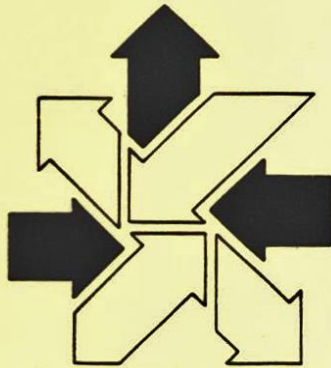


From The Kitchens Of



National Capital
FreeNet
de la Capitale nationale

The National Capital FreeNet

"From the Kitchens of The National Capital FreeNet" was compiled for the Development Committee (fund-raising). I would like to extend my sincere appreciation to the members who contributed recipes.

I regret that I was unable to include all of the recipes because of similarities or lack of space.

All proceeds from the sale of this book will go to:

The National Capital FreeNet

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Development Committee Volunteer
NCF Cookbook Project

May, 1995

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The National Capital FreeNet is a free computer based information sharing network. It links the people and organizations of this region, provides useful information and enables an open exchange of ideas with the world. Community involvement makes FreeNet an important and accessible meeting place and prepares people for full participation in a rapidly changing communications environment.

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Appetizers & Beverages



COOKING TERMS

Bake — To cook by dry heat, either covered or uncovered, in an oven or oven-type appliance.

Baste — To moisten meat or other foods with pan drippings, fruit juice or a sauce. Prevents drying of food surface and adds flavor.

Beat — To make a mixture smooth by introducing air with a brisk over and over motion using a spoon, or rotary motion using an egg beater or electric mixer.

Blanch — To preheat in boiling water or steam. Helps loosen skins of fruits, vegetables or nuts; also used to prepare food for canning, freezing or drying.

Blend — To combine two or more ingredients thoroughly.

Boil — To heat a liquid until bubbles continuously break on the surface.

Braise — To cook slowly in a small amount of liquid in a covered pan.

Bread — To coat with flour, then dip into slightly diluted beaten egg or milk, and finally coat with bread, cereal or cracker crumbs.

Broil — To cook by direct heat, under a broiler or over hot coals.

Caramelize — To melt sugar, or foods containing sugar, slowly over low heat without burning, until it melts and becomes brown in color.

Chop — To cut food into small pieces with a knife.

Clarify — To make a liquid (stock, broth, butter) clear by skimming away or filtering out fat or other impurities.

Coat — To cover food evenly with flour, crumbs or batter.

Coddle — To cook food slowly in water just below the boiling point.

Compote — Fruit stewed or cooked in syrup, usually served as a dessert.

Cool — To let food stand at room temperature until it is no longer warm to the touch.

Cream — To make a fat, such as butter, soft and smooth by beating with a spoon or mixer. Also, to combine a fat with sugar until mixture is light and fluffy.

Cube — To cut a solid food into cubes of about ½ inch or more.

Cut in — To mix evenly a solid fat into dry ingredients (e.g. shortening and flour) by chopping with two

Dice — To make small cubes of ¼ to ½ inch.

Dredge — To cover or coat food with flour or a similar fine, dry substance.

Dust — To sprinkle lightly with flour or sugar.

Fillet — A piece of meat, poultry or fish without bones.

Flake — To break food into small pieces, usually with a fork.

Flute — To make decorative indentations around edge of pastries, fruits or vegetables.

Fold — To combine two ingredients. Using a spoon or rubber spatula, go down through the mixture on the far side of the bowl, bring the spoon across the bottom of the bowl and up the near side, turn the mixture over on the top. Turn bowl slightly and repeat till mixture is blended.

Fry — To cook in hot fat; pan-fry or sauté in a small amount of fat, deep-fat fry in deep layer of fat that covers the food.

Glaze — To coat with a smooth mixture to give food a glossy appearance.

Grate — To rub food against a grater to form small particles.

Grill — To cook on a rack over hot coals or other direct heat.

Grind — To reduce to particles in a grinder, blender or food processor.

Julienne — To cut meat, vegetables or fruit into long matchlike strips.

Knead — To manipulate with a pressing motion accompanied by folding and stretching. For yeast bread: fold dough toward you, push dough away using the heel of your hand. Rotate ¼ turn and repeat. For tea biscuits: kneading process is much less vigorous and requires less time.

Marinate — To let food stand in a seasoned sauce called a **marinade** to tenderize and increase flavor.

Mince — To cut or chop into very small pieces, but smaller than diced.

Mix — To combine ingredients until evenly distributed.

Panbroil — To cook uncovered on a hot surface removing fat as it

Parboil — To cook food in a boiling liquid until partially done. Cooking is usually completed by another method.

Pare — To remove outer covering of fruit or vegetable with a knife.

Peel — To strip off or pull away outer covering of fruit or vegetable.

Poach — To cook slowly in simmering liquid such as water or milk.

Purée — To put food through a sieve, blender or processor to produce the thick pulp or paste with juice.

Reduce — To rapidly boil down the volume of a liquid to concentrate flavor.

Roast — To cook meat in an uncovered pan by dry heat in an oven.

Sauté — To brown or cook in a small amount of fat (see **fry**).

Scald — To heat milk to just below the boiling point, when tiny bubbles appear around the edge of the pan; to dip certain foods briefly into boiling water (see **blanch**).

Score — To make shallow slits into the surface of a food in a diamond or rectangular pattern.

Sear — To brown and seal surface of meat quickly with intense heat.

Shred — To cut into long, thin strips with a knife or shredder.

Simmer — To cook in liquid just below boiling point; bubbles form slowly and burst before reaching surface.

Sliver — To cut into long thin pieces with a knife; e.g. almonds, or pimiento.

Steam — To cook in a covered container above boiling water.

Steep — To let stand for a few minutes in water that has just been boiled to enhance flavor and color.

Stew — To simmer slowly in liquid deep enough to cover.

Stir — To mix ingredients in a circular motion until blended with uniform consistency.

Stir fry — To cook in a frypan or wok over high heat in a small amount of fat, tossing or stirring constantly.

Toast — To brown with dry heat in an oven or toaster.

Whip — To beat rapidly with a wire whisk, beater or mixer to incorporate air to lighten and in-

APPETIZERS & BEVERAGES

ASPARAGUS ROLLS

Andre L. Ouellette
bf766

30 slices very thin brown bread **Salt and pepper**
Soft butter **30 stalks asparagus, cooked**

Make sure asparagus is well drained. Butter bread; season with salt and pepper. Remove crusts. Place an asparagus spear along edge of bread slice; roll up. Place on baking tray, seam side down. Repeat until tray is full. Cover with damp cloth. Serve as they are or add melted butter and slightly toast under broiler for several minutes.

Note: Canned asparagus can be substituted for fresh asparagus.

AUNT BERDENE'S MEATBALLS

Sara Ouellette
bl230

1 lb ground pork **1 tsp salt**
1 lb ground beef **1 1/2 cups packed brown sugar**
2 cups dry bread crumbs **3/4 cup vinegar**
1 cup milk **3/4 cup water**
2 eggs, beaten **1 tsp dry mustard**

Mix first 6 ingredients together; shape into small balls. Brown well. Mix remaining ingredients; pour over meatballs. Place in baking dish. Bake at 325°F for 45 minutes. Baste while baking.

BACON CHEESE APPETIZERS

J-M Bavington
bj750

8 bacon slices, cut in half **Dash cayenne pepper**
1/2 lb sharp cheddar cheese **8 cherry tomatoes, halved**

Cut cheese into small even cubes; sprinkle with cayenne pepper. Wrap bacon around each cube; fasten with toothpick. Place on baking sheet or ovenproof dish. Broil for about 5 minutes, turning after 3 minutes. Garnish with cherry tomato halves. Serve with celery or carrot sticks, tortilla chips, etc.

BEST NACHOS IN THE WORLD

*Andre Hallam
ac077*

These will be the best nachos you ever had.

Nacho chips, unsalted
1 lb grated marble cheese
28 oz can tomatoes
1 tsp sugar (cuts acidic taste)

**Jalapeno peppers (in jar,
sliced)**
Pinch celery salt
Soy sauce
Red hot sauce

Drain tomatoes. Place in strainer; mash to get all the juice out. Place remaining pulp into blender. Add jalapeno peppers, to taste. Add sugar, pinch celery salt, couple of dashes soy sauce and a few drops red hot sauce. Blend, but not too much. Leave mixture a bit chunky. At this point, drain any water from top of sauce. Place nacho chips on cookie sheet; cover with cheese. Sprinkle sauce over cheese. Bake in 400°F oven 8 minutes, or until cheese starts to bubble. Serve immediately.

BETTA' BRUSCHETTA

*Shana Calixte
at023*

1 Vienna style loaf
**1/2 cup Miracle Whip salad
dressing**
1 cup grated mozzarella cheese
**1/2 cup ripe olives, pitted and
chopped**

1 tomato, chopped
1 small clove garlic, minced
1 tsp dried oregano leaves
1/2 tsp pepper

Preheat oven to 350°F. Cut bread into 20 slices. Combine remaining ingredients; spread onto bread slices. Place slices on baking sheet. Bake for 15 minutes, or until cheese is melted. Serve warm.

*The only people who hear both sides
of an argument are the neighbors.*

CHEESE ROLL

*Rosaleen Dickson
ac174*

1/2 lb Roquefort blue cheese **3 Tbsp good brandy**
8 oz cream cheese **2 tsp minced onions**
3 Tbsp soft butter **Almonds, roasted and chopped**

Mash first 5 ingredients together; refrigerate for 1 hour. Remove from fridge; form into long roll. Roll in almonds, coating evenly. Wrap in wax paper; refrigerate. To serve, cut into thin slices and place each slice on a round cracker.

Variation: You could also shape cheese mixture into ball and coat with almonds. Let your guests dig into it with little butter knives and spread onto their own crackers. Either way it's a hit!

CRETON

*J-M Bavington
bj750*

1 lb ground pork **1 clove garlic, crushed**
1 cup bread crumbs **1/4 tsp cinnamon**
1 onion, grated **1/4 tsp nutmeg**
1/2 tsp salt **1 cup milk**
1/8 tsp pepper

Put all ingredients into saucepan; mix well. Cover; simmer over low heat for 1 hour, stirring occasionally. Turn into mold; refrigerate until firm. Serves 6 to 8.

EGG CHAMPIGNONS

*Rosemarie Ventura
ah241*

6 hard-boiled eggs **2 Tbsp melted butter**
1/4 cup bread crumbs **1 Tbsp chopped fresh parsley**
1/4 cup blue cheese **1/2 tsp garlic salt**
2 Tbsp chopped shallots **Paprika**
2 Tbsp dry white wine **24 large fresh mushroom caps**

Preheat oven to 450°F. Grease baking sheet. Mix all ingredients, except mushrooms and paprika, in bowl. Spoon mixture into mushroom caps, about 1 tablespoon in each. Bake about 10 minutes. Sprinkle with paprika. Serve immediately.

FRUIT GAZPACHO

Brett Delmage
aa693

2 cups tomato juice	1 cup fresh or frozen blueberries
3 cups orange juice	1 cup red or green grapes, halved
Zest of 1 orange and 1 lime	Fresh strawberries
1 mango, peeled and cut up	1 to 2 kiwis, sliced
2 cups honeydew melon, diced	
2 cups cantaloupe, diced	
1 pear, peeled and cut up	

Combine tomato juice, orange juice, orange and lime zest, honeydew, mango and cantaloupe in large bowl. Blend mixture in blender or food processor until smooth. Return to bowl; mix in pear, blueberries and grapes. Cover bowl; refrigerate for several hours. Garnish each bowl with several strawberry halves and 2 kiwi slices.

Note: If you can't find this exact combination of fruit or are allergic to some, don't despair. Substitute your favourites, e.g. peaches for cantaloupe or apple for pear and enjoy.

HOT HAM PUFFS

Anonymous
Anon.

4 1/2 oz can devilled ham	1 egg white
3 Tbsp burgundy wine	2 Tbsp mayonnaise
Bread, cut into rounds	1/2 tsp prepared mustard

Combine ham and wine; mix well. Spread mixture on bread rounds. Beat egg white until stiff. Fold in mayonnaise and mustard. Spread egg mixture on top of ham. Arrange on baking sheet; place under broiler until browned. Serve at once. Makes 12 to 14 puffs.

*Gossip is the art of saying nothing
in a way that leaves nothing unsaid.*

MUSHROOMS STUFFED WITH CRAB

*Ann Cornellier
av718*

1 lb fresh mushrooms	1 small egg, beaten
2 tsp olive oil	1 Tbsp fresh basil or fresh parsley, chopped
Salt and pepper, to taste	2 Tbsp fresh bread crumbs, finely chopped
3 tsp lemon juice, divided	1 Tbsp butter, melted
1/2 cup chopped crab meat	1 Tbsp grated Parmesan cheese
1 Tbsp butter	
1/3 cup chopped onions	
1 tsp minced garlic	
2 Tbsp whipping cream	

Preheat oven to 400°F. Rinse mushrooms; dry. Remove stems; finely chop. Set aside. Mix together oil, 2 teaspoons lemon juice, salt and pepper. Coat mushroom caps in oil mixture. Arrange on baking pan, stem side down; bake 5 minutes.

Heat 1 tablespoon butter; add onions and garlic. Cook until wilted. Add mushroom stems and 1 teaspoon lemon juice; cook until liquid evaporates. Add crab meat; heat through. Stir in cream. Add egg. Cook for 10 seconds; remove from heat. Add salt, pepper, parsley or basil and bread crumbs. Fill mushroom caps with mixture. Sprinkle with Parmesan cheese. Bake for 10 to 15 minutes. Serve at once.

MUSHROOMS STUFFED WITH SPINACH AND HAM

*Ann Cornellier
av718*

1 lb large fresh mushrooms	2 Tbsp whipping cream
2 tsp olive oil	1/8 tsp nutmeg
Salt and pepper, to taste	1 small egg, beaten
3 tsp lemon juice, divided	3 Tbsp prosciutto ham, finely chopped
1/4 lb spinach (1/4 bag)	1 Tbsp grated Parmesan cheese
1/2 tsp butter	
1/4 cup onion, finely chopped	

Preheat oven to 400°F. Rinse mushrooms; dry. Remove stems; finely chop. Set aside. Coat mushrooms in mixture of 2 teaspoons lemon juice, oil, salt and pepper. Arrange on baking pan, stem side down; bake for 5 minutes. Remove stems from spinach. Rinse; drain.

Heat butter in saucepan. Add onion; cook until wilted. Add the mushroom stems and 1 teaspoon lemon juice; cook briefly, stirring. Add spinach; cook until most of liquid is evaporated. Add cream, nutmeg, salt and pepper; stir. Add egg; cook about 10 seconds. Purée mixture in blender or food processor. Return mixture to pan; add ham. Fill mushroom caps; sprinkle with Parmesan cheese. Bake 10 to 15 minutes. Serve at once.

OATMEAL CRACKERS

Fran Wright
ak616

These are very addictive, so after the first try, you'll end up doubling the recipe. They go extremely well with Brie cheese.

2 cups rolled oats
2 cups white flour
2/3 cup brown sugar
1 tsp salt

1/2 tsp baking soda
1 cup shortening
1/2 cup cold water

Combine all dry ingredients; cut in shortening. Add water until dough is okay to roll. Use rolled oats on the board instead of flour, and don't skimp. Roll dough to 1/8 inch thickness; cut into squares or use cookie cutter. Bake at 350°F for 10 to 12 minutes or until brown around edges. Watch them, as they burn easily.

SAUSAGE ROLLS

Daniel C. Gallant
al891

20 small sausages
1 cup boiling water

1 recipe pastry

Place sausages in shallow pan; pour boiling water over to cover. Bring to a boil, lower heat and simmer for 10 minutes. This cooks sausages and removes fat. Cool. Cut pastry into 3x3 inch pieces. Roll sausages in pastry; place seam side down on baking sheet. Chill. Bake at 450°F for 18 to 20 minutes.

Note: Sausages such as Minisizzlers or Golden Fry work well for rolls. Non Roll Pastry (page 83) is recommended for sausage rolls.

*Better to remain silent and be thought a
fool than to speak out and remove all doubt.*

SCALLOPS PROVENÇALE

*Bill Stuart
ah787*

6 scallops	Olive oil
140 g tomatoes (peeled, chopped and seeded)	Salt and pepper
3 cloves garlic, finely chopped	White bread
Parsley, chopped	1 bouquet garni

Preheat oven to 375°F. Use an oven/stove top compatible utensil. Heat olive oil. Add garlic; sauté. Add tomatoes and bouquet garni. Put in oven for 45 minutes (clean sides of pot first). Remove from oven; taste for salt and pepper. Place on stove top over moderate heat. Add scallops; cook about 6 minutes. Add parsley.

Serve over toasted bread or by itself.

TOMATO MUSHROOM HORS D'OEUVRES

*Anonymous
Anon.*

2 lb medium mushrooms	1 tsp Worcestershire sauce
4 oz pkg blue cheese	3/4 pt cherry tomatoes
1 Tbsp minced green onion	3 Tbsp dry bread crumbs

Remove mushroom stems. Place mushrooms, rounded side down, in 13x9 inch baking dish. In bowl, blend next 3 ingredients. Cut each cherry tomato in half. Fill each mushroom cap with about 1/4 teaspoon bread crumbs. Place scant 1/2 teaspoon of cheese mixture on top of bread crumbs. Top with tomato half. Bake in 375°F oven for 15 to 20 minutes or until mushrooms are tender.

CLAM DIP

*Anonymous
Anon.*

1 can minced or baby clams	3 to 4 Tbsp melted butter
14 oz cream cheese, softened	1/4 to 1/2 cup dry bread crumbs
8 to 10 drops Worcestershire sauce	

Drain juice from clams; reserve. Combine clams, cream cheese and Worcestershire sauce. Combine with enough clam liquid to make a semi runny mixture. Put in small ovenproof dish. Melt butter; add crumbs (so all crumbs are coated). Spread over clam mixture. Bake at 350°F until bubbly, 15 to 20 minutes. Serve warm or cold.

GUACAMOLE

*Andre L. Ouellette
bf766*

2 ripe avocados
2 Tbsp lemon juice
2 tomatoes, peeled and seeded
1 medium onion, finely chopped

1 clove garlic, finely minced
1 jalapeno pepper, seeded and chopped (or 5 dashes Tabasco sauce)
Salt and pepper, to taste

Peel avocados; mash with wooden spoon until smooth. Reserve 1 pit. Finely chop tomatoes. Blend avocados with lemon juice. Add remaining ingredients; mix well. If not serving immediately, bury an avocado pit in the mixture. This keeps it from darkening. Cover tightly; refrigerate.

Remove pit before serving.

Serve with tortilla chips or corn chips. Garnish with sour cream, chopped onions, peppers or olives. Serve 12.

HUMMUS

*Alana Boltwood
ad097*

A Middle Eastern dip/spread, high in protein.

2 Tbsp sesame seeds
1 tsp ground cumin
Juice of 1 lime
Drizzle olive oil

Dash salt and pepper
1 clove garlic
19 oz can chickpeas

More commonly used ingredients are tahini (sesame paste), lemon instead of lime, more cumin, more garlic and sometimes onion.

Drain most of liquid from chickpeas. Use blender or food processor to make paste of all ingredients.

Serve as a dip/spread for vegetables, crackers, pita or other bread.

Bulk food stores may sell a small quantity of tahini so you needn't spend \$2.99 a cup at the supermarket.

Measurements are totally flexible.

Great minds have purposes; others have wishes.

TEX MEX DIP

*Dora Parisi
bj248*

Dora Says, "This dip is a major hit every time I serve it. It never lasts more than 20 minutes after it is served. I hope you enjoy it."

1 cup sour cream	2 to 3 green onions
1 cup light cream cheese	1 jar salsa (your favourite)
1 green pepper	1/2 cup shredded mozzarella cheese
1 sweet red pepper	1/2 cup shredded cheddar cheese (your choice)
1 yellow pepper	
1 orange pepper	

Blend sour cream and cream cheese together until smooth. Finely chop all peppers and green onions; mix together. Layer ingredients in a bowl in the order that follows.

Layer 1: Sour cream/cream cheese mixture.

Layer 2: Spread with onion/pepper mixture.

Layer 3: Spread with salsa.

Layer 4: Spread with shredded cheeses.

WHITE BEAN DIP

*Anonymous
Anon.*

19 oz can white kidney beans	2 green onions, thinly sliced
2 Tbsp lemon juice	Green onion, sliced
1 Tbsp olive oil	Fresh vegetables, cut into pieces
1/2 tsp ground cumin	
1/2 cup prepared picante sauce	

Drain beans. In food processor or blender, purée beans, lemon juice, oil and cumin until smooth. In small serving bowl, stir purée, picante sauce and 2 thinly sliced green onions. Heat in saucepan or microwave until heated through, if desired. Garnish with sliced green onion. Serve with vegetable pieces as dippers.

Poverty of purpose is worse than poverty of purse.

NUTTY CHEESE BLOCK

*Athina Lavoie
bq531*

1 pkg cream cheese, softened
1 1/2 cups finely grated old cheddar cheese

4 Tbsp maple syrup, divided
1/2 cup finely chopped toasted pecans

In medium bowl, blend cheese with 2 tablespoons maple syrup. Chill until firm, about 1 hour. Shape into rectangular block; brush with remaining 2 tablespoons maple syrup. Coat all sides with pecans.

Serve with assorted crackers.

BANANA SMOOTHIE

*Anonymous
Anon.*

1 ripe banana, sliced
1 Tbsp sugar
1/2 cup yogurt

1 cup crushed ice
1 tsp lime juice

Combine ingredients in blender; blend until smooth. Pour into large glass and enjoy. Makes 1 serving.

BENOIT BLEND XTRA STRONG COFFEE

*Eric Benoit
ar314*

2 cups hot tap water
5 Tbsp instant coffee
1/8 tsp almond extract

1/4 tsp mint/peppermint extract
3 Tbsp honey
1/2 tsp cinnamon

Put water in saucepan over high heat. Add coffee; bring to a boil. Reduce heat to low; simmer for 5 minutes. Put in extracts, honey and cinnamon. Simmer another 5 minutes. Filter coffee 5 times or until all the cinnamon is removed (optional). Makes 2 cups of strong coffee. Enjoy!

BRANDY AND MILK

*Rosaleen Dickson
ac174*

1 cup good brandy
2 cups cold milk
4 tsp sugar

1/2 tsp vanilla
Dash nutmeg

In blender, whip together all ingredients, except nutmeg. Serve in wine glasses with crushed ice. Grate dash of nutmeg on top of each glass. As soon as it's served, get another batch ready. They'll want more!

EVAN'S COFFEE LIQUEUR WITH SHARPE VARIATION

Brenda J. Sharpe
aj471

3 cups granulated sugar	1 Tbsp vanilla extract
1 1/2 cups strong coffee (espresso)	40 oz bottle alcohol or vodka

Put espresso in pot with sugar and vanilla; boil 5 minutes, stirring well. Remove from heat; let cool. Add alcohol or vodka; stir. Let cool; bottle.

Note: Original recipe called for 3 tablespoons instant coffee dissolved in 1/2 cup boiling water. The espresso version is smoother.

GINGER TEA

Great for relieving a head cold

*Anonymous
Anon.*

1 1/2 cups water	1 Tbsp lemon juice
1 1/2 Tbsp sliced fresh ginger	1 to 2 Tbsp honey

Combine all ingredients in saucepan; simmer for 5 minutes. Strain tea into mug. Relax and enjoy. Makes 1 serving.

GRAPE JUICE PUNCH

Nonalcoholic

*J-M Bavington
bj750*

Your guests will be delighted and they won't overdrink.

Juice of 8 lemons	2 cups sugar
12 cups water	4 (750 mL) bottles ginger ale
4 cups grape juice	Ice

Make a light syrup with water and sugar; boil for 5 minutes. Let cool. Add lemon juice and grape juice to syrup; mix well.

At serving time, add ginger ale and ice. Decorate with orange slices floating on top.

The easiest way to get ahead...isn't very.

IRISH COFFEE

Shana Calixte
at023

Sugar
1/2 cup Irish whiskey

4 cups strong coffee
1/2 cup whipped cream

Spoon 1/2 teaspoon sugar into each of 4 (5 ounce) goblets. Add 2 tablespoons whiskey to each. Fill with coffee to within 1/2 inch of rim. Float a heaping tablespoon of whipped cream on each. Serve at once. Makes 4 servings.

PARTY PUNCH

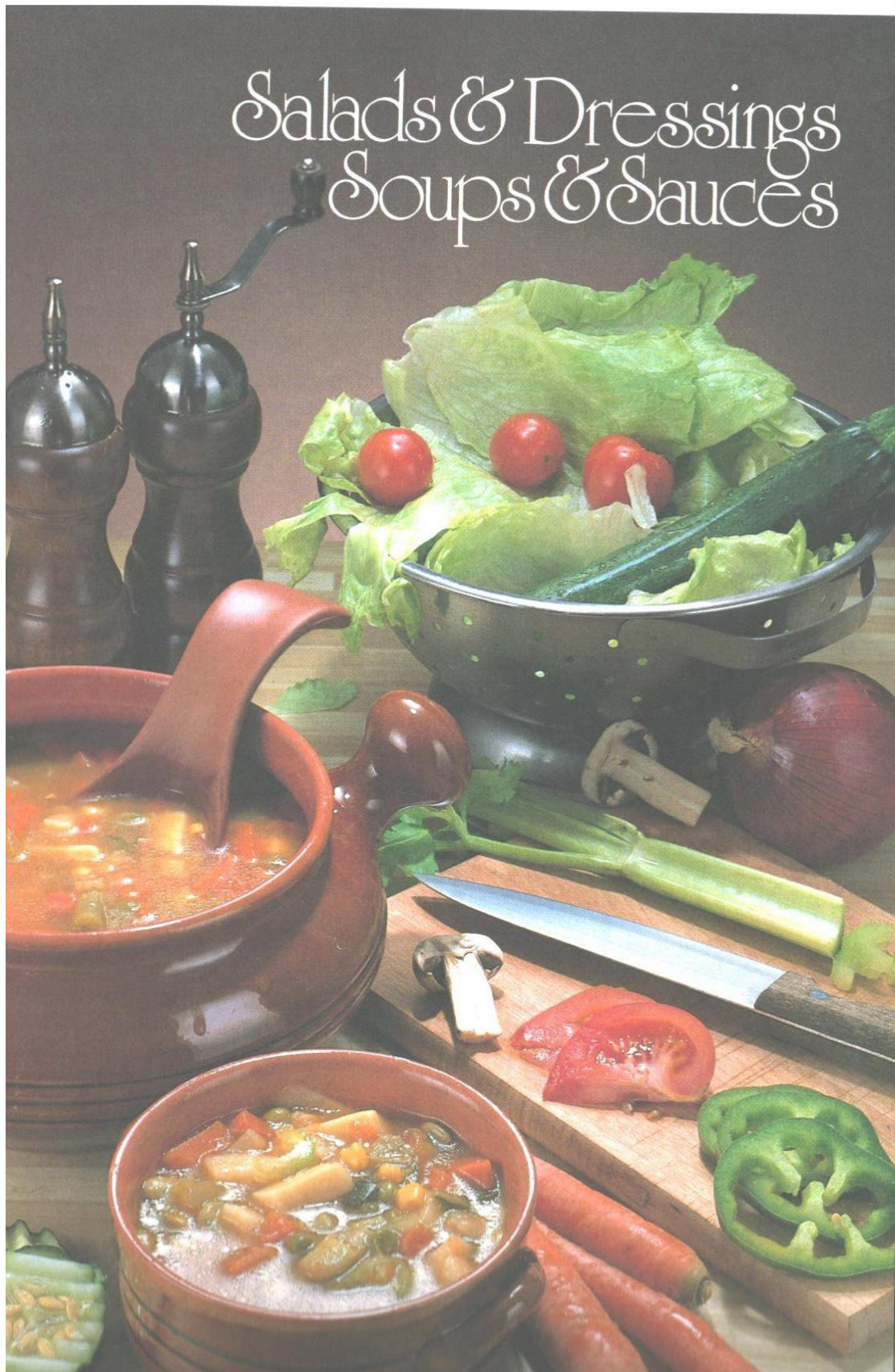
Anonymous
Anon.

3 cups lemon juice
3 cups orange juice
3 cups pineapple juice
1 qt sugar syrup
2 qt water

Green food colouring
1 pt ginger ale
**1 small bottle cherries (crème
de menthe flavour
suggested)**

Combine first 5 ingredients. Colour a delicate green; chill. Just before serving, add cherries and chilled ginger ale.

Salads & Dressings Soups & Sauces



FOOD QUANTITIES TO SERVE 50 PEOPLE

Serving Portion	Amount for 50 People*	Serving Portion	Amount for 50 People*
Beverages		Meat	
Cocoa, mixed	¾ cup	Beef, ground	3 oz.
unsweetened powder		boneless round, rump	3 oz.
Coffee	¾ cup	Lamb, boneless leg	3 oz.
Punch	½ cup	Pork, boneless loin	3 oz.
Tea	¾ cup	boneless ham	3 oz.
Bread and Crackers		Salami	3 oz.
Bread	1 slice	Sliced luncheon meat	3 oz.
Rolls	1 roll.	Weiners	1 oz.
Crackers (soda)	2 crackers		2 weiners
Cereals		Poultry	
Rice	½ cup	Chicken, fryers	¼ fryer
Macaroni, noodles, spaghetti	½ cup	Turkey	3 oz.
Dairy Products		Pickles	
Butter, for table	1 tbsp.	Dill or sweet	
for vegetables	½ tsp.	Relish	
Cheddar cheese	1-1½ oz.	Salads	
Cream, coffee	7 cups	Green	¾ cup
Ice cream	2 tbsp.	Potato, chicken or fruit	½ cup
Milk	½ cup	Salad dressings	
	1 cup	Mayonnaise	1 tbsp.
		French	2 tsp.
Desserts		Sandwiches	
Cakes, angel food	3-4 cakes	Main meal	1½
pound or loaf	4 loaves	Afternoon	1
8x8-inch square	3-4 cakes	Vegetables	
Cookies or slices	150 pieces	Asparagus	½ cup
Pies	¾ pie	Beans, green or wax	½ cup
		Broccoli	½ cup
Fish		Cabbage	1 wedge
Filets	3 oz.	Cauliflower	½ cup
Whole	3 oz.	Celery, sticks	4 sticks
Fruits		Corn on the cob	1 ear
Apples	1	Lettuce, for tossed salad	1 cup
Bananas	1	for salad plate	
Peaches	1	Potatoes, baked	1 potato
Raspberries or strawberries	½ cup	mashed	½ cup
Juice, fruit or vegetable	½ cup	Tomatoes, sliced	3 slices
		Frozen vegetables	
		10 lb.	10 lb.

*Based on...

CAESAR SALAD

*Michelle R. Tribe
at249*

2 to 3 cloves garlic, finely chopped	1/8 tsp Worcestershire sauce
2 Tbsp lemon juice	1/4 tsp Dijon mustard
1/3 cup olive oil	1/2 cup croutons
1/4 cup grated Romano cheese	1 egg, well beaten
	1 head romaine lettuce

Mix garlic, egg, mustard, Worcestershire sauce and lemon juice. Whisk in olive oil, then cheese. Pour over rinsed and dried lettuce leaves. Toss lettuce with croutons and dressing. Serve.

Note: It is very important the leaves be dry or the dressing will be too runny. Be sure not to put the dressing on too early, or the lettuce will be soggy and the croutons will be mushy. Adjust cheese and garlic to taste.

CRANBERRY SALAD

*Mary Heard
af537*

19 oz can crushed pineapple	1 can cranberry sauce
1 pkg lemon jelly powder	1/2 cup chopped celery
Juice of 1/2 lemon	

Strain pineapple; reserve juice. Measure juice; add water or canned pineapple to make 1 1/2 cups. Heat juice/water mixture; dissolve jelly powder in mixture. While hot, add lemon juice and cranberry sauce; beat until blended. Cool until slightly thickened; add pineapple and celery. Pour into mold; refrigerate until set. Serve.

CUCUMBER SALAD

*Pearl Shiel
ap438*

1 to 2 cucumbers, thinly sliced	1/2 Tbsp vinegar
1 small onion, sliced into thin rings	1 1/2 Tbsp sugar
1/2 cup sour cream	Pepper, to taste

Sprinkle cucumber with salt; let stand for 1 hour. Drain well. Mix remaining ingredients into a dressing; mix with cucumber and onion.

GERRY'S SALAD #3

*Gerry Clare
am390*

2 cups green beans, cooked until tender	1 Tbsp soy sauce
2 cups bean sprouts, blanched	1/4 cup rice wine vinegar, or
1 cup fresh mushrooms, sliced	1/4 cup dry sherry
1 cup whole cooked shrimp	1 tsp finely chopped ginger, or
1 cup toasted almonds	to taste
Leaf lettuce	1/2 cup canola oil

On a lettuce lined platter, arrange first 5 ingredients. Combine soy sauce, rice wine vinegar, ginger and canola oil; stir well. Drizzle sparingly over salad and serve.

LOBSTER SALAD SUPREME

*Betty Ann DeBellefeuille
aj027*

1 cup (6 oz can) lobster, flaked	2 Tbsp lemon juice
2 cups drained pineapple tidbits	1/2 tsp salt
2 bananas, diced	1/4 cup salad dressing (your choice)
1/2 cup celery, diced	

Lightly toss ingredients together; chill. Pile in lettuce cups. Garnish with celery curls; serve with pineapple dressing. Serves 6.

MOCK SALMON SALAD

A delicious, healthful salad

*Betty Ann DeBellefeuille
aj027*

2 carrots, chopped or grated	1/4 cup salad dressing (your choice)
1/3 cup chopped walnuts	1/4 cup sour pickled onions, chopped (or a few drops onion juice)
1/4 tsp salt	
1/4 cup stuffed olives, sliced	
1 green pepper, chopped	

Mix all ingredients thoroughly, except sliced olives; serve in nests of lettuce. Garnish with sliced olives.

Advice is least heeded when most needed.

PINEAPPLE CHEESE SALAD

Keith Rosebrugh
ab469

1 pkg lime jelly powder
1/4 cup cold water
1 cup crushed pineapple
1/2 cup pineapple syrup
1 cup cottage cheese
1 cup grated cheddar cheese

Over low heat, dissolve jelly powder in pineapple syrup and water; chill until partially set. Stir in pineapple and cheeses. Turn into 1 quart mold; chill until firm. Makes 6 to 8 servings.

ROMAINE (CROSS) LETTUCE SALAD

Lucie Campeau
bk134

Salad:

2 heads romaine lettuce
2 hard-boiled eggs, quartered
1/2 shallot or 1 green onion,
finely chopped
2 to 3 radishes, sliced
1 cucumber, sliced
Nasturtium flowers (optional)

Dressing:

1 Tbsp oil
2 tsp vinegar
1 tsp chives, chopped
1 tsp tarragon, chopped
1 tsp salt
1/2 tsp pepper

Tear lettuce into pieces, retaining a few whole leaves.

Dressing: Mix all ingredients.

Line bottom of salad bowl with whole lettuce leaves. Fill with torn leaves. Garnish with eggs, sliced radishes, cucumber and shallot or onion. Scatter with nasturtium flowers, if you have some.

Pour dressing over salad; toss before serving.

*Fortune does not change
people; it only unmask them.*

SALADE NICOISE

Bill Stuart
ah787

1/2 head lettuce	65 g tuna
8 radishes	6 anchovy fillets
1 to 2 cucumbers	1/4 red pepper
2 stalks celery	1/4 green pepper
250 g tomatoes	2 cloves garlic
75 g green beans	300 mL garlic oil
150 g potatoes	100 mL vinegar
8 olives	Salt and pepper
2 hard-boiled eggs	

Crush garlic; let sit in oil for a while. Boil potatoes until cooked; let cool. Boil eggs for 10 minutes, or until done. Boil beans in water until tender, but still green. Chop beans into pieces, 1 inch long, or leave whole (choice is yours). Chop celery, cucumber, peppers and tomatoes into bite size chunks. Place these along with beans in large bowl. Chop potatoes and eggs into bite size chunks; place in bowl. Flake tuna; add tuna, olives and radishes to potato mixture. Toss both mixtures together in bowl. Mix vinegar into oil; whisk. Add salt and pepper, to taste.

Serve over top of lettuce.

Note: Anchovies are optional and can be added anytime. It is traditional to put 1 piece of each ingredient on top of salad.

TABOULI

Anonymous
Anon.

Our contributor says, "I'm not a vegetable fan, but put me in front of tabouli and I'll make it a main meal. Delicious!"

4 to 6 medium Roma tomatoes, diced	1/2 Tbsp lemon or lime juice (optional)
1 cucumber, diced	1/2 Tbsp olive oil
1 cup parsley, finely chopped	1/8 tsp cinnamon (optional)
2 green onions, finely chopped	Salt, to taste
1/4 bulgur wheat	

Place the bulgur wheat in a bowl. Cover with hot water; let stand until soft, 1 to 2 hours. Drain excess water. Mix vegetables together. Add bulgur wheat, lemon or lime juice, oil and seasonings. Refrigerate until well chilled. Serve with pita bread.

Note: You may prefer lime juice to lemon juice as it is milder (less acidic), 1/2 tablespoon is perfect.

TOMATO CUCUMBER SALAD

*Gerry Clare
am390*

Tomatoes, thinly sliced
Cucumbers, thinly sliced
Olive oil

Fresh basil
Salt
Black olives (optional)

Arrange alternate layers of tomatoes and cucumbers on serving dish. After each double layer, drizzle on some good olive oil. Sprinkle with chopped fresh basil and a bit of salt. Continue alternating layers and adding oil and basil. End with layer of tomatoes. Sprinkle some chopped black olives on top, if desired. Cover with plastic wrap; chill for at least 1 1/2 hours.

CREAMY ITALIAN DRESSING

*Daniel C. Gallant
af891*

1/2 tsp oregano
1/2 tsp thyme
1/4 tsp sage
1/4 tsp summer savory
Pinch rosemary
1/2 cup buttermilk

3 cloves garlic
1 Tbsp white wine vinegar
2 Tbsp olive oil
1/4 tsp kosher salt
Finely ground pepper, to taste

Put seasonings, buttermilk and garlic in 1 quart soufflé dish. Cover tightly with microwave plastic wrap. Cook at 100% power for 2 minutes. Prick plastic wrap to release steam. Remove from microwave; let sit 1 minute. Do not worry if mixture looks curdled. Scrape mixture into blender; let blender run until there are no visible whole pieces. Add remaining ingredients, except pepper; blend for 1 minute. Stir in pepper; refrigerate. Makes 2/3 cup.

Note: 1 1/2 teaspoons Italian herbs can be substituted for first 4 spices.

*Do you spend more than you make on things you
don't need to impress people you don't like?*

CREAMY HERB DRESSING

*Andre L. Ouellette
bf766*

1/4 cup low fat cottage cheese	1/4 tsp basil
1/4 cup low fat plain yogurt	Salt
1/4 tsp Dijon mustard	Freshly ground pepper
1/4 tsp oregano	

In blender, process cottage cheese until smooth. Add yogurt, mustard, oregano and basil. Add salt and pepper, to taste; process to mix. Cover; refrigerate at least 4 hours or up to 3 days. Makes 1/2 cup.

Note: You can use light sour cream in place of cottage cheese.

EASY TOMATO PEPPER DRESSING

*Anonymous
Anon.*

1/2 cup olive oil or salad oil	1/2 tsp cracked pepper
2 Tbsp chopped parsley	1/4 tsp sugar
4 1/2 tsp red wine vinegar	2 large tomatoes, diced
1 Tbsp prepared mustard	1/2 green pepper, minced
3/4 tsp salt	1/2 red pepper, minced

In small bowl, combine first 7 ingredients until well blended. Stir in tomatoes and peppers.

Can be served over iceberg lettuce wedges for a simple salad. Cover mixture; refrigerate to use up within 3 days, to serve over mixed salad greens, sliced avocado or cottage cheese.

HERB DRESSING

*Shana Calixte
at023*

1/2 cup vegetable oil	1/4 cup white vinegar
2 green onions, chopped	3 Tbsp mayonnaise
1 Tbsp Parmesan cheese	

Put all ingredients into jar. Seal and shake well to mix.

Serve over your favourite salad.

Prejudice is the child of ignorance.

MAYONNAISE

*Andre L. Ouellette
bf766*

1/2 tsp salt	1 egg yolk
1/2 tsp sugar	1 cup salad oil
1/2 tsp mustard	2 Tbsp lemon juice or vinegar
Few grains cayenne pepper	

Mix salt, sugar, mustard and cayenne pepper. Add egg yolk; mix thoroughly. Add 1 tablespoon vinegar or lemon juice, stirring constantly. Add a few drops oil; beat well. Continue adding a few drops of oil at a time, beating vigorously after each addition, until 1/4 cup oil has been used. Beat in remaining oil, adding 1 to 2 tablespoons at a time.

If mixture becomes too thick, add extra vinegar or lemon juice.

TOMATO HERB DRESSING

*Anonymous
Anon.*

3/4 cup V8 or tomato juice	1/4 tsp salt
3 1/2 Tbsp red wine vinegar	Pinch oregano
1 clove garlic, crushed	Pinch sugar
1 Tbsp chopped chives	Pinch pepper
1 Tbsp finely chopped parsley	

Combine ingredients in jar; shake well to mix. Remove garlic pieces. Makes about 8 servings. This dressing can be stored in refrigerator up to 1 week.

CAESAR SALAD DRESSING

*Shana Calixte
at023*

6 Tbsp olive oil	3 cloves garlic, minced
3 Tbsp mayonnaise	1 Tbsp Parmesan cheese
2 tsp prepared mustard	2 Tbsp lemon juice

Mix all ingredients together. Put mixture into food processor or blender; blend well.

Evil often triumphs, but never conquers.

100 MHZ CRAB SOUP

Gordon Pearson
au167

It's fast...very fast...but it tastes homemade.

1 can crab meat	1 cup half and half cream
1 can cream of mushroom soup	1/2 cup dry sherry
1 can cream of tomato soup	Fresh mushrooms, sliced (optional)
1 can green pea soup	Shrimps, shelled (optional)

Combine soups; heat almost to a boil. Add crab meat, cream and optional ingredients. Heat but do not boil. The soup should be thick. Add some milk, if desired. Add sherry just before serving.

Makes a whole meal when served with French bread and green salad or caesar salad.

If you start to run out, just add another can of soup and some cream.

ACCIDENTAL BLENDER SOUP

Kathy Bilton
an332

1 cucumber, peeled and cut up	Pepper, to taste
12 oz tomato juice	Soy sauce, to taste
1 small onion	2 to 3 cups plain yogurt (enough yogurt to fill standard size blender)
3 to 4 cloves garlic	
1 tsp cumin	

Put ingredients into blender. Blend and serve, or refrigerate for later use.

CABBAGE SOUP

J-M Bavington
bj750

3 lb beef shank	1 bay leaf
1 Tbsp salt	4 cups grated cabbage
10 cups water	1 1/2 cups chopped leeks
1/4 tsp pepper	2 cups diced celery
1 large onion, chopped	1 cup grated carrots

Bring water to a boil in a large pot. Add the beef shank, onion, bay leaf, salt and pepper; simmer over low heat for 2 to 2 1/2 hours or until the beef is quite tender. Add the cabbage, leeks and celery; continue cooking for 30 minutes. Add grated carrots 10 minutes before cooking time is up. Serves 6.

Variation: Add chopped cabbage.

CURRIED PEANUT SOUP

*Caroline Douglas
bk159*

**1 Tbsp peanut oil
1 medium onion, sliced
3 cloves garlic, minced
3 Tbsp curry powder
4 cups chicken stock
1/3 cup rice**

**3 medium carrots, sliced
1/2 cup peanut butter
1 1/2 tsp sugar
Green onions, finely chopped
Fresh cilantro, chopped**

Heat oil in large heavy saucepan over medium high heat. Add onion, garlic and curry; sauté until onion is translucent, about 6 minutes. Add chicken stock; bring to a boil. Stir in rice and carrots. Reduce heat; simmer until rice is very tender, stirring occasionally. Purée peanut butter and 1/2 of soup in blender. Return purée to saucepan. Stir soup until heated through, thinning with more stock if desired. Do not boil. Mix in sugar. Ladle soup into bowls. Sprinkle with green onions and chopped cilantro. Serves 4 to 6. Can be prepared 1 day ahead. Cover; refrigerate.

CURRY SOUP

*Pearl Shiel
ap438*

**10 to 12 cups water
1 lb veal (or pork chops in a
pinch)
2 to 3 Tbsp butter
1/2 Tbsp curry powder**

**1 onion, chopped
4 Tbsp flour or cornstarch
1 egg, beaten
Salt and pepper, to taste**

Simmer meat in water for 1 1/2 to 2 hours. Remove meat from stock; dice. Melt butter in skillet; fry onions with curry powder. Add flour, using some stock to thin, and stir until smooth. Add flour mixture to remaining stock. Simmer for 10 minutes. Pour beaten egg through sieve (to make cooked droplets). Add meat and salt and pepper to taste. Simmer for 10 more minutes. Serve.

A promise made is a debt unpaid.

GRANDPA'S SOUP

*Sara Ouellette
bl230*

2 cups chopped or cooked beef	1/2 cup carrots, cut into 1x1/8 inch strips
9 cups cold water	3 Oxo beef bouillon cubes
1 cup tomato juice	1 tsp salt
1 cup raw pot barley (pearl)	1/2 cup finely chopped celery
1/2 cup finely chopped onion	

Combine all ingredients in large pot. Simmer, covered, for 3 hours, or until barley is tender. Salt to taste.

HEALTHY SALT-FREE LENTIL SOUP

*Gordon Pearson
au167*

5 cups water or stock	1 green pepper, finely chopped
1 cup dried lentils	1 potato, peeled and cubed
1 onion, finely chopped	2 cups tomato sauce, or 2 cups canned tomatoes
1 stalk celery, finely chopped	1/2 tsp curry powder
1 carrot, peeled and finely chopped	1/2 tsp dried basil (more if fresh)
1 clove garlic, crushed	

Combine stock, lentils, onion, celery, carrot and garlic in pot; bring to a boil. Lower heat; simmer covered until tender, about 1 hour. Add green pepper, potato, tomato sauce and spices; stir. Cover and continue to simmer until potatoes are cooked, 15 minutes.

HEARTY BORSCHT

*Danielle Fishman
aj542*

1 bunch fresh beets	3 to 4 cloves garlic, crushed
2 medium onions	Salt and pepper, to taste
6 potatoes	Sugar
28 oz can tomatoes	Dill, to taste
3 Tbsp lemon juice	Sour cream

Cut beets, onions and potatoes into small pieces. Place in large pot; cover with boiling water. Cook approximately 30 minutes. Add tomatoes with their juice, lemon juice, garlic, salt and pepper. Cook for 2 hours over very low heat. If too thick, add boiling water. Make sure beets are well cooked. Add sugar to balance acidity. Serve with sour cream.

Variation: Add chopped cabbage.

HUNGARIAN GOULASH SOUP

Brian Pirie
aa522

1 Tbsp butter
1 onion, sliced
1 Tbsp beef Bovril
1/2 tsp salt
1/2 tsp caraway seeds

1 1/4 cups boiling water
1 lb lean beef, cut into cubes
1 large carrot, sliced
1 cup milk
3 tsp flour

Melt the butter. Sauté the onion until golden. Add next 5 ingredients. Cover; simmer over low heat for 45 minutes, stirring occasionally. Add carrot; cook until meat and carrot are tender, 15 minutes. Whisk together milk and flour; stir into soup. Bring to a boil over medium heat until thickened. Serve.

ITALIAN STYLE TOMATO VEGETABLE SOUP

Rosemarie Ventura
ah241

15 oz can tomato purée
1 large onion, chopped
3 cups assorted vegetables
(e.g. broccoli, carrots,
zucchini, green beans)
3 to 4 cloves garlic, chopped
2 bay leaves
1/2 cup grated Parmesan
cheese

2 Tbsp oregano
1 Tbsp sugar (or more if too
acidic)
1 tsp rosemary
1 tsp basil
1 tsp thyme
1 tsp mint leaves
Water (to desired consistency)
2 Tbsp olive oil

In large pot, brown onions and garlic in olive oil. Add remaining ingredients, except vegetables; cook over medium high heat until mixture starts to bubble, stirring occasionally. Lower heat to simmer. Add vegetables according to size and cooking times. Serve hot with more cheese and Italian bread chunks.

PEA SOUP

J-M Bavington
bj750

2 cups dried peas
1 large onion, minced
2 qt cold water

1/4 tsp savory
1/4 lb side bacon
1 bouquet garni

Wash peas; soak overnight in 1 quart cold water. To begin cooking, add second quart of water and remaining ingredients; simmer over low heat for 3 hours. Serves 4.

QUICK, EASY AND CHEAP WINTER WARM-UP SOUP

*Ginette Leduc
az253*

1 pkg alphabet noodles
1 pkg frozen mixed vegetables
**10 beef or chicken bouillon
cubes**

10 cups water
Salt and pepper

Bring water to a boil in a large pot. Add the noodles; cook until tender. Bring to a boil again. Add bouillon cubes; when bouillon cubes are dissolved, add frozen vegetables. Add salt and pepper, to taste. Simmer for 2 to 3 hours. Serve.

REALLY EASY SOUP

*Pat Bailey
an519*

10 oz can mixed vegetables
10 oz can kidney beans
1 cup dried barley
Salt and pepper, to taste

Allspice, to taste
Water
**2 vegetable bouillon cubes
(broth)**

Combine mixed vegetables, kidney beans and barley in saucepan. Add water to desired consistency. Add vegetable bouillon cubes; season to taste. Simmer for 1 to 1 1/2 hours.

Serve with corn bread. Serves 3 to 4.

REFRIED BEAN SOUP

*Margaret Burwell
aj739*

1 can chicken broth soup
1 soup can water
1 can Mexican flavour tomatoes

1 can refried beans
1 medium onion
2 Tbsp olive oil

Cut onion in half lengthwise, then slice across. Cook onion in olive oil in large casserole dish or Dutch oven. Add remaining ingredients. Break up tomatoes, if whole. Whisk to distribute evenly. Simmer for 5 minutes; serve. Makes 6 to 8 servings of a very hearty soup.

Many an argument is sound, merely sound.

SPANISH PUMPKIN SOUP

Tracey Anne Vibert
ap807

It looks awful but it tastes fantastic!

- | | |
|--|--------------------------------|
| 1 cup snow peas | 1/2 lb ground beef |
| 2 cups pumpkin, chopped | 2 cloves garlic, minced |
| 3 cups potatoes, peeled and chopped | 1 tsp oregano |
| 2 large carrots, peeled and chopped | 1 tsp cumin |
| 1 1/2 cups kernel corn | 1 tsp paprika |
| 2 medium onions, chopped | 2 bay leaves |
| | Salt and pepper |

Place pumpkin, potatoes and carrots in large saucepan. Cover with water; bring to a boil. Reduce heat; simmer until almost cooked through. Add snow peas and corn; cook until tender. Meanwhile, brown meat, onion, garlic and spices in skillet. When thoroughly cooked, add to vegetables. With potato masher, mash everything to make a thick, chunky soup.

VICHYSOISE

Shana Calixte
at023

Potato soup

- | | |
|---------------------------------|----------------------------------|
| 3 leeks, sliced | 1/2 Tbsp butter |
| 1 stalk celery, chopped | Whipping cream |
| 1 onion, chopped | Salt and pepper, to taste |
| 2 cups chicken broth | Garnish: |
| 4 large potatoes, sliced | Chives, chopped |

Boil potatoes until tender. Melt butter in saucepan; sauté onion, leeks and celery until soft. Add chicken broth; cool. Add potatoes; blend in blender or food processor until smooth. Add whipping cream; season, to taste. Blend together quickly.

Serve with chopped chives.

Talent knows what to do, tact knows how to do it.

YELLOW PEA SOUP

*Anonymous
Anon.*

2 cups yellow peas
10 cups water
**125 g ham, chopped (or ham
bone)**

**1 stalk celery with leaves,
chopped**
2 carrots, chopped
1 large onion, chopped
Salt and pepper

Rinse peas. In large pot, combine all ingredients, except salt and pepper. Bring to a boil. Cover and simmer about 3 hours, or until peas have softened. Add salt and pepper, to taste. Remove ham bone.

Serve hot with fresh bread. Serves 6.

GERWIN'S VEGETARIAN ONION SOUP

*Kathryn Camfield
ad353*

1 L vegetarian bouillon
8 small (4 large) onions
Dab of butter

Pepper
3 Tbsp flour

Make bouillon/broth; keep warm. Cut onions into small pieces; sauté in butter. Do not brown. Stir flour into onion/butter mixture, 1 spoonful at a time. Add some bouillon and stir until well blended. Add remaining bouillon; bring to a boil. Simmer about 10 minutes.

Serve in soup bowls with French bread. Yields approximately 5 servings.

Variation: You can top bowls with bread slices and cheese. Broil until cheese is bubbly.

BROILED ONION TOPPING

*Gail LaBossiere
aa915*

1 Tbsp butter or margarine
1 cup onion, chopped

1/8 tsp nutmeg
2 Tbsp dairy sour cream

Melt the butter or margarine in a small skillet. Add onions; cook and stir until tender. Stir in remaining ingredients. Spread on cooked patties. Broil 2 inches from heat, until hot, about 1 minute. Makes 6 servings.

CLASSIC MARINARA SAUCE

Andre L. Ouellette
bf766

1 medium onion, chopped	1 tsp oregano
2 garlic cloves, minced	1/2 tsp salt
2 Tbsp olive oil	1/2 tsp pepper
28 oz can Italian plum tomatoes	16 oz box rotini pasta, cooked
1 tsp dried basil	

In medium saucepan over medium heat, sauté onion and garlic in oil until soft, about 5 minutes. Stir in tomatoes with their liquid, 1/3 cup water and seasonings. Bring mixture to a boil, stirring frequently to break up tomatoes. Reduce heat to low; cover and simmer for 20 minutes, stirring occasionally. Serve over hot cooked pasta. Makes about 3 1/2 cups marinara sauce.

COLBERT BUTTER

Bill Stuart
ah787

100 g butter	Parsley
Juice of 1 lemon	Salt and pepper
20 g Meat Glaze	Meat Glaze:
Tarragon	250 g beef stock

Meat Glaze: Reduce 250 g beef stock to a thick liquid. Stock should not be salted. The glaze will be rich tasting beef flavour.

Chop some tarragon and parsley. Mix 20 g glaze, tarragon and parsley into butter. Add lemon juice, to taste. Serve with fish.

CREAMY ALFREDO SAUCE

Andre L. Ouellette
bf766

3 Tbsp butter or margarine	1/8 tsp pepper
1 cup light cream	Pinch ground nutmeg
1/3 cup grated Parmesan cheese	16 oz box linguine, cooked

In medium saucepan over medium low heat, melt butter. Add cream; cover and simmer for 2 minutes. Stir in cheese, pepper and nutmeg. Serve over hot cooked pasta. Makes 1 cup sauce.

GARLIC SAUCE

*Anonymous
Anon.*

2 cloves garlic, minced **4 Tbsp fresh parsley, chopped**
1/2 cup yogurt or sour cream

Combine all ingredients; stir well. Yields about 1/2 cup.

MEAT SAUCE

*J-M Bavington
bj750*

2 Tbsp butter or margarine **2 cups milk**
1 onion, chopped **1/2 tsp salt**
1/2 lb hamburger **1/8 tsp pepper**
1/2 lb lean ground pork **4 Tbsp flour**

In large skillet, brown onion and meat in butter for 4 to 5 minutes. Pour in milk. Add salt and pepper; bring to a boil over medium heat. Thicken sauce with flour mixed with a little water. Cook, stirring often, until sauce reaches desired consistency.

Serve over noodles or rice. Serve 3 to 4.

MUSHROOM ONION TOPPER

*Gail LaBossiere
aa915*

1 Tbsp butter or margarine **1/2 tsp Worcestershire sauce**
1 onion, thinly sliced **1/8 tsp pepper**
**1 can mushroom stems and
pieces**

Melt butter in small skillet. Add onion slices; cook and stir until tender. Stir in remaining ingredients; heat through.

Serve hot over cooked patties. Makes 6 servings.

MUSTARD BUTTER

*Gail LaBossiere
aa915*

**1/4 cup butter or margarine,
softened** **2 Tbsp prepared mustard**
1 Tbsp parsley, snipped **1/4 tsp onion salt**

Mix all ingredients together. Spoon onto hot patties. Makes 6 servings.

SESAME BUTTER

Gail LaBossiere
aa915

1/4 cup butter, softened
1 tsp Worcestershire sauce

1/2 tsp garlic salt
1 Tbsp toasted sesame seeds*

*To toast sesame seeds, spread out in small pie plate. Bake at 350°F until golden brown, about 5 to 10 minutes.

Mix ingredients together. Spoon over hot patties. Makes 4 servings.

SPAGHETTI SAUCE

Anonymous
Anon.

2 Tbsp olive oil
1 clove garlic
1 small onion
4 cups crushed tomatoes
5 1/2 oz can tomato paste
1 cup water

2 tsp dried basil
1/4 tsp black pepper
1/4 tsp sugar (optional)
1/2 tsp salt, to taste
Oregano, to taste (optional)

In large saucepan, brown garlic in olive oil. Add onion; cook until transparent. Add remaining ingredients; simmer for 30 minutes, stirring often. Serve over your favourite pasta.

SPAGHETTI SAUCE FOR 10

Pat Drummond
ad995

1 to 2 lb ground beef
1 cup onion, chopped
1 cup green onions, chopped
4 cloves garlic, crushed
3 stalks celery, sliced
1 lb fresh mushrooms,
quartered
2 bay leaves
1/2 Tbsp dried chili peppers
1/2 tsp ground cloves

1 tsp curry powder
1 tsp oregano
1 tsp pepper
1/2 tsp tarragon
1/2 cup fresh parsley, chopped
1/4 cup brown sugar
28 oz can Italian tomatoes
2 (5 oz) cans tomato paste
2 (10 oz) cans tomato soup

In large heavy pot, brown beef; drain fat. Add onions and celery; cook until wilted. Add spices, parsley and remaining ingredients. Simmer over low heat for several hours, stirring occasionally. If you are preparing for serving next day, simmer for 1 hour and chill. Serve over your favourite pasta. Serve with garlic bread, green salad, Parmesan cheese and of course, good Italian Chianti.

ZIPPY TOMATO SAUCE

Gail LaBossiere
aa915

1/4 cup butter, softened	8 oz can tomato sauce
1/2 cup green pepper, chopped*	1 cup chili sauce
1 small onion, thinly sliced	1 tsp Worcestershire sauce
	1/4 tsp chili powder

*You can use canned chopped green chilies or jalapeno peppers for a hotter sauce.

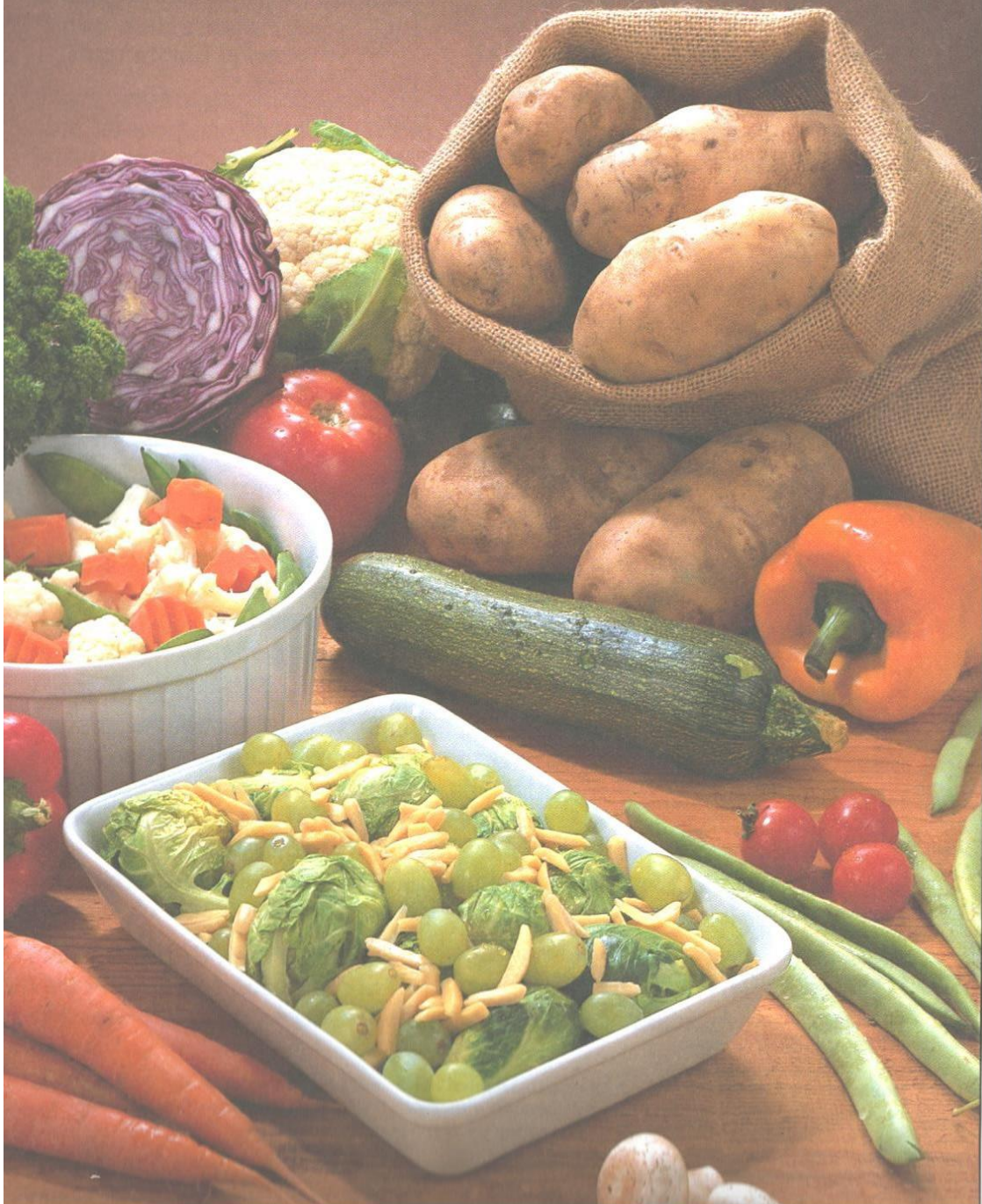
Melt butter in small saucepan. Add green peppers and onion. Cook and stir until onion is tender.

If using chilies or jalapeno peppers, cook the onion alone.

Stir in remaining ingredients. Heat to a boil, stirring occasionally.

Serve hot over cooked patties.

Vegetables



VEGETABLE COOKING TIMETABLE

	Boil	Steam	Pressure Cook (15 pounds pressure)	Bake (350 °F.)
Asparagus, tied in bundles	15-20	30-40	9	
Beans, wax or green	15-25	30-35	2-2.5	
Beets, whole	25-45		15-18	90
Beet greens (tops)	5-15			
Broccoli, stalks	10-15	15-20	1½-3	
Brussels sprouts	10-20	15-20	1-2	
Cabbage, green wedges	8-15	10-15	2-3	
shredded	4-8	8-12	½-1½	
Cabbage, red shredded	20-25	25-30	3-4	
Carrots, sliced	15-20	20-30	2-3	35-45
Cauliflower, whole	15-25	25-30	3-4	
flowerettes	10-15	10-20	1½-3	
Celery, diced	15-20	25-30	2-3	
Corn on the cob	8-10	10-15	½-1½	
Eggplant, sliced	10-20	15-20		30
Onions, small, whole	15-30	25-30	3-4	
Parsnips, quartered	20-30	30-45	10	
Peas	15-20	15-25	1	
Potatoes, whole	30-35	30-45	15	40-60
quartered	20-30	30-35	8	
Squash Hubbard, sliced	35-45	45-50	12-15	60-90
Squash, Summer, sliced	8-15	15-20	1½-3	30
Spinach	4-8	5-12		
Turnips, sliced	15-20	20-25	1½	

(All cooking times are in minutes)

Boiling: Add vegetables to boiling, salted water using as little water as possible. Cover saucepan. Bring water to a boil again and then reduce heat to a gentle boil. Cook until just tender. Drain; season to taste.

Steaming: Place vegetables in steamer basket just over, not touching, rapidly boiling water. Sprinkle with salt, cover, and cook until just tender. Drain; season to taste.

Pressure Cooking: A quick way to cook vegetables; helps retain color, flavor and nutrients. Follow manufacturer's instructions carefully.

Baking: Place prepared vegetables in a greased baking dish with a small amount of water; season, dot with butter, cover and bake. Potatoes and squash are best baked dry in their skin. Baking helps retain color, flavor and nutrients. Vegetables can often be baked in the oven alongside another part of the meal.

Note: Whatever the method of preparation be careful to avoid overcooking. Always cook vegetables until just tender so as to retain color, maximum flavor and nutritional value.

VEGETABLES

ASPARAGUS WITH SOUR CREAM

*Daniel C. Gallant
af891*

2 bundles asparagus, cooked **1/2 cup fresh dry bread crumbs**
1 cup sour cream **Salt and pepper**
2 Tbsp lemon juice

Place asparagus in shallow baking dish. Mix sour cream, salt, pepper and lemon juice together. Warm slightly; pour over asparagus. Brown bread crumbs in butter; sprinkle over top of cream mixture. Bake in 400°F oven 3 or 4 minutes.

CHARTREUSE OF VEGETABLES

*Bruce Hollebhone
bs605*

2 lb new potatoes **6 to 10 whole cabbage leaves**
1 cup julienned carrots **3 Tbsp vegetable oil**
8 to 10 asparagus tips **3 Tbsp butter**
1/2 to 3/4 cup green peas **1 to 2 cloves garlic, minced**
1/2 to 3/4 cup broccoli **Salt and pepper**
flowerettes

Melt butter and oil. Add garlic; cook for a few minutes to allow flavours to develop. Remove from heat; cool in fridge until mixture solidifies. Boil potatoes; mash. Leave skins on for extra texture. Parboil remaining vegetables, except cabbage leaves.

Cover bottom of large baking dish with 1/2 of butter/oil mixture. Press asparagus and some of vegetables into butter in a festive design. Cover with layer of mashed potatoes. Season with salt and pepper, to taste. Lay down cabbage leaves to cover. Spread cabbage leaves with thin coating of butter/oil mixture. Repeat 1 or 2 more layers, depending on size of your dish. Finally, drizzle remaining butter/oil mixture over top. Bake, covered, for 30 minutes at 350°F. Remove from oven. Cut around sides; invert onto serving dish. Serve immediately.

Note: This dish works well as a complement to roast or chicken. You can vary the veggies according to what's in season. I wouldn't use tomatoes or beets. For a very nice presentation, try purple cabbage.

GLAZED PEARL ONIONS

Bill Stuart
ah787

Pearl onions
Pinch sugar
Butter

Water
Pinch salt

Put peeled onions into small pot; add water until just barely covered. Add sugar and salt. Taste to make sure it's not too salty. (Remember, all the liquid will be condensed to a glaze.) Add butter, cover and boil. When water has evaporated, roll onions in glaze to coat. At this point they are glacé blanc. If you let the sugar caramelize, they are glacé brun.

MARINATED SPICED CARROTS

Anonymous
Anon.

1 lb small carrots, scraped
1/2 cup granulated sugar
1/2 cup vinegar
1/2 cup water

1 Tbsp mustard seeds
3 whole cloves
3 inch cinnamon stick, broken

Cut carrots into very thin strips, 3 inches long. Blanch in boiling water for 3 minutes. Drain; cool under cold water. Drain again; place in bowl. In saucepan, combine sugar, vinegar, water, mustard seeds, cloves and cinnamon stick; bring to a boil. Reduce heat; simmer for 10 minutes. Pour over carrots; let cool. Cover; refrigerate for 8 hours or overnight. Drain well; serve. Makes 10 servings.

MUSHROOMS WITH GARLIC BUTTER

Sara Ouellette
bl230

2 cloves garlic, minced
1 lb mushrooms
2 Tbsp butter

2 Tbsp olive oil
Salt and pepper
2 Tbsp chopped fresh parsley

Wash mushrooms quickly, trim and slice. In large fry pan over high heat, melt butter with olive oil. Let foam subside. Add mushrooms, garlic, 1/2 teaspoon salt and 1/4 teaspoon pepper. Cook, stirring occasionally, until mushrooms are brown and tender. Taste for seasoning; add salt and pepper, if needed. Sprinkle with parsley before serving. Perfect with steak, hamburgers or pot roast. Makes 4 servings.

OVEN FRIES

*Rick Seeley
ag297*

Rick says, "This is a dynamite way to deal with an enormous potato, makes a nutritious snack because the potato is cooked quickly and very little oil is used. The paprika causes the fries to brown."

**1 enormous potato
Paprika**

**Salt, to taste
1 Tbsp vegetable oil**

Place oven rack in highest position; turn on broiler. Pour oil in pan; swirl around. Preheat pan under broiler for 10 minutes. Cut potato into strips (shorter strips are easier to work with). When pan is ready, pour in fries and sprinkle with salt and paprika. Toss quickly to coat each fry. Replace pan under broiler. Toss fries every 2 minutes. Total cooking time is 10 minutes. Eat immediately.

RANCH DRESSING VEGETABLES

*Rosemarie Ventura
ah241*

**1 cup broccoli, in big pieces
1 cup cauliflower, in big pieces
1 cup carrots, in big pieces**

**1 cup chicken broth
1/2 cup ranch dressing**

Steam vegetables over chicken broth. Warm the salad dressing; spoon over vegetables. Serve immediately.

RIEWE SCHALLES

Turnip casserole

*Walter Brown
ab684*

**1 1/2 cups turnip, grated
1 1/2 cups potato, grated
3/4 cup milk
1/2 cup lowfat yogurt
1/2 cup whole grain bread
crumbs**

**1/4 cup sunflower or olive oil
2 medium onions
1 Tbsp parsley
1/2 tsp ground black pepper**

Thoroughly mix all ingredients, except bread crumbs. Pour mixture into lightly greased shallow casserole dish. Scatter bread crumbs over top.

Something you get for nothing is usually worth it.

ROASTED POTATOES WITH ROSEMARY

*Caroline Douglas
bk159*

12 medium red potatoes
1/4 cup olive oil

2 cloves garlic, chopped
**2 Tbsp chopped fresh
rosemary**

Cook potatoes in large pot boiling salted water until just tender. Drain; cool. Peel potatoes; cut in half. Cover and refrigerate (can be prepared a day ahead). Place potatoes in large roasting pan. Add oil, garlic and rosemary; toss to coat. Season with salt and pepper. Bake until crisp and golden, about 1 hour, turning potatoes occasionally. Transfer to platter; serve immediately. Serves 6.

SAUTÉED CARROTS AND ZUCCHINI

*Sara Ouellette
bl230*

3 large carrots
2 medium zucchini
2 Tbsp oil or butter

Salt and pepper
1 Tbsp chopped fresh parsley

Cut the carrots and zucchini into matchstick strips. Cook separately in plenty of boiling salted water until tender, about 5 minutes for carrots and 3 minutes for zucchini. Drain vegetables. In large frying pan, over medium heat, heat oil or butter. Add the vegetables, 1 teaspoon salt and 1/4 teaspoon pepper; heat through. Sprinkle with parsley and serve. Makes 4 servings.

SHARON'S TURNIP SOUFFLÉ

*Andre L. Ouellette
bf766*

**1 cup cooked and mashed
turnip**
2 Tbsp margarine
2 Tbsp chopped onion
2 Tbsp flour
1 tsp salt

1 Tbsp sugar
1 cup milk
2 tsp lemon juice
1 tsp Worcestershire sauce
**3 eggs (yolks and whites
separated)**

Sauté onion in melted margarine until limp. Stir in flour, salt and sugar until smooth. Add milk; stir until thickened. Add turnip, lemon juice and Worcestershire sauce; let cool a bit. Beat in egg yolks. Beat egg whites until stiff; fold into turnip mixture. Turn into straight sided baking dish. Stand dish in pan of hot water. Bake at 325°F for 1 hour. Serves 4.

TASTY TOMATOES

*Rosaleen Dickson
ac174*

28 oz can tomatoes
1 onion, chopped
1 tsp sugar
Dash salt

1/2 tsp oregano
1/2 cup bread cubes
**1/2 cup grated cheese (your
choice)**

Preheat oven to 350°F. Mix tomatoes, onion, sugar, salt and oregano together. Pour into baking dish. Sprinkle top with bread cubes and cheese. Bake 15 minutes, or until bread turns golden. Serve hot or cold.

WAX BEAN SAUCE

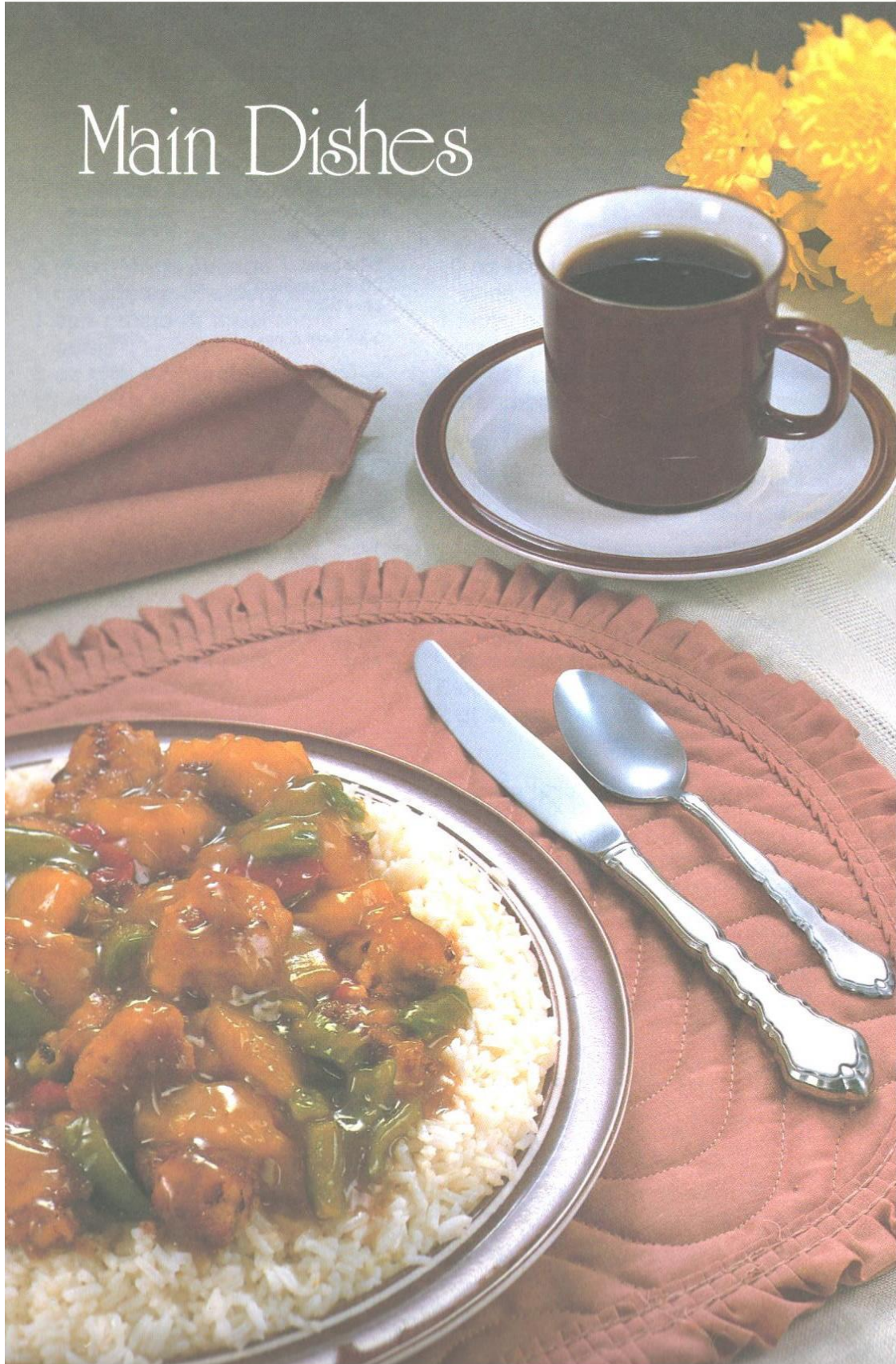
*J-M Bavington
bj750*

1 lb wax beans
1 onion, chopped
1 1/2 Tbsp butter or margarine
3 Tbsp flour

2 cups milk
1 tsp tarragon
Salt and pepper, to taste
3 hard-boiled eggs, sliced

Cook beans in salted water until tender. Drain; set aside. Melt butter; sauté onion until translucent, not brown. Add flour; cook for 1 minute. Gradually pour in milk, stirring constantly until smooth. Add tarragon and salt and pepper to taste. Cook until sauce thickens slightly. Add beans and egg slices. Heat through for 1 or 2 minutes. Serve immediately. Serves 4 to 6.

Main Dishes



TIMETABLE FOR ROASTING MEAT AND POULTRY AT 325 °F

— Roast uncovered with no liquid added.

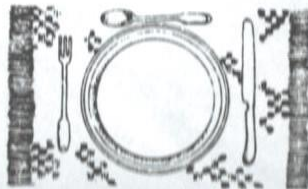
— Times are approximate; for accurate results use a meat thermometer.

	Ready to Cook Weight (lbs.)	Approximate Time Required to Roast (hours)	Internal Temperature (°Fahrenheit)
Beef roasts	4-6	2-2½ (rare)	140°
		2½-3½ (medium)	150°
		2¾-4 (well done)	170°
Veal roasts	3-5	2-3½ (well done)	180°
Lamb roasts	3-5	2-3 (medium)	145°
		2¼-3¼ (well done)	170°
Pork loin roasts	4-6	2¼-3½ (well done)	180°
		3½-4 (well done)	185°
Ham, cook before eating	5-7	2½-3½	170°
Ham, fully cooked	2-7	1½-2	130°
Chicken broilers or fryers, stuffed	1½-2½	1-2*	185°
	2½-4½	2-3½	
Turkey roasters, stuffed	8-12	3½-4½*	185°
	12-16	4½-5½	
	16-20	5½-6½	
	20-24	6½-7	

*Poultry without stuffing may take less time.

COOKING GUIDE FOR EGG, MILK, MEAT AND CHEESE DISHES

	Oven Temperature (°Fahrenheit)	Approximate Time Required for Baking (Minutes)
Souffles	350° - 375°	30 - 60
Macaroni and Cheese	350° - 375°	25 - 45
Lasagne	350° - 375°	30 - 45
Meatloaf	350°	60 - 90
Meat Pie	400°	25 - 30
Casseroles	350° - 375°	25 - 40
Scalloped Potatoes	350°	50 - 60
Quiche	375° - 400°	35 - 45
Pizza	400° - 425°	20 - 30



MAIN DISHES

BAKED SALMON CASSEROLE

*Keith Rosebrugh
ba469*

2 (7 oz) cans salmon	10 oz can peas, or 1 cup frozen peas
1 can cream of celery soup	1 large onion, chopped
1 can cream of mushroom soup	2 oz jar pimientos, chopped
6 oz can evaporated milk	2 (3 oz) cans chow mein noodles
10 oz can mushrooms, drained	

Combine all ingredients, except noodles. Turn into buttered casserole dish; sprinkle noodles on top. Bake for 40 minutes at 350°F. Serves 6.

BESSIE'S RED BEAN RECIPE

*Elizabeth M. Phillips
ad302*

1 lb small dark red beans	1/2 cup sharp cheese, approximately
1/4 to 1/3 lb salt pork	Black pepper, to taste
1 tsp dry mustard	2 qt water
1 onion, thinly sliced	
1/2 cup brown sugar (loose)	

Wash beans; place in 4 quart pot with 2 quarts water. Boil slowly, covered, about 1 hour, or until beans soften. Mix mustard, brown sugar and pepper; add to beans. Score salt pork down to skin, but not through it. Open up slices a little; put in with beans. Cook for 2 1/2 hours altogether, or longer if beans are old. Taste, if not salted enough by pork, add a little salt, to taste. If beans absorb too much water, add a little hot water occasionally. Cook the liquid down to consistency of medium thick gravy. Just before serving, add onion and sharp cheese. Serve with sourdough bread, Indian stir fry bread or biscuits. Makes enough to serve 8 to 10 hungry eaters.

A diamond is a piece of coal that stuck to the job.

BRAZILIAN RICE

Barrett T. Brickell
av766

This dish has received universal acclamation. It was made by a talented teacher, an excellent cook and an Internet enthusiast (me, av766).

3 cups cooked rice	1/2 tsp thyme
1 pkg frozen chopped spinach	1/2 tsp marjoram
4 eggs	1/2 tsp rosemary
1 cup milk	1 Tbsp Worcestershire sauce
1 lb grated old cheddar cheese	1 Tbsp chopped onion

Mix all ingredients in large baking dish. Bake in 350°F oven approximately 30 minutes. Serve.

CHEESY VEGETABLE CASSEROLE

J-M Bavington
bj750

1/2 lb American cheese	1 cup crushed butter crackers
1/2 cup butter or margarine	(30)
16 oz bag frozen vegetable blend (e.g. broccoli, cauliflower, carrots), thawed and drained	

Cut cheese into cubes. Place in saucepan with 1/4 cup butter. Heat over medium heat until melted and smooth, stirring often. Place vegetables in 1 quart casserole dish. Pour cheese mixture over and mix well. Melt remaining butter; stir in cracker crumbs. Sprinkle over top of casserole. Bake uncovered at 350°F for 20 to 25 minutes. Serve at once. Makes 4 servings.

CHEEZ AND MACARONI

Ginette Leduc
az253

1 1/2 lb lean ground beef	28 oz can spaghetti sauce
2 large onions, finely chopped	(optional)
1 pkg macaroni	1 large jar Lite Cheez Whiz
28 oz can stewed tomatoes	Salt and pepper, to taste
10 oz can tomato sauce	Oregano, to taste

Cook macaroni as directed; drain. Sauté onions; add beef and brown. Drain fat. Melt Cheez Whiz in microwave. Add all ingredients to macaroni (use microwave safe casserole dish). Zap in microwave until hot. Serve. Serves 8 to 10.

GREEN BEAN BAKE

*Keith Rosebrugh
ba469*

1 lb frozen green beans	2 hard-boiled eggs
1 can cream of mushroom soup	1 tsp soy sauce
1/3 cup milk	Dash pepper
	1 can French fried onion rings

Cook and drain green beans. In 1 quart casserole dish, blend soup, milk, soy sauce and pepper until smooth. Stir in beans, 1/2 can onion rings and sliced hard-boiled eggs. Bake at 350°F for 30 minutes. Top with remaining onion rings; bake for 5 minutes more. Serves 6.

HARVEST CASSEROLE

*Mary Heard
af537*

1 lb ground beef	10 oz can mushrooms
1/4 cup diced onion	12 oz can kernel corn
1/3 cup diced green pepper	1 cup grated old cheese
1 can cream of mushroom soup	1/2 tsp seasoning salt
	1/8 tsp pepper

Brown ground beef with onion and green pepper; drain fat. Add soup; stir. Add mushrooms, corn, cheese and seasonings; stir. Bake at 350°F for 40 minutes. Serve.

MACCAMUSH

*Ginette Leduc
az253*

1 pkg macaroni	2 large onions, chopped
2 lb lean ground beef	1/2 cup milk
2 (10 oz) cans mushroom soup	

Cook macaroni as directed; drain. Sauté onions. Add beef, brown and drain fat. Whisk together 1/2 cup milk and mushroom soup. Add soup to beef mixture; simmer for 1 hour, stirring occasionally. Mix all together.

Serve alone or as a side dish with chicken. Serves 8 to 10.

It's smart to pick your friends, but not to pieces.

MAPLE SYRUP RUM BAKED BEANS

*John W. Bienko
as312*

4 cups dried navy beans, precooked	1 Tbsp coarse salt
1 lb fat and lean salt pork, sliced	4 cored apples, unpeeled
1 large onion	1 cup maple or light brown sugar
1 tsp dry mustard	1/2 cup butter
1 cup maple syrup	1/2 cup rum

Preheat oven to 325°F. Line large pot with sliced pork. Pour in beans with water in which they were cooked. Roll onion in dry mustard until all the mustard sticks to it. Bury onion in middle of beans. Pour maple syrup over beans; sprinkle with coarse salt. Bake as for Boston baked beans (2 1/2 hours covered, plus 1/2 hour uncovered). In last hour of cooking, cover beans with apples. Place apples as close together as possible. Cream sugar and butter together. Spread mixture over top of apples (makes a delicious topping). Pour rum over top just before serving. Serves 10 to 15 people.

PORK CHOPS EN CASSEROLE

*Daniel C. Gallant
af891*

4 1/2 cups potatoes, thinly sliced	1 1/2 tsp salt
1/2 cup onions, finely chopped	Pepper, to taste
6 pork chops, about 3/4 inch thick	1 can tomato soup
	1/3 cup water

Grease 2 1/2 quart casserole dish. Place alternate layers of potatoes and onions in dish. Brown pork chops; season with salt and pepper. Lay on top of potatoes and onions. Pour tomato soup over all. Bake for 1 hour at 375°F.

Busy souls have no time to be busybodies.

RATATOUILLE

*Line Raymond
bq313*

Huile d'olive	19 oz boîte de tomates
1 aubergine	1 tasse d'eau
2 poivrons, vert et rouge	Persil frais
4 zuccinis	Basilic
1 oignon Espagnol	Sel et poivre
1 grosse gousse d'ail, degermée	

Faire revenir l'aubergine, puis les poivrons, puis les zuccinis. Faire sautés l'oignon et l'ail. Puis rajouter les autres legumes et les autres ingredients. Laisser mijoter environ 30 minutes.

On mange souvent la ratatouille trop cuite, laisser les legumes attendris donne plus de fraicheur et de vitamines à ce plat. Meilleure chaude que froide. Merveilleuse avec le veau.

RICE AND BEAN CASSEROLE

*Tracey Anne Vibert
ap807*

1 tsp vegetable oil	28 oz can kidney beans, drained
1/2 cup water	19 oz can tomatoes
1 onion, chopped	1 Tbsp chili powder
2 cloves garlic, minced	1/4 tsp cayenne pepper
1 1/2 cups sliced mushrooms	2 tsp cumin
2 green peppers, chopped	1 cup shredded mozzarella cheese
3/4 cup long grain rice	

In large skillet, over medium heat, heat oil with water. Add onion, garlic, mushrooms and green peppers. Simmer, stirring often, until onion is tender. Add rice, beans, tomatoes and spices. Cover and simmer until rice is tender and liquid is absorbed, about 25 minutes. Transfer to baking dish; sprinkle with cheese. Bake at 350°F for 15 minutes.

Better to wear out than rust out.

TACO PIE

Rosemarie Ventura
ah241

1 frozen pie crust	1 cup taco sauce
1 lb ground beef	1/2 cup instant mashed potato flakes
3 tomatoes, chopped	1 cup shredded Monterey Jack cheese and Colby cheese (in total)
1/2 cup black olives, sliced	Sour cream
1 onion, chopped	
1 jalapeno pepper, chopped (optional)	
1 pkg taco seasoning	

Make taco filling according to package directions. Add tomatoes, black olives, onion and pepper to beef mixture. Stir in mashed potato flakes. Add taco sauce; simmer 5 minutes. Cover bottom of pie crust with some cheese. Spoon taco mixture into pie crust; bake for 10 minutes. Top with remaining cheese; bake until cheese is melted. Let cool for 5 minutes.

Serve with sour cream.

CHEESE SAUCED FILLETS

Sara Ouellette
bl230

1 pkg thawed fish fillets	3/4 cup grated cheddar cheese
3 Tbsp butter	1 tsp Worcestershire sauce
1/4 cup finely chopped onion	1/2 tsp salt
3 Tbsp all-purpose flour	Paprika
1 cup milk	

Dry fillets with paper towels. In lightly greased baking dish, arrange fillets in single layer. Melt butter in saucepan. Add onion; cook 4 to 5 minutes or until tender. Stir in flour. Gradually add milk; cook over medium heat, stirring constantly until thickened. Turn off heat; add cheese, Worcestershire sauce and salt. Stir until cheese is melted. Pour over fish; sprinkle with paprika. Bake in preheated 425°F oven 10 to 15 minutes. Fish should flake with fork.

Preparation Time: 10 minutes. Cooking Time: 15 minutes.

Example is a language all can understand.

SIMPLE POACHED SALMON

*Kate Whitridge
af377*

2 Tbsp white wine	1 1/2 lb salmon fillets or steaks
1 cup fish or chicken stock	2 Tbsp mayonnaise
1/4 cup chopped fresh dill (or 1 Tbsp plus 2 tsp dry dill)	

Preheat oven to 200°F. On stove top in large frying pan, combine wine, stock and 1/2 of dill. Bring to a boil. Add salmon, turn heat to low and cover. Poach for 8 to 10 minutes, depending on thickness of salmon. Place salmon on platter and into oven. Remove sauce mixture from heat; whisk in mayonnaise and remaining dill. Pour sauce over salmon; serve immediately. Serves 4.

TUNA BURGERS

*Andre L. Ouellette
bf766*

2 (7 oz) cans tuna, flaked	1 cup mayonnaise
2 cups thinly sliced celery	2 Tbsp lemon juice
1/2 cup chopped peanuts	1/2 cup grated cheese
1/2 tsp salt	10 hamburger buns
2 tsp grated onion	

Heat oven to 450°F. Mix all ingredients together, except buns. Split and butter buns; fill with tuna mixture. Wrap each tuna burger in aluminum foil. Place in oven; heat for 10 to 15 minutes. Makes 10 burgers.

TUNA TURNOVERS

*Anonymous
Anon.*

7 oz can tuna, drained and flaked	2 Tbsp mayonnaise
1 cup shredded cheddar cheese	2 Tbsp chopped walnuts
1 hard cooked egg, chopped	2 Tbsp plain low fat yogurt
1/4 cup chopped celery	2 (8 oz) pkg refrigerated crescent rolls

Preheat oven to 375°F. In medium bowl, combine first 7 ingredients; mix well. Divide rolls into 8 rectangles. Carefully seal together perforated edges of 2 rolls. Pat each into square shape. Spoon about 1/8 of tuna mixture onto 1/2 of each square. Fold dough over tuna mixture to form triangle. Seal by pressing edges together with tines of fork. Make slit in top of each for steam to escape. Place on baking sheet. Bake 15 minutes or until golden brown.

BABOUTI

North African or Mediterranean stew

Kenneth Pope

ab504

2 lb lean ground beef or lamb
2 onions, chopped
2 cloves garlic, crushed
1 large can tomatoes
2 cups firm banana, chopped
2 to 3 apples, chopped
1/4 to 1/2 cup dried apricots, chopped

1/4 cup almonds, whole or slivered
1/2 tsp white vinegar
2 tsp curry powder
Tomato juice (to thin as desired)

Sauté meat and onions. Add all ingredients in order given. Simmer for 1 hour, or as desired. Add more curry or garlic, as desired. Serve over basmati or Thai rice, with hot chutney on the side.

Note: When reheating, you can add more almonds and pieces of apricot to give it more texture, otherwise it becomes a very soft stew.

BARBECUED SPARERIBS

Andre L. Ouellette

bf766

2 lb spareribs
1 medium onion, chopped
2 Tbsp vegetable oil
1/4 cup lemon juice
2 Tbsp vinegar

1 Tbsp Worcestershire sauce
2 Tbsp brown sugar
1/2 cup water
1 cup chili sauce, or ketchup
Salt and pepper, to taste

Cut spareribs into serving pieces. Place in baking dish; bake at 350°F for 30 minutes. Brown onion in oil. Add remaining ingredients; cook slowly for 20 minutes. Pour sauce over spareribs, continue baking for 1 hour.

*Everybody is ignorant - but
only on different subjects.*

BUTTERFLIED LEG OF LAMB

*Kenneth Pope
ab504*

4 cloves garlic, finely chopped	1/4 cup vegetable oil
1 onion, finely chopped	1 Tbsp Worcestershire sauce
1/4 cup Dijon mustard	1/2 tsp ground cumin
2 Tbsp lemon juice	1 tsp ground coriander
2 Tbsp red wine vinegar	1/2 tsp ground black pepper

Place all ingredients, except lamb, in food processor or blender; process until blended. Trim excess fat from meat; place meat in sealable plastic bag. Add marinade; massage mixture into lamb. Remove air from bag; seal. Marinate in fridge for up to 2 days.

Let meat come to room temperature prior to cooking, 1 to 2 hours. Cook on barbecue. Brush grill with vegetable oil and preheat grill to medium high. Barbecue for 15 to 20 minutes on each side for rare (the only way to eat it).

The meat may also be broiled for 15 to 20 minutes each side.

The meat may also be roasted at 375°F for 40 minutes.

Collect excess marinade; dilute with water. Boil for awhile (as it has been in contact with raw meat). Serve as a topping for the lamb.

CHICKEN LIVERS WITH BACON AND ONIONS

*Andre L. Ouellette
bf766*

1/4 lb bacon	1/2 tsp dried sage (optional)
2 onions, chopped	2 Tbsp oil
Salt and pepper	1 lb chicken livers
2 Tbsp flour	

Cook bacon in large frying pan until crisp; drain on paper towels. Pour off all but 2 tablespoons bacon fat. Crumble bacon. Heat reserved bacon fat; add onions, 1/2 teaspoon salt and 1/4 teaspoon pepper. Stir to coat onions with fat. Cover and cook over medium heat until softened, stirring occasionally. Remove onions from pan; set aside. Combine flour with sage (if using) and 3/4 teaspoon salt. Heat oil over high heat. Toss livers in flour mixture; cook, stirring constantly, until crisp and brown on outside and just pink on inside, about 5 minutes. Toss cooked livers with bacon and onions. Serve. Makes 4 servings.

HONEY APPLE GLAZED PORK CHOPS

*Andre L. Ouellette
bf766*

8 lean pork chops
1 cup apple juice
1/4 cup liquid honey
1/4 tsp garlic powder

1/4 tsp onion powder
Salt and pepper, to taste
2 Tbsp vegetable oil

Heat oil in large skillet or electric fry pan. Trim excess fat from pork. Add garlic powder, onion powder, salt and pepper to hot oil. Brown pork in oil/spice mixture; drain off excess fat. Pour apple juice in. Add liquid honey. Cover and cook over medium heat until liquid starts to caramelize. Turn pork when glaze starts to form on underside. Cook over low heat until liquid has evaporated. Chops will have a beautiful brown glaze and will be very tender.

Serve with baked potato and baby carrots.

HUTSPOT

Dutch stew

*Brenda J. Sharpe
aj471*

1/4 cup butter or margarine
2 lb stewing beef, in 1/2 inch chunks
2 cups cold water
1 1/2 lb carrots, peeled and diced
1 1/2 lb turnip, peeled and diced

3 medium onions, peeled and sliced
3 lb potatoes, peeled and chunked
1 tsp salt
1/2 tsp pepper
1 to 2 Dutch smoked sausages

Heat butter or margarine in (what else) Dutch oven until brown. Sear meat on both sides until browned. Add water to just cover meat. Simmer covered about 1 hour. Add carrots, turnip, onions and potatoes. Season with salt and pepper. Simmer covered about 1 hour more. Add Dutch sausage(s) on top during last 15 minutes of cooking. Remove meat and veggies; if there is enough liquid, make gravy. Mash vegetables together; put on plates. Put beef and sausage slices on top; serve with gravy. Serves 4 to 6.

Expression is the most important thing you wear.

LONDON BROIL MARINADE

Frank J. Duggan
ar243

3/4 cup vegetable oil	3 green onions, chopped
1/4 cup soy sauce	1/2 tsp ground ginger
3 Tbsp honey	2 cloves garlic, minced
2 Tbsp red wine	Flank steak

Combine marinade ingredients (first 7 ingredients). Score steak every 1/2 inch on both sides to allow marinade to penetrate. Marinate meat in fridge for 24 hours, turning occasionally. Allow meat to come to room temperature. Broil for 5 minutes each side, or until done to your liking. You can marinate the meat at room temperature for 4 to 6 hours.

PEPPERED TENDERLOIN OF BEEF

Andre L. Ouellette
bf766

2 to 2 1/2 lb beef tenderloin	1/2 tsp salt
1 1/2 Tbsp peppercorns	1/2 Tbsp oil
1 Tbsp coriander seeds	

Heat oven to 425°F. Oil roasting pan. Combine peppercorns, coriander seeds and salt; grind coarsely. Rub beef with 1/2 tablespoon oil; roll in spice mixture to coat. Roast about 25 minutes for rare, 30 to 35 minutes for medium rare. Let stand for 10 minutes before cutting into either thick or thin slices. Makes 6 servings.

PORK ORIENTALE

Keith Rosebrugh
ba469

3 1/2 lb pork, cut into 1/2 inch pieces	1/2 cup sugar
1/4 cup soy sauce	1/4 cup olive oil
4 chicken bouillon cubes	4 Tbsp white vinegar
2 cups boiling water	4 Tbsp cornstarch
20 oz can pineapple chunks	2 green peppers, cut into 1 inch pieces
10 oz fresh mushrooms, sliced	

Trim off visible fat from meat. Dip meat in soy sauce; brown well in oil. Cook slowly for 20 minutes, uncovered. Meanwhile, dissolve bouillon cubes in boiling water. Add syrup drained from pineapple and vinegar; stir in sugar. Pour mixture over meat. Cover; simmer for 30 to 40 minutes. Thicken with cornstarch; simmer another 5 minutes. Add pineapple chunks and green peppers. Serve over rice. Serves 6 to 8.

VEAL MEAT LOAF

Margaret Burwell
aj739

Margaret considers this to be the world's greatest meat loaf.

2 lb ground veal	1 egg
1/3 cup ground salt pork, or 4 slices finely chopped bacon	2 Tbsp lemon juice
1 medium onion, chopped	1/4 cup ketchup
	1 cup bread crumbs

Combine all ingredients in large mixing bowl. Make sure ingredients are evenly distributed in mixture. Pack into large loaf pan. Bake at 375° F for 50 to 60 minutes. Remove excess fat from pan. Remove from oven; let stand for 10 minutes before serving.

IRISH BOILED DINNER

Andre L. Ouellette
bf766

4 lb corned beef brisket	6 medium potatoes, quartered
1 can condensed onion soup	1/2 cup celery, cut into 1 inch pieces
4 whole peppercorns	1 medium head green cabbage, in wedges
1 medium clove garlic, minced	3 Tbsp water
1 bay leaf	3 Tbsp flour
1/4 tsp rosemary, crushed	
6 medium carrots, cut into 1 1/2 inch pieces	

Rinse corned beef; place in heavy pan. Add soup and seasonings. Cook covered over low heat for 3 1/2 hours. Add carrots, potatoes and celery. Place cabbage on top. Cook covered about 1 hour, or until ingredients are tender. Remove meat, vegetables and bay leaf. Gradually blend water into flour until smooth; slowly stir into sauce. Use sauce as gravy over meat and vegetables. Makes 6 to 8 servings.

*Wisdom consists of knowing
what to do with what you know.*

IRISH STEW

*Andre L. Ouellette
bf766*

2 lb cubed lamb	1 bay leaf
1 cup cubed carrots	2 tsp rosemary
1 cup sliced celery	2 tsp chopped parsley
1 cup cubed turnips	1 tsp salt
1 potato, cubed	2 cups sliced potatoes
1 onion, sliced	

Cover lamb with boiling water; simmer covered for 1 hour. Add carrots, celery, turnips, cubed potato, onion and seasonings. Simmer covered for 30 minutes. Add sliced potatoes; simmer for 30 minutes more. Serves 4.

ITALIAN STYLE CABBAGE ROLLS

*Kathryn Camfield
ad353*

8 to 10 cabbage leaves	1/2 lb mushrooms, finely chopped
1 cup uncooked rice	1/3 tsp pepper
2 Tbsp vegetable oil	14 to 16 oz jar spaghetti sauce
1/3 cup Parmesan cheese	1/2 cup mozzarella cheese, shredded
1 medium onion, finely chopped	
1/2 tsp salt	

Cook rice according to directions. While rice is cooking, remove outer leaves of cabbage. Cook whole in salted boiling water for 5 minutes or so. When cooked, remove from water and drain upside down. Remove leaves carefully. Heat oil in saucepan. Add onions; cook until softened. Stir in rice, Parmesan cheese, salt and pepper. On center of each leaf, place about 1/3 cup of rice mixture. Fold bottom of leaf over filling, fold sides toward center and roll tightly, jelly roll fashion. Fasten with toothpick through center of roll. Arrange rolls in baking dish; pour spaghetti sauce over top. Cover baking dish; bake at 350°F for 1 hour. Before serving, uncover dish, sprinkle on cheese and return to oven until cheese is melted and bubbly. Makes 5 servings.

It's not where you are, it's where you are headed.

ALFREDO STYLE NOODLES

Sara Ouellette
bl230

8 oz broad egg noodles	1/4 cup grated Parmesan cheese
1/4 cup part skimmed ricotta cheese	1 Tbsp unsalted margarine
1/4 cup plain low fat yogurt	1/4 tsp black pepper

Cook noodles according to directions, omitting salt. Drain well; return to pot. Add ricotta cheese, yogurt, Parmesan cheese, margarine and pepper. Toss well to mix. Transfer to warm serving platter.

Serve with a cooked green vegetable or marinated green salad.

Serves 4.

BROCCOLI PASTA WITH CHEESE

Andre L. Ouellette
bl766

12 oz pkg tube shaped pasta	1 cup fontina cheese or Swiss cheese
2 cups broccoli flowerettes	1/3 cup grated Parmesan cheese
2 cups cauliflower flowerettes	1/3 cup buttermilk ranch dressing
1 cup thinly sliced carrots	
1 cup shredded mozzarella cheese	
1 cup Monterey Jack cheese	

Cook pasta according to package directions. Add vegetables during last 45 seconds of cooking. Drain; turn into large casserole dish or heatproof bowl. Gently toss with all cheeses, using 1/2 of Parmesan cheese. Add ranch dressing; toss. Sprinkle remaining Parmesan cheese on top. If cheese doesn't melt sufficiently, place in 450°F oven 5 minutes. Makes 6 servings.

*The only fool bigger than the person who knows
it all is the person who argues with him.*

HAM AND EGG PASTA

*Sara Ouellette
bl230*

**4 hard-boiled eggs
1 cup diced baked ham
3 Tbsp butter
3/4 lb fettucine
1 cup heavy cream**

**4 tsp Dijon mustard
Salt and pepper
3 Tbsp chopped fresh parsley
2 tsp chopped chives**

Peel eggs; cut into chunks. Chop ham into 1/2 inch dice. Cut butter into chunks. Cook fettucine according to directions. Over low heat, warm cream, mustard, 1 teaspoon salt and 1/2 teaspoon pepper. Drain pasta; return to hot pot. Add cream mixture, butter, parsley, chives, ham and eggs. Toss until coated. Taste for seasonings; add salt and pepper if needed. Serve immediately. Makes 4 servings.

LEMON AND GARLIC PASTA

*Andre L. Ouellette
bf766*

**1/2 lb spaghetti
2 cloves garlic, minced
1/4 cup olive oil
2 Tbsp butter**

**1/4 cup chopped fresh parsley
1 tsp grated lemon zest
2 tsp lemon juice
Salt and pepper**

Cook pasta in boiling salted water until done. Drain; return to hot pot. In small pan, heat oil and butter. Add minced garlic; cook for 1 minute. Toss garlic oil, parsley, lemon zest, lemon juice, 1 teaspoon salt and 1/4 teaspoon pepper with pasta. Taste for seasonings; add salt and pepper as needed. Serve immediately. Makes 4 servings.

*Experience is the name everybody
gives to their mistakes.*

**MY COAST TO COAST
LINGUINI AND CLAM SAUCE**

*Lorey Miller
aa900*

1 can baby clams	2 Tbsp butter or margarine
1 cup white wine	1/2 cup chopped shallots
Freshly ground pepper, to taste	1/4 cup chopped fresh parsley
1 to 2 cloves garlic, minced	1 pkg linguine (or pasta of choice)
1 cup 10% cream	Parmesan cheese (optional)
2 Tbsp flour	

Cook pasta as directed. Drain liquid from clams into saucepan; place over medium heat. Add wine, garlic, parsley, shallots and pepper. Bring to a boil; cook about 2 minutes. Reduce heat to simmer; add cream and clams. In bowl, mix flour and butter into paste. Add flour mixture to saucepan, stirring with whisk until thickened. You can add Parmesan cheese to mixture, to taste.

Serve at once with bread and, of course, wine.

You can substitute chopped chives or chopped leek for shallots and dried parsley flakes for fresh parsley.

You can also make it with tomatoes, substituting tomato paste for butter and flour thickener.

PASTA À LA HEIDI

*Janet Malowany
bs812*

1 cup chopped broccoli	2 cloves garlic
1 cup chopped snow peas	5 or 6 sun dried tomatoes
1 cup chopped carrots	1/3 cup cream cheese
1 cup chopped green pepper	1/4 cup grated Parmesan cheese
300 g shaped pasta	1/4 cup milk
1 whole chicken breast	
2 Tbsp olive oil	

Microwave sun dried tomatoes with 1/4 cup water on High for 1 minute; let cool. Cut chicken into thin strips. Heat 2 tablespoons oil in frying pan. When oil is hot, add garlic and chicken strips. Stir and cook until chicken is no longer pink; add carrots. Cut tomatoes into quarters; keep in water. Sauté broccoli, snow peas and green pepper until tender. Add the tomatoes and their water, cream cheese, milk and Parmesan cheese; stir until smooth.

Serve over shaped noodles. Serves a family of 4.

PASTA PRIMAVERA

*Andre L. Ouellette
bf766*

1/2 lb asparagus	1/4 cup olive oil
1/2 lb green beans	1 cup red pepper, diced
Zucchini, cut into 1 inch pieces	1 lb spaghetti, cooked al dente
1/4 prosciutto ham or ham, diced	3 cloves garlic, crushed
2 tsp dried basil	1/2 cup scallions, thinly sliced
	Salt and pepper

Steam first 5 ingredients for 5 minutes; set aside. Sauté garlic in oil until golden. Add scallions and red pepper; cook and stir for 5 minutes. Add steamed vegetables, prosciutto ham and basil. Cook until mixture is heated through but still crunchy. Season with salt and pepper, to taste. Toss primavera mixture with drained pasta. Serve immediately.

PASTA WITH “RED” ONION SAUCE

*Andre L. Ouellette
bf766*

5 medium onions, sliced	1 Tbsp paprika
1 Tbsp oil	1/2 cup white wine
Salt	1/2 tsp hot red pepper flakes
1/2 cup grated Parmesan cheese	3/4 lb spaghetti
19 oz can tomatoes	2 Tbsp butter
	2 Tbsp chopped fresh parsley

Heat oil in frying pan over medium heat; add onions and 1 teaspoon salt. Cook covered about 10 minutes, or until onions are very soft. Drain tomatoes; chop. Stir paprika into onions. Add tomatoes, wine and pepper flakes. Cook covered about 15 minutes. Cook spaghetti according to package directions. Drain; return to hot pot. Stir butter into pasta. Add sauce; toss to combine. Sprinkle with cheese and parsley. Serve immediately. Makes 4 servings.

*Just think how happy you'd be if you lost everything
you have right now - and then got it all back again.*

SPAGHETTI CARBONARA

Andre L. Ouellette
bf766

1/2 lb pancetta or slab bacon
4 cloves garlic, lightly crushed
2 Tbsp olive oil
1 Tbsp butter
1/4 cup white wine
3 eggs

1/2 cup grated Parmesan
cheese
1/4 cup grated Romano cheese
Salt and pepper, to taste
2 Tbsp chopped parsley
1 lb spaghetti

Cut pancetta or bacon into 1/4 inch strips. In saucepan, cook garlic in oil and butter until garlic turns a deep gold. Discard garlic. Add bacon; cook until it begins to crisp. Add wine; boil for 2 minutes. Remove from heat. In large serving bowl, lightly beat eggs. Stir in cheeses, 1/8 teaspoon pepper and parsley. Cook spaghetti in boiling salted water al dente; drain. Add to serving bowl; toss well. Reheat bacon quickly over high heat; pour entire contents of pan over spaghetti. Toss again. Serve immediately. Serves 4.

TUNA CASSEROLE

Shana Calixte
at023

2 cups macaroni
1 onion
1/4 green pepper
1 stalk celery
1/2 tsp butter

1 can cream of mushroom
soup
1 can tuna
1/2 Tbsp ketchup
Cheese, grated
Seasonings

Boil macaroni in water until al dente; drain well. Meanwhile, chop up onion, celery and green pepper; fry in butter. Season well. Add tuna, cream of mushroom soup and ketchup. Mix in with macaroni. Lay out in casserole dish; top with cheese.

*First you teach a child to talk; then
you have to teach it to be quiet.*

CHICKEN EN CROÛTE

*Fran Wright
ak616*

4 boneless chicken breasts
1 pkg puff pastry
1/2 pkg cream cheese

**Herbs (any of your favourites,
e.g. chives, parsley, sage,
thyme, rosemary)**
Eggs, beaten

Mix herbs with cream cheese. You may want to use a store-bought herbed cream cheese (Boursin). Roll out puff pastry; cut in half. Each box has 2 packets, so you have enough for 4 servings. Spread cream cheese on pastry half, in chicken shape. Place breast on top; seal. Continue with remaining servings. Brush top with beaten eggs. Bake in 450°F oven for 20 minutes or until golden brown.

Serve with rice or couscous.

CHICKEN ITALIANO

*Andre L. Ouellette
bf766*

**3 to 3 1/2 lb broiler-fryer
chicken**
1 Tbsp butter
**.8 oz pkg calorie reduced dry
Italian salad dressing mix,
divided**

**2 zucchini, cut in half
lengthwise and sliced**
**1 red pepper, cut into 1 inch
pieces**
1/2 cup dry white wine

Skin the chicken; cut into 8 pieces. Preheat the oven to 375°F. Place chicken pieces in baking or roasting pan; brush with melted butter. Sprinkle with 1/2 package salad dressing; toss to coat well. Bake, uncovered, for 15 minutes. Add vegetables and wine to pan. Sprinkle with remaining salad dressing. Bake for 25 minutes, basting occasionally with pan drippings. Juices should run clear when chicken is pierced with fork. Vegetables should be tender. Makes 4 servings.

*Bankers do have a sense of humour.
They coined the phrase "easy payments".*

CHICKEN MARSALA WITH MUSHROOMS

Andre L. Ouellette
bf766

**2 chicken breast halves,
skinned and boned**
Salt and pepper, to taste
Flour

2 Tbsp butter or margarine
1 small onion, chopped
3 mushrooms, sliced
2 Tbsp marsala wine

Sprinkle chicken with salt and pepper; dip in flour. Heat butter in skillet; brown chicken slowly on all sides. Add onion and mushrooms; continue cooking until vegetables are cooked, about 15 minutes. Remove chicken to serving plate. Over high heat, stir wine into skillet, scraping bottom. Cook until mixture bubbles. Spoon pan juices over chicken.

Serve with zucchini slices and whole baby carrots. Serves 1.

EASY CHICKEN WITH RICE

Daniel C. Gallant
af891

10 oz can chicken broth
16 oz can stewed tomatoes
2 cloves garlic, minced
2 cups cubed cooked chicken
**1 tsp dried basil leaves,
crushed**

**1 1/2 cups uncooked quick
cooking rice**
1 cup peas
1/4 tsp hot pepper sauce

In a 3 quart saucepan, over high heat, combine the tomatoes, garlic and basil; bring to a boil. Add chicken, rice, peas and hot pepper sauce; return to a boil. Remove from heat. Let stand, covered, for 5 minutes or until most of liquid is absorbed. Fluff rice with fork before serving. Makes 4 servings.

*Children have never been good at listening to their
elders, but they have never failed to imitate them.*

HONEY BARBECUED CHICKEN

*Andre L. Ouellette
bf766*

6 pieces chicken	1/4 cup vinegar
1/4 cup butter	1/4 cup water
3/4 cup chopped onion	1 tsp dry mustard
1 clove garlic, minced	1 tsp Worcestershire sauce
1 cup liquid honey	1 tsp salt
1 cup ketchup	1/4 tsp pepper

Brown chicken pieces in melted butter. Cover and simmer for 30 minutes. Remove chicken from pan. Add onion and garlic to pan; cook until onion is clear. Stir in remaining ingredients; return chicken to pan. Simmer for 15 minutes longer, or until tender.

I CAN'T BELIEVE IT'S TOFU!

*Emma Dickson
ao981*

1 lb block tofu, diced into 1/2 inch cubes	1/2 cup olive or canola oil
1/2 cup sliced green onions	2 Tbsp Engevita yeast
1/4 cup toasted sesame seeds	2 Tbsp ground cumin
1/2 cup tamari (soy sauce)	1 tsp crushed chili pepper, or to taste
1/2 cup lemon juice	1 Tbsp tumeric

Mix all ingredients, except tofu, green onions and sesame seeds. Let mixture sit for 1 hour. Stir mixture thoroughly; pour over diced tofu. Garnish with green onions and toasted sesame seeds. Serve at room temperature with hot basmati rice and salad.

Note: You may use any nutritional yeast if you can't find Engevita. Adjust cumin and chili peppers, to taste (more or less).

*Parents who are afraid to put their foot down
usually have children who step on their toes.*

CHICKEN BREASTS SABRINA

Gerry Clare
am390

3 chicken breasts, skinned and boned	8 to 10 fresh shrimps, cut into thirds
1/4 cup flour	1/3 cup sour cream or plain yogurt
Salt and pepper	1 heaping tsp capers, chopped
1/2 red or green bell pepper	2 Tbsp butter or olive oil
5 or 6 fresh mushrooms, sliced	

Pound chicken breasts lightly; cut into serving pieces. Clean, core and dice red or green pepper. Stir 1 tablespoon flour into sour cream or yogurt. Mix sour cream and chopped capers until smooth; set aside. Heat butter in pan until foaming. Dust chicken lightly with flour seasoned with salt and pepper. Cook until done; remove to heated serving dish. In same pan, adding more butter if needed, sauté pepper, mushrooms and shrimps. When cooked, reduce heat and stir in sour cream/caper mixture. Heat through without cooking; season with salt and pepper, to taste. Pour sauce over chicken breasts; serve immediately. Serve with egg noodles and glazed carrots. Add a green salad with tarragon dressing (equal parts olive oil and white wine vinegar, seasoned with dried tarragon, salt and pepper to taste and shaken well). Serves 2 to 3.

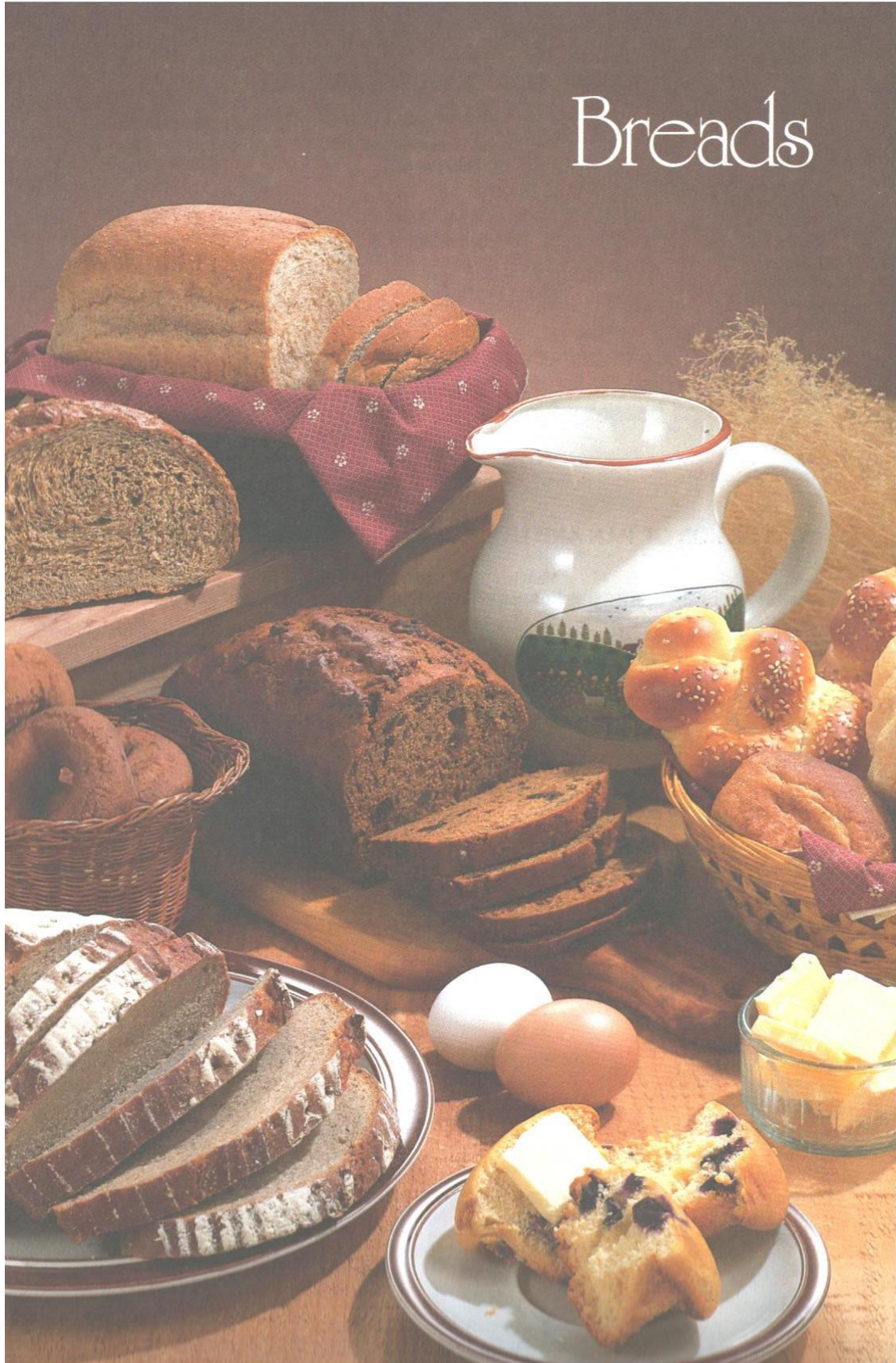
ALMOND TURKEY BAKE

Sara Ouellette
bl230

1 cup shredded cheddar cheese	1 Tbsp lemon juice
1 Tbsp flour	1 cup mayonnaise
1 cup slivered almonds, toasted	1/2 tsp poultry seasoning
3 cups cooked chopped turkey	1/2 tsp salt
1 1/2 cups celery slices	1/8 tsp pepper
	Pastry for 9 inch double crust pie

Toss cheese in flour. Combine 3/4 cup cheese, 1/2 cup almonds and remaining ingredients, except pastry; mix well. Roll pastry into 15 inch square. Fit pastry into 11 3/4x7 1/2 inch baking dish. Trim to 1 inch beyond edge; flute edge. Fill with turkey mixture. Top with remaining cheese and almonds. Bake at 400° F for 30 to 35 minutes. Garnish with lemon twists and parsley, if desired.

Breads



BAKING TEMPERATURES AND TIMES

Food	Oven Temperature (°Fahrenheit)	Approximate Time Required for Baking (Minutes)
Quick Breads		
Biscuits	425° - 450°	10 - 15
Cream Puffs	450° then reduce to 350°	20-30, then 15-20
Popovers	450° then reduce to 350°	20-30, then 15-20
Muffins	400°	20 - 25
Loaves	350°	60 - 70
Coffee Cakes	350° - 375°	25 - 45
Yeast Breads		
Plain loaves	375° - 400°	30 - 45
Plain rolls	375° - 400°	10 - 20
Sweet rolls	375°	20 - 30

CONVERSION OF PAN AND UTENSIL SIZES TO METRIC MEASUREMENTS

Utensil	Metric Volume	Metric Measure in Centimetres	Closest Size in Inches or Volume
Baking or cake pan	2 L	20 cm square	8-inch square
	2.5 L	23 cm square	9-inch square
	3 L	30x20x5	12x8x2
	3.5 L	33x21x5	13x9x2
Cookie sheet		40x30	16x12
Jelly roll pan	2 L	40x25x2	15x10x¾
Loaf pan	1.5 L	20x10x7	8x4x3
	2 L	23x13x7	9x5x3
Round layer cake pan	1.2 L	20x4	8x1½
	1.5 L	23x4	9x1½
Pie Pan	750 mL	20x3	8x1¼
	1 L	23x3	9x1¼
Tube pan	2 L	20x7	8x3
	3 L	23x10	9x4
Spring form pan	2.5 L	23x6	9x3
	3 L	25x8	10x4
Baking dish	1 L		1 qt.
	1.5 L		1½ qt.
	2 L		2 qt.
	2.5 L		2½ qt.
	3 L		3 qt.
	4 L		4 qt.
Custard cup	200 mL		6 fl. oz.
Muffin pans	40 mL	4x2.5	1.5x1
	75 mL	5x3.5	2x1¼
	100 mL	7.5x3.5	3x1½
Mixing bowls	1 L		1 qt.
	2 L		2 qt.
	3 L		3 qt.

BREADS

BASIC BISCUITS

*Sara Ouellette
bl230*

2 cups sifted all-purpose flour **1/4 cup shortening**
4 tsp baking powder **1 cup milk**
1 tsp salt

Sift flour, baking powder and salt. Cut in shortening; blend. Stir in milk. Turn out onto a floured board; knead gently about 20 times. Roll dough to 1/2 inch thickness. Cut into biscuits; put on ungreased cookie sheet. Bake at 450°F for 10 to 12 minutes. Serve hot.

BISMARCKS

*Fran Wright
ak616*

We eat this for breakfast in the summer when there are fresh berries to pile on top. In winter, fried apples are a great topping.

1/4 cup unsalted butter **1/2 cup flour**
1/2 cup milk **2 eggs**

Heat oven to 425°F. Place butter in heavy frying pan; place in oven. Mix other ingredients to form smooth batter. When pan is very hot and butter has melted, add batter. Bake for 10 to 15 minutes. Remove from pan; cover with cut strawberries or other fruit. Serve hot.

BEER BREAD

*Phyllis M. Evans
bk234*

Simple, but out of this world. Add raisins, nuts or whatever suits your fancy.

3 cups self rising flour **2 Tbsp sugar**
12 oz beer **Dash salt**

Mix dry ingredients. Add beer; mix thoroughly. Pour into greased pan (not floured). Bake for 1 hour at 400°F.

The essence of genius is to know what to overlook.

CHOCOLATE ZUCCHINI BREAD

*Sara Ouellette
bl230*

3 cups flour	1 cup chopped nuts (optional)
3 Tbsp cocoa	2 tsp cinnamon
2 tsp baking soda	1/2 tsp salt
3 eggs	2 cups grated zucchini
1 cup vegetable oil	1/2 cup sesame seeds (optional)
2 cups white sugar	
3 tsp vanilla	

Mix flour, cocoa, soda, cinnamon and salt together. In large bowl, mix together eggs, oil and sugar. Stir in zucchini and vanilla; mix well. Gradually add dry ingredients to batter, mixing well after each addition. Stir in nuts and sesame seeds. Makes 2 loaves. Bake at 350°F for 50 to 60 minutes.

CORN BREAD

*Rosaleen Dickson
ac174*

1 cup cornmeal	1/4 cup molasses
1 cup flour	1 1/4 cups buttermilk
2 1/2 tsp baking powder	1/2 cup vegetable oil
1/2 tsp baking soda	2 eggs

Stir together cornmeal, flour, baking powder and baking soda. In separate bowl mix together remaining ingredients. Beat dry and wet ingredients together. Pour into greased 8 inch square pan. Bake at 400°F for 20 minutes.

GARLIC BREAD

*Pat Drummond
ad995*

French bread, sliced	Garlic powder
Olive oil	Dried basil, crushed

Brush bread slices with olive oil; sprinkle with garlic powder and basil. Broil for 2 minutes or until toasted (set a timer).

Serve with your favourite pasta, a green salad and a good Chianti.

GINTY'S BASIC WHITE MILK BREAD

*Brenda J. Sharpe
aj471*

2 pkg active dry yeast	2 Tbsp sugar
2 Tbsp sugar	4 tsp salt
1/2 tsp ground ginger	4 Tbsp shortening or lard
1/2 cup warm water	1 1/2 cups warm water
2 cups milk	12 cups all-purpose flour

Scald milk; cool to lukewarm. Combine first 4 ingredients; let stand in warm place until bubbling nicely, about 10 minutes. In large bowl, stir together next 5 ingredients; stir thoroughly. Add yeast mixture. Add flour gradually. Knead until smooth and elastic feeling. Place in large greased bowl; let rise in warm draft free place until double in bulk. Punch down, shape and put into greased loaf pans. Let rise again. Bake at 350°F about 45 minutes.

Note: To make 6 or 8 loaves, increase all ingredients proportionally, except for yeast.

JOAN A'S IRISH SODA BREAD

*Susan Margaret
ax716*

4 cups flour	2 eggs
2 cups raisins	2 cups buttermilk
2 tsp sugar	1 Tbsp butter, melted
2 tsp baking powder	1 tsp cream of tartar
1 tsp salt	1 tsp baking soda

Dissolve baking soda in 1 teaspoon water. In large bowl combine flour, raisins, sugar, baking powder and salt. In separate bowl, beat together eggs, 1 1/2 cups buttermilk, butter, cream of tartar and dissolved baking soda. Add wet ingredients to dry ingredients; stir with a spoon. Add more buttermilk if mixture is too dry. Put into buttered and floured 9 inch round pan. Make cross on top of bread, spreading open. Bake at 350°F for 40 to 60 minutes, or until lightly brown on top.

No man is wise enough by himself.

PEANUT BUTTER BREAD

Rosemarie Ventura
ah241

2 cups flour
1/2 cup sugar
2 tsp baking powder
1/2 tsp baking soda
1/2 tsp salt

1 cup peanut butter
1/2 cup corn syrup
2 eggs
1 cup milk

Preheat oven to 350°F. Grease and flour loaf pan. Combine dry ingredients in bowl. In separate bowl, beat peanut butter and corn syrup until smooth; beat in eggs. Slowly add and beat in milk. Mix in dry ingredients. Pour into loaf pan. Bake until toothpick, inserted in center, comes out clean, about 50 minutes. Makes 1 loaf.

SOUTHWESTERN INDIAN FRY BREAD

Elizabeth M. Phillips
ad302

1 cup flour
1 tsp baking powder
1/4 tsp salt

1/2 cup water
1 Tbsp powdered milk
Vegetable oil, for deep frying

Sift dry ingredients together. Pour water over all; stir with fork until mixture gathers into a mass. Roll around bowl while gathering up loose flour. Do not knead heavily. Dough will be sticky on inside and coated with flour outside. Heat 2 inches oil in deep skillet to 350°F (until bit of dough bubbles as soon as it lands). Cut dough into 4 pieces. Flour your hands heavily. Pat each piece into a round, 5 to 7 inches across. Drop immediately into oil, submerging completely. Fry until puffed and brown on both sides, about 4 minutes.

*No one can make you feel
inferior without your consent.*

CINNAMON ROLL-UPS

Marilyn Hillier
ac072

2 cups all-purpose flour	1/2 cup hard butter
1/2 cup sugar	1/4 cup soft butter
1 Tbsp baking powder	1/2 cup brown sugar
1/2 tsp salt	1 tsp cinnamon
1/2 cup milk	Raisins or nuts (optional)
1 egg	

In large bowl, mix flour, sugar, baking powder and salt together. In another bowl, lightly beat egg; add milk. Using pastry blender, cut hard butter into dry ingredients. Butter should be size of small peas. Add liquid ingredients; form mixture into ball. Let rest in refrigerator at least 20 minutes. Roll dough out in 1/8 inch thick rectangle. Spread soft butter over dough. Mix brown sugar and cinnamon together. Sprinkle over dough; add raisins or nuts, if desired. Roll dough up lengthwise; cut into 12 slices. Put into greased muffin cups. Bake at 400°F for 25 minutes.

COZY'S COFFEE CAKE

Brenda J. Sharpe
aj471

2 Tbsp butter	3 tsp baking powder
1 tsp ground cinnamon	1/3 cup shortening
3/4 cup firmly packed light brown sugar	2/3 cup granulated sugar
1 3/4 cups all-purpose flour	1 egg, lightly beaten
1/2 tsp salt	1 cup milk
	1/2 tsp vanilla

Preheat oven to 375°F. Grease 8x8 inch pan. Melt butter; stir in light brown sugar and cinnamon. Set aside for top of cake. Mix flour, baking powder, salt and sugar; cut in shortening with pastry blender. In separate bowl, combine egg and milk. Make a hollow in flour mixture; add egg mixture. Turn into pan when just moistened; sprinkle with sugar/cinnamon mixture. Bake for 30 to 35 minutes until done.

Nothing can cook your goose quicker than boiling anger.

LEMON POPPY SEED LOAF

L. Warren and K. A. Lake
as859

4 eggs	2 1/4 cups sugar
1 1/2 cups vegetable oil	1 tsp salt
1 1/2 cups light cream	1 1/2 tsp baking soda
1 tsp vanilla	2 tsp baking powder
1/2 cup poppy seeds	Rind and juice of 1 lemon
3 cups flour	

Combine eggs, oil, cream, vanilla and poppy seeds. Mix together flour, 2 cups sugar, salt, baking soda, baking powder and lemon rind. Add dry ingredients to egg/cream mixture; blend well. Pour into 5 greased and floured 5 3/4x3 1/4x2 inch baby loaf pans. Bake at 325°F for 50 to 60 minutes, or until golden brown. Mix lemon juice and rind with remaining 1/4 cup sugar. Brush over loaves while still in pans. Allow to cool; remove from pans. Serve or freeze. Wrap in wax paper, then cellophane and freeze as long as you want...still tastes fresh.

Note: 1% milk substituted for cream is just as delicious.

QUICK PIZZA

Francisco Zane De Freitas
ak915

Bread slices	Parmesan cheese (optional)
Tomato purée or sauce	Thyme (optional)
Cheese (any kind)	Parsley, only a little (optional)
Oregano	Chives (optional)

Spread purée or sauce on bread; add cheese(s). Sprinkle with herbs. Place under broiler a few minutes, until cheese melts.

*Life is 10% how you make
it and 90% how you take it.*

EIGHT WEEK BRAN MUFFINS

*Sara Ouellette
b/230*

2 cups boiling water	4 eggs, beaten
2 cups Nabisco bran	1 qt buttermilk
1 cup white sugar	4 cups Kellogg's All-Bran
2 cups brown sugar	5 1/2 cups flour
1 lb Crisco	5 tsp baking soda
1 Tbsp salt	1/2 lb raisins

Combine boiling water and Nabisco bran; let stand. Cream together sugars, Crisco and salt. Add eggs, buttermilk and Kellogg's All-Bran; let stand while you mix together flour and baking soda. Add to buttermilk mixture. Fold in Nabisco bran mixture and raisins. Let stand covered in fridge for 1 day before using. Do not mix again when you remove from fridge. Bake in 400°F oven for 15 to 20 minutes. Makes 48 bran muffins.

APPLE OAT MUFFINS

*Pat Drummond
ad995*

Wheat/milk/sugar free

2/3 cup oats	1/2 cup water
2 tsp baking soda	1/2 tsp ascorbic acid (pure vitamin C crystals) or 2 Tbsp lemon juice
1/2 tsp salt	2 egg yolks
1 1/2 tsp cinnamon (optional)	1/4 cup oil
1 1/2 tsp nutmeg (optional)	1 1/2 cups oat bran
1/2 cup walnuts	2 egg whites
2 to 3 apples, blended (1 1/2 cups applesauce), grapes, bananas or cooked carrots	

Grind oats in blender, 1/2 at a time. Mix in next 5 ingredients in small bowl. Blend apples; add water to measure 2 cups. Add ascorbic acid, egg yolks and oil. Blend for 1 minute. Pour over oat bran in large bowl; soak for 10 minutes. Beat egg whites until soft peaks form. Add dry mixture to bran mixture; fold in egg whites. Divide among 12 muffin cups. Bake in 400°F oven 15 minutes.

Rush hour: when the traffic stands still.

BENOIT OATMEAL MUFFINS

*Eric Benoit
ar314*

1 cup all-purpose flour	1/2 cup lightly packed brown sugar
3 1/2 tsp baking powder	1 egg
1/2 tsp salt	1 cup milk
1/2 tsp cinnamon	1/4 cup vegetable oil
Pinch nutmeg	
3/4 cup rolled oats	

Sift the first 5 ingredients together. Stir in the rolled oats and brown sugar. Beat together egg, milk and vegetable oil. Add liquid ingredients to dry ingredients; stir just enough to combine. Batter will be lumpy. Preheat oven to 400°F. Grease 12 cup muffin pan. Fill prepared muffin cups 2/3 full. Bake for 20 to 25 minutes.

COFFEE CAKE MUFFINS

*Anonymous
Anon.*

1/2 cup finely chopped pecans	1/2 cup granulated sugar
1/3 cup firmly packed light brown sugar	2 Tbsp baking powder
1 1/2 cups all-purpose flour	1/2 tsp salt
1 Tbsp all-purpose flour	1/4 cup vegetable shortening
1 tsp cinnamon	1/2 cup milk
1/8 tsp nutmeg	1 egg
1 Tbsp butter, melted	12 pecan halves (optional)

Preheat oven to 375°F. Grease 12 cup muffin pan; set aside. In small bowl, mix together chopped pecans, brown sugar, 1 tablespoon flour, cinnamon, nutmeg and butter; set aside. In medium bowl, sift together 1 1/2 cups flour, granulated sugar, baking powder and salt; cut in shortening. In small bowl, blend egg with milk. Add to dry ingredients with 1/2 of pecan mixture; stir just until blended. Spoon batter into muffin cups. Garnish each muffin with pecan half. Bake for 15 minutes or until toothpick comes out clean. Remove muffins from pan; cool on wire rack.

Comfort food - serve warm with coffee.

Those who deserve love the least need it the most.

CRANBERRY MUFFINS

*Kate Whitridge
af377*

Absolutely heavenly when served warm with a bit of margarine.

2 eggs	1 Tbsp baking powder
1/4 cup margarine, melted	1/2 tsp baking soda
1 cup milk	1/2 tsp salt
1 tsp vanilla	1 1/2 cups cranberries, halved
2 cups flour	1/2 cup chopped walnuts
3/4 cup sugar	

Preheat oven to 400°F. Grease and flour (or use nonstick spray) 8 cup muffin pan. In large bowl, combine first 4 ingredients. In small bowl, combine next 5 ingredients. Gently fold dry ingredients into wet mixture. Add cranberries and walnuts. Bake for 25 minutes.

MULTI USE MUFFIN MIX

*David L. Martin
ab860*

I use this dry mix to make different kinds of bran muffins. Limited only by your imagination, provided the liquid/muffin mix ratio is not significantly altered. Some of the variations are included in this book.

2 cups all-purpose unbleached flour	6 tsp baking powder
1 cup brown sugar	3 tsp baking soda
2 cups bran	1 scant tsp salt

Start by blending 1 cup flour with brown sugar until lumps are gone. Mix in second cup flour then remaining ingredients in turn.

*The trouble with life in the fast lane is
that you get to the other end in an awful hurry.*

MULTI USE MUFFIN MIX VARIATION #1

David L. Martin
ab860

2 eggs
3 Tbsp sunflower oil
2/3 cup milk

3 cups Multi Use Muffin Mix
(page 69)

Beat eggs. Beat in sunflower oil and milk. Add muffin mix.

Bake in nonstick muffin pan (recommended) for 18 minutes at 325°F. If using greased pan, add 25°F and 2 minutes. With paper muffin cups, add 25°F and 7 minutes.

Hint: When mixing muffin mix, the resulting batter should just lose its shiny appearance. Don't overmix, the fewer strokes the better.

Raisin Walnut Variation: Add 2 handfuls each raisins and walnuts.

Peanut Peanut Butter Variation: 3 tablespoons peanut butter beaten in before milk is added, plus 2 handfuls each raisins and unsalted peanuts after milk is added.

Desserts



BAKING TEMPERATURES AND TIMES

Food	Oven Temperature (°Fahrenheit)	Approximate Time Required for Baking (Minutes)
Cakes		
Butter, cupcake	350°	15 - 25
layer	350°	20 - 35
loaf	350°	45 - 60
Fruit	275°	120 - 300
Angel	375°	30 - 45
Sponge	350°	30 - 45
Cookies		
Drop	350° - 375°	8 - 15
Meringue	250°	50 - 60
		then turn off oven and cool
Rolled	350 - 375°	8 - 12
Squares	350 - 375°	20 - 35
Desserts		
Fruit Crisps	350° - 375°	35 - 45
Cheesecake	350°	45 - 60
Custard	350°	30 - 60
Pastry		
One crust pie (unbaked shell)	400° - 425°	30 - 40
Meringue on cooked filling in preheated shell	350° (or) 425°	12 - 15 4 - 5
Shell only	450°	10 - 12
Two crust pie with uncooked filling	400° - 425°	45 - 55
Two crust pie with cooked filling	425° - 450°	30 - 45

INGREDIENT SUBSTITUTIONS

- 1 cup sifted **all-purpose flour** = 1 cup unsifted all-purpose flour minus 2 tbsp.
= 1 ¼ cups sifted cake and pastry flour
- 1 cup **sifted self-rising flour** = 1 cup sifted all-purpose flour plus 1 ½ tsp. baking powder and ½ tsp. salt
- 1 cup **granulated sugar** = 1 cup brown sugar, firmly packed
- 1 tbsp. **cornstarch** (for thickening) = 2 tbsp. flour
= 2 tsp. quick cooking tapioca
- 1 tsp. **baking powder** = ¼ tsp. baking soda plus ¾ tsp. cream of tartar
- 1 tsp. **double-acting baking powder** = 1 ½ tsp. phosphate baking powder or 2 tsp. tartrate baking powder
- 1 cup **butter** = 1 cup margarine (hard or brick-type)
= 1 cup shortening
- 1 cup **liquid honey** = 1 ¼ cups sugar plus ¼ cup liquid
- 1 cup **corn syrup** = 1 cup sugar plus ¼ cup liquid
- 1 cup **buttermilk** or **sour milk** = 1 tbsp. lemon juice or vinegar plus enough milk to make 1 cup (let stand 5 min.)
- 1 cup **buttermilk** = 1 cup plain yogurt
- 1 cup **sour cream** = 1 cup plain yogurt
- 1 cup **milk** = ½ cup evaporated milk plus ½ cup water
- 1 cup **skim milk** = 3 tbsp. skim milk powder plus 1 cup water
- 1 cup **cream** = ¾ cup milk plus ¼ cup butter
- 1 ounce **chocolate** (1 square) = 3 tbsp. cocoa plus 1 tbsp. butter or shortening
- 1 package **active dry yeast** = 1 tbsp. active dry yeast
- 1 **whole egg** = 2 egg yolks
- 1 cup **meat stock** = 1 cup consomme or 1 bouillon cube dissolved in 1 cup hot water
- 1 cup **tomato juice** = ½ cup tomato sauce plus ½ cup water
- 1 cup **tomato sauce** = ½ cup tomato paste plus ½ cup water
- 1 cup **tomato ketchup** = 1 cup tomato sauce plus ½ cup sugar plus 2 tbsp. vinegar
- 1 clove **garlic** = ¼ tsp. garlic powder
- 1 tsp. **dry mustard** = 1 tbsp. prepared mustard
- 1 small **onion** = 1 tbsp. dehydrated, minced onion
- 1 tsp. **fresh herbs** (eg) parsley, oregano = 1 tsp. dried

DESSERTS

CRUMB CAKE

Sara Ouellette
bj230

2 cups flour	1 tsp cloves
1 cup white sugar	1 tsp cinnamon
3/4 cup butter	1 egg
1 cup sour milk	1 cup raisins
1 tsp baking soda	

Combine flour, sugar and butter. Rub to crumbs. Take out 1 cup crumbs; reserve. Mix remaining crumbs with rest of ingredients. Sprinkle 1 cup reserved crumbs on top. Bake at 350°F for 30 to 40 minutes or until cake tests done.

ALMOND CHERRY CHEESECAKE

J-M Bavington
bj750

2/3 cup graham cracker crumbs	2 eggs
1/4 cup butter or margarine, melted	1 cup cherries
1/2 cup slivered almonds, broken	1 pt sour cream
1/4 cup sugar	5 Tbsp sugar
8 oz cream cheese, softened	1/2 tsp almond extract
1/4 cup sugar	Garnish:
	Slivered almonds
	Maraschino cherries

Mix first 4 ingredients together; press into bottom and up sides of 9 inch pie pan. Beat cream cheese and 1/4 cup sugar until fluffy. Mix in eggs until creamy and smooth. Stir in cherries. Pour mixture into crust. Bake at 375°F for 20 minutes. Cool 10 minutes. Mix sour cream, 5 tablespoons sugar and almond extract; pour over pie. Bake at 375°F for 5 minutes. Top with slivered almonds. Chill for 8 hours, or overnight, before serving. Garnish with cherries.

If you aim for nothing, you're sure to hit it.

AMAZING CHOCOLATE CAKE

Caroline Douglas
bk159

1 cup hot water	1 1/3 tsp baking soda
1/2 cup vegetable oil	2 eggs
2 squares unsweetened chocolate	1 1/2 cups sugar
2 cups flour	2/3 cup sour cream
2/3 tsp salt	1 tsp vanilla

Put water, oil and chocolate in top of double boiler. Melt chocolate mixture. Sift flour, salt and baking soda together. Beat eggs; add sugar, sour cream and vanilla. Add flour mixture alternately with chocolate mixture. Mix only until flour is blended. Pour into 8 inch greased pans. Bake at 350°F for 25 to 30 minutes. Serves 8 to 12.

BLACK JOE CAKE

Judith Simons
bm442

2 cups flour	1/2 tsp salt
2 cups sugar	2 eggs
3/4 cup cocoa	1 cup milk
1 1/2 tsp baking soda	1 cup vegetable oil
2 tsp baking powder	1 cup black coffee

Mix all ingredients in large bowl. Beat with electric mixer for 2 minutes at high speed. Batter will be thin. Pour into lined 8 inch pans. Bake at 350°F for 35 minutes, or until done.

Recipe also makes cupcakes but bake for only 25 minutes.

Cake is delicious with Quick Buttercream Frosting (page 80).

*Opportunity is missed by many people because
it comes dressed in overalls and looks like work.*

CARROT CAKE

Walter Brown
ab684

2 cups whole wheat or dark rye flour	2 Tbsp liquid honey
2 cups finely grated carrots	4 tsp baking soda
2/3 cup unsweetened applesauce	2 tsp ground cinnamon
2 eggs	1 tsp vanilla extract
1/4 cup sunflower oil	1/2 tsp nutmeg
	Cottage Cheese Frosting (page 80)

In large bowl, combine flour, baking soda, cinnamon and nutmeg. In medium bowl, combine applesauce, egg, oil, honey and vanilla. Use an electric mixer. Fold applesauce mixture into flour mixture, stirring well until blended. Mix in carrots. Pour batter into lightly oiled 8 inch square pan. Bake at 350°F for 1 hour and 10 minutes. A toothpick inserted in middle should come out clean.

After cake has cooled for 5 minutes, remove to cooling rack. Let cool completely. Frost with Cottage Cheese Frosting.

Variations:

- 1) Add 1/4 cup chopped walnuts or pecans.
- 2) Add 1/2 cup grated unsweetened coconut.
- 3) Substitute up to 1/2 cup soy flour for equal amount of whole wheat flour.
- 4) Substitute mashed banana for applesauce.

LEMON POPPY SEED CAKE

Michael Horne
au841

1 pkg lemon cake mix	1 1/2 cups water
1 pkg instant lemon pudding	1/2 cup vegetable oil
4 eggs	1/4 cup poppy seeds

Combine all ingredients using electric mixer; beat for 2 1/2 minutes. Pour mixture into angel cake pan sprayed with Pam. Bake for 40 to 45 minutes at 350°F.

Glaze with white sugar and lemon juice.

Variation: Bake mixture in 2 regular cake pans and frost with cream cheese frosting.

MA'S RED VELVET CAKE

Andre L. Ouellette
bf766

1/2 cup butter	1 tsp vanilla
1 1/2 cups sugar	1 tsp baking soda
2 eggs	1/2 tsp salt
2 oz bottle red food colouring	2 Tbsp vinegar
2 Tbsp cocoa	Beaten Butter Frosting
2 1/2 cups sifted cake flour	(page 79)
1 cup buttermilk	

Cream butter, sugar and eggs together well. Make a paste of colouring and cocoa; add to creamed mixture. Sift together flour and salt; add alternately with buttermilk and vanilla. Mix together vinegar and soda. Fold into mixture; do not beat. Pour into 2 greased 8 inch layer pans, lined with wax paper. Bake for 30 minutes at 350°F. Let cool completely. Split each layer in half (4 layers). Frost with Beaten Butter Frosting.

TOMATO SOUP CAKE

Donna Park
an931

1/3 cup butter, softened	1/2 cup sugar
1 1/2 cups flour	1 tsp baking soda
1 tsp baking powder	1/2 tsp ground cloves
1 tsp cinnamon	1 egg
12 oz can tomato soup	1 cup raisins

Preheat oven to 350°F. Cream butter and sugar. Sift dry ingredients together; add to butter mixture. Beat in egg and soup. Stir in raisins. Pour into small loaf pan. Bake for 25 to 30 minutes or until done.

*A person can fail many times but isn't
a failure until they blame somebody else.*

WICKED GOOD DARK CHOCOLATE CHEESECAKE

It's positively scrumptious!

*John W. Bienko
as312*

1 cup shortbread cookies, crushed	4 eggs
1/8 tsp orange flavouring	2 tsp vanilla
1 tsp grated orange peel	14 oz dark chocolate, melted
1/2 cup butter, melted	1 1/2 cups confectioners' sugar
24 oz cream cheese, softened	1 tsp grated orange peel
14 oz sweetened condensed milk	1/4 tsp orange flavouring
	1 Tbsp plus 2 tsp orange juice
	2 oz dark chocolate, melted

Mix together first 4 ingredients. Press into bottom of 9 inch springform pan. Beat cream cheese until fluffy. Slowly add next 4 ingredients. Pour into pan. Bake at 350°F for 1 hour and 15 minutes. Stir next 4 ingredients together; spread over cheesecake while still warm. Melt 2 ounces dark chocolate in plastic bag in microwave. Snip corner of bag to drizzle the chocolate decoration. Allow to cool before serving.

PEANUT HONEY BEES

*Sara Ouellette
b1230*

1 cup smooth peanut butter	1 square semi-sweet chocolate, melted
1/4 cup butter	Toasted almonds, sliced
1 cup icing sugar	
1 1/2 cups graham wafer crumbs	

Combine peanut butter, butter and sugar. Blend in crumbs thoroughly. Shape mixture into 1 inch ovals. Drizzle stripes of chocolate across tops of bees. Insert almonds on either side for wings. Store in refrigerator. Makes 28 to 30 bees.

*Sign under a mounted fish: If I had
kept my mouth shut I wouldn't be here.*

CAROLINE'S CHOCOLATE CHOCOLATE CHIP COOKIES

*Caroline Douglas
bk159*

1 cup flour
1/3 cup cocoa
1/2 tsp baking soda
**1/2 cup butter, room
temperature**

3/4 cup sugar
1 egg, room temperature
1 tsp vanilla
**3/4 cup chocolate chips or
chunks**

Sift the flour, cocoa and baking soda together; set aside. Cream butter. Add sugar, egg and vanilla. Add flour mixture gradually until just blended; do not overbeat. Stir in chocolate chips or chunks. Refrigerate the batter for 1/2 hour. Chill cookie sheets. Shape batter into 1 or 2 inch balls. Place 2 inches apart on greased, chilled cookie sheets. Bake 8 to 10 minutes at 350°F. They will look rather underbaked but will solidify when they are cool.

MONSTER COOKIES

*Pat Bailey
an915*

1 lb soft butter
4 cups white sugar
2 lb brown sugar
1 dozen eggs
3 lb peanut butter

1/4 cup vanilla
18 cups quick oatmeal
8 tsp baking powder
1 lb plain M&M's
12 oz chocolate chips

Preheat oven to 350°F. In a very large container (5 gallon basin), mix all ingredients together. Roll up your sleeves and use your hands at the very end. Using round ice cream scoop, drop onto greased cookie sheet; flatten slightly. You can get 6 on a sheet. Bake for 10 to 15 minutes. Cool a few minutes on sheet before removing to cooling rack. Store in airtight container. Makes 6 to 7 dozen.

Note: Do not try to do only 1/2 of recipe; it just doesn't come out the same. Cookies can be frozen for future use.

Few minds wear out; more rust out.

OATMEAL CHOCOLATE CHIP COOKIES

*Rick Seeley
ag297*

2 cups butter	4 cups flour
2 tsp baking soda	2 cups sugar
5 cups blended oatmeal*	24 oz chocolate chips
2 cups brown sugar	1 tsp salt
8 oz Hershey bar, grated	4 eggs
2 tsp baking powder	3 cups chopped nuts (your choice)
2 tsp vanilla	

*Measure oatmeal; blend in blender to a fine powder.

Cream together butter and both sugars; add eggs and vanilla. Mix together with flour, oatmeal, salt, baking powder and soda. Add chocolate chips, Hershey bar and nuts; mix. Roll into balls. Place 2 inches apart on cookie sheet and bake for 10 minutes at 375°F. Makes 112 cookies.

PEANUT BUTTER COOKIES

*Walter Brown
ab684*

2/3 cup peanut butter	2/3 cup whole wheat or corn flour
1/3 cup milk	2 tsp baking powder
1/3 cup sunflower oil	2 tsp ground cinnamon
1/3 cup raisins	1/2 tsp ground mace
1/4 cup liquid honey	1/4 tsp ground cloves
2 eggs	
2/3 cup rolled oats	

Thoroughly beat first 6 ingredients with electric mixer. In separate bowl, thoroughly mix remaining ingredients. Fold dry ingredients into wet ingredients. Spoon mixture onto 2 lightly oiled cookie sheets. Bake at 325°F for 10 to 12 minutes. Makes about 20 cookies.

Variation: Add 1/3 cup chocolate chips to dry ingredients.

Maintenance free means when it breaks it can't be fixed.

PEPPERCORN COOKIES

*Brett Delmage
aa693*

Serve these to guests and watch the looks on their faces when they take the first bite! Best served fresh as the pepper loses its oomph quickly.

3 cups all-purpose flour	1 Tbsp ground ginger (or more)
2 tsp baking powder	2 tsp ground cinnamon
1 cup butter	1/2 tsp ground cloves
2 tsp cracked black peppercorns	1 3/4 cups sugar
Generous pinch cayenne pepper	1 egg

Use mortar and pestle or coffee grinder (briefly) to crack peppercorns. Do not grind too finely. Heat oven to 400°F. Mix flour and baking powder in bowl. In another bowl, cream softened butter until fluffy. Beat in spices and sugar, then egg. Gradually beat in flour. Knead dough on floured surface several times. Divide dough into 3 pieces. Roll out each piece to 1/8 inch thickness. Cut into cookie shapes with cookie cutters. Bake cookies 1 inch apart on ungreased baking sheet. Bake about 10 to 12 minutes, or until edges are golden brown. Cool on wire rack.

SHORTBREAD

*Kate Whitridge
af377*

1/2 cup butter	1/4 cup brown sugar
1/2 cup margarine	2 cups flour
1/4 cup icing sugar	

Preheat oven to 300°F. Blend ingredients together. Roll out on a floured surface until about 1/2 inch thick. Cut out with medium or small cookie cutters. Bake for 25 minutes. Makes 3 or 4 dozen small cookies, 2 dozen medium cookies or 2 great big thistle molds.

What counts is not the number of hours you put in, but how much you put in your hours.

SPECULAAS

Dutch Christmas spice cookies

Brenda J. Sharpe

aj471

1/3 cup margarine or butter	1/8 tsp salt
1/3 cup brown sugar	1/8 tsp pepper
1/2 tsp ground cinnamon	1/8 tsp baking powder
1/4 tsp ground ginger	2 to 3 Tbsp milk
1/4 tsp ground cloves	1 cup all-purpose flour
1/8 tsp ground nutmeg	

Preheat oven to 375°F. Cream together margarine and sugar. Mix in spices, salt, pepper and baking powder. Add milk; gradually beat in flour. Roll out dough to 1/2 inch thickness. Using cookie cutters, make designs. Use traditional windmill or Sinterklaas shapes or children's initials. Bake on greased cookie sheets for 15 minutes or until cookies are lightly browned.

WORLD'S EASIEST PEANUT BUTTER COOKIES

Karen E. Peters

bi510

1 cup white sugar	1 egg
1 cup peanut butter	

Mix ingredients together in bowl; blend well. Drop by teaspoon onto cookie sheet. Bake at 350°F for 11 minutes or until golden.

Please Note: There is no typo in this recipe. There are only 3 ingredients and the cookies are great!

BEATEN BUTTER FROSTING

Andre L. Ouellette

bf766

1 cup milk	1/2 lb soft butter
2 Tbsp cornstarch	1 tsp vanilla
1 cup white sugar	

Mix together milk and cornstarch; cook over medium heat until thickened, stirring constantly. Remove from heat; cool completely. Beat sugar, butter and vanilla with mixer for 10 minutes. Fold in cold milk mixture; beat for 15 minutes or until like whipped cream. Spread between layers and on top of completely cooled cake. Keep frosted cake in refrigerator, as frosting tends to melt quickly.

Perfect for Ma's Red Velvet Cake (page 74).

APPLE CRUMBLE

*Anonymous
Anon.*

5 apples (about 3 cups sliced)	1/2 cup brown sugar
1/3 cup water	1/3 cup peanut butter
2 Tbsp lemon juice	2 Tbsp butter or margarine
3/4 cup quick cooking rolled oats	3/4 tsp cinnamon
	2 Tbsp flour

Arrange sliced apples in greased baking dish. Sprinkle apples with water, lemon juice and cinnamon. Combine remaining ingredients; spread over apples. Bake in 325°F oven 30 to 40 minutes, or until apples are done.

ORANGE SHERBET

*Walter Brown
ab684*

2 cups orange juice	1/4 cup liquid honey
2 1/2 cups liquid milk	1/4 cup lemon juice
1/2 cup powdered milk	1 Tbsp grated orange rind

Thoroughly combine all ingredients in blender. Be sure lid is on tightly. Pour into flat freezer proof dish. Place in freezer until firm, 3 to 6 hours. Spoon into food processor or blender; beat until fluffy. Return to freezer dish; place back in freezer. Freeze until solid, 1 to 3 hours.

TIRAMISU

*Caroline Douglas
bk159*

6 egg yolks	1 1/2 cups whipping cream
1/2 cup sugar	3/4 cup extra strong coffee
1/3 cup amaretto liqueur	24 giant ladyfingers
1/3 cup coffee	4 oz chopped chocolate
1 lb ricotta cheese	

Beat egg yolks with sugar for 5 minutes until light. Whisk in 1/4 cup amaretto liqueur and 1/4 cup coffee. Transfer to double boiler over gently simmering water. Whisk for 7 minutes, or until thickened; cool. Beat cheese until smooth; fold in egg mixture. Whip cream. Stir 1/4 of whipped cream into cheese mixture. Fold in remaining cream. Combine extra strong coffee and remaining amaretto liqueur and coffee. Arrange 12 ladyfingers in 11x7 inch glass baking dish. Brush with 1/2 of coffee mixture. Spread with 1/2 of cream mixture. Repeat layers; top with chocolate. Cover; refrigerate overnight. Can be frozen for 2 weeks. Thaw in refrigerator 24 hours before serving. Serves 10.

CLASSIC PECAN PIE

Andrew Loschman
ap490

1 cup corn syrup
1 tsp vanilla
1 cup sugar
1/4 tsp salt

3 eggs, beaten
1 cup fresh pecans
1/4 cup butter, melted
9 inch pie crust, unbaked

Combine syrup, sugar, eggs, butter, vanilla and salt; mix. Stir in nuts. Pour mixture into unbaked 9 inch pie crust. Bake at 375°F for 15 minutes, then 300°F for 1 hour and 45 minutes. Let cool.

FANTASTIC STRAWBERRY PIE

Tracey Anne Vibert
ap807

Crust:

2 egg whites
1/4 tsp cream of tartar
1/2 cup sugar

Filling:

1/2 cup cream cheese
1/2 cup light strawberry yogurt

Topping:

3 Tbsp cornstarch
1/2 cup sugar
1 cup water
1 1/2 cups strawberries,
mashed

Crust: Beat egg whites to stiff points. Gradually add cream of tartar and sugar. Spread in greased 9 inch pie plate. Bake at 225°F for 45 minutes. Turn heat off; leave in oven another 45 minutes.

Filling: Cream together cream cheese and yogurt. Spread on bottom of meringue crust.

Topping: Mix all ingredients together in small saucepan. Cook over medium heat until thick. Cool completely; spread over filling in crust. Keep refrigerated. Serve with whipped cream.

MAMIE'S EASY MAPLE PIE

Caroline Douglas
bk159

1 prepared baked pie crust
4 Tbsp butter
4 Tbsp flour

1 cup maple syrup
1 cup hot water

Melt butter in saucepan; add flour. Cook for 1 minute, stirring constantly. Remove from heat; add maple syrup and water. Mix well. Return to heat; bring to a boil, stirring constantly. Cool for 10 minutes; pour into pie crust. Decorate with whipped cream and maple candy.

NON ROLL PASTRY

Daniel C. Gallant
af891

4 cups sifted all-purpose flour **1/2 pt (10 oz) sour cream**
1 lb hard cold butter

Measure flour. Cut in butter; thoroughly blend with flour. Stir in sour cream. Press into 2 chunky rolls. Wrap in foil; chill.

This pastry works well with Sausage Rolls (page 6).

SHOOFLY PIE

Ginette Leduc
az253

1/2 cup hot water **1 tsp cinnamon**
1 cup dark molasses **1/4 tsp nutmeg**
2 eggs, beaten **1/4 tsp ginger**
1 1/4 cups self-rising yeast **3/4 pkg raisins**
1/3 cup butter **Graham cracker crumbs**

In a pie shell, arrange 1 cup graham cracker crumbs. Combine the first 3 ingredients. In separate bowl, combine next 5 ingredients. Alternate dry and wet ingredients. Sprinkle in 1/2 cup raisins. Finish off with graham crumbs and remaining raisins. Bake for 10 minutes at 450°F. Reduce heat to 350°F and bake for 20 to 25 minutes.

TARTE À LA FERLOUCHE

Molasses Pie

Andre L. Ouellette
bf766

9 inch pie shell, baked **1 1/2 cups water**
1/2 cup lightly packed brown **1/2 cup molasses**
 sugar **1 cup raisins**
5 Tbsp cornstarch **1 tsp grated orange rind**
1/8 tsp salt **Pinch nutmeg**

Combine sugar, cornstarch and salt in saucepan. Add water gradually, stirring until smooth. Stir in remaining ingredients. Cook over medium heat, stirring constantly, until thickened and clear. Remove from heat; cool to lukewarm. Turn lukewarm filling into baked pie shell. Refrigerate until ready to serve.

Garnish with unsweetened whipped cream.

Note: This recipe works just as well without raisins.

GRAND MARNIER APRICOT TOPPING *Andre L. Ouellette*
bf766

2 oz Grand Marnier liqueur **2 Tbsp butter**
19 oz can apricots, drained

Melt butter in skillet over medium high heat until bubbling. Do not burn butter! Slide in drained apricots; heat through, about 2 minutes. Pour in liqueur; stir for 30 seconds. Light mixture; let burn for 30 seconds. Extinguish by placing lid on skillet. Serve over French toast or waffles. Goes very well over vanilla ice cream too. Serves 4 to 6 people.

PEAR AND AMARETTO TOPPING *Andre L. Ouellette*
bf766

2 oz amaretto liqueur **2 Tbsp butter**
19 oz can pear halves, drained

Melt butter in skillet over medium high heat until bubbling. Do not burn butter! Slide in drained pears; heat through, about 2 minutes. Pour in liqueur; heat for 30 seconds. Light mixture; let burn for 30 seconds. Extinguish by placing lid on skillet. Serve hot, over French toast or waffles. Goes very well over vanilla ice cream too. Serves 4 to 6 people.

THE ULTIMATE BROWNIES *Anonymous*
Anon.

These are crispy on the outside and chewy on the inside. The flavour is not overwhelming (no need to rush for jug of milk), but sinfully delicious.

4 squares unsweetened **2 cups sugar**
chocolate **3 eggs**
1/2 cup butter **1 tsp vanilla extract (or more)**
1/4 cup butter **1 cup flour**
Pinch salt

Preheat oven to 350°F. Grease and flour 7x11 inch pan. In saucepan, melt chocolate and 1/4 cup butter over medium low heat. Be careful not to burn chocolate. Add pinch of salt. Remove from heat; set aside. In bowl, cream together 1/2 cup butter and sugar. Add eggs, one at a time, beating 1 minute between each addition. Add vanilla extract. Slowly add hot/warm chocolate/butter mixture; blend well. It is important not to overmix. Pour batter into prepared pan. Bake for 40 to 50 minutes. For a fudgier texture, bake less. For a more cake like texture, bake more. Place on wire rack; let cool. Cut into squares. Enjoy!

SHORTBREAD TARTS

*Lee Anne Watt
bb228*

**2 cups flour
1/2 cup icing sugar**

**1/2 cup cornstarch
1/2 lb butter or margarine**

Combine all ingredients. Add more margarine or butter, if needed, until mixture is pliable. Place small amount of dough into each greased tart cup. Finger press around all sides until dough is even and paper thin. Bake at 350°F approximately 12 minutes. Tap out of pan. Fill with favourite pie fillings and top with whipped cream, or fill with dates and top with maple icing. Makes 5 dozen. These tarts will keep for 2 months in a covered container.

BAVARIAN APPLE TORTE

*Shana Calixte
at023*

**1/2 cup margarine
1/3 cup sugar
1/4 tsp vanilla
1 cup flour
8 oz pkg cream cheese
1 egg, beaten
1/4 cup sugar**

**1/2 tsp vanilla
3 to 4 cups thinly sliced apples
1/3 cup sugar
1/2 tsp cinnamon
1/4 cup slivered almonds or
walnuts**

Mix first 4 ingredients. Press into greased flan pan or springform pan. Cream next 4 ingredients together until smooth. Spoon over base. Toss apples, 1/3 cup sugar and cinnamon together. Arrange over filling. Top with nuts. Bake at 450°F for 10 minutes, then at 400°F for 25 minutes. Serve warm. Makes 8 servings.

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