



36th Annual Cookbook

RECIPES

From Our Readers

TIMES NEWS

— MEDIA GROUP —


LEHIGH VALLEY PRESS **LVP**

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2023

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TIMES NEWS

— MEDIA GROUP —

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Appetizers

CUCUMBER SALAD Amber Adams Leighton

5 pounds cucumbers
(about 5-6 cucumbers,
peeled)

1 sweet onion,
sliced thin, optional
30 ounce Hellman's
(mayonnaise) plus 2
heaping tablespoons

2 cups milk (I usual-
ly empty the mayo jar
first, then put 1 cup
milk in it and shake,
then dump into mix-
ture, add the second
cup and repeat)

2 cups sugar
½ cup cider vinegar
1 teaspoon salt
1 tablespoon parsley

Whisk all ingredi-
ents together until
sugar is pretty much
dissolved. Using man-
dolin slicer, slice cu-
cumbers to desired
thickness. Slice onion
in half after peeling
and slice to desired
thickness. Make the
night before you are
going to eat it and mix
up a few times until
you eat it.

SHRIMP LOG Rosie Kereczman Bethlehem

8 ounce package cream
cheese

Small can shrimp, well
drained

½ teaspoon minced
onion

1 cup ketchup

Hot or regular horse-
radish of choice and add
desired amount to the
ketchup. Mix well.

Mix softened cream
cheese with the onion
and well drained shrimp.
Form into a log. Take the
ketchup and horseradish
mixture and pour over



Deviled eggs are a good appetizer. METROGRAPHICS

the log right before you
serve it. Serve on small
oval plate or platter and
add crackers for spread-
ing.

BISQUICK SAUSAGE ROLLS Vera Nederostek Northampton

3 cups Bisquick
1 pound pork sausage
16 ounces sharp ched-
dar cheese, grated
½ cup milk
1½ teaspoon Italian
seasoning

Preheat oven to 350
degrees. Spray a rimmed
baking dish with non-
stick cooking spray. In
a mixing bowl, combine
all ingredients. Using
a cooking scoop, shape
into 1-inch balls, squeez-
ing sausage balls so they
hold their form. Place on
baking sheet. Bake until
brown, about 20 to 25 min-
utes. Best served warm.

DEVILED EGGS Marianne Brunner Northampton

6 hard cooked eggs
3 ounces cream cheese,
room temperature
1 tablespoon mayon-
naise
1 teaspoon lemon juice
½ teaspoon curry pow-
der or dry mustard
Salt and pepper to
taste

in refrigerator. To serve,
dry whites with paper
towels and fill.

MEXICAN CORNBREAD Patricia Fisher Orefield

1 17-ounce can creamed
corn
1 cup buttermilk
½ cup salad oil
2 eggs, beaten
1 small box Jiffy corn-
bread

¼ cup Picante sauce
1½ cups cheddar
cheese, shredded
¼ cup onions, chopped

Combine corn, butter-
milk, oil and eggs; mix
well. Stir in cornbread
mix, sauce, cheese and
onion. Mix until blended.
Pour into greased cake
pan. Bake at 350 degrees
about 20-25 minutes. Will
be soft set.

See **APPETIZERS** on Page 4

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Appetizers

CHEESE SPREAD

**Marianne Brunner
Northampton**

1 8-ounce cheddar
cheese, grated
1 8-ounce package
Philadelphia cream
cheese
½ cup mayonnaise
1 tablespoon rum or
brandy
1 tablespoon onion,
chopped
Nuts, chopped

Mix and form in a ball.
Coat with nuts.

SPINACH BALLS

**Marianne Brunner
Northampton**

2 10-ounce packages
frozen spinach, chopped
2 cups seasoned stuff-
ing mix
1 cup Parmesan
cheese, grated
6 eggs, beaten
¾ cup butter or mar-
garine, softened
Salt and pepper to
taste

Cook and drain spin-

ach. Squeeze out extra
water. Combine all ingre-
dients. Chill. Make balls.
Chill. Bake 350 degrees
on ungreased sheet for 12
minutes.

FRUIT DIP

**Betty Karper
Jim Thorpe**

1 frozen can of Piña
Colada mix
1 16-ounce can crushed
pineapple, drained
1 8-ounce container
whipped topping.

Mix together the Co-
lada mix and pineap-
ple. Fold in the whipped
cream and chill. Serve
with any kind of fruit.

BUFFALO CHICKEN DIP

**Harry Nonnemacher
Lehighton**

2 cups of chicken
breasts, cooked (I use a
rotisserie chicken)
8 ounces of cream
cheese
8 ounces of blue cheese
dressing
2 cups of cheddar

cheese, shredded
6-8 ounces Frank's Hot
Sauce

Combine all ingredi-
ents except ½ cup of the
shredded cheese. Mix all
the ingredients thorough-
ly and mix in 6-8 ounces
of Frank's Hot Sauce. Put
in baking dish and place
the remaining ½ cup of
cheese on top. Bake at 350
degrees for approximate-
ly 25 minutes.

CELERY CHEESE BALLS

**Ruth Arnold
Coaldale**

1 cup celery, finely
chopped
3 ounces cream cheese
Salt and pepper to taste
1 tablespoon parsley,
chopped
Paprika

In large bowl, blend
celery with cream cheese.
Season with salt and pep-
per. Shape into 12 balls
and roll in parsley. Sprin-
kle with paprika. Put on
plate and refrigerate un-

til firm. Makes 1 dozen.

WHISKEY DOGS

**Geneva Bath
Macungie**

2 pounds hot dogs, cut
into coins
1 cup ketchup
1 cup brown sugar
1 cup whiskey, any
kind
½ pack dry onion soup
mix

Mix together ketchup,
brown sugar, whiskey
and simmer 45 minutes.
Add soup mix and hot
dogs and simmer for 1
hour. Enjoy.

DIP FOR APPLES

**Marianne Brunner
Northampton**

8 ounces cream cheese
2 tablespoons milk
2 tablespoons brown
sugar
2 teaspoons cinnamon
2 teaspoons vanilla

Mix together well un-
til smooth.

See **APPETIZERS** on Page 5

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Nesquehoning, PA

Appetizers

FRANCES CLEMONSON'S PIEROGI DOUGH Ronald Robertshaw Tamaqua

3 eggs
1 cup sour cream
3 cups flour plus 1 cup
flour
½ teaspoon baking
powder
1 teaspoon salt
Water as needed

Use room temperature eggs and sour cream. Beat eggs and add sour cream. Add baking powder, salt and 3 cups flour. Mix until well blended. Add fourth cup of flour and knead dough until smooth and workable. Roll one piece of dough on

a lightly floured surface. Cut circles with a cookie cutter, pierogie cutter or drinking glass. Spoon about 1½ tablespoon of filling (below) onto the center; brush a little water on edge and fold over into half circles. Press with a fork to seal edges. Set aside to dry slightly.

To cook: Heat a large pot of slightly salted water to a very gently boil. (avoid a rolling boil). Drop pierogi a few at a time to avoid sticking. They are done when they float; about 8-10 minutes. Remove with a slotted spoon, rinse in cool water, set aside separated and cook the rest. Saute chopped onions in butter

until onions are soft. Add pierogi to pan and fry until lightly crispy. Serve with a side of sour cream.

Pierogi filling:

Potato cheese:

2 cups mashed potatoes
2 tablespoons butter, melted
1 cup onion, chopped, very fine, sautéed
2 garlic cloves, minced fine (optional)
1½ cups Cheddar cheese, shredded
Salt and pepper to taste
Warm mashed potatoes enough so cheese melts. Add butter, onion, garlic (if using), salt and pepper. Mix until well blended. Fill pierogi circles and crimp.

Sauerkraut filling:

1 cup sauerkraut, drained and chopped
1 cup onion, very finely chopped
2 tablespoons sour cream
¼ teaspoon salt
¼ teaspoon black pepper

Blend all together after sautéing onions in butter until soft.

Cheese filling:

8 ounce cottage cheese, Ricotta or Farmer's cheese
½ cup onion, chopped very fine

Drain cheese. Lightly brown onion in butter and cool. Add cheese, salt and pepper. Mix well.

See **APPETIZERS** on Page 6

JENNIE MARADEO'S ITALIAN RICE BALLS Jennifer Domines Nesquehoning

Part 1 — Cook 1 pound of rice, then strain. Add 1 tablespoon margarine, 12 ounces of grated Romano cheese and 2 eggs. Mix all and place into refrigerator.

Part 2 — Simmer 1 pound of ground meat on stove top while adding ¼ cup of water, 1 small can of tomato paste, 1 tablespoon sugar and 6 tablespoons of minced onion. Mix and simmer until consistency is like dry barbecue. Let cool and then refrigerate.

Both steps 1 and 2 should be done several hours before preparing or overnight for settling and thickening.

Step 3 — Make small meatballs from meat mixture and then roll in a bowl of grated Romano cheese. (All meat can be rolled and prepped first)

Step 4 — Roll a larger ball of rice, then poke a hole with thumb into the rice ball large enough to place a ball of meat, while working the rice back to surround the filling. Repeat for each.

Part 5 — Lastly, roll the rice balls in Italian breadcrumb and deep fry at 400 degrees. (Air frying is also great with them, just pat oil with hands around each rice ball before placing in air fryer.)



Italian Rice Balls

Appetizers

HOLIDAY CRAB DIP Donna Hall Lehighton

6 ounces crabmeat
8 ounces cream cheese
½ cup mayonnaise
1 teaspoon prepared mustard
1 teaspoon horseradish
1½ teaspoon dried onion
½ teaspoon seasoned salt
1 tablespoon coarsely chopped parsley
Dash of garlic powder

Cream together the cream cheese, mayonnaise, mustard, horseradish, onion, salt, parsley, and garlic powder. Fold in chopped crabmeat. Serve hot or cold with crisp veggies or crackers. If served cold, mound and top with cocktail sauce.

CRANBERRY MEATBALLS Vera Nederostek Northampton

1 pound ground turkey
1 cup Panko bread crumbs
1 large egg
¼ cup milk



Cranberry meatballs are a favorite. METROGRAPHICS

¼ onion, minced
1 teaspoon salt
¼ teaspoon pepper
Sauce:
¾ cup jellied cranberry sauce
½ cup chili sauce
¼ cup BBQ sauce
2 tablespoons orange juice
½ teaspoon Dijon mustard
½ teaspoon sriracha chili sauce
½ teaspoon salt
½ teaspoon pepper

In a medium mixing bowl, combine ground turkey, Panko bread crumbs, egg, milk, minced onion, salt and

pepper. Mix well, then roll into 1½ inch balls for meatballs and place in rows on a rimmed baking sheet. Bake at 350 degrees for 20-25 minutes or until fully cooked through.

In a large saucepan, combine ingredients for sauce. Bring to a boil, lower heat, and simmer until sauce is thickened and reduced. Add the meatballs to the saucepan and stir to coat. You can also transfer the mixture to a slow cooker on low heat if desired. Garnish meatballs with orange zest (optional) and serve with toothpicks.

CHEESECAKE DIP Donna R. Lehighton Area Lioness Lions Club

8 ounce Philly light cream cheese
1 container light whipped topping.
32 ounce plain Greek yogurt
1 package cheesecake pudding mix (Jell-O brand) (2 if doubling)

Mix all ingredients in bowl. Chill in refrigerator.

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Game Day

HOAGIE DIP

**Amber Adams
Leighton**

¼ pound spiced ham
¼ pound hard salami
¼ pound cooked ham
¼ pound American
cheese
¼ pound provolone
cheese

¼-½ cup mayo (start
with ¼ cup and add more
if needed or to liking)

3-5 lettuce leaves
(washed or just a handful
of prewashed lettuce)

¼-½ medium tomato
(start with ¼ of a tomato)

¼ small onion (optional)

Bagels (quartered)

In food processor,
grind up each meat and
cheese, one by one and
put into a bowl. Followed
by tomato, lettuce and on-
ion in food processor; add
to bowl of meat/cheeses.
Mix well. Add ¼ cup
mayo and mix well again.
If you feel you want/need
more tomato or mayo,
grind in food processor
and add to mixture. Mix
well.

CROCKPOT CHICKEN

**SANDWICHES
Vera Nederostek
Northampton**

2 pounds chicken
breasts

1 packet ranch dress-
ing mix

1 8-ounce block cream
cheese

½ to ¾ cup cooked
crumbled bacon, depend-
ing on how much you like
bacon

1 cup shredded ched-
dar cheese

4 green onions, sliced

Buns, croissants, torti-
llas

In slow cooker add
chicken, sprinkle with

ranch and then place
cream cheese on top. Cover
and cook on low for 6-7
hours. Remove lid and
shred chicken and stir-
ring in the cream cheese.
Add your cheddar cheese,
bacon and green onions
and give it a stir to com-
bine. Serve on buns,
croissants, tortillas, etc.

PA DUTCH TURKEY BBQ

**Karen Christman
Palmerton**

Season turkey with
poultry seasoning and
pepper

Put a whole turkey in
crockpot

Pat with garlic powder
When done take turkey
off the bone

Cut up and put in crock
pot on low.

Keep the turkey drip-
pings.

Strain the drippings
and put a stick of butter,
2 cans of cream of celery
soup and add one can of
water. Add to the turkey
in crock pot. Serve with
rolls.

CREAMY PEANUT BUTTER FUDGE

**Vera Nederostek
Northampton**

Butter for greasing foil

2 cups sugar

½ cup milk

1 1/3 cups peanut but-
ter

1 jar (7 ounce) marsh-
mallow creme

Line an 8-inch square
pan with foil and butter
the foil well. Set aside. In a
medium saucepan, bring
the milk and sugar to a
boil. Boil for 4 minutes.
Add the peanut butter
and marshmallow creme
and mix well. Quickly
pour the mixture into the
prepared pan. Chill until
set. Cut into squares.

See **GAME DAY** on Page 8



Lake Hauto Old Fashioned

LAKE HAUTO OLD FASHIONED

**Deborah Yuskauskas
Lake Hauto**

Muddle 2 maraschino cherries in a glass
with a little cherry juice

Fill glass with ice

Combine in shaker:

1.5 ounces bourbon

1.5 ounces amaretto

0.5 ounces lemon juice

Four drops bitters

Pour over ice and muddled cherries. Enjoy.

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Game Day

CROCKPOT MEATBALLS Vera Nederostek Northampton

1 jar of chili sauce
1 jar of grape jelly
1 package of Italian
style meatballs

In a large pot, pour the meatballs, chili sauce and grape jelly altogether on medium heat and cook until done.

DESSERT PIZZA Janet Galasso Leighton

1 tube refrigerated
croissant dough
8 ounce cream cheese
¼ cup sugar
Fresh fruit — straw-
berries, grapes, pineapple

chunks

Spread croissant dough on pizza pan. Mix cream cheese and sugar together. Bake croissant dough for 3 or 4 minutes until you see it turn brown. When cool, spread cream cheese mixture on top of crust, on top of cream cheese put the fresh fruit.

EASY HOMEMADE SALSA

Vera Nederostek
Northampton

6 tomatoes
3 jalapeños (warning:
hot)
1 medium white onion
½ medium red onion
1 cup cilantro (I'm a
fiend — so a little less if

you aren't)

5 cloves garlic
3 lime juice (even
throw in some of the pulp)
1 tablespoon cumin
1 teaspoon sea salt
(more can always be added
but not taken away)
1 teaspoon chili powder
1 cup (2-3 ears) of
grilled/pan fried corn

If pan frying it, try putting in 3 tablespoons of pineapple juice and 2 tablespoons EVOO. Since you are using pans now, I would probably add the garlic, salt, half the cilantro, cumin and chili powder now.

Sweeten it up with diced fruit of your choice; pineapple, mango, peach, etc.

WATERGATE DESSERT

Marianne Brunner
Northampton

1 can (regular size)
crushed pineapple and
juice
1 package pistachio
pudding
1 or 2 cups small
marshmallows
1 cup walnuts, coarsely
chopped
1 big container
whipped topping
In bowl, add can of
pineapple with juice.
Fold in the pudding and
add the marshmallows.
Add the walnuts and Cool
Whip and mix well. Re-
frigerate until ready to
serve.

See **GAME DAY** on Page 9

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Game Day

BAKE BEANS Marianne Brunner Northampton

½ pound bacon
3 large cans Campbells
baked beans
½ cup brown sugar
¼ cup Heinz tomato
ketchup
3 teaspoons prepared
mustard
¼ onion, chopped very
fine

After frying the bacon, drain all but 3 tablespoons of the fat. Add the baked beans, brown sugar, ketchup, mustard, onions. Mix together and heat. Bake in over at 350 degrees for 1 hour. Serves 25. Guaranteed to be good by E.L. Rogers.

VEGETABLE DIP Marianne Brunner Northampton

8 ounces cream cheese
⅔ cup Miracle Whip
1 tablespoon onion,
chopped
1 tablespoon Salad Supreme
1 tablespoon parsley
1 tablespoon chives,
chopped — freeze dried

Mix all together and chill.

CREAMY THREE CHEESE DIP Betty Karper Jim Thorpe

1 8-ounce package
cream cheese, softened
½ cup milk
2 cups (8 ounces) sharp
cheddar cheese, shredded
½ cup Parmesan
cheese, grated

In a small bowl, with electric mixer at medium speed, beat cream cheese until smooth. Gradually blend milk. Add remaining cheeses, beating until well blended.



Korbyn Berger

KORBYN'S SLOPPY JOES Korbyn Berger - Age 12 Summit Hill

1 pound ground meat
½ cup onion, chopped
8 ounces tomato sauce
½ cup ketchup
2 tablespoons brown sugar
1 tablespoon apple cider vinegar
1 teaspoon Worcestershire sauce

Place ground meat and chopped onions in a skillet. Over medium heat, stir until meat is browned and onions are cooked. Drain any fat that has collected in the skillet. Stir in the rest of the ingredients. Reduce heat and simmer 20 minutes, stirring occasionally. Serve on sandwich buns with shredded cheese on top and side of chips.

MEATBALLS WITH GRAPE JELLY Donna Hall Times News Advertising Dept.

1 ½ pounds ground beef
½ cup onion, finely
chopped
½ cup cornflakes cere-

al, crushed
½ teaspoon salt
¼ teaspoon garlic powder
½ teaspoon pepper
2 eggs, slightly beaten
1 6-ounce jar grape jelly
1 12-ounce bottle chili
sauce

Heat oven to 375 degrees. In a large bowl, combine beef, onion, cereal, salt, garlic powder, pepper and eggs. Blend well. Shape into 1-inch balls; place on an ungreased baking pan. Bake at 375 degrees for 25 to 30 minutes or until browned and thoroughly baked. In a large saucepan, combine jelly and chili sauce. Bring to a boil over medium heat. Reduce heat; simmer 5 minutes, stirring occasionally. Add meatballs to sauce; stir to coat. Cook over medium heat about 5 minutes or until thoroughly heated, stirring occasionally. Makes 34 meatballs.

TOUCHDOWN TURKEY BARBECUE Tina Garavaglia Nesquehoning

1 or 2 tablespoons butter
1 or 2 onions, diced
3 or 4 celery stalks,
diced
2 or 3 cups turkey, cut
fine or put in a food processor
1 medium can tomato
sauce
½ cup ketchup
1 or 2 bay leaves, whole-
take out when cooked
Salt and pepper to taste
1 or 2 cloves garlic or
garlic powder
Kaiser rolls or favorite
buns

Saute onion and celery with butter in large pan until soft. Add turkey and the rest of the ingredients. Simmer for 30 to 45 minutes. Remove bay leaves. Serve on your favorite kaiser rolls. Ingredients can be increased for larger batch. Recipe is also good for pork and beef.

Game Day

BINGO BAR-B-QUE Rosie Kereczman Bethlehem

1 tablespoon vegetable oil
1 stalk celery, chopped
1 green pepper, chopped
1 onion, chopped
1½ pounds 80% hamburger
1 small can tomato sauce
2½ tablespoons sweet relish

Fry in 1 tablespoon vegetable oil the celery, green pepper and onion until soft. Add the hamburger and saute till meat is browned. Add the tomato sauce and the sweet relish. Lower heat and let the entire mixture blend well. Serve on hamburger

rolls.

GRACE'S BAKED MACARONI AND CHEESE Larry Runner Galeton, PA (Potter County)

½ pound dried macaroni, cooked and drained
8 ounce block Kraft Vermont sharp cheese — either shredded or cubed
1 12-ounce can evaporated milk
Salt and pepper to taste

Preheat oven to 400 degrees. Grease baking dish. Place macaroni and milk into dish, add three-quarters of the cheese and stir. Add salt and pepper. Top with remaining cheese (I cover with foil until I want to brown it).



Larry Runner's Macaroni and Cheese.

Bake at 400 degrees till cheese is melted then remove lid to brown.

Time varies by stove and dish used.

See **GAME DAY** on Page 11

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Game Day

MICROWAVE FUDGE Betty Karper Jim Thorpe

2 bags of chocolate chips
1 can condensed milk
1 cup peanut butter

Mix all ingredients together and put in the microwave for 3 minutes. Roll into balls or press into baking dish. Chill.

SHEILA'S KEEPSAKE BROWNIES Sheila Panik Whitehall

4 squares unsweetened chocolate
1 cup butter (2 sticks), softened
2 cups sugar
3 eggs, beaten
1 teaspoon vanilla
1 cup nuts, chopped
1 cup flour, sifted
¼ teaspoon salt

Melt chocolate and butter on "low" setting. Add sugar, eggs and vanilla. Mix well. Stir in nuts. Add flour and salt. Pour into greased and floured pan. Bake at 350 degrees for 35-40 minutes.

Icing:

1 stick butter, softened
Confectioners sugar to taste
1 teaspoon vanilla
4 tablespoons cocoa
Dash of salt
4 tablespoons milk
1 teaspoon instant coffee.

Mix together and frost the brownies when cool. "These are the best brownies ever baked. The recipe was used by my late mother and was always a crowd pleaser."

IRISH B&B CHILE Tracy Strohl Palmerton

3½ pounds of 80/20 ground beef
1 pound fresh bacon
3 small yellow cooking onions
7 cloves of garlic
1 poblano pepper
2 (40.5-ounce) cans of kidney beans
2 (15-ounce) cans of black beans
2 (15-ounce) cans of navy beans
1 (15-ounce) can of light red kidney beans
1 (15-ounce) can of pin-to beans

2 cups of cold coffee
1 stick of butter
2 (24-ounce) cans of tomato sauce
1½ cups of water
2 (14.5-ounce) cans of diced tomatoes
1 (28-ounce) can of whole tomatoes
1 (6-ounce) can of tomato paste
2 (14.9-ounce) cans of Guinness beer
½ cup of chili powder
1 tablespoon Smoke-house Maple seasoning
1 tablespoon Brown Sugar Bourbon seasoning
1 tablespoon Mesquite seasoning
1 tablespoon Southwest 7 Pepper Seasoning
1 tablespoon olive oil
1 teaspoon thyme
1 teaspoon sea salt
½ teaspoon cracked black pepper

Add olive oil to saute pan, 3 onions diced and the 7 cloves of garlic and saute until onions are golden brown. When done add thyme to mixture. In to the stock pot, add stick of butter. Melt butter half-way, add onion mixture from saute pan.

While the butter and onions are cooking down, take poblano pepper and char on stove top. Once charred, remove the black skin and seeds. Dice poblano pepper and add to stock pot. Thoroughly wash and rinse all of the beans and let drain. Once drained, add to stock pot.

Then cook hamburger in same saute pan, while cooking add rest of seasonings. Once meat is thoroughly cooked, then transfer meat mixture to stock pot. Cook off bacon in saute pan. Once cooked, dice bacon into bite sized pieces and add to stock pot.

Take half amount of cold coffee and pour into

stock pot. Pour in 1 can of Guinness. Add diced tomatoes, whole tomatoes and tomato sauce to stock pot. Rinse out tomato sauce container with 1½ cups of water.

Stir constantly on medium/low heat so chili doesn't burn. Let thicken for 2-3 hours or until desired consistency. Once thickened, add in the remaining coffee and another can of Guinness, let simmer. Enjoy.

Prep time: 1 hour. Cook time: 3-4 hours. Serves: 15-20 servings;

Optional garnishes: Red onions diced, sprinkle of cheddar cheese or a dollop of sour cream.

GRACI'S BAKED BEANS LARRY RUNNER GALETON, PA (POTTER COUNTY)

2 cans Van Camp pork and beans (do not like Campbell's pork and beans)

1 small onion, chopped
¼ green bell pepper, chopped
½ cup ketchup
1 tablespoon of mustard

Several dashes of Texas Pete hot sauce

¼ cup brown sugar (I use 1/8 cup Truvia brown sugar substitute)

3 strips of bacon cut into 1 inch pieces

Preheat oven to 400 degrees. Take 2 cans of pork and beans and drain off a little of the juices. (Too much juice will make soupy beans). Mix all ingredients together except for bacon. Put in sprayed casserole dish or aluminum disposable pan with Pam and put bacon on top and bake for 1½ to 2 hours till bacon is brown on top.



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~ Main Dish ~

BAKED CHICKEN RICE

**Diane Wieser
Bethlehem**

1 ½-2 cups rice
1 can cream of mushroom soup
1 can cream of chicken soup
1 can cream of celery soup
1 or 2 cups milk
4 pounds chicken breast
1 package onion soup mix

Grease bottom of baking pan. Add rice and cover bottom. Combine soup, milk; beat and stir until blended then pour mixture over rice and stir. Place large pieces of chicken on top. Sprinkle package of onion soup mix. Bake at 325 degrees

for 2 hours.

FORGOTTEN CHICKEN

**Vera Nederostek
Northampton**

1 pound boneless, skinless chicken breasts
2 cups instant rice
1 can cream of mushroom soup
1 can cream of chicken soup
1 can of water (I use one of the soup cans)
1 envelope onion soup mix
1 tablespoon butter

Preheat oven to 350 degrees. Grease a 9-inch by 13-inch baking dish. In a medium bowl, combine the cream of mushroom soup, cream of chicken soup, instant rice and one can of water. Mix well and

pour into the prepared casserole dish. Arrange the chicken breasts on top of the rice mixture. Sprinkle Lipton Onion Soup mix evenly over chicken breasts. Cover dish with foil and bake for 45 to 50 minutes, or until chicken is cooked through.

HORSERADISH SALMON

**Harry Nonnemacher
Leighton**

2 tablespoons dill
2 tablespoons olive oil
½ cup Panko bread crumbs
2 tablespoons horseradish
4 (5-6) ounces salmon

Preheat oven to 400 degrees. Line a large bake pan with aluminum foil. In bowl, combine Panko,

horseradish, dill and oil. Sprinkle salmon with salt and pepper generously and place on cookie sheet. Press Panko mixture on salmon. Bake until golden brown and salmon is flaky.

HAMBURGER BBQ

**Kelly Smith
Slatington**

2 ½ pounds hamburger
¾ cup onion, chopped
1 ½ cup ketchup
1 ½ teaspoon spicy mustard
1 teaspoon vinegar
½ cup sugar — little less

Brown hamburger and onion. Drain grease. Add remaining ingredients and simmer for ½ hour.

See **MAIN DISH** on Page 13



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Main Dish

HALUPKI SOUP Carol Zickler Northern Lebanon

1 large head cabbage
1 large can beef broth
1 large can plain tomato sauce
1 large onion
2 pounds ground beef
2-3 cups cooked rice
Salt, pepper and garlic salt to taste

Mix beef broth with enough water to cover cabbage. Chop cabbage and boil in the beef broth until soft (approx. 30 minutes). Brown the onion and ground beef; then drain. Cook 2-3 cups rice. After everything is cooked, blend together (including broth, the cabbage was boiled in) and add tomato sauce and season to taste. Simmer for 15 to 20 minutes to blend.

OVERNIGHT MORNING BREAKFAST CASSEROLE Lynn Green Allentown

1 32-ounce bag Ore-Ida Southern hash browns (or generic brand small cubed frozen potatoes)
2 pounds bulk pork sausage, browned and seasoned with garlic
1 pound fried, crumbled bacon
1 pound cubed ham (optional)
(Combine meats, set aside)
4 cups shredded cheddar or Monterey Jack cheese (or a mixture)
16 eggs
1 pint milk
1 cup sour cream (regular or light)
¼ cup butter or margarine (optional)
Salt, pepper, onion powder, hot Hungarian and/or sweet paprika to taste (about 1 tablespoon

of each)

Directions:

Spray slow cooker liberally with nonstick cooking spray or use a liner. Place a layer of frozen potatoes on the bottom, followed by a layer of sausage and bacon, then a layer of cheese. Repeat the layering process two more times, ending with a layer of cheese. Beat the eggs, milk, sour cream, margarine, and seasonings then pour evenly over top. Sprinkle with paprika. Cover and cook on low for 8-10 hours.

SALISBURY STEAK Vera Niderostek Northampton

1 10-ounce can Campbell's French onion soup
1½ pounds ground beef
½ cup breadcrumbs
1 egg
¼ teaspoon salt
Ground black pepper, to taste
1 tablespoon all-purpose flour
¼ cup ketchup
3 teaspoons Worcestershire sauce, to taste
½ teaspoon mustard powder
¼ cup water

In a large bowl, mix together 1 cup condensed French onion soup with ground beef, breadcrumbs, egg, salt and black pepper. Shape into oval patties. In a large skillet, over medium-high heat, brown both sides of patties. Pour off excess fat. In a small bowl, blend flour and remaining soup until smooth. Mix in ketchup, water, Worcestershire sauce and mustard powder. Pour over meat in skillet. Cover and cook for 20 minutes, stirring occasionally.

See **MAIN DISH** on Page 14

The Mrs. Bush's Difference

Recipe

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3 Cups FORGIVENESS	1 Cup FRIENDSHIP
5 Tsp. HOPE	2 Tsp. TENDERNESS
4 Qts. FAITH	1 Barrel LAUGHTER

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~ Main Dish ~

PRESSURE COOKER VENISON STEW Linda Wechsler New Ringgold

1 to 2 pounds venison, with all the silvery sinew removed. Cut into 2 inch cubes (bite sized pieces) then coat meat in 3 tablespoons Worcestershire sauce. Let it marinate 30 minutes.

Backstrap is a good choice

2 tablespoons olive oil
2 ribs celery, diced
1 small onion, diced
½ envelope of onion soup mix

1 teaspoon of Herb De Provence French spice
2 carrots, diced
1 clove garlic, minced
1 teaspoon onion powder

1 teaspoon seasoned salt
¾ teaspoon black pepper

1 12-ounce bottle of warm lager beer (Yuengling) opened and set out for about 1 hour or longer, or 1 cup dry red wine

1 cup beef broth
1 15-ounce can petite diced tomatoes
3 to 4 large, peeled potatoes, diced. (not too small or they'll disappear)

Add olive oil to pressure pot. Saute venison on high till browned. Remove your meat till later. Add your onions, celery, carrots, garlic, seasoned salt, saute until softened. Slowly deglaze your pan with the lager beer getting all that good stuff off bottom of your pot.

Add your meat back in, beef broth, onion powder, herbes de Provence, pepper, petite tomatoes and dry soup mix, stir everything together. Add diced potatoes on top. Do not stir. Pressure cook on high 30 minutes with a natural 10-minute release.

While venison stew is in natural 10 minute release make your roux. **Make a roux:** 2 tablespoons flour, 2 tablespoons butter. In a small pan, melt the butter and stir in the flour until to a light tan paste. Set aside and wait for your pressure cooker to finish cooking. Slowly add your roux and mix together. Saute on low 4 more minutes. Serve with some good bread or rolls.

GREEN CURRY CHICKEN DRUMSTICKS Teresa Gable Orefield

4 tablespoons curry paste

2 teaspoons Miriam or white wine

2 tablespoons oil
Course sale for garnish

Mix all together and

rub all over the drumsticks including under the skin. Let the chicken marinade for 15 minutes. Bake at 375 minutes for 25 minutes. Sprinkle with course salt. Serve hot. It is a wonderful easy dish.

SLICED BAKED POTATOES

Vera Nederostek
Northampton

4 medium potatoes, Russet is what I use

¼ teaspoon salt
teaspoon pepper
pepper
teaspoon garlic
teaspoon paprika
4 to 6 tablespoons olive oil

Wash and dry the potatoes. Slice the potatoes, no more than halfway down side by side, (you can also do the slices at angles to get a crispier potato). Preheat the oven to

400 degrees. Mix the seasoning all together. Spritz the potatoes with olive oil. Sprinkle the seasoning mixture evenly over the potatoes. Set the potatoes on a parchment lined baking tray. Bake 40 to 45 minutes.

ELEGANT CHICKEN David Koch Leighton

4 whole boneless chicken breasts

8 slices bacon

4 ounces chipped dried beef

1 can of cream of mushroom soup

1 cup of sour cream

Wrap 2 strips of bacon around each chicken breast. Cover the bottom of a greased 9-inch by 12-inch baking dish with dried beef, arrange chicken on top. Bake for 20 minutes at 400 degrees. Enjoy.

NAN'S TOMATO NOODLES Caren Watson New Tripoli

½ box of wide egg noodles, cook until al dente, drain

Salt, pepper, garlic, parsley to taste

14 ounce can tomato sauce

14 ounce can stewed tomatoes

1 cup extra sharp cheese

1 cup Swiss cheese

Add cooked noodles to a 9-inch by 12-inch casserole dish. Add salt, pepper, garlic and parsley to taste. Add the tomato sauce, stewed tomatoes and cheeses. Mix well and bake at 350 degrees for 30 minutes.

See **MAIN DISH** on Page 15



Linda Wechsler's Pressure Cooker Venison Stew is a good hearty meal. CONTRIBUTED PHOTO

~ Main Dish ~

GRACI AND LARRY'S WILD LEEK SOUP

Larry Runner
Galeton, Pa
(Potter County)

10 slices bacon
(chopped into 1 inch pieces)
2 cups diced onion
1 celery stalk (small chopped)
10 cups ham or chicken broth
Ham base as needed
(we buy it at the Menno-
nite Store in Stony Fork)
8 cups diced red or Yu-
kon Gold potatoes (you
don't have to peel them)
2-3 cups cooked and
diced ham (If you have
ham bone, add it to broth)
6 cups wild leeks sliced
(you can use the green
tops if you prefer)
1 teaspoon pepper
¼ teaspoon dry rose-
mary
¼ teaspoon parsley
1½ cup heavy cream
8 tablespoons flour
2-3 tablespoons of but-
ter
Salt to taste

Saute the bacon until
crisp, remove bacon,
Add celery and onion,
cook until the onion is
translucent or almost ten-
der.

Add the broth, pota-
toes, ham, bacon, rose-
mary, parsley, and pep-
per. Simmer until the
potatoes are tender.

Taste broth to make
sure it has a good flavor,
if need add some more
ham base.

This is the time to add
salt to taste. Since you're
using ham base it may be
salty. Thoroughly com-
bine the milk with the
flour then add that to the
pot along with the butter.
Cook until slightly thick-
ened and butter is melted,
stirring occasionally.

Add the chopped
ramps to the simmering



Leek Soup is a comforting main dish. CONTRIBUTED PHOTO

pot and cook until tender.
Serve hot.

KIELBASA CABBAGE SKILLET Margaret Shupp Palmerton

½ pound smoked kiel-
basa or sausage
2 tablespoons butter
½ head cabbage,
chopped
1 medium onion,
chopped
2 cans (8 ounces each)
tomato sauce
½ cup sugar
2 large potatoes, peeled
and cubed
1 tablespoon paprika

Brown kielbasa in 1
tablespoon butter; re-
move and cut into small
chunks. In same pan, add
1 tablespoon butter, on-
ion and cabbage and cook

until onions are tender.
Combine tomato sauce,
sugar, paprika and pour
over onion/cabbage mix-
ture. Bring to a boil then
simmer 20 minutes. Add
potatoes and kielbasa and
simmer 20-plus minutes
until potatoes are tender.

SWEET TOOTH CANDIED YAMS Jessica Chandler Albrightsville

3-4 yams (depending on
yam size)
2 cups of white sugar
¼ cup heavy cream
1 stick of unsalted but-
ter, melted
2 teaspoons vanilla ex-
tract
Cinnamon, nutmeg
and ground cloves to taste
Pure maple syrup

Preheat oven to 350

degrees. Wash, peel and
slice yams. Place in cas-
serole. Melt butter in a
small saucepan, add sug-
ar. Mix well, then add
heavy cream and remain-
ing ingredients until you
have a smooth texture.
Pour mixture over yams
evenly, spreading to cover
each yam. Cover with foil
and bake for 40 minutes.
Remove foil and bake for
an additional 15 minutes
or until your yams are
nice and sticky. Marsh-
mallows are optional for
this recipe.

PIEROGI CASSEROLE Karen Christman Palmerton

12 ounces bacon
1 box of lasagna noo-
dles
3 pounds of potatoes
1 onion
1 bag cheddar cheese
1 bag Colby Jack
cheese
½ stick butter
1 cup milk
1 teaspoon garlic pow-
der
1 teaspoon black pep-
per

Cook the potatoes and
mash them. Add milk and
butter. Add ½ cup ched-
dar cheese. Add garlic
powder and black pepper.
Put aside and cut up ba-
con and fry with onion.
Cook the noodles and
drain. Use a 9-inch by 13-
inch pan. Start with a lay-
er of noodles.

Put a layer of mashed
potatoes, bacon and onion
next, then sprinkle cheese
on top. Keep layering
till you use everything.
Then put on top layer of
noodles the cheese that's
left. Bake in oven covered
with foil at 350 degrees for
30 minutes. Remove foil
and bake for another 15
minutes.

See **MAIN DISH** on Page 16

~ Main Dish ~

OYSTER STEW Janet Lakitsky Andreas

8 ounces oysters and liquid

2 tablespoons butter
½ teaspoon salt
½ teaspoon celery salt
2 cups milk
½ teaspoon pepper

Simmer oysters, butter and liquid for 3 minutes or until edges of oysters curl. Scald milk in separate pan on low heat. Add oysters and seasonings, do not boil. Serve.

NO PEEK BEEF TIPS Vera Nederostek Northampton

2 pounds stew meat
1 can cream of mushroom soup
1 packet brown gravy
1 envelope beefy onion soup mix
1 can of water

Mix together in a 13-inch by 9-inch pan and cover with foil. Bake at 300 degrees for 3 hours. No peeking. Meat is super tender and delicious. Serve with mashed potatoes or noodles.

BREAKFAST CASSEPOLE Harry Nonnemacher Leighton

Butter for greasing
½ loaf of sliced white loaf bread
1 pound fresh bulk pork sausage with sage
10 ounces sharp cheddar, grated
2 cups half-and-half
1 teaspoon dry mustard
1 teaspoon salt
5 large eggs, lightly beaten

Cut the bread into 1-inch cubes and spread in the bottom of a greased



Soup is a comforting meal. METROGRAPHICS

9-inch by 13-inch casserole dish. In a medium skillet, brown the sausage over medium heat until fully cooked and no longer pink. Remove the sausage with a slotted spoon to drain the fat.

Spread the cooked sausage over the bread and top with the cheese. Then stir together the half-and-half, dry mustard, salt and eggs. Pour this mixture over the cheese. Cover the casserole with aluminum foil and refrigerate for 8 hours or overnight. The next day, preheat the oven to 350 degrees. Bake the covered casserole until set and slightly golden, about 50 minutes. Remove from the oven and allow the casserole to set for 15 minutes before serving.

CORN CASSEPOLE Janet Lakitsky Andreas

2 cans cream corn
2 cans whole kernel corn, drained
4 eggs
6 tablespoon flour
12 slices American

temperature

2 cloves garlic, minced
1 small onion, finely chopped
1 pound ground dark turkey meat

1 pound spicy Italian turkey sausage links, casings removed

Extra-virgin olive oil, for drizzling

Preheat the oven to 400 degrees. For the meatballs: In a large bowl, combine the bread crumbs, Parmesan, basil, parsley, milk, ketchup if using, tomato paste, salt, pepper, eggs, garlic and onions. Using a wooden spoon, stir to blend.

Add the ground turkey and sausage meat. Using fingers, gently mix all the ingredients until thoroughly combined. Using a 1-ounce cookie scoop or a small ice cream scoop, form the meat mixture into 1½-inch balls (22 to 24 meatballs).

Place the meatballs on a heavy nonstick baking sheet, spacing apart. Drizzle with olive oil and bake until cooked through, 15 minutes.

cheese

1 pound bacon, cooked in microwave

Mix well, place in a 9-inch by 13-inch pan. Cover with 12 slices of American cheese. Cover with 1 pound of bacon which been precooked in a microwave oven. Bake at 375 degrees for 1 hour.

TURKEY ITALIAN MEATBALLS Harry Nonnemacher Leighton

1 cup plain bread crumbs
½ cup finely grated Parmesan, plus more for serving
¼ cup chopped fresh basil
¼ cup chopped fresh Italian parsley
¼ cup whole milk, at room temperature
1 tablespoon ketchup, optional
1 tablespoon tomato paste
¾ teaspoon kosher salt
½ teaspoon freshly ground black pepper
2 large eggs, at room

STUFFED MANGOES Vera Nederostek Northampton

1 pound hamburger
½ cup cooked rice
Salt, pepper and a little onion

Mix the above together

Take mangoes and clean them taking the seeds out. Put mixture of hamburger in the mangoes, filling to the top. The above mixture fills about 5 medium mangoes. Take a large can of tomatoes; heat and season then lay mangoes in tomatoes and cook about ½ hour; turning them once in a while. Don't cook too fast.

Healthy Food

SUSIE'S BAKED CHEESY ZUCCHINI PATTIES

Susan J. Wallish
Weatherly

2 cups zucchini, shredded
2 eggs
1 cup seasoned bread-crumbs
 $\frac{1}{4}$ cup flour
1 tablespoon mayon-naise
2 teaspoons Old Bay seasoning
2 tablespoons grated onion
2 tablespoons Parme-san cheese

Preheat oven to 350 degrees. Mix all ingredi-ents in a bowl. Spoon on sprayed cookie sheet a big tablespoon of mix-ture and pat flat to make a 2-inch patty. Bake at 350 degrees for 15 minutes. Flip patties and bake an-other 5 minutes till gold-en. Sprinkle some grated cheese. Turn off the oven and put tray back in to melt the cheese a minute. Enjoy.

BETTER THAN POTATO SALAD

Anna Marie Dolgos
Bethlehem

4 cups cooked long grain rice
8 radishes, sliced
4 hard cooked eggs, chopped
1 medium cucumber, shredded and chopped
2 cups thinly sliced cel-ery
 $\frac{1}{2}$ cup onion, chopped
3 tablespoons prepared mustard
 $\frac{3}{4}$ teaspoon salt
1 $\frac{1}{2}$ cups mayonnaise

In a large bowl, com-bine rice, radishes, eggs, cucumber, celery and onion. Combine mayon-naise, mustard and salt.



Susie's Baked Cheesy Zucchini Patties CONTRIBUTED PHOTO

Mix well. Pour over rice mixture and toss. Cover and refrigerate for at least one hour.

HOMEMADE PUMPKIN BUTTER

Vera Niderostek
Northampton

1 29-ounce can pump-kin puree
1 cup apple juice or ap-ple cider

$\frac{1}{2}$ cup sugar
 $\frac{1}{4}$ cup honey
2 teaspoon cinnamon
2 teaspoons lemon juice
1 teaspoon ground gin-ger
 $\frac{3}{4}$ teaspoon ground nutmeg

Combine all ingredi-ents in a large saucepan. Bring to a boil over me-dium-high heat, stirring

constantly. Reduce heat to medium-low; simmer 10-15 minutes, stirring regularly. Mixture will become more smooth as it is heated and stirred. For a thicker consisten-cy, continue heating and stirring over medium-low heat for an additional 10-15 minutes.

See **HEALTHY FOOD** on Page 18

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~ Healthy Food ~



Larry Runner bakes this sugar-free version of egg custard. CONTRIBUTED PHOTO

LARRY'S SUGAR FREE EGG CUSTARD PIE Larry Runner Galeton, Pa (Potter County)

$\frac{3}{4}$ cup Stevia
 2 teaspoons all-purpose flour
 3 cups milk
 5 eggs *see note.
 $\frac{1}{2}$ teaspoon salt
 1 teaspoon vanilla extract
 $\frac{3}{4}$ teaspoon ground nutmeg
 1 unbaked pie shell
 Cinnamon to liberally sprinkle on top of pie.
 Nutmeg to liberally sprinkle on top of pie.
 * Note: Beat eggs and paint inside of unbaked pie shell.

To the eggs after painting inside of pie shell, add Stevia, flour, salt, nutmeg, and vanilla. Mix until smooth. Heat milk to boiling point. Add 1 cup hot

milk to egg mixture, this to temper egg mixture, making sure eggs to not scramble.

Once eggs are tempered, pour egg mixture into the remaining hot milk, and thoroughly mix. Pour into unbaked pie shell. Sprinkle pie liberally with nutmeg and cinnamon. Bake at 350 degrees for 45-60 minutes. Cook time: 45 minutes; Prep time 10 minutes; Serves 1-9 inch deep dish pie.

KATIE'S DIET DESSERT Marianne Brunner Northampton

1 small package cottage cheese, creamed
 1 small container whipped topping
 1 small box gelatin (your favorite)

Whip up and cool for 5 minutes or refrigerate and serve; Very good.

DANNON MUFFINS Marianne Brunner Northampton

$1\frac{1}{2}$ cups all-purpose flour
 $\frac{3}{4}$ cup sugar
 2 teaspoons baking powder
 1 teaspoon baking soda
 $\frac{1}{2}$ teaspoon salt, optional
 $\frac{2}{3}$ cup Dannon plain nonfat yogurt
 $\frac{2}{3}$ cup skim milk

In a large mixing bowl, thoroughly combine flour, sugar, baking powder, baking soda and salt (optional). Gently stir in yogurt and milk, blending just until dry ingredients are moistened. Fill lightly greased or paper-lined muffin cups three-quarter full. Bake 400 degrees for 18 minutes or until well browned. Serve warm.

See **HEALTHY FOOD** on Page 19

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Healthy Food

BABY BEANS WITH WALNUTS & CRAISINS Marianne Brunner Northampton

1 16-ounce package
Birds Eye Baby Bean and
Carrot Blend
1 tablespoon butter
½ teaspoon salt
2 tablespoons Craisins
2 tablespoons walnuts

Cook vegetables according to package directions and drain. In saucepan, add butter, salt, Craisins and walnuts to cooked vegetables; toss to combine. Serve hot as a side dish.

ITALIAN WEDDING SOUP Vera Nederostek Northampton

Meatballs:
½ pound lean ground beef
½ pound ground pork
2 slices white bread, crumbled finely
¼ cup parsley, chopped
1 spring fresh oregano, chopped
½ cup freshly grated Parmesan cheese
1 large egg
½ teaspoon salt
¼ teaspoon pepper
1 tablespoon olive oil
Soup:
1 tablespoon olive oil
1 medium yellow onion, diced
1 large carrot, finely diced
2 stalks celery, finely diced
3 garlic cloves, minced
8 cups chicken broth
1 cup acini di pepe pasta or other small pasta
1 cup escarole, baby spinach or kale, chopped

Begin preparing the meatballs by adding all meatball ingredients ex-

cept olive oil to a large bowl. Knead everything together with your hands. Pinch off small pieces and roll into balls. In a large skillet over medium-high heat, heat the oil. Add some of the meatballs to the pan, only as many as will fit without touching, and cook for 4-5 minutes, flipping halfway through. Cook remaining meatballs and set aside.

In a large soup pot over medium-high heat, heat 1 tablespoon oil and saute onions, carrots, and celery until tender. Stir in minced garlic and cook for another 30 seconds. Add the chicken broth to the pot and bring to a boil. Add pasta and meatballs, reduce heat to medium, and cover. Cook for about 10-12 minutes. Stir in spinach and let cook until spinach wilts, then season with salt and pepper to taste and serve with Parmesan cheese.

SQUASH SALAD WITH BUTTERMILK DRESSING Jamie Hafer Andreas

8 ounce summer squash
2 tomatoes, cut up
½ cup broccoli florets
¼ cup buttermilk
1 teaspoon Dijon mustard
½ teaspoon dried basil
½ teaspoon celery seed
⅛ to ¼ teaspoon curry powder
2 cups red cabbage, shredded

Steam squash about 10 minutes. Place in bowl with tomato and broccoli. In small bowl, whisk together the remaining ingredients except the cabbage. Place cabbage

in serving bowls and pour squash mixture and toss with dressing. Serve warm. Will serve four.

STUFFED TOMATOES Ruth Arnold Coaldale

6 medium tomatoes
1 cup celery, diced
1 cucumber, peeled and diced
1 tablespoon onion, finely chopped
Salt and pepper to taste
½ cup mayonnaise

Wash tomatoes. Cut out stems. Scoop out and reserve centers; refrigerate tomatoes. Prepare filling: In large bowl com-

bine reserved tomato, celery, cucumber, onions, salt and pepper. Toss lightly. Add mayonnaise. Stuff chilled tomatoes with filling.

CARROT SALAD Marianne Brunner Northampton

3 cups carrots (3 large), grated
1 cup raisins, cooked, drained
1 cup pineapple, crushed
1 cup mayonnaise
½ cup sugar

Mix together and chill well.

See **HEALTHY FOOD** on Page 20



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~ Healthy Food ~

VEGETABLE ORZO SOUP Elvira Fenner Bethlehem

2 tablespoons of extra-virgin olive oil
1 medium carrot, sliced ($\frac{3}{4}$ cup)
1 rib of celery, sliced (1 cup)
1 cup of green or yellow string beans
1 cup spinach leaves, optional
 $\frac{1}{2}$ cup chopped onion
1 smashed clove of garlic

$\frac{1}{4}$ teaspoon salt
 $\frac{1}{3}$ cup orzo (pasta)
4 cups (32 ounces) low sodium vegetable broth
Fresh herbs ex: basil, parsley, or dill chopped (2 tablespoons)

Better than Bouillon seasoned vegetable base 1 teaspoon

1 cup of water
Season with fresh ground pepper

Makes 5 servings:
about 5 cups

Heat the olive oil in a saucepan over medium heat; add the garlic, onion and vegetables. If using spinach wait to place



A salad is a welcome addition to a meal. METROGRAPHICS

into pot the last 2 minutes of cooking time. Season with salt, and cook till vegetables are tender. Approximately 5 to 6 minutes. Add the pasta and cook until slightly toasted and golden approximately 2 minutes. Then add the broth, vegetable base and 1 cup of water, bring to a boil on high heat, cook, covered until the pasta is tender approximately 8 minutes. Stir in herbs that you selected to suit your taste and spinach. The spinach will wilt

with the heat of the soup. Salt and pepper to taste. The soup freezes well and a double batch can be made.

TOASTED QUINOA ENERGY BITES Paula Hoffman Lehigh Area Lioness Lions Club

$\frac{3}{4}$ cups uncooked quinoa
2 cups instant or quick oats
 $\frac{2}{3}$ cup sweetened flaked

coconut
 $\frac{1}{2}$ cup semisweet morsels
 $\frac{3}{4}$ cup peanut butter
 $\frac{1}{3}$ cup honey

Preheat nonstick pan 1-3 minutes. Toast quinoa 3-5 minutes or start to brown and pop. Coarsely chop oats. Mix oats and quinoa in bowl with remaining ingredients. Make mixture into balls. Place on waxed paper lined baking sheet. Refrigerate 30 minutes or freezer 8-10 until firm. Store in refrigerator for 4-5 days.

LISA'S VINAIGRETTE SALAD DRESSING (Lo-Cal) Sally Hartman Lehigh Area Lioness Lions Club

1 cup olive oil
 $\frac{1}{2}$ red wine vinegar
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{4}$ teaspoon pepper
 $\frac{1}{2}$ teaspoon paprika
 $\frac{1}{2}$ cup Splenda

Mix together and refrigerate.

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International

MARBLE MATCHA POUNDCAKE Quinn Stravach East Stroudsburg

1½ stick unsalted butter, softened
¾ cup sugar
4 large eggs
¼ cup milk
3 tablespoons matcha powder
1½ cups cake flour (or all-purpose)
1 teaspoon baking powder
¼ teaspoon kosher salt
2 teaspoons vanilla extract
Pinch of sugar

Substitutes are easy to implement such as plant-based milks, different kinds of flour, and shortening or oil instead of butter.

Preheat oven to 350 degrees. Grease a loaf pan and stick parchment paper along the bottom.

Using a stand mixer or a hand held mixer, beat the butter at medium speed until light and fluffy, about 2 minutes. Add the sugar. Cream together until light and fluffy.

Add the eggs and vanilla and beat together until completely combined. In a separate bowl, sift flour, baking powder, and salt together.

Add a third of the flour mixture into the butter mixture and fold together using a rubber spatula. Repeat, adding a third each time. Mix until smooth.

Heat milk in microwave until warm, make sure it's only warm and not hot. In a small bowl, add the matcha powder, and gradually pour the milk in. Whisk until combined. It will be a very

dark green color and may be thick; this is normal.

Add one-half of the vanilla batter to the matcha. Fold until smooth. Add 6-8 dollops of matcha batter to the original batter. Fold the batter from the bottom of the bowl 3 times to create the marbled texture. Do not over mix, or they will combine.

Gently pour the batter into the greased loaf pan without mixing it. Bake for 15 minutes. Then, open the oven, score the top of the cake with a knife, and sprinkle a pinch of sugar on top.

Bake for another 40 minutes, or until done. Insert a toothpick to determine if done. It should come out with dry crumbs or completely clean. Try not to over bake. Cool the cake before serving.

SPANISH RICE Theresa Shott Tresckow

1 cup uncooked rice
¼ cup margarine
1 medium onion, diced
1 cup sweet green pepper, diced
1 quart crushed tomatoes
1 teaspoon salt
Dash of pepper
1 small can tomato paste
Garlic to taste
1 teaspoon sugar
1 tablespoon sugar

Melt margarine in saucepan; add onion, green pepper and rice. Cook and stir until lightly brown.

Add remaining ingredients; mix well. Bring to a boil and simmer until rice is soft. 30 to 40 minutes. Enjoy.

See **INTERNATIONAL**
on Page 22



Ginger Miga, 12, developed her recipe, "Rat A Tat A Tat A Tat Tooli." CONTRIBUTED PHOTO

GINGER & FRIEND "RAT A TAT A TAT A TAT TOOLI" Ginger Miga - Age 12 Bethlehem

1 small jar (16 ounce) spaghetti sauce
5 plum tomatoes
2 medium zucchinis
2 medium yellow squash
1 large yellow onion, thinly sliced
1 medium eggplant, peeled
½ cup olive oil
1 crushed garlic clove
Chopped parsley

Preheat oven to 375 degrees. Slice vegetables ¼ inch slices. Put sauce to coat bottom of 8-inch casserole dish. Take one slice of each vegetable and put in a row all around the dish until filled.

Mix together the olive oil, garlic clove and chopped parsley. Drizzle with olive oil mixture. Bake covered for 40 minutes. Enjoy.

International

ITALIAN RICOTTA COOKIES

Vera Nederostek
Northampton

2 sticks butter, softened ($\frac{1}{2}$ pound)
 $1\frac{3}{4}$ cup sugar
 2 eggs
 1 15-ounce container ricotta cheese
 2 tablespoons vanilla extract
 4 cups all-purpose flour
 1 teaspoon baking powder
 1 teaspoon baking soda
Glaze:
 4-5 tablespoons milk
 $1\frac{1}{2}$ cups powdered sugar
 1 teaspoon almond extract



Italian Ricotta Cookies

Preheat oven to 350 degrees. In a medium bowl, cream the butter and sugar. Add the eggs, ricotta cheese and vanilla extract; mix until well combined.

In a separate medium bowl, combine the flour, baking powder, and baking soda. Add the flour mixture to the ricotta mixture; mix well. Roll or scoop the dough into teaspoon-sized balls.

Place on an ungreased cookie sheet about 2-inches apart. Bake 8-10 minutes or until lightly browned. Allow cookies to cool on the baking sheet for 3 minutes before transferring to a wire rack to cool completely.

In a medium bowl, whisk the milk, powdered sugar and almond extract until smooth. Dip the tops of the cookies into the glaze and set upright back on the wire rack. Immediately top with sprinkles. Repeat for remaining cookies.

CHICKEN GNOCCHI SOUP

Vera Nederostek
Northampton

$1\frac{1}{2}$ tablespoon olive oil
 1 medium onion, diced (white or yellow)
 2 celery, diced
 $\frac{1}{4}$ cup carrots, shredded

Kosher salt and freshly cracked black pepper to taste

2 garlic cloves, minced
 1 teaspoon thyme, dried or fresh (if using fresh springs, be sure to discard before serving)

2-3 boneless, skinless chicken breasts, cooked and diced

3 cups chicken broth
 16 ounces potato gnocchi (1 store bought package)

$1\frac{1}{2}$ cups half and half
 1 cup fresh spinach

Heat oil in a Dutch oven over medium-high heat. Add diced onions, celery

and shredded carrots. Season with kosher salt and freshly cracked pepper to your liking.

Saute until the onions are translucent, about 3-4 minutes. Add garlic and thyme and saute for another minute or until fragrant. Add the cooked chicken and chicken broth to the pot.

Bring to a boil. Reduce to simmer. Stir in gnocchi and continue to cook for 10 minutes. Add half and half and spinach.

Let it cook for an additional 2 minutes before serving.

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~ Desserts & Cookies ~

JEWISH APPLE CAKE

Marianne Brunner
Northampton

6 apples, sliced thin
2 tablespoons cinnamon
5 tablespoons sugar
Let set in refrigerator overnight or at least 2 hours

Cake batter:

4 eggs
2 cups sugar
3 cups flour
3½ heaping teaspoons baking powder
½ cup orange juice
1 cup oil
2½ teaspoons vanilla

Put all cake batter ingredients in bowl, beat together. Grease and flour tube pan. Put a little batter in pan; then apple filling, then batter again. Sprinkle remaining apples over top. Bake at 350 degrees for 1 hour and 5 minutes. Test with toothpick. If not baked, bake for 10 or 15 minutes longer.

COCONUT MACAROONS

Wanda Kern
Walnutport

2 cups moist coconut
½ cup Eagle brand sweetened condensed milk
1 teaspoon vanilla extract



CHERRY CREAM CHEESE CAKE

Janet Galasso
Leighton

2 8-ounce cream cheese, soften at room temperature
1 cup sugar
3 tablespoons vanilla
1 8-ounce container whipped topping
1 9-inch graham cracker crust
1 21-ounce can cherry pie filling

Combine cream cheese, sugar and vanilla with mixer. Add 8-ounce container whipped topping to cream cheese mixture. Top with cherry pie filling. Refrigerate.

Preheat oven to 350 degrees. Combine coconut and milk, then add vanilla and mix well. Form into balls on nonstick cookie sheet. Bake for about 10 minutes. Yield: 2 dozen.

BLUEBERRY PUDDING

Robert L. Ebbert
Leighton

1½ cups flour
1 teaspoon baking powder
1 egg
Milk to make a stiff dough
About ¾ to 1 cup blueberries

Cook in double boiler. Grease or spray top of double boiler. Make sure water is in between pot and comes up to bottom of the top pot — also watch water is always in between pot. Cook 1½ hours. Do not take lid off pot while cooking. Serve with milk and a little sugar.

HOLIDAY PEANUT BUTTER COOKIES

Marianne Brunner
Northampton

1 cup creamy peanut butter
1 cup sugar
1 egg
½ bag chocolate chips

Combine peanut butter and sugar in a large bowl. Mix together well. Stir in the egg and mix well. Roll into small, bite size balls. Place on ungreased cookie sheet. Put 3 chocolate chips on each ball. Bake in preheated oven at 375 degrees for 7 minutes. Cool. Makes about 50 to 60 cookies.

LOVE KNOT COOKIES

Carol Zickler
Northern Lebanon

12 cups flour
12 teaspoons baking powder
1½ cups sugar
12 eggs
1 pound margarine
1 tablespoon vanilla
1 teaspoon salt
1 cup milk

Mix dry ingredients together, add beaten eggs and vanilla. Add milk to make soft dough. Let stand for 15 minutes. To make cookies, take small amount of dough, roll into 2-inch rope and tie knot. If unable to do this, roll into small ball for cookies. Bake at 400 degrees for about 15 minutes. Don't over bake. When cool, ice with glaze made with 10x sugar and small amount of milk. Should spread easily.

See **DESSERTS** on Page 24



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~ Desserts & Cookies ~

APPLE DUMPLINGS

Larry Runner
Galeton, Pa
(Potter County)

1 box refrigerated pie crust, bring to room temperature, unroll each crust and cut in half

2-3 honey crisp apples — peeled and cut into quarters

2-3 Cortland apples—peeled and cut into quarters

1 tablespoon butter cut into 4 pieces

2 tablespoons sugar or Splenda

1 teaspoon cinnamon or apple pie spice

Sauce:

1 cup water

¼ cup brown sugar (if you use brown sugar substitute use cup)

2 tablespoons butter

Place one one-half pie crust on counter, add one-quarter of the apples, sprinkle one-quarter of sugar and cinnamon mixture on apples, add one piece of butter.

Gently, place one hand under crust, using both hands bring all sides tightly together, place in pan, repeat till all four are complete.

For the sauce combine all ingredients in saucepan and heat till sugar is dissolved and butter is melted Set aside.

Bake in 400 degree



Larry Runner uses two types of apples in his apple dumplings. CONTRIBUTED PHOTO

oven. Bake 20 minutes or until tops start to look a little flaky or tan.

Pour the sauce into the pan and continue baking until the apple dumplings are golden brown. Approximately 40 minutes more.

Remove from oven and cool.

PINEAPPLE CAKE

Wanda Kern
Walnutport

2 eggs

2 cups sugar
2 cups flour
2 teaspoons baking soda

1 20-ounce can crushed pineapple, not drained

Frosting:

1 8-ounce package cream cheese

½ stick margarine

1 teaspoon vanilla

1 cup confectioners sugar

Combine cake ingredients then put in a greased and floured pan. Bake at

325 degrees for 45 minutes. Let cool and frost the cake.

PEANUT BUTTER NO BAKES

Vera Nederostek
Northampton

2 cups sugar

¼ cup unsalted butter

¾ cup milk

1 teaspoon salt

1 teaspoon vanilla extract

3 cups whole oats

1 cup creamy peanut butter

In a large saucepan over medium high heat, combine butter, sugar, milk, and salt until combined. Bring the milk mixture to full boil and cook until the temperature reads 230 degrees (soft ball stage), turning the heat down to medium if the mixture boils to high.

Once the temperature reaches the 230 degrees, remove syrup from heat and stir in peanut butter and vanilla extract into the syrup until almost smooth. Stir the oats into the peanut butter mixture, then quickly scoop and drop tablespoonfuls of the peanut butter balls onto paper lined cookie sheet. Cool completely.

See **DESSERTS** on Page 25



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~ Desserts and Cookies ~

LARRY AND GRACI'S STICKY BUNS Larry Runner Galeton, PA (Potter County)

Dough:

1 loaf of Rhodes frozen bread dough. It's quick, easy and the best that we've used. We buy it at Walmart.

For the sticky buns:

3 tablespoons butter
2 cups sugar or Splenda
4 tablespoons cinnamon

We like to add chopped black walnuts, pecans, raisins, thinly sliced fruit like apples, pears, and peaches, drained crushed pineapple and maraschino cherries. Use as much as you like and any combination you like. It's fun to experiment with different items.

Syrup for bottom of pan:

4 tablespoons melted butter
¾ cup brown sugar or Truvia brown sugar substitute
¼ cup water

Let dough thaw in the refrigerator overnight. Next morning remove dough from refrigerator and let warm up and raise to double the size. Once the dough is ready, roll out in a rectangle 16-inch x 12-inch and about 1 inch to 1 1/4 inch thick.

Next pain the top with melted butter. Mix sugar and cinnamon together. Add a good amount of sugar and cinnamon mixture. We use Stevia instead of sugar. (see note). Sprinkle on the topping. Use as much as you like. Tightly roll your dough on the 16-inch side, into a log. Using a sharp knife, cut 16 pieces to fit in pan.

Syrup in bottom of



Larry and Graci's Sticky Buns are a breakfast treat.
CONTRIBUTED PHOTO

2 cups all-purpose flour
2 teaspoons baking powder
1 cup milk
2 tablespoons salted butter
2 cups creamy peanut butter
6 Hershey milk chocolate bars (2.6 ounces each) or 1 bag Hershey milk chocolate chips
2 tablespoons solid vegetable shortening

Preheat oven to 350 degrees. Line a 10-inch x 15-inch pan with parchment paper. Spray with cooking spray. In a large bowl, beat eggs, sugar and vanilla until light and fluffy. Add flour and baking powder to the egg mixture a little at a time while mixing on low. Heat milk and butter until the butter has melted; then fold into the flour mixture. Pour batter into prepared baking sheet. Bake for 20-25 minutes, till a toothpick comes out clean. Spread the peanut butter gently over the warm cake 10 minutes after taking from the oven. This will help the peanut butter to spread evenly. Refrigerate for at least 30 minutes to cool.

In a medium sized pot, heat the chocolate and the shortening on a low setting until all is melted. Pour the melted chocolate evenly over the refrigerated peanut butter and spread quickly and gently with a spatula. If you work with this step too long, you'll end up combining the two layers. Allow the chocolate to set. Store in an airtight container.

If you slice before the chocolate is set solidly, your pieces will look nicer.

pan:

Add 3 tablespoons melted butter, ¾ cup brown sugar or Truvia brown sugar substitute and ¼ cup of water into baking pan. Mix together well. Place the cut dough pieces on top. Cover with a clean kitchen towel and let rise in a warm spot until it fills the pan good. Approximately 1 hour or so. Bake at 350 degrees for about 25 minutes. Once done, flip on a cookie sheet. Enjoy.

SWEET POTATO PIE Marianne Brunner Northampton

½ cup brown sugar
¼ cup butter
1 cup cooked sweet potatoes, mashed
3 eggs, slightly beaten
½ cup milk
½ cup corn syrup

1 teaspoon vanilla
Pinch of salt
1 unbaked deep dish pie shell

In a large mixing bowl, combine the sugar and butter until creamy. Add the mashed potatoes and eggs and stir until smooth. In another bowl, combine the milk, syrup, vanilla and salt. Add milk mixture to mashed potato mixture. Pour into the pie shell. Bake in a preheated oven at 425 degrees for 10 minutes. Lower the heat to 325 degrees and continue baking for another 40 minutes. Serves 8.

TANDY CAKE Vera Nederostek Northampton

4 large eggs
2 cups sugar
1 teaspoon vanilla

~ Desserts & Cookies ~

AMISH CINNAMON BREAD

**Teresa Gable
Orefield**

Batter:

1 cup butter, softened
2 cups sugar
2 eggs
2 cups buttermilk or
homemade buttermilk
(2 cups milk plus 2 table-
spoons vinegar or lemon
juice)

4 cups flour
2 teaspoons baking
soda

Cinnamon/sugar mixture:

$\frac{3}{4}$ cups sugar
2 teaspoons cinnamon

Cream together but-
ter, 2 cups of sugar, and
eggs. Add milk, flour,
and baking soda. Put half
of batter (or a little less)
into greased loaf pans
(one-quarter in each pan).

Mix in separate bowl the
cup sugar and cinnamon.
Sprinkle three-quarters
of cinnamon mixture on
top of the half batter in
each pan. Add remaining
batter to pans; sprinkle
with last of cinnamon
topping. Swirl with knife.
Bake at 350 degrees for 45-
50 minutes or until tooth-
pick tester comes clean.
Cool in pan for 20 minutes
before removing from
pan. Makes 2 loaves.

NEW YEAR CHEESECAKE

**Marianne Brunner
Northampton**

1 8-ounce package
cream cheese, softened
2 cups milk
1 package instant lem-
on pudding
1 graham cracker pie
crust

Combine cream cheese
and $\frac{1}{2}$ cup milk in a me-
dium bowl; mix until
smooth. Add remaining
milk and pudding mix.
Using an egg beater, mix
well. Pour into pie crust.
Refrigerate an hour or
until firm. Serves 8.

WINE CAKE

**Diane Wieser
Bethlehem**

1 box yellow cake mix
1 package instant va-
nilla pudding
1 teaspoon nutmeg
 $\frac{3}{4}$ cup creme sherry
wine
 $\frac{3}{4}$ cup Mazola oil
4 eggs

Mix ingredients to-
gether and beat for 5 min-
utes. Pour in angel food
cake or Bundt pan. Bake
350 degrees for 45 min-
utes. Invert on bottle to

cool.

MOLASSES CRUMB CAKE

**Wanda Kern
Walnutport**

4 cups flour
2 cups sugar
2 sticks margarine
1 tablespoon baking
soda
1 cup baking molasses
2 cups hot water

Mix flour sugar and
margarine to make
crumbs. Remove $\frac{3}{4}$ cup
of crumbs for top of cake.
Add baking soda, molas-
ses and water. Stir about
200 times by hand. Place
in greased and floured
9-inch by 13-inch pan.
Sprinkle crumbs over top
and bake at 350 degrees
for 45 to 55 minutes.

See **DESSERTS** on Page 27



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DIRT CAKE **Carol Zickler** **Northern Lebanon**

1¼ pound Oreos,
crushed in blender
1 large box instant
chocolate pudding
3 cups chocolate milk
8 ounce cream cheese
8 ounce Cool Whip

Make chocolate pud-
ding with chocolate milk.
Crumble cookies in blend-
er. Mix cream cheese,
Cool Whip, and pudding.
Layer in a bowl, starting
with cookie crumbs, then
pudding, then repeat as
many times as you can
ending with crumbs. Re-
frigerate. Decorate with
gummy worms coming
out of the ground.

PEANUT BUTTER **FINGERS** **Christine A. Hruniuk** **Tamaqua**

½ cup butter
½ cup sugar
½ cup brown sugar
1 egg
½ cup peanut butter
½ teaspoon baking
soda
¼ teaspoon salt
½ teaspoon vanilla
1 cup flour
1 cup quick oats
½ cup powdered sugar
¼ cup peanut butter
2-4 tablespoons milk

Cream together the

butter, sugar and brown
sugar. Blend in the egg,
peanut butter, baking
soda, salt and vanilla. Stir
in flour, oats. Spread into
a 9-inch by 13-inch pan.
Bake at 350 degrees for 15-
20 minutes. Spread 6 ounce
semisweet morsels. Let
stand 5 minutes. Spread
around. Combine the pow-
dered sugar, peanut butter
and milk and mix togeth-
er and then spread over
chocolate after it sets and
cools. Cut into bars.

WHITE CAKE **Janet Galasso** **Leighton**

1½ cups sugar
½ cup butter, softened
2 eggs
1 cup milk
1¾ cups flour
1½ teaspoons baking
powder

Mix all ingredients
together and pour into
greased cake pans. Bake
at 350 degrees for 30-35
minutes.

BLUEBERRY **CRUMB CAKE** **Wanda Kern** **Walnutport**

¾ cup sugar
¼ cup butter
1 egg
½ cup milk
2 cups flour
2 teaspoon baking pow-

½ teaspoon salt
1 quart blueberries

Cream together the
sugar, butter, egg and
milk. Mix together flour,
baking powder, salt and
blueberries. Add blueber-
ry mixture to creamed
mixture and mix well.
Pour into greased and
floured 9-inch pan. Bake
at 375 degrees for 60-70
minutes.

HOMEMADE **CHRISTMAS** **PEPPERMINT** **PATTIES** **Vera Nederostek** **Northampton**

2 tablespoons heavy
whipping cream
2 tablespoons softened
butter
1 tablespoon light corn
syrup
2 teaspoons pepper-
mint extract
¼ teaspoon vanilla ex-
tract
1 teaspoon lemon juice
2¾ cups powdered sug-
ar

Crushed peppermint
candies
Chocolate almond bark

In a large mixing bowl,
combine cream, butter,
lemon juice, vanilla, and
peppermint extracts and
mix well using a hand mix-
er. Mix in one cup of pow-
dered sugar at a time until
you have a thick dough like

texture. Use your hands,
roll into a ball, and then
use a rolling pin to roll
out your Peppermint fill-
ing to be about inch thick
(doesn't need to be exact
but you do want to keep it
rather thick). Use a small
circle cookie cutter to cut
out your shapes and freeze
them on a parchment pa-
per lined baking sheet for
an hour or so. Before you
remove them from the
freezer, heat your almond
bark in a large microwave
safe bowl for 90 seconds,
stir, and reheat in 15 sec-
ond intervals until melt-
ed. Use a slotted chocolate
spoon to lift and dip your
peppermint patties into
the melted chocolate, let
any excess chocolate drop
off, and place back on your
parchment paper. Imme-
diately top with crushed
peppermint and let set for
30 minutes.

STOVE TOP RICE **PUDDING** **Janet Galasso** **Leighton**

1 quart milk
½ cup rice
½ to ¾ cup sugar
Add a little vanilla to
taste

Mix all ingredients
together and cook on me-
dium heat for 1 hour and
stir occasionally. **Do not**
cook rice first.

See **DESSERTS** on Page 28



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~ Desserts & Cookies ~

PEANUT BUTTER SHEET CAKE WITH PEANUT BUTTER FROSTING Vera Nederostek Northampton

2 cups all-purpose flour
2 cups sugar
½ teaspoon baking
soda
¼ teaspoon salt
1½ sticks butter (12 ta-
blespoons)
1 cup water
½ cup peanut butter
¼ cup vegetable oil
2 eggs
½ cup buttermilk
1 teaspoon vanilla ex-
tract

Preheat oven to 350
degrees. Grease a 10-inch

x 14-inch by 1-inch jelly-
roll pan. In a large bowl,
whisk together flour, sug-
ar, baking soda and salt.
Combine 1½ sticks butter
and 1 cup water in a me-
dium saucepan and bring
to a simmer. Stir to make
sure all butter is melted.
Whisk ½ cup peanut but-
ter and vegetable oil into
butter mixture. Stir into
flour mixture. Whisk to-
gether eggs, buttermilk
and vanilla extract. Stir
into flour mixture until
well combined. Pour bat-
ter into prepared pan.
Bake for 22 to 26 minutes
or until a toothpick in-
serted in middle comes
out clean. Let cool.

Frosting:

2 sticks (1 cup) butter,

softened
¾ cup peanut butter
3 cups confectioners
sugar
3 to 4 tablespoons milk
2 tablespoons instant
vanilla pudding mix

Use an electric mixer
to beat butter and pea-
nut butter together un-
til smooth. Add half of
confectioners sugar and
half of milk and beat un-
til smooth. Add remain-
ing confectioners sugar,
milk and the vanilla pud-
ding mix and beat until
smooth. Add a little more
milk if necessary. Spread
frosting on cake.

2 cups flour
2 cups sugar
¾ cup cocoa
2 teaspoons baking
soda
2 teaspoons baking
powder
1 teaspoon salt
¼ cup oil
1 cup sour cream or
milk
1 teaspoon vanilla
2 eggs
1 cup hot black coffee

Mix in order, add
coffee last. Bake at 350
degrees for 35 minutes.
(Make banana cake the
same way except use 4 ba-
nanas instead of the cocoa
or coffee.)

CHOCOLATE CAKE Dorothy Huch Whitehall

See **DESSERTS** on Page 29

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~ Desserts & Cookies ~

BANANA NUT CAKE

**Wanda Kern
Walnutport**

2½ cups flour
1½ cups sugar
1¼ teaspoons baking powder
1¼ teaspoons baking soda
¾ cup shortening
¾ cup buttermilk
1¼ cup mashed bananas
2 eggs
cup walnuts, chopped

Mix all ingredients together, then pour into a greased and floured 9-inch by 13-inch pan. Bake at 350 degrees for 35 to 40 minutes.

HONEY COOKIES

**Joseph Bnosky
Hometown**

1 cup shortening
¾ cup honey
¾ cup maple syrup
2 eggs
1 teaspoon vanilla
3 cups flour
1 teaspoon salt
1 tablespoon baking soda

1 cup chopped nuts (walnuts)
1 12-ounce package chocolate chips

Cream shortening; add honey and maple syrup and beat well. Add eggs and vanilla; beat well. Add dry ingredients and mix until smooth. Add the nuts and chocolate chips and mix with a large spoon. Drop by teaspoons on a greased cookie sheet. Bake in a preheated oven at 350 degrees for 18 to 25 minutes.

ADULT EGGNOG

**Lynn Green
Allentown**

36 ounces store bought eggnog
12 ounces rum (6 ounces generic regular plus 6 ounces spiced)
6 ounces Christian Bros. brandy
6 ounces Windsor Canadian whiskey
Nutmeg

Pour into ½ gallon airtight container. Chill overnight. Serve in 3 ounce cups sprinkled

with nutmeg.

RICOTTA CHEESE COOKIES

**Janet Galasso
Lehighton**

1 pound ricotta cheese
½ pound butter, softened
2 cups sugar
3 eggs
1 tablespoon vanilla
4 cups flour
1 teaspoon salt
1 teaspoon baking soda

Cream butter and sugar. Add eggs, vanilla, flour, salt and baking soda and mix well. Drop by teaspoon on ungreased cookie sheet. Bake 350 degrees for 10-15 minutes.

SOUR CREAM SPICE CAKE

**Vera Nederostek
Northampton**

2 cups Gold Medal flour
1½ cups brown sugar, packed
1¼ teaspoon baking soda
1 teaspoon baking powder
½ teaspoon salt

2 teaspoons cinnamon
¾ teaspoon cloves
½ teaspoon nutmeg
¼ cup butter or margarine, softened
¼ cup shortening
2 eggs
1 cup dairy sour cream
½ cup water
1 cup raisins, chopped
½ cup nuts, chopped
1 package vanilla whipped frosting mix

Heat oven to 350 degrees. Grease and flour oblong pan, 13-inch by 9-inch or 2 round layer pans, 8 or 9 by 1½-inches. Measure all ingredients except frosting mix into large mixing bowl. Blend one-half minute on low speed, scraping bowl constantly. Beat 3 minutes high speed scraping bowl occasionally. Pour into pan(s). Bake oblong 40 to 45 minutes, layers 30 to 35 minutes or until wooden toothpick inserted in center comes out clean. Cool. Prepare frosting mix as directed on package. Frost oblong or fill and frost layers.

See **DESSERTS** on Page 30



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~ Desserts & Cookies ~

CRUSTLESS APPLE PIE Susan Silfies Lehighton

6-8 medium apples, peel and cut slices into large bowl; set aside
 ½ cup sugar (plus more if apples are sour)
 1 teaspoon cinnamon
 1 teaspoon Knox Gelatin, mix with small amount of cold water, then add hot water to equal ¼ cup total

In separate bowl, combine sugar, cinnamon and gelatin mixture. Pour mixture onto apples and mix well. Transfer apple mixture to 9-inch buttered pie pan.

Crumb topping:

1 cup flour
 6 tablespoons soft butter
 1 teaspoon baking powder
 ½ teaspoon salt
 ½ cup sugar

In bowl, combine ingredients to make crumbs with fork or fingers. Break flour mixture into chunks over apples, and bake at 350 degrees for 45 to 50 minutes or till apples are soft. Test with fork or toothpick for soft apples. Let cool on rack. For rectangle pan, use more apples and increase

all ingredients.

FRESH APPLE CAKE Patricia Fisher Orefield

2 cups apples, peeled and chopped
 1 cup sugar
 Add sugar to apples and let sit for 10 minutes
 1½ cups flour
 1 teaspoon baking soda
 ½ teaspoon salt
 1 teaspoon cinnamon
 ½ teaspoon nutmeg
 ½ teaspoon allspice
 ½ cup butter
 1 egg
 ½ cup raisins
 ½ nuts, chopped

Sift together the dry ingredients. Melt butter and cool. Then add the egg and add to apple mixture. Combine wet and dry ingredients. Fold in ½ cup raisins and ½ cup chopped nuts. Pour into greased 8-inch square pan. Bake at 350 degrees for 50 minutes. Cool and sprinkle with powdered sugar.

CHEESE CAKE Janet Lakitsky Andreas

3 8-ounce packages cream cheese, room temperature

5 large eggs
 1 cup sugar
 1½ teaspoon vanilla

Mix all ingredients until well blended. Grease a spring pan, line with graham cracker crumbs. Bake at 350 degrees for 40 minutes. Cool cake 10 minutes, cake will crack open.

Topping:

1 pint sour cream
 3 tablespoons sugar
 ½ teaspoon vanilla
 1 can cherries
 Mix well, spread over top cake, bake 10 minutes more. Serve with cherries.

OLD-FASHIONED BUTTERMILK COOKIES Patricia Fisher Orefield

2 cups sugar
 1 cup butter
 1 teaspoon vanilla
 Cream together
 3 eggs
 ¾ cup buttermilk
 Add to creamed mixture and beat.
 4 cups flour
 1 teaspoon baking powder
 1 teaspoon baking soda
 Sift together and add to creamed mixture

Mix well. Drop by teaspoons on greased cookie sheet. Top with sugar or nuts. Bake at 350 degrees for 8-10 minutes. Cool on rack. I use colored sugars and sprinkles. Cinnamon sugar or pecan halves.

PEANUT BUTTER COOKIES Vera Nederostek Northampton

2½ cups unsifted flour
 1 teaspoon baking powder
 1 teaspoon baking soda
 ¼ teaspoon salt
 1 cup butter
 1 cup peanut butter
 1 cup sugar
 1 cup brown sugar
 2 eggs
 1 teaspoon vanilla

Preheat oven to 350 degrees. Stir first 4 ingredients together and set aside. In large mixing bowl, cream butter and peanut butter. Blend until smooth. Beat in sugars until well blended. Add eggs and vanilla. Slowly add flour mixture. Beat well. Dip onto ungreased cookie sheet. Flatten with tongs of fork. Bake for 10 to 12 minutes.

See **DESSERTS** on Page 31



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~ Desserts & Cookies ~

APPLE CRUNCH Marianne Brunner Northampton

¼ cup flour
1 cup brown sugar
½ cup butter or margarine, softened
1 cup cornflakes, crushed
½ cup walnuts, chopped
4 apples, cored and thinly sliced
1 tablespoon lemon juice

In a medium bowl, combine flour, brown sugar and butter or margarine. Mix until crumbly. Add cornflakes and walnuts; mix well. Place apple slices in the bottom of a greased 8-inch by 8-inch baking dish. Sprinkle lemon juice evenly on top. Top evenly with cornflake mixture. Bake in preheated oven at 350 degrees for 30 minutes. Serves 4 to 6.

COOL WHIP CUPS Wanda Kern Walnutport

2 cups flour
2 tablespoons sugar
½ pound butter

Mix together well until it becomes a ball. Refrigerate for 15 minutes. In tattie pan, place a ball the size of a walnut and spread around (not too

thin). Bake at 350 degrees until light golden in color (about 15 minutes). Let cool for about 5 minutes, then turn pan over to table and pat the pan a little; they should fall out.

Filling:

1 pound pineapple or strawberry cream cheese
1 ½ cups powdered sugar
1 large container Cool Whip

Cream together the cream cheese and sugar. Fold in Cool Whip. Mix well, then fill cups (using heaping teaspoonful). Sprinkle finely chopped walnuts on top.

CHERRY PECAN COOKIES Jacqueline Lang Palmerton

1 cup butter, softened
1 cup sifted powder sugar
1 egg
2 ½ cups sifted flour
¼ teaspoon cream of tartar
1 cup candied cherries, halved
½ cup chopped pecans

Using a mixer, cream butter, gradually add sugar; beat until light and fluffy. Add egg, beat well. In a separate bowl, combine flour and cream of tartar. Add the dry mixture to your creamed mixture; mix until well combined.

Stir in the cherries and pecans. Shape the cookie dough into loaves; usually 2 or 3 loaves, depending on how big you make the loaf. Wrap each loaf individually in aluminum foil and place in freezer; leave in freezer until firm. Once firm, remove from freezer and unwrap. Slice loaves into ¼-inch slices. Place cookies on ungreased cookie sheet.

Bake cookies at 375 degrees for 10-15 minutes or until light golden brown. Makes approximately 6 ½ dozen cookies.

CHRISTMAS STREUSEL SQUARES Marianne Brunner Northampton

½ cup sugar
1 stick butter, softened
1 ½ teaspoons vanilla extract
1 egg, beaten
1 cup sifted flour
½ cup red colored sugar
½ cup green colored sugar
1 teaspoon cinnamon
1 cup pecans, chopped

Grease a large shallow baking dish. Mix together sugar and butter until creamy. Add the vanilla and egg; then gradually add the flour. Spread the mixture in the dish. Combine the colored sugars and cinnamon and press

lightly over batter. Sprinkle nuts on top, pressing down lightly. Bake in a preheated oven at 350 degrees for 30 minutes. Cut in small squares and serve warm. Makes about 16 squares.

DATE STRIPS OR BARS Gloria Dotter Lehighton

3 eggs
1 cup sugar
2 cups dates, chopped
1 cup sifted flour
1 teaspoon baking powder
teaspoon salt
¼ teaspoon powdered cloves
¼ teaspoon powdered cinnamon
1 teaspoon vanilla
Powdered sugar

Set oven at 325 degrees. Rub a 9-inch by 13-inch pan with margarine or shortening line with waxed paper. Beat the eggs until light; gradually add the sugar and beat until smooth. Stir in dates and nuts.

Sift the flour, baking powder, salt and spices. Stir thoroughly and stir in the vanilla. Spread the mixture in the pan. Bake about 25 minutes. Let the cake cool. Then cut in strips or bars and roll each in confectioners sugar.

See **DESSERTS** on Page 32

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~ Desserts & Cookies ~

SHOOFLY CAKE Vera Nederostek Northampton

4 cups flour
2 cups sugar
1 cup Crisco or shortening
1 teaspoon salt
1 cup baking molasses
2 cups warm water
1 tablespoon baking soda, dissolved in a little warm water

Mix together the flour, sugar, shortening and salt to make crumbs. Set aside 1 cup for topping. Prepare liquid mixture by mixing the molasses, water and baking soda. Put crumbs in greased 9-inch by 13-inch oblong pan and then pour liquid mixture over crumbs. Then sprinkle remaining crumbs over top. Bake at 350 degrees for 40 to 45 minutes or until done.

COTTAGE CHEESE PIE Karen Christman Palmerton

2 cups cottage cheese
2 eggs, beaten
2 tablespoons milk
2 tablespoons sour cream
½ cup sugar
½ teaspoon flour
½ teaspoon salt
½ cup raisins

Mix together and put in baking dish. Bake at 450

degrees for 15 minutes; then reduce heat for 30 to 40 minutes till knife comes out clean. This recipe is hundred years old.

OATMEAL MACAROONS Marianne Brunner Northampton

1 cup sugar
1 tablespoon shortening, melted
2 eggs, separated
¾ teaspoon salt
2½ cups rolled oats
2 teaspoons baking powder
1 teaspoon vanilla

Mix sugar with shortening. Add egg yolks, salt and oats. Add baking powder, beaten egg whites and vanilla; mix thoroughly. Drop by half teaspoonfuls on greased cookie sheets; allow space to spread. Bake at 350 degrees for about 10 minutes.

EASY RHUBARB CAKE Marianne Brunner Northampton

1¼ cup sugar (I use half amount of Splenda)
1 teaspoon baking soda
½ teaspoon salt
2¼ cups flour
2 eggs
1 cup sour cream
3 cups rhubarb
4 tablespoons of butter
Pinch of cinnamon

Mix ingredients together. I use 3 small loaf pans or you can use 1 large loaf pan. Bake 1 hour at 350 degrees for 3 small loaf pans or bake 1¼ to 1½ hours for 1 large pan.

APPLE CRISP Marianne Brunner Northampton

2 cups baking apples, sliced, pared, cored
½ cup brown sugar, packed
¼ cup flour
¼ cup rolled oats
½ teaspoon cinnamon
½ teaspoon nutmeg
3 tablespoons butter, soft

Heat oven to 350 degrees. Place apples in greased loaf pan. Blend remaining ingredients until crumbly. Spread sugar-flour mixture over apples. Bake 30-35 minutes; until apples are tender and topping golden brown. Serve warm with ice cream.

1-2-3-4 CAKE Vera Nederostek Northampton

1 cup butter
2 cup sugar
3 cups flour, sifted
4 eggs
½ teaspoon salt
3 teaspoons baking powder
1 cup milk

Cream butter, sugar and egg yolks. Alternately add flour sifted with baking powder and salt, with milk. Beat egg whites stiff and fold in last. Bake 30 to 35 minutes until done at 350 degree or 375 degree. Makes 3-layer cake.

CARROT CAKE Marianne Brunner Northampton

3 cups flour
2 cups sugar
3 cups carrots mashed (or 6 small jars baby food)
1½ cups salad oil
2 teaspoon baking soda
2 teaspoons baking powder
3 teaspoons cinnamon
1 teaspoon ginger, optional
½ teaspoon salt
1 teaspoon vanilla
4 eggs, beaten
¾ cup nuts, chopped
Raisins, optional

Mix above ingredients well; then add 4 eggs, beaten. ¾ cup chopped nuts and raisins (optional).

LEMON MERINGUE PIE Janet Lakitsky Andreas

1 cup sugar
¼ cup cornstarch
1½ cups cold water
3 egg yolks, beaten
¼ cup lemon juice
1 tablespoon butter
1 9-inch pie crust, baked

In saucepan, combine sugar, cornstarch, add cold water; mix until smooth. Add egg yolks, bring to a boil, remove from heat and add the next 2 ingredients. Fill baked pie crust and cool. Serve with whipped cream.

See **DESSERTS** on Page 33

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~ Desserts & Cookies ~

STICKY PECAN BUNS Marianne Brunner Northampton

1 8-ounce package refrigerated crescent rolls
 $\frac{1}{2}$ cup dark brown sugar, packed
 $\frac{1}{4}$ cup light corn syrup (karo dark)
 $\frac{1}{4}$ cup margarine
1 teaspoon vanilla
 $\frac{1}{4}$ cup pecans, coarsely chopped

Remove dough from package but do not separate. Cut in 8 slices; set aside. Put sugar, corn syrup and butter in 8-inch round layer cake pan and heat in oven while preheating to 375 degrees until sugar dissolves, 10 minutes. Stir in vanilla and sprinkle with nuts. Arrange slices in pan and bake 15 minutes or until golden. Cool pan on rack for 10 minutes then invert on plate.

FRESH PEACH CRISP Marianne Brunner Northampton

2½ pounds fresh ripe peaches (about 8)
1 cup sifted all-purpose flour
1 cup sugar
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{2}$ teaspoon cinnamon
 $\frac{1}{2}$ cup butter or margarine, softened
Light cream

Lightly grease an 8-inch by 8-inch baking dish. Wash peaches; peel. Cut in halves; remove pits. Slice peaches into prepared baking dish. Sift flour with sugar salt and cinnamon into medium bowl. With pastry blender of 2 knives, cut butter into flour mixture until it resembles coarse cornmeal. Sprinkle evenly over peaches. Bake at 375 degrees for 45 to 50 minutes or until topping is golden and peaches are tender. Serve warm with cream. Makes 6 servings.

MARIE'S PUMPKIN PIE Janet Lakitsky Andreas

2 cups pumpkin
4 tablespoons flour, mix with pumpkin
1 cup sugar
4 large eggs
1 pint light cream
Cinnamon on top of pie

Mix pumpkin, flour, sugar, eggs and cream together.

Pie dough:

4½ cups flour
1½ cups Crisco
10 tablespoons water
Mix together to make dough. Flour surface and roll out to make 1 large pie or 2 small ones. Put filling in pie shell and sprinkle cinnamon on top. Bake at 350 degrees until brown

about 45 minutes.

AUNT MELVA'S JELL-O Marianne Brunner Northampton

1 large strawberry
Jell-O
1½ cups boiling water
1 10-ounce frozen strawberries
1 small can crushed pineapple
1 8-ounce sour cream

Dissolve Jell-O in water. Stir in strawberries until melted. Add pineapple. Pour half in dish, refrigerate until jelled. Spread sour cream over top. Pour remaining Jell-O on top. Refrigerate until jelled.

PEANUT BUTTER PIE Betty Karper Jim Thorpe

1 cup peanut butter
1 package 8-ounce cream cheese
 $\frac{1}{2}$ cup powdered sugar
1 8-ounce whipped topping
Dash of milk
1 graham cracker pie crust

Cream together peanut butter and cream cheese. Add powder sugar and whipped topping and a little milk. Place in pie crust

and chill. Add chocolate chips on top if you desire.

COCONUT SQUARES Michael Senechal Leighton

$\frac{1}{2}$ cup butter, margarine or shortening
2 tablespoons confectioners sugar
1 cup sifted cake flour
2 eggs
1¼ cups brown sugar, firmly packed
2 tablespoons sifted flour
 $\frac{1}{4}$ teaspoon salt
1½ teaspoons baking powder
1 teaspoon vanilla
1 cup nuts, chopped
1 cup moist coconut, shredded

Set oven at 350 degrees. Line an 8-inch square pan with waxed paper and rub it with shortening. Beat the butter, margarine or shortening. Add sugar and cake flour and mix. Spread the mixture in the pan. Bake 15 minutes. Beat the eggs and brown sugar. Sift the flour, salt and baking powder and add to the egg mixture. Add vanilla; nuts and coconut and mix well. Spread over the baked mixture and continue baking 15 to 20 minutes. While still warm cut into small squares. Let cool in the pan.

See **DESSERTS** on Page 34



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~ Desserts & Cookies ~

RUSSIAN TEA COOKIES

**Marianne Brunner
Northampton**

2 cups shortening ($\frac{1}{2}$ butter $\frac{1}{2}$ Crisco) I use all butter!

1 cup powdered sugar
4 teaspoons vanilla extract
4 cups flour
2 cups English walnuts, chopped (not crushed)

Beat together the shortening, powdered sugar and vanilla extract. Then add the flour and walnuts. Roll into small balls and place on greased cookie sheet; dip fork into powdered sugar and gently press ball until you have a flattened cookie. Bake at 350 degrees for 12 minutes. Roll in powdered sugar when hot and again when cool. If you want to store the cookies, don't put sugar on the until you serve them.

OATMEAL RAISIN COOKIES

**Vera Niderostek
Northampton**

1 cup flour
 $\frac{1}{2}$ teaspoon baking powder
 $\frac{1}{2}$ teaspoon baking soda
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{4}$ teaspoon cinnamon
 $\frac{1}{4}$ teaspoon nutmeg
 $\frac{1}{2}$ cup unsalted butter, softened
 $\frac{1}{2}$ cup dark brown sugar, packed
 $\frac{1}{2}$ cup sugar
1 egg
1 teaspoon vanilla
1 $\frac{1}{2}$ cups oats
1 $\frac{1}{4}$ cups raisins

Preheat oven to 350 degrees. Grease a baking sheet with nonstick cooking spray and set aside. In a medium bowl, whisk together the flour, bak-

ing powder, baking soda, salt, cinnamon and nutmeg. Set aside. In a large bowl, cream together the butter, dark brown sugar, and sugar. Mix in the eggs and vanilla. Add the flour mixture into the wet mixture and stir until just combined (be careful not to over mix). Stir in the oats and then fold in the raisins. Using a cooking scoop or spoon, add scoops of about 1.5 tablespoons of cookie dough to the prepared cookie sheet. The cookies should be about 2 inches apart. Bake for 12-13 minutes in the preheated oven. The cookies should be evenly golden brown on top with cracks that are soft. Let the cookies cool for 2-3 minutes before transferring to a wire rack to cool completely.

PINEAPPLE BARS

**Marianne Brunner
Northampton**

1 $\frac{3}{4}$ cups sugar
 $\frac{1}{4}$ pound butter or margarine, melted
1 $\frac{1}{2}$ cups flour
 $\frac{1}{2}$ teaspoon baking soda
Pinch of salt
1 #2 can crushed pineapple, drained
1 cup nuts, chopped

Mix well sugar and butter or margarine and eggs. Then add flour, baking soda and salt and mix together. Add the pineapple and nuts. Bake in a greased and floured pan at 350 degrees for 30 minutes.

MAMME'S SUGAR COOKIES

**Betty Karper
Jim Thorpe**

2 cups sugar
1 cup shortening or 2 sticks butter
3 eggs

1 cup buttermilk
1 teaspoon baking soda
1 teaspoon salt
4 cups flour

Cream together sugar, shortening and eggs. Dissolve 1 teaspoon of baking soda in the buttermilk. Add the buttermilk, salt and flour and mix well. Sprinkle top of cookies with sugar. Bake at 350 degrees until light brown.

CREAM PUFF CAKE

**Karen Christman
Palmerton**

1 cup water
1 cup flour
1 stick margarine
4 eggs
1 8-ounce package cream cheese
2 small packages instant vanilla pudding
2 $\frac{1}{2}$ cups milk
Cool Whip

Bring water and margarine to a boil. Add flour and stir well until it forms a ball. Add 1 egg at a time. Place batter in a greased 9-inch by 13-inch pan. Bake 400 degrees for 30 minutes.

Mix together the cream cheese, milk and vanilla pudding mixes and place on top or inside cooled cake. Top with Cool Whip.

CARROT CAKE

**Vera Niderostek
Northampton**

2 cups all-purpose flour
2 teaspoons baking soda
2 teaspoons ground cinnamon
 $\frac{1}{4}$ teaspoon salt
1 $\frac{1}{2}$ cups white sugar
3 large eggs
 $\frac{3}{4}$ cup buttermilk
 $\frac{3}{4}$ cup vegetable oil
2 teaspoons vanilla extract
2 cups carrots, shredded
1 8-ounce can crushed

pineapple with juice
1 cup flaked coconut
1 cup walnuts, chopped
1 cup raisins

Preheat oven to 350 degrees. Grease and flour an 8-inch by 12-inch pan. Sift flour, baking soda, cinnamon, and salt together in a medium bowl; set aside. Mix sugar, eggs, buttermilk, oil and vanilla together in a large bowl; gradually add flour mixture until just combined. Combine shredded carrots, pineapple, coconut, walnuts and raisins in a separate bowl; stir into cake batter using a large wooden spoon until combined. Pour batter into the prepared pan. Bake in the preheated oven until a toothpick inserted into the center of the cake comes out clean, about 1 hour. Allow cake to cool for at least 20 minutes before serving.

NANNY'S CHOCOLATE CUTOUTS

**Debra Breitfeller
Walnutport**

2 sticks butter
 $\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ cup brown sugar
 $\frac{1}{2}$ cup dark or Dutch process cocoa
1 teaspoon instant coffee crystals
 $\frac{1}{2}$ teaspoon baking soda
1 teaspoon vanilla
1 egg
Pinch of salt
2 $\frac{1}{2}$ -2 $\frac{3}{4}$ cups flour

Cream butter and sugars. Add egg and vanilla. Mix well. Add rest of ingredients except flour. Stir in flour until rolling consistency. Refrigerate for 2 hours. Roll out, cut. Bake 375 degrees for 7-8 minutes.

See **DESSERTS** on Page 35

Desserts & Cookies

DINETTE CAKE Sheila Panik Whitehall

2½ cups flour
2 cups sugar
3 teaspoons baking powder
1 teaspoon salt
1½ cups milk
¾ cup shortening
2 eggs
2 teaspoons vanilla

Beat all ingredients for 30 seconds on low, then 3 minutes on high. Bake 350 degrees for 35 minutes. This is a very dense cake which reminds me of wedding cakes from the 1960s; it doesn't need icing either.

COCONUT FINGERS Gloria Dotter Leighton

2 eggs
2 cups brown sugar, firmly packed
2 cups coconut, shredded
¼ cup walnuts, chopped
6 tablespoons sifted flour
½ teaspoon vanilla

Start oven, set at moderate 350 degrees. Rub 9-inch square pan with butter or margarine. Beat the eggs, add sugar and mix well. Stir in the coco-

nut, nuts, flour and vanilla and mix well. Pour mixture into the pan. Bake 15 to 18 minutes. While still warm; cut in finger shaped strips.

ALMOND SPICE COOKIES Ruth Arnold Coaldale

1 cup butter
½ cup light brown sugar
2¼ cup flour
1 teaspoon ginger
½ teaspoon cinnamon
½ teaspoon salt
1 egg
½ teaspoon vanilla extract
1 7½ ounce package almonds

Large bowl, cream butter with brown sugar. Add remaining ingredients except almonds. Drop mixture by teaspoon onto ungreased baking sheet. Press almond into center of each cookie. Bake 400 degrees for 10 minutes. Makes 6 dozen.

BANANA CAKE WITH CREAM CHEESE FROSTING Vera Nederostek Northampton

2 cups all-purpose flour
1 teaspoon baking soda
¼ teaspoon salt

½ cup butter, softened
1½ cups sugar
2 eggs
1 cup sour cream
1 teaspoon vanilla extract
4 medium bananas, mashed (about 2 cups)
Cream cheese frosting:
8 ounce cream cheese, room temperature
½ cup butter, room temperature
1 teaspoon vanilla extract
3 cups powdered sugar

Preheat oven to 350 degrees and right before filling, spray two 8-inch cake pans with nonstick spray.

In large bowl, beat butter and sugar together until creamy. Add eggs and beat until combined then beat in sour cream and vanilla. Next add flour, baking soda and salt; then beat just until combined. Stir in mashed bananas and mix until combined. Pour equally into prepared cake pans and bake for approximately 35-40 minutes or until toothpick inserted comes out clean.

For the frosting: In a medium bowl, beat cream cheese and butter together until combined; then add vanilla. Gradually add powdered sugar and beat until smooth and creamy. Once cake has

cooled, frost cake.

ORANGE NUT CAKE Shirley Leinthall Summit Hill

½ cup (1 stick) margarine, softened
1 cup sugar
2 eggs
¾ cup sour cream
2 tablespoons orange peel, grated
2 cups flour
1 teaspoon baking soda
1 teaspoon salt
1 cup walnuts, chopped

In a large mixing bowl, combine margarine, sugar, eggs and sour cream. Beat on medium speed until smooth. Blend in orange peel. Combine flour, baking soda and salt; stir into sour cream mixture. Fold in walnuts. Spread mixture into a greased 8-inch by 8-inch by 2-inch baking pan. Bake at 350 degrees for 50-55 minutes. Cool in the pan about 10 minutes. Remove from pan and continue cooling on wire rack.

Orange glaze:

¼ cup sour cream
½ teaspoon orange peel, grated
1 cup confectioners sugar

Combine ingredients and mix until smooth. Drizzle over the cake.

See **DESSERTS** on Page 36

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1 1/2 lb Merckens chocolate*, melted, 8 oz cool whip
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~ Desserts & Cookies ~

QUICK DESSERT

**Betty Karper
Jim Thorpe**

1 8-ounce cream cheese
1 lime Jell-O
1 can crushed pineapple, drained
1 Cool Whip

Mix all together. Put in bowl and refrigerate to chill. Use any flavor Jell-O or fruit.

NANA'S PEACH CHIFFON PIE

**Carol Brazes
Slatington**

½ cup cold water
1 cup sugar
1 pack of Knox unflavored gelatin
1 ½ cups grated peaches
1 tablespoon lemon juice
3 egg whites
1 cup heavy whipping cream
Peach slices
Graham cracker crust

Blend gelatin in ½ cup cold water in a saucepan for 5 minutes. Add 1 cup of sugar. Heat and stir on medium heat until dissolved. Stir in 1 ½ cups of grated peaches and 1 tablespoon of lemon juice. Chill until mixture sets. Beat 3 egg whites until fluffy. Add cup heavy cream to the egg whites. Beat until

slightly thickened and fold into peach mixture. Pour peach mixture into a graham cracker crust. Whip remaining cup of heavy cream and spread over pie. Garnish with peach slices. Chill overnight.

MOLASSES CAKE

**Marlene Frey
Allentown**

4 cups flour
2 cups of sugar
1 cup margarine
Pinch of salt
Mix together to make crumbs. Keep 1 cup out.

Add:

1 cup molasses
2 cups boiling water
1 tablespoon baking soda

Mixed together and add to dry ingredients. Bake at 350 degrees for 60 minutes or until done in a 13-inch by 9-inch by 2-inch greased pan.

CREAM PUFF CAKE

**Marlene Frey
Allentown**

2 cups all-purpose flour
1 cup walnuts, chopped
½ cup butter (melted)
1 package 8 ounce soft-ened cream cheese
1 cup confectioners sugar
1 container whipped topping, thawed
Medium size bowl, flour, walnuts, butter put

into pan. Bake 350 degrees for 15 minutes. Let cool. Beat cream cheese and sugar until smoother. Fold in half of whipped topping, spread over cool crust. Prepare vanilla pudding, 2 cups milk, spread over cream cheese layer.

Prepare chocolate pudding, 2 cups milk, spread over vanilla. Spread remaining topping over pudding. Sprinkle with chocolate curls.

PEACH CAKE

**Marlene Frey
Allentown**

3 eggs, well beaten
1 ¾ cup white sugar
1 cup cooking oil
2 cups flour
1 teaspoon salt
1 tsp. cinnamon
2 cups sliced peaches
½ cup chopped nuts
1 teaspoon baking soda

Mix by hand. Pour into a greased 13-inch by 9-inch pan. Bake 375 degrees for 50 minutes.

FRUIT COCKTAIL CAKE

**Marianne Brunner
Northampton**

1 ½ cups sugar
2 cups flour
½ teaspoon salt
2 eggs, unbeaten
1 teaspoon baking soda

1 #303 can fruit cocktail
¼ cup brown sugar
Chopped nuts for top

Mix sugar, flour, salt, baking soda, eggs and fruit cocktail with juice. Pour into greased and floured 10-inch by 13-inch pan. Sprinkle ¼ cup brown sugar and some chopped nuts on top and bake at 325 degrees for 40-45 minutes.

BANANA CAKE

**Ann Sverchek
Leighton Area
Lioness Lions Club**

2 ½ cups flour
1 ½ cup sugar
3 bananas, mashed (ripe)
¾ cup butter, softened
¾ cup buttermilk
3 large eggs
1 ¼ teaspoons baking powder
1 ¼ teaspoons baking soda
1 teaspoon salt
1 teaspoon vanilla
1 cup walnuts, chopped

Cream sugar and butter. Add wet ingredients and then add dry ingredients. Mix well. Bake at 350 degrees for 40-45 minutes in a 9-inch by 13-inch pan. I use cream cheese icing but use any icing of your choice.

See **DESSERTS** on Page 37



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APPLESAUCE CAKE

Wanda Kern
Walnutport

- 1 cup brown sugar,
firmly packed
1 stick butter
1 egg
1 teaspoon vanilla
1½ cups applesauce
2 cups flour
2 teaspoons baking
soda
¼ teaspoon salt
1 cup raisins
2 teaspoons apple pie
spice

Crumbs:

- Ingredients:**
 ½ cup sugar
 ½ cup flour
 ½ teaspoon cinnamon
 ¼ cup butter

Cream the butter and sugar. Add egg and va-

nilla; mix well. Stir in applesauce. Add dry ingredients; add raisins last. Pour into a 9-inch by 11-inch pan. Top with crumbs. Bake at 350 degrees for approximately 35 minutes.

SIX LAYER BARS

Wanda Kern
Walnutport

- 1 stick butter or mar-
garine
1½ cup graham crack-
er crumbs
1 12-ounce package
semisweet chocolate
chips
1½ cups flaked coconut
1 cup walnuts, chopped
1 can sweetened con-
densed milk

Melt butter in a 9-inch by 13-inch pan. Spread graham cracker crumbs over butter. Pour chocolate chips over graham cracker crumbs. Sprinkle coconut over chocolate chips. Sprinkle walnuts over flaked coconut. Drizzle condensed milk over walnuts. Bake at 350 degrees for 30 minutes.

APPLE WALNUT CAKE

**Wanda Kern
Walnutport**

- 4 cups coarsely cut apples
2 cups sugar
2 eggs
 $\frac{1}{2}$ cup vegetable oil
2 teaspoons vanilla
2 cups flour

- 2 teaspoons baking
soda
½ teaspoon cinnamon
1 teaspoon salt
1 cup walnuts, chopped

Combine apples and sugar; let stand until sugar gets moist. Beat eggs slightly; beat in oil and vanilla in a small bowl. Mix flour, baking soda, cinnamon and salt. Add egg mixture and flour mixture. Stir in apple-sugar mixture and walnuts. Pour into greased and floured 9-inch by 13-inch by 2-inch oblong pan. Bake at 350 degrees for 35 minutes. Let stand in pan until quite cool. Turn onto rack to complete cooling.

See **DESSERTS** on Page 38

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BLUEBERRY SAUCE

**Donna Detweiler
Saylorsburg**

1½ cups fresh blueberries or thawed and drained frozen blueberries

½ cup water

6 tablespoons sugar

1½ teaspoons fresh lemon juice

To make the sauce add blueberries, water and sugar to a medium saucepan over medium heat. Bring to a boil then add the lemon juice and reduce heat to medium low. Simmer until the sauce begins to thicken, about 10 minutes. Occasionally stir and use the back of a wooden spoon to crush a few of the blueberries into the sauce. Cool before serving. Will keep in the refrigerator for a few days. This is great over yogurt, ice cream or pound cake.

CHOCOLATE CAKE

**Vera Nederostek
Northampton**

2 cups all-purpose flour
2 cups sugar

¾ cup unsweetened cocoa powder

2 teaspoons baking powder

1½ teaspoons baking soda

1 teaspoon salt
1 teaspoon coffee powder

1 cup buttermilk/
milk/yogurt

½ cup vegetable oil

2 large eggs

2 teaspoons vanilla extract

1 cup boiling water

Preheat oven to 320 degrees. Prepare 2 9-inch cake pans by spraying

with baking spray or buttering and lightly flouring. Add flour, sugar, cocoa, baking powder, baking soda, salt and espresso powder to a large bowl. Whisk through to combine.

Add buttermilk, vegetable oil, eggs, and vanilla to flour mixture and mix together on medium speed until well combined. Reduce speed and carefully add boiling water to the cake batter until well combined.

Divide cake batter evenly between the two prepared cake pans. Bake for 30-35 minutes; until a toothpick or cake tester inserted in the center of the chocolate cake comes out clean.

Remove from oven and allow to cool for about 10 minutes, remove from the pan and cool completely. Frost and decorate as desired.

MINNIE'S PUMPKIN ROLL

**Brenda Green
Leighton Area
Lioness Lions Club**

Cake:

1 cup sugar

¾ cup canned pumpkin (not spread mix)

¾ cup flour

2½ teaspoons cinnamon

3 eggs

Line jelly roll pan with wax paper. Mix sugar, eggs and pumpkin for 2-3 minutes until blended. Add flour, baking soda and cinnamon. Stir to mix. (don't over mix) Pour into pan evenly. Bake at 325 degrees for 18 minutes. Spread clean dish towel and sprinkle with confectioners (10x) sugar.

When cake is baked * turn onto towel and then roll, set aside for 1 hour.

Peel wax paper off cake before rolling up in towel.

Filling:

1 cup 10x sugar

4 tablespoons butter, softened

8 ounce cream cheese

1 teaspoon vanilla

In bowl, mix 10x sugar, cream cheese, butter and vanilla. Mix well and set aside. When 1 hour is up, unroll cake (peel wax paper off cake after baking), spread filling evenly over cake, re-roll cake. Wrap in wax paper and then saran wrap and refrigerate for at least 2 hours. Read to slice and serve.

BANANA BREAD

**Donna Donati
Leighton Area
Lioness Lions Club**

1½ cups flour

1½ teaspoons baking powder

¼ teaspoon baking soda

¼ teaspoon cinnamon

¼ teaspoon salt

1 egg

¾ cup sugar (I use half)

¼ cup cooking oil

½ cup walnuts, chopped (optional)

3 very ripe bananas, mashed

1 teaspoon lemon peel, (optional)

Combine flour, baking powder, baking soda, cinnamon and salt. Combine egg, bananas, sugar, and cooking oil. Make well in flour mixture and add the bananas, sugar and oil and egg. Mix flour till moistened and meets spoon in pan. Add nuts and mix. Grease 8-inch by 4-inch by 2-inch loaf pan. Bake 350 degrees for 50 minutes. Cool 10 minutes.

BROWNIES

**Gail Maholick
Leighton Area
Lioness Lions Club**

1 cup butter

2¼ cups sugar

4 eggs

1¼ cup cocoa

1 teaspoon salt

1 teaspoon baking powder

1 teaspoon vanilla

1½ cups flour

1 cup chocolate chips

Preheat oven to 350 degrees. Line a 9-inch by 13-inch pan with foil. Spray nonstick spray. In small pot, melt butter over medium-low heat. Once melted add sugar and stir. Continue cooking 1-2 minutes; stirring continuously. Don't let boil. Pour the butter and sugar into mixer bowl. Add cocoa and mix to combine. add eggs, salt, baking powder and vanilla. Beat with mixer on low; slowly adding flour. Stir in chocolate chips. Pour in pan. Bake 30 minutes.

**RUSSIAN TEA
COOKIES OR
SNOW BALLS
Sandy Whiteman
Leighton Area
Lioness Lions Club**

2 cups butter (1 pound)

2 cups powdered sugar

4 cups flour

2 cups ground walnuts

2 teaspoons vanilla

Mix well with mixer and shape into balls. Bake at 325 degrees for 25 to 30 minutes. Cool and sprinkle with powdered sugar.

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Miscellaneous

LARRY'S SCRAPPLE Larry Runner Galeton, Pa (Potter County)

Cooking meat:

One 5-6 pound bone-in pork shoulder roast, trimmed of visible fat and cut off bone into 1-2 inch cubes.

3 medium onions quartered

2 teaspoons salt

2 teaspoons pepper

1½ teaspoons dried thyme

2 teaspoons rubbed sage

1 teaspoon ground savory

1 teaspoon rosemary

3 chicken bouillon cubes

3 tablespoons ham base

3 stocks of celery cut in 2-inch chunks

4 large bay leaves

Water

Making scrapple:

3 quarts plus 1 cup of stock you cooked the meat in

1½ teaspoons dried thyme

2 teaspoons rubbed sage

1 teaspoon ground savory

1 teaspoon allspice (start with less)

½ teaspoon nutmeg (start with less)

1 tablespoon pepper (you may have to add more/less pepper to your



Larry's Scrapple

taste)

3 teaspoons salt (you may have to add more/less salt to your taste)

4½ cups of cornmeal

¾ cup of buckwheat flour

3 pounds cooked ground meat

Scrapple must be well-seasoned, or it will

taste very bland when fried.

In a large stock pot, place the pork, onion, celery, thyme, sage, savory, bay leaves, rosemary, chicken bouillon, ham base. Then add salt, pepper and cover with water about 2-3 inches above meat.

Bring to a boil; reduce

heat, cover and simmer until pork is tender, about 1 hours. Discard celery and bay leaves.

Place the meat and onion on a large plate; reserve the stock. When the meat is cool enough to handle, remove it from the bones and discard excess fat. Grind meat and onion using a ¼-inch grinding plate.

Place 3 quarts plus 1 cup of the stock in an 8-quart pot. Add the thyme, sage, savory, allspice, nutmeg, salt and pepper. Bring to a boil.

Mix cornmeal and buckwheat flour together, then gradually stirring or whisking rapidly until it is all combined (I used a handheld immersion blender). Reduce the heat to medium or medium-low and continue to cook, stirring often, until the mixture is very thick, so that a spoon almost stands up by its own, about 15 minutes. (If it gets too thick, just add a little more of the broth and stir well.) Add the meat and stir well to combine. Reduce the heat to low and cook for an additional 15 minutes, stirring occasionally. After a couple minutes, taste for seasoning and adjust as desired. Scrapple must be well-seasoned or it will taste very bland when fried.

Place a piece of waxed paper into the bottom of two 9x5 loaf pans so that the ends extend over the two long sides. That will make it easier to lift the refrigerated loaf out of the pan later. Pour half the mixture into each pan. Cover with foil and refrigerate overnight or until chilled and solid.

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See **MISCELLANEOUS**
on Page 41

Miscellaneous

MARINATED BEAN SALAD

**Marianne Brunner
Northampton**

1 can green beans, drained
1 can yellow beans, drained
1 can red kidney beans, drained
 $\frac{1}{2}$ green pepper, chopped
1 small onion, chopped
 $\frac{3}{4}$ cup sugar
 $\frac{2}{3}$ cup vinegar
 $\frac{1}{3}$ cup salad oil
1 teaspoon salt
 $\frac{1}{2}$ teaspoon pepper

Combine beans, pepper and onion. Mix together the sugar, vinegar, salad oil, salt and pepper. Mix well. Pour over the bean mixture. Marinate in the refrigerator for 3 days stirring each day and then serve.

PA. DUTCH HOT BACON DRESSING

**Evelyn Haas
Slatington**

1 egg
 $\frac{1}{2}$ cup sugar
1 tablespoon flour
 $\frac{1}{4}$ cup vinegar
3 strips of bacon

Fry bacon. Mix together egg, sugar and flour. Add vinegar and mix. Thin out with water. Put in pan with bacon. Cook on low heat until thick, stirring continuously. Makes $1\frac{1}{2}$ to 2 cups.

PICKLE RELISH

**Vera Nederostek
Northampton**

4 heads cabbage
16 sweet green peppers
24 onions
20 carrots
3 quarts vinegar
12 cups sugar
2 tablespoons celery

seed
2 tablespoons mustard seed

Grind above. Add cup of salt. Let stand 2 hours. Drain, dry and 3 quarts vinegar, 12 cups sugar, 2 tablespoons celery seed, 2 tablespoons mustard seed. Do not boil! If vinegar is too strong, dilute to taste. Then seal jars tight. Put jars in cold.

4 STAR COLESLAW

**Rosie Kereczman
Bethlehem**

1 bag shredded coleslaw mix
1 cup mayonnaise
3 tablespoons white sugar
2 tablespoons white vinegar

Mix the mayonnaise, sugar and vinegar till very smooth and blended. Add the coleslaw mix and mix well. Chill at least 1 hour before serving. For a creamier slaw add about $\frac{1}{4}$ cup heavy cream to the above ingredients and chill well.

RHUBARB JAM

**Marianne Brunner
Northampton**

4 cups rhubarb, cut
 $\frac{1}{2}$ cup sugar
1 package cherry gelatin

Boil rhubarb and sugar for 13 minutes, stirring constantly. Add the gelatin. Boil 4 minutes longer. Seal. This is a good keeper. Gives 1 pint.

CREAM CABBAGE

**Marianne Brunner
Northampton**

1 head of cabbage
Carrots
Dash of salt
3 teaspoons sugar

1 small jar sour cream
1 tablespoon vinegar
2 tablespoons mayonnaise

Put cabbage and carrots in blender. Then drain very good. Add salt and sugar. Mix together good. Add sour cream and vinegar and mayo. Mix well and refrigerate.

SKILLET CORNBREAD

**Vera Nederostek
Northampton**

2 cups boiling water
 $1\frac{1}{2}$ cups white cornmeal (or yellow)
1 cup milk
 $1\frac{1}{4}$ teaspoon salt
3 teaspoons baking powder
2 tablespoons butter
3 eggs, well beaten

Stir boiling water into cornmeal in heat proof bowl or saucepan. Cool. Beat in milk, salt, baking

powder, butter and eggs. Turn into greased 10-inch skillet that can used for baking. Bake in 400 degree oven for 30 to 35 minutes. Yield: 8 servings.

ZUCCHINI PIE

**Marianne Brunner
Northampton**

4 cups zucchini squash, chopped
 $\frac{1}{2}$ cup onion, finely chopped
1 teaspoon salt
 $\frac{1}{8}$ teaspoon pepper
Dash of nutmeg
2 eggs, well beaten
 $\frac{1}{2}$ cup dry bread-crumbs

Chop squash about the size of a pea. Blend all ingredients thoroughly and press into well-greased 9-inch pie pan. Bake for 25 minutes at 375 degrees. Cut into wedges. Serves 6.

See **MISCELLANEOUS**
on Page 42

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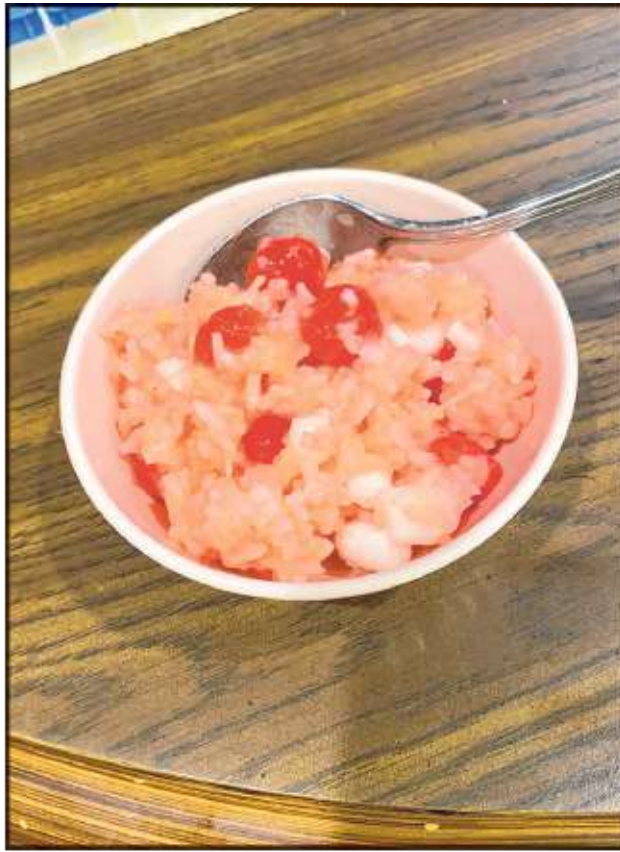
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Miscellaneous

GRAMMY RUNNER'S GLORIFIED RICE Larry Runner Galeton, Pa (Potter County)

2 cups raw rice, cooked, drained
1 can crushed pineapple
1 medium jar maraschino cherries, chopped, reserve juice
1 10-16 ounce bag miniature marshmallows

Rinse rice until water comes clear. In a medium pot, add 4 cups of water and 2 cups of rice. Bring the water and rice to a boil and put on lid. Reduce heat to low and let cook for 22 minutes. Once rice is cooked, remove from heat and let cool. In a large bowl, combine cooled, cooked rice, pineapple, cherries with juice and marshmallows. Stir to combine. Cover and refrigerate at least 24 hours.



Glorified Rice

top. Bake at 350 degrees for 1 hour. If top is browning to quickly, cover with aluminum foil. Remove from oven and serve.

FREEZER PICKLES Marianne Brunner Northampton

8 cups cucumbers, sliced thin
1 medium onion, sliced thin

1 tablespoon salt
Mix and put in refrigerator 2 hours or longer.

Add:

1 cup white vinegar
3 cups sugar

Mix well and put in containers for freezer. "This is very good."

RICE PUDDING Janet Lakitsky Andreas

1 cup raw rice
1 cup sugar
2 eggs, well beaten
1 teaspoon vanilla
1 8-ounce heavy cream
4 cups cold water
6 cups whole milk

Cook rice in 4 cups cold water for 15 minutes, drain rice. Add 6 cups whole milk, 1 cup sugar and cook 1 hour and 15 minutes; stir often. Mix eggs, vanilla and cream. Add to hot rice; cook 10 minutes longer.

POTATO FILLING Ronald Robertshaw Tamaqua

4 cups potatoes, diced
½ cup butter, melted
½ cup celery, finely diced
1 cup onions, chopped fine
4 cups bread cubes
2 large eggs, beaten

¼ cup parsley
1½ teaspoons poultry seasoning
Salt and black pepper to taste
¼ to ½ cup milk

Boil and mash potatoes. Add butter (½ cup) and milk. Stir to make a

mixture that is not overly creamy. Saute celery and onions in butter until soft. Add parsley, salt and pepper and poultry seasoning. Add to potato mixture with bread cubes and eggs, blend thoroughly and pour into an oven proof dish. Dab butter on



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Potential substitutes when you're missing an ingredient

When cooking or baking at home, few things can prove as frustrating as preparing a dish only to realize you're missing a key item from the ingredients list. Such realizations often force cooks to stop what they're doing and make emergency trips to a nearby grocery store. That can delay dinner time or make cooks feel rushed when they ultimately re-

turn from the store. But what if there was a way to substitute ingredients without risking flavor? Thankfully, there is.

According to AllRecipes.com, cooks can easily make their own ingredient substitutions if they suddenly realize they're missing an item listed in a recipe and don't want to run to the store. But many substitutions won't be di-

rect, meaning 1 tablespoon of a particular ingredient will not always translate to 1 tablespoon of a substitute ingredient. The following substitution guide, courtesy of AllRecipes.com, can help cooks overcome the last-minute surprises regarding missing ingredients.

Ingredient: Allspice

Amount: 1 teaspoon

Substitute: ½ teaspoon

cinnamon, ¼ teaspoon ginger and ¼ teaspoon cloves

Ingredient: Baking powder

Amount: 1 teaspoon

Substitute: ¼ teaspoon baking soda plus ½ teaspoon of cream tartar or ¼ teaspoon baking soda plus ½ cup buttermilk (decrease liquid in recipe by ½ cup)

See **SUBSTITUTES**
on Page 44

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SUBSTITUTES

CONTINUED FROM PAGE 43

Ingredient: Bread-crumbs

Amount: 1 cup

Substitute: 1 cup cracker crumbs or 1 cup matzo meal or 1 cup ground oats

Ingredient: Brown sugar

Amount: 1 cup, packed

Substitute: 1 cup white sugar plus $\frac{1}{4}$ cup molasses and decrease the liquid in the recipe by $\frac{1}{4}$ cup or 1 cup white sugar or $1\frac{1}{4}$ cup confectioners sugar

Ingredient: Butter (salted)

Amount: 1 cup

Substitute: 1 cup margarine or 1 cup shortening plus $\frac{1}{2}$ teaspoon salt or $\frac{7}{8}$ cup vegetable oil plus $\frac{1}{2}$ teaspoon salt or $\frac{7}{8}$ cup lard plus $\frac{1}{2}$ teaspoon salt

Ingredient: Butter (unsalted)

Amount: 1 cup

Substitute: 1 cup shortening or $\frac{7}{8}$ cup vegetable oil or $\frac{7}{8}$ cup lard

Ingredient: Cocoa

Amount: $\frac{1}{4}$ cup

Substitute: One 1-ounce square unsweetened chocolate

Ingredient: Corn syrup

Amount: 1 cup

Substitute: $1\frac{1}{4}$ cup white sugar plus $\frac{1}{3}$ cup water or 1 cup honey or 1 cup light treacle syrup

Ingredient: Egg

Amount: 1 whole (3 tablespoons or 1.7 ounces)



Substitute: $2\frac{1}{2}$ tablespoons of powdered egg substitute plus $2\frac{1}{2}$ tablespoons water or $\frac{1}{4}$ cup liquid egg substitute or $\frac{1}{4}$ cup silken tofu pureed or 3 tablespoons mayonnaise or half a banana mashed with $\frac{1}{2}$ teaspoon baking powder or 1 tablespoon powdered flax seed soaked in 3 tablespoons water

Ingredient: Garlic

Amount: 1 clove

Substitute: $\frac{1}{8}$ teaspoon garlic powder or $\frac{1}{2}$ teaspoon granulated garlic or $\frac{1}{2}$ teaspoon garlic salt (reduce salt in recipe)

Ingredient: Honey

Amount: 1 cup

Substitute: $1\frac{1}{4}$ cup white sugar plus $\frac{1}{3}$ cup water or 1 cup corn syrup or 1 cup light treacle syrup

Ingredient: Lemon juice

Amount: 1 teaspoon

Substitute: $\frac{1}{2}$ teaspoon vinegar or 1 teaspoon white wine or 1 teaspoon lime juice

Ingredient: Lime juice

Amount: 1 teaspoon

Substitute: 1 teaspoon vinegar or 1 teaspoon white wine or 1 teaspoon lemon juice

Ingredient: Mayonnaise

Amount: 1 cup

Substitute: 1 cup sour cream or 1 cup plain yogurt

Ingredient: Onion

Amount: 1 cup, chopped

Substitute: 1 cup chopped green onions or 1 cup chopped shallots or 1 cup chopped leeks or $\frac{1}{4}$ cup dried minced onion or $\frac{1}{4}$ cup onion powder

Ingredient: Semi-sweet chocolate chips

Amount: 1 cup

Substitute: 1 cup chocolate candies or 1 cup peanut butter or other flavored chips or 1 cup

chopped nuts or 1 cup chopped dried fruit

Ingredient: Shortening

Amount: 1 cup

Substitute: 1 cup butter or 1 cup margarine minus $\frac{1}{2}$ teaspoon salt from recipe

Ingredient: Stock — beef or chicken

Amount: 1 cup

Substitute: 1 cube beef or chicken bouillon dissolved in 1 cup water

Ingredient: Vegetable oil (for baking)

Amount: 1 cup

Substitute: 1 cup apple sauce or 1 cup fruit puree

Ingredient: Vegetable oil (for frying)

Amount: 1 cup

Substitute: 1 cup lard or 1 cup vegetable shortening

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Kitchen essentials for people just starting out

The day a young person moves into his or her first apartment or home is a momentous occasion. Few things evoke a sense of accomplishment and independence as much as having your own place.

Upon moving into a first home or apartment, young people soon realize just how many items they need to make a home feel

like home.

It goes without saying that furnishings like a bed and couch are a necessity, but young people also will need some kitchen essentials so they can prepare some simple meals on their own.

As young people expand their culinary horizons, they may want to look for more specialized

cooking utensils and gadgets. Until then, these items are some of the basic building blocks of any kitchen.

Pots and pans: It goes

without saying that pots and pans are vital for anyone looking to cook their own meals at home.

See **ESSENTIALS** on Page 47

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ESSENTIALS

CONTINUED FROM PAGE 45

Modern young people are health-conscious and aware of the challenges facing the planet, and overcoming those obstacles can start in the kitchen.

For example, various manufacturers produce pots and pans and other cookware that are not made with polytetrafluoroethylene, or PTFE, a fluoropolymer that researchers have found can contribute to myriad health problems. Manufacturers also produce products that do not contain perfluorooctanoic acid, or PFOA, which has been studied for its potentially harmful effects on the environment and human health. Young people just starting out can look for pots and pans that do not contain PTFE or PFOA as they look for kitchen staples to cook with.

Sheet pans: Even if young people have no intention of baking a batch of cookies anytime soon, the versatility of sheet pans is hard to dismiss. Though they are useful when making cookies, sheet pans also can be used to cook favorites like french fries and roasted vegetables.

Cutlery: A quality set of knives is a cook's best friend. Though high-end cutlery sets can cost several hundred dollars or more, young people can find a quality set of knives for less than \$200. Such a set will make it easy to cut steaks, chops and other entrées at the dinner table, while the accompanying chef's knife, paring knife and serrated knife can make it easy to slice and dice vegetables, garlic cloves and freshly baked bread.

Mixing bowls: Mixing bowls are an unsung

hero of the kitchen. Mixing bowls can help home cooks perform a variety of tasks, such as whisking eggs on weekend mornings or creating homemade meatballs for Sunday dinners. If kitchen cabinet space is limited, look for nested mixing bowls that can be stored within each other.

Cutting board: Cutting boards are another versatile item that are at home in any kitchen. Use a cutting board to chop vegetables or slice limes when making homemade cocktails. Young people who don't do much slicing or dicing may think they can skip getting a cutting board of their own, but that's a risky approach. Cutting on plates can damage countertops, and that's a potentially costly problem for renters who want to get their security deposits back in full upon moving out of their apartments.

Tongs, colanders, measuring cups and spoons, and, of course, silverware are some additional must-have items for people just starting to build their kitchens.



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