
2 eggs

5 cups flour
½ tsp soda
1 tsp salt
1 cup sour cream

Combine sugar and shortening and beat until well blended. Add eggs and sour cream. Add dry ingredients and mix well. Refrigerate for 1 hour. Lightly flour surface and roll out 1/4 of dough to 1/4 inch thickness. Cut with floured cutter. Transfer to ungreased baking sheet, 2 inches apart. Sprinkle with decorations or leave plain. Bake at 375 (185 C) for 5-9 minutes, depending on size. Frost when cool if desired.

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Ultimate Sugar Cookies

1 cup margarine
1 1/4 cups sugar
2 eggs
1 Tbsp vanilla
1/4 cup corn syrup (opt)

3 cups flour
1/2 tsp salt
3/4 tsp baking powder
1/2 tsp baking soda

Combine sugar and margarine and beat until well blended. Add eggs, vanilla and corn syrup. Add dry ingredients and mix well. Refrigerate for 1 hour. Lightly flour surface and roll out 1/4 of dough to 1/4 inch thickness. Cut with floured cutter. Transfer to ungreased baking sheet, 2 inches apart. Sprinkle with decorations or leave plain. Bake at 375 (185C) for 5-9 minutes, depending on size. Frost when cool if desired.

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Applesauce Cookies

½ cup shortening

1 cup sugar

1 egg

2 ½ cups flour

1 tsp soda

1 cup thick applesauce

1 tsp vanilla

½ tsp cinnamon

¼ tsp cloves

½ tsp salt

1 tsp baking powder

½ cup nuts, chopped (opt)

½ cup raisins (opt)

Cream butter and sugar. Add eggs and beat well. Add applesauce and vanilla. Add all dry ingredients together and add to first mixture. Add nuts and raisins. Drop by teaspoons on greased pan. Bake at 350 (180C) for 11-12 minutes

Mrs. Field's Carrot Fruit Jumbles

3/4 cup brown sugar	1 1/2 cups flour
3/4 cup white sugar	1 tsp baking soda
1 cup margarine	1/4 tsp salt
2 large eggs	1/2 tsp baking powder
2 cups grated carrots	2 tsp cinnamon
1/2 cup crushed pineapple drained*	1/2 tsp cloves
1 cup oats	2 tsp vanilla

*Can substitute sliced pineapple cut in tiny pieces.

Preheat oven to 350 (180C). Mix sugars and margarine together. Add eggs and vanilla and beat until light and fluffy. Add carrots, pineapple, nuts and blend. Add all dry ingredients that have been mixed together and blend. Do not over mix. Drop by rounded teaspoons onto ungreased baking sheet, 1 1/2 inches apart. Bake 13-15 min. taking care not to brown cookies.

Icing:

16 oz. Cream cheese, softened	2 tsp vanilla
1/2 cup butter	3 cups powdered sugar
1 Tbsp lemon juice	

Mix together till smooth.

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Peanut Butter Cookies

1 1/4 cup flour

1/4 tsp salt

1/4 tsp baking soda

1/2 cup margarine

1/2 cup peanut butter

1/2 cup sugar

1/2 cup brown sugar

1 egg

Combine flour, salt and baking soda and set aside. In a large mixing bowl, mix butter and peanut butter until well blended; add granulated and brown sugar, mixing well and beat in egg. Stir flour mixture into peanut butter mixture until well blended. Drop by spoonfuls onto lightly greased cookie sheet; flatten with a fork and sprinkle lightly with granulated sugar. Bake at 375 (185C) for 10-15 minutes, or until lightly browned. Cool on wire rack.

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Traditional Pie Crust

1 cup flour

½ cup shortening (or butter)

1/4 cup cold water

With two knives cut shortening into flour until it looks like coarse crumbs. Add water and mix only until the dough sticks together. (The secret for flaky pie crust is to not handle it any more than you have to.) Divide the dough into two parts and roll it out on floured surface until thin.

If you want to cook the crust by itself (to use with a cream pie), after putting it into the pie tin, prick holes in the bottom and sides with a fork. Bake at 350 (180C) 15-20 minutes (or until it slides in the pan).

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Never Fail Pie Crust

1 3/4 cup lard or shortening

4 cups flour

1 tsp salt

1 tsp baking powder

1 egg

½ cup cold water

1 Tbsp vinegar (diluted Russian)

1 Tbsp sugar

Cut lard, into flour, baking powder and salt. Beat egg and add water and vinegar. Add to flour mixture. Mix with hands till well blended. This dough can be handled as much as you like and can be refrigerated for days. When ready, roll thin for pie crusts.

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Graham Cracker Crust

1 cup graham cracker crumbs*

3 Tbsp melted margarine

3 Tbsp sugar

Mix graham cracker crumbs, sugar and melted butter together and press in the bottom of pie tin. Bake at 350 (180C) for 10 minutes.

* If you don't have graham crackers, you can use plain cookies, but leave out the sugar.

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Pumpkin Pie

1 ½ cups sugar

1 tsp salt

1 tsp ginger

½ tsp ground cloves

4 eggs

3 ½ cups pumpkin, cooked

3 cups evaporated milk

Beat eggs lightly in a large bowl. Stir in pumpkin, sugar, salt, ginger and cloves. Gradually stir in evaporated milk. Pour into two prepared 9" uncooked pie crusts. Bake in preheated 425 (220C) oven for 15 minutes. Reduce temperature to 350 (180C) and continue baking for 40-50 minutes or until knife inserted near center comes out clean. Cool for 2 hours before eating.

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Carrot Pie

(Much like pumpkin pie)

2 eggs	1 tsp cinnamon
2 cups cooked, mashed carrots	½ tsp ginger
¾ cup sugar	¼ tsp cloves
1 ⅔ cups evaporated milk or half and half cream.	

Heat oven to 425 (220C). Prepare pastry in 9" pie tin. Beat eggs slightly before adding remaining ingredients. Place in pastry lined pie pan and bake for 15 minutes. Reduce temperature to 350 (180C) and bake another 45 minutes or until knife inserted in center comes out clean. Cool. Serve with whipped cream or ice cream.

Note: You can also use sweet potatoes or squash instead of carrots.

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Apple Pie

4 cups sliced apples

½ tsp cinnamon

2/3 cups sugar

2 Tbsp flour

Place apples in unbaked 9" pie crust. Mix dry ingredients together and sprinkle over apples. Roll out top pie crust and cut slits in it so steam can escape. Adjust over apples and seal the crusts together by fluting the edges. Fluting means pinching some of the dough together to stand up in little peaks around the edges. Bake 1 hour at 350 (180C).

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Dutch Apple Pie

Follow the directions for Apple Pie, but put in a deeper pan and don't put on the top crust. Instead mix together with fingers till crumbly: ½ cup flour, ½ cup sugar, ½ tsp cinnamon and ½ cup margarine. Sprinkle over top of apples and bake for 1 hour at 350 (180C).

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Banana Cream Pie

2 cups milk

1 Tbsp butter

1 Tbsp vanilla

2 or 3 bananas

4 eggs

1 cup sugar

2 Tbsp flour (heaping)

Heat milk to almost boiling. Add butter and vanilla. Beat eggs, then add sugar and flour. Add this mixture to milk. Cook until thick, stirring continually. Let it cool a bit before adding sliced bananas. Cool and pour into already baked pie crust. Chill for several hours. Serve with whipped cream.

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Cheese Cake

32 oz. cream cheese

4 Tbsp flour

4 eggs

Fruit for topping

1 cup sugar

1 cup sour cream

1 Tbsp vanilla

Beat cream cheese, flour and sugar together until very fluffy. Add the sour cream and beat in well. Add the eggs one at a time, beating well after each. The secret to getting height during baking is excessive beating at this stage. Add vanilla last, then pour into Graham Cracker crust. Bake at 450 (230C) for 10 minutes, then reduce heat to 250 (125C) for 1 hour and 15 minutes. Don't under bake. Remove from oven. Let cool in pan 1 hour. Top with thickened fruit, pie filling or eat plain.

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Desserts

Raspberry-Cheese Breakfast Cake

1 - 8 oz. pkg. Cream cheese, softened	2 large eggs
½ cup margarine	¼ cup milk
1 cup sugar	½ tsp vanilla
1 ¾ cups flour	½ tsp baking soda
¼ tsp salt	1 tsp baking powder
3 Tbsp powdered sugar	½ cup raspberry jam

Beat together: cream cheese, margarine, and sugar with electric mixer until creamy. Add eggs, milk and vanilla, beating until smooth. Combine flour, baking powder, soda and salt. Add to cream cheese mixture, beating at low speed until well blended. Spread batter into a greased and floured 9x13 pan. Drop the jam by small spoonfuls into batter and swirl through with a knife. Bake at 350 (180C) for 30 minutes or until cake begins to leave sides of pan. Cool and sprinkle with powdered sugar.

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[Desserts](#)

Quick and Easy Cobbler

1 cup butter

3/4 cup sugar

1 cup flour

2/3 cup milk

1 ½ tsp baking powder

1 can fruit

Mix flour, baking powder, sugar and milk. Melt butter in 9x13 pan. Pour batter over melted butter. Pour fruit and juice over batter. Spread it out, but do not stir in. Bake in 350 (180C) for 35 minutes. Serve warm with cream or ice cream.

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Desserts

Peach Cobbler

1/4 cup margarine

2 large cans peaches, drained

1 cup flour

1 cup sugar

1 cup milk

1 Tbsp baking powder

½ tsp salt

Melt 1/4 cup margarine in 9x13 inch pan in oven. Drain liquid off peaches, then spread peaches evenly over melted margarine in pan. Mix 1 cup each of flour, sugar and milk. Add baking powder and salt forming a batter. Pour this batter evenly over the peaches. Bake at 350 (180C) for 1 hour.

Topping

½ cup sugar

1/3 cup flour

1/4 cup margarine

½ tsp cinnamon

For the topping, mix all ingredients together till crumbly, then sprinkle over cobbler the last 15 minutes of baking. Don't put it on too soon or it will sink.

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[Desserts](#)

Bread Pudding

4 cups dry bread cubes
1 Tbsp butter
1 cup sugar
1 tsp vanilla
1/4 tsp nutmeg

4 cups milk, scalded
1/4 tsp salt
3 eggs, beaten
1/2 tsp cinnamon
1/2 cup raisins (opt)

Scald milk by bringing it almost to boiling. Soak bread cubes in milk for five minutes. Add butter, salt and sugar. Stir. Slowly add a little of the hot mixture to beaten eggs. Stir well. Then slowly add eggs to rest of hot mixture, stirring all the while. Pour into a greased baking dish. Bake at 350 (180C) for 50 minutes or until firm. Serve with milk, sauce, ice cream or plain.

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Desserts

Peanut Brittle

2 cups sugar

1 cup corn syrup

1 ½ Tbsp butter

1 ½ tsp salt

½ cup water

2 cups raw peanuts

1 ½ tsp vanilla

2 tsp soda

Cook sugar, syrup and water to soft ball stage*. Add peanuts. Stir and cook until golden brown and is at hard crack stage**. Add butter, vanilla, salt and soda. Stir quickly and pour on greased cookie sheet. When cold, break into pieces.

*soft ball stage = drop a small amount of syrup in very cold water. If it squeezes together in a soft ball, it is done.

**Hard Crack is when the candy will form brittle threads in the cold water.

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Desserts

Easy Fudge

1 can sweetened condensed milk

3 cups chocolate

2 pinches of salt

chips or

chopped candy bars

½ tsp Baking Powder

Mix milk and chocolate in sauce pan. Cook on high heat, stirring constantly. When chocolate is melted, add baking powder and salt. Bring to a boil, then pour into pan and cool in fridge. The longer it sits, the better it gets.

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Desserts

Carmel Corn

1 ½ -2 gallons popped corn

½ cup margarine

1 cup brown sugar

2 Tbsp Corn Syrup

2 tsp vanilla

1 tsp baking soda

On low heat, melt margarine, sugar, Corn Syrup and vanilla in a sauce pan. Bring to a boil and add baking soda. Pour immediately over popcorn and mix till evenly coated.

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Desserts