

# TITANS PREFER

for your gastranomical enjoyment

THE OMEGAS proudly present:

# TITANS PREFER

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The Omegas of San Marino High School proudly present Titans Prefer, a cookbook containing the favorite recipes of students, atheletes, and teachers at S.M. H.S. The Omegas are a service club, made up of thirty-four hard-working girls who apply for membership and are accepted on the basis of their ideas and willingness to work. The Club currently has many projects, including tutoring at Maryvale, sponsoring two car rallys during the school year, presenting an annual fashion show, and helping the Cerebral Palsy Workshop in San Gabriel.

The Omegas felt that such a cookbook was needed in San Marino, where student social life often consists of pot-luck dinners, informal parties, bake sales, and other last-minute affairs. We sincerely hope that you enjoy this cookbook of foods which Titans prefer.

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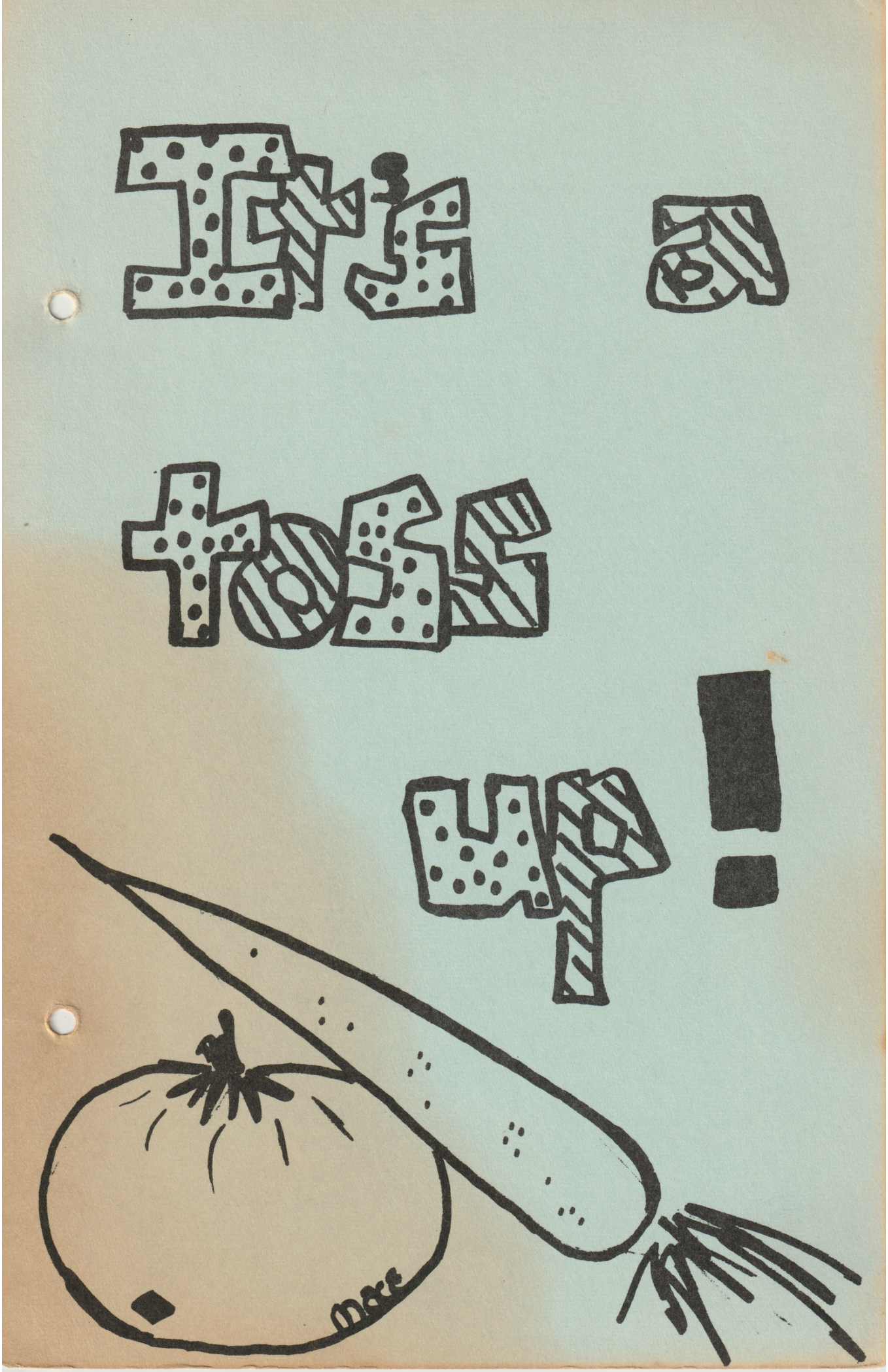

It's a
toss
up!
MACE

## HOT CRAB SALAD

8 hard boiled eggs, chopped
1 lb. crab meat
2 c. half & half
2 c. mayonnaise
blended
2 c. fresh bread crumbs & 2 extra slices
1 t. chopped onion
1 c. chopped onion
1 c. chopped parsley
salt and papper to taste
crushed potato chips or buttered crumbs

Place in 375 oven for about 45 min.

## ITALIAN CHEESE DRESSING

In electric blender add:
4 to 6 cloves garlic
1 c. oil
½ c. vinegar
1 T. sugar
2 T. Roquefort or blue cheese (more can be added to taste)

Refrigerate and serve.

## QUICKIE SALAD DRESSING

1 c. thick sour cream
1 T. minced onion
2 T. tarragon vinegar
1 t. seasoned salt
1/8 t. black pepper
2 T. sugar
1/3 c. mayonaise

Thoroughly blend together all ingredients. Store covered in refrigerator. Makes 1½ c.

CRANBERRY PECAN SALAD (favorite of Bruce Mc Lain)

1 lg. pkg. raspberry jello
2c. boiling water
1 lg. can whole cranberry jelly
1 pint sour cream
½ c. chopped pecans

Dissolve jello in hot water, stir in cranberry jelly. Then let it stand or watch it in refrigerator until it is syrupy, not stiff. Add cream and nuts, and stir until smooth, then refrigerate.

EASY CAESAR SALAD

2 qts. bite size pieces romaine or assorted greens
½ c. prepared Parmesan Salad Dressing
1 egg, slightly beaten
1 c. croutons
6 anchovy fillets, chopped (optional)

Place romaine in salad bowl. Add salad dressing and toss together. Add egg and toss until specks of egg disappear. Add croutons and anchovy fillets. Toss lightly. Makes 8 to 10 servings.

HAWAIIAN SUNSET SALAD

1 4 oz. bottle Maraschino cherries
1 #2½ can pears
1 #2½ can fruit cocktail
1 #2½ can pineapple chunks
1 pint sour cream
1 can angel flake coconut
2 c. miniature marshmellows

1. Drain fruit well.
2. Slice cherries in half.
3. Cut pears in chunks.
4. Blend sour cream, coconut, and marshmellows.
5. Add drained fruit and refrigerate 12 hrs.

FRESH FRUIT SALAD (favorite of Jim Poindexter)

Lots of fresh pineapple
Apples (with skins)
Cantelope
Bananas
Pears (with skins)
Avocados

Cut all up into favorable hunks, mix, and serve.

## DILL WEED DIP

2/3 c. sour cream
2/3 c. mayonnaise
1 T. onion flakes
1 T. parsley flakes
1 t. Spice Island dill weed
1 t. Spice Island Beau Monde Seasoning
Pinch of monosodium glutamate

Combine ingredients. Serve with raw vegetables.

## CREAMY AVOCADO DIP

2 ripe md. avocados, peeled and pitted
¼ c. sour cream
1/3 c. mayonnaise ½ t. Accent
½ t. garlic salt
1 t. lemon juice
1 T. horse radish
1 sm. onion, grated (or use instant)

With wooden spoon or blender, mash avocados to smooth pulp. Add remaining ingredients; beat well. Freeze in tightly covered container. Thaw covered 1 to 1½ hrs. at room temperature. Stir to blend. Garnish with crisp minced bacon, if desired. Good as dip with crackers, Fritos, shrimp or lobster chunks, makes 2 to 2½ c.

## RENE AND JEAN DRESSING

½ c. Wesson oil
1 c. cream
1 T. salt

Rub 1 clove garlic through a fine sieve. Shake mixture well. Add 3/4 c. vinegar and shake well. Don't have lettuce wet, should be crisp. For 2 heads of lettuce (serves 8), chop in 2 bunches of small onions and 8 sprigs parsley. Pour dressing on salad at last minute and mix.

## GREEN GODDESS SALAD DRESSING

1 pint Best Foods mayonnaise
8 chopped green onions and tops
1 pod garlic
2 t. sugar
2 t. dry mustard
2 t. Worcestershire sauce
dash paprika
2 t. anchovy paste
2 T. parsley, chopped
2 t. tarragon vinegar

Mix all in blender.

## CAULIFLOWER DIP

Garlic
Mayonnaise
3 T. horseradish to 3 parts of cream cheese
Salt
Worchester
Roquefort cheese, 1 sm. wedge

Dip cauliflower in the dip.

## POPPY SEED DRESSING

1½ c. sugar
2 T. dry mustard
2 t. salt
3/4 c. vinegar
3 t. minced onion

Osterize the above. Add slowly 2 c. salad oil. Add last 2 T. poppy seeds after all is mixed.

## FRENCH DRESSING

1 t. salt
1 t. sugar
¼t. pepper
¼c. vinegar (or lemon juice)
½ t. dry mustard
3/4 c. oil
½ t. Worchestershire sauce
1 sm. onion

Place in blender and mix, best if cold. May add ¼ c. of Roquefort cheese.

## ROQUEFORT DRESSING

sm. carton New Hampshire Sour Cream
1 T. sugar
1 t. salt

Thin with lemon juice. Add Roquefort (bleu cheese) to taste.

# MAN HANDLERS



U. MAXWELL

## SENATE BEAN SOUP---A FAVORITE OF WALTER NORTON, TRACK

2 lb. navy beans
4 qts. water
1 1/2 lbs. (or more) smoked ham hocks
1 med. onion, chopped
2 T. butter

Wash beans, put in large kettle. Pour water over and bring to boil for 3 minutes, then remove and let stand for 1 hour. Bring to a Boil and add ham hocks. Cover and simmer for 2 hours. Saute onion and butter until golden and add to mixture. Simmer 1 hour longer. Remove meat from bones--dice meat and put back in kettle. Salt and pepper to taste.

## CARRIE'S STEW---A FAVORITE OF TIGER AND JIM TOLLES, FOOTBALL PLAYERS

2 lb. lean stew beef
1/2 onion
potatoes, carrots, and peas
flour, salt and pepper

Salt and pepper beef lightly and roll in flour. Pour small amount of cooking oil in skillet and brown the meat in it. Bring 3 cups of water to boil in a big pot and drop browned meat in water. Brown 2 tablespoons additional flour in skillet. Cut up and add onion to flour. Brown and add to big pot. Simmer for 1 to 1 1/2 hours. Peel potatoes, quarter lengthwise, boil in water until done. Drain off water and add a little gravy from pot. Scrape carrots, cut in big sections and boil. Cook peas separately. Combine and eat!

## BRUNSWICK STEW---A FAVORITE OF GRAHAM NORTON, FOOTBALL PLAYER

1 chicken
1 can corn
1 can tomatoes
1 large onion
red pepper
salt
parsley
a few cloves

Clean and cut up chicken; flour and brown well; transfer to a pot; add a little roux, made of flour and shortening browned; add other ingredients and cook slowly for several hours.

## HEARTY SOUP

soup bones
1 onion
celery and leaves
4 bullion cubes
1 large can tomatoes
salt and pepper (to taste)

Cover bones with water add other ingredients and simmer for several hours. Strain in a colander. To broth add:

1 can tomato soup
1 can kidney beans and liquid
1 package dry Lipton's vegetable soup mix
2 handfulls barley
1 large package frozen mixed vegetable

Simmer another hour.

## MINESTRONE SOUP

1 lb. ground beef
1 c. chopped onion
1/2 c. diced celery
1 clove garlic
1 c. cubed raw potatoes
1 c. sliced raw carrots
1 c. shredded cabbage
1 #2 can tomatoes (broken up)
1/4 c. raw rice
1 1/2 qt. water
1/2 tasp.thyme
1/4 tsp. basil
3 tsp. salt
1/8 tsp. pepper
grated American cheese--1/4 lb. or more

Brown ground beef, onions, and celery. Drain off fat. Add rest of ingredients. Make on top of stove in heavy pot.

## CLAM CHOWDER

2 cans minced clams
6 slices bacon, cut in small pieces
2 chopped onions
parsley
1 tsp. salt
1/2 tsp. pepper
2 T. butter
1 qt. milk
8 soda crackers, broken

Fry bacon and onions until very brown. Add milk and other ingredients except clams. Heat. Just before serving, add clams and juice.

## MEATBALL SOUP (ITALIAN RECIPE)

1 lb. ground round
1 tsp. oregano
1/4 c. Romano Cheese
1 egg
1 slice bread
1 clove minced garlic
1 tsp. salt
1/2 tsp. pepper
2 T. minced fresh parsley

Mix above ingredients and roll into 50 very small (3/4 inch) meatballs. Brown meatballs in olive oil.

1/2 of oil that meatballs were fried in
2 sliced carrots
2 stalks of celery, sliced
fresh sprigs of chopped parsley
1/2 diced bell pepper
1 small can whole tomatoes with juice
1 whole onion minced
1/2 c. garganzo beans or 1/2 c. kidney beans
1 can consomme
1 can water
1/2 c. soup macaroni (optional)
salt and pepper to taste

Add these ingredients to soup pot and simmer until carrots are tender, 1/2 to 3/4 hour. Soup is best served reheated several hours after cooking or next day. Serve with grated cheese sprinkled in bowls at serving time.

# ONION SOUP

4 large onions
4 T. butter
1/2 tsp. salt
1/4 tsp. sugar
1 T. flour
1 1/2 qts. consomme
1/2 c. white wine

Peel and slice onions. Seperate the slices into rings. Heat butter in large saucepan. Add onions, cover pan, simmer over low heat for 15 minutes. Stir in salt and sugar. Raise heat to moderate and continue cooking for 15 minutes. Blend in flour and cook, stirring, for 15 minutes. Add consomme and white wine. Simmer soup for 20 more minutes, stirring from time to time. Taste for seasoning. Serve in heated tureen or individual cups--each containing toasted round French bread heaped with Romano Cheese.

## ARMENIAN LEMON AND MEATBALL SOUP

1/2 lb. ground raw lamb
1/4 c. finely chopped onion
1/2 c. raw rice
1/2 c. finely chopped parsley
salt and pepper (to taste)
2 qt. rich chicken broth
3 eggs, well-beaten
2 lemons

Combine lamb, onion, rice, parsley, and salt and pepper. Shape the mixture into small balls. Bring the chicken broth to a boil, add the meatballs, and simmer for 1/2 hour. Remove the meatballs with a slotted spoon to warmed soup plates. Combine eggs and the juice of the lemons. Slowly add the broth to the egg mixture, beating constantly. Pour the thickened broth over the meatballs and serve.

## STEW---A FAVORITE OF E.Y. SNOWDEN, FOOTBALL PLAYER

2 lb. rib or round steak
1 c. hot water
salt and pepper (to taste)
6 potatoes
6 carrots
1 large onion

Cut steak into lean 1" cubes. Brown in flour for a few minutes, stirring constantly (2 T. flour in 1 or 2 T. oil). Add hot water and simmer for 45 minutes. Add salt and pepper to taste. Meanwhile, peel and cut into quarters potatoes, carrots, and onion. Add and simmer for 1/2 hour. Serve with plenty of bread, butter, and milk for a hearty meal for 2 or 3 people.

## CHILE CON CARNE---A FAVORITE OF BROOKS BOWMAN, FOOTBALL PLAYER

2 T. diced onion
1 lb. ground beef
1 can or 2 1/2 tomatoes
2 cans kidney beans
1 tsp. chili powder

Brown onion and meat. Add remaining ingredients. Cover and simmer for 15 minutes. Put in individual baking dishes---put jack cheese on top. Bake until cheese melts at 350°.

## GAZPACHO (COLD SOUP)

1 can Campbell's tomato soup
2 tsp. white wine vinegar
1/2 can water
1 tsp. olive oil
1 large garlic clove (pressed)
freshly ground pepper
4 or 5 ice cubes
1/4 c. diced tomatoes
1/4 c. diced cucumber
1/4 c. diced green peppers
1/4 c. croutons

Mix soup, water vinegar, oil, garlic, and pepper. Add ice and shake until throughly chilled. Add diced vegetables and croutons. Serves 4.

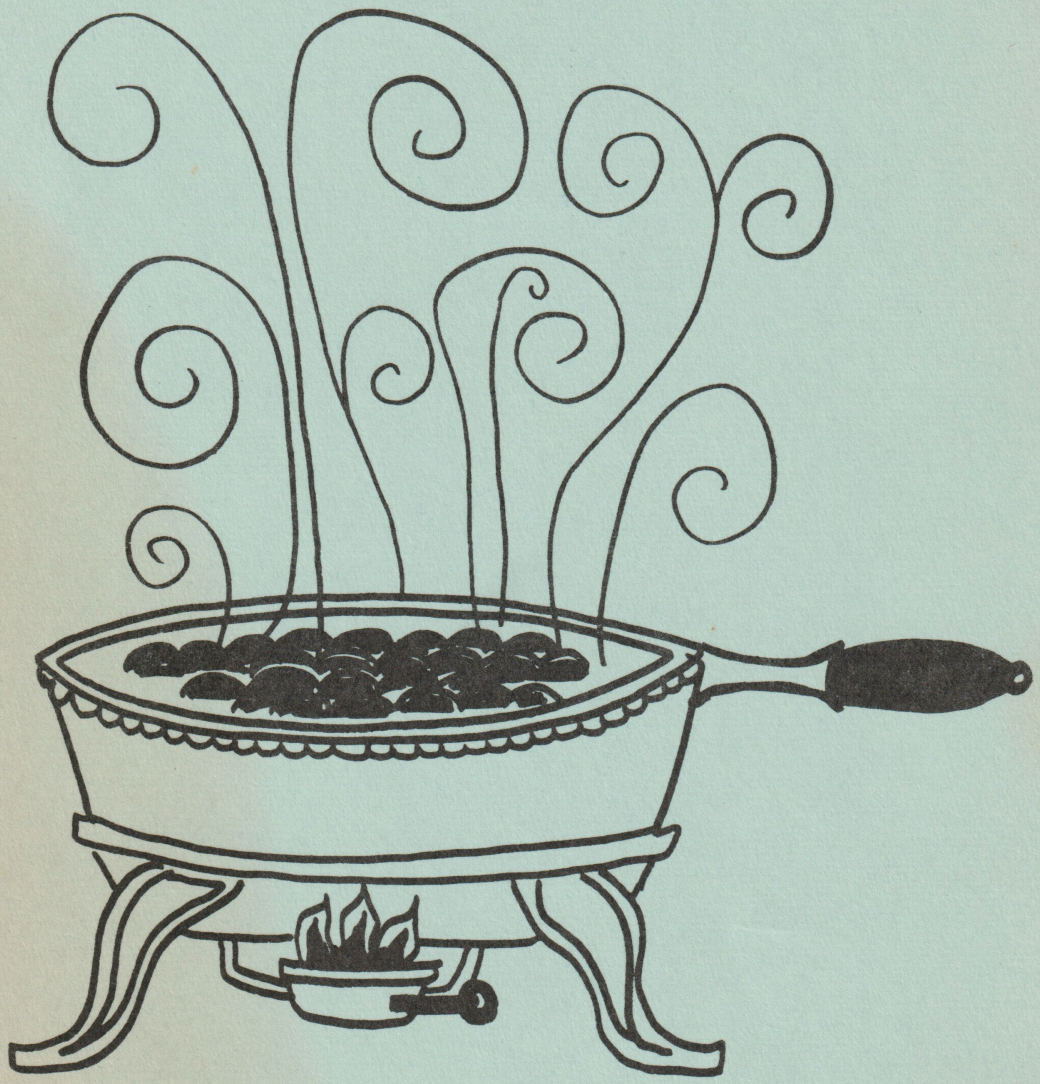
## RANCH-STYLE BAKED BEANS

2 T. butter
1 lb. ground chuck
1 envelope onion soup mix
2 1-lb. cans pork & beans in tomato sauce
1 1-lb. can kidney beans, drained
1 c. catsup
1/2 c. cold water
2 T. prepared mustard
2 tsp. vinegar

In a large skillet brown meat in butter. Stir in remainder. Pour into 2 1/2 qt. casserole dish. Bake 30-45 minutes until hot and bubbly--400°. Serves 8-10.

# "MOM!"

## "I NEED A HOT DISH!"



Chadwell U

WESTERN CASSEROLE- Craig Rousselot-football

2T. butter
¼c. finely chopped onion
¼c. chopped green pepper
1lb. ground beef
1t. salt(divided)
1t. chili powder
¼c. ripe olives
¼c. un-sulfered molasses
¼c. prepared mustard
2T. Worcestershire sauce
1 lb. 12 oz. can tomatoes
1c. raw rice

Melt butter in large skillet, add onion and green pepper and cook until onion is tender. Add ground beef, ½t. salt and chili powder, brown. Combine molasses, mustard and Worcestershire sauce. Add to beef mixture, with tomatoes and remaining ½t. salt. Gradually add rice. Reduce heat and simmer 30 min. or until rice is tender. Serves 6-8.

BAR-B-Q-CHICKEN - Ted Sheehy- football

1 fryer (1½ to 2½ lbs.)
¼c. butter
¼c. lemon juice
¼c. Worchestershire sauce
¼c.vinegar (wine or garlic)
¼c. catsup
salt and pepper

Cut chicken in quarters, wash, salt and pepper and place in pan large enough so pieces don't touch. Place under flame and brown on both sides. Pour sauce over this and bake, uncovered for one hour , baste.
Sauce -melt butter in pan, add lemon juice, vinegar, catsup and Worcestershire sauce. Let come to boil and pour over chicken.

TERIYAKI STEAK - Bob Koenig - water polo

2lb. flank steak
3/4 c. salad oil
½c. soy sauce
2T. honey
2T. vinegar
1½t. ginger
1t. garlic powder
1 scallion

Cut steak into strips 1" wide across the grain. Roll up the strips and stick tooth picks in them. Blend the rest of the ingredients until thoroughly mixed. Marinate for 8 hrs. Bar-b-que 10 min. on each side. Serve 4.

TROUT - Mr. Bryan Stevens -American Gov't

Clean trout. Mix bottle of chile sauce with pint of sour cream. Salt and garlic powder to taste. Spread mixture inside trout and place trout in foil along with layer of mixture. Fold foil and seal. Place in oven at about 400° for 20 min.

LAST MINUTE QUICKIE SQUAB

Cut squab in half, dot with butter, brown under"broil" setting, adding garlic salt, salt and pepper. Baste with sauterne wine. Bake in oven at 350° for about an hour.

PEANUT BUTTER AND BROWN SUGAR SANDWICHES -
Trace Totten - football

Spread bread with peanut butter as if for a peanut butter and jelly sandwich

Sprinkle over itbrown sugar - as much as you like.

Put under broiler until peanut butter and brown sugar has melted together.

EAT!

TERIYAKI-B-Q

Have 1" thick piece of top round sliced very thin(¼-½") and marinate in the following mixture: combine ½c. soy sauce, ½c. oil, 2T. sugar, ½c. orange juice, 1t. grated fresh giner, and a pressed clove of garlic. Let the meat strips remain in this for an hour, then weave them back and forth on bamboo or metal skewers. Grill them very quickly over a fairly hot fire ,about 30 sec. on a side. Let each guest cook his own.

TUNA AND POTATO CHIP CASSEROLE

1 lg. pkg. potato chips , rolled fine
1 med. size can tuna
1 sm. can pimentos-chopped
1 greenpepper-chopped fine
1 lg. can mushroom soup

Combine and bake 45 min. in moderate oven. A small can of B&B sliced mushrooms may be added.

VEAL BIRDS - Jim Nairne - track

8 strips of veal (4-5"long and 2"wide)cut thin.

Dressing: Melt ½ cube butter, add 1 small onion, chopped and 2 stalks celery, chopped. Cook slowly, covered until light golden color Tear into small pieces the insides of a small loaf of sliced bread (or ½ regular loaf). Beat 1 egg and mix in lightly with bread. Add onion and celery mixture, chopped parsley, poultry seasoning and salt.

Spoon dressing onto veal, roll and tie. Roll in flour and brown in butter. Remove veal to casserole. Make gravy from brown particles in pan and water. Pour over veal and cook at 350°, covered for 1 hour or til tender. Serves 4.

CRISPY PORK CHOPS

Grease pan, lay out pork chops, sprinkle chops with Lawry's salt, chopped green onions and grape nuts cereal. Pour milk to top of chops. Bake at 350° for 45 min.

CRAB OR TUNA PIZZA

1 can crab or tuna
½lb. grated cheese
½t. Worcestershire sauce
¼t. salt
½t. paprika
dash of Tobasco
1 egg lightly beaten

Mix, Place on English muffin and broil.

## TAGELIANI

1 8oz. pkg. fine noodles
2-3lbs. ground round(seasoned)
1 med. onion
1 green pepper
2 cans tomato soup
1 can tomato paste
1t. chili powder
1 can sliced mushrooms
1 can corn
½lb. grated sharp cheese
1 can sliced olives

Brown meat, onion and pepper. Add cooked noodles, tomato soup, paste, chili powder, mushrooms and corn. Bake ½hr. in 350° oven. Sprinkle cheese and sliced olives over top of casserole and continue baking another ½hr. May put cheese and olives over top of casserole when preparing casserole. Refrigerate overnight. Bake 1 hr. next day.

## MICKEY MOUSE MEAT BALLS- Dr. Bullock

One pound ground steak; add ½c. grated cheese, juice of one lemon, chopped green pepper, ¼c. chopped green olives, 1T. pimento cut fine, 1t. salt, 1 c. bread crumbs, 1 egg slightly beaten, ½c. milk. Roll in balls and bake in moderate oven about 45min.

## RICE WITH JACK CHEESE

3/4c. raw rice
2c. sour cream
dash salt
½lb Jack cheese
1 6oz. can Ortega chili peppers
butter
paprika

Cook rice, drain and combine in casserole Jack cheese, chili peppers(which have been chopped and the veins removed), and the rice. Slice a few pieces of the cheese over the top. Dot with butter and sprinkle with paprika. Add sour cream with the rice and other ingredients. Bake at 350° for 30 min.

## CORN NOODLE CASSEROLE

1lb. grated yellow cheese
1½lb. ground round
12oz. sliced mushrooms
1 can corn niblets, drained
1 large can bean sprouts
1 large can tomato soup
8oz. wide noodles,boiled and drained
1 large green pepper
Worcestershire sauce

Cook 1 clove garlic in oil until brown. Remove, add chopped green pepper and meat. Cook until meat is brown. Add remaining ingredients; taste and season. Place in casserole, cover with cheese and bake until brown and cheese is melted at 350° for 45-50 min.

## $10,000 CASSEROLE

½lb. fine noodles
2-3T. shortening (½ butter, ½ olive oil)
2c. chopped onion
2 lbs. ground chuck
1 4oz. can mushrooms
1 can cream of chicken soup
1 and 1/3 c. milk
½t. salt
¼t. pepper
¼c. soy sauce
1t. Worcestershire saace
½lb. grated cheddar cheese
¼lb. mixed salted nuts
1 can Chinese Chow Mein(crisp) noodles

Cook and drain noodles. Saute onion in large skillet in shortening until golden. Add meat, cook until brown. Combine mushrooms, soup, and milk and add to meat mixture. Blend in spices, soy sauce and Worcestershire. Mix well and heat thoroughly. Butter a 3 qt. casserole and spread cooked noodles over bottom. Cover with meat mixture. Top with cheese. Heat well in 350° oven for 15 min. until cheese bubbles. Remove and top with nuts and crisp noodles. Return to oven for 10 more minutes, Serves 10.

## HAMBURGER a la VIN-

Mr. Bryan Stevens
American Government

Make hamburger patties about one inch thick, flour lightly and fry in a little oil. When done, remove patties and glaze pan with ½ to 3/4c. of good Burgundy wine. Place patties on platter and pour glaze liquie over patties.

## ALL-IN-ONE HAMBURGER CASSEROLE

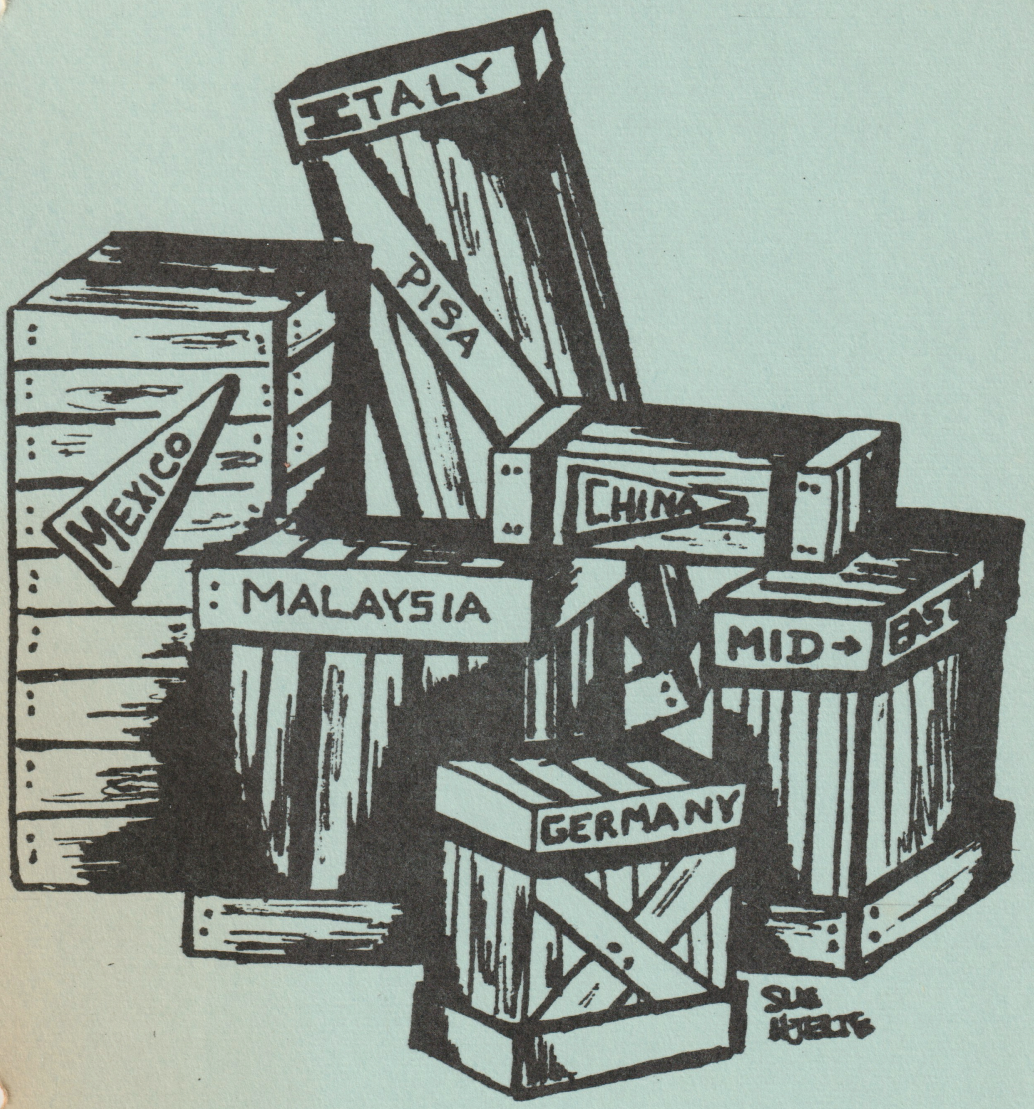
1c. pkg. minute rice
3T. flour
1t. chili powder
1½t. salt
¼t. pepper
2T. butter
1lb. ground beef, browned
2T. finely chopped onion
1#2 can Del Monte tomatoes
1 12oz. can Del Monte whole kernel corn

Grease a 2 quart casserole. Measure rice from pkg. and spread in even layer on bottom. Mix flour, chili powder, salt, and pepper. Sprinkle 1/3 mixture over rice; dot with ½T. butter. Next mix ground beef with onion and spread over rice. Repeat flour mixture and butter as above. Make a layer of the tomatoes, including liquid; repeat flour mixture and butter. Spread corn on top and dot with remaining butter. Cover and bake in moderate oven (350°) 45-50 minutes. Serves 6

## CHEESE PIE (from Teahouse inthe Clouds) Lake Louise, Canada

Preheat oven to 375°. Into an unbaked pie shell add 2c. grated sharp Cheddar Cheese, sprinkled with 1T. flour. Beat together 3 eggs, dash salt, 1c. milk. Pour over cheese. Bake 30-35 minutes.

# IMPORTS




CHINA
GERMANY
ITALY
MALAYSIA
MEXICO
MID EAST

## IMPORTS

| | |
|---|---|
| Malaysian - | Malayan Omelette |
| | Peanut Sauce |
| | Beef Satay |
| | Nasi Goreng (fried rice) |
| Oriental - | Cha Shu |
| | Sweet and Sour Pork Chops |
| | Sweet and Sour Chicken |
| German - | Sausages and Apples |
| Mexican - | Tostada Grande |
| | Chili Rellenos |
| | Chilaquiles de Jocoqui |
| | Tacos del Lunas |
| | Enchiladas |
| | Tortilla Casserole |
| | Tacos |
| | Chicken Tortilla Casserole |
| | Enchiladas |
| | Enchilada Bake |
| | Huevos Rancheros |
| Italian - | Spaghetti sauce |
| | Turkey stuffing |
| | Lasagne - American style |
| | Lasagne - Ttalian style |
| Middle-Eastern - | Shish-kabob |
| | Hamburger Stroganoff |
| | Beef Stroganoff |
| | Pilaf (rice) |
| | Curried Chicken |

## CHA SHU

Ken Fujioka

4 lb. pork loin
½ c, Saki
½ c. soy sauce
½ c. sugar
1 or 2 pieces garlic
fresh ginger (piece the size of your thumb)
¼ bay leaf
salt
ketchup
honey

Bone the pork loin. Cut into 3 pieces. Soak overnight in ½ c. soy sauce, Saki, sugar, garlic, ginger (peeled and chopped), bay leaf. Mix well and taste for sweetness. Iffit is too sweet add a little salt. Place in oven over a dish of water (place dish of water on lower rack and Cha Shu on rack above.). Bake at 350 degrees and turn over once or twice. BBake 1-1½ hours. Glaze with ketchup and honey mixture 15 minutes before baking is finished.

# MALAYAN OMELETTE

2 eggs
1 large onion, finely chopped
1 red fresh chili, finely sliced
2 tsp. butter or cooking oil
pinch of salt

1. Beat eggs, heat frying pan, add oil and when hot add onions and fry until soft. Add chilies and salt.

2. Spread out chilies and onion and pour eggs over, cook slowly and when egg is set, fold over into three or leave round and cut into pie shaped pieces.

## PEANUT SAUCE

5 Tb. peanut butter
1 clove crushed garlic
1 cup coconut milk (can be bought in frozen cans)
1 tsp brown sugar
1 Tb. lemon juice
pinch salt

1. Combine all ingredients in a sauce pan and bring to a boil.

2. Reduce heat and simmer for 2 min.

3. Place in individuals bowls for the Satay and vegetables.

## BEEF SATAY

2 lb. boneless sirloin or beef tenderloin
½ c. soy sauce
1 T. honey
2 T. lime or lemon juice
1 T. curry powder
1 T. chili powder
1 c. minced onion
2 cloves garlic, pounded or crushed

Cut meat into ½" cubes. Combine soy sauce, honey, lime juice, curry and chili powders, onion, and garlic. Marinate meat in the mixture 30 min. to an hour. Thread meat on small skewers, and grill over charcoal or in broiler until browned and done as desired, 12-15 min.

Serve with peanut sauce and cubes of cucumber and onion dipped in the same sauce.

## HAMBURGER STROGANOFF

Kent Mahan

1 lb. ground round
½ c. onions, chopped
1 sm. clove pressed garlic
olive oil
2 T. flour
1 can mushrooms and liquid
1 can cream of mushroom soup
salt, pepper, Accent
1c. sour cream
¼ c. chopped parsley

Fry ground round, onions and garlic in olive oil. Add flour, salt, pepper, and Accent. Add mushrooms and soup and let simmer 20 min. Just before serving mix in sour cream. Sprinkle with parsley. Serve over steamed or boiled rice. Serves four.

## NASI GORENG-(FRIED RICE)

3 t. oil
8 sm. red onions, sliced fine
4 red chilies, sliced fine
2 oz. sliced fresh prawn
2 oz. diced cooked meat
4 c. cold cooked rice
1 t. soy sauce
2 beaten eggs
1 T. chopped onion
1 T. chopped celery

Put oil in pan-when hot, fry sliced onions and chilies until soft. Add prawn and meat; fry. Add rice; mix well, adding salt and soy sauce to make it brown. Add beaten eggs and stir well until egg is cooked and rice is dry. Add chopped onions and celery. Serve hot.

## SHISH-KABOB MARINADE

Clint Hufford

3 T. olive oil
1 c. cherries
2 cloves crushed garlic
1/8 t. allspice
2 t. salt
1 t. oregano
1 t. pepper

Combine and pour over cubed lamb; leave three hours or overnight. When ready to barbecue, combine whole mushrooms, thick slices of green peppers, a small whole onion, and tomatoes. Broil 10 minutes and serve with rice pilaf.

## BEEF STROGANOFF

Bill Sheehy

¼ lb. butter
1 T. olive oil
2 lb. beef tenderloin, sliced thin
2 green onions, chopped fine
1/3 c. dry white wine
1 t. Worcestershire sauce
1 pt. sour cream

salt and pepper to taste
chopped parsley

Melt 3 oz. butter and the oil in skillet or chafing dish; when very hot, quickly brown meat about 1 minute, and remove to hot platter. Put rest of butter and chopped onions or shallots in chafing dish. Cook for 2-3 minutes; add wine, Worcestershire sauce, and sour cream. Stir well and heat, but do not let mixture boil or sour cream will curdle. Season to taste and pour sauce over meat; sprinkle with chopped parsley. Good served with rice. Serves 6.

## PILAF

Jeff Coppersmith

1 cube butter
1 section fidee (type of pasta)
(broken up)
salt to taste
1 cup rice
2 cups chicken broth

Brown fidee, then add rice, then chicken broth. Bring to rolling boil, and salt to taste. Bake covered in 350 degree oven for 20 minutes exactly. Don't stir until ready to serve.

# TOSTADA GRANDE

10 tortillas
2 lbs. ground round
2 cans Mexican spiced beans
1 large can enchilada sauce
Shredded lettuce
Green onion, chopped
Tomatoes, chopped
Ripe olives, chopped
3 avocadoes, diced
1 lg. carton sour cream
Salt and pepper to taste
Worcestershire sauce as desired
Lemon juice as desired
Grated Jack cheese

Fry tortillas very crisp and flat. Combine meat, beans, and enchilada sauce. Mix together the avocado, sour cream, lemon juice and seasonings. Have ready the lettuce, onion, tomatoes and olives. On each tortilla, place serving of meat mixture. Next add the lettuce and chopped vegetables. Finish with serving of avocado mixture. Top with grated Jack cheese.

Serves 10. Can let guests make their own.

## CHILI RELLENOS

Stuff each whole green chili with thick pieces of full cream cheese. Beat whites of 2 eggs stiff; add egg yolks and 1 tsp. flour, and beat. Dip stuffed chili in this batter and then fry in deep fat.

## CHILAQUILES de JOCOQUI

(Sour cream and Tortilla Casserole)

12 tortillas, cut in eighths
oil for frying

Sauce--

2 T. oil
1 med. onion, chopped
1 (no. 2½) can solid pack tomatoes, chopped
(or 1 can tomato paste & 1 can water)
Salsa Jalapena, or chili powder to taste
1 t. oregano, rubbed between hands
1 lb. ground beef
salt, pepper, and tobasco sauce to taste
½ lb. grated Parmesan or Romano cheese
½ lb. American, Jack, or Mozarella, cubed
1 pt. sour cream
coarsly grated American cheese
½ t. mushroom powder (optional)
Spaghetti sauce seasoning to taste

Fry tortillas lightly and drain on absorbent paper. For the sauce, wilt onion in hot oil; add tomatoes, salsa Jalapena, oregano, salt, and ground beef; cook for 10-15 min. Set aside. Butter a 2 qt. casserole and place alternately layers of tortillas, sauce, Parmesan or Romano cheese, Jack cheese, and sour cream. Repeat until all ingredients have been used, ending with a layer of sour cream.

Bake at 325 degrees for 30-40 min. During the last 10 minutes of baking, sprinkle with grated American cheese. Serves 6-8. Yummy!

# TACOS DEL LUNAS

Mr. Dan Mooney

About 3/4 pint vegetable oil
1/2 head lettuce, finely shredded
1/4 lb. longhorn cheese and
  1/4 lb. jack cheese, grated and
  mixed together
1 doz. corn tortillas
1 recipe meat base
1 recipe guacamole
hot sauce to taste

Meat base:

1 lb. ground round
3 cloves fresh garlic, minced (or you
  may substitute instant minced garlic)
1 can Ortega Diced green chiles
hot sauce to taste (about 1 tbs.)
salt and pepper to taste

Brown fresh garlic in small amount of oil. (Instant may be added with meat.) Add meat and brown until crumbly. Add chiles, hot sauce, salt and pepper; simmer until done. Flavors will blend best if meat base is allowed to rest for an hour or so after it's done.

Guacamole:

1 large or 2 medium ripe avocados,
  diced - reserve seed
1 medium tomato, minced
1 medium onion, minced
juice of 1/2 lemon
1 clove fresh garlic, minced (again,
  you may substitute)
hot sauce to taste (about 1 tsp.)
salt and pepper to taste

Place avocado in bowl and mash. Add remaining ingredients and mix well. Place seed in the middle of guacamole, as this helps to preserve green color. Chill.

To make one taco:

Heat oil until it sizzles when a drop of water is added. Fry tortilla until desired degree of crispness is reached, folding it in half while it is still pliable. (We like them fried for about 1 minute.) Drain on paper toweling. Fill with about 2 or 3 tbs. meat. Spoon on a layer of guacamole (about 2 tbs.) Add a pinch or 2 of lettuce and top with cheese.

Serve with canned refried beans, to which one can of Ortega diced chiles have been added, along with a generous topping of grated cheese.

## ENCHILADAS

Mike Moore

2 doz. tortillas
2 cans enchilada sauce
2 cans tomato sauce
cheddar cheese, onions, black olives
little water
2 lbs. ground meat, cooked

Fry tortillas in oil, then dip in sauce consisting of the enchilada sauce, tomato sauce, and water. Fill tortilla with meat, grated cheese, and chopped green onions. Secure with wooden tooth picks. Pour remaining sauce over all and sprinkle top generously with grated cheese. Garnish with olives. Bake at 350 degrees for 30 min. Serve with green salad with Roquefort dressing and hot buttered tortillas.

## TORTILLA CASSEROLE

12 flour tortillas
12 thin slices ham
1 lb. Jack cheese, cut in ½" sticks
1 can Ortega chili peppers (clean peppers and cut in 1/8 " wide strips)

Cheese Sauce--
½ c. flour
¼ lb. margarine
1 qt. milk
¾ lb. sharp cheese
1 t. mustard
1 t. salt
dash of Accent
dash of pepper

Place ham slices in tortillas; center stick of cheese and sticks of chili pepper. Roll close with toothpick. Place side by side in buttered 9x12" pan. Make the cheese sauce and pour it over the tortillas. Bake at 350° for 45 min. Serves 12

## CHICKEN TORTILLA CASSEROLE

Jeff Wilson

6 chicken breats(boiled, skinned, boned and cut in half)
1 pkg. corn tortillas, cut in 1" strips
1 pkg. yellow sharp cheese (grated)
1 can green chili salsa
1 can cream of chicken soup
1 can evaporated milk

Mix soup and milk together.

Arrange in alternate layers in casserole:

1. Criss cross tortillas
2. Chicken
3. Sauce

Sprinkle grated cheese over each layer plus plenty on top. Refrigerate 24 hours, Bake at 300 to 350 degrees for 1 hour. (First half covered, last 30 min. uncovered.)

Note: If casserole appears too dry when ready for oven, add 1 cup water before baking.

## SPAGHETTI SAUCE

1 lg. onion, chopped
1 lb. ground meat
1 med. can tomatoes
1 sm. can tomato sauce
1 bell pepper, minced
2 cloves garlic
1 T. parsley flakes
1 bay leaf
1 med, can mushrooms, chopped (save the liquid)

Fry onion until golden brown-add ground meat and brown until crumbly. Put in stewpan-add pepper, mushrooms(and liquid), and all other ingredients. Cook slowly, covered, for 2½-3 hours. Use very smallest spaghetti. Serves 4 generously.

## TACOS

Mr. Jack Bradford

Ground beef
Filling--
lettuce
grated cheese
chopped onions
chopped avacado
chopped tomatoes

Brown the beef. Drain off fat. Mix in 1 can of Haspalmas Sauce and simmer. Put in desired amount of filling.

# ENCHILADAS

Sauce: John Flynn

4 tbsp. lard
1/4 cup flour
3 garlic cloves, crushed
1 tsp. powdered cumin
1 large can red chili sauce
1 chili sauce can water
1/2 4 oz. can tomato paste

Melt lard and stir in flour until smooth. Add remaining ingredients, mix well and simmer one hour, stirring occasionally. Set aside and keep warm.

Filling:
2 lbs. cheese, grated
2-3 onions, chopped fine
2 lbs. ground round or chuck
1 clove garlic, crushed

Brown meat with garlic and little chopped onion. Pour off fat and set aside until ready to assemble enchiladas. Place cheese, chopped onions in individual containers and set aside.

To assemble enchiladas:
1 1/2 dozen tortillas
lard, melted and hot, 1/2 inch deep in skillet
warm sauce
ingredients for filling

Make one enchilada at a time. Drop tortilla into hot lard and turn quickly several times with tongs until slightly crisp. Remove and drain, then dip immediately into warm sauce to soften. Remove tortilla to work platter and fill with small amount each of cheese, onion and meat. Roll tortilla over filling and place seam side down on baking dish. Fill each tortilla as above. Pour remaining sauce over enchiladas and garnish with extra cheese. Reheat. (450 degrees for 5-10 min.)

## SWEET AND SOUR CHICKEN

2½ c. chicken breast chunks
(boned and cut up)
1/3 c. flour
1 t. salt
1/8 t. pepper
¼c. butter, melted
1 c. pineapple chunks
1 T. corn starch
½ c. pineapple juice
2 T. soy sauce

Dredge chicken in flour, salt, and pepper. Brown in butter, add pineapple. Mix corn starch, juice, and soy sauce; pour over chicken. Cover and simmer for ½ hour.

Green pepper and/or onion may be added if desired. Salted almonds may be sprinkled over top. May be prepared ahead. Serve over rice.

## ENCHILADA BAKE

½ onion, chopped
1¼ lb. ground chuck
1 can tomato sauce
1 c. water (optional)
1 lg. can red chili sauce
12 corn tortillas
1 lb. grated cheddar cheese
1 can black olives, sliced
1 lg. can baked beans

Add chopped onion to beef and brown. Add tomato and chili sauce and simmer until bubbly. Layer in casserole with tortillas, cheese, meat, and sauce. Bake at 325 until bubbly.

## SWEET AND SOUR PORK CHOPS

Mr. Terry Bellinger

Pork chops (about ½" thick)
brown sugar
onion (sliced)
lemon (sliced)

Cover pork chops with brown sugar. Place rings of raw onion and a slice of lemon on top of each pork chop.

Bake at 375 degrees for 30-40 min. Goes great with fried potatoes, beans, corn, bread, and chittlins!

# ITALIAN TURKEY STUFFING

Mr. Paul Clopper

1 lb. Italian sausage
1 lb. chicken livers
1 lb. small cooked shrimp
4 chopped onions
½ c. sliced mushrooms
½ c. sliced water chestnuts
3-4 stalks chopped celery
1 stick melted butter
4 c. bread crumbs
4 or more eggs
chicken broth, salt, pepper, poultry seasoning

Cook sausage and set aside. Cook chicken livers in sausage fat and then put them through a meat grinder. Saute half the onions and all the mushrooms in sausage fat, adding some butter if necessary. Mix all the onions, meat, shrimp, celery, and mushrooms together with any remaining sausage fat and the melted butter. Add bread crumbs, eggs, and seasonings and moisten with chicken broth. Enough for 15-20 lb. bird.

## SAUSAGES AND APPLES

Louis Abbott

8 sausages
6 apples
¾ c. brown sugar

Arrange in baking dish the 8 sausages. Core and cut into ¼" slices six tart apples, and place around sausages. Sprinkle with the brown sugar. Bake in 400 degree oven for 10 min., then reduce temperature to 350 degrees and continue baking for 15 min. longer.

## HUEVOS RANCHEROS

2 c. tomato sauce
1 t. Worcestershire sauce
1/8 t. chili powder
¼ t. salt
dash of pepper

Poach eggs in above mixture and serve on toast.

## CURRIED CHICKEN

Tom Flynn

1 can Campbell's Cream of Chicken soup
½ c. milk
1 T. curry powder
Rice

Mix together soup and milk. Add curry powder and serve over hot rice.

## LASAGNE

Dave Morrison

1 lb. hamburger
1 sm. onion, chopped
2 cans Hunt's tomato sauce
½ t. cinnamon
salt & pepper
1 T. chopped parsley
½ lb. lasagne noodles
Mozarella cheese
Ricotta or cottage cheese
Parmesan cheese

Boil lasagne in salted water (add tbsp. of oil to prevent sticking). Brown hamburger and onion in skillet (pour off excess oil), add tomato sauce, cinnamon, parsley, salt, and pepper.

Let simmer 1 hour. Alternate layers: put sauce on bottom, then lasagne, ricotta, mozarella, parmesan,....repeat. End with sauce and parmesan cheese.

Bake at 350 degrees.
Covered with aluminum foil- 30 min.
Uncovered--10 minutes

6 servings

# LASAGNE

Jamie Shepherdson

Sauce:

- 1½ lb. ground beef
- ½ lb. Italian sausage
- ¼ cup olive oil
- 1 lg. onion, sliced fine
- 3 cloves garlic, mashed
- 1 lg. can tomatoes, 1 lb. 12 oz.
- 1 can tomato paste, 6 oz.
- 1 can sliced mushrooms, 8 oz.
- 1½ tsp. salt
- 1 tbsp. chopped parsley

Other ingredients:

- 1 lb. ricotta cheese (to which you mix one egg and some chopped parsley)
- 3/4 lb. mozzarella cheese, sliced
- Grated romano cheese
- 12 oz. lasagne noodles

Cook your sauce one day, then put the casserole together the next day.

Sauce: Cook onions and garlic in olive oil till golden brown in large dutch oven. Add meat and sausage and brown. Add tomatoes, paste, plus one can of water in paste can, mushrooms, salt, pepper, sugar, basil (crushed in your hand) and parsley. Let this cook for several hours, stirring every so often, till mixture is thick. This is why it is best to do this the day before.

When putting the casserole together: Cook lasagne noodles in large pan of boiling salted water to which you add 1 tbsp. of oil. Cook till tender. Take your ricotta and add the egg and parsley. Have your dish greased and ready. (13 x 9 x 2)

Layer in this order:

1. Noodles
2. Meat sauce
3. Dabs of ricotta
4. Slices of mozzarella

Repeat until the dish is filled. Then sprinkle the top with the romano cheese.

Bake at 350 degrees for 30 to 40 min.

Serves 8-10.

Today!!—

# BAKE SALE

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| cookies | 5¢ ea<br>12 - 60¢ |
| cakes | 1.00 |
| pies | 85¢ |
| candy | 5¢ |
| desserts | 1.00 |

V. Maxwell '70

CARAMEL CRUNCH CANDY

1/4 c. butter or margarine
1 T. corn syrup
1 c. brown sugar, firmly packed
4 c. Rice Chex Cereal

Butter a cookie sheet. Heat butter and svrup in a skillet over low heat until butter is melted. Then stir until blended. Add brown sugar. Stir until smooth. Continue heating slowly until mixture is all foam and twice the original volume. From this point, heat for 2 more minutes. Add cereal, coating all chex. Pour onto cookie sheet. Cool and break into small pieces.

BUTTERSCOTCH CRISP--Tami Honey's favorite

1/2 lb. butter
1 c. sugar
1 pkg. (6 oz.) butterscotch pieces
3/4 c. very finely chopped Brazil nuts

Line jelly-roll pan, 15 by 10 by 1 inch, with aluminum foil; set aside. Put butter in 2 quart saucepan; melt over low heat; add sugar. Put candy thermometer in pan. Stir over moderate heat until mixture becomes pale caramel color and candy thermometer reaches 300 degrees, about 10 minutes. Remove from heat; spoon evenly into foil-lined pan. Cool 5 minutes; scatter butterscotch pieces evenly over candy. As soon as they are soft, about 4 minutes, spread with back of ts. over entire surface. Sprinkle evenly with chopped nuts. Chill until firm. Break into pieces. Makes about 1 2/3 lb.

COCKTAIL WALNUTS

For each cup of walnut meats:
1 T. butter
1/2 tsp. chili powder
1 tsp. Worcestershire sauce
1/4 tsp. salt
1/4 tsp. onion salt

Blend seasonings into melted butter, then stir in walnuts until all are well coated. Spread nuts and melted butter into a thin layer in a shallow pan and bake in 300 degrees for 25 minutes. Do not cover. Allow to cool on paper towel.

ENGLISH TOFFEE--Gail Hutter's favorite

1 lb. butter
1 lb. brown sugar
1 1/2 lb. chopped walnuts

Boil butter and brown sugar to a brittle stage. Sprinkle half of the nuts on the bottom of a buttered 13 by 9 inch pan. Pour in toffee mixture. Cover with 5 or 6 sweet chocolate Hershey bars and let melt. Spread the chocolate. Sprinkle with remaining nuts and cool completely.

FUDGE

Put aside in pan:
2 c. finely chopped nuts
3 pkg. chocolate chips (lg. 12 oz.)
1 pt. marshmallow syrup
1 1/2 tsp. vanilla
dash of salt
1/2 lb. butter
Bring to rolling boil for 8 minutes (234 ):

4 1/2 c. sugar and 1 tall can milk

Combine all ingredients and beat until smooth, 3 or 4 minutes. Pour into greased pan. Makes 5 lb.

PEANUT BRITTLE--Bo Caldwell's favorite

2 c. sugar
1/2 c. water
1 c. white corn syrup
1 tsp. vanilla
2 T. butter
2 c. raw peanuts

Mix and cook the sugar, water, and corn syrup together until it crackles in cold water. Add the vanilla, butter, and peanuts. Cook until syrup turns golden brown, stirring constantly. Remove from fire and stir in 1 1/2 tsp. soda and pour quickly into a shallow buttered pan.

PENUCHE

2 c. light brown sugar
1/2 c. milk or cream
1 T. butter
3/4 c. chopped nuts
1 tsp. vanilla extract

Put sugar, milk, and butter into saucepan. Boil with as little stirring as possible until it makes a soft ball in cold water. Take from fire; add nuts and vanilla; beat until thick and pour into greased tins.

ROCKY ROAD

1 lb. all sweet oleo/1 lb. nut margarine
1 lb. Ghiradelli's sweet chocolate
2 lbs. Hershey's milk chocolate
1 lb. marshmallows
2 c. broken walnut meats
1 small tsp. salt
1 T. vanilla

Place margarine or oleo in a large kettle and melt over a medium flame. When melted turn heat very low and add sweet chocolate broken in small pieces. Be sure and keep the heat low. When the sweet chocolate is melted, turn off the heat completely and add the milk chocolate. There is enough heat retained in the fat and sweet chocolate to melt the milk chocolate. Add salt and vanilla. When almost cold, add the marshmallows, cut in half, and the walnuts. Place in a long ungreased baking pan and place in a cool place over night. Cut into pieces the following day. Be careful the milk chocolate must not be melted over direct heat or it will curdle. Also, the marshmallows must be added when the mixture is ALMOST cold or they will melt. This makes 6 lbs.

SEE'S CANDY

4 1/2 c. sugar
1 tall can evaporated milk
3 pkg. (small) chocolate chips
2 c. marshmallows
2 cubes margarine or butter
2 c. nuts

Boil sugar and milk for 9 minutes. Add all ingredients except nuts. Pour over sugar and milk mixture until all is dissolved. Add nuts and pour into pan.

## FIVE MINUTE COOKIES

1 6 oz. pkg. chocolate chips
1 6 oz. pkg. butterscotch chips
1 3 oz. can chow mein noodles
2 4 oz. cans salted peanuts

Melt chocolate and butterscotch [illegible] over hot water in saucepan. Then remove from heat and add the noodles and peanuts. Mix and drop by teaspoons on foil, serve when cool. Sounds awful but tastes great!

## SEVEN LAYER COOKIES

1/4 lb. butter melted in 8 by 12 inch cookie pan
1 1/8 c. crushed graham crackers
1/2 c. angel flake coconut
1 small pkg. chocolate chips
1 small pkg. butterscotch chips
3/4 c. chopped pecans
1 can Eagle Brand milk

Place in pan in the above order. Bake at 350 degrees for 30 minutes.

## BROWN RIM COOKIES

1 c. Crisco
1 tsp. salt
1 tsp. vanilla
2/3 c. sugar
2 well-beaten eggs
2 1/2 c. sifted flour

Take the first five ingredients and beat together well, then add the flour and mix well. Shape a rounded teaspoon of dough (the size of a walnut) and place on greased

cookie sheet. Put a damp cloth over the bottom of a one-cup measuring cup. Press each ball flat. Sprinkle with cinnamon and sugar. Bake at 350 degrees for approximately 10 minutes or until the rim is brown. (Can vary recipe by sprinkling nuts or coconuts instead of cinnamon and sugar.)

CHOC[illegible]E KISSES(If you can't get the real [illegible]ning this is the next best to it!)

1/2 c. sugar
3 egg whites
2 oz. grated unsweetened chocolate
1/2 tsp. vanilla

Beat egg whites till stiff (very). Fold in rest of ingredients. Drop by spoonfuls on greased and floured cookie sheet. Bake for 1 hour at 250 degrees.

CHEWY NOELS--Football player Courtney Miller's favorite recipe

2 T. butter or margarine
2 eggs
5 T. flour
1/8 tsp. baking soda
1 c. brown sugar, packed
1 c. nuts, chopped
1 tsp. vanilla
Confectioners sugar

Melt butter in 9 inch square pan on low heat. Take off stove. Slightly beat eggs, combine with sugar, flour, soda, nuts, then add vanilla. Pour mixture over butter...don't stir! Bake for 20 minutes at 350 degrees. Turn out onto wax paper and sprinkle with confectioners sugar. Cut into oblongs and dust

both with confectioners sugar. Be sure to bake full 20 minutes.

DATE KISSES

4 eggwhites
2 c. granulated sugar
2 c. walnuts, chopped
2 c. pitted dates, cut into small pieces

Beat eggwhites until stiff. Add sugar, a little at a time, beating constantly until glossy. Fold in nuts and dates. Cover cookie sheets with heavy ungreased paper (like brown wrapping paper). Drop by teaspoonfuls in little mounds. Bake at 300 degrees for about 20 minutes. Makes about 4 or 5 dozen. *Good for Christmas time

DOUBLE PEANUT COOKIES

1 c. shortening
1 c. granulated sugar
1 c. brown sugar
2 eggs
1 tsp. vanilla
1 c. peanut butter
2 1/2 c. sifted all-purpose flour
2 tsp. baking soda
1 c. coarsely chopped salted peanuts

Thoroughly cream together shortening, sugars, eggs, and vanilla. Beat in peanut butter. Sift together flour and soda; blend into creamed mixture. Stir in peanuts. Shape dough into balls and place on ungreased cookie sheet; flatten with glass dipped in granulated sugar. Bake in moderate oven (350 degrees) about 10 minutes. Makes about 5 dozen cookies.

## DAIQUIRI BALLS

1/2 lb. vanilla wafers
1 c. powdered sugar
1/4 tsp. salt
1 T. . cocoa
2 T. grated orange and lemon rinds mixed
1 c. pecans finely chopped
1/4 c. rum
2 1/2 T. lemon juice
1 1/2 T. maple syrup

Grind or roll wafers very fine. Mix dry ingredients and add to wafers. Add nuts, rum, syrup, and lemon juice. Stir until proper consistency for balls. (If too dry add more rum, syrup, and lemon juice.) Shape balls into size of walnuts and roll in powdered sugar. Store in tin container. These cookies will last a long time in the refrigerator. Makes about 50.

## ENGLISH TOFFEE BARS

1/2 c. firmly packed brown sugar
1/2 c. white sugar
1/2 c. butter
1/2 c. shortening
2 eggs
1 tsp. vanilla
1/4 tsp. salt
1 c. sifted flour
1 c. oatmeal
6-8 milk chocolate bars
1/2 c. finely chopped salted nuts

Cream butter shortening and sugars. Add eggs, vanilla, and salt. Stir in flour and oatmeal. Put into 8 by 12 inch pan and bake at 350 degrees. After removing from oven, turn off heat. Place chocolate bars over top. Return to turned off oven to melt. Spread chocolate evenly. Sprinkle with nuts. Cut into 1 inch squares.

FRUIT COOKIES--Sue Chadwell's favorite

1/2 c. Wesson oil
1 1/4 c. light brown sugar
1 egg
2 T. hot water in which you dissolve 1/2 tsp. baking soda
Add to the above mixture the following:
1 3/4 c. sifted flour
2 tsp. baking powder
1/2 tsp. salt
1/2 tsp. ginger
1/2 tsp. cinnamon
1/2 tsp. ground cloves
1/2 tsp. nutmeg
1/3 c. chopped dates
1/2 c. chopped pecans
1/3 c. raisins

Mix all togehter and drop on ungreased cookie sheet. Bake in 350 degree oven for 10 to 15 minutes. Makes about 36.

GUMDROP COOKIES

1 c. shortening
1 c. white sugar
1 c. brown sugar
2 c. flour
1 tsp. soda
1 tsp. baking powder
2 eggs
1 c. oatmeal
1 tsp. nutmeg
1 c. coconut
1 tsp. salt
1 tsp. vanilla

Mix all ingredients together. Make individual cookies and place a gumdrop on top of each. Bake at 350 degrees for 15 minutes. Makes 8 dozen.

MERINGUE COOKIES--Sue Hurford's favorite

3 egg whites
1/2 tsp. salt
1/4 tsp. cream of tartar
1 tsp. vanilla
2/3 c. sugar
1 pkg. chocolate chips

Beat whites until begin to froth. Add vanilla, salt, and cream of tartar. Beat until stiff, add sugar gradually. Add chocolate chips. Drop on sheet on brown paper, with 25 cookies to a sheet. Bake at 250 degrees for 50 minutes.

MARBLE SQUARES OR INTEGRATED BROWNIES

1 c. plus 2 T. sifted flour
1/2 tsp. baking soda
1/2 tsp. salt
1/2 tsp. vanilla
1/2 c. softened butter or shortening
6 T. granulated sugar
6 T. brown sugar, packed
1/4 tsp. water
1 egg
1 pkg. (6 oz.) semi-sweet chocolate chips

Sift flour, baking soda, and salt together and set aside. Then combine vanilla, butter or shortening, sugar, brown sugar, and water and beat till creamy. Beat in 1 egg, add flour mixture, and mix well! Place in greased 9 by 11 inch pan (should be thin). Pour a package (6oz.) of semi-sweet chocolate chips over top and place in oven. Remove pan in approximately 2 minutes. With the end of a knife, swirl the melted chips through the brownies. Place brownies back in the oven and bake for 20-25minutes. Cool for about 10 minutes. Cut into squares.

PERSIMMION COOKIES

1/2 c. shortening
1 c. sugar
1 c. persimmion pulp
1/2 tsp. cinnamon
1/2 tsp. nutmeg
1 tsp. salt
1 tsp. soda
2 c. flour
1 egg
1 c. nuts
1 c. raisins
1 tsp. vanilla

Cream shortening, add sugar, egg pulp, and sifted dry ingredients. Put raisins and nuts through food chopper. Add them and drop by spoonfuls; bake at 350 degrees until light brown.

BANANA NUT BREAD--Favorite recipe of Hugh Penton of water polo and Dave Morrison of football

1 c. sugar
2 eggs, beaten
½ c. shortening
1 c. nuts, chopped
3 ripe bananas, mashed
1 c. raisins
2 c. flour
1 tsp. soda
1 tsp. salt
1 tsp. baking powder

Sift together flour, soda, salt, and baking powder. Set aside. Cream shortening and sugar, add beaten eggs, mashed bananas, raisins, nuts, and dry ingredients (in that order). Bake at 300 degrees for 1 hr. Makes 2 small loaves.

CHEESE BREAD

2 c. soft sharp cheese, grated if necessary
1/2 tsp. of salt
few grains of cayenne pepper
1 tsp. of Dijon mustard
1-2 T. soft butter
If necessary, 1 or2 tsp. milk

Mix the above ingredients by hand or by blender. Slice long loaf of French bread horizontally down the middle, and spread each half with the cheese paste. Cook in 350 degree oven about 20-25 minutes, or until heated through and lightly browned. Serve hot. *Good for pot-luck dinners.

QUICK CRANBERRY BREAD

1 1/2 c. all purpose flour
1/2 tsp. salt
1 tsp. soda
1 1/2 c. whole grain flour
1/4 c. shortening
1/2 c. sugar
1 egg
3/4 c. unsweetened, cooked mashed cranberry pulp
1/4 c. cranberry juice
1 c. buttermilk
1 c. broken nut meats
grated rind of 1 orange

Sift before measuring the all purpose flour. Resift with salt and soda. Add whole grain flour. Cream shortening with sugar. Beat in the egg. Add mashed cranberry pulp and cranberry juice. Add the sifted ingreddients alternately to the butter mixture with buttermilk. Stir the batter with a few swift strokes, until just blended. Fold in

nut meats and grated rind. Place the dough in a greased loaf pan. Bake for about 1 and 1/4 hours at 350 degrees. Let it cool in the pan and serve.

CORN BREAD--Favorite recipe of Rick Mapel of track

1 egg
1 1/8 c. milk
1/4 c. flour
1 1/4 c. corn meal
2 T. sugar or 3 tsp. baking powder
1 tsp. salt
3 T. soft shortening

Beat egg, milk, flour, and corn meal together, then add the rest of the ingredients. Pour into buttered hot square pan. Bake until set. Serve piping hot with butter; Rick loves honey. Bake at 450 degrees for 20 to 25 minutes; makes 12 muffins.

Another variety of corn bread is
TEXAS CORN BREAD

1 1/2 c. yellow cornmeal
2 eggs
3 tsp. baking powder
1/3 c. Wesson oil
1 c. sour cream
1 tsp. salt
3 dropped Jalopeno peppers
1 c. cream style corn
1 c. grated cheese

Mix as any other cornbread, pour half the batter into hot pan which has been greased with fresh bacon drippings and sprinkled over with meal and browned slightly. Cover batter with half of the cheese. Pour rest of the

batter over cheese and then sprinkle the rest of cheese over the top. Bake at 350 degrees for 35 minutes.

SCOTCH SHORTBREAD--Favorite recipe of Dave Fister of football

1 lb. butter
1 c. powered sugar
4 c. sifted flour

Mix well and knead about 10 minutes. Roll 1/2 inch thick. Cut with round cookie cutter. Bake on brown paper for 25 to 30 minutes in slow oven at 325 degrees.

Another type of
SCOTCH SHORTBREAD is golf player Tom Reeves' favorite

1 cube butter and 1 cube margarine or 2 cubes butter
1/2 c. white sugar
pinch of salt
2 or 3 c. flour

Cream butter and/or margarine, add sugar and beat well, also a pinch of salt. Beat in with beater gradually flour (2 cups). If batter is stiff and difficult to handle add one more cup flour by hand. With the back of your hand knead the dough until smooth and crackly. You can hear it crackle! Pat into a rectangle on wax paper and cut into cubes about 1 1/2 inch square. Dip into candies and bake at 325 degrees turned down every 10 minutes until it reaches 250 degrees for 45 minutes.

WHIZ CINNAMON ROLLS

2 c. bisquick
2/3 c. milk
1/2 c. sugar
1/4 c. cinnamon

Beat bisquick and milk with fork about 15 strokes. Roll dough around on cloth covered board lightly dusted with bisquick to prevent sticking. Knead dough gently 8 to 10 times to smooth up dough. Roll into 14 by 8 inch rectangle. Spread with soft butter. Sprinkle mixture of cinnamon and sugar. Roll tightly widthwise. Seal well. Cut into 3/4 inch slices. Set in 12 greased muffin cups. Bake 15 minutes or until brown at 425 degrees.

BLUEBERRY COFFEE CAKE--Favorite of Chris Fletcher of wrestling

2 c. all-purpose flour
1-1 1/2 c. sugar
3/4 c. shortening
2 tsp. baking powder
2 egg yokes
1 can (#2) blueberries (or 2 c. fresh)
1 c. milk
1 tsp. salt
1 tsp. almond or vanilla extract
2 egg whites beaten stiff

Blend flour, sugar, shortening together with a pastry blender until mixture resembles coarse meal. Remove one cup for topping and set aside. Add remaining ingredients except egg whites and blueberries; in order given, to crumb mixture in bowl. Mix until very smooth. Fold in stiffly beaten egg whites. Pour into greased and

slightly floured pan (9 by 13). Drain blueberries well, dust lightly with flour, and spread evenly over batter. Sprinkle reserved topping over fruit. Bake 40 minutes at 350 degrees.

SOUR CREAM COFFEE CAKE

1 pkg. yellow cake mix
1 small vanilla instant pudding
4 eggs
1/2 c. vegetable oil
1/2 pint sour cream
Topping:
1/2 c. sugar
2 tsp. cinnamon
1/2 c. chopped nuts (if desired)

Combine all ingredients and beat it at medium speed for 7 minutes. Pour half mixture into 10 inch tube or Bundt cake pan. Then sprinkle with half of topping. Pour in remainder of mixture and sprinkle with remaining topping. Be sure to have eggs at room temperature and grease pan well with butter and then flour it. Bake at 350 degrees for 50 minutes.

COFFEE CAKE--A favorite of Robert Whitehead of football

3 c. flour
1/2 tsp. salt
1 1/2 c. granulated sugar
6 tsp. baking powder
1/2 c. shortening
2 beaten eggs
1 c. milk
1 tsp. vanilla

Topping:
1 c. brown sugar
4 T. flour
2 tsp. cinnamon
4 T. melted butter
1 c. seedless raisins (if desired)

Mix together topping ingredients. Sift together dry ingredients. Cut in shortening with fork and add eggs, milk and vanilla. Grease and lightly flour large pan. Add half batter, scatter topping through, add other half. Put remaining topping on. Bake at 350 degrees for half an hour.

APPLESAUCE CAKE--Favorite recipe of Jon Howe of basketball

1 1/2 c. applesauce
1 c. sugar
2/3 c. shortening
2 c. flour
1/2 tsp. salt
1/2 tsp. cinnamon
1/4 tsp. clove
1/4 tsp. allspice
1 c. nuts, chopped
1 c. raisins
8-10 dates, diced
1 tsp. baking soda
1 square melted chocolate

Cream sugar and shortening together. Beat the soda into the applesauce until it bubbles. Sift flour and spices together and add alternately with the applesauce to the creamed sugar and shortening. Beat well and add the nuts raisins, and dates. Add the melted chocolate and vanilla. Bake in greased pan at 350 degrees for 45 minutes to 1 hour. Ice the cake in pan with lemon-pineapple icing.

LEMON-PINEAPPLE ICING

2-3 c. powdered sugar
4-5 T. butter
2 T. crushed pineapple, drained
grated rind and juice of 1 lemon

Combine and beat until smooth; ice the cake.

ANGEL FOOD PINEAPPLE DESERT

1 lg. angel food cake
2 pkg. lemon (or strawberry) jello
1 can crushed pineapple (medium size)-do not drain or use 2 pkg. frozen strawberries
2 1/2 pints cream, whipped

Make jello with only 3 cups water; when it becomes like syrup, add pineapple and whipped cream. (Save some cream--1/2 for the top.) Break cake-layer cake and jello-repeat. Sit in refrigerator until set.

CARROT CAKE--Favorite of Packy Jones of water polo

3 c. finely grated carrots
2 c. flour
2 c. sugar
3 eggs, beaten
2 tsp. soda
2 1/2 tsp. cinnamon
1 1/2 c. Wesson oil
1/2 tsp. salt

Beat together all ingredients and bake in 2 8 inch well greased pans at 325 degrees for 45 minutes. Then frost.

Frosting:
1 8 oz. pkg. cream cheese
1 cube butter

1 pkg. powdered sugar
2 tsp. vanilla
1 c. chopped pecans

Mix together all ingredients and generously spread between layers of carrot cake.

CHEESE PIE--Favorite of Geoff Clark of tennis

Crust:
12 sweetened Zwieback
3 T. soft butter
1 T. sugar

Crush Zwiebacks into crumbs. Mix with butter and sugar. Mold into 8 inch pie pan. Refrigerate.

Filling:
1 lb. cream cheese, softened
1/2 c. sugar
2 well beaten eggs
2 tsp. vanilla

Combine ingredients in order given. Blend until smooth. Pour into prepared shell and bake at 350 degrees for 25 to 30 minutes.

Topping:
1 c. thick sour cream
1 tsp. vanilla
2 T. sugar

Combine ingredients. Pour on top of cheese pie and return to oven for 5 minutes at 425 degrees.

CHEESECAKE--Favorite of Bob Kaye of track

1 lg. cream cheese at room temperature
1 pint sour cream
2 eggs
1/2 c. sugar
1 tsp. vanilla
28 graham crackers (1 small box)
5 T. melted butter

Mix graham crackers and butter and pour into 8 1/2 by 2 inch deep pan. Cream sugar and eggs, beat well; mix sour cream and cheese until very smooth. Add sugar, eggs and vanilla to sour cream and cheese. Pour into cake pan. Bake at 375 degrees for 25 minutes. Let it get very cool before putting in refrigerator. Set for 5 to 6 hours. Put any kind of topping you want on it.

LEMON CHEESECAKE--Basketball player Mark Bruder's favorite recipe

1 8 oz. pkg. cream cheese
2 c. milk
1 pkg. jello lemon instant pudding
1 8 inch graham cracker crust

Stir cheese until soft, blend in 1/2 c. milk. Add remaining milk and the pudding mix. Beat slowly about 1 minute. Pour at once into graham cracker crust. Sprinkle crumbs over top. Chill one hour. Serves about 8.

MINI CHERRY CHEESECAKES

1/2 c. sugar
1 1/2 T. cornstarch
1 1-lb. can red tart pitted cherries
few drops red food coloring
3/4 c. chocolate cookie or gingersnap crumbs
1 8 oz. pkg. cream cheese, softened
1/3 c. sugar
1 egg
2 tsp. lemon juice
1/2 tsp. vanilla

Combine 1/2 cup sugar and cornstarch in saucepan. Stir in cherries and syrup. Cook and stir until mixture comes to a boil and thickens. Add food color and cool. Line 12 muffin cups with paper baking cups. Spoon about 1 T. cookie crumbs into each cup. Beat together cream cheese, 1/3 cup sugar, egg, lemon juice, and vanilla until smooth. Spoon over crumbs. Bake at 375 degrees for 15 minutes or until set. Cool and top each cheesecake with 3 T. cherry sauce. Makes 1 dozen.

FAMOUS CHOCOLATE REFRIGERATOR CAKE--Bert Fornaciari's (football) favorite

1 c. heavy cream
1 T. sugar
1 tsp. vanilla
1 box famous chocolate wafers

Whip stiff the cream. Stir in sugar and vanilla. Spread cream on all wafers and put together in groups of 4 or 5. Stand stacks on edge on a plate to make one long roll. Frost outside of roll with remaining cream. Refrigerate 3 hours or freeze. Cut diagonally at a 45 degree angle. Serves 10.

BLENDER CHOCOLATE MOUSSE--A.S.B. president
Kent Mahan's favorite

6 oz. semi-sweet chocolate bits
5 T. boiling water
4 eggs, separated
2 T. strawberry jam
a little brandy
a little instant coffee

Put bits into blender at high speed for 5 seconds. Scrape sides and add water, brandy, and coffee. Blend on high for 10 seconds. Add egg yolks and jam and blend for 3 seconds. Fold chocolate mixture into stiffly beaten egg whites. Spoon into serving dishes and chill for 24 hours. Serves 8.

CHOCOLATE CAKE

1 pkg. Betty Crocker chocolate cake mix
1 pkg. Jello instant chocolate pudding
(4 1/2 oz.)
1 tsp. vanilla
1/2 c. Wesson oil
1 1/4 c. water 4 eggs

Beat 4 minutes. Bake at 350 degrees for 25 minutes. Use 2 9 inch layer pans. Frost.

CHOCOLATE SAUCE

4 squares Baker's chocolate
1 c. Karo syrup
1 T. butter

Melt Chocolate, then add Karo syrup and butter. Cook to the boiling point. Serve warm over ice cream...makes a delicious topping!

LEMON JELLO CAKE

1 pkg. yellow cake mix
3/4 c. water
3/4 c. Wesson oil
1 pkg. lemon jello (3 oz.)
4 eggs
Frosting:
1 c. powdered sugar
1 T. lemon juice or more to desired consistency

Mix cake mix with water, add jello, oil and eggs. Bake in 9 by 13 inch oblong pyrex dish according to directions on cake package. Frost cake as soon as it comes out of the oven.

PECAN PIE--Favorite of Tom Malone of football

3 eggs
1 c. brown sugar
1 c. light corn syrup
1 c. pecans
1 tsp. vanilla
pastry for a 9 inch piepan

Beat eggs and sugar until thick; add corn syrup, nuts, and vanilla; pour into a 9 inch pastry lined piepan. Bake in slow oven (300 degrees) for 1 hour.

DELICIOUS MAPLE SYRUP

2 c. brown sugar
1 c. water
1 T. maple flavoring

Boil sugar and water for 2 minutes then add maple flavoring.

MOCHA-FILLED ANGEL CAKE

1 envelope low calorie chocolate pudding mix
2 envelopes low calorie whipped topping mix
2 tsp. instant coffee
1 10 inch angel food cake

Prepare pudding mixture. Place a piece of waxed paper directly on top of pudding and chill. Blend instant coffee into topping mix and prepare. Beat chilled pudding until smooth. Measure 1 c. topping and blend into pudding. Cut half inch slice from top of cake. Using fork, hollow cake, 1 inch shell left. Tear cake into pieces and fold into pudding. Spoon into cake shell and replace top. Spread remaining on top. Chill; serves 12.

PINEAPPLE CAKE--Favorite of Bruce McLain of football

1 lg. can crushed pineapple
1 lg. pkg. Betty Crocker's yellow cake mix
1 cube butter
1 lg. pkg. pecans

Spread one can pineapple in the bottom of a greased pyrex dish, 11 by 13 inches. Sprinkle cake mix over pineapple. Cut up butter over cake mix and add halves of pecans at close intervals. Bake at 350 degrees for 45 minutes. Serves 12. Best when warm.

BROWN BEETY--Favorite of football player
Eric Matthiessen

5 apples (4 cups)
1 tsp. cinnamon
1/2 c. water
1/2 c. brown sugar
1/2 c. white sugar
3/4 c. flour
5 tsp. butter or margarine

Put apples, cinnamon, and water in buttered casserole then put other ingredients (mixture of sugar, flour, and butter or margarine) on top. Bake at 350 degrees for 1 hour.

SOUR CREAM WALNUT CAKE

1/2 c. butter or margarine
1 c. sugar
3 eggs, separated
3 T. grated lemon peel
2 c. sifted flour
1 tsp. soda
1 tsp. baking soda
1/4 tsp. salt
1 c. dairy sour cream
1 c. semi-sweet chocolate pieces
1 c. chopped walnuts

Cream butter and sugar. Beat in egg yolks one at a time. Add lemon peel. Sift flour with soda, baking powder and salt. Add to creamed mixture, alternately with sour cream. Beat egg whites and fold in with chocolate pieces and nuts. Turn into greased and floured tube pan. Bake at 350 degrees for 50 minutes or until done. While still hot, baste with sauce.
Sauce:
1/2 c. sugar
2 T. orange juice

2 T. lemon juice

Mix and bring to a boil, then spread.

WINE CAKE

1 yellow cake mix
1 instant vanilla pudding
3/4 c. oil
3/4 c. sherry
4 eggs
1 tsp. nutmeg
1 c. walnuts

Mix altogether for 6 minutes. Pour into large loaf pan or angel cake pan. Bake at 350 degrees for about 1 hour. Walnuts may be added in batter before putting in oven.
Wine Sauce:
1 beaten egg
2 T. melted butter
3/4 c. powdered sugar
1/2 pint cream, whipped
1 T. sherry or to taste
Mix together; can bemade early and refrigerated.
Icing:
1 lb. powdered sugar
1/2 tsp. salt
1 T. salt
1 tsp. salt
1 T. corn syrup
1/3 c. canned milk
1 tsp. vanilla
2 squares baking chocolate
2 T. butter
Melt chocolate and butter together, then put all ingredients in bowl and beat until smooth.

BLUEBERRY PIE--Favorite of water polo coach Mr. Haltom

1 9 inch graham cracker crust
3 oz. cream cheese
1/2 c. powdered sugar
1/2 tsp. vanilla
1/2 pint whipping cream
2 T. fresh lemon juice
1 can blueberries

Fold cream cheese, sugar vanilla, and whipping cream in together. Spread in 9 inch crust. Add lemon juice to blueberries and pour carefully over the creamed mixture in the shell. Can be made the day before.

CUSTARD PIE--Favorite of Coach Cunz, football

Basic pie crust (scratch or store-bought)
3 eggs
1/2 c. sugar
1/4 tsp. salt
2 c. scalded milk
1 tsp. vanilla
1/4 tsp. nutmeg

Beat eggs and add sugar, salt, milk and vanilla. Pour into partly baked shell and add nutmeg. Bake in slow oven, 325 degrees, for 30 minutes or until custard is firm to touch. Cool before cutting.

LEMON MERINGUE PIE--Favorite of Richard Forde of basketball

1/2 recipe pastry
1 1/2 c. sugar
7 T. cornstarch
1/4 tsp. salt
2 c. water
3 eggs, separated

2 T. butter
2 tsp. grated lemon rind
1/3 c. lemon juice

Prepare pastry and make a baked 9 inch pastry shell. Reserve 6 T. sugar for the meringue. Combine remaining sugar, cornstarch, and salt, in the top of a double boiler. Stir in the water, then cook over boiling water until thickened, stirring constantly. Cover and cook 15 minutes longer. Stir a little of the hot mixture into the slightly beaten egg yolks. Add to the remaining hot mixture in the top of double boiler and cool for 2 minutes. Cool and add lemon rind and juice. Pour into baked shell. Cover with meringue made from egg whites and reserved sugar. Bake in moderate oven, 325 degrees, about 15 minutes or until lightly brown.

STRAWBERRY PIE--Favorite of Trent Lyon of basketball

2 c. cold water or fruit juice (never milk)
1 pie crust
1 box Junkett's Danish Desert--strawberry flavor
2 c. fresh or frozen strawberries

Stir water or juice into box of Junkett's and bring to boil; boil for 1 minute, stirring constantly. Pour into bowl; cool. Add strawberries, then add entire mixture into pie crustand cool. Add whipped cream for added flavor.

CHERRY STREUSEL--A favorite of track star Ivan Porto

1 1/2 c. sifted all-purpose flour
1 1/2 tsp. double-acting baking powder
1/2 tsp. salt
1/2 c. sugar creaming well with
1/4 c. butter
1 unbeaten egg
1 tsp. vanilla
1/3 c. milk
1 can (1 lb. 6 oz.) cherry pie filling (or other fruit)
2 T. butter
1/3 c. flour
1/4 c. sugar
1 1/2 tsp. cinnamon

Sift together flour, baking powder, and salt, then cream sugar and butter. Blend in the egg and vanilla and beat well. Add the dry ingredients alternately with milk beginning and ending with dry ingredients. Blend well after each addition. Spread butter in the bottom of a greased 9 by 9 inch pan. Spoon filling over batter, then drop remaining batter by small spoonfuls over filling. Cut butter into 1/3 c. flour, sugar, and cinnamon then sprinkle over batter. Bake at 350 degrees for 40 to 45 minutes. Serves 9...serve warm!

CHOCOLATE FEATHER PUDDING--Favorite of Jim Tolles of football

1 c. sugar
1 egg
1 c. milk
1 T. melted butter
1 1/2 oz. melted chocolate
1 1/2 c. all-purpose flour
1/4 tsp. salt

1 1/2 tsp. double-acting baking powder
1/2 tsp. vanilla

Sift the sugar, Beat until light the egg. Stir in the sugar, gradually. When these ingredients are well blended, stir in the milk, butter, and chocolate. Sift the flour, then resift with salt, baking powder. Stir sifted ingredients into egg mixture, then add vanilla. Place the batter in well-greased deep custard cups... about 2/3 full. Cover with foil. Steam in theoven, by setting cups in a pan of hot water for about half an hour, or place pan over low heat on top of stove for same length of time. Remove foil and serve pudding with hard sauce. (soft butter, powdered sugar, and vanilla)

LEMON MERINGUE PUFF TARTS--Football player
Bud Spicca's favorite

6 baked and cooled patty shells
3/4 c. sugar
pinch of salt
1 1/4 c. water
1/4 c. lemon juice
5 T. flour
2 T. butter
2 egg yolks
grated rind of 2 lemons
a two-egg meringue (see below)

Combine sugar, flour, salt, and egg yolks. Gradually stir in water and cook, stirring until the meringue thickens. Cook over simmering water for 10 minutes, stirring occasionally. Remove from heat and stir in butter, lemon juice, and rind. Let cool. Fill the baked shells with lemon custard. Cover with meringue and bake in 350 degree oven for 10 minutes.
2-egg meringue,

2 egg whites
4 T. granulated sugar
1/2 tsp. vanilla

Beat egg whites until frothy; gradually beat in sugar, then continue beating until stiff; flavor with vanilla.


COOK
BOOK