

BREAD *of* LIFE

First Baptist Church
Creedmoor

2282-02

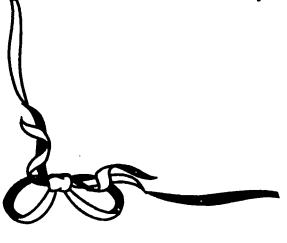
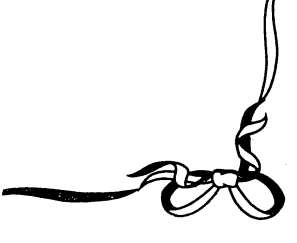



Bread of Life

A Collection of Recipes by

Kathy Frye Group
First Baptist Church
119 South Main
Creedmoor, North Carolina 27522

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First Baptist Church

P.O. Box 38, 119 South Main Street
Creedmoor, North Carolina 27522
Phone: 919-528-2351

Don Brown
Pastor

Eddie Mauldin
Associate Pastor

"A Place Where People Meet To Renew Their Faith So That We Together Can Reach Out To Those In Need"

Sunday Activities:

Sunday School .....9:45 a.m.
Worship Service .....11:00 a.m.
Youth Activities .....5:00 p.m.
Evening Worship Service .....6:00 p.m.
or Home Bible Studies .....7:00 p.m.

Wednesday Night Prayer Service.....7:00 p.m.

Nursery Provided

The History of Our Church

The Creedmoor First Baptist Church was organized in December 1895, by the following:

From Concord Baptist Church:
Johnnie Clark, Thomas B. Lyon, Dr. J. F. Sanderford and Ralph Currin, Sr.
From Pleasant Grove Baptist Church:
R. H. Rogers, J. H. Bowling, and S. J. Rogers
From Roxboro First Baptist Church:
H. T. Williams
From Durham First Baptist Church:
T. J. Howerton
From Flat River Union:
Richard Peed

The charter members were:
Rev. M.P. Davis, Arizona Davis (later Mrs. Sam C. Lyon), Edith Davis (Later Mrs. Sion Rogers), Sion Rogers, Thomas B. Lyon, Lucy Freeman, and J. F. Freeman.

Dr. J. F. Sanderford was elected deacon and secretary of First Baptist Church, Creedmoor, North Carolina, December 1895. The church was received in the Flat River (Union) Association, December 14, 1895. The location of this building was on Elm Street, diagonally across the street from Mrs. Margaret McIntosh's home. The graves of the church cemetery that were located at the rear of the old church building remain there today. The first church structure was remodeled in 1924, with a seating capacity of 300. This was in use until the present structure was erected and occupied in 1950. In 1965, the Educational Building was added. The Damascus House, a home for men who suffer from addiction, was opened in 1994. In 1999, our Family Life Center was built, and in 2001, First Baptist Church Academy was opened.

Dedicated
to

Kathy Frye

The Kathy Frye Group dedicates this "Bread of Life" Cookbook in honor of Kathy Frye, wife of former pastor, Ray Frye, and retired missionary to Singapore. This Woman's Missionary Circle was established in 1974 and named for Kathy Frye for her leadership and support of missionary activities.

Ray Frye served as pastor of First Baptist Church from 1959 until 1966. They were commissioned by the Southern Baptist Foreign Board in 1966 and served as missionaries to Malaysia and Singapore from 1966 until retirement in 1993.

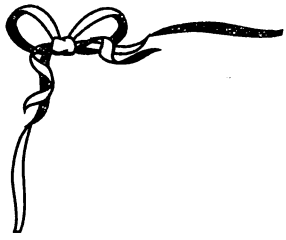
Following their retirement from the mission field, Kathy and Ray lived in High Point until Ray's death in 2000. We are so pleased that Kathy has chosen to return to live in Creedmoor and continues to be a strong influence and supporter of mission activities. Kathy has two adult children, Charles and Kathy Ann, and two grandsons.

Prayer

by Ray Frye while pastor of the International Baptist Church, Singapore:

We give praise to You, O Lord. You are the one who supplies all our needs. We have been blessed with an abundance of the best of foods. Now we look to You. You are the Bread that came down from Heaven. Help us to feed on You as the Bread of Life. We pray to receive with gratitude the material and spiritual gifts that are Yours to us. Give us energies to serve You well.

Amen.




Bread of Life Recipes

Sponsored by the

Kathy Frye Group

Facilitator.....Karen Brown
Secretary.....Jacky Bullock
Treasurer.....Laverne Seagroves
Mission Support.....Faye Washington
Mission Study.....Peggy Greene
Mission Involvement.....Pat Nelms

Members

Ann Bolick
Karen Brown
Jacky Bullock
Betty Fleming
Peggy Greene
Ernestine Hagwood
Pat Nelms
Sondra Phipps
Christine Piper
Martha Purvis
Laverne Seagroves
Faye Washington
Sue Woodlief

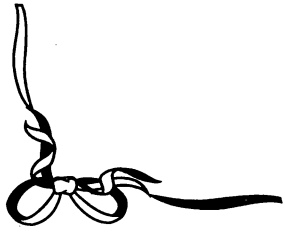



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PPETIZERS, RELISHES & PICKLES

"WHO SATISFIETH THY MOUTH WITH GOOD THINGS; SO THAT THY YOUTH IS RENEWED LIKE THE EAGLE'S."

PSALM 103:5



Appetizers

Appetizers are treats that can be served either at the start of a meal or at a reception or open house. Listed below are suggestions for quick and easy appetizers, along with some advice to follow for staying within the guidelines for a healthy diet:

Salsa has become one of America's most popular foods, primarily from its abundant use as an appetizer. Not only is salsa tasty, but it contains little or no fat.

For a change from basic salsa, mix with an equal amount of refried beans and top with cheese. Heat in the microwave and serve hot.

Chips are the natural companion to salsa, including potato chips and corn chips. Most potato and corn chips are fried, and therefore, contain a high level of fat. Baked chips, or even baked pretzels, are a good alternative when used with salsa. The taste of the salsa generally makes up for any loss of taste from baked rather than fried chips.

Cut, raw vegetables arranged on a tray can make a decorative and colorful appetizer. Salad dressings make easy vegetable dips, but try to use low-fat versions. Most regular salad dressings are loaded with fat. Low-fat sour cream can be mixed with ketchup and garlic powder to make an easy vegetable dip.

Cream cheese has long been a versatile food to build a quick appetizer around. Reduced fat cream cheeses are a good choice. Top cream cheese with any of the following for a quick and easy appetizer:

- green pepper jelly
- drained small shrimp and cocktail sauce
- chopped pickle or pickle relish
- a dash of worcestershire sauce and chives
- chopped chutney and a dash of curry powder

Each of these combinations can be served with crackers, thin-sliced toast or chips.

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APPETIZERS, RELISHES & PICKLES

BACON-CHEESE FINGERS

Martha Bailey
Creedmoor, NC

10 slices dried bread, trimmed
1 c. shredded Swiss cheese
8 slices bacon, crisp-cooked and crumbled
3 to 4 Tbsp. mayonnaise
1 Tbsp. grated onion
½ tsp. celery salt

Cut each slice of bread into thirds. Combine the cheese, bacon, mayonnaise, onion and celery salt in a bowl and mix well. Spread over each piece of bread. Place the bread fingers on a baking sheet. Bake at 325° for 10 minutes.

CALIFORNIA SALSA

Kim Bjurstrom

1 (4 oz.) can chopped green chilies
1 (3 ¼ oz.) can chopped black olives
4 green onions, chopped
1 large tomato, chopped
1 (4 oz.) pack Feta cheese
½ c. Italian cilantro

Combine all ingredients and chill.

CHEESE BALL

Janet Newton

1 lb. Cheddar cheese, grated
1 large cream cheese, softened
1 small onion, grated
1 Tbsp. butter, melted
¼ tsp. sugar
dash of red pepper
1 Tbsp. Worcestershire sauce
nuts

Mix all items together, except nuts and roll in ball. Then roll in nuts.

CHEESE BALL

Anne Laura Braxton
Creedmoor, NC

2 (8 oz.) pkg. cream cheese
½ c. finely chopped onion
1 pkg. chopped beef
2 Tbsp. milk or sour cream
½ c. chopped pecans

Mix together and roll in chopped pecans.

CHICKEN ROLL-UPS

Anthea Breedlove
Creedmoor, NC

1 (3 oz.) pkg. cream cheese, softened
2 Tbsp. milk
2 c. cooked chicken, chopped
1 (8 oz.) pkg. crescent rolls
3 Tbsp. margarine, melted
1 Tbsp. onion, grated

Mix cream cheese and milk until smooth. Stir in onion and chicken. Mix well. Place ¼ cup of chicken mixture on each roll. Fold edges of roll around filling. Brush tops of rolls with melted margarine. Place on an ungreased cookie sheet. Bake in a preheated 350° oven for 20 to 25 minutes.

CREAMY BACON BITES

Toni Anne Wheeler
Butner, NC

1 (3 oz.) pkg. cream cheese, softened
4 bacon slices, cooked, drained and crumbled
2 Tbsp. chopped onion
⅛ tsp. ground black pepper
1 (8 oz.) pkg. refrigerated crescent rolls

Preheat oven to 350°. In small bowl, combine cream cheese, bacon, onion and black pepper. Separate crescent dough into 2 rectangles; press seams and perforations together with fingers to seal. Spread cream cheese mixture onto rectangles; roll up, starting with longest sides. Press seams together to seal. Cut each roll into 16 slices; place, cut side down, on greased baking sheet. Bake 12 to 15 minutes or until golden brown. Serve warm. Yield: 32 appetizers.

CREAMY PIMENTO CHEESE SPREAD

Faye Washington

1 (8 oz.) cream cheese, softened
2 c. shredded sharp Cheddar cheese
¼ c. + Tbsp. mayonnaise
1 (4 oz.) jar diced pimento, drained
1 dash of garlic powder

Combine cheeses and mix well with mixer or food processor. Add mayonnaise and garlic powder. Mix well. Stir in pimentos.

CRISPY CHEESE BALLS

Ann Wynn

4 oz. grated coon cheese
1 c. Rice Krispies cereal
¼ tsp. salt
⅛ tsp. cayenne pepper
1 stick margarine
1 c. plain flour

Let margarine soften with grated coon cheese. Mix all ingredients together with hands. Roll in balls and press with fork. Bake at 350° for 10 to 15 minutes.

FRUIT DIP

Marion Bullock Henry (Butch)
Indiana, PA

1 box Jell-O bake custard pudding (not instant)
1 container Cool Whip
2 tsp. brandy extract
2 tsp. rum extract
bananas
pineapple
strawberries
grapes

Mix pudding mix, Cool Whip, brandy and rum extracts. Blend well. Refrigerate 8 to 10 hours. Dip fruit.

This dip can be stored for several days.

HEAVENLY SNACK MIX

Julie Woody
Durham, NC

3 c. sq. rice cereal
3 c. round oat cereal
2 c. small pretzel twists
1 (6 oz.) can whole almonds
¾ c. firmly packed brown sugar
6 Tbsp. butter or margarine
3 Tbsp. honey
⅛ tsp. salt
1 tsp. vanilla extract
¼ tsp. baking soda
confectioners sugar

Preheat oven to 350°. In a large greased roasting pan, combine cereals, pretzels and almonds. Combine brown sugar, butter, honey and salt in a medium saucepan over medium heat, stirring constantly. Bring to a boil 1 minute. Remove from heat. Stir in vanilla and baking soda. Pour over cereal mixture; stir until coated. Bake 45 minutes, stirring every 15 minutes. Transfer to a very large bowl. Sprinkle confectioners sugar over warm mixture. Toss to coat thoroughly. Let cool. Store in airtight container. Yield: About 11 cups of snack mix.

JALAPENO CHICKEN WINGS

Joy Grady
Creedmoor, NC

1 (12 oz.) bottle chili sauce
½ c. firmly packed dark brown sugar
½ c. vegetable oil
¼ c. catsup
1 medium onion, sliced
5 jalapeno peppers or 5 Tbsp. jalapeno pepper slices from jar
2 Tbsp. Worcestershire sauce
2 tsp. salt
32 chicken wings (approximately 5 lb.)

Combine first 9 ingredients in an electric blender and process 30 seconds or until blended well. Set sauce aside.

Remove and discard chicken wing tips. Cut wings in half at joint, placing in a greased roasting pan. Pour half of the sauce over the wings. Bake at 375° for 30 minutes. Turn wings over and top with remaining sauce. Bake an additional 30 minutes or until done. Serve warm.

OYSTER CRACKERS

Anthea Breedlove
Creedmoor, NC

10 oz. bag oyster crackers
1 pkg. Hidden Valley Ranch dressing
½ tsp. dill seed
¼ tsp. lemon pepper
¼ tsp. garlic salt
¼ c. oil

Mix spices together and sprinkle over crackers. Then pour oil evenly all over crackers which are placed in a Tupperware bowl and shake often until well mixed.

PEPPERONI PIZZA DIP

Anne Clay

2 (8 oz.) pkg. cream cheese
2 tsp. oregano, dried
1 c. sour cream
¼ tsp. garlic powder
1 c. pizza sauce
1 c. shredded cheese
pizza toppings (pepperoni, mushrooms, onions, green pepper; your choice)

In a 9 x 13 baking dish, spread the following layers: Beat cream cheese, sour cream, oregano and garlic with electric mixer. Spread in dish to form the first layer. Layer pizza sauce. Layer cheese. Layer pizza toppings. Bake at 350° for 10 minutes (uncovered). Serve with tortilla chips.

RANCH POTATO CHRISPS

Toni Anne Wheeler
Butner, NC

4 medium baking potatoes (unpeeled)
1 Tbsp. vegetable oil
1 (0.4 oz.) pkg. dry Ranch salad dressing mix
sour cream (for dipping; optional)

Preheat oven to 400°. Cut potatoes, in crinkle-cut fashion if desired, into ¼-inch thick slices. Place in large bowl. Add oil; mix lightly. Add dressing mix; toss to coat evenly. Arrange potato slices

in single layer on greased baking sheet. (Do not overlap slices.) Bake 40 to 45 minutes or until potatoes are browned and tender. Serve warm with sour cream, if desired. Yield: About 24 appetizers.

RUMAKI

Cindy Hamrick

16 slices bacon
1 lb. chicken livers, cut into quarters
1 (8 oz.) can sliced water chestnuts, drained (optional; we usually omit!!)
⅓ c. soy sauce
2 Tbsp. brown sugar, packed
1 Tbsp. Dijon-style mustard

You will need toothpicks.

Cut bacon slices in half crosswise. Wrap ½ slice bacon around a piece of chicken liver and water chestnut slice. Secure with wooden toothpick. Arrange on broiler pan.

Combine soy sauce, brown sugar and mustard in a small bowl. Brush over bacon rolls. Broil 6 inches from heat for 15 to 20 minutes or until bacon is crisp and chicken livers are done, turning and brushing with soy mixture occasionally.

Preferred broiling/grill location: outside. Cooking will produce smoke from bacon fat.

SALSA MEAT DIP

Sharon K. Deane

2 ½ lb. hamburger
16 oz. jar Cheez Whiz
2 jars mild salsa
1 pkg. dry onion soup mix

Cook hamburger; drain. Add remaining ingredients. Serve with Tostitos chips.

SALTED PECANS

Nancy Frazier
Butner, NC

1 c. butter
4 c. pecan halves
1 Tbsp. salt

Melt butter in baking pan. Add salt and pecans. Stir and coat. Remove and put on baking sheet. Bake at 200° for 1 hour. Stir every 15 minutes. Drain.

SAUSAGE BALLS

Laverne Seagroves
Creedmoor, NC

3 c. Bisquick
¾ lb. sharp cheese
1 lb. hot sausage

Grate cheese. Allow cheese and sausage to come to room temperature. Mix all ingredients together. Roll in balls. Bake on cookie sheet at 350° for 15 minutes.

SAUSAGE BITES

Donna Moore

1 lb. sausage
8 oz. Cheez Whiz
1 pkg. English muffins

Brown and crumble sausage. Melt Cheez Whiz in microwave. Stir together and spread evenly on 12 English muffin halves. Place on cookie sheet and bake at 350° until browned, approximately 20 to 30 minutes. Serve as appetizer or with a salad.

TACO DIP

Janet Newton

1 lb. ground beef
salt and pepper
1 small onion
1 lb. Velveeta cheese
1 (8 oz.) can tomato sauce
1 can chili with beans (hot or mild)
dash of Worcestershire sauce
hot sauce (optional)

Brown the ground beef; add salt, pepper and chopped onion. Drain. Cut cheese into small pieces and mix into ground beef. Add other ingredients and cook until well blended and cheese is melted. If desired, add hot sauce. Serve warm with Tostitos or corn chips.

BREAD AND BUTTER PICKLE

Debbie Johnson

1 gal. cucumbers (small)
2 green peppers, shredded
8 small onions
½ c. salt

Syrup:

5 c. sugar
1 ½ tsp. turmeric
5 c. vinegar
½ tsp. ground cloves
1 tsp. celery seed
2 tsp. mustard seed

Select small fresh cucumbers. Wash but do not pare. Slice crosswise in thin slices. Slice the onions thin and cut peppers into

shreds. Mix salt with three vegetables and bury pieces of cracked ice in the mixture. Cover with lid and let stand three hours. Then drain thoroughly; meanwhile, make a pickle syrup.

Mix the sugar, turmeric and cloves together. Add mustard seed to vinegar and pour over sliced pickle. Place over low heat and paddle occasionally with a wooden spoon. Heat mixture to scalding but not boiling. Pour into hot jars and seal.

FROZEN CUCUMBER PICKLE

Ernestine Hagwood

4 c. sliced cucumbers
1 c. sweet pepper
1 c. onions, sliced or chopped
4 tsp. salt
2 c. water
1 c. vinegar
1 ½ c. sugar

Let cucumbers soak 3 hours in water and salt solution. Drain and let sit in vinegar and sugar for 3 hours. Put in containers and freeze.

SQUASH PICKLES

Mary Sue Yancey

1 gal. squash, sliced
2 qt. onions, sliced
½ c. salt
2 qt. crushed ice
5 c. sugar
5 c. vinegar
1 ½ tsp. celery seed
1 Tbsp. mustard seed
1 Tbsp. turmeric

Soak squash and onions in salt and crushed ice for 3 hours, stirring occasionally. Drain and wash squash and onions well. Add vinegar, sugar, celery seed, mustard and turmeric. Simmer until hot, but do not boil. Put in jars while hot.

WATERMELON RIND PICKLE

Ernestine Hagwood
Creedmoor, NC

7 lb. rind
1 Tbsp. lime
3 pt. vinegar
8 lb. sugar
2 sliced lemons
1 ½ tsp. oil of cloves
½ tsp. oil of cinnamon
2 ginger roots

Soak rinds overnight in 1 gallon water with lime. Wash well next morning and drain in cold water. Cook 20 minutes in boiling water. Drain and pour cold water over. Make syrup and let stand 24 hours. Second day, heat syrup and pour over rinds. Third day,

heat syrup. Drop in rinds and cook about 20 minutes. Put in jars with hot syrup and seal.

STRAWBERRY PRESERVES

Sue Keith Woodlief

4 c. strawberries
2 tsp. vinegar
4 c. sugar

Mix vinegar with strawberries in saucepan and heat. Add sugar and cook rapidly (full boil) for 15 to 20 minutes. Put in jar and seal.

AUTUMN DIP

Mary Lou Brogden
Oxford, NC

1 (8 oz.) pkg. cream cheese, softened
1 c. confectioners sugar
1 tsp. ground cinnamon
½ tsp. ground ginger
¼ tsp. ground cloves
⅛ tsp. ground nutmeg
1 (8 oz.) carton whipped topping, thawed
1 (16 oz.) pkg. gingersnaps

In a small mixing bowl, combine the cream cheese, confectioners sugar and spices. Beat in whipped topping until blended. Pour into decorative autumn dish and serve with gingersnaps.

REFRIGERATOR PICKLES

Barbara T. Toney

1 c. onions
1 c. sweet peppers
7 c. cucumbers
2 c. sugar
1 c. vinegar
1 tsp. celery seeds
1 tsp. mustard seeds
1 tsp. salt
1 tsp. turmeric

Bring last six ingredients to a boil. Pour over layered cucumbers, onions and peppers in glass gallon jar. Then refrigerate.

DEVILED EGGS

Janice Marler

12 hard-cooked eggs
⅓ c. mayonnaise
2 Tbsp. sweet pickle relish
1 tsp. mustard
1 tsp. vinegar
¼ tsp. each salt and pepper
paprika

Slice eggs in half and remove yolks. Mash yolks. Stir in mayonnaise and other ingredients. Sprinkle with paprika.



OUPS, SALADS & SAUCES

"THEN THE LORD GOD TOOK THE MAN AND PUT HIM INTO THE GARDEN OF EDEN TO CULTIVATE IT AND KEEP IT."

GENESIS 2:15



Salads

Salads can be a good source of vitamins, minerals, and fiber. Follow these suggestions when including salads as a part of your family's well-balanced diet:

- Iceberg lettuce has few nutrients. Substitute a variety of types of lettuce such as raddichio, Boston, and Romaine.
- Avocados and olives are high in fat. Use these sparingly in salads.
- Cheeses also add fat to salads.
- Season salads with herbs instead of salt.
- Use low-fat or no fat dressings; limit other dressings to 1 tablespoon.
- Substitute yogurt for sour cream in homemade dressings.
- Substitute low-fat or no fat mayonnaise when making potato salad.
- Pickles and olives are high in salt. Use sparingly.

Additions and Garnishes

Sliced Hard-Cooked Eggs - remove yolks, which are high in cholesterol
Pimento
Radishes
Green Pepper
Chicken
Carrots
Celery
Tomatoes
Cooked Beets
Cauliflower
Broccoli

Tips For Tossed Salads

Wash greens, drain and dry well prior to storing.
Tear greens instead of cutting to avoid bruising with a knife.
Remove the waxy outer skin of cucumbers before slicing.
Marinate tomato wedges separately in a vinaigrette; then add to salad.
To core lettuce, smack head down hard on counter top. Then twist core out.

- Remember to use low-fat or fat-free crackers as an accompaniment to salads!
- Check the labels on soups for ingredients you wish to avoid. Many commercially prepared soups are very high in salt and fat.
- When preparing homemade soups, use margarine instead of butter and herbs instead of salt.
- Many recipes call for milk as an ingredient for soups and sauces. Use skim milk or 1% if possible.
- When preparing dressings, use vegetable oils such as olive, sunflower or canola. These contain less fat and as with all vegetable oils ... they contain *no cholesterol!*

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SOUPS, SALADS & SAUCES

BAKED POTATO SOUP

Anne Clay
Butner, NC

6 to 10 medium potatoes, peeled and chopped
1 onion, chopped
4 stalks celery, chopped
1 stick butter
2 c. milk
chicken stock (to cover potatoes)
1 lb. Velveeta cheese, cubed
12 oz. sour cream
2 pt. whipping cream
1 qt. milk
salt and pepper to taste

In a large stock pot, melt butter. Add potatoes, onion, celery, 2 cups milk and enough chicken stock to cover potatoes. Bring to a boil. Reduce heat and simmer until potatoes are tender. Use a potato masher to break up potatoes. Add remaining ingredients and simmer until hot.

May add instant potatoes to thicken, if needed. This soup is wonderful served with sourdough bread and a side salad.

BLUEBERRY SOUP

Pat Nelms

1 pt. blueberries
½ c. sugar
¼ c. lime concentrate
½ c. water
1 (14 oz.) can coconut milk
⅓ c. lightly toasted coconut

In a medium saucepan over medium heat, bring blueberries, sugar, lime and water to a boil. Reduce heat and simmer 10 minutes. Cool until chilled. Puree blueberry mixture and coconut milk in blender.

To serve, ladle in small bowls. Sprinkle with toasted coconut. Serve with rice crackers. Makes 4 servings.

BROCCOLI AND CHEESE SOUP

Faye Washington

1 medium chopped onion, in small amount oil
3 c. water
3 chicken bouillon cubes
4 oz. egg noodles
small pkg. broccoli
3 c. milk
1 lb. Velveeta cheese, cut up

Sauté onion in small amount of oil. Cook egg noodles and bouillon cubes in water until tender. Add broccoli, cooking until

tender. Add milk and cheese. Stir soup until cheese melts to prevent burning and sticking.

CHEESEBURGER SOUP

Jayne Hardee

½ lb. ground beef
¾ c. chopped onion
¾ c. shredded carrots
¾ c. diced celery
1 tsp. dried basil
1 tsp. dried parsley flakes
4 Tbsp. butter, divided
3 c. chicken broth
4 c. diced peeled potatoes
¼ c. all-purpose flour
8 oz. processed American cheese, cubed (2 c.)
1 ½ c. milk
¾ tsp. salt
¼ to ½ tsp. pepper
¼ c. sour cream

In a 3-quart saucepan, brown beef and set aside. In the same saucepan, saute onions, carrots, celery, basil and parsley in 1 tablespoon of butter until vegetables are tender (about 10 minutes). Add broth, potatoes and beef. Bring to a boil. Reduce heat; cover and simmer for 10 to 12 minutes or until potatoes are tender.

Meanwhile, in a small skillet, melt remaining butter; add flour. Cook and stir for 3 to 5 minutes or until bubbly. Add to soup and bring to a boil. Cook and stir for 2 minutes. Reduce heat to low. Add cheese, milk, salt and pepper. Cook and stir until cheese melts. Remove from heat. Blend in sour cream. Yields 8 servings.

CHEESY-BROCCOLI SOUP

Joy Grady
Creedmoor, NC

¼ c. chopped onion
1 ½ c. milk
1 (10 oz.) pkg. frozen broccoli, cooked and drained
1 Tbsp. margarine
¾ lb. Velveeta processed cheese spread, cubed
dash of pepper
1 can cream of celery soup
slivered almonds (optional)

In a 2-quart saucepan, cook onions in margarine until tender. Add remaining ingredients. Stir over low heat until cheese spread is melted and mixture is hot. Top each serving with toasted slivered almonds if desired.

CHICKEN GUMBO

Cindy Hamrick

vegetable cooking spray
¾ lb. smoked turkey sausage, sliced
1 ½ lb. skinned boned chicken breasts
½ c. all-purpose flour
1 Tbsp. vegetable oil
2 ½ c. chopped celery
2 c. chopped onion
2 c. chopped green pepper
½ c. chopped green onions
4 cloves garlic, minced
1 Tbsp. Creole seasoning
1 Tbsp. low-sodium Worcestershire sauce
2 tsp. hot sauce
½ tsp. pepper
3 bay leaves
3 cans (14 ½ oz.) no-salt-added chicken broth
gumbo filé (optional)
6 c. cooked long grain rice (cook rice without salt or fat)

Coat a large nonstick skillet with cooking spray. Add sausage and cook 5 minutes or until browned on all sides. Remove sausage from skillet and set aside. Add chicken to skillet and cook 7 minutes on each side or until chicken is done. Remove from skillet and let cool slightly. Shred chicken; set aside.

Place flour on a baking sheet; bake at 350° for 20 minutes or until dark brown, stirring occasionally. Coat a large Dutch oven with cooking spray; add oil. Place over medium-high heat until hot. Add celery and next 4 ingredients; sauté 8 minutes or until tender. Add browned flour, Creole seasoning and next 4 ingredients, stirring well. Add broth and sausage. Bring to a boil; reduce heat and simmer, uncovered, 1 hour. Add chicken and simmer, uncovered, 30 minutes. Remove and discard bay leaves. Stir in filé, if desired.

To serve, place ¾ cup rice in each of 8 bowls; ladle 1 ½ cups of gumbo over each serving.

EASY VEGETABLE SOUP

Martha Bailey
Creedmoor, NC

(Microwave)

1 c. new potatoes, sliced and drained
1 c. carrots, sliced and drained
1 c. zucchini with Italian-style tomato sauce
1 c. diced tomatoes with basil, garlic and oregano
1 c. chicken or beef broth

Try before you say no.

Combine all ingredients in large microwave-safe bowl with cover and heat on High for 8 minutes. Season to taste. Serve with warm bread.

GAZPACHO "SOUTHERN SPAIN COLD SOUP"

Olga Moses
Creedmoor, NC

(Perfect on a Hot Summer Evening)

900 g (2 lb.) ripe tomatoes
1 cucumber
2 red peppers, seeded and roughly chopped
2 garlic cloves, crushed
175 g (6 oz.; 3 c.) fresh white breadcrumbs
2 Tbsp. white wine vinegar
2 Tbsp. sun-dried tomato paste
6 Tbsp. olive oil
salt and ground black pepper

Plunge the tomatoes into boiling water for 30 seconds, then refresh in cold water. Peel away the skins and quarter. Peel the cucumber and quarter. Mix the tomatoes and cucumber in a bowl with peppers, garlic, breadcrumbs, vinegar, tomato paste and olive oil and season lightly with salt and pepper. Process whole the mixture in a blender or food processor until fairly smooth. Process the remaining mixture and mix with the first. Check the seasoning and add a little cold water if the soup is too thick. Chill for several hours.

To finish, fry the bread in the oil until golden. Spoon the soup into bowls, adding one or two ice cubes to each. Serve accompanied by the golden season-fry bread.

HEARTY VEGETABLE BEEF SOUP

Josephine Hester

2 lb. ground chuck beef
1 large onion, chopped
2 lb. potatoes, peeled and cubed
6 carrots, diced
2 cans each: whole kernel corn, green beans, tiny garden peas, stewed tomatoes and tomato sauce
1 (10 ½ oz.) frozen butter beans
1 large can tomato juice
½ small cabbage, shredded
10 beef bouillon cubes
2 Tbsp. garlic powder
salt, pepper and sugar to taste

In a large stew pot, brown meat and onions together. Drain grease and add potatoes, carrots and water to cover. Add bouillon cubes. Bring to a boil and simmer until potatoes and carrots are tender. Add remaining ingredients and simmer until right consistency (1 to 3 hours).

POTATO SOUP

Janice McStoots
Creedmoor, NC

4 c. cubed potatoes
1 stick margarine
1 can cream of celery soup
11 oz. milk
salt and pepper
1 onion, diced

Cook potatoes and onion in 2 ½ cups water until done. Add margarine and soup. Refill can with milk and add to soup. Add salt and pepper to taste. Cook until thickened.

Onion and finely chopped celery may be sautéed in butter and added. Good served with baked cornbread.

ARGENTINE SALAD

Helen Davenport

1 can corned beef
3 hard-boiled eggs
½ c. celery
½ c. dill pickle
¼ c. onion
dash of garlic
garlic salt
1 c. mayonnaise
green olive

Chop eggs, celery, pickle and onion. Mix with corned beef. Add garlic salt and mayonnaise and mix well. Refrigerate. Serve with rye crackers.

BLUEBERRY SALAD

Mickey Peed

1 large pkg. blueberry pie filling
2 (3 oz.) pkg. grape jello or 1 (6 oz.) pkg.
1 small can crushed pineapple, drained
8 oz. sour cream
8 oz. cream cheese
½ c. confectioners sugar or regular sugar
½ c. nuts

Drain crushed pineapple, saving liquid, and add water for 1 cup. Add another cup water and bring to a boil. Add jello, pineapple and pie filling. Stir in 2 cups cold water and congeal. Mix cream cheese, sour cream and sugar with mixer. Spread on top and sprinkle with nuts. Fits 13 x 9 pan.

BROCCOLI SALAD

Patricia Edwards

1 large bunch broccoli
1 small onion, chopped
½ lb. bacon, fried crisp, drained and crumbled
¼ c. raisins
¾ c. mayonnaise
¼ c. sugar
2 Tbsp. vinegar

Wash broccoli and chop coarsely, including stems that aren't too thick. Toss with onion, bacon and raisins.

Make dressing with mayonnaise, sugar and vinegar. Toss with dressing ½ to 1 hour before serving.

BROCCOLI SALAD

Peggy Greene

½ c. golden raisins
1 large bunch broccoli
¼ c. red onion or to taste
1 lb. bacon, cooked and crumbled
½ c. mayonnaise
⅓ c. sugar
¼ c. apple cider vinegar
salt and pepper to taste

Plump raisins in small pan by covering them in water, bringing to a boil, then removing from heat. Wash and trim broccoli, cut in small pieces and put in medium bowl. Dice onion and mix with broccoli. Drain waste from raisins and add to mixture. Top with crumbled bacon and refrigerate.

In separate bowl, mix mayonnaise, sugar, vinegar, salt and pepper. Chill. Pour over broccoli salad and mix just before serving.

CHERRY JELLO SALAD

Ellen Hardy

2 small boxes cherry jello
1 can cherry pie filling
1 (No. 2) can crushed pineapple (in own juice)
2 c. hot water

Topping:

8 oz. cream cheese, softened
½ c. sour cream
½ c. sugar
½ to 1 tsp. vanilla flavoring
chopped nuts (pecans)

Add 2 cups hot water to package of jello. Stir. Add pie filling and pineapple. Allow to set in refrigerator.

Mix together topping ingredients (except pecans) until creamy and spread on top of jello mixture. Top with chopped pecans.

CHILLED VEGETABLE SALAD

Pam Garrett

1 c. sugar
¾ c. cider vinegar
½ c. vegetable oil
1 medium green pepper, chopped
1 medium onion, chopped
3 celery ribs, sliced
1 (7 oz.) jar diced pimiento (undrained)
1 (15 ¼ oz.) can small sweet peas, drained
1 (14 ½ oz.) can French-cut green beans, drained
1 (11 oz.) can white Shoepeg corn, drained
½ tsp. salt
¼ tsp. pepper

Bring first 3 ingredients to a boil over medium heat; cook, stirring often, 5 minutes or until sugar dissolves. Remove dressing from heat; cool 30 minutes.

Stir together remaining ingredients in a large bowl; gently stir in dressing. Cover and chill salad 8 hours. Serve with a slotted spoon.

NOTE: Salad may be stored in an airtight container in refrigerator for several days.

CHINESE CABBAGE SALAD

Julie Woody

1 pkg. coleslaw mix or 1 head cabbage, chopped
6 green onions, chopped
2 pkg. Ramen noodles
1 Tbsp. margarine
½ c. slivered almonds
½ c. sunflower kernels
½ c. canola oil
⅔ c. sugar
½ c. cider vinegar
½ c. water
1 Tbsp. soy sauce (light)

Combine coleslaw mix and green onions in large bowl. Discard seasoning packs from Ramen noodles. Break noodles apart and add to coleslaw mixture. Melt margarine in nonstick pan over medium heat. Add almonds and sunflower seeds. Cook, stirring constantly, until slightly brown. Add to coleslaw mixture.

In separate bowl, combine oil, sugar, cider vinegar, water and soy sauce. Pour over coleslaw mixture. Chill for at least 30 minutes before serving. Yields 8 (1 ¾ cups) servings.

CRANBERRY SALAD

Peggy Greene

1 large can crushed pineapple
1 can whole cranberry sauce
¼ c. chopped pecans
1 c. orange juice
2 (3 oz.) pkg. cherry Jell-O
2 c. boiling water

Prepare Jell-O with boiling water; add other ingredients and jell.

FROZEN FRUIT SALAD

Nancy Smith
Stem, NC

4 (1 lb. 4 oz.) cans crushed pineapple
2 (1 lb.) cans sliced peaches
2 c. fresh white seedless grapes, halved, or 2 (1 lb. 4 oz.) cans
1 ½ c. maraschino cherries, cut in eighths
½ lb. (30) marshmallows, quartered
2 tsp. crystallized ginger, finely chopped
1 envelope (1 Tbsp.) unflavored gelatin
¼ c. cold water
1 c. orange juice
¼ c. lemon juice
2 ½ c. sugar
½ tsp. salt
2 c. coarsely chopped pecans
2 qt. heavy cream, whipped, 10 packs dessert topping mix or 1 qt. heavy cream and 5 pkg. dessert topping mix
3 c. mayonnaise (for salad)

Drain fruit; save 1 ½ cups pineapple juice. Cut peaches in ½-inch cubes. Combine fruit, marshmallows and ginger. Soften gelatin in cold water. Heat pineapple juice to boiling. Add gelatin; stir to dissolve. Add orange and lemon juice, sugar and salt; stir to dissolve. Chill. When mixture starts to thicken, add fruit mixture and nuts. Fold in whipped cream and mayonnaise. Spoon into quart cylinder cartons (paper, plastic or metal). Cover and freeze. Makes 9 quarts.

To serve, remove from freezer and thaw enough to slip out of carton. Cut in 1-inch slices. Serve salad on lettuce; garnish with cherries. For dessert, top with whipped cream. Each quart makes 6 to 8 servings.

Two variations: Substitute 1 ½ cups ground raw cranberries or 3 (1 pound) packages frozen strawberries. Substitute juice for some of orange and pineapple juices.

FRUIT APPLE SALAD

Catherine Daniel
Creedmoor, NC

16 oz. can pineapple
⅓ c. flour
¾ c. sugar
1 stick butter
2 apples, diced
medium Cool Whip
1 c. pecans

Boil pineapple with flour and sugar. Set aside. Stir in butter. Cool. Add apples and stir. Spread in 9 x 12 pan. Spread Cool Whip on top, then spread pecans.

GOLDEN SALAD

Kathy Frye

2 small pkg. orange jello
1 (6 oz.) can frozen orange juice
2 c. hot water
1 (11 oz.) can mandarin oranges, drained (keep)
1 c. ginger ale

Dissolve jello in hot water. Stir in orange juice, ginger ale and mandarin orange juice. Chill until slightly thickened. Add oranges. Add undiluted orange concentrate.

HEAVENLY SALAD

Pat Nelms

Salad:

2 (3 oz.) pkg. lemon jello
2 c. hot water
16 large marshmallows
1 (8 oz.) cream cheese
1 c. cold water
2 apples, diced (unpeeled)
½ c. nuts
½ c. crushed pineapple, drained

Topping:

¾ c. sugar
2 eggs
2 Tbsp. lemon juice
1 c. whipping cream

Dissolve jello in hot water. Add marshmallows and stir until melted. Add cream cheese and mix until smooth. Stir in cold water and chill about 1 hour. Stir in diced apples, nuts and pineapple. Pour into 9 x 13 dish.

Topping: Mix together sugar, eggs and lemon juice in double boiler and cook over very low heat. Stir constantly until thick. Remove from heat. Cool. Add whipping cream and spread over gelatin.

LAYERED SPINACH SALAD

Cindy Hamrick

1 lb. fresh spinach, torn
salt and pepper to taste
½ to 1 tsp. sugar to taste
6 hard-cooked eggs, chopped
1 (10 oz.) pkg. frozen English peas, thawed
1 medium red onion, thinly sliced
2 stalks celery, chopped
½ c. mayonnaise
½ c. plain low-fat yogurt
½ c. shredded Cheddar cheese
1 lb. bacon, cooked and crumbled

I use 1 teaspoon of sugar at the beginning and I use smaller amounts of mayonnaise and plain low-fat yogurt and add 1 to 2 tablespoons of lemon juice to the dressing.

Place spinach in a 3-quart bowl; sprinkle with salt, pepper and sugar. Arrange eggs over spinach and sprinkle with salt and pepper. Over eggs, layer peas, onions and celery in that order. Combine mayonnaise and yogurt, then spread over the top, sealing to the edge of the bowl. Sprinkle with shredded cheese. Cover and chill overnight. When ready to serve, sprinkle with crumbled bacon.

MAKE AHEAD SALAD

Mary Sue Yancey

1 layer lettuce, shredded
1 layer celery, chopped
1 layer green pepper, chopped
1 layer onion, chopped
1 layer green peas
mayonnaise
sugar
cheese
bacon (crispy)

Layer vegetables in casserole dish. Cover with thin layer of mayonnaise. Sprinkle with sugar and cheese. Cover with plastic wrap and let stand in refrigerator for 24 hours. Sprinkle bacon on top prior to serving.

ORANGE SALAD

Ernestine Hagwood
Creedmoor, NC

2 pkg. (small) orange jello
1 c. water (boiling)
2 c. orange sherbet
1 small can crushed pineapple, drained
1 c. mandarin oranges
1 c. miniature marshmallows
1 (8 oz.) Cool Whip

Mix jello with water. Add sherbet. Put in freezer for 3 to 5 minutes. Take out; add rest of ingredients.

ORANGE-PINEAPPLE JELLO SALAD

Marjorie Wheeler
Durham, NC

2 (3 oz.) orange Jell-O
2 (6 oz.) mandarin oranges, drained
1 small can frozen orange juice
1 (16 oz.) can crushed pineapple (not drained)

Topping:

1 (3 oz.) instant lemon pudding
1 c. milk
1 small Cool Whip (stir in)

Add Jell-O to 2 cups boiling water and orange juice. Stir in oranges and pineapple. Pour in 9 x 13 pan. Refrigerate. When cool, add topping.

ORIENTAL SALAD

Peggy Greene
Creedmoor, NC

1 c. sugar
½ c. vinegar
⅔ c. olive oil
1 pkg. broccoli slaw
2 pkg. Ramen noodles (Oriental flavor; save flavor pkg.; uncooked), crushed
2 bunches green onions, sliced
¼ c. green pepper, chopped
1 c. sunflower seeds

Mix sugar, vinegar and olive oil; mix in flavor packages from noodles. Pour over other ingredients and let set for several hours in refrigerator before serving.

PASTA FRUIT SALAD

Cynthia Kelly

½ lb. corkscrew pasta
1 (8 oz.) can pineapple chunks, drained and reserve 2 Tbsp. juice
1 c. cantaloupe or honeydew melon, cubed
1 c. seedless red grapes
¼ c. honey
1 (8 oz.) carton low-fat peach yogurt
¼ c. sour cream
1 c. fresh strawberries, hulled and halved (optional)

Cook pasta according to package directions; drain and place in large bowl. Add pineapple, melon and grapes. Combine the reserved pineapple juice, honey, yogurt and sour cream. Toss with pasta mixture. Top with strawberries if desired. Chill.

PRETZEL SALAD

Josephine Lyon

Crust:

1 ½ c. crushed pretzels
3 Tbsp. sugar
1 ½ sticks butter
1 c. chopped nuts

Filling:

1 (8 oz.) pkg. cream cheese
½ c. sugar
1 (8 oz.) carton Cool Whip, thawed

Topping:

1 (6 oz.) pkg. strawberry jello
1 c. boiling water
1 c. crushed pineapple
2 c. frozen strawberries

Crust: Combine all crust ingredients and press into a 9 x 13 pan. Bake for 6 minutes at 400°. Set aside and cool.

Filling: Combine cream cheese and sugar. Cream thoroughly. Add Cool Whip and blend. Spread evenly over pretzel crust. Refrigerate.

Topping: Dissolve gelatin in boiling water. Add frozen berries. Stir until strawberries thaw. Stir in pineapple. Refrigerate until filling begins to set. This takes only a short while. Gently spread topping over gelatin and refrigerate until completely congealed.

"TANGY" FRUIT SALAD

Betsy Mauldin

1 large can peaches (in juice), drained
1 large can pineapple tidbits (in juice; save juice)
1 can fruit cocktail, drained
1 apple, cut in chunks
1 small box instant fat-free sugar-free vanilla pudding
3 to 4 Tbsp. Tang

Cut peaches in bite-size chunks. Mix peaches with pineapple, fruit cocktail and apple. Stir in 3 to 4 tablespoons Tang. Mix well. Add packet of vanilla pudding and mix well. Serve chilled.

WATERGATE SALAD

Lucia Shearin

9 oz. carton Cool Whip
3 ¾ oz. pkg. pistachio instant pudding mix
1 c. mini marshmallows
½ c. chopped nuts
1 lb. can crushed pineapple with juice

Fold dry pudding mix into whipped topping. Add pineapple, juice, marshmallows and nuts. Refrigerate.

This recipe serves 6 to 10 variations. Add ½ cup chopped maraschino cherries for color or use colored marshmallows.

WALDORF CHICKEN SALAD

Susan Haskins
Stem, NC

2 c. coarsely chopped cooked chicken
½ c. coarsely chopped red apple
½ c. thinly sliced celery
¼ c. chopped walnuts
2 Tbsp. raisins
½ c. mayonnaise

Mix all ingredients well and refrigerate.

Other Option:

1 c. halved green seedless grapes
½ c. toasted coconut
½ c. chopped dates

CHICKEN MACARONI SALAD

Nita Whitfield

½ c. chopped onion
2 Tbsp. butter
2 cans cream of chicken soup
2 c. chicken broth
4 c. chicken, cut up
2 ½ c. cooked macaroni
1 c. buttery crackers, crushed
2 c. Cheddar cheese, shredded

Sauté onions in butter; add soup and cheese. Stir in chicken broth. Cook over low heat until cheese melts. Stir in chicken and macaroni. Pour mixture into a 3-quart casserole dish that has been sprayed with Pam. Sprinkle with cracker crumbs. Bake at 350° for 30 minutes. Yields about 10 servings.

BLUE CHEESE DRESSING

Patricia Edwards
Creedmoor, NC

½ c. mayonnaise
½ c. milk
4 oz. cream cheese
1 pkg. crumbled Blue cheese or Roquefort cheese
½ tsp. Worcestershire sauce
¼ tsp. dry mustard
¼ tsp. garlic salt

Place all ingredients into blender. Blend until creamy.

HONEY MUSTARD DRESSING

Jayne Hardee

2 c. mayonnaise
½ c. honey
¼ c. Dijon mustard
¼ c. water
¼ c. white wine vinegar
½ tsp. dill weed
salt to taste
¼ tsp. white pepper

Combine all ingredients with wire whisk. Makes 10 to 15 servings.

BARBECUE SAUCE

John Greene
Creedmoor, NC

2 gal. Heinz ketchup
1 gal. apple cider vinegar
½ gal. water
2 lb. light brown sugar
1 ¾ Tbsp. salt
1 ¾ Tbsp. black pepper
1 ¾ Tbsp. crushed red pepper

Measure ½ gallon of water and set aside. Heat vinegar to first sign of boil; add all dry goods (last 4 items). Add ketchup and rinse containers with ½ gallon of water; add water with ketchup

residue to other mixture. Bring to a boil. Cool and pour into containers. Stir often.

Note: Add more black and red pepper if hot is desired. Above is fairly mild.

SWEET AND SOUR SLAW

Karen Brown

shredded cabbage
½ green pepper
½ onion
1 c. sugar
¾ c. vegetable oil
1 Tbsp. celery seed
½ c. vinegar
1 tsp. dry mustard
1 Tbsp. salt
pepper

Boil last 7 ingredients. Pour over shredded cabbage. Do not stir. Seal overnight.

SLAW

Josephine Lyon

(Need to Do Ahead)

1 large cabbage
1 large green pepper, chopped
1 medium onion, chopped fine
1 c. sugar
1 c. vinegar
¾ c. salad oil
1 tsp. dry mustard
1 tsp. salt
1 tsp. celery seed

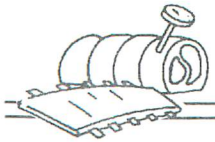
Shred cabbage finely with onions and pepper. Put in bowl in layers. Sprinkle with sugar over each layer. Bring vinegar, oil, mustard and celery seed to a boil. Cool. Pour over cabbage mixture but do not stir. Refrigerate 24 hours. Remove from refrigerator and stir. Place in tight container and refrigerate until ready to use. Will keep for several weeks.



MEATS & MAIN DISHES

"...THEY DID EAT THEIR MEAT TOGETHER AND GLADNESS AND SINCERITY OF HEART, PRAISING GOD..."

ACTS 2:47A



Meat Cooking Chart

Roasting	Weight	Minutes Per lb.	Oven Temp.	Internal Temp.
FRESH PORK				
Rib and loin	3-7 lb.	30-40	325 F	175 F
Leg	5 lb.	25-30	325 F	170 F
Picnic shoulder	5-10 lb.	40	325 F	175 F
Shoulder, butt	3-10 lb.	40-50	325 F	170 F
Boned and rolled Shoulder	3-6 lb.	60	325 F	170 F
BEEF				
Standing ribs - rare	3-7 lb.	25	325 F	135 F
- medium	3-7 lb.	30	325 F	165 F
- well done	3-7 lb.	35	325 F	170 F
For rolled and boned roasts, increase cooking time 5 to 12 minutes.				
LAMB				
Shoulder- well done	4-10 lb.	40	325 F	190 F
Shoulder - boned and rolled	3-6 lb.	40	325 F	182 F
Leg- medium	5-10 lb.	40	325 F	175 F
Leg - well done	3-6 lb.	40-50	325 F	182 F
Crown - well done	3-6 lb.	40-50	325 F	182 F
SMOKED PORK				
Shoulder and picnic hams	5 lb.	30-40	325 F	170 F
	8 lb.	30-40	325 F	175 F
Boneless butt	2 lb.	40	325 F	180 F
	4 lb.	25	325 F	170 F
Ham	12-20 lb.	16-18	325 F	170 F
	Under 10 lb.	20	325 F	175 F
	Half Hams	25	325 F	170 F
VEAL				
Loin	4-6 lb.	35	325 F	175 F
Leg	5-10 lb.	35	325 F	175 F
Boneless shoulder	4-10 lb.	45	325 F	175 F
POULTRY				
Chicken	3-5 lb.	40	325 F	170 F
Stuffed	over 5 lb.	30	325 F	170 F
Turkey	8-10 lb.	20	325 F	175 F
	18-20 lb.	14	325 F	175 F
Duck	5-10 lb.	30	325 F	175 F

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MEATS & MAIN DISHES

ALMOND BAKED CHICKEN WITH MUSHROOMS

Nancy Frazier
Butner, NC

2 ½ c. cooked chicken breasts, cut into large pieces
1 (8 oz.) can sliced water chestnuts, drained
2 pimentos, sliced
½ c. slivered almonds, toasted
½ c. sliced mushrooms
2 Tbsp. lemon juice
¼ c. light mayonnaise
¼ c. plain low-fat yogurt
½ c. grated Cheddar cheese
½ c. French fried onion rings
salt and pepper to taste

Combine all ingredients (except cheese and onion rings) and place in a buttered 2 ½-quart casserole dish. Top chicken mixture with grated Cheddar cheese and onion rings. Bake at 350° until golden brown (30 to 40 minutes). This can be made early in the day and refrigerated until baking time.

APPLE GINGER PORK TENDERLOIN

Helen Davenport

1 Tbsp. all-purpose flour
1 ¼ tsp. garlic salt
1 tsp. ground ginger
¼ c. oil
1 Tbsp. cornstarch
1 Tbsp. water
1 to 1 ½ lb. pork tenderloin
fresh parsley
1 ¼ c. apple juice

In iron skillet, combine flour, salt and ginger. Dredge tenderloin in flour mixture. Cook uncovered tenderloin in hot oil in skillet over low heat 10 minutes, turning occasionally to brown all sides. Cook, covered, 35 minutes, until meat thermometer reaches 170°.

Combine cornstarch and water in saucepan. Stir in apple juice. Boil-cook 1 minute, until thickened; stir constantly. Serve sauce over sliced loin and garnish with apple wedge.

BAKED CHICKEN BREAST SUPREME

Frances Peed

1 (2 to 3 oz.) jar dried beef
8 halves boned chicken breasts
8 slices bacon
1 can cream of mushroom soup (98% fat-free)
1 (8 oz.) carton fat-free sour cream

Put beef in pan. Wrap chicken in bacon and place in pan. Mix soup and sour cream and pour over chicken. Bake at 275° for 2 ½ hours. Serves 8.

BAKED FISH

Frances Peed

orange fish or white fish
lemon juice
salt
pepper
butter
fish seasonings
croutons
milk

Place fish on foil-lined pan. Squeeze lemon juice over fish. Put milk around fish. Add salt, pepper, little butter and fish seasoning. Bake at 375° for approximately 10 minutes. Crush croutons and put on top of fish. Broil until browned.

BARBECUE SPARERIBS

Steve Hamrick

1 slab pork ribs (any variety will do)
12 bay leaves
¼ tsp. ground cloves
½ tsp. ground cinnamon
3 Tbsp. whole black peppercorns
½ c. cider vinegar
water (to fill ⅓ to ½ of pressure cooker)

Use Steve's Barbecue Sauce for Ribs.

Add all ingredients to pressure cooker, making sure the liquid doesn't fill it more than halfway. Secure the lid and place on the heat. Once the cooker has pressurized (see manufacturer's instructions for your cooker), cook for 20 minutes on direct heat and then cool in cold water bath to depressurize the cooker.

While the ribs are cooking, prepare the sauce. After releasing the pressure and removing the lid from the cooker, remove the ribs from the cooking liquid. Be sure to leave all whole peppercorns in the cooking liquid. Some will stick to the ribs; knock off with a utensil. Place ribs in a baking dish to coat with sauce. Place coated ribs on grill and cook to caramelize the sugar in the sauce. Serve immediately.

BARBECUE SAUCE FOR RIBS

Steve Hamrick

3 Tbsp. brown sugar
2 Tbsp. Worcestershire sauce
3 Tbsp. cider vinegar
2 Tbsp. olive oil
3 Tbsp. ketchup
1 tsp. salt
1 tsp. dry mustard
1 tsp. chili powder
1 tsp. paprika
½ tsp. ground red pepper

Mix all ingredients thoroughly. Coat meat to be barbecued and place on grill. Cook until sauce caramelizes. It will turn dark brown or black.

BEEF PORCUPINES

Anne Laura Braxton
Creedmoor, NC

1 lb. ground beef
½ c. rice (uncooked)
¼ c. chopped onions
1 tsp. pepper
2 Tbsp. Wesson oil
2 (8 oz.) cans Hunt's tomato sauce
1 c. water

Mix beef, rice, onions and seasonings. Form into small balls. Fry in hot Wesson oil, turning frequently, until light brown but NOT crusty on all sides. Add Hunt's sauce and water. Mix well. Cover and simmer about 45 minutes. Makes 4 servings.

BEST BEEF ROAST EVER

Nellie Brame
Creedmoor, NC

1 beef roast (chuck)
1 onion
4 carrots
1 can tomato soup
1 can French onion soup
1 can cream mushroom soup
salt to taste
½ tsp. pepper
5 or 6 potatoes, peeled and sliced

Put roast in a large roasting pan or dish. Put sliced carrots, sliced onion and sliced potatoes around roast. Combine tomato soup, cream of mushroom and French onion. Pour over roast; add vegetables, pepper and salt to taste. Bake 3 hours at 325° or until meat is real tender. Cover roast.

BOBBY WHITFIELD'S CHILI

Bobby Whitfield
Creedmoor, NC

5 lb. hamburger
2 qt. hot water
⅛ c. salt
¼ c. sugar
⅛ c. paprika
½ c. chili powder
1 tsp. garlic salt

Pour hot water over hamburger. Cook, stirring constantly, so hamburger will not knot up. Cook slowly for about 1 hour. Add other ingredients; boil for about 30 minutes. Skim about 1 cup grease off top and throw away.

BRAISED BEEF AND ONION

Sharon Deane
Franklinton, NC

1 boneless beef chuck roast or brisket
2 Tbsp. vegetable oil
1 c. A.1. Bold and Spicy steak sauce
½ c. water
1 large sweet onion, sliced

Brown beef in hot oil; drain. Add steak sauce and water; bring to boil. Add meat and onion; reduce heat and simmer for 1 ½ hours, basting occasionally.

BRAISED SHORT RIBS

Patricia Edwards

¼ c. all-purpose flour
1 Tbsp. salt
½ tsp. black pepper
¼ tsp. red pepper
4 ½ lb. beef short ribs
1 Tbsp. olive oil
1 tsp. salt
1 onion, diced
1 carrot, diced
2 celery ribs, diced
2 garlic cloves
1 can crushed tomatoes
1 c. water
2 Tbsp. tomato paste
2 Tbsp. lemon juice
1 tsp. dried oregano
1 bay leaf
½ tsp. crushed red pepper

Combine flour, 1 tablespoon salt and pepper. Dredge ribs in flour mixture. Brown half of ribs in hot oil over medium heat in a large skillet. Remove ribs, reserving drippings in skillet. Brown remaining ribs.

To drippings, add 1 teaspoon salt, onions, carrots and celery and saute 10 minutes or until tender. Stir in crushed tomatoes and remaining ingredients. Add ribs, cover and simmer 1 ½ hours. Garnish with lemon slices and celery leaves.

BROCCOLI-CHICKEN CASSEROLE

Nellie Brame
Creedmoor, NC

4 chicken breasts, cooked and cubed
2 pkg. frozen chopped broccoli, cooked and drained
2 cans cream of chicken soup
1 c. mayonnaise
1 c. grated Cheddar cheese
1 tsp. lemon juice
breadcrumbs

Layer dish with broccoli, then chicken. Mix all remaining ingredients except breadcrumbs. Pour mixture over broccoli and chicken. Top with buttered breadcrumbs. Cover and cook at 350° for 45 minutes to 1 hour.

BRUNSWICK STEW

Josephine Lyon
Nita Whitfield

12 lb. chicken
3 lb. pork
10 lb. beef
3 lb. onions
12 lb. potatoes
1 large can tomato puree
7 lb. butter beans
2 ½ gal. tomatoes
1 ½ gal. chicken broth
salt, pepper and sugar to taste
1 gal. corn

Cook meat and cut up, saving broth. In broth, cook potatoes, onions and butter beans until tender; add tomatoes and continue to boil a while. Add tomato puree and meat; continue to boil. Add salt, sugar and pepper. Add corn last and continue stirring constantly. Boil for a few minutes. Makes 30 quarts.

CHILI

Jim Bjurstrom

3 large cans tomatoes
1 large can chili beans
1 lb. hamburger
1 medium onion, chopped
2 Tbsp. chili powder

Brown hamburger with onions and chili powder. In large pan, add cans of tomatoes (crush into small pieces), chili beans and prepared hamburger mixture. Cook 2 hours or longer over low to medium heat.

CHILI AND BEANS

Ellen Hardy

2 Tbsp. vegetable oil
2 medium onions, chopped
1 green pepper, chopped
2 lb. ground chuck
1 tsp. celery seed
½ tsp. cayenne pepper
½ tsp. leaf basil
1 tsp. salt
1 tsp. garlic powder
¼ tsp. pepper
1 bay leaf
3 Tbsp. chili powder
2 (1 lb.) cans tomatoes
1 c. water
2 (1 lb.) cans red kidney beans, drained

In a crock-pot, saute onion, green pepper and garlic powder in vegetable oil until soft. Add ground chuck and brown. Add remaining ingredients, except beans, and bring to a boil. Lower temperature to 225° and simmer for 1 ½ to 2 hours, uncovered, or with lid slightly ajar. Add beans when ready to serve. Makes about 8 servings.

CHICKEN CACCIATORE

Josephine Hester

1 large fryer or equivalent
1 ¾ c. water
1 (6 oz.) can tomato paste
1 envelope spaghetti sauce mix
¼ c. onion flakes
1 (4 oz.) can sliced mushrooms, drained

Brown chicken in oil. Heat other ingredients in saucepan except mushrooms. Pour over chicken in casserole dish. Cover and bake at 350° for 1 hour. Add mushrooms after about 30 minutes of cooking time.

CHICKEN CASSEROLE

Sharon K. Deane
Franklinton, NC

1 pkg. stuffing mix for chicken
4 boneless skinless chicken breasts (whole or chopped)
1 can cream of mushroom soup
1 small can evaporated milk (5 oz.)
1 ½ c. water

Mix contents of stuffing mix with 1 ½ cups water and set aside. Place chicken in 2-quart casserole. Mix soup and milk; pour over chicken. Spoon stuffing mix over top. Bake at 375° for 35 minutes or until chicken is cooked through.

CHICKEN CASSEROLE

Patricia Edwards
Creedmoor, NC

1 pkg. Pepperidge Farm cornbread dressing
1 stick margarine
1 can cream of mushroom soup
1 can cream of chicken soup
1 whole chicken, cooked, deboned and cut up

Save broth. Melt margarine and stir into dressing. Grease 9 x 13 dish; put a layer of dressing, a layer of chicken, then mushroom soup, diluted with 1 can chicken broth. Layer again as before with diluted cream of chicken soup. Top with dressing. Bake at 350° for 45 minutes.

CHICKEN CASSEROLE

Laverne Seagroves
Creedmoor, NC

1 pkg. Pepperidge Farm dressing (cornmeal)
2 cans cream of chicken soup
4 chicken breasts, boiled
1 stick margarine
2 cans chicken broth

Melt margarine in a 13-inch Pyrex dish. Add layer of cornmeal dressing mix, layer of chicken and 1 can cream of chicken soup mixed with 1 can chicken broth. Repeat. Top with dressing mix. Bake at 325° for 30 minutes.

CHICKEN CASSEROLE

Janet Newton

1 (8 oz.) pkg. Pepperidge Farm cornbread stuffing mix
1 (8 oz.) pkg. Pepperidge Farm herb seasoned mix
1 stick margarine
4 chicken breasts or 3 c. chicken meat (pull off bone), cooked
2 cans cream of chicken soup
2 cans chicken broth (from cooked chicken)

Cook chicken in unsalted water. Melt margarine and toss with stuffing and herb seasoned mixture. Divide mixture in half. Save some for top. Lightly butter bottom and sides of 9 x 13 x 2 pan. Layer stuffing and chicken in 2 layers. Mix soup and broth. Pour half over each layer. Sprinkle crumbs on top. Cover with foil. Bake at 350° for 30 minutes. Remove foil. Add some juice to top. Bake 15 minutes more.

CHICKEN CHIMICHANGAS

Nancy Frazier
Butner, NC

butter-flavored cooking spray
2 c. cooked chicken, cubed
½ c. reduced-fat Cheddar and Monterey Jack cheese blend, shredded
1 c. thick and chunky salsa
4 to 6 fat-free tortillas

Preheat oven to 450°. Lightly spray 9 x 13-inch baking dish with cooking spray and set aside. Combine chicken, cheese and salsa. Stir to combine. Warm each tortilla for about 10 seconds to make it pliable. Spoon chicken mixture down the middle of each tortilla and fold the tortilla. Place tortillas into baking dish and bake for 7 minutes. Makes 4 to 6 servings.

Cook's Note: If you do not have leftover chicken, you can quickly prepare chicken by slicing ¼ pound of chicken tenderloin strips into cubes. Place the cubes into a nonstick skillet. Spray the skillet and the chicken with butter-flavored cooking spray and cook over medium heat until chicken pieces are done. Chicken tenderloin strips are strips of boneless skinless chicken breast. You can find them in the freezer section of the supermarket.

CHICKEN IN A CROCK-POT

Barbara T. Toney

4 chicken breasts
2 cans cream of mushroom soup
1 small can mushrooms
16 oz. sour cream
⅓ c. self-rising flour
paprika
salt and pepper

Mix all ingredients. Pour over chicken breasts. Cook on low in crock-pot all day. Serve with rolls and rice.

CHICKEN NOODLES

Cindy Brown
Creedmoor, NC

medium size chicken
1 stick margarine
dash of salt and pepper
1 can cream of chicken soup
1 large pkg. noodles

Cover chicken with water. Add margarine. Add a dash of salt and pepper. Cook until the chicken is done or falling off the bone! Set chicken aside to be cut up or pulled apart! Add soup to your chicken broth. Add noodles. Let cook 25 to 30 minutes or when noodles are done. Serves 6 to 8 people.

CHICKEN NOODLE CASSEROLE

Nellie Brame
Creedmoor, NC

⅔ c. chopped onion
1 garlic clove, minced
1 Tbsp. olive or canola oil
1 ½ lb. boneless skinless chicken breast, cut into ¾-inch cubes
1 (14 ½ oz.) can chicken broth
1 ½ c. chopped carrots
3 celery ribs, chopped
½ tsp. dried savory
3 Tbsp. butter or margarine
3 Tbsp. all-purpose flour
¾ tsp. salt
⅛ tsp. pepper
1 ½ c. 2% milk
1 ¼ c. shredded Cheddar cheese
8 oz. egg noodles, cooked and drained

In a large nonstick skillet, saute onion and garlic in oil until tender. Add chicken; cook and stir until no longer pink. Add the broth, carrots, celery and savory. Bring to a boil. Reduce heat; cover and simmer 10 to 15 minutes or until vegetables are tender.

Meanwhile, in a saucepan, melt butter. Stir in flour, salt and pepper until smooth. Gradually add milk. Bring to a boil; cook and stir for 2 minutes or until thickened. Remove from heat. Stir in cheese until melted. Pour over chicken mixture. Add noodles.

Mix well. Transfer to 3-quart baking dish coated with nonstick cooking spray. Bake, uncovered, at 350° for 15 to 20 minutes or until bubbly. Yields 8 servings.

CHICKEN POT PIE

Joy Grady
Creedmoor, NC

½ c. celery, finely diced
1 diced small onion
½ c. shredded Cheddar cheese
2 Tbsp. margarine
2 tsp. parsley flakes
1 ½ c. cubed cooked chicken
¾ c. chicken broth
1 tsp. Worcestershire sauce
½ tsp. salt
¼ tsp. black pepper
1 can cream of chicken soup
⅓ c. chopped carrots
⅓ c. garden peas (from can)
2 pie crusts

In skillet, sauté onion and celery in margarine until tender. Mix together all the other ingredients with the celery and onions. Spread mixture into pie shell and top with the second pie crust. Cut slits into top of pie shell. Cook 30 minutes at 400° or until crust is browned.

CHICKEN ROLLS

Ann C. Dickerson

1 can cream of chicken soup
1 c. cheese
1 can crescent rolls
½ c. milk
4 chicken breasts

Boil chicken breasts until almost done. Take chicken off the bone. Roll in separate crescent rolls. Mix soup, milk and cheese together. Pour over chicken rolls. Bake at 350° for 15 to 20 minutes or until golden brown.

CHICKEN WITH "CHICKEN SLICK"

Janice McStoots
Creedmoor, NC

1 chicken
1 bag wide egg noodles
salt
pepper

Place frozen chicken into crock-pot. Salt and pepper to taste. Cook on low until done (approximately 6 to 8 hours). Drain broth into large pot and bring to a boil. Cook egg noodles until done.

CHINESE PORK CHOPS

Anthea Breedlove
Creedmoor, NC

1 c. soy sauce
½ c. brown sugar
⅛ tsp. pepper
½ tsp. garlic powder
8 pork chops

Combine all ingredients, except pork chops, in a large bowl. Mix well. Marinate pork chops in sauce for 3 hours in refrigerator. Place pork chops evenly in an 8 x 8-inch baking dish. Pour sauce on top. Bake in a preheated 350° oven for 40 minutes. Serves 4.

CORNED BEEF CASSEROLE

Mary Sue Yancey
Creedmoor, NC

2 c. cooked noodles
1 (7 oz.) can corned beef, crumbled
⅓ c. minced onion
1 can cream mushroom soup
½ c. canned milk
1 c. grated cheese
crushed potato chips

Combine ingredients, except potato chips, in a greased casserole dish. Top with crushed potato chips. Bake at 425° until lightly brown and bubbly.

COUNTRY CAPTAIN CHICKEN

Joanne Gray

½ c. flour (all-purpose)
1 tsp. salt
½ tsp. pepper
1 (2 ½ to 3 lb.) fryer, cut up
vegetable oil
2 medium onions, chopped
2 medium green peppers, chopped
¼ c. celery, chopped
1 clove garlic, minced
2 (16 oz.) cans chopped tomatoes (undrained)
¼ c. currants or golden raisins
2 tsp. curry powder
¾ tsp. salt
½ tsp. pepper
½ tsp. thyme
3 c. cooked rice
1 ½ Tbsp. minced fresh parsley

Combine first 3 ingredients. Dredge chicken in flour mixture and fry in hot oil (350°) until browned. Arrange fried chicken in a 13 x 9 baking dish. Set aside. Reserve 2 tablespoons of pan drippings only. Cook onion, green pepper, celery and garlic in pan drippings until vegetables are tender. Add tomatoes and next 5 ingredients; stir well. Spoon hot sauce over chicken in baking dish. Cover and bake at 350° for 40 to 50 minutes or until chicken is tender. Serve chicken and sauce over cooked rice. Serve 4.

Note: Split chicken breasts or boneless chicken breasts may be substituted.

CREAMY BAKED CHICKEN

Robin Newton

1 chicken, cut up
1 can cream of chicken soup (undiluted)
1 can cream of mushroom soup (undiluted)
1 c. (8 oz.) sour cream
½ c. water
1 tsp. chives
salt and pepper to taste

Place chicken in a greased 13 x 9 x 2-inch baking dish. In a bowl, combine the soups, sour cream, water, chives, salt and pepper; spoon over chicken. Bake, uncovered, at 350° for 1 hour or until chicken juices run clear. Yields 6 servings.

DANDY CORN DOGS

Robin Newton

1 c. all-purpose flour
2 Tbsp. cornmeal
4 tsp. ground mustard
2 tsp. baking powder
¼ tsp. salt
1 egg, beaten
¾ c. milk
10 hot dogs
oil (for deep-fat frying)

You will need 10 wooden skewers.

In a bowl, combine the dry ingredients. Stir in the egg and milk just until moistened. Insert skewers into hot dogs; dip into batter. In a skillet, heat 2-inches of oil to 375°. Fry corn dogs for 5 to 8 minutes or until golden brown. Drain on paper towels. Yields 10 servings.

DELICIOUS HOT DOGS

Nita Whitfield

½ c. chopped onions
1 Tbsp. vegetable oil
1 (14 oz.) bottle ketchup
2 Tbsp. pickle relish
1 Tbsp. sugar
1 Tbsp. vinegar
¼ tsp. salt
¼ tsp. pepper
1 lb. hot dogs

Sauté onions in large pan until tender. Stir in next 6 ingredients. Add hot dogs to sauce and simmer for 10 minutes. Serve in hot dog buns that have been heated.

EASY BARBECUED RIBS

Cathy Sebastian

4 lb. pork spareribs, cut into 2-rib portions
½ c. chili sauce
⅓ c. cider vinegar
¼ c. packed dark brown sugar
2 Tbsp. Dijon mustard

In large Dutch oven, combine pork spareribs and add water to cover. Simmer, covered, for one hour, until fork-tender. Drain.

Barbecue Sauce: Mix chili sauce, vinegar, brown sugar and Dijon mustard. Line large baking sheet with heavy-duty foil. Arrange rib, meat side down, on sheet. Brush with half the sauce. Bake

in a 450° oven for 10 minutes. Turn ribs over. Brush with remaining sauce. Bake 10 minutes, until browned and glazed. Makes 4 servings.

EASY CHILI WITH BEANS

Betsy Mauldin

1 lb. ground turkey
1 (15 oz.) can Bush's Chili Magic
1 (15 oz.) can diced tomatoes with green chilies
1 can water
salt and pepper to taste

Brown turkey. In separate pot, mix Chili Magic, tomatoes, water and cooked turkey. Cook over low to medium heat for about 10 to 15 minutes. For more chili flavoring, add chili powder to taste.

EASY CRUST CHICKEN OR TURKEY PIE

Janice Grause

1 chicken, cooked, skinned and boned
1 stick margarine
1 tsp. salt
½ tsp. pepper
1 c. plain flour
2 tsp. baking powder
1 c. milk
1 ¼ c. chicken broth
1 can cream of mushroom soup

Melt tablespoon margarine in baking dish. Cut up chicken; place in dish. Mix chicken broth and mushroom soup, heating and stirring until smooth. Set aide.

Mix all other ingredients. Pour broth over chicken. Pour flour mixture over other ingredients. Bake at 400° for 30 minutes.

Turkey and turkey broth may be substituted for chicken.

ELEPHANT STEW

Mary Clair Wheeler

1 elephant (medium size)
2 rabbits
salt and pepper
water (as needed)

Cut elephant in bite-size pieces. This should take about 2 months. Add enough brown gravy to cover. Cook over kerosene fire for about 4 weeks at 425°. This will serve about 3,800 people. If more are expected, 2 rabbits may be added, but do this only if necessary as some people do not like to find hare in their stew.

FOURTH OF JULY BEAN BAKE

Sharon K. Deane
Franklinton, NC

½ lb. bacon, fried
½ lb. ground beef
1 c. onions, diced
1 (28 oz.) can pork and beans
1 (17 oz.) can lima beans
1 (15 oz.) can kidney beans
2 Tbsp. mustard
2 Tbsp. molasses
1 tsp. salt
½ tsp. chili powder
½ c. barbecue sauce
½ c. ketchup
½ c. sugar
½ c. packed brown sugar

Rinse and drain all beans. Fry bacon. In large skillet, cook beef and onions until brown and tender; drain. Add bacon crumbled up; put in greased 2 ½-quart baking dish. Add all other bean ingredients and mix. In a small bowl, combine the remaining ingredients; stir into beef and bean mixture. Bake, covered, at 350° for 45 minutes. Then uncover and cook for 15 minutes more.

FRANKIE'S MEAT LOAF

Faye Washington

½ c. chopped celery
½ c. chopped onion
¼ c. chopped green pepper
2 Tbsp. margarine
1 (12 oz.) bottle Heinz chili sauce
1 ½ lb. ground beef
1 c. bread crumbs
1 egg, beaten
½ tsp. salt
⅛ tsp. pepper

Sauté celery, onions and pepper in margarine. Add chili sauce. Mix ½ of these ingredients with ground beef, bread crumbs, egg, salt and pepper. Mix well. Place in loaf pan and bake at 350° for 1 hour. Pour remaining sauce on top and bake 15 minutes. Let stand 5 minutes.

FROGMORE STEW

Helen Davenport

4 qt. water
2 tsp. salt
4 Tbsp. Old Bay seasoning
1 tsp. red pepper flakes
2 stalks celery (2-inch pieces)
8 small red skinned potatoes
4 ears corn, halved
¾ lb. kielbasa (2-inch pieces)
2 lb. large shrimp, peeled

In large stockpot over high heat, combine water, salt, Old Bay, red pepper and celery. Boil for 5 minutes. Skim and discard foam that rises to top. Add potatoes and cook until tender (10 to 20 minutes). Add corn and sausage. Cook 3 to 5 minutes longer, until

pink. Serve on huge platter with plenty of napkins. Use crusty bread for dunking.

FROGMORE STEW

Martha Bailey
Creedmoor, NC

(For 5 to 6 People)

3 lb. medium shrimp (40 to 50 count)
¼ lb. butter
2 lb. kielbasa sausage, cut into ¼-inch thick
5 ears corn, cut in half
2 lb. potatoes, diced in large pieces
1 large onion, cubed
6 blue crabs, cleaned
1 lemon, cut in half
4 Tbsp. Old Bay seasoning or 1 bag crab boil
4 tsp. salt

You will need a 6 to 8-quart pot and 1 large spoon with holes.

Fill pot half full of water. Add butter, salt, crab boil or Old Bay, pieces of sausage and onion. Bring to a boil. Add corn, potatoes, crab (optional) and lemon cut halves. Stir and bring to a boil for 4 minutes. Add shrimp and stir for 4 to 6 minutes. Turn stove off and let set for 4 minutes. Using large spoon with holes, place ingredients in a large bowl and serve with hot butter or seafood sauce.

GARDEN-STYLE MEAT LOAF

Cindy Hamrick

1 to 1 ½ lb. lean ground beef or lean ground turkey or reduce ground meat and add like amount of seasoned sausage (sage flavored)
1 (10 oz.) pkg. frozen chopped spinach, thawed and drained, or ½ c. bell pepper (green or red), finely chopped
1 c. Quaker oats (quick or old-fashioned; uncooked)
½ c. onion, finely chopped
½ c. carrots, shredded
2 egg whites or 1 egg, slightly beaten
⅓ c. skim milk
1 to 1 ½ tsp. Italian seasoning
½ tsp. salt (optional)
¼ tsp. black pepper

Baking Pan Instructions: Heat oven to 350°. Combine all ingredients in large bowl; mix lightly but thoroughly. In 13 x 9-inch baking pan or on rack of a broiler pan, shape meat loaf mixture into 9 x 5-inch loaf in center of pan. Bake 45 to 50 minutes or until medium doneness (160°) and juices run clear. Let stand about 5 minutes before slicing.

Loaf Pan Instructions: Heat oven to 350°. Combine all ingredients in large bowl; mix lightly but thoroughly. Press meat mixture evenly across bottom of 8 x 4-inch pan. Bake 55 to 60 minutes or until medium doneness (160°) and juices run clear. Drain; let stand about 5 minutes before slicing.

GARLIC LOVER SHRIMP

Julie Woody

1 Tbsp. olive oil
¼ tsp. crushed red pepper
8 garlic cloves, minced
1 bay leaf
1 ½ lb. peeled shrimp
¼ tsp. salt
½ c. dry white wine
2 Tbsp. minced parsley
¼ tsp. dried thyme

Heat oil in nonstick skillet; add pepper, garlic and bay leaf. Saute 30 seconds. Add shrimp and salt. Sauté 3 minutes. Remove shrimp from skillet and set aside. Add wine, parsley and thyme to skillet; bring to a boil and cook until reduced to ¼ cup (about 1 minute). Return shrimp to skillet; toss to coat. Discard bay leaf. Yield: 4 servings.

GRILL STEAKS

Karen Brown

(Rib-eyes, Filets)

Adolph's original tenderizer (unseasoned)
McCormick Montreal steak seasoning (can use spicy)

Best to let meat get to room temperature for about 3 hours before cooking, 1 ½ hours before grilling. Sprinkle each steak (1 side only) with Adolph's meat tenderizer; punch with fork. Sprinkle with water. Then sprinkle each steak with McCormick. Ready to grill.

I recommend cooking each steak for at least 6 minutes before turning, remaining time according to doneness. The less you can turn, the better.

GRILLED ROSEMARY CHICKEN SALAD

Steve Hamrick

1 lb. boneless chicken breasts, thawed
¼ c. teriyaki sauce
1 can pineapple chunks, drained and save juice
1 Tbsp. dried rosemary
¼ tsp. garlic powder
½ c. seedless red grapes
⅛ tsp. cayenne pepper (optional)
¼ to ½ c. Duke's mayonnaise
salt to taste
pepper to taste

Combine teriyaki sauce, reserved pineapple juice, rosemary and garlic powder with uncooked chicken in a large Ziploc bag. Allow to marinate in the refrigerator for at least 20 minutes. Remove chicken from marinade and place directly on a preheated grill. Cook until done, but not dry. Cooking time varies with the size of chicken pieces and temperature of the grill. Once chicken has reached desired doneness, remove to a platter and allow to cool slightly. Cut chicken into large chunks. Place in large mixing bowl with remaining ingredients and toss until well mixed. Serve on a bed of greens or as a sandwich on a warm croissant.

HOT DOG CASSEROLE

Barbara Toney

1 lb. can pork and beans
1 pkg. hot dogs
1 (8 oz.) pkg. shredded Cheddar cheese sauce
1 (10 oz.) can Texas Pete chili sauce
Texas Pete hot sauce to taste

Pour the beans into a 9 x 12-inch casserole dish. Cut hot dogs lengthwise and arrange in a single layer on top of beans. Pour Texas Pete chili sauce evenly on top. Sprinkle with cheese. Bake at 350° for 15 minutes or until hot and the cheese is melted. Serve with cornbread and slaw. Yield: 4 to 6 servings.

HULUPKI CASSEROLE

Marion Bullock Henry (Butch)
Indiana, PA

1 medium cabbage
1 ½ lb. ground meat
2 eggs
1 c. cooked rice
1 can tomato soup
½ can water
1 can tomatoes
½ c. green peppers, chopped
½ c. onion, chopped
½ c. celery, chopped
1 tsp. salt
1 tsp. pepper

Chop cabbage; boil for 10 minutes. Mix ground meat, egg and rice. In separate bowl, mix tomato soup, water, squeezed tomatoes, peppers, onions, celery, salt and pepper. Drain cabbage. In large casserole dish that has been greased, layer cabbage and meat mixture, then pour ½ of liquid ingredients; add second layer of cabbage and pour remainder of liquid mixture. Bake at 350° for 1 ½ hours. Let sit for 10 minutes before serving.

IMPOSSIBLE CHEESEBURGER PIE

Anthea Breedlove
Creedmoor, NC

1 lb. ground beef
1 c. chopped onion
½ tsp. salt
1 c. shredded Cheddar cheese
1 c. milk
½ c. Bisquick baking mix
2 eggs

Heat oven to 400°. Cook ground beef and onion; drain. Stir in salt. Spread in greased 9-inch pie plate; sprinkle with cheese. Stir remaining ingredients with fork until blended. Pour into plate. Bake 25 minutes or until knife inserted in center comes out clean. Makes 8 servings.

JUMBELETTI

Linda Jackson

1 lb. hamburger, browned
8 oz. box macaroni, cooked
1 (6 oz.) can tomato paste
½ to ¾ c. ketchup
½ tsp. chili powder
½ tsp. salt
½ tsp. pepper
1 pkg. Cracker Barrel cheese (sharp)

Preheat oven to 350°. Cook the macaroni per instructions on box. Set aside.

Once hamburger is browned, add the tomato paste, ketchup, chili powder, salt and pepper on low heat until mixed well with hamburger. In your 9 x 12 pan, make two layers of the following: meat mixture on bottom, followed by the drained cooked macaroni, with the cheese on the top layer. Repeat the same; meat mixture, macaroni and cheese so there are two full layers of each ingredient. Place in preheated oven 15 to 20 minutes or until cheese is bubbly.

LASAGNA

Janice Grause

1 lb. ground beef
¾ c. chopped onions
2 Tbsp. salad oil
1 (1 lb.) can tomatoes
2 (6 oz.) cans tomato paste
2 c. water
1 Tbsp. parsley
2 tsp. salt
1 tsp. sugar
1 tsp. garlic powder
½ tsp. pepper
½ tsp. oregano leaves
½ pkg. lasagna noodles
1 lb. Ricotta or cottage cheese
8 oz. Mozzarella cheese
1 c. grated Parmesan cheese

Brown beef and onion in oil. Add tomatoes (blended or cut), paste, water, parsley, salt, sugar, garlic powder, pepper and oregano; simmer, uncovered, stirring occasionally, for 30 minutes. Cook

lasagna noodles as directed. In 13 x 9 x 2-inch baking dish, spread 1 cup sauce. Alternate layers of lasagna, sauce, Ricotta or cottage cheese and Mozzarella and Parmesan cheese, ending with sauce, Mozzarella and Parmesan. Bake at 350° for 40 to 50 minutes, until lightly brown and bubbling. Allow to stand for 15 minutes. Makes 8 servings.

LASAGNA

Kim Bjurstrom

lasagna noodles
1 can Del Monte green pepper and onion spaghetti sauce
1 can diced tomatoes
1 green pepper
1 onion
1 pkg. Jimmy Dean sausage (sage)
1 pkg. Mozzarella
1 ½ lb. hamburger
1 small carton sour cream
1 large container cottage cheese
oregano
garlic salt
minced onion
1 pkg. Cheddar cheese

Brown hamburger and sausage separately. Chop green pepper and onion. Put hamburger, sausage, green pepper, onion, spaghetti sauce and diced tomatoes into a pot. Place lasagna noodles into a pot; cook until soft. Put 1 tablespoon oregano, 1 tablespoon garlic salt and 1 tablespoon onion (minced) into lasagna sauce. Put enough sauce on bottom of pan to cover. Then put noodles. Mix sour cream and cream cheese, 2 tablespoons of sausage and 1 teaspoon oregano; mix and place on top of noodles. Add another layer noodles. Mix cheeses and add on top of noodles. Then alternate noodles, sour cream/cream cheese mix and mix of cheeses. Bake at 400° for 30 to 45 minutes.

MARINATED PORK ROAST

Nita Whitfield

2 Tbsp. dry mustard
2 tsp. thyme leaves
½ c. dry sherry
½ c. soy sauce
2 cloves garlic
1 tsp. ginger
4 to 5 lb. pork roast
1 (10 oz.) jar apricot preserves or jelly
1 Tbsp. dry sherry
1 Tbsp. soy sauce

Combine first 6 ingredients. Place roast in shallow pan and marinate for several hours. Cook roast at 325° until meat thermometer registers 170°, about 2 ½ hours. Combine preserves, sherry and soy sauce. Heat until preserves melt. Pour over roast.

MEAT LOAF

Linda Jackson

1 ½ lb. hamburger
1 c. toasted bread crumbs
1 chopped onion
1 egg
1 tsp. salt
1 tsp. pepper
½ can tomato soup

Sauce:

½ c. water
½ can tomato soup
3 Tbsp. brown sugar
3 Tbsp. vinegar
2 Tbsp. Worcestershire sauce
2 Tbsp. mustard

Preheat oven to 350°. Combine meat mixture ingredients in mixing bowl. In baking pan, mold mixture in oblong shape, leaving even space around all sides. Cook 45 minutes.

While meat is cooking, combine sauce ingredients. (If you like extra sauce, just double the sauce recipe and store in refrigerator.) After 45 minutes, take meat out and drain fat. Add sauce mixture and cook for additional 45 minutes for a total of 1 ½ hours cooking time.

NO FAIL BEEF ROAST

Betsy Mauldin

1 beef roast (any size, any cut)
2 cans golden mushroom soup (undiluted)
salt and pepper to taste

Rinse meat. Salt and pepper to taste. Double wrap meat with aluminum foil, but before sealing, add soup to meat. (Pour over meat.) Seal the foil tightly so no soup or juice can escape. Place roast in pan, cover and bake at 200° for 8 to 10 hours (all night or all day).

OVEN-FRIED CHICKEN

Jayne Hardee

1 ¼ c. Italian-seasoned breadcrumbs
¼ c. grated Parmesan cheese
½ c. fat-free mayonnaise
½ tsp. salt
½ tsp. poultry seasoning
¼ tsp. ground red pepper
8 skinned and boned chicken breast halves

Stir together breadcrumbs and Parmesan cheese in a shallow dish. Stir together mayonnaise and next 3 ingredients. Brush both sides of chicken with mixture. Place in an aluminum foil-lined 15

x 10-inch jelly roll pan coated with vegetable spray. Bake at 425° for 20 minutes or until done.

OYSTER STEW

Anne Clay
Butner, NC

(Serves 4)

1 pt. standard size oysters in their juice
½ stick butter
6 c. whole milk
½ tsp. paprika
1 tsp. salt
½ tsp. fresh cracked black pepper
1 to 2 dashes hot sauce
1 tsp. Worcestershire sauce
oyster crackers

Melt butter in a stockpot over medium/low heat. Add oysters and juice to pot. Make sure there are no pieces of shell. Cook over low heat for 2 to 3 minutes, until oysters start to curl around the edges.

Meanwhile, heat the milk in the microwave until hot. Add paprika, salt, pepper, hot sauce and Worcestershire sauce to oysters. Stir in. Add hot milk. Simmer just until hot and serve immediately. Add additional paprika to each bowl for color. Top with oyster crackers as desired.

PORK LOIN ROAST

Dot Newton
Creedmoor, NC

4 to 5 lb. boneless pork loin
½ c. soy sauce
½ c. sherry
2 cloves garlic, minced
1 Tbsp. mustard (ground or dry)
1 tsp. ginger
1 tsp. dried crushed thyme

Combine sauce ingredients and mix well. Place roast in clear plastic bag or cooking bag (gallon Ziploc is good). Add sauce and close bag. Marinate 2 to 3 hours at room temperature or overnight in refrigerator. Press bag around roast to evenly distribute marinade and turn over at least once.

To cook, place in shallow roasting pan. Roast, uncovered, at 325° for 35 minutes per pound or until meat thermometer registers 170°. Baste several times while cooking.

PORK ROAST

Patricia Edwards

½ c. flour
½ c. oil
salt
pepper
2 c. water
Kitchen Bouquet
pork roast

Flour roast and put in roasting pan with oil, fat side up. Salt and pepper. Bake in a 400° oven for 45 minutes to brown. In drippings, add flour and 2 cups water. Add Kitchen Bouquet to flour. Put back in oven at 400° for about 15 minutes. Turn oven to 325°. Cover with tinfoil and continue baking about 1 ½ hours, until tender.

PRIME RIB

Pat Nelms

1 (4 to 6 lb.) rib-eye roast
1 Tbsp. Worcestershire
1 tsp. garlic powder
3 Tbsp. cracked pepper
2 boxes ice cream salt
½ c. water

You will need 1 disposable aluminum pan.

Brush meat with Worcestershire; sprinkle garlic powder. Rub pepper on all sides. Pour rock salt into bottom of disposable pan. Place roast in center. Add remaining salt, covering roast. Sprinkle with water. Bake at 500° for 12 minutes per pound (150° meat thermometer equals medium-rare). Crack salt with hammer. Remove roast and brush away any remaining salt.

REUBEN TURNOVER

Patricia Edwards

2 (8 oz.) refrigerated crescent rolls
1 (12 oz.) can corned beef, flaked
1 (16 oz.) can sauerkraut, drained
1 (4 oz.) pkg. shredded Swiss cheese
½ c. Russian dressing
2 Tbsp. margarine, melted
poppy seeds

Separate crescent rolls into 8 rectangles on ungreased baking sheet, pressing perforations to seal. Layer equal portions of corned beef, sauerkraut and cheese on each rectangle; top evenly with dressing. Moisten edges with water; fold dough in half, pressing edges with a fork to seal. Brush top with butter; sprinkle lightly with poppy seeds. Bake at 400° for 12 minutes or until golden brown. Serve immediately. Yield: 8.

ROAST BEEF WITH GRAVY

Jacky Bullock

1 (2 to 3 lb.) sirloin tip roast
1 (10 oz.) can cream of mushroom soup

Trim excess fat from roast. Place roast in deep baking dish with a lid. Mix cream of mushroom soup with ½ can of water

and add to roast. Cook approximately 2 ½ hours at 350°, until tender.

Mushroom soup makes a nice brown gravy. Serve with sliced potatoes and carrots cooked in same dish if desired.

SHEPHERD'S PIE

Gracie Depo
Franklinton, NC

5 lb. hamburger
5 lb. potatoes
2 cans peas
2 cans cream of celery soup
1 medium onion
1 stick butter
½ c. sour cream
salt and pepper to taste
paprika

Peel and chop potatoes; boil. Brown hamburger; add chopped onion and salt and pepper to taste. Drain potatoes; whip in butter and sour cream until smooth. Drain hamburger; mix in peas and soup (do not add water). Layer hamburger mixture in 9 x 13 pan. Layer potatoes on top of hamburger mixture. Sprinkle paprika on top. Put in 350° oven for ½ hour and serve. Serves 8 to 10 people.

SHEPHERD'S PIE

Pam Garrett

1 (22 oz.) pkg. frozen mashed potatoes
1 lb. ground beef
1 chopped onion
½ c. frozen sliced carrots, thawed
3 Tbsp. all-purpose flour
1 tsp. salt, divided
¼ tsp. pepper, divided
1 c. beef broth
1 large egg, slightly beaten
½ c. shredded Cheddar cheese
fresh parsley (garnish)

Cook potatoes according to package directions; set aside.

Cook beef and onion until beef crumbles and is no longer pink. Drain and return to skillet; add carrots. Stir in flour, ½ teaspoon salt and ⅛ teaspoon pepper. Add broth and cook, stirring constantly, 3 minutes or until slightly thickened. Spoon mixture into a greased 11 x 7-inch baking dish.

Stir together potatoes, egg, remaining ½ teaspoon salt and remaining ⅛ teaspoon pepper. Spoon over beef mixture. Bake at 350° for 25 minutes. Sprinkle with cheese and bake 5 more minutes. Yield: 6 servings.

SHRIMP AND ANGEL HAIR PASTA

Martha Purvis
Creedmoor, NC

1 jar alfredo sauce
2 bunches spring onions
8 oz. fresh mushrooms
1 (8 oz.) pasta
2 to 3 tsp. sun-dried tomatoes
1 lb. shrimp

Saute chopped onions and green tops with mushrooms in margarine or Pam olive oil spray. Add 1 cup warm water to sun-dried tomatoes. Let set for 10 to 15 minutes; drain. Cook shrimp. Boil pasta; drain. Add onions, mushrooms and tomatoes to pasta. Stir in alfredo sauce. Add shrimp to mixture.

SOY CHICKEN

Kathy Frye

1 chicken, cut up
½ c. water
garlic powder
½ c. soy sauce
¼ c. sugar

Combine soy sauce, sugar and water until sugar dissolves. Place cut up chicken in baking dish. Sprinkle with garlic powder. Pour soy mixture over chicken. Bake, uncovered, at 350° for 1 ½ hours, turning 4 times.

"SPANISH TORTILLA" SPANISH OMELETTE

Olga Moses

1 ½ c. olive oil
6 large potatoes, peeled and sliced
2 onions, sliced
6 eggs
salt and ground black pepper

Heat the oil in a large nonstick frying pan. Stir in the potatoes, onion and a little salt. Cover and cook gently for 20 minutes, until soft. Beat the eggs in a large bowl. Remove the onion and potatoes from the pan with a big spoon and add to the eggs. Season with salt and pepper to taste. Pour off some of the oil, leaving about 4 tablespoons in the pan. (Remove the leftover oil for other cooking.) Heat the pan again. When the oil is very hot, pour in the egg mixture. Cook for 2 to 3 minutes. Cover the pan with plate and invert the omelette onto it. Slide it back into the pan and cook for a further 5 minutes, until golden brown and moist in the middle.

Serve with a green salad. Can be eaten at all times of the day, hot or cold.

SPICY ISLAND SHRIMP

Robin Newton

1 large green pepper, chopped
1 large onion, chopped
½ c. butter
2 ¼ lb. uncooked large shrimp, peeled and deveined
2 (8 oz.) cans tomato sauce
3 Tbsp. chopped green onions
1 Tbsp. minced fresh parsley
1 tsp. salt
1 tsp. pepper
1 tsp. paprika
½ tsp. garlic powder
½ tsp. dried oregano
½ tsp. dried thyme
¼ tsp. white pepper
¼ tsp. cayenne pepper
hot cooked rice

In a large skillet, saute the green pepper and onion in butter until tender. Reduce heat and add shrimp. Cook for 5 minutes. Stir in the tomato sauce, green onions, parsley and seasonings. Bring to a boil. Reduce heat; simmer, uncovered, for 20 minutes or until slightly thickened. Serve with rice. Yields 6 servings.

SPICY ORANGE CHICKEN

Martha Bailey
Creedmoor, NC

¼ c. orange marmalade
½ tsp. lemon juice
2 or 3 dashes of hot sauce
2 to 4 chicken breasts
salt and pepper to taste
4 c. water

Mix all ingredients and spread over chicken. Bake at 400° for 45 minutes or until done. Makes 4 to 6 servings.

SPINACH LASAGNA

Cindy Hamrick

Sauce:

1 ½ lb. ground beef
1 lb. Italian seasoned sausage
2 onions (medium), chopped
1 tsp. garlic powder
2 cans crushed tomatoes (28 oz.)
1 (4 oz.) can mushrooms
½ c. hearty Burgundy wine
2 dashes Tabasco (optional)
3 to 4 bay leaves
½ tsp. crushed oregano
½ tsp. thyme
½ tsp. rosemary
½ tsp. fennel seeds
1 Tbsp. parsley flakes
1 (12 oz.) can tomato paste
salt to taste
sugar to taste

Lasagna:

½ (1 lb.) pkg. lasagna (uncooked)
1 (15 to 16 oz.) container Ricotta cheese
1 (16 oz.) pkg. frozen chopped spinach, thawed and well drained
1 lb. Mozzarella cheese, shredded
½ c. Parmesan cheese, grated
2 eggs, beaten
chopped parsley

Making Sauce: Brown meat and drain grease off. Add chopped onions and saute until tender. Add remaining ingredients, EXCEPT tomato paste, salt and sugar. Simmer for 1 hour. Add tomato paste and mix well. Taste sauce; add salt and sugar to adjust flavor.

Making Lasagna: Prepare lasagna noodles according to package directions; drain. In bowl, combine Ricotta, spinach, ½ cup Mozzarella, Parmesan and eggs. Mix well.

In 15 x 9 or 10 ½ x 14 ¾ x 2 ¼-inch baking dish, LAYER: 2 cups sauce, ⅓ of the lasagna, 2 cups sauce, ½ spinach mixture, ⅓ Mozzarella, ⅓ lasagna, 2 cups sauce, remaining spinach mixture, ⅓ Mozzarella, remaining lasagna and sauce. Cover. Bake at 350° until bubbly, about 45 minutes. Uncover. Top with remaining Mozzarella and parsley. Servings: 12 to 15.

This recipe takes time, lots of time: 3 to 3 ½ hours from start to finish.

STUFFED PEPPERS

Ernestine Hagwood
Creedmoor, NC

1 lb. hamburger
1 box Uncle Ben's long grain rice
1 (5 oz.) tomato sauce
1 c. grated cheese
5 bell peppers, cut in half and boiled 5 minutes
small onion, chopped
1 Tbsp. brown sugar

Brown hamburger with onion. Mix cooked rice, a little grated cheese, tomato sauce and brown sugar. Stuff peppers. Add grated cheese on top. Bake at 350° until cheese melts.

STUFFED SHELLS

Anne Laura Braxton
Creedmoor, NC

large shells (cook before using)
2 lb. ground beef
1 c. Italian bread crumbs
1 large bag Mozzarella cheese
1 large bag Cheddar cheese
1 egg
1 jar Ragu spaghetti sauce (Robusto)

Brown beef and drain. Mix bread crumbs and egg together. Add cheeses. Pour a little spaghetti sauce in bottom of dish. Stuff shells and place in dish and top each with spaghetti sauce and remaining cheeses. Bake at 350° until hot and cheese melts.

SUPREME BEEF-NOODLE CASSEROLE

Ann C. Dickerson

1 lb. ground beef
1 tsp. shortening
1 (16 oz.) can tomatoes
1 (8 oz.) can tomato sauce
2 tsp. salt
2 tsp. sugar
garlic clove (optional)
5 oz. bag egg noodles
3 oz. cream cheese
1 c. sour cream
6 green onions, chopped (with tops)
1 c. Mozzarella cheese, grated

Cook ground beef until lightly browned in shortening. Drain off fat. Stir into meat the tomatoes and tomato sauce. Add salt and sugar. Can also add garlic clove, crushed, if desired.

Cook egg noodles. Drain and, with fork, blend cream cheese and sour cream. Can also add 6 green onions chopped with tops. In greased 3-quart casserole, pour some meat sauce; cover with layer of noodles and grated cheese (use 1 cup Mozzarella, grated). Repeat layers, topping with meat sauce. Bake in a 350° oven for 35 minutes.

SWEET 'N SOUR DELIGHT

Anne Clay Butner, NC

1 lb. chicken or pork
1 Tbsp. vegetable oil
1 medium onion, cut into bite-size pieces
1 clove garlic, pressed
2 carrots, sliced
1 medium green bell pepper, cut into bite-size pieces
1 (16 oz.) can chunk pineapple (undrained)
¼ c. white vinegar
3 Tbsp. brown sugar
3 Tbsp. catsup
3 Tbsp. soy sauce
1 Tbsp. cornstarch
1 tsp. ground ginger

Cut meat into ½-inch pieces. Brown in oil. Reduce to low; add onion and garlic. Cover; cook 10 minutes. Add carrots and pepper. Combine remaining ingredients in a bowl. Stir into skillet. Cover; simmer 10 minutes longer. Serve with rice. Serves 4.

SWEET AND SOUR PORK

Cathy Jenkins Creedmoor, NC

½ lb. uncooked lean pork
2 Tbsp. cooking oil
¼ c. water
4 small carrots, scraped
1 (8 ¾ oz.) can pineapple chunks
2 Tbsp. brown sugar
1 Tbsp. cornstarch
2 Tbsp. vinegar
1 ½ tsp. soy sauce
¼ tsp. salt
½ green pepper, sliced
3 sweet pickle chunks
hot cooked rice or chow mein noodles

Brown pork slowly in cooking oil. Add water. Cover and simmer a few minutes. Add carrots and cook ½ hour. Drain pineapple; combine sugar and cornstarch in a saucepan. Add pineapple juice, vinegar, soy sauce and salt. Cook until thickened. Pour over pork water mixture . Add pineapple, green pepper, onions and pickles to pork. Cook 15 minutes. Serve over hot rice or chow mein noodles. Serves 4.

TATER TACO CASSEROLE

Olga Moses

(8 Servings)

2 lb. ground beef
¼ c. chopped onion
1 envelope taco seasoning
⅔ c. water
1 (11 oz.) can whole kernel corn, drained
1 (11 oz.) can condensed Fiesta nacho cheese soup (undiluted)
1 (32 oz.) pkg. frozen Tater Tots

In a skillet, cook beef and onions over medium heat until meat is no longer pink; drain. Stir in taco seasoning and water. Simmer, uncovered, for 5 minutes. Add corn and soup; mix well. Transfer to a greased 13 x 9 x 2-inch baking dish. Arrange Tater Tots in single layer over the top. Bake, uncovered, at 350° for 30 to 35 minutes or until potatoes are crispy and golden brown.

TEXAS HASH

Cathy Sebastian

1 onion
1 green pepper
3 Tbsp. oil
1 lb. hamburger
½ c. rice
1 pt. canned tomatoes
1 tsp. chili powder
salt
black pepper
a little red pepper

Fry onion and green pepper in oil for a few minutes. Add browned hamburger and rice. Grease casserole dish. Add canned tomatoes, chili powder, salt, black pepper and red pepper. Bake at 350° for one hour.

BREAKFAST CASSEROLE

Maxine Aiken

6 eggs
2 c. milk
1 tsp. salt
1 tsp. dry mustard
4 slices bread
1 lb. sausage
1 c. grated cheese

Cook sausage; drain. Beat eggs; add milk, salt and mustard. Grease baking dish. Layer bread, sausage and cheese. Pour egg mixture over all. Refrigerate overnight. Bake at 325° for 45 minutes.

JALAPENO AND EGG BREAKFAST CASSEROLE

Martha Bailey
Creedmoor, NC

1 small jar peppers
12 eggs
1 lb. cheese (Cheddar), grated

Layer in 9 x 13 dish peppers, beaten eggs and grated cheese. Bake 30 minutes at 350°.

OVERNIGHT BREAKFAST CASSEROLE

Catherine Daniel
Creedmoor, NC

1 lb. lean sausage
6 slices bread, cubed
2 Tbsp. butter, melted
1 ½ c. shredded Cheddar cheese
5 eggs, beaten
2 c. half and half
1 tsp. salt
1 tsp. dry mustard

Brown sausage and drain. Toss bread crumbs with melted butter and arrange in a greased 9 x 13-inch baking pan. Top evenly with sausage and cheese. Combine all remaining ingredients and mix well. Pour over bread. Chill overnight. Bake at 350° for 40 to 50 minutes. Serve.

SAUSAGE CASSEROLE

Anne Laura Braxton
Creedmoor, NC

4 to 6 slices bread
1 lb. sausage
6 eggs
1 ½ c. milk
1 c. grated cheese (sharp)
salt and pepper

Cut bread into cubes. Don't toast, but do remove crust. Put into greased 8 x 11 or 9 x 12-inch dish. Saute sausage. Crumble sausage and drain off grease. Spread sausage over bread. Beat eggs with milk; add cheese, salt and pepper. Pour egg mixture over bread and sausage. Cover with plastic wrap. Refrigerate overnight. Put into cold oven. Bake at 350° for 35 minutes. Serves 6 to 8 people.

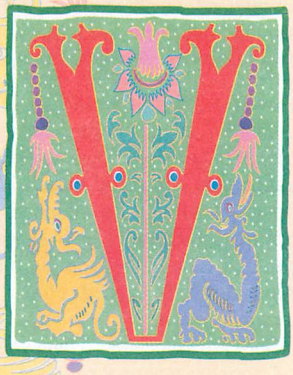
QUICHE

Janice McStoots
Creedmoor, NC

1 pie crust
3 eggs
½ c. half and half
1 onion, diced
½ green pepper, diced
mushrooms
butter
½ c. grated cheese
1 lb. sausage or bacon (6 to 8 slices)
½ tsp. salt

Preheat oven to 350°. Sauté onion, green pepper and mushrooms in butter. Cook bacon or sausage; drain and crumble. Combine all ingredients and stir. Pour into pie shell. Bake until done, approximately 25 minutes.

-•EXTRA RECIPES•-



EGETABLES

"...BEHOLD, THE FARMER WAITS FOR THE PRECIOUS FRUIT OF THE SOIL..."

JAMES 5:7

How To Can Vegetables



POINTS ON PACKING

Raw pack. Pack cold raw vegetables (except corn, lima beans, and peas) tightly into container and cover with boiling water.

Hot pack. Preheat vegetables in water or steam. Cover with cooking liquid or boiling water. Cooking liquid is recommended for packing most vegetables because it may contain minerals and vitamins dissolved out of the food. Boiling water is recommended when cooking liquid is dark, gritty or strong-flavored, and when there isn't enough cooking liquid.

PROCESSING IN A PRESSURE CANNER

Use a steam-pressure canner for processing all vegetables except tomatoes and pickled vegetables.

Directions. Follow the manufacturer's directions for the canner you are using. Here are a few pointers on the use of any steam-pressure canner:

- Put 2 or 3 inches of boiling water in the bottom of the canner; the amount of water to use depends on the size and shape of the canner.
- Set filled glass jars or tin cans on rack in canner so that steam can flow around each container. If two layers of cans or jars are put in, stagger the second layer. Use a rack between layers of glass jars.
- Fasten canner cover securely so that no steam can escape except through vent (petcock or weighted-gage opening).
- Watch until steam pours steadily from vent. Let it escape for 10 minutes or more to drive all air from the canner. Then close petcock or put on weighted gage.
- Let pressure rise to 10 pounds (240 degrees F). The moment this pressure is reached, start counting processing time. Keep pressure constant by regulating heat under the canner. Do not lower pressure by opening petcock. Keep drafts from blowing on canner.
- When processing time is up, remove canner from heat immediately.

With glass jars, let canner stand until pressure is zero. Never try to rush the cooling by pouring cold water over the canner. When pressure registers zero, wait a minute or two, then slowly open petcock or take off weighted gage. Unfasten cover and tilt the far side up so steam escapes away from you. Take jars from canner.

HOW TO CHECK CANNING JARS

The first step in home canning should take place long before food and equipment are assembled and ready to go. Jars and other supplies should be checked prior to the canning session. In that way, you can replace damaged supplies and purchase new ones to avoid costly delays or inconvenience.

Here are some tips to help you.

Choosing mason jars. Jars manufactured especially for home canning generically are called mason jars and must be used when preserving. They are designed with a specially threaded mouth for proper sealing with mason lids. So, can with standard mason jars only.

Preparing glass jars. Check all jars, rings and lids carefully. Discard any with nicks or cracks in top sealing edge and threads that may prevent airtight seals. Rings should be free of dents or rust. Select the size of closures - widemouth or regular - that fits your jar. Wash jars in hot, soapy water and rinse well. Then place in boiling water for 10-15 minutes. Keep jars in hot water until ready to use. Boil lid according to package directions.

Closing glass jars. Always wipe jar rim clean after food product is packed. Place lid on jar with button side up. Screw rings on firmly, but don't force. Do not re-tighten rings after processing or cooling.

A new lid that snaps down and clicks as the jar cools, providing visible proof of sealing, called Magic Button ® is made by Owens-Illinois. Its red button pops up when the seal is broken. The Magic Mason jars that go with the special lids have metric measurements as well as customary U.S. measurements molded on the side.

Jar transfer. Use jar lifter or long-handled canning tongs to transfer jars to and from canner safely. Place hot jars on rack or towel, allowing 2-inches of air space on all sides for jars to cool evenly.

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VEGETABLES

AMBROSIA SWEET POTATO BAKE

Josephine Lyon

½ lemon, thinly sliced
½ orange, thinly sliced
6 c. sliced cooked or canned sweet potatoes
1 c. crushed pineapple
¾ c. brown sugar
½ c. butter
½ tsp. salt
½ c. coconut
cherries

Alternate lemon and orange slices with sweet potato slices in buttered baking dish. Combine pineapple, sugar, butter and salt. Pour over potato mixture. Sprinkle with coconut. Decorate with cherries. Bake at 350° for 30 minutes.

APPLE CHEESE BAKE

Janice Marler

Pam
⅓ c. honey
1 ½ tsp. margarine, melted
¼ tsp. ground cinnamon
¼ tsp. ground nutmeg
¼ tsp. ground coriander
6 cooking apples (unpeeled), cut into 8 wedges
½ c. granola cereal
¼ c. firmly packed brown sugar
¼ c. all-purpose flour
3 Tbsp. margarine, softened
½ c. shredded Cheddar cheese

Coat a 15 x 10 x 1-inch jelly roll pan with cooking spray. Combine in large bowl honey and next four ingredients. Add apple wedges, stir and coat. Drain and arrange in the jelly roll pan. Combine cereal and next three ingredients, stirring with a fork until crumbly. Sprinkle evenly over apples. Bake in a 350° oven. Top with Cheddar cheese and bake five minutes longer or until cheese melts.

Note: Great at Thanksgiving.

ASPARAGUS CASSEROLE

Cathy Jenkins
Creedmoor, NC

1 can asparagus
3 to 4 pieces butter
1 can cream of mushroom soup
1 chopped boiled egg
¾ c. grated Cheddar cheese

Put asparagus in buttered casserole dish. Dot with butter. Pour soup over asparagus. Sprinkle grated cheese over soup. Cook at

350° about 20 to 30 minutes, until cheese is melted and edges of tray/food bubbles.

BAKED BEANS

Karen Brown

1 qt. pork and beans
½ bottle Karo syrup (light brown)
⅓ onion, finely chopped
5 strips bacon

Mix syrup, beans and onion in Pyrex dish (9 x 13). Lay bacon strips on top. Bake for approximately 45 minutes at 350°.

BAKED BEANS

Marion Bullock Henry (Butch)

1 (7 lb.) can pork and beans
¾ c. brown sugar
1 pkg. onion soup mix
1 bottle chili sauce
strips of bacon (on top)

Mix beans, sugar, onion soup mix and chili sauce. Add strips of bacon on top. Bake in very large pan for 1 hour at 350°.

BAKED BEANS

Donna Moore

2 (15 to 16 oz.) cans pork and beans
2 Tbsp. brown sugar
1 small onion, chopped
½ medium green pepper, chopped
½ c. Heinz ketchup
1 ½ Tbsp. Texas Pete
2 tsp. mustard
sliced bacon

Mix all ingredients (except bacon) and put in baking dish. Lay bacon (bite-size pieces) on top. Bake at 350° until browned and bubbly, approximately 1 hour and 15 minutes.

BEAN POT

Dot Newton
Creedmoor, NC

4 Tbsp. oil
1 bud garlic or garlic salt
3 medium onions
½ c. brown sugar
¼ c. vinegar
½ c. catsup
1 tsp. salt
1 tsp. mustard
½ tsp. black pepper
3 Tbsp. molasses
1 (16 oz.) can pork and beans
1 (16 oz.) can red kidney beans
1 (16 oz.) can green lima beans

Saute onions in oil until tender, but do not brown. Mix together brown sugar, vinegar, catsup, salt, mustard, black pepper and molasses for sauce and add to onions, garlic and oil. Mix well with beans. Pour into baking dish and bake for at least 1 ½ hours at 350°. Stir occasionally.

BROCCOLI CASSEROLE

Sue Keith Woodlief

1 (10 oz.) chopped frozen broccoli
½ c. chopped onion
2 c. cooked rice
1 can cream of chicken or cream of mushroom soup
1 (8 oz.) jar Cheez Whiz
½ tsp. black pepper

Cook rice. Cook broccoli and onion in ¼ cup water for 8 to 10 minutes. Drain well; add all remaining ingredients. Stir and mix well. Pour into 2-quart well-greased casserole dish. Bake 30 minutes at 350°.

BROCCOLI CASSEROLE

Frances S. Peed

1 c. celery
1 c. onion
1 ½ sticks margarine
1 pkg. chopped broccoli
1 can cream of chicken
1 jar Cheez Whiz
1 small box instant rice

Saute celery and onions in margarine. Mix together with remaining ingredients and bake at 350° for 12 minutes.

BROCCOLI CASSEROLE

Phyliss Steele

2 (10 oz.) pkg. frozen chopped broccoli
¼ stick margarine or 2 Tbsp. tub margarine
8 oz. grated Velveeta cheese (can use the light or regular)
¼ lb. Ritz crackers
½ stick margarine (can use tub margarine)

Cook the broccoli and drain well. Add the first margarine and grated cheese. Stir and pour into buttered casserole dish. Crush crackers and mix with ½ stick of melted margarine. Sprinkle on top of casserole. Bake, uncovered, 20 to 30 minutes at 350°.

BROCCOLI CASSEROLE

Velva Wheeler
Creedmoor, NC

2 pkg. chopped broccoli, cooked crisp-tender
1 c. mayonnaise
1 c. sour cream
½ c. chopped onions
1 c. sliced water chestnuts
2 c. shredded Cheddar cheese
1 stick oleo, melted
1 ½ c. crushed Ritz crackers (small box)

Mix together mayonnaise, sour cream and onions. Put broccoli into 9 x 13 casserole. Pour mayonnaise, sour cream and chopped onions over top, then top mayonnaise mixture with chestnuts, then shredded cheese on top of chestnuts. Add melted oleo, then add crackers; pat on top of casserole. Bake at 350° for 30 to 40 minutes.

BROCCOLI CASSEROLE

Clayton Strickland
Janet Miller (Sister)
Creedmoor, NC

1 frozen box broccoli, cooked in microwave for 7 minutes
⅓ c. mayonnaise
½ c. grated cheese, Cheez Whiz or Velveeta

Mix cooked broccoli, mayonnaise and cheese in a casserole dish. Cook in microwave for 5 minutes. Top with crushed Ritz crackers for a crunchy topping.

BROCCOLI/CHEESE/RICE CASSEROLE

Janice Grause

1 stick margarine, melted
1 medium onion, chopped
1 can cream of mushroom soup
4 oz. Cheez Whiz
1 box frozen chopped broccoli
1 c. Minute rice

Saute onion in margarine. Add remaining ingredients and pour into greased casserole dish. Bake at 400° for 30 minutes.

BROCCOLI AND RICE CASSEROLE

Nancy Smith
Stem, NC

1 (10 oz.) frozen pkg. chopped broccoli
½ c. chopped onion
8 oz. jar or pkg. pasteurized cheese spread
1 ⅓ c. cooked rice
1 can undiluted cream of mushroom soup
1 stick margarine

Prepare rice according to directions. Measure. Set aside.

Cook broccoli and onion together according to directions on the package of broccoli. Drain. Mix all of the other ingredients together with the broccoli, onion and rice. Place in a greased (or spray with Pam) 2-quart casserole. Bake 30 minutes at 350°.

CARROT SOUFFLE

Nancy Wynn
Creedmoor, NC

1 ½ lb. carrots, sliced, or 3 cans carrots
½ c. margarine
3 large eggs
¼ c. all-purpose flour
1 ½ tsp. baking powder
1 ½ c. sugar
¼ tsp. ground cinnamon

Cook carrots in water until tender; drain. Mix other ingredients together; add carrots. Spoon into lightly greased 1 ½-quart souffle dish. Bake at 350° for 1 hour and 10 minutes or until set.

CARROT SOUFFLE

Barbara T. Toney

1 ½ lb. carrots
½ c. butter
¼ c. plain flour
3 eggs
1 ½ c. sugar
¾ tsp. cinnamon
1 ½ tsp. baking powder

Boil carrots. Add all other ingredients and stir well. Put in 1 ½-quart greased dish. Bake at 325° for 45 minutes.

CHEESE CASSEROLE

Mary Lou Brogden
Oxford, NC

6 slices bread, torn in pieces
1 Tbsp. butter
1 c. grated Cheddar cheese
2 eggs, beaten
1 ½ c. milk
¼ tsp. salt
1 tsp. Worcestershire sauce
paprika

Pour butter over bread pieces to coat. Place bread in large shallow baking dish. Sprinkle cheese over bread. Mix together next 4 ingredients. Pour over cheese. Sprinkle paprika on top. Place baking dish in pan of water. Bake at 325° for 25 minutes or until set.

CHEESE PUDDING

Maxine Aiken

9 slices bread, trimmed and diced
1 stick margarine
¾ lb. sharp cheese, grated
2 c. milk
3 eggs, separated
¼ tsp. dry mustard
1 tsp. cayenne pepper
dash of salt and pepper

Melt margarine and pour over bread. Pour cheese over bread. Layer in casserole dish. Stir together milk, egg yolks, mustard, cayenne pepper, salt and pepper. Pour over bread and cheese. Beat egg whites and pat on top. Cook at 350° until brown on top.

COPPER PENNIES

Josephine Lyon

1 to 2 lb. carrots
1 green pepper
1 large onion
1 c. sugar
¾ c. white vinegar
1 Tbsp. mustard
1 can tomato soup
1 c. salad oil
1 tsp. black pepper
1 tsp. salt

Cook carrots until tender. Add chopped onion and pepper. Combine soup, oil, sugar, salt and pepper. Drain carrots and add to sauce. Refrigerate 24 hours before serving.

CORN PUDDING

Ann Winn

2 pt. fresh or frozen corn
3 eggs
1 stick melted margarine
4 Tbsp. flour
¾ c. sugar
1 c. sweet milk
⅛ tsp. salt
⅛ tsp. pepper

Beat the eggs well; add the rest of the ingredients. Bake at 350° for 40 minutes.

CORN PUDDING

Maxine Aiken

2 c. fresh corn
½ stick margarine
3 eggs
1 c. sugar
1 Tbsp. flour
1 c. milk
⅛ tsp. salt

Mix together and bake in Pyrex dish at 350° until thick and brown.

CORN PUDDING

Anne Laura Braxton
Creedmoor, NC

6 Tbsp. sugar
2 Tbsp. flour
½ stick margarine
3 eggs
⅔ c. milk
1 can cream-style corn

Beat sugar, flour, margarine (melted), eggs and milk well. Add the can of corn. Pour into greased pan and bake at 350° for 45 to 50 minutes.

CRANBERRY CONSERVE

Nancy Wynn
Creedmoor, NC

4 c. fresh cranberries
1 c. water
1 orange
3 ½ c. sugar
2 c. peeled diced apples
½ c. raisins
½ c. chopped pecans

Combine cranberries and water in large saucepan; bring to a boil. Cover, reduce heat and simmer 6 to 8 minutes, until cranberry skins pop. Grate rind of orange; peel, seed and dice orange. Add

orange, rind and remaining ingredients to cranberries. Mix well. Cook, stirring often, about 30 minutes or until mixture thickens. Remove from heat, cool and spoon into jars or refrigerator containers. Cover and store in refrigerator. Serve with ham, chicken or turkey.

CROCK-POT MACARONI

Juanita Yancey

1 (8 oz.) box macaroni, cooked
1 large can evaporated milk
1 ½ c. plain milk
2 eggs, beaten
½ stick margarine
3 c. grated cheese
salt and pepper to taste

Mix 2 cups grated cheese and other ingredients in greased crock-pot. Salt and pepper to taste. Top with rest of cheese; sprinkle with paprika. Cook at least 3 hours on low.

FRIED GREEN TOMATOES

Mary Strickland
Creedmoor, NC

4 slices green tomatoes (½-inch thick)
3 tsp. hot oil or butter
salt and pepper
2 tsp. brown sugar
flour
½ c. milk

Dip tomato slices in milk. Dredge tomato slices in flour. Dredge in brown sugar. Fry on both sides, browning crisp. Place on paper towel to drain. Serves 4.

FRENCH STRING BEANS

Dot Newton
Creedmoor, NC

3 cans French string beans, cooked
2 Tbsp. butter
3 or 4 tsp. butter, divided
½ c. corn flake crumbs
2 Tbsp. flour
½ tsp. chopped onions
1 tsp. sugar
salt and pepper to taste
½ c. grated Swiss cheese
1 (8 oz.) carton sour cream

Sauce: Melt 2 tablespoons butter. Add flour, onions, sugar, salt and pepper. Add Swiss cheese. Add sour cream.

Mix sauce with string beans. Pour into casserole dish. Melt 3 or 4 teaspoons butter. Stir in corn flake crumbs and top casserole. Bake for about 30 to 40 minutes at 350°.

GERMAN VEGETABLE PIE

Janice Marler

3 stale rolls or bread slices, soaked in ½ c. water
1 tsp. salt
2 Tbsp. chopped herbs
3 egg yolks
1 ½ oz. margarine
3 egg whites, beaten stiff
1 head cauliflower
1 pkg. small carrots
1 can French green beans, drained
1 can white corn, drained
¼ to ½ seasoned bread crumbs
Pam
½ c. shredded Cheddar cheese

Soak the bread in ½ cup water. Squeeze out all of the liquid. Cream margarine, egg yolks and bread. Steam cauliflower and carrots together. After steaming, place in food processor; chop fine. Add to egg mixture along with green beans and corn. Fold in beaten egg whites. Pour mixture into greased baking dish. Top with bread crumbs and cheese. Bake 45 minutes at 350°.

GRANDMA'S CORN PUDDING

Mary Sue Yancey

3 eggs
1 ¼ c. sugar
½ tsp. salt
⅛ tsp. black pepper
1 (5 oz.) Pet milk
¼ c. margarine, melted
1 tsp. vanilla
3 c. corn
1 ½ tsp. flour

Place eggs in mixing bowl and beat lightly. Add sugar and other ingredients. Combine corn and flour; stir into egg mixture. Put into 2 ½-quart baking dish. Bake at 350° for 50 minutes, until lightly browned.

GREEN BEAN-CORN CASSEROLE

Cathy Sebastian

1 can white Shoe Peg corn
1 can French string beans
8 oz. sour cream
1 can celery soup
½ c. chopped green peppers
½ c. chopped celery
½ c. onions
½ c. grated cheese
1 pack Ritz crackers
½ stick margarine

Mix first 7 ingredients. Put cheese on top. Bake at 350° for 25 to 30 minutes. Crumble Ritz crackers; place on top. Also put margarine on top. Bake 25 minutes more.

HASH BROWN CASSEROLE

Ellen Hardy
Franklinton, NC

2 lb. frozen hash browns, thawed
2 c. grated cheese
1 pt. sour cream
2 tsp. salt
½ c. chopped onion
1 (10 ¾ oz.) can cream of chicken soup
1 tsp. pepper
1 to 2 c. crushed cornflakes or breadcrumbs
½ c. melted margarine

Mix potatoes, cheese, sour cream, salt, onion, soup and pepper. Pour into a 2-quart casserole. Top with cornflakes or breadcrumbs mixed with melted margarine. Bake at 350° for 1 hour and 20 minutes.

LILLIAN'S BROCCOLI CASSEROLE

Betsy Mauldin
Oxford, NC

1 (10 oz.) pkg. frozen chopped broccoli
2 eggs, beaten
½ c. mayonnaise
1 can cream of chicken soup
1 c. grated sharp cheese
1 stick margarine
1 stack Ritz cracker crumbs

Cook broccoli as directed and drain. Place in bottom of greased 8 x 8 pan. Mix eggs, mayonnaise, soup and cheese and pour over broccoli. Melt margarine and add crumbs. Sprinkle crumb mixture over soup mixture. Bake at 400° for 20 minutes (uncovered).

MACARONI AND CHEESE

Lisa Pitzer
Franklinton, NC

2 ½ c. uncooked macaroni
6 Tbsp. butter
¼ c. all-purpose flour
1 tsp. salt
1 tsp. sugar
2 c. milk
8 oz. Velveeta, cubed
1 ⅓ c. small curd cottage cheese
⅔ c. sour cream
2 c. shredded Cheddar cheese
1 ½ c. soft bread crumbs

Cook macaroni and drain. Place in greased 2 ½-quart baking dish. In a saucepan, melt 4 tablespoons butter. Stir in flour, salt and sugar until smooth. Gradually stir in milk. Bring to boil; cook and stir 2 minutes. Reduce heat; stir in Velveeta until melted. Stir in cottage cheese. Melt remaining butter and top with bread crumbs. Sprinkle on top. Bake, uncovered, at 350° for 30 minutes or until golden brown.

MACARONI AND CHEESE

Marion Bullock Henry (Butch)
Indiana, PA

2 ¼ c. uncooked macaroni
4 c. milk
2 c. grated sharp cheese
2 Tbsp. butter, melted
1 tsp. salt

Grease casserole dish. Pour uncooked macaroni and melted butter. Mix well. Add salt; add grated cheese. Mix well. Add milk. Stir well. Bake at 350° for 1 hour. Let sit for 10 minutes before serving.

ONION CASSEROLE

Cathy Jenkins
Creedmoor, NC

3 medium onions
2 slices bacon, cooked and crumbled
2 Tbsp. butter
2 tsp. chopped parsley or ½ tsp. flakes
1 can cream of chicken or celery soup
¼ c. milk
½ to ¾ c. sharp Cheddar cheese, grated (may use bread crumbs or both)

Cook onions in butter until softened. Mix together onions, bacon and parsley and pour into medium-sized casserole dish sprayed with Pam or lightly buttered. Mix soup and milk; spread over onions. Top with cheese, then with crumbs, if using both. Bake in a 350° oven for 30 to 40 minutes or until it bubbles around pan edges.

ORIGINAL GREEN BEAN CASSEROLE

Nancy Frazier
Butner, NC

2 (1 lb.) cans cut green beans, drained, or 2 (9 oz.) pkg. frozen green beans, cooked and drained
¾ c. milk
1 (10 ¾ oz.) can condensed cream of mushroom soup
⅛ tsp. Durkee ground black pepper
1 (2.8 oz.) can Durkee French fried onions

Combine beans, milk, soup, pepper and ½ can French fried onions; pour into a 1 ½-quart casserole. Bake, uncovered, at 350° for 30 minutes. Top with remaining onions and bake 5 minutes longer. Makes 6 servings.

Microwave Directions: Prepare as before. Cook, covered, on HIGH for 8 to 10 minutes; turn halfway through. Top with remaining onions; cook, uncovered, on HIGH 1 minute. Let stand 5 minutes.

POTATO CASSEROLE

Patricia Edwards
Creedmoor, NC

1 large bag hash brown potatoes
2 c. potato soup
1 (8 oz.) sour cream
8 oz. Cheddar cheese
½ tsp. garlic salt
½ c. milk
Parmesan cheese
butter

Over top, spread Parmesan cheese and dot with butter. Bake at 350° for 1 hour or more.

POTATOES GRATIN

Pam Garrett

3 to 5 medium potatoes
3 Tbsp. butter
1 Tbsp. chopped chives
⅓ c. sour cream
⅓ c. Parmesan cheese
¼ c. bacon bits
salt and pepper to taste

Peel potatoes, then boil 15 to 20 minutes; salt to taste. Drain. In a mixing bowl, add other ingredients and mix until potatoes are broken up, but not mushy (about 3 minutes). Put into a casserole dish, sprinkle with additional Parmesan cheese and bake at 350° until slightly brown.

POSH SQUASH CASSEROLE

Josephine Lyon

2 lb. squash
1 medium onion
1 c. mayonnaise
8 oz. Parmesan cheese
2 eggs, beaten
½ tsp. salt
¼ tsp. pepper
1 c. Ritz cracker crumbs
3 Tbsp. margarine, melted

Cook squash with onion. Mix all ingredients, except cracker crumbs and margarine. Pour mixture in 1 ½-quart greased dish. Mix margarine with crumbs and sprinkle on top. Bake 30 minutes at 350°.

POTATO CASSEROLE

Peggy Greene
Creedmoor, NC

2 lb. bag frozen hash brown potatoes
1 stick margarine
1 pt. sour cream
1 can chicken or celery soup
½ c. chopped onions
2 c. grated sharp Cheddar cheese
1 tsp. salt
½ tsp. pepper

Topping:

1 c. crushed corn flakes
¼ c. margarine

Brown onions slightly in margarine. Then combine all ingredients. Pour into 3-quart casserole. Sprinkle with topping. Bake at 350° for 50 minutes.

SCALLOPED POTATOES

Mary Lou Brogden
Oxford, NC

6 potatoes, thinly sliced
1 tsp. salt
¼ tsp. white pepper
3 Tbsp. butter
3 Tbsp. flour
1 ½ c. milk
½ c. buttered breadcrumbs
½ c. grated Cheddar cheese

Butter 2-quart dish. Arrange layers of potatoes. In 1-quart saucepan on low heat, prepare white sauce by melting butter and blending flour into it. Stir in salt and pepper. Gradually add milk, stirring constantly, until smooth. Heat until mixture comes to a boil. Pour sauce over potatoes. Sprinkle with bread crumbs and cheese. Bake in preheated 350° oven for 50 minutes.

SCALLOPED POTATOES

Josephine Lyon

1 can Cheddar cheese soup
½ c. milk
4 c. thinly sliced potatoes
1 medium onion, sliced thin
1 Tbsp. margarine
paprika

Stir cheese soup until smooth. Add milk. In buttered 1 ½-quart casserole, alternate layers of potatoes, onion and sauce. Dot with butter. Sprinkle with paprika. Bake, covered, at 375° for 1 hour; uncover and bake 15 minutes more.

SHELBY'S FRIED TATORS

Shelby McStoots
Creedmoor, NC

large amount Crisco
skillet full of potatoes
2 to 3 onions
salt
pepper

Peel and slice potatoes like French fries. Dice up onions. Place potatoes and onions in melted Crisco. Salt and pepper to taste. Cook, covered, on medium heat. Stir often. Cook until soft and golden brown (approximately 45 minutes).

Best served topped with sawmill gravy.

Gravy:

Crisco
salt
pepper
flour
milk

Melt Crisco. Stir in salt, pepper and flour. Cook 2 to 3 minutes, until flour is dissolved and browning. Stir in milk and allow to thicken.

SPANAKOPITA

Steve Hamrick

(Spinach Pie)

1 box Pepperidge Farm frozen pastry sheets
3 (10 oz.) boxes spinach (frozen)
¾ lb. Feta cheese
8 oz. cream cheese
5 to 6 eggs (large)
1 stick butter
1 tsp. dill
1 Tbsp. parsley
2 Tbsp. green onions, chopped
½ tsp. white pepper

Rinse spinach well and squeeze out water. Saute onions in butter; add parsley, dill and pepper. Beat eggs and add to spinach plus onions and dill. Combine cream cheese and Feta thoroughly; add to egg mixture.

Roll out each pastry sheet to fit pan; follow package directions. Put one pastry sheet in bottom of 11 x 15-inch Pyrex pan. Add the spinach mixture on top of pastry sheet. Top the pan with the remaining pastry sheet. Bake in an 11 x 15-inch pan for 1 hour at 325° for one-half hour on bottom shelf, then elevate to next shelf to brown. Servings: 8.

This recipe is excellent.

SQUASH CASSEROLE

Lucia Shearin
Creedmoor, NC

2 c. boiled squash
2 c. cracker crumbs
1 small can evaporated milk
1 medium onion, chopped
1 stick butter
3 eggs, beaten
1 c. grated cheese
salt and pepper to taste

Combine all ingredients. Mix well. Pour into greased casserole. Bake for 1 hour in a 350° oven.

STEAMED VEGETABLES

Nita Whitfield

carrots
cauliflower
broccoli
squash
1 green onion, cut up
1 Tbsp. flour
1 Tbsp. margarine
⅔ c. milk
½ c. white Cheddar cheese
1 Tbsp. diced pimento
1 Tbsp. white wine

Steam together carrots, cauliflower, broccoli and squash. Cook onions in margarine. Stir in flour, milk and cheese. Cook over low heat until bubbly. Add wine and pimentos. Pour over vegetables.

STRING BEANS

Laura Holloway

2 to 3 (14 oz.) cans string beans, drained
4 slices bacon
¼ small chopped onion
1 Tbsp. sugar
1 (4 oz.) can mushrooms, drained
black pepper to taste

Fry bacon and break into small pieces. In large frying pan, saute onion in bacon grease. Add cans of string beans, bacon pieces, mushrooms, sugar and pepper. Stir and let simmer for 20 to 30 minutes.

SWEET POTATO CASSEROLE

Nancy Smith
Stem, NC

3 to 4 c. mashed cooked potatoes
1 to 1 ½ c. sugar
2 eggs
1 tsp. vanilla
½ stick soft butter
1 c. flaked coconut
1 c. miniature marshmallows
1 c. crushed pineapple

Topping:

1 c. brown sugar
½ c. flour
1 c. chopped nuts
⅓ c. soft butter

Mix potatoes, sugar, butter, vanilla, cinnamon and egg yolks. Stir in pineapple, coconut and marshmallows. Beat egg whites and fold into mixture. Pour into buttered 2-quart casserole.

Topping: Mix brown sugar, flour, nuts and butter until crumbly. Sprinkle over the top of potato mixture. Bake 35 minutes at 325°. (Topping makes more than I put on at one time.)

SWEET POTATO CASSEROLE

Mickey Peed

3 to 4 c. mashed sweet potatoes
1 c. sugar
2 eggs
1 tsp. vanilla
½ stick margarine
1 c. flaked coconut
1 c. crushed pineapple
1 tsp. cinnamon

Topping:

1 c. brown sugar
½ c. flour
1 c. chopped nuts
⅓ c. soft margarine

Mix potatoes, sugar, margarine, vanilla, cinnamon and egg yolks. Stir in pineapple and coconut and beat egg whites; fold into mixture. Pour in buttered 2-quart casserole dish.

For topping, mix brown sugar, flour, nuts and soft margarine together and sprinkle over potato mixture. Bake 35 minutes at 325°.

SWEET POTATO PUDDING

Cindy Brown
Creedmoor, NC

2 c. peeled and sliced potatoes, cooked and mashed
1 c. sugar
2 eggs, beaten lightly
3 Tbsp. melted butter
½ c. sweet milk
½ tsp. salt
1 tsp. vanilla
1 tsp. lemon
butter
small marshmallows

Cover sliced potatoes with water. Cook on medium stove until done or potatoes are tender. Drain and mash potatoes. Add all the ingredients, except butter and marshmallows; blend well. Turn into a buttered medium-size deep-dish baking dish. Slice butter on top; bake 20 to 25 minutes at 400°. Top with marshmallows; brown lightly. Serves 6 to 8 people.

SWEET POTATO PUDDING

Josephine Hester

2 c. grated raw sweet potatoes
1 c. sugar
⅓ c. flour
½ c. butter
1 tsp. cinnamon
½ tsp. nutmeg
1 tsp. each allspice and vanilla
2 c. milk

Cream together potatoes, sugar, butter, flour, spices and milk. Grease baking dish and bake for 1 hour at 350°. Stir occasionally while baking.

TANGY MUSTARD CAULIFLOWER

Jayne Hardee

1 medium head cauliflower
¼ c. water
½ c. mayonnaise
1 Tbsp. chopped onion
1 Tbsp. prepared mustard
¼ tsp. salt
½ c. Velveeta cheese

Steam cauliflower until tender. Place in a covered casserole dish. Mix the remaining ingredients and pour over cauliflower. Bake in moderate oven (about 350°) until cheese is melted and sauce is warm. Serves 4 persons.

TANGY MUSTARD CAULIFLOWER

Nancy Wynn
Creedmoor, NC

1 medium head cauliflower
¼ c. water
½ c. mayonnaise
1 Tbsp. chopped onion
1 Tbsp. mustard
¼ tsp. salt
½ c. Velveeta cheese

Steam cauliflower until tender. Place in covered casserole dish. Mix the remaining ingredients and pour mixture over cauliflower. Bake in moderate oven (350°) until cheese is melted and sauce is warmed.

TOMATO PIE

Frances S. Peed

1 pie crust, baked
2 large ripe tomatoes
1 c. Cheddar cheese, shredded
½ c. mayonnaise
salt
pepper
1 Tbsp. chives
1 tsp. sweet basil

Slice tomatoes thick and put in baked pie shell. Sprinkle with salt, pepper, basil and chives. Mix cheese and mayonnaise and spread over top. Bake at 350° for 30 minutes.

VEGETABLE CASSEROLE

Pam Garrett

2 small squash, sliced
1 small zucchini, sliced
1 medium tomato, sliced
1 small onion, sliced
1 clove garlic, minced
8 oz. tomato sauce
½ tsp. Italian seasoning
1 Tbsp. olive oil
Mozzarella cheese (optional)
Parmesan cheese (optional)

Spray casserole dish with spray oil. Layer vegetables as follows: squash, zucchini, onion and tomato. Sprinkle garlic and Italian seasonings on vegetables. Pour tomato sauce and olive oil over

vegetables. Cover and bake at 350° for 30 to 45 minutes or until vegetables are tender. Top with Mozzarella or Parmesan cheese (optional). Yield: 4 to 6 servings.

VEGETABLE CASSEROLE

Nita Whitfield

1 can Shoe Peg corn
1 onion, chopped
¼ c. green peppers, chopped
1 c. French-style string beans
½ c. shredded carrots
1 c. shredded cheese
½ c. water chestnuts
1 can cream of celery soup
1 can cream of mushroom soup
1 pkg. Town House crackers
1 stick margarine

Tender onions and peppers before adding to other ingredients. Mix all ingredients together, except crackers and margarine, and put in greased casserole dish. Crush crackers and margarine together. Sprinkle on top of vegetables. Cook at 350° for 45 minutes.

VEGGIE POT

Wendy Braddy
Wake Forest, NC

6 medium carrots, peeled and cut into 1-inch pieces
1 medium onion, quartered
5 medium potatoes, peeled and cut into large pieces
4 to 5 celery ribs, cut into 1-inch pieces
2 Tbsp. margarine
1 tsp. beef bouillon granules or 1 cube
1 tsp. dried parsley
½ tsp. dried sweet basil
salt and pepper to taste

Put all the ingredients into a pot and cover with water. Bring to a boil, then cover and simmer until all of the vegetables are tender (about 30 to 45 minutes). Spoon vegetables onto a platter or large plate. Add a little more parsley for garnish and serve.

VIDALIA ONION CASSEROLE

Sharon K. Deane
Franklinton, NC

4 or 5 Vidalia onions, sliced ¼-inch thin
¼ c. butter
¼ c. sour cream
¾ c. Parmesan cheese
10 butter flavored crackers, crushed

Cook onion in skillet with butter until tender. Remove and stir in sour cream. Spoon ½ mixture into greased 1-quart baking dish. Sprinkle with cheese. Put remaining mixture and top with crackers. Bake at 350°, uncovered, for 25 to 30 minutes.

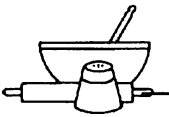


READS, ROLLS & PASTRIES

"I AM THE LIVING BREAD THAT CAME DOWN OUT OF HEAVEN. IF ANYONE EATS OF THIS BREAD, HE SHALL LIVE FOREVER..."

JOHN 6:51A

Baking Tips



COMMON PROBLEMS (Common Failures)	CAUSES OF PROBLEMS (Causes of Failures)
Biscuits	
Rough biscuits	Insufficient mixing
Dry biscuits	Baking in too slow an oven and handling too much
Uneven browning	Cooking in dark surface pan, too high a temperature and rolling the dough too thin
Breads (yeast)	
Porous bread	Over-rising or cooking at too low a temperature
Crust is dark and blisters just under the crust	Under-rising
Bread does not rise	Over-kneading or using old yeast
Bread is streaked	Under-kneading and not kneading evenly
Bread bakes unevenly	Using old, dark pans, too much dough in pan, crowding the oven shelf or cooking at too high a temperature
Cakes	
Cracks and uneven surface	Too much flour, too hot an oven and sometimes from cold oven start
Dry cakes	Too much flour, too little shortening, too much baking powder or cooking at too low a temperature
Heavy cakes	Too much sugar or baking too short a period
Sticky crust	Too much sugar
Coarse grained cake	Too little mixing, too much shortening, too much baking powder, using shortening too soft, and baking at too low a temperature
Fallen cakes	Using insufficient flour, under baking, too much sugar, too much shortening or not enough baking powder
Uneven color	Cooking at too high a temperature, crowding the shelf (allow at least 2 inches around pans) or using dark pans
Uneven browning	Not mixing well
Cookies	
Uneven browning	Not using shiny cookie sheet or not allowing at least 2 inches on all sides of cookie sheets in oven
Soggy cookies	Cooling cookies in pans instead of racks
Excessive spreading of cookies	Dropping cookies onto hot cookie sheets; not chilling dough; not baking at correct temperature
Muffins	
Coarse texture	Insufficient stirring and cooking at too low a temperature
Tunnels in muffins, peaks in center and soggy texture	Over-mixing
Pies	
Pastry crumbles	Over-mixing flour and shortening
Pastry tough	Using too much water and over-mixing the dough
Pies do not brown (fruit or custard)	Bake at constant temperature (400-425 degrees) in Pyrex or enamel pie pan

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BREADS, ROLLS & PASTRIES

BLENDER BANANA BREAD

Debbie Johnson
Creedmoor, NC

1 ¼ c. sifted flour
¾ tsp. baking soda
1 ¼ tsp. cream of tartar
½ tsp. salt
2 eggs
½ c. butter or margarine
2 small ripe bananas
1 c. sugar

In a mixing bowl, combine flour, baking soda, cream of tartar and salt. Set aside. In a blender, mix remaining ingredients. Cover. Press puree for 20 seconds. Pour dry ingredients with wet and mix until all flour is moistened. Pour into greased 8 x 4 loaf pan. Bake in preheated 350° oven for 45 to 50 minutes. Makes 1 loaf.

Variations: Add ¼ cup chopped nuts, ½ cup raisins or ½ cup chocolate chips. Can toast and spread with cream cheese.

BRAIDED BREAD LOAF

Nicole Steele

4 ½ c. unbleached flour
2 pkg. active dry yeast
2 c. warm water
¼ c. cooking oil
2 Tbsp. sugar
1 Tbsp. salt

In large mixing bowl, combine 2 cups flour and yeast. Add water, oil, sugar and salt to dry mixture. Beat at low speed of electric mixer 30 seconds, scraping bowl constantly, then 3 minutes at high speed. By hand, stir in enough flour to make moderately stiff dough.* Turn onto lightly floured counter; knead dough until smooth and elastic, 8 to 10 minutes. Shape into ball. Pour a little oil into large bowl and turn ball to coat with oil. Cover with towel and let rise to twice the size (about 1 ½ hours). (I turn oven to warm, then turn it off and set uncovered bowl in oven, then you don't need to cover it.) Punch dough down and divide in half. Divide each half into thirds. Shape into 6 balls; cover and rest for 10 minutes. Then roll each ball into a 16-inch rope. Line up 3 ropes on a cookie sheet (you'll need one cookie sheet for each loaf). Braid very loosely beginning in the middle. Pinch ends together and tuck under. Put in oven again and let rise until almost double, about 40 minutes. Bake at 375° for 30 minutes or until golden brown.

*You may need to add a little more flour to make dough workable. Total average time needed: 3 ½ hours.

BROCCOLI CORNBREAD

Ernestine Hagwood
Creedmoor, NC

1 (10 oz.) chopped broccoli, thawed
1 small onion, chopped
4 eggs
dash of salt
1 stick margarine, melted
1 c. shredded cheese
1 pkg. Jiffy muffin mix

Mix broccoli, onion, eggs, salt, margarine, cheese and muffin mix. Pour into 9 x 13 greased dish. Bake at 350° for 30 to 35 minutes.

BUTTERFLUFF ROLLS

Mandy Brogden
Oxford, NC

1 (¼ oz.) pkg. active dry yeast
¼ c. warm water
1 c. warm buttermilk
¼ c. sugar
¼ c. shortening
2 eggs
1 ½ tsp. salt
½ tsp. baking soda
4 to 4 ½ c. all-purpose flour

Glaze:

1 egg
1 Tbsp. water

In a mixing bowl, dissolve yeast in warm water. Add buttermilk, sugar, shortening, eggs, salt, baking soda and 2 cups flour; beat until blended. Stir in enough remaining flour to form a soft dough. Turn onto a floured surface; knead until smooth and elastic, about 6 to 8 minutes. Divide into 18 pieces. Roll each into a 9-inch rope; coil the ends of each rope toward center in opposite directions to form an S shape. Place 3-inches apart on greased baking sheets. Cover and let rise in a warm place until doubled, about 40 minutes.

In a small bowl, beat egg and water; brush over rolls. Bake at 350° for 15 to 20 minutes or until golden brown. Remove from pans to wire racks to cool.

COCONUT LOAF

Olga Moses

½ c. butter or margarine, softened
1 c. sugar
2 eggs
1 tsp. vanilla extract
2 c. all-purpose flour
2 tsp. baking powder
½ tsp. salt
¾ c. milk
1 ¼ c. flaked coconut

In a mixing bowl, cream butter and sugar. Add eggs, one at a time, beating well after each addition. Beat in vanilla. Combine the flour, baking powder and salt; add to creamed mixture alternately with milk. Stir in coconut. Pour into a greased 9 x 5 x 3-inch loaf pan. Bake at 350° for 1 hour or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pan to a wire rack to cool completely.

MAMA'S HOMEMADE ROLLS

Fay Bowden
Butner, NC

1 pkg. dry yeast
½ c. warm water
1 tsp. sugar
1 tsp. salt
2 eggs
1 c. Crisco
2 c. warm water
½ c. sugar
6 to 7 c. plain flour

Dissolve yeast in ½ cup warm water. Add salt and sugar; beat eggs and mix with yeast, Crisco, sugar and 2 cups warm water. Add flour until sticky consistency. Let rise until double in size (approximately 2 to 3 hours). Punch down and make out into rolls. Let rise again until double in size. Bake at 425° until brown.

MINIATURE GLAZED ORANGE MUFFINS

Pam Garrett

1 egg
¾ c. buttermilk
1 orange rind, grated
¼ c. orange juice
4 oz. melted butter
1 ¾ c. unbleached flour
⅓ c. sugar
1 tsp. baking powder
½ tsp. salt
½ tsp. baking soda

Orange Glaze:

¾ c. sugar
¾ c. orange juice
1 tsp. lemon juice
1 orange rind, grated

Preheat oven to 400°. Beat egg slightly. Stir in buttermilk, orange rind, orange juice and melted butter. Sift dry ingredients together; add to liquid ingredients and stir until just mixed. The batter should be lumpy; do not overmix. Fill greased muffin cups (or use muffin liners) ⅔ full. Bake 20 to 25 minutes at 400°. Prepare glaze while muffins are baking. Remove muffins from oven. Run knife around edges of muffin cups. While the muffins are still warm, prick the tops lightly and pour glaze over. Remove from pan when cool. Yield: 2 dozen.

MOLASSES SPICE MUFFINS

Maxine Aiken

3 ½ c. flour (plain)
⅛ tsp. salt
1 tsp. ginger
1 tsp. cinnamon
1 tsp. nutmeg
1 c. margarine
1 c. sugar
1 c. molasses
4 egg yolks
1 tsp. soda, dissolved in 1 Tbsp. hot water
1 c. buttermilk
½ c. raisins
1 c. nuts
4 egg whites, beaten

Sift together first 5 ingredients. Cream together next 5 ingredients. Add dry ingredients to cream mixture alternately with buttermilk. Lastly, add raisins, nuts and egg whites. Bake 20 to 30 minutes in a 350° oven. Makes 36 muffins.

Mixture can be kept in refrigerator for one week or longer before cooking.

MORNING GLORY MUFFINS

Pat Nelms

3 eggs
1 c. sugar
1 c. oil
1 tsp. vanilla
2 c. flour
1 ½ tsp. baking soda
2 Tbsp. cinnamon
⅛ tsp. salt
⅓ medium apple, diced
1 ½ carrots, shredded
⅔ c. coconut
½ c. raisins
⅔ c. nuts

Heat oven to 350°. Mix together eggs, sugar, oil and vanilla until well blended. Add flour, soda, cinnamon and salt. Mix until smooth. Fold in apple, carrots, coconut, raisins and nuts. Pour into muffin tins. Bake 25 to 30 minutes. Makes 12 muffins.

OATMEAL RAISIN MUFFINS

Pam Garrett

1 ½ c. all-purpose flour
3 tsp. baking powder
½ tsp. salt
½ tsp. cinnamon
⅔ c. packed brown sugar
½ c. old-fashion quick-cook oats
2 eggs, beaten
½ c. margarine, melted
4 Tbsp. milk
½ c. raisins

Combine dry ingredients. Add eggs, margarine and milk, mixing just until moistened. Fold in raisins. Spoon in greased muffin pan. Bake at 400° for 15 to 18 minutes. Yield: 12 muffins.

RAISIN BRAN MUFFINS

Velva Wheeler
Creedmoor, NC

15 oz. box Raisin Bran flakes
1 c. oil
4 eggs, beaten
5 c. plain flour
5 tsp. baking soda
2 ½ c. sugar
2 tsp. salt
1 qt. buttermilk

Sift flour, soda and salt together. Add sugar and cereal. Add eggs, oil and milk. Mix well. Cover. Will keep up to six weeks in refrigerator. Bake in greased muffin pans for 15 to 20 minutes in a 400° oven.

SOUR CREAM CORNBREAD

Juanita Yancey

1 (8 oz.) can cream-style corn
1 (8 oz.) sour cream
2 eggs
½ c. vegetable oil
1 c. self-rising corn meal
2 tsp. baking powder
1 rounded tsp. sugar

Combine corn, sour cream, eggs and oil. Beat well. Combine corn meal, baking powder and sugar; stir into corn mixture. Pour into greased 8-inch square pan and bake at 400° for 30 minutes or until done.

SPOON BREAD

Josephine Lyon

5 Tbsp. butter
1 c. water ground cornmeal
1 tsp. salt
2 c. boiling water
1 c. cold milk
4 eggs

Heat oven to 425°. Put butter in medium-size glass or Corning dish; place in oven to melt while you prepare batter. Combine meal and salt in mixing bowl and stir in boiling water until smooth. Let stand several minutes, then stir in milk. Add eggs, one at a time, beating well. Stir in melted butter. Pour batter in hot baking dish and drizzle a little melted butter over top. Bake 25 to 30 minutes. Serves 5 to 6.

WHIPPING CREAM BISCUITS

Pam Garrett

2 c. all-purpose flour
1 c. whipping cream

Mix together. Roll out to about ¼-inch thick and use biscuit cutter to cut out. Bake at 475° for 12 to 15 minutes.

ANGEL WING PIES

Frances Peed

2 graham cracker crusts
1 can condensed milk
1 medium-size Cool Whip
2 Tbsp. lemon juice
1 large size frozen strawberries, sweetened

Combine condensed milk, Cool Whip and lemon juice. Mix well. Fold in fruit and put in pie crust. Put in refrigerator until firm. Then place in freezer.

ANGUS BARN CHOCOLATE CHESS PIE

Linda Washington
Creedmoor, NC

1 unbaked pie crust
1 stick butter
2 sq. Baker's chocolate (semi-sweet)
1 c. sugar
2 eggs, beaten
1 tsp. vanilla
dash of salt

Melt butter and chocolate. Mix with other ingredients which have been blended together. Pour into a pie crust and bake 35 minutes at 350°. Top with whipped cream.

BLUEBERRY PIE

Joy Grady

1 can Eagle Brand milk
8 oz. Cool Whip
¼ c. lemon juice
1 ½ pt. blueberries
1 c. pecans, cut up
2 pie crusts

In each pie crust, put ½ cup pecans and brown at 400° for approximately 12 minutes. Mix other ingredients together, blueberries last. Pour in cooked pie crust. Refrigerate for at least 2 hours before serving.

BLUEBERRY-PEACH PIE

Peggy Greene
Creedmoor, NC

1 c. sugar
3 Tbsp. cornstarch
1 c. water
¼ c. lemon-flavored Jell-O gelatin
4 c. sliced peaches (fresh or frozen, thawed)
¾ c. fresh or frozen blueberries
pastry shell
sweetened whipped cream

Combine first 3 ingredients in a medium saucepan. Bring to boil over medium heat; cook 1 minute, stirring constantly. Remove from heat; add gelatin, stirring until gelatin dissolves. Cool. Combine

peaches and blueberries in a large bowl. Add gelatin mixture; toss gently. Spoon into prepared cooked pastry shell. Cover and chill 1 hour or until set. Serve with whipped cream. Yield: One 9-inch pie.

BUTTERMILK-COCONUT PIE

Ann C. Dickerson
Creedmoor, NC

½ stick butter or margarine
1 c. sugar
2 eggs
⅓ c. buttermilk
½ tsp. vanilla
½ c. coconut
1 pie shell

Cream butter with sugar. Add eggs and buttermilk. Beat well. Add vanilla and coconut. Pour into pie shell and bake at 375° for approximately 30 minutes. Top should be golden brown. Serves 6.

CHESS PIE

Catherine Daniel
Creedmoor, NC

¾ stick melted butter
1 c. sugar
2 Tbsp. brown sugar
2 eggs
1 tsp. vanilla
2 Tbsp. milk
1 uncooked pie crust

Mix all ingredients well. Pour in pie crust. Cook at 300° for 35 to 40 minutes.

Optional: Two teaspoons cocoa in sugar.

CHOCOLATE PIE

Jacky Bullock

1 ½ c. sugar
4 Tbsp. flour
4 Tbsp. cocoa
1 ½ c. milk
3 eggs (separate yolks and whites)
1 tsp. vanilla
2 Tbsp. margarine
1 baked pie shell
⅛ tsp. salt
3 Tbsp. sugar

Mix 1 ½ cups sugar, flour and cocoa. Beat egg yolks and add to mixture. Continue beating until well blended. Slowly add milk, margarine and vanilla. Cook in double boiler, stirring constantly, until very thick. Let cool and pour into a baked pie shell which is also cool. Spread on meringue and return to a 350° oven to brown 12 to 15 minutes.

Meringue: To unbeaten egg whites, add salt and beat until very stiff. Slowly add 3 tablespoons sugar and continue beating until well blended. Add vanilla and spread.

CHOCOLATE PIE

Ellen Hardy

½ stick margarine
2 eggs
1 tsp. vanilla flavoring
1 small can Carnation evaporated milk (can be fat-free)
4 Tbsp. cocoa
1 ½ c. sugar
9-inch unbaked pie shell

Combine margarine, eggs, vanilla and evaporated milk in blender. Mix together cocoa and sugar in small bowl and then add this mixture to the ingredients in the blender. Blend well. Pour into pie shell and bake at 350° for 35 to 40 minutes.

CHOCOLATE PIE

Linda Jackson

1 c. sugar
3 Tbsp. cornstarch
dash of salt
2 c. milk (I use 2%)
3 eggs, separated
1 (1 oz.) sq. unsweetened chocolate
1 Tbsp. butter or margarine
1 tsp. vanilla extract
1 (9-inch) baked pastry shell
½ tsp. cream of tartar
¼ c. plus 2 Tbsp. sugar

In heavy saucepan, combine 1 cup sugar, cornstarch and salt. Mix well. In separate bowl, combine milk and egg yolks; beat with a wire whisk 1 to 2 minutes or until frothy. Gradually stir into sugar mixture, mixing well. Place over medium heat, stirring constantly, until thickened and bubbly. Remove from heat; add chocolate, butter and vanilla extract, stirring until chocolate and butter melt. Spoon into pastry shell. Set aside.

For meringue: Beat egg whites (at room temperature) until frothy. Add cream of tartar, beating slightly. Gradually add remaining sugar, 1 tablespoon at a time, beating until stiff peak forms. Spread meringue over filling, sealing to edge of pastry. Bake at 350° for 10 to 12 minutes or until golden brown. Once cooled, place in the refrigerator.

CHOCOLATE PIE

Mary Sue Yancey

1 c. sugar
¾ stick margarine
2 Tbsp. cocoa
2 eggs
1 tsp. vanilla
3 Tbsp. milk
1 pie shell

Combine sugar, eggs, cocoa, milk and vanilla and mix. Pour in melted margarine last. Cook in regular pie shell for 30 minutes at 325° or until done.

CHOCOLATE CHESS PIE

Laverne Seagroves
Creedmoor, NC

1 ½ c. sugar
2 Tbsp. cornmeal
2 eggs
½ stick melted butter
2 Tbsp. cocoa
¾ c. Pet milk
1 tsp. vanilla
1 (9-inch) unbaked pie shell

Mix cornmeal, cocoa and sugar. Add melted butter. Mix thoroughly. Add eggs, vanilla and milk. Pour into unbaked pie shell. Bake at 350° for 30 to 35 minutes. Top with Cool Whip (optional).

CHOCOLATE FUDGE PIE

Karen Brown

1 ½ c. sugar
½ stick margarine, melted
1 small can evaporated milk
2 eggs
3 Tbsp. cocoa
1 tsp. vanilla
nuts (optional)
1 unbaked pie shell

Combine all ingredients and pour into unbaked pie shell. Bake at 350° until firm. Double recipe for 2 pies.

COCONUT PIE

Donna Moore

5 eggs
2 c. sugar
¾ c. buttermilk
1 stick melted margarine
1 tsp. vanilla
1 small can coconut (flakes; approximately 1 c.)
2 regular pie shells

Mix all ingredients and pour in unbaked pie shells. Bake at 350° until browned and set, approximately 45 minutes. Check at 30 minutes.

EGG CUSTARD PIE

Tammy Pulley

2 eggs
2 Tbsp. all-purpose flour
1 tsp. vanilla
1 c. sugar
1 c. whole milk
¼ tsp. salt
2 Tbsp. butter, melted
1 unbaked pie shell

Beat eggs. Add sugar, flour and salt. Beat again. Add milk, butter and vanilla. Beat again. Pour in an unbaked pie shell. Bake at 425° for 10 minutes. Reduce heat to 350° until done. (Center of pie will jiggle just a little.)

EGG CUSTARD PIE

Wayne Wheeler
Durham, NC

3 eggs
1 c. sugar
2 Tbsp. flour
dash of salt
⅓ stick margarine, melted
1 c. evaporated milk
1 tsp. vanilla
pie shell

Beat well and pour into pie shell and bake at 350° for 30 minutes.

4-LAYER CHOCOLATE PIE

Faye B. Washington

1 stick melted margarine
1 c. flour (self-rising)
1 c. chopped pecans
1 (8 oz.) cream cheese
1 c. powdered sugar
1 large container Cool Whip, divided
2 small pkg. instant chocolate pudding
3 ⅓ c. milk

Mix first 3 ingredients together. Press into a 9 x 13-inch pan; bake at 325° for 15 minutes. Cool.

Mix cream cheese, powdered sugar and ⅓ of large container of Cool Whip. Spread on the crust. Mix pudding with milk and spread next. Top with remaining Cool Whip. Refrigerate.

FUDGE PIE

Rose Lyon
Creedmoor, NC

½ c. sugar
½ c. butter
6 oz. semi-sweet chocolate chips
3 eggs, beaten
1 tsp. vanilla
1 c. chopped pecans
1 pie crust

Melt in double boiler: sugar, butter and chocolate. Mix in eggs, vanilla and pecans. Bake in partially baked pie crust for 40 minutes at 350°.

FUDGE PIE

Cathy Sebastian

1 stick butter
1 c. sugar
¼ c. cocoa
¼ c. self-rising flour
2 eggs
1 tsp. vanilla
½ c. nuts
1 unbaked pie shell

Mix all together and pour in pie shell. Bake at 350° for 35 to 40 minutes. Serve with ice cream or Cool Whip.

FUDGY PECAN PIE

Kathy Frye

9-inch pastry shell
⅓ c. butter
⅓ c. cocoa
⅔ c. sugar
¼ tsp. salt
¾ c. light corn syrup
1 c. chopped nuts
1 c. pecan halves
3 eggs, beaten slightly

Prepare pastry shell and set aside. Heat oven to 355°. In medium saucepan over low heat, melt butter. Add cocoa and stir until mixture is smooth. Remove from heat and cool slightly. Stir in sugar, salt, eggs and corn syrup. Blend thoroughly. Stir in chopped nuts. Pour into unbaked pastry shell. Place pecan halves over top. Bake 40 minutes. Cool and cover. Let stand 8 hours before serving. Garnish with sweetened whipped cream.

HEAVENLY PEANUT BUTTER PIE

Toni Anne Wheeler
Butner, NC

1 (8 oz.) pkg. cream cheese, softened
1 c. peanut butter (creamy or chunky)
1 c. powdered sugar
1 (8 oz.) container frozen whipped topping, thawed
1 (6 oz. or 9-inch) prepared graham cracker pie crust

In large bowl, beat cream cheese until fluffy. Beat in peanut butter and sugar. Fold in whipped topping; spoon into crust. Refrigerate until chilled, at least 5 hours. Yield: 8 servings.

LEMON PIE

Linda Jackson

1 graham cracker crust

Pie Filling:

½ c. lemon concentrated juice
¼ tsp. lemon extract
2 eggs (use yolks only in mix; save whites for meringue)
1 can condensed milk (Eagle Brand)

Preheat oven to 325°. Mix all and put in a graham cracker crust; set aside.

Meringue:

whites of eggs
¼ tsp. cream of tartar
4 Tbsp. sugar

Beat egg whites until frothy. Add cream of tartar; whip until very thick. Add sugar; blend well. Place meringue on pie. Bake in preheated oven for 15 to 20 minutes.

LEMON CREAM PIE

Susan Haskins
Stem, NC

(Low-cal)

½ c. boiling water
1 (3 oz.) pkg. sugar-free jello (lemon or lime)
1 ½ c. low-fat cottage cheese
1 pkg. Dream Whip, mixed as directed
2 to 3 packs sweetener
1 graham cracker crust

Dissolve gelatin in boiling water. Mix cottage cheese and gelatin in blender until blended well. Add this to Dream Whip topping and mix well. Pour into graham cracker crust. Refrigerate until firm.

MAMA'S COCONUT PIES

Nancy Frazier

12 eggs
4 c. sugar
1 large can Pet milk
2 Tbsp. vanilla
½ lb. margarine
1 ½ medium bags Baker's coconut
5 pie shells (unbaked)

Mix eggs, sugar, milk and vanilla. Add margarine, slightly melted. Add coconut. Pour into unbaked pie shells and bake at 350° until firm.

MARGIE VEASEY'S SWEET POTATO PIE

Martha W. Purvis
Creedmoor, NC

2 medium baked sweet potatoes
¾ c. white sugar
¾ c. brown sugar
⅓ c. melted margarine
1 Tbsp. flour
1 tsp. vanilla
2 eggs
¾ c. milk

Mix sugar, eggs and margarine (or butter). Add milk to flour, stirring until no lumps. Peel and mash potatoes. Add sugar, eggs, margarine, milk and flour; stir in sweet potatoes. Bake at 425° for 10 minutes, then turn oven to 350° and bake 45 to 60 minutes, until done.

MISSISSIPPI MUD PIE

Gracie Depo

Crust:

2 c. flour
2 sticks butter
1 c. chopped walnuts (reserve ¼ c.)

Center:

8 oz. tub cream cheese
8 oz. tub Cool Whip

Top Layer:

2 large boxes (4 c.) milk chocolate instant pudding
4 c. milk
Cool Whip
chopped walnuts

Crust: Melt butter over low heat. Remove; let cool a little. Mix in flour and chopped walnuts. Put mixture in 9 x 13 pan; smooth out evenly. Bake for 15 minutes in a 350° oven. Let cool.

Center: In mixing bowl, beat cream cheese and Cool Whip until smooth; layer this mixture on top of crust.

Top Layer: In another mixing bowl, beat pudding with milk; let stand to thicken. Smooth this mixture onto center mixture. Put light layer of Cool Whip on top of this. Sprinkle with chopped walnuts.

NO CRUST COCONUT PIE

Wayne Wheeler
Durham, NC

4 eggs
1 ½ c. sugar
pinch of salt
1 stick butter, melted
1 c. Angel Flake coconut (can)
½ c. self-rising flour
2 c. milk
1 Tbsp. vanilla

Mix well and pour into 10-inch greased (deep-dish) Pyrex. Bake 30 to 40 minutes at 350°. Turn off oven and leave in 10 more minutes.

NUTTY BUDDY PIE

Donna Moore

3 (9-inch) chocolate graham cracker crusts
1 (8 oz.) cream cheese, softened
1 c. milk
2 c. confectioners sugar
⅔ c. crunchy peanut butter
16 oz. Cool Whip
chocolate syrup
1 c. finely chopped salted peanuts

Combine cream cheese and milk. Mix well. Add sugar, peanut butter and Cool Whip. Mix well and pour into pie shells. Drizzle chocolate syrup over pies. Sprinkle peanuts on top. Freeze until ready to eat. Makes 3 pies.

PASSION PIE

Pat Nelms

1 (20 oz.) can crushed pineapple (undrained)
1 c. sugar
6 Tbsp. flour
1 c. coconut
1 c. pecans, chopped
6 to 8 bananas, sliced thin
2 (9-inch) pie crusts (graham cracker)
1 (8 oz.) Cool Whip

In saucepan, mix pineapple with juice, sugar and flour. Heat until thick, stirring constantly. Cool. Add coconut and pecans. Layer bananas in pie crusts. Pour filling over bananas. Top with Cool Whip. Refrigerate.

PEANUT BUTTER PIE

Jayne Hardee

1 (8 oz.) cream cheese, softened
½ c. crunchy peanut butter
1 c. powdered sugar
½ c. milk
1 (9 oz.) Cool Whip
¼ c. chopped pecans
1 graham cracker crust
chopped peanuts

Whip cream cheese until soft. Beat in peanut butter and sugar. Slowly add milk, blending thoroughly into mixture. Pour into crust. Sprinkle with chopped peanuts. Freeze until firm.

PECAN PIE

Josephine Hester
Creedmoor, NC

½ c. granulated sugar
½ c. brown sugar
3 ½ Tbsp. butter
1 c. pecans
3 eggs
1 c. light corn syrup
½ tsp. salt
1 tsp. vanilla

Cream butter and sugar; add eggs and other ingredients. Mix well, then put in unbaked pie shell and cook at 400° for 10 minutes, then at 350° for 30 minutes or until done.

PINEAPPLE-COCONUT PIE

Lucia Shearin

1 c. sugar
½ c. flour
2 c. milk
3 eggs
1 c. pineapple
1 c. coconut
pinch of salt
1 baked crust

Scald milk. Pour over sugar and flour mixture. Let cook until slightly thickened. Add egg yellows. Let thicken slowly. Add pineapple and coconut. Pour into baked crust. Cover with meringue. Brown in moderate oven.

This base is wonderful for chocolate pie using chocolate squares to taste (2 to 3) or lemon; use juice and rind of 2 lemons.

SAWDUST PIE

Marjorie Wheeler
Durham, NC

1 ½ c. graham cracker crumbs
1 ½ c. flaked coconut
1 ½ c. chopped pecans
1 ½ c. sugar
7 egg whites (unbeaten)
2 unbaked pie shells
whipped cream
banana slices

Combine all ingredients, except whipped cream and banana slices; mix well. Pour into pie shells. Bake for 35 minutes at 350°. Top with whipped cream and banana slices.

STRAWBERRY PIE

Jayne Hardee

1 qt. strawberries or less
4 Tbsp. strawberry Jell-O
3 Tbsp. cornstarch
1 c. sugar
1 c. boiling water
1 baked cooled pie shell
Cool Whip

Mix Jell-O, cornstarch and sugar together. Pour boiling water into the dry ingredients. Boil until thick, stirring constantly. Refrigerate until cool and thick, but not set up. Fold in berries and put in pie shell. Top with Cool Whip.



AKES, COOKIES & DESSERTS

"GO EAT...DRINK OF THE SWEET, AND SEND PORTIONS TO HIM WHO HAS NOTHING PREPARED..."

NEHEMIAH 8:10

Candy Testing



Thermometer Test: Check candy thermometer in boiling water. If it doesn't register 212 degrees, add or subtract the same number of degrees in recipe. Always make sure candy thermometer is covered with liquid, not just foam. Clip it to the side of the pan after syrup boils.

Cold-Water Test: Remove candy from heat. Drop a little syrup into small bowl of very cold, but not ice cold, water. Use a fresh cupful of cold water for each test. Form into ball with fingers, if possible.

Candy	Degrees	Stage	Cold Water Test
	230-234	Thread	Syrup spins 2-inch thread when dropped from spoon
Fudge, Fondant	234-240	Soft Ball	Candy will roll into soft ball but quickly flattens when removed from water.
Divinity, Caramels	244-248	Firm Ball	Candy will roll into a firm ball (but not hard ball) which will not lose its shape upon removal from water.
Taffy	250-266	Hard Ball	Syrup forms hard ball, although it is pliable.
Butterscotch	270-290	Light Crack	Candy will form threads in water which will soften when removed from water.
Peanut Brittle	300-310	Hard Crack	Candy will form hard, brittle threads in water which will not soften when removed from water
Caramelized Sugar	310-321	Caramelized	Sugar first melts, then becomes a golden brown and forms a hard, brittle ball in cold water

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ANGEL BAVARIAN CAKE

Nancy Wynn

1 pt. Cool Whip (extra for topping)
4 egg whites, beaten until stiff
1 large can pineapple, crushed
2 tsp. vanilla
1 pkg. plain gelatin
1 angel food cake
½ c. cold water

Custard:

1 pt. milk
1 c. sugar
2 Tbsp. flour
pinch of salt
4 egg yolks, beaten

Cook over low heat until mixture coats spoon. Cool. While warm, add gelatin mixed with cold water. Let cool. Fold in 1 pint Cool Whip, egg whites and pineapple. Add vanilla.

Break up a large angel food cake into small pieces. Put half of custard over ½ of cake. Top with Cool Whip and pineapple and egg white mixture. Repeat ½ cake, crumbled; layer with custard. Layer pineapple Cool Whip mixture. Top with plain Cool Whip.

BLACK FOREST CAKE

Nancy Smith
Stem, NC

2 (20 oz.) cans pitted cherries (undrained)
1 c. granulated sugar
¼ c. cornstarch
1 ½ tsp. vanilla extract
2 (9-inch) chocolate cake layers, baked and cooled
3 c. cold whipping cream
⅓ c. confectioners sugar

Drain cherries, reserving ½ cup juice. Combine cherry juice, cherries, sugar and cornstarch in saucepan. Cook and stir over low heat until thickened. Add vanilla and stir.

Split each cake layer in half horizontally. Crumble ½ layer; set aside.

Beat cold whipping cream and confectioners sugar in large mixing bowl at high speed until stiff peaks form. Reserve 1 ½ cups whipped cream for decorating piping. Place one cake layer on serving plate. Spread 1 cup whipped cream; top with ¾ cup cherry topping. Top second layer with 1 cup whipped cream and ¾ cherry topping. Top with third cake layer. Frost cake sides with whipped cream. Pat gently with reserved cake crumbs.

Spoon 1 ½ cups whipped cream into pastry bag fitted with star tip. Pipe around top and bottom edge. Spoon remaining cherry topping over top of cake.

BLACK WALNUT POUND CAKE

Josephine Lyon

2 sticks butter
½ c. Crisco
3 c. sugar
5 eggs
3 c. cake flour
¼ tsp. baking powder
¼ tsp. salt
1 tsp. vanilla
3 oz. black walnuts
1 c. milk
1 tsp. black walnut extract

Sift flour, baking powder and salt together . Set aside. Mix margarine, Crisco and sugar. Beat eggs, one at a time; add vanilla and walnut extract. Add flour and milk alternately. Add walnuts last. Pour into greased and floured tube pan. Bake in preheated oven at 325° for 1 hour and 15 minutes or until cake tester comes out clean.

BUTTER POUND CAKE

Ann C. Dickerson

2 c. plain flour
5 eggs (add 1 at a time)
1 ¾ c. sugar
½ lb. pure butter
1 tsp. vanilla

First cream butter, then add sugar and cream butter and sugar, then add eggs, one at a time. Last, add flour, half at a time, then add vanilla. Bake at 325° for 1 hour and 10 minutes.

An ideal pound cake recipe if you want a small pound cake.

CARROT CAKE

Steve Hamrick

1 ¾ c. sugar
3 c. flour (plain)
2 tsp. baking soda
2 tsp. cinnamon
1 tsp. allspice
1 tsp. salt
1 tsp. cloves, ground
4 eggs
3 c. carrots, grated
1 can pineapple (small; undrained)
8 oz. cream cheese
1 stick butter

Icing:

8 oz. cream cheese
1 stick butter
1 box powdered sugar
1 tsp. vanilla
1 c. pecans, chopped

Cake: Sift first 7 ingredients together. Add next 3 ingredients and all BUT ¼ cup of pineapple. Mix well. Pour into 3 (8-inch) cake pans. Bake at 350° for about 30 minutes.

Filling: Whip cream cheese and butter until fluffy. Add reserved pineapple. Spread between cake layers; this is not icing.

Icing: Mix all ingredients until fluffy and spread on cake. Servings: 12 persons.

CHEWY CHEESE CAKE

Velva Wheeler
Creedmoor, NC

3 eggs
1 stick margarine
1 box yellow cake
8 oz. cream cheese
1 box confectioners sugar

Beat 1 egg; add margarine to cake mix. Pat into greased 9 x 12 pan (dough will be stiff). Beat 2 eggs. Add cream cheese (softened) and confectioners sugar. Pour on top of cake and bake about 40 to 50 minutes at 350°, until brown.

CHOCOLATE CAKE

Nancy Frazier
Butner, NC

1 pkg. chocolate cake mix
½ c. vegetable oil
4 eggs
¼ c. water
1 (3 ½ oz.) pkg. instant chocolate pudding
8 oz. sour cream
1 tsp. vanilla
½ c. chopped nuts
6 oz. bag chocolate chips (use food processor to break up)

Beat together cake mix, eggs, oil, pudding mix and sour cream. Blend well. Add nuts, chocolate chips and vanilla by hand. Pour into a well-greased and floured pan. Bake at 350° for 1 hour.

Icing:

1 box 10x confectioners sugar
¾ c. unsalted butter
¼ c. milk or water
½ to 1 c. cocoa (depends on color desired)
1 Tbsp. vanilla

Cream sugar and butter. Add milk/water. Add cocoa (may have to add few drops of water). Add vanilla.

CHOCOLATE CHERRY CAKE

Ann Winn

Layers:

1 pkg. fudge cake mix
1 large can cherry pie mix
1 tsp. almond extract
2 eggs, beaten

Frosting:

1 c. sugar
5 Tbsp. sugar
⅓ c. sweet milk
6 oz. pkg. semi-sweet chocolate pieces

Layers: Preheat oven to 350°. Grease and flour a 9 x 13 pan using shortening. In large bowl, combine all ingredients. Stir by hand until well mixed. Pour into prepared pan. Bake 30 to 35 minutes or until toothpick inserted in center comes out clean.

Frosting: In a small saucepan, combine sugar, butter and milk. Boil, stirring constantly, 1 minute. Remove from heat. Stir in chocolate pieces until smooth. Pour over cake (will be thin, but it sets quickly).

CHOCOLATE-CHOCOLATE CHIP CAKE

Anne Clay
Butner, NC

1 yellow cake mix
2 small pkg. instant chocolate pudding or 1 large box
4 eggs, beaten
½ c. oil
1 ½ c. water
1 (12 oz.) pkg. chocolate chips (semi-sweet)
½ (12 oz.) pkg. white chips (vanilla), ½ pkg. peanut butter chips or 1 c. chopped pecans
powdered sugar

Combine cake mix and pudding mix. Add eggs, oil and water; mix for 2 minutes at a medium speed with electric mixer. Add chips and stir in. Pour into greased and floured Bundt pan. Bake at 350° for 1 hour or until done. Cool for 15 or 20 minutes before removing from pan. Sprinkle top with powdered sugar.

CHOCOLATE ECLAIR CAKE

Lisa Pitzer
Franklinton, NC

graham crackers
2 pkg. instant French vanilla pudding (small box)
8 oz. Cool Whip
2 ½ c. milk

Icing:

1 stick margarine
½ c. cocoa
6 Tbsp. milk
1 box powdered sugar
or 1 container already mixed chocolate frosting

Icing: Boil first 3 ingredients together; mix in powdered sugar. If using ready made frosting, place in microwave 30 seconds to soften or until pourable.

Line 9 x 13-inch pan with graham crackers. Mix pudding with milk. Add Cool Whip. Pour on graham crackers. Top with more graham crackers. Pour on icing. Store overnight before serving or at least 2 hours.

CHOCOLATE POUND CAKE

Linda Jackson

2 sticks butter
3 c. sugar
½ c. Crisco (shortening)
1 Tbsp. vanilla
1 tsp. salt
5 egg yolks
1 c. milk (½ evaporated, ½ regular)
3 c. plain flour
1 tsp. baking powder
4 Tbsp. cocoa

Keep egg whites in separate bowl.

Preheat oven to 300°. In separate bowl, combine flour, baking powder and cocoa. Set aside. Combine all other ingredients in electric mixing bowl. Gradually add flour mixture. Once blended well, add egg whites. Blend until all ingredients are mixed well (approximately 2 to 3 minutes). Pour mixture in pound cake cooking pan that has been greased with shortening and lightly floured. Cook for 1 ½ hours.

DEATH BY CHOCOLATE CAKE

Ann Winn

1 pkg. devil's food cake mix
1 c. Kahlua
2 boxes Jell-O chocolate mousse
3 Nestles Crunch bars
1 large and 1 medium Le Creme topping

Prepare cake per cake mix directions. Bake cake in 9 x 13 pan. Let cool for 20 minutes. Poke holes in cake with fork. Pour Kahlua slowly over cake. Soak overnight with towel covering the cake (DO NOT REFRIGERATE).

Prepare mousse as per Jell-O package directions. Refrigerate for two hours. Smash Nestles Crunch bars into small pieces. Prepare Le Creme as per directions on box. Break up cake and layer ingredients in a punch bowl as follows: cake, mousse, smashed pieces of Nestles Crunch bars and Le Creme topping. Repeat until you fill the punch bowl.

FIVE FLAVOR POUND CAKE

"Mickey" Peed

2 sticks margarine
½ c. shortening
3 c. sugar
5 eggs, well beaten
3 c. all-purpose flour
½ tsp. baking powder
1 c. milk
1 tsp. each flavoring: coconut, almond, rum, lemon and vanilla

Cream margarine, shortening and sugar until fluffy. Add eggs. Combine flour and baking powder and add to mixture. Alternating with milk, add flavorings. Bake in well-greased and floured tube pan. Bake at 325° for 1 ½ hours.

Glaze:

1 c. sugar
½ c. water
1 tsp. each of listed flavorings

Combine all ingredients in saucepan. Bring to boil and stir until sugar is dissolved. Pour over cake in pan while hot (cool in pan).

FRESH APPLE CAKE

Jayne Hardee

3 c. chopped apples
1 ½ c. vegetable oil
2 ½ c. sifted all-purpose flour
2 tsp. baking powder
1 tsp. salt
1 tsp. soda
1 tsp. vanilla
⅓ tsp. cinnamon
½ tsp. nutmeg
2 c. sugar
3 eggs
1 c. pecans

Mix oil, sugar and eggs. Beat well. Gradually add flour, spices, baking powder, salt, soda and vanilla. Gently fold in apples and chopped nuts. Bake in tube pan at 325° for 1 hour and 10 minutes.

FUNNEL CAKES

Mary Lou Brogden
Oxford, NC

1 c. all-purpose flour
2 tsp. sugar
1 tsp. baking powder
½ tsp. salt
1 egg, beaten
¾ c. milk
vegetable (for frying)

Suggested Topping:

confectioners sugar
cinnamon
sweetened whipped cream
fruit topping

In a large bowl, combine the flour, sugar, baking powder and salt. Gradually add the egg and milk and stir until well blended. Let the mixture stand for 15 minutes. Heat one-third-inch of vegetable oil in a deep skillet over medium-high heat until it reaches 390°. When the oil is hot, pour the batter into a funnel, drizzling a thin stream of batter into the hot oil. Start in the center of the skillet, circling continuously until the pan is filled or the cake is the desired size. Do not stop pouring until you've used all the batter you need and make sure that as you drizzle the batter into the pan that some part of batter always touches another part. Fry on each side until golden brown, about 2 minutes. Drain on paper towels and serve warm with optional topping.

Variation: Add one-third cup semi-sweet chocolate mini chips to the batter.

HERSHEY CAKE

Laverne Seagroves
Creedmoor, NC

1 box Duncan Hines Swiss chocolate cake mix

Frosting:

8 oz. cream cheese (at room temperature)
4 melted Hershey bars
½ c. granulated sugar
½ c. powdered sugar
12 oz. Cool Whip
½ c. pecan pieces

Mix cake batter accordingly. Bake three layers for 20 minutes at 325°.

Frosting: Mix cream cheese with melted Hershey bars. Add sugar and powdered sugar. Whip in Cool Whip. Add pecan pieces. Generously frost all three layers.

HERSHEY CAKE SQUARES

Shirley Elliott
Creedmoor, NC

1 c. sugar
1 c. self-rising flour
4 eggs
1 stick butter
1 can chocolate syrup
1 tsp. vanilla

Icing:

1 c. sugar
1 stick butter
1 (5 oz.) canned milk
6 oz. chocolate chips

Mix sugar, butter, eggs, flour, syrup and vanilla. Pour in greased and floured 9 x 12 pan. Bake at 350° for 25 to 30 minutes.

Icing: Cook butter, milk and sugar 2 minutes, stirring to keep from scorching. Take off stove and add chocolate chips. Stir until chips melt; spread over cake.

HOLIDAY FRUIT CAKE

Ann Winn

2 eggs
½ c. orange juice
2 pkg. quick bread mix
1 jar Nonesuch mincemeat
2 c. pecans
2 c. mixed fruit fruitcake mix
1 c. raisins
1 c. figs

Prepare a tube cake pan by greasing and flouring. Line with wax paper or greased paper bag if you want to, for ease in removing from tube cake pan. Mix all the ingredients together and place in prepared tube cake pan. Bake at 350° for 80 to 90 minutes.

HONEY BUN CAKE

Janet Newton

1 box Duncan Hines cake mix
4 eggs
1 c. milk
¾ c. oil
1 c. brown sugar
4 tsp. cinnamon
1 c. powdered sugar
3 Tbsp. milk
1 tsp. vanilla

Beat first 4 ingredients until well blended with mixer. Pour in 13 x 9 x 2-inch pan. Mix brown sugar and cinnamon. Stir and drop by spoonfuls in batter and swirl around. Bake at 350° for 35 minutes.

Mix powdered sugar, 3 tablespoons milk and vanilla. Pour over hot cake.

ILLINOIS CHOCOLATE CAKE

Nita Whitfield

2 sticks margarine
2 c. sugar
2 eggs
2 Tbsp. vanilla
1 c. sour cream
2 tsp. soda
2 ¼ c. cake flour, sifted
¼ tsp. salt
2 sq. semi-sweet chocolate
1 c. boiling water

Icing:

1 stick melted margarine
4 Tbsp. cocoa
6 Tbsp. milk
1 box confectioners sugar
1 tsp. vanilla

Cream sugar and margarine. Add eggs, chocolate and vanilla. Add soda to sour cream. Add to sugar miniature marshmallows with flour and salt. Last, stir in boiling water. Bake in an 11 x 15 sheet pan for about 35 minutes at 350°.

Icing: In a saucepan, combine margarine, cocoa and milk. Bring to a boil, stirring constantly. Remove from heat and add other ingredients.

JAIL HOUSE CAKE

Mary Sue Yancey

Cake:

2 c. plain flour
2 eggs
2 c. sugar
2 tsp. baking soda
2 (8 oz.) cans crushed pineapple
½ c. chopped nuts

Topping:

1 (8 oz.) cream cheese
1 stick margarine
2 c. powdered sugar
1 tsp. vanilla

Mix cake ingredients together, except nuts, and pour into 9 x 13 pan sprayed with Pam. Bake at 350° until done, about 30 minutes. Cool.

Cream topping ingredients together and spread over cake. Sprinkle ½ cup nuts on top.

JOANNE'S CARAMEL CAKE

Phyllis Steele

Caramel Syrup Ingredients:

1 c. sugar
1 c. boiling water

Caramel Cake Ingredients:

½ c. shortening
1 ¼ c. sugar, divided
¼ c. Caramel Syrup
2 c. sifted all-purpose flour
2 tsp. baking powder
½ tsp. salt
⅔ c. milk
2 eggs

Caramel Frosting Ingredients:

⅓ c. Caramel Syrup
3 c. sugar
⅛ tsp. salt
½ c. light or dark corn syrup
1 c. heavy cream
2 Tbsp. butter

Caramel Syrup: Put sugar in heavy skillet over low heat. Stir constantly until sugar has melted into a brown liquid. When it bubbles over the entire surface, remove from heat. Very slowly add boiling water, stirring constantly. Pour into container and cool. Syrup is ready to use in cake and frosting.

Cake: Cream shortening. Add 1 cup sugar gradually. Beat in Caramel Syrup. Mix in flour and baking powder gradually, alternating with gradually adding milk. In separate bowl, beat eggs until foamy. Add ¼ cup sugar and beat until there is a fine spongy foam. Stir into cake batter until blended. Pour into 2 (8-inch) round pans lined with parchment paper or wax paper. Bake at 325° for 30 minutes.

Caramel Frosting: Mix and cook everything except butter. Boil until candy thermometer reads 235°. Cool until 110° and add butter. Refrigerate 6 to 8 hours before using.

MARTHA WASHINGTON FRUIT CAKE

Peggy Greene
Creedmoor, NC

Cake:

1 c. butter or margarine
4 egg yolks (save whites)
2 c. sugar
3 c. flour (self-rising)
¼ c. buttermilk
1 lb. raisins
1 lb. mixed nuts
½ lb. mixed candied fruit

Icing:

½ c. butter
4 egg whites
2 c. sugar
3 tsp. flour
1 c. milk
3 c. fresh frozen coconut
pinch of salt

Cake: Cream butter, sugar and egg yolks together; add milk and blend together. Mix raisins, nuts and fruit in separate bowl. Use a little flour to keep from being sticky. (Chop if desired.) Add to batter and mix well with hands. Pour in four greased or sprayed pans. Use waxed paper in bottom of pans if greased pans are used. Bake in preheated oven at 325° for 25 to 30 minutes.

Icing: Put sugar, flour, egg whites, milk and butter in saucepan. Cook slowly until it thickens. Let cool and add coconut and nuts. Spread between layers and on top. (Save some coconut to go on top and sides.)

MILK CHOCOLATE BAR CAKE

Ernestine Hagwood
Creedmoor, NC

1 (18 to 25 oz.) pkg. Swiss chocolate cake mix
1 (8 oz.) pkg. cream cheese, softened
1 c. powdered sugar
½ c. granulated sugar
10 (1.5 oz.) milk chocolate candy bars with almonds, divided
1 (12 oz.) frozen whipped topping, thawed

Prepare cake batter to package directions. Pour into 3 greased and floured cake pans. Bake at 325° for 20 to 25 minutes. Beat cream cheese, powdered sugar and granulated sugar until creamy. Chop 8 candy bars finely. Fold cream cheese mixture and chopped candy into topping. Spread icing between layers and on top and sides. Chop remaining 2 candy bars. Sprinkle half of chopped bars over cake. Press remaining chopped candy along bottom edge of cake.

MISSISSIPPI MUD CAKE

Dot Newton
Creedmoor, NC

⅓ c. cocoa
1 c. Wesson oil
3 tsp. vanilla
1 ½ c. self-rising flour
1 ¾ c. sugar
4 eggs
1 jar Marshmallow Creme

Icing:

1 ½ sticks margarine, softened
1 box confectioners sugar
1 tsp. vanilla
⅓ c. cocoa
½ c. Pet milk
1 c. chopped pecans

Mix eggs, sugar, Wesson oil and vanilla. Sift cocoa and flour together and add to mixture; beat well. Bake in preheated oven (325°) for 30 to 40 minutes in a greased 9 x 13 pan or two (9 x 9) pans.

While the cake is still hot, spread with a jar of Marshmallow Creme (I put Marshmallow Creme in microwave for about 20 to 25 seconds to soften). Let the cake cool and then ice with icing. Sift confectioners sugar and cocoa together before adding to other ingredients.

MOIST QUICK OATS CAKE

Nancy Smith
Stem, NC

1 c. quick oats
1 ¼ c. boiling water
1 c. brown sugar
1 c. white sugar
1 stick butter
2 eggs
1 ⅓ c. plain flour
1 tsp. soda
1 tsp. cinnamon
1 tsp. vanilla

Icing:

1 c. brown sugar
1 stick butter
½ c. milk
1 can Angel Flake coconut
1 c. pecans

Pour water over oats and let sit for 20 minutes. Cream sugar and butter. Add eggs and cream well. Add oats. Sift flour, soda and cinnamon together. Add vanilla. Grease and flour pan; pour in mixture. Bake at 350° for 30 to 40 minutes. When done, pour icing over cake evenly. Place under broiler until browned. Cool and cut in squares.

PECAN CAKE

Anthea Breedlove
Creedmoor, NC

1 box Betty Crocker butter pecan cake mix
1 c. water
¾ c. oil
4 eggs
1 can Pillsbury coconut pecan frosting
½ c. chopped pecans

Mix all together. When using a tube pan, bake at 325° to 350° for 40 to 50 minutes or use a sheet pan and bake for 25 plus minutes.

PINEAPPLE CAKE

Robin Newton
Creedmoor, NC

1 c. butter, softened (room temperature)
2 c. sugar
3 c. Swans Down cake flour, sifted
3 tsp. baking powder
½ tsp. salt
4 eggs (room temperature)
1 c. milk (room temperature)
1 tsp. vanilla extract

Filling:

1 (20 oz.) crushed pineapple
1 (15 ½ oz.) crushed pineapple
1 can pineapple juice
2 c. sugar
7 large marshmallows

Preheat oven to 350°. Butter and flour 3 (9-inch) cake pans. In a mixing bowl, cream butter and gradually add sugar, creaming until light and fluffy. Add eggs, one at a time, beating well after each addition. In another bowl, sift flour with baking powder and salt. Add flour mixture alternately with milk and flavoring to creamed mixture, beating after each addition until smooth. Pour batter into

cake pans. Bake for 25 to 30 minutes. Remove from pans and finish cooling on racks.

Filling: Pour pineapple, pineapple juice and sugar into a pot. Bring to a boil. Keep stirred. While mixture is hot, ice layers.

PISTACHIO CAKE

Nellie Brame
Creedmoor, NC

1 (18 ¼ oz.) pkg. white cake mix
1 (3.4 oz.) pkg. instant pistachio pudding mix
1 c. lemon-lime soda
1 c. vegetable oil
3 eggs
1 c. chopped walnuts

Frosting:

1 ½ c. cold milk
1 (3.4 oz.) pkg. instant pistachio pudding mix
1 (8 oz.) carton frozen whipped topping, thawed
½ c. chopped pistachios, toasted

In a mixing bowl, combine the first five ingredients. Beat on medium speed for 2 minutes; stir in walnuts. Pour into a greased 13 x 9 x 2-inch baking pan. Bake at 350° for 45 to 50 minutes or until a toothpick inserted near the center comes out clean. Cool on wire rack.

Frosting: In a mixing bowl, beat milk and pudding mix on low speed for 2 minutes. Fold in the whipped topping. Spread over cake. Sprinkle with pistachios. Refrigerate for about 30 minutes before cutting. Refrigerate leftovers. Yield: 12 to 15 servings.

POUND CAKE

Faye Washington

3 c. sugar
1 c. butter
½ c. Crisco
1 c. milk
2 tsp. lemon flavoring
3 tsp. vanilla flavoring
5 eggs
3 c. plain flour

Cream butter, Crisco and sugar. Add eggs, one at a time, and beat. Add flavoring. Add flour alternating with milk. Do not preheat oven. Bake 1 ½ hours at 325°.

POUND CAKE

Nita Whitfield

3 ½ c. sifted cake flour
3 c. sugar
5 eggs (room temperature)
½ tsp. baking powder
½ tsp. salt
2 sticks butter
½ c. butter Crisco
1 tsp. pure vanilla
2 Tbsp. butternut flavoring

Sift flour; measure after sifting the first time. Sift second time, adding baking powder and salt, sifting together. Cream butter, Crisco, flavoring and sugar, beating on medium speed until mixture is whipped. Add eggs, beating on low for 5 minutes. Add flour alternately with milk, starting with flour, ending with milk. Place in a cold oven at 300°. Cook for 1 ½ hours. Remove from oven and leave in pan for about 30 minutes.

RED VELVET CAKE

Laverne Seagroves
Creedmoor, NC

1 box Duncan Hines cake mix
1 (3 oz.) vanilla pudding (instant)
1 c. cold water
½ c. oil
3 eggs
2 oz. red food coloring
1 Tbsp. cocoa, dissolved with 1 tsp. vanilla

Mix together and beat for 2 minutes. Divide into three layers. Bake 20 to 25 minutes (325° to 350°).

Cream Cheese Frosting:

8 oz. soft cream cheese
4 Tbsp. margarine
1 tsp. vanilla
1 box confectioners sugar
¾ c. finely chopped pecans

STRAWBERRY CAKE

Janice Grause

1 angel food cake, torn into pieces
1 small or large (as desired) box strawberry jello, mixed per following directions
1 large box instant vanilla pudding, mixed per directions
1 container Cool Whip
1 qt. (more or less as desired) strawberries
nuts (if desired)

Mix jello with hot water. Stir in ice to cool (do not use as much water/ice as you would use if fixing jello). Mix strawberries with jello. Layer approximately half of angel food cake on bottom of dish. Pour jello mixture over cake. Layer instant vanilla pudding (mix per directions). Layer remaining cake. Top with Cool Whip. Add chopped nuts, if desired.

UGLY CAKE

Lisa Pitzer
Franklinton, NC

3 c. flour
2 c. sugar
½ c. cocoa
1 tsp. salt
2 tsp. soda
2 c. water
⅔ c. oil
2 Tbsp. vinegar
1 tsp. vanilla
1 (8 oz.) pkg. cream cheese
dash of salt
1 egg
⅓ c. sugar
1 small pkg. chocolate chips

Mix first 5 ingredients together. Add water, oil, vinegar and vanilla. Beat well and spread in slightly greased and floured 13 x 9 x 2-inch pan. Beat until smooth the cream cheese, salt, egg and sugar. Drop by spoonful over butter and marbleize. Sprinkle chocolate chips over mixture and bake for 30 to 35 minutes at 350°.

WHITE CHOCOLATE CAKE WITH FUDGE ICING

Mary Lou Brogden
Oxford, NC

½ lb. white chocolate
2 c. sugar
½ lb. butter
4 eggs
2 ½ c. sifted flour
½ tsp. salt
1 tsp. baking powder
1 c. buttermilk
1 tsp. vanilla
½ to 1 c. flaked coconut
1 c. chopped pecans
2 c. sugar
2 sticks butter
1 (5 oz.) can evaporated milk
¼ tsp. salt
1 tsp. vanilla

Melt chocolate in double boiler over boiling water; cool. Cream ½ pound butter and 2 cups sugar together. Add chocolate and beat. Add eggs, one at a time, and beat well. Sift together flour, ½ teaspoon salt and baking powder, then add to mixture alternately with buttermilk. Add 1 teaspoon vanilla and coconut, then fold in nuts. Grease and flour large tube pan. Pour in cake mixture and bake at 350° for 1 hour and 15 minutes. Remove from oven; let stand 10 minutes, then remove from pan onto cake plate. Cool completely before icing.

Mix together 2 cups sugar, evaporated milk and ¼ teaspoon salt in heavy saucepan. Cook over low to medium heat, stirring constantly, until mixture reaches soft-ball stage or 234° on candy thermometer. Remove from heat, add vanilla and beat until cool and thickened. Ice cake.

APPLE DELIGHT

Toni Anne Wheeler
Butner, NC

12 large apples
4 Tbsp. sugar
¾ c. biscuit mix
raisins
3 Tbsp. cinnamon or to taste

Core and chop 1 apple into fairly large pieces (peel if desired). Mix 1 tablespoon biscuit mix, 1 teaspoon sugar, raisins and cinnamon to taste. Mix apple and dry mixture together. Place in greased, loosely wrapped double foil. Cook for 30 to 45 minutes or until the apple juice moistens the dough sufficiently.

APPLESAUCE RAISIN COOKIES

Barbara T. Toney

1 pkg. Duncan Hines applesauce cake mix
2 Tbsp. water
2 Tbsp. cooking oil
1 egg
½ c. chopped nuts

Preheat oven to 375°. Combine all ingredients and mix well. Drop from teaspoon 2-inches apart on a greased cookie sheet. Bake at 375° for about 10 minutes. Remove from cookie sheet at once. Makes 2 ½ to 3 dozen 2-inch cookies.

BROWN SUGAR SQUARES

Martha Purvis
Creedmoor, NC

1 c. sugar
1 c. brown sugar
4 eggs
1 tsp. vanilla
1 c. oil
1 c. nuts (pecans)
1 ½ c. self-rising flour

Cream sugar, eggs, vanilla and oil. Gradually stir in flour, then add pecans. Grease and flour 9 x 12 pan. Pour batter into pan and bake at 350° for 40 to 45 minutes.

BROWNIES

Martha Purvis

½ c. melted butter
1 c. sugar
1 tsp. vanilla
2 eggs
½ c. plain flour
⅓ c. cocoa
¼ tsp. baking powder
¼ tsp. salt
½ c. pecans

Cream sugar, butter, eggs and vanilla. Add flour, salt and baking powder. Blend well. Add pecans. Grease 9-inch pan. Doubles easy. Bake at 350° for 20 to 25 minutes.

BULL DOG BRITTLE

Mary Sue Yancey

1 stick margarine
1 stick butter
½ c. sugar
graham crackers
1 c. chopped pecans

Line cookie sheet with foil. Layer graham crackers in pan and sprinkle with chopped pecans. Bring margarine, sugar and butter to boil for 2 minutes, then drizzle over graham crackers with pecans. Bake 12 to 15 minutes at 325°. Let cool and break into pieces.

BUTTERY ALMOND CRUNCH

Peggy Greene
Creedmoor, NC

1 Tbsp. plus ½ c. butter (no substitutes), softened and divided
½ c. sugar
1 Tbsp. light corn syrup
1 c. sliced almonds

Line an 8-inch square pan with foil. Butter the foil with ½ tablespoon butter. Set aside. Spread sides of a heavy saucepan with ½ tablespoon butter. Add ½ cup butter, sugar and corn syrup. Bring to a boil over medium-high heat, stirring constantly. Cook and stir until mixture is golden brown, about 3 minutes. Stir in almonds. Quickly pour into prepared pan. Chill until firm. Invert pan and remove foil. Break candy into pieces. Yield: 10 ounces.

BROWNIES

Ann Winn

⅔ c. butter
1 c. sugar
1 tsp. vanilla
2 eggs
½ c. flour
½ c. chopped nuts
½ c. cocoa

Cream butter, sugar and vanilla. Beat in eggs. Stir in flour, nuts and cocoa. Bake in greased 8-inch square pan at 325° for 30 to 35 minutes.

CHERRY-BERRY ON A CLOUD

Nita Whitfield

6 egg whites
½ tsp. cream tartar
¼ tsp. salt
3 c. sugar, divided
6 oz. cream cheese, divided
1 tsp. vanilla
1 c. whipping cream, whipped
2 c. miniature marshmallows
2 c. fresh strawberries
1 (21 oz.) can cherry pie filling
1 tsp. lemon juice

Place a 10-inch circle of brown paper on a cookie sheet. Beat egg whites until foamy. Add cream tartar and salt, beating until soft peaks form. Gradually add 1 ¾ cups sugar, beating until egg whites are stiff. Spread egg whites evenly on brown paper circle. Bake at 275° for 1 hour. Turn oven off and remain in oven, unopened, overnight. Combine cream cheese, 1 cup sugar, vanilla and whipped cream; mix well. Stir in marshmallows and spread over meringue layer. Refrigerate overnight. Combine strawberries and ¼ cup sugar and chill. Combine strawberries, cherry pie filling and lemon juice. Stir gently. Spread over cream cheese layer.

CHOCOLATE BALLS

Mandy Brogden
Oxford, NC

2 sticks butter, melted
1 c. graham cracker crumbs
1 c. creamy peanut butter
1 box confectioners sugar
1 (12 oz.) bag semi-sweet chocolate chips

Mix together first 4 ingredients. Form into small balls. Melt chocolate chips in double boiler over boiling water. Dip balls in chocolate and place on waxed paper to cool.

CHOCOLATE-CHERRY CRISP

Pam Garrett

1 (15.8 oz.) pkg. Pillsbury thick and fudgy double chocolate deluxe brownie mix
1 c. quick-cooking rolled oats
½ c. chopped walnuts
½ c. margarine, melted
2 (21 oz.) cans cherry pie filling
vanilla ice cream

Heat oven to 350°. Reserve chocolate syrup package from brownie mix for topping. In large bowl, combine brownie mix, oats and walnuts; mix well. Add butter; stir until mix is moistened. (Mixture will be dry.) Spoon pie filling evenly into ungreased 9 or 8-inch square (2-quart) glass baking dish. Sprinkle brownie mixture over pie filling. Bake at 350° for 30 to 40 minutes or until edges are bubbly. Cool 45 minutes.

To serve, spoon crisp into bowls. Top each serving with ice cream; drizzle with chocolate syrup from packet. Yield: 10 servings.

CHOCOLATE CHIP CHEESECAKE

Phyllis Steele

Crust:

1 c. chocolate cookie crumbs
2 Tbsp. salted butter, softened

Filling:

16 oz. cream cheese, softened
1 c. sugar
16 oz. sour cream
3 eggs
1 Tbsp. vanilla
1 ½ c. semi-sweet chocolate chips, divided

Crust: Grind cookies into fine crumbs using blender or food processor. Add butter and blend until smooth. Press crust on bottom of 9-inch spring-form pan and refrigerate while preparing filling.

Filling: Beat cream cheese until smooth. Blend in sugar and sour cream. Add eggs and vanilla and mix until smooth. By hand, stir in 1 cup of chocolate chips. Pour into crust-lined pan and smooth top. Sprinkle remaining ½ cup chips evenly over top. Bake 50 to 60 minutes at 350°. Turn off oven and leave cheesecake in oven for one hour to set. Remove from oven and chill in refrigerator until firm (3 to 4 hours).

CHOCOLATE CHIP MERINGUES

Julie Woody

3 large egg whites
¼ tsp. cream of tartar
⅛ tsp. salt
¾ c. sugar
¼ c. unsweetened cocoa, divided
½ c. semi-sweet mini chocolate chips
¼ tsp. vanilla extract

Preheat oven to 250°. Cover a baking sheet with parchment paper; secure with masking tape. Place egg whites, cream of tartar and salt in a large bowl; beat with mixer on high until foamy. Combine sugar and 3 tablespoons cocoa in a separate bowl. Mix with a whisk. Gradually add sugar mixture to egg white mixture, 1 tablespoon at a time, beating at medium speed until stiff peaks form. Fold in mini chips and vanilla. Spoon mixture into a Ziploc and cut corner to make ½-inch hole. Pipe 30 (2-inch) round mounds ¼-inch apart. Bake 1 ½ hours at 250°. Turn off oven and cool meringues in closed oven for 1 hour. Dust meringues with remaining cocoa.

COCOA CAKE ICING OR CANDY

Clayton Strickland
Creedmoor, NC

⅔ c. cocoa
3 c. sugar
⅛ tsp. salt
1 ½ c. evaporated milk
¼ c. butter
½ tsp. vanilla

Combine cocoa, sugar and salt; add milk (dilute). Mix all ingredients and cook on high until it begins to boil, then go to medium heat. Cook until soft ball forms in cup of cold water. Remove from stove and add butter and vanilla flavoring. Whip until smooth.

Can use ½ cup peanut butter if you would like to make candy.

CONGO SQUARES

Clayton Strickland
Janet Miller (Sister)
Creedmoor, NC

2 ¾ c. self-rising flour
⅔ c. margarine (1 ⅓ sticks)
1 box brown sugar
3 eggs
1 c. chopped nuts
1 (6 oz.) pkg. chocolate morsels (and butterscotch is also good)

Place sugar and margarine in double boiler and cook until sugar is melted; cool. Add eggs, one at a time, beating well after each. Add flour and mix well. Stir in nuts and chocolate (or butterscotch) bits. Pour into large greased baking dish (13 x 9) and bake at 325° for approximately 30 minutes. Check with toothpick for done in center.

CREAM CHEESE TARTS

Pam Garrett

2 (8 oz.) pkg. cream cheese, softened*
1 c. sugar
2 eggs
1 tsp. vanilla extract
12 vanilla wafers
cherry pie filling

Beat cream cheese at medium speed of an electric mixer until light and fluffy. Gradually add sugar, mixing well. Add eggs, one at a time, beating well after each addition. Stir in vanilla. Place a vanilla wafer in each paper-lined cup of a muffin pan. Spoon cream cheese mixture over wafers, filling cups full. Bake at 350° for 20 minutes. Leave in muffin pan; cover and chill overnight.

To serve, top with a small amount of pie filling. Yield: 12 servings.

*Use regular cream cheese only.

CREAMY NO-COOK BANANA PUDDING

Cynthia Kelly
Creedmoor, NC

1 (14 oz.) can Eagle Brand sweetened condensed milk
1 ½ c. cold water
1 (4 serving size) pkg. instant vanilla pudding mix
1 pkg. Dream Whip whipped topping mix, whipped
1 box vanilla wafers
3 to 4 medium bananas

Combine Eagle Brand milk with water. Add pudding mix. Beat well. Chill 5 minutes, then fold in whipped Dream Whip. Spoon one cup pudding mixture in glass serving bowl. Top with one-third each of wafers, bananas and pudding. Repeat layering. Refrigerate.

EASY BANANA PUDDING

Nellie Brame

Pudding:

2 or 3 bananas
2 c. milk
4 Tbsp. flour
1 tsp. vanilla
1 box vanilla wafers
¾ c. sugar
3 egg yolks

Meringue:

3 egg whites
¼ tsp. cream tartar
½ tsp. vanilla
¼ c. sugar

Pudding: Mix sugar and flour. Add egg yolks to mixture. Cook ingredients. Add vanilla. Cook over double boiler until mixture starts to slightly thicken. Alternate cookies, bananas and sauce, making 2 to 3 layers.

Meringue: Beat egg whites and cream of tartar until stiff peaks form. Add vanilla. Beat a little more. Put over pudding and bake at 350° until browned.

EASY PEANUT BUTTER COOKIES

Cynthia Kelly

(A Great Recipe to Make with the Help of Your Children)

1 c. peanut butter
1 c. sugar
1 egg

Mix ingredients together and drop by teaspoonful onto ungreased cookie sheet. Press cookies so they are not completely flat but still slightly ball-shaped. Bake at 350° about 10 to 12 minutes. Immediately press with fork.

Option: Add chocolate candy kisses to top of cookie
Let cool before removing from cookie sheet.

FOUR CHIP FUDGE

Nellie Brame
Creedmoor, NC

1 ½ tsp. plus ¾ c. butter (no substitutes), divided
1 (14 oz.) can sweetened condensed milk
1 (11 ½ oz.) pkg. milk chocolate chips
1 (12 oz.) pkg. semi-sweet chocolate chips
1 c. butterscotch chips
3 Tbsp. milk
1 (7 oz.) jar Marshmallow Creme
½ tsp. almond extract
½ tsp. vanilla extract
1 c. chopped walnuts

Line a 13 x 9 x 2-inch pan with foil and grease the foil with 1 ½ teaspoons of butter; set aside. In a large heavy saucepan, melt the remaining butter over low heat. Add the next five ingredients. Cook and stir constantly until smooth. Remove from heat. Stir in butterscotch chips, Marshmallow Creme and extracts until well blended. Stir in nuts. Spread into prepared pan. Refrigerate until set. Lift out of pan and remove foil; cut into squares. Store in the refrigerator. Yield: About 4 ½ pounds.

FROSTED TEA CAKES

Mary Lou Brogden
Oxford, NC

1 c. butter
3 eggs, beaten
2 tsp. vanilla
2 c. sugar
4 c. flour
½ c. butter
⅔ c. cocoa
3 c. confectioners sugar
⅓ c. milk
1 tsp. vanilla

Melt 1 cup butter; let cool. Add to eggs. Stir in 2 teaspoons vanilla and sugar. Add flour and mix well. Drop by teaspoonfuls onto greased cookie sheet. Bake at 350° until cookies turn light brown around edges. Remove from oven and cool.

While cookies are cooling, prepare icing. Mix together ½ cup butter, melted, and cocoa. Pour over confectioners sugar. Add milk, beating to spreading consistency. Stir in 1 teaspoon vanilla. Spread icing over cooled tea cakes. Top with another tea cake, making a sandwich-style cake.

GOODY BARS

Janet Newton

1 box pudding in the mix cake mix (yellow or white)
1 stick butter, melted
1 egg
¾ c. finely chopped nuts
8 oz. cream cheese, softened
2 eggs
1 box powdered sugar

Mix cake mix, melted butter and 1 egg together and press into ungreased 9 x 13 pan. Sprinkle nuts over this. Then mix cream cheese, 2 eggs and powdered sugar together. Pour over nuts. Bake at 350° for 35 to 40 minutes. Cut into squares when completely cooled.

GRAHAM CRACKER SQUARES

Donna Moore

graham crackers
1 ½ c. nuts (pecans)
2 sticks margarine
½ c. sugar

Line 9 x 13 pan with graham crackers. Boil margarine and sugar together for 3 minutes. Spoon over graham crackers that have been sprinkled with nuts. Bake at 350° for 7 to 8 minutes. Cool and break apart.

HALF AND HALF CHEESECAKE

Rose Lyon
Creedmoor, NC

2 (8 oz.) cream cheese
½ c. sugar
½ tsp. vanilla
2 eggs
3 sq. semi-sweet chocolate, melted and cooled
graham cracker pie crust

Mix cream cheese, sugar and vanilla in bowl on medium with mixer. Add eggs; mix until smooth. Add chocolate to 1 cup of batter and pour in crust. Top with plain batter. Bake at 350° for 40 minutes.

HOT FUDGE SAUCE

Robin Newton

1 (14 oz.) can sweetened condensed milk
4 (1 oz.) sq. semi-sweet chocolate
2 Tbsp. butter (no substitutes)
1 tsp. vanilla extract

In a heavy saucepan, combine the milk, chocolate and butter. Cook and stir over medium-low heat until chocolate is melted. Remove from the heat; stir in vanilla. Yields about 1 ½ cups.

"LAINE'S" CHOCOLATE ICING

Karen Brown

almost ½ c. cocoa
1 stick real butter
½ to ¾ box confectioners sugar
milk (use sparingly to achieve spreading consistency)
2 tsp. vanilla

Cream together cocoa, sugar and butter. Add little at the time of the milk and vanilla.

LEMON CHESS TARTS

Ellen Hardy

½ stick butter
1 ¼ c. sugar
3 eggs
¼ c. lemon juice
box (8) frozen tart shells

Melt butter and let cool. Mix sugar, eggs and butter in a small bowl. Stir in lemon juice. Blend well. Pour into frozen tart shells. Bake at 400° for 20 minutes.

LOADED WITH CHIPS COOKIES

Vicky Hamrick

If you especially love chocolate chip cookies, these are some of the best you'll find anywhere.

½ c. butter or margarine, softened
½ c. shortening
1 c. firmly packed brown sugar
½ c. sugar
2 eggs
1 tsp. vanilla extract
1 ½ c. regular oats (uncooked)
1 ¾ c. all-purpose flour
1 tsp. baking soda
½ tsp. salt
1 (12 oz.) pkg. semi-sweet chocolate morsels
¾ c. chopped pecans (optional)

Cream butter and shortening. Gradually add sugars. Beat at medium speed of electric mixer until light and fluffy. Add eggs and vanilla, beating well. Combine oats, flour, baking soda and salt. Add to creamed mixture, mixing well. Stir in chocolate morsels and pecans. Drop dough by heaping teaspoonfuls onto greased cookie sheets. Bake at 350° for 12 to 14 minutes or until brown. Remove to racks to cool. Servings: 6 dozen (small).

MOM'S APPLE COBBLER

Cathy Jenkins
Creedmoor, NC

½ c. butter/margarine
2 c. sugar
2 c. water
1 ½ c. flour
½ c. shortening
⅓ c. milk
2 c. finely chopped apples
1 tsp. cinnamon

Preheat oven to 350°. Place butter in a 9 x 13 x 2 dish and place in oven to melt. Set aside.

In a saucepan, mix sugar and water and cook just until sugar melts. Cut shortening into flour until fine crumbs. Add milk and stir until dough leaves sides of bowl. On floured board, knead just until smooth. Roll out dough into large rectangle, ¼-inch thick. Sprinkle cinnamon over apples and spread over dough. Roll jelly-roll style. Dampen dough edge with water and seal . Slice dough into 16 parts (½-inch). Place in buttered pan. Slowly and carefully pour syrup in. Bake 55 to 60 minutes.

Other fruits may be used.

MICROWAVE FUDGE

Clayton Strickland
Creedmoor, NC

2 lb. confectioners sugar
½ c. milk
1 c. cocoa
2 Tbsp. vanilla
1 c. butter
1 c. chopped pecans

Blend sugar and cocoa in 3-quart casserole. Add milk and butter. Do not stir. Microwave on High for 4 to 6 minutes, then stir until smooth. Add vanilla and nuts; stir until blended. Pour into large dish. Seal and refrigerate until set. Cut into squares. After cutting, this may be frozen. Yield: 3 pounds.

MISS MOLLY'S SUGAR COOKIES

Nancy Frazier

½ c. Crisco
1 c. sugar
1 egg, beaten
1 Tbsp. baking powder
1 Tbsp. milk
2 ¼ c. flour
½ tsp. vanilla

Cream together Crisco and sugar. Add egg. Mix baking powder with flour. Add alternating with milk. Add flavoring. Roll out to desired thickness and cut cookies out. Bake at 350° until lightly brown.

NEIMAN-MARCUS BARS

Sue Keith Woodlief

1 box Duncan Hines Swiss chocolate cake mix (can use devil's food)
1 egg
1 stick margarine, melted
1 box 10x sugar
2 eggs
1 (8 oz.) cream cheese

Mix cake mix, eggs and margarine with mixer. Put in 9 x 13 pan. Beat remaining ingredients together and pour over chocolate mixture. Bake 50 minutes at 350°. Do not overbake.

NUTTY CHOCOLATE MARSHMALLOW CUPS

Peggy Greene

2 c. milk chocolate chips
1 (14 oz.) can sweetened condensed milk
1 (7 oz.) jar Marshmallow Creme
40 large marshmallows
4 c. chopped pecans

In heavy pan, heat chocolate chips, milk and Marshmallow Creme just until melted. Stir until smooth (mixture will be thick). With tongs, dip marshmallows, one at a time, in chocolate mixture. Shake off excess chocolate; quickly roll in pecans. Place on waxed paper-lined baking sheets. Reheat chocolate mixture, if necessary, for easier coating. Refrigerate until firm. Store in refrigerator.

OLD-FASHION CHOCOLATE PUDDING

Sue Woodlief

3 ½ c. sugar
¾ c. flour
7 Tbsp. Hershey cocoa
pinch of salt
5 eggs
3 ½ c. ~~plain flour~~ *milk*
3 tsp. vanilla

Mix sugar, flour, cocoa and salt together in large saucepan. Beat egg yolks (save egg whites for meringue). Add egg yolks, vanilla and milk to dry ingredients. Beat well. Cook in double boiler or saucepan. Stir often. Cook until thick. Top with meringue in 9 x 11 dish.

Meringue (Never Fail):

5 egg whites, beaten until stiff
⅓ c. sugar
1 Tbsp. cornstarch
½ c. water

Cook sugar mixture for few minutes, stirring constantly until thickened. Pour while hot into beaten egg whites, beating all the time. Continue beating until stiff. Spread on pudding and seal edges. Bake at 350° until brown.

OLD-FASHIONED TEACAKES

Cathy Jenkins
Creedmoor, NC

1 c. sugar
1 stick margarine
1 egg
1 tsp. vanilla
2 c. flour

Mix like bread dough. Roll out fairly thin and cut with biscuit cutter. Cook at 350° until very slightly browned.

PEACH COBBLER

Helen Davenport

5 large peaches
1 c. sugar
¼ c. butter

Crust:

1 c. Bisquick
¼ c. butter
2 Tbsp. water

Slice peaches. Sprinkle with sugar. Let drain. Place peaches in buttered casserole. Pour melted butter over peaches.

Crust: Melt butter with water. Mix well with Bisquick and roll into crust. Spread over peaches and pierce with fork many times. Pour more melted butter over crust and sprinkle with sugar. Bake at 375° until brown.

PEACH COBBLER

Anne Laura Braxton
Creedmoor, NC

1 (29 oz.) can sliced peaches, drained
5 slices sandwich bread, crust trimmed off and sliced into 5 strips
1 stick margarine, melted
1 c. sugar
2 Tbsp. flour
1 egg, well beaten

Put the fruit in the bottom of the pan. Cover with bread strips and press down. Mix together margarine, sugar, flour and egg until smooth. Pour over the bread evenly. Bake at 350° for 35 to 40 minutes.

PEACH CRISP

Josephine Hester

1 c. sliced peaches
⅓ c. butter
1 c. sugar
1 tsp. cinnamon
¼ c. water
¾ c. flour

Butter a baking dish; put in sliced peaches and pour over peaches the water and cinnamon. Work together sugar, flour and butter until crumbly; spread this over the peach mixture and bake slowly, uncovered, until peaches are tender. Serve while warm with ice cream or whipped topping.

PECAN PIE BARS

Mickey Peed

1 ½ sticks margarine
1 lb. less ¼ c. brown sugar
2 eggs, beaten
1 c. chopped pecans
1 ½ c. sifted flour
1 tsp. baking powder
⅛ tsp. salt
1 tsp. vanilla

Melt margarine and sugar over medium heat; boil 2 minutes. Cool in cold water for a few minutes. Mix flour, baking powder and salt; add to butter and sugar mixture. Add eggs and blend well. Add vanilla and nuts; blend well. Bake in greased 9 x 9 square pan at 325° for 35 minutes. Cut in squares.

PEANUT BUTTER COOKIES

Sue Yancey

3 Tbsp. cocoa
½ c. milk
½ c. peanut butter
1 tsp. vanilla
2 c. sugar
¼ lb. butter
2 c. oatmeal (uncooked)

Boil cocoa, sugar, milk and butter for one minute and remove from stove. Add peanut butter, uncooked oatmeal and vanilla. Beat until greasy. Pour in greased pan and cut when cool.

PINEAPPLE CRISP

Robin Newton

1 ½ c. flaked coconut
1 c. all-purpose flour
1 c. packed brown sugar
½ c. butter, melted
⅛ tsp. salt

Filling:

¾ c. sugar
3 Tbsp. cornstarch
1 (8 oz.) can crushed pineapple (undrained)
1 Tbsp. lemon juice
1 Tbsp. butter

In a bowl, combine the coconut, flour, brown sugar, butter and salt. Press 1 ½ cups into a greased 9-inch square baking pan; set remaining mixture aside.

In a saucepan, combine the filling ingredients. Bring to a boil; cook and stir for 2 minutes or until thickened and bubbly. Cool; spread over crust. Sprinkle with reserved coconut mixture. Bake at 350° for 25 to 30 minutes or until golden brown. Cool on a wire rack. Yields 9 servings.

RASPBERRY/CHOCOLATE BARS

Rose Lyon
Creedmoor, NC

2 ½ c. all-purpose flour
1 c. sugar
¾ c. finely chopped pecans
1 c. (2 sticks) cold butter
1 egg, beaten
1 (12 oz.) jar seedless red raspberry jam
1 ⅔ c. milk chocolate chips

Heat oven to 350°. Grease 13 x 9 x 2-inch baking pan. Sift together flour, sugar, pecans, butter and egg in large bowl. Cut in butter with fork until resembles coarse crumbs; set aside 1 ½ cups crumb mixture. Press remaining crumb mixture on bottom of prepared pan. Spread jam over top. Sprinkle with chocolate chips. Crumble remaining crumb mixture over top. Bake 40 to 45 minutes, until lightly browned, at 350°. Cool pan on wire rack; cut into bars.

RICE PUDDING

Wayne Wheeler
Durham, NC

¾ c. rice (not cooked)
3 eggs
½ c. sugar
1 tsp. vanilla
½ tsp. salt
½ stick margarine, melted
1 small can crushed pineapple
½ c. raisins
¾ c. milk

Cook rice. Beat eggs, sugar, salt, vanilla and melted margarine. Add cooked rice and stir well. Add crushed pineapple, raisins and milk. Mix well and pour into a greased casserole dish and bake at 350° for about 30 minutes. Stir twice when cooking.

SWEET POTATO COBBLER

Josephine Wheeler Lyon

3 medium sweet potatoes
2 c. sugar
2 sticks butter
¼ tsp. salt
2 tsp. vanilla
1 ½ Tbsp. flour
1 (9-inch) pie crust

Cook peeled and sliced potatoes in ½ teaspoon salt; cover with water. Cook until tender. Pour potatoes and water into a greased 9 x 13 pan. Add sugar, butter, vanilla and flour. Cut pie crust in strips and crisscross on top of cobbler. Add slices of butter over strips and sprinkle sugar. Bake in a 400° oven for 15 minutes. Lower heat and bake at 350° about 45 minutes.

ULTIMATE DOUBLE CHOCOLATE BROWNIES

Toni Anne Wheeler
Butner, NC

¾ c. baking cocoa
½ tsp. baking soda
⅔ c. butter
½ c. boiling water
2 c. sugar
2 eggs
1 ⅓ c. flour
1 tsp. vanilla
¼ tsp. salt
½ c. chopped pecans
2 c. (12 oz.) chocolate chips

In a large bowl, combine cocoa and baking soda; blend in ⅓ cup melted butter. Add boiling water; stir until well blended. Stir in eggs, sugar and remaining butter. Add flour, vanilla and salt. Stir in pecans and chocolate chips. Pour into a greased 13 x 9-inch baking pan. Bake at 350° for 35 to 40 minutes or until brownies begin to pull away from sides of pan. Cool. Yield: 3 dozen.

WHITE CHOCOLATE RITZ CRACKERS

Mandy Brogden
Oxford, NC

1 (18 oz.) jar creamy peanut butter
1 (1 lb.) box Ritz crackers
2 lb. white chocolate

Spread peanut butter between two Ritz crackers. Repeat until all crackers are used. Melt chocolate in double boiler over boiling water. Dip crackers in chocolate and place on waxed paper to cool.

For Christmas look, reserve small amount of melted chocolate. Mix two drops of red food coloring in chocolate and drizzle over dipped crackers.

BUTTER PECAN ICE CREAM

Peggy Greene
Creedmoor, NC

2 c. chopped pecans
3 Tbsp. butter, melted
3 (14 oz.) cans evaporated milk
2 (3.4 oz.) pkg. instant vanilla pudding
2 ½ c. sugar
1 tsp. vanilla
2 qt. milk

Brown the pecans in butter, then combine the remaining items and mix thoroughly. Do not place the pecans in ice cream freezer until ready to start machine.

BUTTER PECAN ICE CREAM

Ernestine Hagwood
Creedmoor, NC

2 c. Pet milk (finish filling freezer regular milk)
1 ½ Tbsp. lemon juice
1 ½ Tbsp. instant coffee
¼ tsp. salt
1 ½ c. roasted pecans
2 ¾ c. sugar
1 Tbsp. vanilla flavoring

Makes 4 to 5 quarts.

HOMEMADE VANILLA ICE CREAM

Karen Brown

2 ½ c. sugar
4 Tbsp. flour
4 eggs
1 can Pet milk
2 tsp. vanilla
whole milk

Mix in blender or with mixer first 5 ingredients. Finish filling freezer to "fill line" with whole milk. Freeze in electric freezer with crushed ice and 1 box ice cream salt. This is for 4-quart freezer.

MARSHMALLOW-VANILLA ICE CREAM

Nancy Wynn
Creedmoor, NC

30 large marshmallows
½ c. milk
4 eggs, beaten
½ c. sugar
1 Tbsp. vanilla
1 (15 oz.) can condensed milk
1 pt. whipping cream
whole milk

Melt marshmallows and ½ cup milk in top of double boiler. Remove from heat and stir into eggs which sugar has been added. Stir in vanilla and sweetened condensed milk. Put mixture in 1 gallon freezer. Add whipping cream and enough whole milk to fill freezer ⅔ full. Freeze.

SNOW CREAM

Joy Grady
Creedmoor, NC

2 eggs
1 c. sugar
1 can evaporated milk
big bowl of flaky snow (do not use snow with ice in it)
2 really ripe bananas, mashed (optional)
1 small can crushed pineapple (optional)
1 small jar cherries, chopped, or just vanilla flavoring (optional)

Mix eggs and sugar together really good. Add milk and then fruit or just vanilla flavoring. Then add enough snow to thicken it to just the right consistency. Makes enough for two people.

-•*EXTRA RECIPES*•-

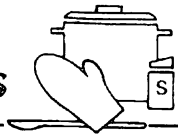


EVERAGES, MICROWAVE & MISC.

"IF ANY MAN IS THIRSTY, LET HIM COME TO ME AND DRINK."

JOHN 7:37

Helpful Cooking Hints



Frozen gravies or sauces may be a little thicker after thawing than when they were freshly made. Adding a little appropriate liquid - milk, broth, or bouillon - will thin them to the desired consistency.

For extra juicy, extra nutritious hamburgers, add 1/4 cup evaporated milk per pound of meat before shaping.

To ripen green pears, just place 2 or 3 in a brown bag, loosely closed, and store at room temperature out of direct sunlight.

In making pickles, use white vinegar to make clear pickles and coarse salt which comes in 5 pound bags. This is not rock salt. Avoid using iodized salt for pickle making. Most pickles are better if allowed to stand six weeks before using.

Lemon gelatin dissolved in 2 cups of hot apricot nectar with 1 teaspoon of grated lemon added for zip makes a perfect base for jellied fruit salad.

Put a tablespoon of butter in the water when cooking rice, dried beans, macaroni, to keep it from boiling over. Always run cold water over it when done to get the starch out. Reheat over hot water, if necessary.

Never put a cover on anything that is cooked in milk unless you want to spend hours cleaning up the stove when it boils over.

Anything that grows under the ground, start off in cold water - potatoes, beets, carrots, etc. Anything that grows above ground, start off in boiling water - English peas, greens, beans, etc.

To clean aluminum pots when they are stained dark, merely boil with a little cream of tartar, vinegar or acid foods.

Baking powder will remove tea or coffee stains from china pots or cups.

Canned cream soups make excellent sauces for vegetables, fish, etc. Celery with lobster, black bean or onion with cauliflower, tomato with lamb chops.

Slip your hand inside a waxed sandwich bag and you have a perfect mitt for greasing your baking pans and casserole dishes.

To reheat roast, wrap in aluminum foil and heat in a slow oven.

Hard boiled eggs will peel easily if cracked and placed in cold water immediately after taking out of the hot water.

You can cut a meringue pie cleanly by coating both sides of the knife lightly with butter.

When recipe calls for adding raw eggs to hot mixture, always begin by slowly adding a small amount of hot mixture to the beaten eggs to avoid curdling.

To remove fish odor from hands, utensils and dish cloths, use one teaspoon baking soda to quart of water.

To keep icings moist and to prevent cracking, add a pinch of baking soda to the icing.

If soup tastes very salty, a raw piece of potato placed in the pot will absorb the salt.

Pour water into mold and then drain before pouring in mixture to be chilled. Will come out of mold easier.

When rolling cookie dough, sprinkle board with powdered sugar instead of flour. Too much flour makes the dough heavy. When freezing cookies with a frosting, place them in freezer unwrapped for about 2 hours - then wrap without worrying about them sticking together.

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BEVERAGES, MICROWAVE & MISCELLANEOUS

BANANA PUNCH

Maxine Aiken

4 c. sugar
5 ripe bananas
1 (46 oz.) can pineapple juice
juice of 2 lemons (ReaLemon or lemonade)
1 large can frozen orange juice (not diluted)
1 (No. 2) can crushed pineapple, pureed in blender
1 small bottle red cherries, quartered
3 qt. ginger ale

Mix sugar with 6 cups of water. Bring to a boil. Let cool. Mix with bananas. Mix all ingredients, except ginger ale, and freeze. Combine with ginger ale when ready to serve. Serves 40.

EXCELLENT PUNCH

1 (46 oz.) can pineapple juice
1 qt. white grape juice
2 c. sugar
2 packs lemonade Kool-Aid (can use other flavors if you want different color)
2 qt. Wink

Mix all ingredients together, except Wink; blend well. Add water to fill gallon container. Freeze. When ready to serve, partially thaw; add Wink.

FRUIT PUNCH

Marion Bullock Henry

2 large cans Hawaiian punch
1 can frozen lemonade (large)
1 can frozen pineapple juice
½ bottle Sprite

Mix Hawaiian punch, lemonade and pineapple juice. Mix ½ punch mixture with ½ Sprite. Pour over ice or serve from punch bowl. Punch mixture will keep for several days in the refrigerator.

FRUIT PUNCH

Pam Garrett

8 c. freshly squeezed orange juice
1 c. fresh raspberries
4 c. water
2 c. sugar
2 qt. soda water
2 qt. ginger ale
2 (46 oz.) cans pineapple juice
1 (46 oz.) can grapefruit juice

Put orange juice through a strainer to remove pulp. Press raspberries through a sieve to remove seeds. Make a syrup by combining sugar and water over heat and boiling until sugar is dissolved. Combine all ingredients and chill. Yield: 100 portions.

GRAPE PUNCH

Ernestine Hagwood
Creedmoor, NC

64 oz. Tropicana orange juice
64 oz. Welch's 100% grape juice
64 oz. pineapple juice
juice from 2 lemons
ginger ale or Sprite

All juices must be pure. Combine juices. Use equal amount ginger ale or Sprite when ready to serve. Serve over ice.

JELLO PUNCH

Maxine Aiken

1 large box jello (color desired)
2 small cans frozen orange juice
2 small cans frozen lemonade
1 large can pineapple juice
1 c. sugar
6 c. hot water
12 c. cold water
ginger ale to taste

Mix first 7 ingredients and freeze. Let partially thaw; add ginger ale when ready to serve.

JELLO PUNCH

Susan Haskins

1 (6 oz.) pkg. lime jello
2 c. sugar
4 qt. water
1 can pineapple juice
ginger ale to taste

Combine jello, sugar and water. Boil for 5 minutes. Let cool. Add pineapple juice and stir. Pour mixture into 1 quart or 2-quart containers and freeze. When ready to serve, add 1 bottle ginger ale to each 2-quart container in punch bowl.

LEMON TEA TINGLER BEVERAGE

Janice Marler

7 c. boiling water
12 regular size tea bags or lemon tea bags
½ c. sugar
1 (6 oz.) can frozen lemonade concentrate, thawed (undiluted)
1 c. chilled club soda

Place tea bags into the 7 cups of boiling water. Boil gently for 20 minutes. Let cool. Remove tea bags and squeeze gently. Stir in sugar. Add lemonade and club soda. Makes 10 ½ cups.

RUSSIAN TEA OR SPICED TEA

Kathy Frye

½ c. instant tea
½ tsp. cloves
1 ¼ c. sugar
2 c. Tang
1 tsp. cinnamon
2 pkg. lemonade mix

Mix well and store in tight jar. Add hot water to three heaping teaspoons in a mug.

STRAWBERRY PUNCH

Ernestine Hagwood
Creedmoor, NC

3 small boxes strawberry jello
1 large can pineapple juice (unsweetened)
2 small frozen lemonade
2 c. boiling water
2 qt. water
2 c. sugar

Mix jello in boiling water. Stir well. Add other ingredients. Freeze. Add ginger ale and chop when ready to drink.

TANG PUNCH

Maxine Aiken

½ c. sugar
⅔ c. Tang
3 c. water
1 pt. cranberry or pineapple juice
1 qt. ginger ale

Mix all ingredients, except ginger ale. Freeze. When ready to serve, thaw partially and add ginger ale.

BANANA/PEANUT BUTTER SANDWICH

Phil Grady
Creedmoor, NC

1 banana (medium ripe)
2 to 3 Tbsp. crunchy peanut butter
sprinkle of sugar (optional)
4 slices bread

Mash up banana, but not too much. Add peanut butter and mix together. Place half of banana mixture onto a slice of bread. Place another slice on top. Repeat with remaining mixture.

This makes a great snack or a light meal.

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LIST OF CONTRIBUTORS

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Maxine Aiken . 51, 61, 62, 84, 129-131

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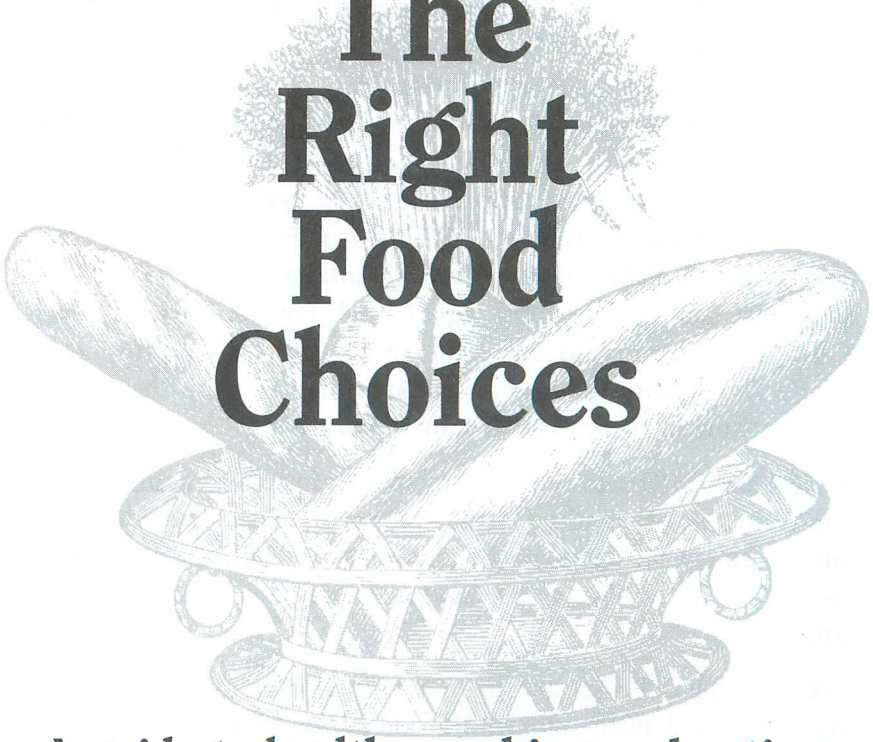
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Making The Right Food Choices



A guide to healthy cooking and eating

People are more concerned than ever about making the right choices when it comes to eating. Once primarily concerned with weight and calories, now consumers want to know more about what they are putting into their bodies. Their concerns include a number of diet related topics such as cholesterol, fat, fiber, sodium, as well as calorie intake.

Fundcraft Publishing has gathered important nutritional information to help consumers eat smart. The following pages include topics such as nutrient content claims, health claims and the new food label and how this information can play a role in your family's diet and overall good health.

The role of fat in your diet

Fat consumption has been linked to heart disease, obesity, some types of cancer and gallbladder disease. Many public and private health authorities now recommend that Americans strive to reduce their intake of dietary fat.

The problem that confronts so many people now is how to translate these recommendations for a reduced-fat diet to their everyday menu. Basically, this means selecting foods which are low in fat or fat free *more often*. Choosing vegetables and fruits, cereals and grain products, fish, lean meats and low-fat dairy products will help reduce your daily intake of fat.

Not all fats are created equal and not all fats are bad. Cholesterol and saturated fats are the hardest on your heart, while monosaturated and polyunsaturated fats are the easiest. Here's how to recognize all four in your diet:

CHOLESTEROL is a fatty substance found in animal foods including meat, poultry, fish, egg yolks, milk, cream, cheese, butter and other dairy products. Foods derived from plants such as fruits, vegetables, grains and nuts contain no cholesterol at all.

SATURATED FATS are primarily contained in animal foods including red meat and whole milk dairy products. Saturated fats can also be found in certain types of oils, notably coconut and palm and palm kernel oils, which are used in commercially baked goods. It's a good idea to cut down on foods high in saturated fats and to make substitutions whenever possible.

MONOSATURATED FATS are not considered harmful to your heart, and new research suggests they may actually reduce your blood cholesterol level and, thus, your risk of cardiovascular disease. This type of fat is found in olive oil, and in certain plant foods including avocados.

POLYUNSATURATED FATS also tend to reduce blood cholesterol levels. It's the kind of fat you find most typically in sunflower, corn, soybean and safflower oils.

Decreasing Your Fat Intake

You can lower your cholesterol level and decrease your risk of heart disease by cutting down on your fat consumption. Here are some ways:

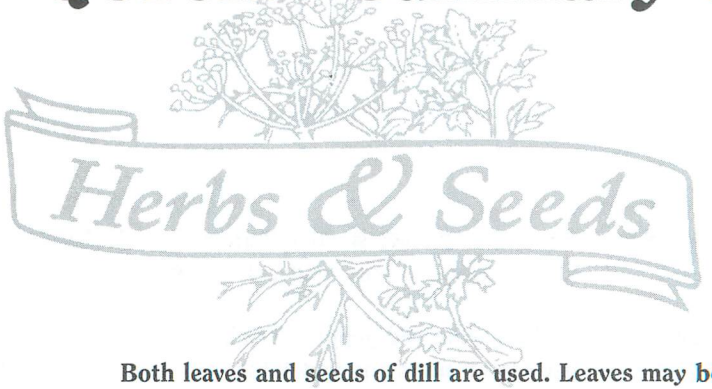
- Avoid fried foods; bake or broil.
- Choose lean meats; cut off the fat before cooking.
- Avoid luncheon meats (hot dogs, bologna).
- Eat sparingly of sausage and bacon.
- Remove skin from poultry (before cooking, if possible).
- Steam vegetables.
- Use half the fat (oil, margarine, butter, lard, shortening, mayonnaise) called for in recipes.
- Use less than 1 teaspoon margarine or butter on bread, hot cereals, vegetables.
- Use low-fat salad dressings; limit other salad dressings to 1 tablespoon.
- Season with herbs, lemon, vinegar, onion, garlic, tomato products.
- Thicken sauces, soups with a mixture of corn starch (or flour) and cold water.
- For snacks, choose fruit, vegetables, whole grain bread/cereals/ crackers.
- Choose low-fat milk products such as buttermilk, 2% fat milk, non-fat dry milk powder and skim milk.
- Use lean pieces of meat instead of fatback as seasoning for beans, peas, greens.

How to Pick What's Good for Your Diet
Formula % of calories from fat:
(Grams of Fat) x 9/(Calories per serving)=
(Percent of calories from fat)

TABLE FOR COOKING VEGETABLES

Vegetable	Ways To Prepare	Cooking	Time
CELERY	Scrub thoroughly. Cut off leaves and trim roots. Slice into desired lengths.	Cook covered in small amount of boiling water or in consommé.	10-15 mins.
CORN	Remove husks and silks from fresh corn. Rinse and cook whole.	Cook covered in small amount of boiling water; or cook uncovered in enough boiling salted water to cover ears.	6-8 mins.
EGGPLANT	Wash; if skin is tough, pare. Cut in 1/2 inch slices.	Dip in beaten egg, then in fine dry bread crumbs. Brown slowly on both sides in hot oil. Season.	Approx. 4 mins.
MUSHROOMS	Wash; cut off tips of stems. Leave whole or slice.	Add to melted margarine in skillet; sprinkle with flour and mix. Cover and cook slowly, turning occasionally.	8-10 mins.
OKRA	Wash pods; cut off stems. Slice or leave whole.	Cook covered in small amount of boiling salted water.	8-15 mins.
PARSNIPS	Wash thoroughly; pare or scrape. Slice lengthwise or crosswise.	Cook covered in small amount of boiling salted water.	15-20 mins.
PEAS, Green	Shell and wash.	Cook covered in small amount of boiling water.	8-15 mins.
SPINACH	Cut off roots and wash several times in lukewarm water, lifting out of water as you wash.	Cook covered without adding water. Reduce heat when steam forms. Turn often while cooking.	3-5 mins.
TOMATOES	Wash ripened tomatoes.	Cook slowly, covered, without adding water.	10-15 mins.
ZUCCHINI	Wash; do not pare. Slice thin.	Season and cook covered in margarine for 5 mins. Uncover and cook till tender, turning slices.	10 mins. Total

A "*QUICK*" Summary Of



DILL — Both leaves and seeds of dill are used. Leaves may be used as a garnish or to cook with fish. Leaves or the whole plant may be used to flavor dill pickles.

FENNEL — Has a sweet, hot flavor. Both seeds and leaves are used. Seeds may be used as a spice in very small quantity in pies and baked goods. Leaves may be boiled with fish.

MARJORAM — May be used both green and dry for flavoring soups and ragouts; and in stuffing for all meats and fish.

TARRAGON — Leaves have a hot, pungent taste. Valuable to use in all salads and sauces. Excellent in tartar sauce. Leaves are pickled with gherkins. Used to flavor vinegar.

CURRY POWDER — A number of spices combined to proper proportions to give a distinct flavor to such dishes as vegetables, meat, poultry and fish.

CHIVES — Leaves are used in many ways. May be used in salads, cream cheese, sandwiches, omelets, soups and fish dishes. Mild flavor of onion.

SAGE — Used fresh and dried. May be used in poultry and meat stuffings; in sausage and practically all meat combinations; in cheese and vegetable combinations, as in vegetable loaf, or curry. The flowers are sometimes used in salads.

continued

Herbs & Seeds

continued...

CARAWAY Seeds have a spicy smell and aromatic taste. Used in baked goods, cakes, breads, soups, cheese and sauerkraut.

PAPRIKA A Hungarian red pepper. Bright red in color. May be used in all meat and vegetable salads, in soups, both cream and stock. As a garnish for potatoes, cream cheese, salads or eggs.

BASIL Aromatic odor, warm, sweet flavor, used whole or ground. Used with lamb, fish and vegetable dishes.

OREGANO Whole or ground, strong aromatic odor, used with tomato sauces, pizza and veal dishes.

BAY LEAF A pungent flavor. Available as whole leaf. Good in vegetable and fish soups, tomato sauces and juice. Remove before serving.

GINGER An aromatic, pungent root, sold fresh, dried or ground. May be used in pickles, preserves, cakes, cookies, puddings, soups, pot roasts.

CHERVIL Aromatic herb of carrot family, like parsley but more delicate. Used fresh or dry in salads, soups, egg and cheese dishes.

SHALLOTS Small type onion producing large clusters of small bulbs. Used like garlic to flavor meats, poultry, sausage, head cheese.

VINEGAR Low percentage natural acid, generally acetic acid. Used as a preservative for all pickling of vegetables and fruit. To give zest or tangy flavor to salad dressings; for meat, fish and vegetable sauces. Different kinds are wine vinegar, white vinegar, cider vinegar, tarragon vinegar.



CALORIE COUNTER

CANDIES, SNACKS AND NUTS

		Calories
Almonds	12 to 15	93
Cashews	6 to 8	88
Chocolate Bar (nut)	2 ounce bar	340
Coconut (Shredded)	1 cup	344
English Toffee	1 piece	25
Fudge	1 ounce	115
Mints	5 very small	50
Peanuts (salted)	1 ounce	190
Peanuts (roasted)	1 cup	800
Pecans	6	104
Popcorn (plain)	1 cup	54
Potato Chips	10 medium chips	115
Pretzels	10 small sticks	35
Walnuts	8 to 10	100

DAIRY PRODUCTS

American Cheese	1 cube, 1 1/8 inch	100
Butter or Oleomargarine	1 level Tbsp.	100
Cheese (blue, cheddar, cream, Swiss)	1 ounce	105
Cottage Cheese (uncreamed)	1 ounce	25
Cream, light	1 Tbsp.	30
Cream, whipped	1 Tbsp.	25
Egg White	1	15
Egg Yolk	1	61
Eggs (boiled or poached)	2	160
Eggs (scrambled)	2	220
Egg (fried)	1 medium	110
Yogurt (flavored)	4 ounces	60

DESSERTS

Cakes:		
Angel Food Cake	2" piece	110
Cheesecake	2" piece	200
Chocolate Cake, iced	2" piece	445
Fruit Cake	2" piece	115
Pound Cake	1 ounce piece	140
Sponge Cake	2" piece	120
Shortcake with fruit	1 avg. slice	300
Cupcake, iced	1	185
Cupcake, plain	1	145
Pudding:		
Bread Pudding	½ cup	150
Flavored Puddings	½ cup	140
Pies:		
Apple	1 piece	331
Blueberry	1 piece	290
Cherry	1 piece	355
Custard	1 piece	280
Lemon Meringue	1 piece	305
Peach	1 piece	280

CALORIE COUNTER

DESSERTS (Cont.)

		Calories
Pumpkin	1 piece	265
Rhubarb	1 piece	265
Ice Cream:		
Chocolate Ice Cream	½ cup	200
Vanilla Ice Cream	½ cup	150
Miscellaneous:		
Chocolate Eclair, custard	1 small	250
Cookies, assorted	1, 3-inch dia.	120
Cream Puff	1	296
Jello, all flavors	½ cup	78

BEVERAGES AND JUICES

Chocolate Malted	8 ounces	450
Cocoa (all milk)	8 ounces	235
Cocoa (milk & water)	8 ounces	140
Coffee (black/unsweetened)		0

BREADS AND FLOUR FOODS

Baking Powder Biscuits	1 large or 2 small	129
Bran Muffin	1 medium	106
Cornbread	1 small square	130
Dumplings	1 medium	70
Enriched White Bread	1 slice	60
French Bread	1 small slice	54
French Toast	1 slice	135
Macaroni and Cheese	1 cup	475
Melba Toast	1 slice	25
Noodles cooked	1 cup	200
Pancakes (wheat)	1, 4-inch	60
Raisin Bread	1 slice	80
Rye Bread	1 slice	71
Saltines	1	17
Soda Crackers	1	23
Waffles	1	216
Whole Wheat Bread	1 slice	55

BREAKFAST CEREALS

Corn Flakes	1 cup	96
Cream of Wheat	1 cup	120
Oatmeal	1 cup	148
Rice Flakes	1 cup	105
Shredded Wheat	1 biscuit	100
Sugar Krisps	¾ cup	110

FISH AND FOWL

Bass	4 ounces	105
Brook Trout	4 ounces	130
Crabmeat (canned)	3 ounces	85
Fish Sticks	5 sticks or 4 oz.	200
Haddock (baked)	1 fillet	158
Haddock (broiled)	4 ounces (steak)	207

CALORIE COUNTER

FRUITS

Apple (raw)	1 small	70
Banana	1 medium	85
Blueberries (frozen/unsweetened)	½ cup	45
Cantaloupe Melon	½ melon large	60
Cherries, fresh/whole	½ cup	40
Cranberries (sauce)	1 cup	54
Grapes	1 cup	65
Dates	3 or 4	95
Grapefruit (unsweetened)	½	55
Orange	1 medium	70
Peach (fresh)	1	35
Plums	2	50
Tangerine (fresh)	1	40
Watermelon	1" slice	60

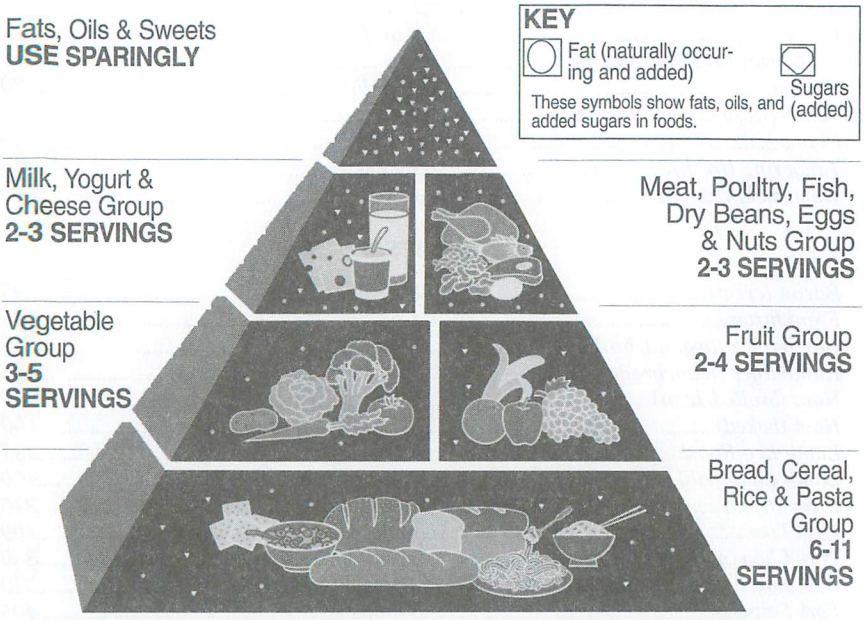
MEATS

Bacon (crisp)	2 slices	95
Frankfurter	1	155
Hamburger (avg. fat/broiled)	3 ounces	245
Hamburger (lean/broiled)	3 ounces	185
Ham (broiled/lean)	3 ounces	200
Ham (baked)	1 slice	100
Lamb Leg Roast	3 ounces	235
Lamb Chop (rib)	3 ounces	300
Liver (fried)	3 ½ ounces	210
Meat Loaf	1 slice	100
Pork Chop (med.)	3 ounces	340
Pork Roast	3 ounces	310
Pork Sausage	3 ounces	405
Roasts (Beef)		
Loin Roast	3 ½ ounces	340
Pot Roast (round)	3 ½ ounces	200
Rib Roast	3 ½ ounces	260
Rump Roast	3 ½ ounces	340
Spareribs	1 piece, 3 ribs	123
Swiss Steak	3 ½ ounces	300
Veal Chop (med.)	3 ounces	185
Veal Roast	3 ounces	230

SALADS AND DRESSINGS

Apple and carrot (no dressing)	½ cup	100
Chef Salad/reg. oil	1 Tbsp.	160
Chef Salad/mayonnaise	1 Tbsp.	125
Chef Salad/ French, Roquefort	1 Tbsp.	105
Cole Slaw (no dressing)	½ cup	102
Fruit Gelatin	1 square	139
Potato Salad (no dressing)	½ cup	184
Waldorf (no dressing)	½ cup	140
Boiled Dressing	1 Tbsp.	28
French Dressing	1 Tbsp.	60
Mayonnaise	1 Tbsp.	110

Food Guide Pyramid
A Guide to Daily Food Choices



How to Use The Daily Food Guide

What counts as one serving?

Breads, Cereals, Rice and Pasta
1 slice of bread
1/2 cup of cooked rice or pasta
1/2 cup of cooked cereal
1 ounce of ready to eat cereal

Vegetables
1/2 cup of chopped raw or cooked vegetables
1 cup of leafy raw vegetables

Fruits
1 piece of fruit or melon wedge

Milk, Yogurt and Cheese
1 cup of milk or yogurt
1/2 to 1 ounce of cheese

Meat, Poultry, Fish, Dry Beans, Eggs and Nuts
2-1/2 to 3 ounces of cooked lean meat, poultry or fish
Count 1/2 cup of cooked beans, or 1 egg, or 2 tablespoons of peanut butter as 1 ounce of lean meat (about 1/3 serving)

Fats, Oils and Sweets
LIMIT CALORIES FROM THESE especially if you need to lose weight.

The amount you eat may be more than one serving. For example, a dinner portion of spaghetti would count as two or three servings of pasta.

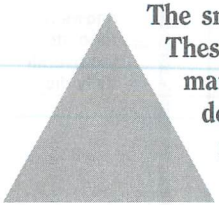
How many servings do you need each day?

Calorie Level*	about 1,600	about 2,200	about 2,800
Bread Group	6	9	11
Vegetable Group	3	4	5
Fruit Group	2	3	4
Milk Group	**2 - 3	**2 - 3	**2 - 3
Meat Group	2, for a total of 5 ounces	2, for a total of 6 ounces	3, for a total of 7 ounces

* These are calorie levels if you choose low-fat, lean foods from the 5 major food groups and use foods from the fats, oils, and sweets group sparingly.

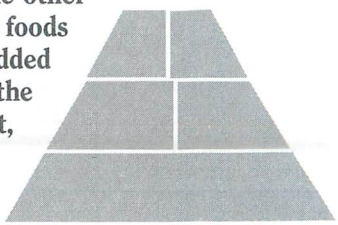
** Women who are pregnant or breastfeeding, teenagers, and young adults to age 24 need 3 servings.

A Closer Look at Fat and Added Sugars



The small tip of the pyramid shows fats, oils, and sweets. These are foods such as salad dressings, cream, butter, margarine, sugars, soft drinks, candies and sweet desserts. These foods provide calories, but few vitamins and minerals. Most people should go easy on foods from this group.

Some fat or sugar symbols are shown in the other food groups. That's to remind you that some foods in these groups can also be high in fat and added sugars, such as cheese or ice cream from the milk group. When choosing foods for a diet, consider the fat and added sugars in your choices from all the food groups, not just fats, oils and sweets from the Pyramid tip.



Nutrition Facts: Helping Consumers Eat Smart

Shopping and planning has never been easy. And now, with so many people concerned about the nutrient contents of foods, the choices are even tougher to make.

But now, new government regulations require food manufacturers and processors to provide dietary information on their food products. There is information on saturated fat, dietary cholesterol, fiber and other nutrients...items that relate to today's health concerns about heart disease, cancer and other diseases linked, at least in part, to diet.

One of the recent changes involves new requirements for food labels. The *new food label* will have a new name. Now it will be called Nutrition Facts. That title will signal to consumers that the product is correctly labeled according to the new Food and Drug Administration guidelines.

New heading signals a new label.

More consistent serving sizes, in both household and metric measures, replace those that used to be set by manufacturers.

Nutrients required on nutrition panel are those most important to the health of today's consumers, most of whom need to worry about getting too much of certain items (fat for example), rather than too few vitamins or minerals, as in the past.

Conversion guide helps consumers learn caloric value of the energy-producing nutrients

Nutrition Facts

Serving Size 1 cup (228g)
Servings Per Container 2

Amount Per Serving
Calories 250 **Calories from Fat** 110

	% Daily Value
Total Fat 12g	**18%**
Saturated Fat 3 g	**15%**
Cholesterol 30 mg	**10%**
Sodium 470 mg	**20%**
Total Carbohydrate 31g	**10%**
Dietary Fiber 0g	**0%**
Sugars 5g	
Protein 5g	

Vitamin A 4% • **Vitamin C** 2%
Calcium 20% • **Iron** 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

		Calories	2,000	2,500
Total Fat	Less than		65g	80g
Sat Fat	Less Than		20g	25g
Cholesterol	Less Than		300mg	300mg
Sodium	Less Than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Calories per gram:
Fat 9 • Carbohydrate • Protein

New mandatory component helps consumers meet dietary guidelines recommending no more than 30% of calories from fat.

% Daily Value shows how a food fits into the overall daily diet.

Reference values help consumers learn good diet basics. They can be adjusted, depending on a person's calorie needs.

The New Food Label - What to Look For

The new food label can serve as an important guide to better nutrition, but only if you use it.

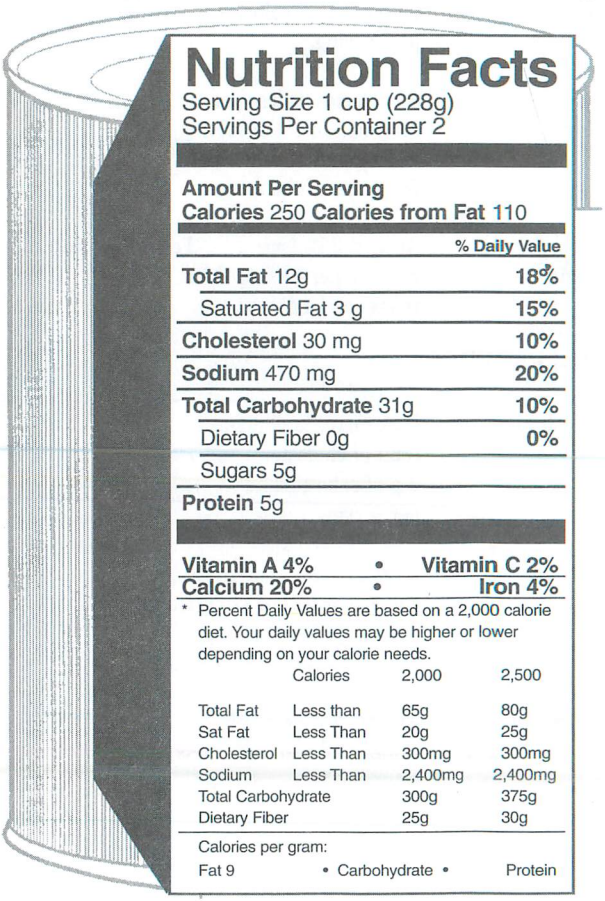
What should you look for?

First of all, nutrient content claims, such as "low calorie," may appear on the front label. These claims will signal - truthfully - if a food is high in a nutrient that most of us need to consume less of. This may be good if you're trying to reduce your intake of calories, fat or cholesterol...or if you're trying to eat more fiber or potassium.

Likewise, health claims on some labels will point out a food's nutritional qualities that help reduce the risk of certain long-term diseases, such as heart disease or cancer.

The "Nutrition Facts" will give more in-depth information to help you choose foods that fit in with a more healthful diet.

Now it's easier than ever to eat healthy - just read the label.



Nutrition Facts

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Servings Per Container 2

Amount Per Serving
Calories 250 **Calories from Fat** 110

	% Daily Value
Total Fat 12g	18%
Saturated Fat 3 g	15%
Cholesterol 30 mg	10%
Sodium 470 mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	

Vitamin A 4% • **Vitamin C** 2%
Calcium 20% • **Iron** 4%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate • Protein

Getting Specific

Here are examples of the meanings of some descriptive words used in food labeling.

SUGAR

Sugar Free	Less than 0.5 grams per serving.	No added sugar Without added sugar No sugar added	Processing does not increase content above the amount found naturally.
Reduced Sugar	At least 25% less sugar per serving than reference food.		

CALORIES

Calorie Free	Fewer than 5 calories per serving.	
Low Calorie	40 calories or less per serving... or if the serving is 30 grams or less... per 50 grams of the food.	
Reduced Calorie	At least 25% fewer calories per serving than reference food.	Fewer Calories

CHOLESTEROL

Cholesterol Free	Less than 2 milligrams (mg) of cholesterol and 2 g of saturated fat per serving.
Low Cholesterol	20 mg or less cholesterol and 2 g or less of saturated fat per serving or per 50 g of food than reference food.
Reduced or Less Cholesterol	At least 25% less cholesterol and 2 g or less saturated fat per serving than reference food.

FAT	
Fat Free	**Less than 0.5 g of fat per serving.**
Saturated Fat Free	**Less than 0.5 g per serving and the level of saturated fatty acids does not exceed 1% of total fat.**
Low Fat	**3 g less per serving...or per 50 g of the food if serving is 30 g or less, or less than 2 tablespoons.**
Low Saturated Fat	**1 g or less per serving and not more than 15% of calories from saturated fatty acids.**
Reduced Fat **Less Fat**	**At least 25% less per serving than reference food.**
Reduced or Less Saturated Fat	**At least 25% less per serving than reference food.**
SODIUM	
Sodium Free	**Less than 5 mg per serving.**
Low Sodium	**140 mg or less per serving or per 50 g of food.**
Very Low Sodium	**35 mg or less.**
Reduced or Less Sodium	**At least 25% less per serving than reference food.**
FIBER	
High Fiber	**5 g or more per serving. Foods making this claim must meet the definition for low fat or the level of fat must appear next to the high fiber claim.**
Good Source of Fiber	**2.5 g to 4.9 g of fiber per serving.**
More or Added Fiber	**At least 25% more fiber than reference food.**