

CHOO CHOO

CUISINE

50th
Anniversary

**Five Decades of
Harmony
Service
Fellowship
Fun**



The Chattanooga Choo Choo Chorus

May 17, 1962 - 2012



Serio City Sound
Quartet

310 E. 8th Street
423-265-SING
choochoochorus.org

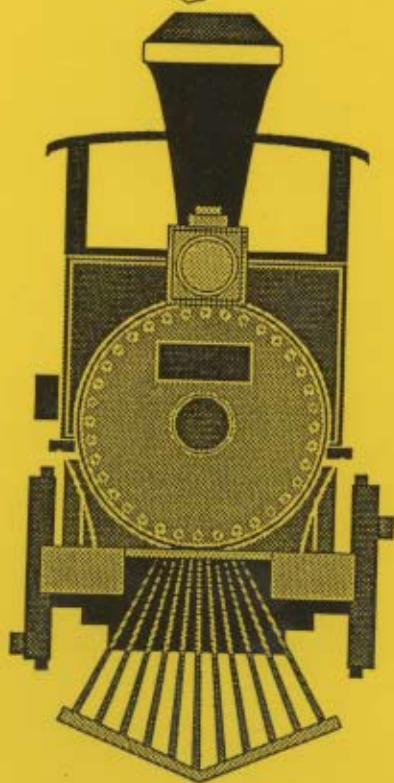


A singing Valentine by
The Chattanooga Chorus



Noteworthy Recipes

Choo Choo Belles
Choo Choo Chorus
Chattanooga, Tennessee
1994



Recipes

Compiled By

Choo Choo Belles, Ladies Auxiliary
Choo Choo Chorus
Chattanooga, TN

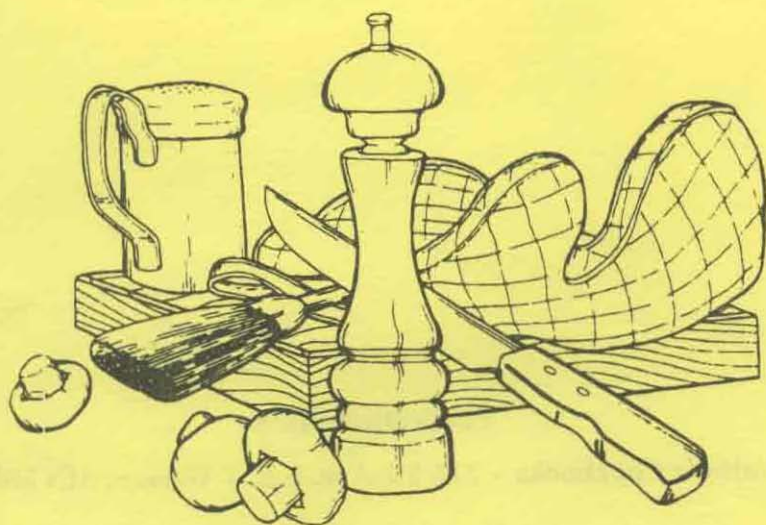


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ABOUT THE CHOO CHOO CHORUS

In 1962, the Chattanooga Chapter became a charter member of the Society for the Preservation and Encouragement of Barbershop Quartet Singing in America, Inc., (S.P.E.B.S.Q.S.A.). Since then, a determined group of Barbershoppers, with fun, fellowship and singing in mind, have met weekly and grown in number each year. In addition to their stage productions in May and December, the CHOO CHOO CHORUS performs for various conventions, civic organizations, activities at the various malls, hospitals, churches, retirement and nursing homes, educational functions, television, and wherever they are called to perform. Within the chorus, there are several quartets that are also kept busy entertaining audiences. Meetings are held every Monday night at 7 P.M. at the Brainerd Baptist Church located at 300 Brookfield Avenue in Chattanooga. All men who enjoy singing are invited to attend. Anyone who wants to just listen is also cordially invited to come and enjoy the pleasant sound of good close harmony. Their vision for the future is continued efforts for the preservation of barbershop music, entertainment of audiences, help for service projects, and continued friendship with fellow barbershoppers.

ABOUT THE CHOO CHOO BELLES

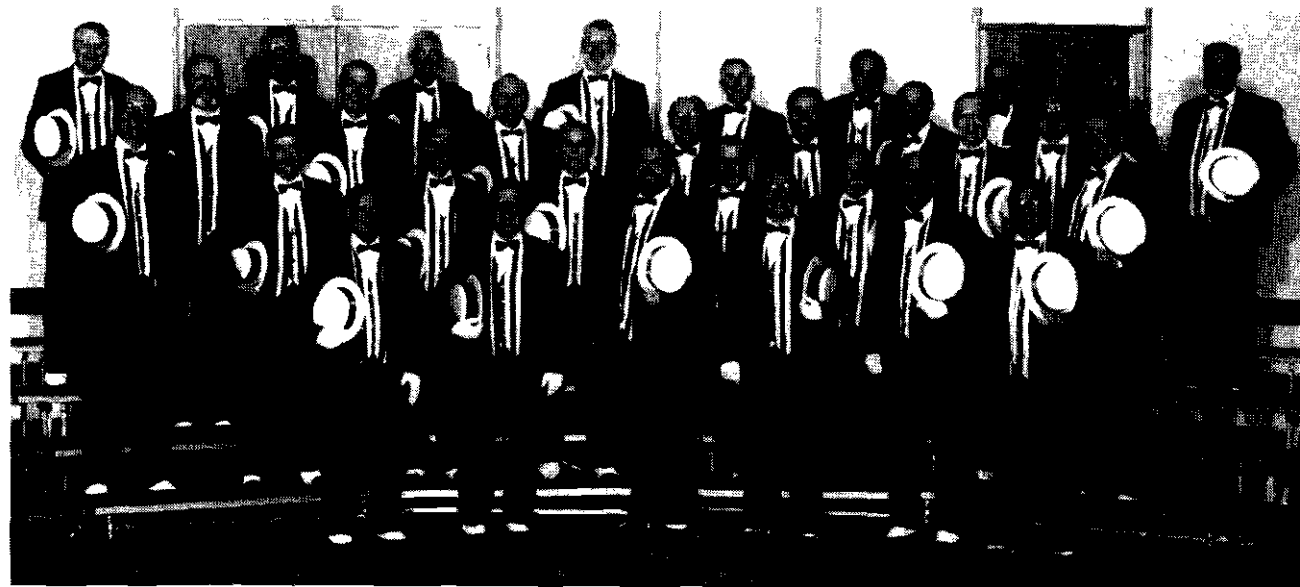
The CHOO CHOO BELLES, the ladies' auxiliary, support the CHOO CHOO CHORUS in all their endeavors. We assist at their performances, design and make costumes, furnish food for various functions, and provide encouragement and moral support. Our meetings are held the second Monday of each month. We take pride in our men belonging to such a fine organization.

ABOUT THE S.P.E.B.S.Q.S.A.

The Society of the Preservation and Encouragement of Barbershop Quartet Singing in America is a national organization and was formed in 1938 with only 26 men present at the first meeting. Today the Society has nearly 40,000 members in the United States and throughout the world. In June of 1964, the Society adopted the Institute of Logopedics in Wichita, Kansas, as their service project. This institute, now known as Heartspring, is dedicated to the correction of speech defects in children and people of all ages, no matter what the cause and no matter how severe the impediment. They perform almost daily miracles with those who have been locked in a prison of silence or bound by the misfortune of speech defects.

Adopting this fine institution has added a new dimension and sense of purpose to our singing activities. This purpose can be summed up in our motto "We Sing That They Shall Speak." We believe this to be possible and we have no finer purpose. You may take satisfaction in knowing that your support has allowed the contributions of our society to exceed nine million dollars to this worthy effort.





**Chattanooga
Choo Choo Chorus**





DRIED BEEF DIP

1 (8 oz.) container sour
cream
1 sm. jar dried beef

1 tsp. horseradish
1 (8 oz.) cream cheese,
softened

Mix all ingredients in blender. Serve with chips, crackers or fresh vegetables. Keep refrigerated.

Billie Stulce
(*Randall Stulce, Tenor*)

GREEN HERB DIP

8 oz. cream cheese
1 pt. sour cream
1 tsp. minced garlic
1/4 c. finely chopped green
onions

1/4 c. minced parsley
1 tsp. crushed dried basil
1/4 tsp. pepper
2 tbsp. vinegar

Beat cream cheese until soft and fluffy. Add remaining ingredients and mix thoroughly. Refrigerate.

Pat Crowe, Lead

DILL DIP

1 c. sour cream
1 c. mayonnaise
1 1/2 tsp. dill weed

1 1/2 tsp. seasoned salt
1 1/2 tbsp. minced onion
1 1/2 tbsp. chopped parsley

Blend and chill for several hours.

Evelyn Fraser
(*Earle Fraser, Lead*)

SHRIMP DIP

- | | |
|-------------------------------|-------------------------------|
| 1 (5 oz.) can shrimp, drained | 1/2 tsp. lemon juice |
| 1 (8 oz.) cottage cheese | 1/4 tsp. Worcestershire sauce |
| 3 tbsp. chili sauce | |
| 1/2 tsp. onion juice | 4 tbsp. milk |

Combine all ingredients in container of electric blender. Blend until smooth. Chill.

*Sandra Stansbury
(Bob Stansbury, Bass)*

NACHO DIP

- | | |
|-----------------------------|----------------------------|
| 12 oz. Hot Mexican Velveeta | 1 lb. ground beef, browned |
| Cheese or Regular Velveeta | 1 1/2 jars med. salsa |

Melt cheese in crock pot. Add ground beef and salsa. Serve with Tostitos. This recipe is a family favorite.

Lamar Green, Bass

JACK'S HOT CHEESE

- | | |
|----------------------------------|----------------------------|
| 2 lb. loaf Kraft Velveeta Cheese | 1 c. finely chopped pecans |
| 8 oz. Philadelphia Cream Cheese | 1 tbsp. garlic powder |
| | Tabasco sauce to taste |

Have your cheese at room temperature. Mix all ingredients in large bowl, using hands. Add Tabasco until hands burn. This should be just right. After all ingredients are thoroughly mixed, divide mixture into 3 or 4 equal balls or lumps. Roll into long rolls about 1-inch to 2-inch diameter. Then roll into paprika until no cheese is seen. Wrap each roll in waxed paper, then in aluminum foil. Chill, slice and serve on round crackers for eating!! Enjoy!

Jack Moore, Bass

HOT CHEESE DIP

1/2 stick of margarine
4 heaping tbsp. flour
2 c. milk
2 tsp. chili powder

1/4 tsp. dry mustard
1 can Rotel Tomatoes
6 oz. Velveeta Cheese

Melt margarine and add flour, chili powder and dry mustard. Then add milk, cheese, and tomatoes and cook until thickened.

Pat Jones
(*Sam Jones, Lead*)

CHEESE AND STRAWBERRIES

1 lb. sharp cheese, grated
1 c. nuts, chopped
1 c. mayonnaise
1 sm. onion, grated

Dash of salt, pepper, and
cayenne pepper
1 jar (12 oz.) strawberry
preserves

Combine all ingredients except preserves. Refrigerate. One hour before serving, form into a ring mold and put strawberry preserves in the middle. Serve with crackers.

Sandra Stansbury
(*Bob Stansbury, Bass*)

FRUITED CHEESE BALL

16 oz. cream cheese,
softened
1 lg. can crushed pineapple,
well drained
1 c. coconut
1 c. raisins

1/2 c. chopped dates
1 c. powdered sugar
Juice of 1/2 lemon
1 tsp. vanilla
Chopped pecans

Combine all ingredients except pecans and mix well. Shape into a ball and refrigerate until firm. Roll in chopped pecans at serving time. Serve on graham crackers or crackers of your choice.

Serves 16.

Marjorie Neely
(*Frank Neely, Lead*)

HERB CHEESE

1 pkg. (8 oz.) cream cheese
1 tsp. dried basil
1 tsp. dried chives
1 tsp. dried dill weed

1 clove garlic, mashed
Lemon pepper, coarse
pepper, DASH

Blend cream cheese with herbs. Shape into a log. Cover the outside with a mixture of lemon pepper, coarse pepper and DASH, rolling it until well coated.

*Nancy Owens
(Barry Owens, Tenor)*

TEX - MEX LAYERED DIP

1 (15 oz.) can refried beans
2 c. sour cream
1 1/4 oz. pkg. taco seasoning
8 oz. jar picante sauce
4 ripe avocados, mashed
2 tsp. lemon juice

2 med. tomatoes, chopped
1 bunch green onions with
tops, thinly sliced
8 oz. Cheddar cheese, grated
4 oz. can sliced ripe olives

On bottom of 2-quart glass casserole (not too deep) spread refried beans. Mix sour cream with taco seasoning and spread on top of bean layer. Next, layer picante sauce. Mix avocados with lemon juice; layer on top of picante sauce. Continue layering each of remaining ingredients. Cover. Refrigerate and serve chilled with Tostitos. (Serves 25 -- if you halve this recipe, use all of beans.)

*Martha Green
(Lamar Green, Bass)*

ARTICHOKE APPETIZER

14 oz. can artichokes (not
marinated)
1/3 c. mayonnaise
1/3 c. Parmesan cheese

1/3 c. grated Swiss cheese
12 drops Tabasco sauce
Salt, pepper

Dice artichokes and combine all ingredients. Bake at 425 degrees in small casserole, uncovered, until bubbly. Serve with French bread or party rye.

*Evelyn Fraser
(Earle Fraser, Lead)*

SWISS - STUFFED MUSHROOMS

1 lb. fresh mushrooms	2 eggs, beaten
Salt	2 tsp. dried parsley
1/4 c. butter or margarine	2 tsp. crushed dillweed
1 c. fine, dry, white breadcrumbs	1 tsp. grated lemon rind
1 c. shredded Swiss cheese	1/4 c. lemon juice

Wash mushrooms; drain. Remove stems, and set aside. Sprinkle inside of caps with salt. Chop stems fine; saute in butter over medium heat 3 to 4 minutes. Ad remaining ingredients except mushroom caps, mixing well. Spoon mixture into mushroom caps. Place mushrooms on ungreased baking sheet; bake at 350 degrees for 5 to 8 minutes or until thoroughly heated. Serve hot. Yield: 12 to 16.

Note: These may be made ahead of time and refrigerated until ready to bake.

*Anita Bugher
(Forrest Bugher, Lead)*

PARTY MEAT BALLS

1 1/2 lbs. ground beef	1 c. tomato juice
2 eggs, slightly beaten	1 c. water
1 med. onion, finely chopped	1/2 c. Karo Dark Corn Syrup
1/2 c. fine dry bread crumbs	2 tbsp. lemon juice
1 1/2 tsp. salt	1 tbsp. chili powder
1 tsp. chili powder	1 tsp. oregano leaves
1/4 tsp. garlic salt	1/4 tsp. garlic salt
1/2 tsp. pepper	1/4 tsp. hot pepper sauce
1 bottle (12 oz.) chili sauce	

Stir together first 8 ingredients. Shape into 3/4-inch balls. Place on rack in baking sheet; bake in 350 degree oven 15 to 20 minutes or until done. Drain. In skillet stir together remaining ingredients. Bring to boil; reduce heat and simmer, stirring occasionally, about 15 minutes. Add meat balls. Cover and simmer gently 10 minutes. If sauce becomes too thick add additional tomato juice as needed. Serve warm from serving dish or chafing dish with picks.

Makes about 90 (3/4-inch) meat balls.

*Sherry Fowler
(Niles Fowler, Tenor)*

SAUSAGE BALLS

1 lb. hot sausage	2 tsp. chili powder
3 c. Hungry Jack Pancake Mix	12 oz. grated cheese (sharp cheddar)
3 tbsp. water	

Mix all together. Chill for 2 hours. Shape in balls and bake at 400 degrees for 15 minutes.

Put on paper towels to drain any oil. Can store or freeze in Ziploc bag.

*Mary Abercrombie
(Dave Abercrombie, Lead)*

SAUSAGE CHESTNUT BALLS

1 lb. mild sausage	1 can water chestnuts
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Yields 12 servings.

Form sausage into bite-size balls. Insert chestnut in the middle of each ball. Place on a Teflon cookie sheet; bake at 400 degrees until done.

*Betty Ann Dabbs
(Glen Dabbs, Bass)*

HALLELUJAH HAM LOAVES

- | | |
|-----------------------------|-----------------------------|
| 1 c. butter | 1 lb. boneless cooked ham, |
| 3 tbsp. poppy seeds | minced |
| 1 tsp. Worcestershire sauce | 12 oz. Swiss cheese, grated |
| 3 tbsp. prepared mustard | 60 sm. party rolls |
| 1 med. onion, minced | |

Preheat oven to 400 degrees. Cream first 4 ingredients. Add onion, ham, and Swiss cheese; mix well. Halve rolls lengthwise and place cut side up in pan. Spoon ham mixture on top. Cover with remaining halves. (Seal and freeze at this point, if desired.)

To bake, sprinkle lightly with water and cover with foil. Bake 10 minutes or until heated thoroughly. Yield: 60 small sandwiches.

*Sherry Fowler
(Niles Fowler, Tenor)*

HOMEMADE SALSA

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|--|---|
| 4 c. ripe tomatoes, cored and
chopped | 1 c. tomato sauce |
| 5 jalapeno peppers, seeded,
cored and chopped | 1 tsp. salt |
| 2 med. yellow onions,
peeled and chopped | 1 tsp. garlic, crushed or
peeled and finely
chopped |
| 1/2 green bell pepper, cored,
seeded, and chopped | 2 tbsp. chopped cilantro |
| | 1 1/2 tbsp. red wine vinegar |
| | Hot sauce to taste |

Do not cook. Simply mix all the ingredients well and add enough hot sauce to suit your taste. Store in the refrigerator, covered, in plastic. Let it sit for a day or two and it improves with age.

Feel free to experiment with the ingredients. I always leave out the bell pepper, because I don't like it. Also, lemon juice works instead of vinegar.

Horace Brock, Lead

QUICK SNACKING CRACKERS

- | | |
|----------------------------|------------------------|
| 12 oz. oyster crackers | 1/2 pkg. Hidden Valley |
| 1 tsp. dill weed | Ranch Dressing Mix |
| 1/2 tsp. garlic salt | (dry) |
| 1/2 tsp. lemon-pepper salt | 1/2 c. Mazola Oil |

Mix all ingredients well. Let sit for 15 minutes. Put in brown paper bag for 15 minutes. Store in air-tight container.

Guelda Malone
(*Benny Malone, Baritone*)

MY PARTY MIX

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|--------------------------------------|------------------------------|
| 1 box Crispix Cereal | 1/2 tsp. garlic powder |
| 1 c. mixed nuts (more if
desired) | 1/2 tsp. onion salt |
| 1 c. pretzels | 4 tbsp. Worcestershire sauce |
| 4 tbsp. margarine | 2 tsp. lemon juice |

Melt margarine, add garlic powder, onion salt, and Worcestershire sauce. Pour over combined cereal, nuts and pretzels. Stir til coated. Bake 45 minutes at 250 degrees. Stir at least three times.

Dot Moore
(*Jack Moore, Bass*)

SPICED PECANS

- | | |
|--------------|----------------------------|
| 1 egg white | 1 1/2 tsp. ground cinnamon |
| 1 tsp. water | 1/2 tsp. ground cloves |
| 3/4 c. sugar | 1/2 tsp. ground nutmeg |
| 1 tsp. salt | 2 c. pecan halves |

Beat egg white and water lightly; set aside. Combine sugar, salt, and spices. Dip pecans in egg white mixture, then in sugar mixture. Place on greased baking sheet. Bake at 275 degrees for 30 minutes. Yield: 2 cups.

Glenda Peek
(*Bernard Peek, Lead*)

SUGARED NUTS

1 c. sugar
1/2 c. water

Red food coloring
2 1/2 c. peanuts or pecans

Bring sugar, water and food coloring to a boil. Add peanuts or pecans and cook until liquid is gone and nuts are covered. Turn out on cookie sheet and bake 30 minutes at 275 degrees. Stir every 10 minutes.

*Guelda Malone
(Benny Malone, Baritone)*

BANANA PUNCH

6 bananas (thoroughly
mashed)
1 (12 oz.) can frozen orange
juice
1 (6 oz.) can frozen
lemonade

1 (48 oz.) can pineapple
juice
2 c. sugar
3 c. water
1 (2 liter) Sprite

Blend bananas. Add sugar, juices and water. Freeze. Remove from freezer approximately 2 hours before serving. Add Sprite when ready to serve.
Serves 25 to 30.

*Marjorie Neely
(Frank Neely, Lead)*

CHOO CHOO PUNCH

1 can Peach-Orange Frozen
Twister

1 qt. orange sherbet
1 (2 liter) sweet ginger ale

Thaw Twister. Place sherbet in medium punch bowl. Pour Twister over top of sherbet. Pour ginger ale over both.

*Nancy Owens
(Barry Owens, Tenor)*

JELLO PUNCH

1 (3 oz.) box Jello
1 qt. boiling water
1 qt. cold water

1 lg. can pineapple juice
2 1/2 c. sugar

Freeze the above mixture. When ready to use, mix with 1 liter Sprite.

*Guelda Malone
(Benny Malone, Baritone)*

YELLOW FRUIT PUNCH

1 (46 oz.) can pineapple
juice
1 (12 oz.) can frozen
lemonade

2 (12 oz.) cans frozen orange
juice
2 pkgs. lemonade Kool-Aid
4 c. sugar

Combine all ingredients and add enough water to make one gallon.

*Glenda Peek
(Bernard Peek, Lead)*

CRANBERRY TEA

1 qt. cranberry juice cocktail
4 qts. water
2 c. sugar
1 can (12 oz.) frozen
lemonade concentrate
1 can (12 oz.) frozen orange
juice

2 cinnamon sticks
12 whole cloves
8 oz. or 10 oz. pkg. cinnamon
candies
Dash of powdered
cinnamon

Cook in large soup container or a coffee pot. (Put spices in basket of coffee pot.)

*June R. Coulter
(James Coulter, Lead)*

SPICED ICED TEA

6 tea bags in a sm. pot of
boiling water
1 sm. orange juice (frozen)

1 lg. lemonade (frozen)
Sugar to taste

Mix orange juice and lemonade according to directions on can in a large container. Add hot tea. Mix together. Add sugar to taste.

*Sandra Stansbury
(Bob Stansbury, Bass)*

HOT SPICED TEA MIX

1 1/2 c. instant tea with
lemon and sugar
4 tbsp. instant tea
1 1/2 c. sugar

3/4 c. Tang
1/2 tsp. cinnamon
1/2 tsp. cloves

Mix all ingredients. For each serving, use 2 heaping teaspoons to 1 cup hot water.

*Guelda Malone
(Benny Malone, Baritone)*

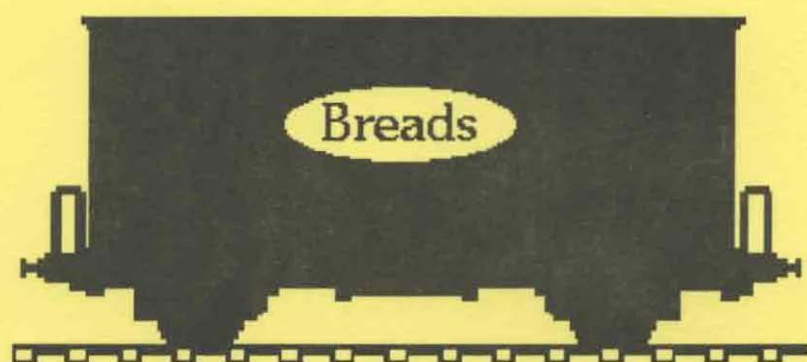
SPICE TEA

1 lg. jar Tang (18 oz.)
2 pkgs. Wyler's Lemonade
1 c. instant tea

2 c. sugar
1 tbsp. ground cinnamon
1 tsp. ground cloves

Mix all ingredients when ready to serve. Put 1/2 cup mix, 3 cups boiling water and 1 cup apple cider into a small pan. Mix well, bring to a boil and serve. Makes 4 to 6 servings; for 1 cup use 3 teaspoons mix, 3/4 cup water and 1/2 cup apple cider. Store in tightly covered jar.

*Pat Jones
(Sam Jones, Lead)*



HONEY WHOLE WHEAT BREAD

3 1/2 to 4 c. all-purpose flour, divided	1 c. milk
2 1/2 c. whole wheat flour	1 c. water
2 pkgs. active dry yeast	1/2 c. honey
1 tbsp. salt	3 tbsp. shortening
	1 egg

In large bowl, combine 1 cup all-purpose flour, whole wheat flour, yeast and salt; mix well and set aside. In saucepan heat milk, water, honey, and shortening until warm only. Add, with egg, to dry ingredients. Blend dough until moist, then beat at medium speed for 5 minutes. By hand, gradually add remaining flour. Turn dough out and knead on floured surface until smooth and elastic (about 5 minutes). Place in greased bowl, turning to grease top. Cover and let rise until doubled (about 1 hour). Punch down and divide. Roll each half to 14 x 7-inches. Roll up, pinch ends and place in two greased large loaf pans. Cover and let rise again until double, about 30 minutes. Bake in preheated 375 degree oven for 35 - 40 minutes. Yield: 2 large loaves.

*Mary Strickland
(W. C. Strickland, Bass)*

INSTANT MIRACLE ROLLS

3 pkgs. dry yeast	1/4 c. sugar
1/2 c. warm water	1 tsp. soda
5 c. self-rising flour (unsifted)	1 c. shortening
	2 c. lukewarm buttermilk

Dissolve yeast in warm water and set aside. Mix flour, sugar and soda. Cut in shortening. Add buttermilk and yeast and mix. Place desired amount of dough on floured cloth, pat out; cut with biscuit cutter. Let warm to room temperature before baking in 350 degree oven 10 - 15 minutes.

Mixture can be stored in covered bowl in refrigerator and used as needed. Keeps several weeks.

*Anita Bugher
(Forrest Bugher, Lead)*

ANGEL BISCUITS

- | | |
|----------------------|-----------------|
| 1 cake yeast | 4 tbsp. sugar |
| 2 tbsp. warm water | 1 tsp. salt |
| 5 c. plain flour | 1 c. shortening |
| 1 tsp. soda | 2 c. buttermilk |
| 3 tsp. baking powder | |

Dissolve yeast. Into a bowl, sift dry ingredients. Cut in shortening. Add buttermilk, then yeast mixture.

Stir until all flour is dampened. Knead on floured board for a minute or two.

Roll out. Bake 400 degrees 12 - 15 minutes.

*Sandra Stansbury
(Bob Stansbury, Bass)*

POPOVERS

- | | |
|--------------------------------|----------------------------|
| 1 c. all-purpose flour, sifted | 2 eggs |
| 1/4 tsp. salt | 1 tbsp. butter, melted for |
| 3/4 c. milk, plus 2 tbsp. milk | pan |

Sift flour and salt together and gradually add milk, beating with a wooden spoon to make a smooth batter. Beat eggs until light and add to batter. Add the melted butter and beat vigorously.

Pre-heat oven to 450 degrees. Butter 9 holes of a muffin pan or an equal number of custard cups.

Let muffin pan or custard cups heat in the oven for 5 minutes. Then fill 2/3 full with batter and bake for 30 minutes. Lower heat to 350 degrees and bake 10 minutes longer.

*Betty Ann Dabbs
(Glen Dabbs, Bass)*

BISCUITS SUPREME

- | | |
|--------------------------|---------------------|
| 2 c. flour | 1 or 2 tbsp. sugar |
| 4 tsp. baking powder | 1/2 c. plus 1 tbsp. |
| 1/4 tsp. cream of tartar | shortening |
| 1 tsp. salt | 2/3 c. milk |

Preheat oven to 425 degrees. Sift dry ingredients together. Cut in shortening until lumps form. Pour milk in all at once; stir with fork until dough forms a ball. Roll out on lightly floured board and cut. Do not handle dough too much or biscuits will be tough.

Bake at 425 degrees for 8 to 10 minutes. (Makes 24 - 36.)

*Sandra Stansbury
(Bob Stansbury, Bass)*

MONDEL BREAD - SWEET BREAD STICKS

4 lg. eggs
1/2 tsp. salt
1 1/2 c. sugar
1 tsp. vanilla
1 c. oil

1 c. shaved almonds
1 c. English walnuts
2 1/2 c. all-purpose flour
1/2 tsp. cinnamon
(optional)

Mix and beat first four ingredients. Add oil and beat. By hand, add nuts and mix. Add flour and mix thoroughly. Put in oiled aluminum foil sections (make in five folds on cookie sheet) and divide batter in five parts. Bake at 350 degrees for 35 minutes. Remove from oven and slice (on board) while hot. Put on clean cookie sheet and return to oven for one hour or more at 225 degrees.

Great with coffee and snacks! Crunchy!

*Mary Abercrombie
(Dave Abercrombie, Lead)*

BRAN MUFFINS

1 (15 oz.) box Raisin Bran
5 c. plain flour
3 c. sugar
1 tbsp. + 2 tsp. soda

2 tsp. salt
4 eggs
1 c. oil
1 qt. buttermilk

Mix bran, flour, sugar, soda and salt. Make a well in center. Add eggs, beaten slightly, oil, and buttermilk. Stir just enough to moisten. Bake 12 - 15 minutes at 400 degrees. Can be stored, covered, up to six weeks.

*June R. Coulter
(James Coulter, Lead)*

BRAN MUFFINS

2 "Jiffy" Muffin Mixes (with dates)	1/2 c. coconut
2 c. Granola cereal (fruit and nuts)	2 eggs
2 carrots (chopped in food processor)	1 c. milk

Mix. Bake at 300 degrees until done.

*Sherry Fowler
(Niles Fowler, Tenor)*

DINAH SHORE'S BUTTERMILK BRAN MUFFINS

1 1/4 c. All-Bran	1 egg
1 c. buttermilk	1/3 c. melted butter or oil
1 c. flour	2 tbsp. white raisins
2 1/2 tsp. baking powder	2 tbsp. chopped walnuts
3 tbsp. honey	12 tsp. melted butter or oil
1/2 tsp. soda	for muffin tins

Preheat oven to 400 degrees. Combine All-Bran and buttermilk in bowl. Set aside to soak for 5 minutes. Mix flour, baking powder, and soda together in large bowl. Mix egg, honey, and melted butter together in large measuring cup. Add to buttermilk and All-Bran. Combine with dry ingredients and mix well. Add raisins and walnuts.

Place scant teaspoon of butter or oil in each muffin tin. Place in oven and heat until butter or oil is sizzling. Carefully remove from oven and fill each cup half full. Bake 20 minutes.

*Evelyn Fraser
(Earle Fraser, Lead)*

BEER MUFFINS

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|------------------------------|---------------|
| 4 c. Bisquick | 5 tbsp. sugar |
| 1 (12 oz.) can beer, chilled | |

Combine Bisquick and sugar in large bowl and mix well. Gradually add beer and stir until well combined. Put into 12-cup muffin tin and bake at 350 degrees for 40 - 45 minutes or until muffins are large and puffy and lightly browned on top.

Bill McKeehan, Baritone

SOUR CREAM MUFFINS

- | | |
|-------------------|---------------|
| 1 c. sour cream | 2 c. Bisquick |
| 1 stick margarine | |

Melt margarine and mix with Bisquick. Mix with a spoon (not a mixer) until all lumps are gone. Add sour cream and spoon into muffin pans that have been sprayed with Pam. Fill about 3/4 full. Bake until light brown at 425 degrees for between 20 and 25 minutes. Makes one dozen.

This easy recipe is the moistest, richest quick bread you ever tasted.

Billie Stulce
(*Randall Stulce, Tenor*)

CRANAPANA BREAD

- | | |
|----------------------------|-----------------------------|
| 2 1/2 c. self-rising flour | 1 lg. ripe banana, mashed |
| 1 c. sugar | 1 c. chopped cranberries |
| 2 tbsp. salad oil | 1 apple, peeled and chopped |
| 3/4 c. milk | 1/2 c. chopped walnuts |
| 2 eggs | 1/4 c. raisins |

Preheat oven to 350 degrees. Mix first 6 ingredients in large bowl. Fold in cranberries, apples, walnuts, and raisins. Spoon into greased 9 x 5-inch loaf pan. Bake at 350 degrees for 60 minutes. TOPPING: Confectioners' sugar, cream. Mix together and spread over cooled loaf. (A decorative and delicious bread for Xmas presents.)

Sandra Stansbury
(*Bob Stansbury, Bass*)

LEMON NUT BREAD

(Yields 4 servings)

BREAD:

1 1/2 c. flour
1 tsp. baking powder
Butter for pan
2 eggs, beaten
1/4 lb. butter, melted

1 c. sugar
Dash salt
1/2 c. chopped walnuts
1 lemon, grated

GLAZE:

1 juice of lg. lemon

1/3 c. sugar

Butter 8 1/2 by 4 1/2 by 1/2-inch loaf pan. Preheat oven to 350 degrees.

Sift together flour and baking powder. Add eggs, butter, sugar, a dash of salt, walnuts, and grated lemon and beat together well. Pour into prepared loaf pan and bake for 50 minutes or until a tester comes out clean.

While bread is still hot, mix together lemon juice and sugar to form glaze and pour over bread.

Then cool thoroughly before removing from pan.

*Betty Ann Dabbs
(Glen Dabbs, Bass)*

CHEESE BREAD

3/4 c. Bisquick
2 c. grated cheddar cheese
1 1/2 c. milk

2 eggs
2 tsp. dry mustard
1 tsp. dill weed

Mix all ingredients, adding 1 1/2 cups cheese last. Pour into loaf pan. Sprinkle with remaining 1/2 cup cheese and pats of margarine.

Bake in pan sprayed with Pam for 45 minutes in 350 degree oven until golden brown.

This makes great toast from the leftover loaf.

*Billie Stulce
(Randall Stulce, Tenor)*

BANANA - CHERRY BREAD

1 stick margarine
1 c. sugar
3 eggs
4 mashed ripe bananas
1/2 c. chopped pecans
2 c. flour

1 tsp. salt
1/2 tsp. soda
1/3 c. chopped maraschino
cherries
Vanilla

Cream margarine until fluffy. Add sugar, beat well. Add eggs one at a time, beating after each addition. Add bananas, beat well. Sift salt and soda with half the flour. Dredge raisins and nuts in other 1 cup flour. Add raisins, nuts, cherries and vanilla to mixture. Spray loaf pan with cooking spray. Bake at 325 degrees till tests done.

Serves 12.

Virginia Jones
(*Pete Jones, Bass*)

CINNAMON - PECAN NIBBLES

1/2 c. butter
1 c. brown sugar
2 tsp. water
1 c. chopped pecans

1 tbsp. cinnamon
2 cans refrigerator biscuits
(10 count), cut in
quarters

Preheat oven to 400 degrees. Melt butter in saucepan. Add remaining ingredients except biscuits. Heat until mixture begins to boil. Remove from heat. Add biscuits and stir. Pour mixture into a greased tube cake pan.

Bake at 400 degrees for 15 minutes. Unmold on serving plate immediately.

Glenda Peek
(*Bernard Peek, Lead*)

OVERNIGHT COFFEE CAKE

3/4 c. butter, softened
1 c. sugar
2 eggs
8 oz. sour cream
2 c. flour
1 tsp. baking powder
1 tsp. nutmeg

1/2 tsp. salt
1 tsp. baking soda
3/4 c. packed light brown
sugar
1/2 c. chopped pecans
1 tsp. cinnamon

Combine butter and sugar; cream until light and fluffy. Add eggs and sour cream; mix well. Combine next 5 ingredients; add to batter and mix well. Pour into greased and floured 9 x 13-inch pan. Combine brown sugar, pecans and cinnamon; sprinkle evenly over batter. Cover and chill overnight in refrigerator. Uncover and bake at 350 degrees for 30 - 35 minutes.

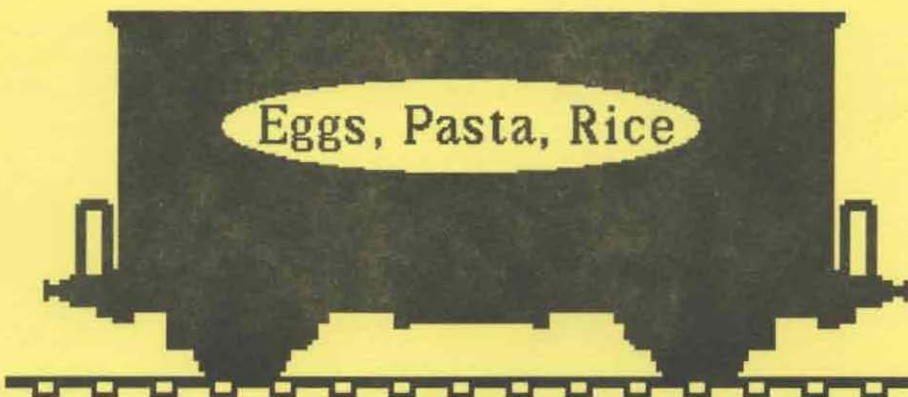
GLAZE:

1 c. powdered sugar
1 tbsp. plus 1 tsp. water

1/2 tsp. vanilla

Combine and drizzle over warm cake.
(Whole berry cranberry sauce may be spooned over batter before sprinkling brown sugar mixture on top.)

Anita Bugher
(Forrest Bugher, Lead)



Eggs, Pasta, Rice

MARY JANE EGGS

4 eggs, beaten
1 c. flour
1 c. milk
1/4 lb. butter

1 c. fresh blueberries,
washed and drained
1/3 c. powdered sugar

Beat together eggs, flour and milk. Melt butter in 13 x 9-inch dish. Add 1/2 teaspoon melted butter to egg mixture. Mix, then pour egg mixture into butter in dish. Do not stir.

Bake at 350 degrees for 35 minutes. Immediately after removing from oven, pour blueberries over eggs and sprinkle with powdered sugar. Serve immediately.

*Evelyn Fraser
(Earle Fraser, Lead)*

EGGS LOUIS

2 c. grated sharp Cheddar cheese
1 1/2 c. seasoned croutons,
crumbled

6 eggs

Preheat oven to 350 degrees. Grease a 9-inch square dish. In bottom of dish, spread half of the cheese. Spread half of the croutons over the cheese. Arrange 6 "nests" and break an egg into each "nest" being careful not to break the yolks. Cover the ingredients with the remaining croutons and cheese. Bake at 350 degrees for 15 - 20 minutes.

*Sandra Stansbury
(Bob Stansbury, Bass)*

OVEN OMELET

8 slices bacon
4 green onions, thinly sliced
8 eggs
1 c. milk
1/2 tsp. salt

2 1/2 c. shredded Monterey
Jack cheese (Swiss or
Cheddar may be
substituted)

Preheat oven to 350 degrees. Fry bacon until crisp; drain and coarsely chop. Reserve small amount of grease and saute onions until limp. Beat eggs with milk and salt. Stir in bacon, onions, and 2 cups of cheese. Pour into greased, shallow 2-quart baking dish. Bake at 350 degrees for 35 - 40 minutes or until mixture is set and top lightly browned. Sprinkle with remaining cheese. Return to oven until cheese melts. Serve immediately. (Serves 8 - 10)

*Glenda Peek
(Bernard Peek, Lead)*

HASH BROWN BREAKFAST

3 slices bacon	1/4 c. green pepper, chopped
1 pkg. hash browns with onions	1/2 c. shredded cheddar cheese
1 tsp. salt	4 eggs
1 3/4 c. water	1/4 c. milk

In 10-inch skillet, fry bacon until crisp. Remove bacon; reserve 3 to 4 tablespoons grease in skillet. Empty potatoes, salt, water and green pepper into skillet. Cook potatoes uncovered over medium high heat until liquid is absorbed and bottom is golden brown; turn. Sprinkle with cheese. Beat eggs, milk, salt and pepper; pour over potatoes and cook over low heat until egg and potatoes are golden brown. Cut into wedges and remove serving platter. Garnish with bacon.

Glen Dabbs, Bass

BREAKFAST CASSEROLE

6 slices bread	2 c. milk
1 lb. sausage	6 eggs
1 c. grated sharp cheddar cheese	1 tsp. dry mustard
	Salt and pepper to taste

Cube bread slices and put in casserole. Brown and drain sausage. Layer sausage and cheese over the bread. Mix eggs and milk together and pour over bread, sausage and cheese. Cover and refrigerate overnight. Bake, covered, at 325 degrees for one hour. This makes a good Christmas morning dish.

*Martha Green
(Lamar Green, Bass)*

SPINACH QUICHE

- | | |
|--|----------------------------------|
| 1 (9-inch) pie shell, baked
and cooled | 1/2 c. milk |
| 1 (10 oz.) pkg. frozen
chopped spinach,
thawed | 1/2 c. grated Parmesan
cheese |
| 2 tbsp. butter, melted | Pinch nutmeg |
| 1 c. cottage cheese | 1/4 tsp. salt |
| 3 eggs, beaten | 1/8 tsp. pepper |
| | 1/4 tsp. sugar |

Drain and squeeze spinach dry. Set aside. Blend butter, cottage cheese, eggs and milk. Add Parmesan cheese, nutmeg, salt, pepper, sugar. Mix well. Blend in spinach. Pour into pie shell.

Bake at 375 degrees for 50 minutes or until filling is set. Let stand 5 minutes before cutting.

*Anita Bugher
(Forrest Bugher, Lead)*

TOMATO AND BASIL FETTUCCINI

- | | |
|---|-------------------------------|
| 1/4 c. chopped onion | 6 fresh basil leaves, chopped |
| 1 clove garlic, minced | OR 1 tbsp. dried |
| 1/4 c. olive oil | 1 tsp. salt |
| 3 1/2 c. tomatoes, chopped | 1/2 tsp. pepper |
| OR 28 oz. can peeled
tomatoes, chopped,
liquid reserved | 1 (12 oz.) pkg. fettuccini |
| | Grated Parmesan cheese |

Saute onion and garlic in oil until tender but not brown. Add tomatoes, liquid and seasonings. Bring to boil over medium heat. Reduce heat and simmer uncovered 15 - 20 minutes, stirring occasionally. Cook fettuccini according to package directions; drain well. Immediately toss hot fettucini with tomato mixture in serving dish. Garnish with Parmesan cheese. (Serves 4 to 6)

*Sandra Stansbury
(Bob Stansbury, Bass)*

QUICK AND EASY SPAGHETTI

- | | |
|---|---------------------------------|
| 1 1/2 lbs. lean ground beef | 1 1/2 tsp. sugar |
| 1 (32 oz.) jar extra-thick spaghetti sauce | 1 (16 oz.) pkg. spaghetti |
| 2 (16 oz.) cans stewed tomatoes, drained and mashed (reserve juice) | 1/4 tsp. salt |
| | 1/8 tsp. freshly cracked pepper |
| | 1/8 tsp. garlic powder |

Brown beef and drain. Combine beef, sauce, tomatoes and sugar. Simmer for 20 - 30 minutes. Add reserved juice if desired for a thinner consistency. Cook spaghetti according to package directions; top with spaghetti sauce and serve.

Serves 4 - 5.

NOTE: Do not season until cooking time is completed; the flavor will astonish you. Do not substitute for the stewed tomatoes; their flavor creates the long-simmered taste. No-one will ever know this is a quickie!

*Martha Green
(Lamar Green, Bass)*

PRESIDENT REAGAN'S MACARONI AND CHEESE

- | | |
|------------------|--------------------------|
| 1/2 lb. macaroni | 1 tsp. dry mustard |
| 1 tsp. butter | 3 c. grated sharp cheese |
| 1 egg, beaten | 1 c. milk |
| 1 tsp. salt | |

Boil macaroni in water until tender and drain thoroughly. Stir in butter and egg. Mix mustard and salt with 1 tablespoon hot water and add to milk. Add cheese, leaving enough to sprinkle on top. Pour into buttered casserole; add milk, sprinkle with cheese.

Bake at 350 degrees for about 45 minutes or until custard is set and top is crusty.

*Evelyn Fraser
(Earle Fraser, Lead)*

PASTA WITH WHITE SAUCE

For 1 serving each:

2 tbsp. butter

6 oz. cream

Heat above. When ready add cooked pasta and vegetables (optional) and:

3 tbsp. Parmesan cheese

1 tsp. flour

Mix well over heat until thick.

Options:

1. Ziti pasta with asparagus and ham.
2. Fettucini pasta with chicken and broccoli.
3. Bow tie pasta with yellow squash, zucchini and shrimp.

*Susan McKenzie
(Scott McKenzie, Bass)*

SOUTHERN RICE

1 c. sliced celery

3/4 c. sliced green onions

3/4 c. chopped green pepper

2 3/4 c. chicken broth

1 tsp. poultry seasoning

1/2 tsp. salt

1/8 tsp. pepper

**1 1/2 c. long-grain rice,
uncooked**

**1/4 c. chopped pecans,
toasted**

Coat a large nonstick skillet with cooking spray and place over medium-high heat until hot. Add celery, green onions and green pepper; saute until crisp-tender. Stir in broth and next 3 ingredients; bring to a boil. Spoon rice into a shallow 2-quart baking dish; add hot broth mixture. Cover and bake at 350 degrees for 30 minutes or until rice is tender and liquid absorbed. Sprinkle with pecans. (Serves 6 to 8)

*Carol Collins
(David Collins, Bass)*

FLORENTINE RICE

1 c. rice
1 (10 oz.) pkg. frozen
chopped spinach
3 tbsp. chopped onion
1 tsp. salt

1/4 c. margarine
1/4 tsp. pepper
1 (8 oz.) pkg. cheddar cheese,
cubed

Add rice, spinach and onion to 2 1/2 cups boiling salted water; cover. Reduce heat and simmer for 25 minutes. Add remaining ingredients; mix well.

Yield 6 - 8 servings.

*Virginia Jones
(Pete Jones, Bass)*

RICE WITH CHEESE AND OLIVES

1 c. uncooked rice
2/3 c. stuffed olives, sliced
1/2 c. oil
1 onion, diced

2 c. water
1 c. grated cheddar cheese
1/2 tsp. salt
1/4 tsp. pepper

Preheat oven to 325 degrees. Combine all ingredients. Transfer to greased 1 1/2-quart casserole dish. Bake at 325 degrees for 1/2 hour, covered. Then 1/2 hour uncovered. Serve piping hot.

*Sandra Stansbury
(Bob Stansbury, Bass)*

RICE PILAF

6 tbsp. butter
1 med. onion, chopped
1/4 c. finely chopped green
pepper
2 stalks celery, finely
chopped
1 c. uncooked rice

1/4 tsp. crushed thyme
leaves
1 (10 3/4 oz.) can chicken
broth
Water added to broth to
equal 2 cups
Salt and pepper to taste

Preheat oven to 350 degrees. Heat half of butter in skillet; add onion, pepper and celery and saute until golden. Remove vegetables and set aside. In same skillet, heat remaining butter; add rice and brown slightly, stirring, over low heat. Stir in vegetables and thyme. Meanwhile, heat broth-water mixture to boiling. Stir into rice mixture. Add salt and pepper. Transfer to 1 1/2-quart casserole.

Bake, covered, at 350 degrees for 30 - 40 minutes until liquid is absorbed and rice is tender.

*Glenda Peek
(Bernard Peek, Lead)*

AMERICAN RICE PILAF

(Yields 4 servings)

2 tbsp. vegetable oil	3 c. chicken broth, boiling
1/2 c. very fine egg noodles	1 c. boiling water
2 c. long grain rice	Salt
1/4 lb. butter	Freshly ground pepper

Preheat oven to 300 degrees.

Heat oil in heavy oven-proof casserole. Add noodles and cook over medium heat, stirring constantly with a wooden spoon, until noodles are golden brown.

Add rice, butter, chicken broth, water, and salt and pepper to taste. Stir over low heat until butter has melted. Cover and bake 25 to 30 minutes in a 300 degree oven or until the liquid has been absorbed.

Remove from oven, put a folded tea towel between the lid and the pot, and let sit 10 to 15 minutes before serving. (This insures dry, fluffy rice.)

*Betty Ann Dabbs
(Glen Dabbs, Bass)*

ROASTED ASPARAGUS LASAGNA

6 Main Course or 9 Lunch Servings

- | | |
|--------------------------------|----------------------------|
| 5 tbsp. unsalted butter | 4 wide fresh lasagna |
| 3 tbsp. unbleached flour | noodles or about 10 |
| 1 1/2 c. hot milk | dried noodles (see Note) |
| 1 1/2 tsp. coarse (Kosher) | 1/2 c. plus 1 tbsp. heavy |
| salt | cream |
| 2 tbsp. plus 1 tsp. pure olive | 1 1/4 c. grated Parmesan |
| oil | cheese, about 3 1/2 oz. |
| 2 lg. onions (1 lb.), halved | 12 (1/4-inch-thick) slices |
| vertically and thinly | Mozzarella cheese, |
| sliced | about 4 oz. (or shredded |
| 2 lbs. fresh asparagus, | Mozzarella) |
| trimmed | |

Note: If using the dried lasagna noodles (with curly edges) start cooking them first so they will be ready when putting the lasagna together. (See step 5)

1. In a heavy medium saucepan, melt 3 tablespoons of the butter over low heat. Add the flour and stir with a wooden spoon until thoroughly incorporated. Cook, stirring, until the mixture has bubbled for 1 minute; do not allow the flour to brown.

2. Remove from the heat and very slowly whisk in the hot milk. Return the saucepan to low heat and cook, whisking, until the sauce thickens and loses its floury taste, about 10 minutes. Stir in 1/2 teaspoon of the salt and transfer to a bowl. Press a piece of plastic wrap directly on the surface of the sauce and set aside. (This bechamel sauce can be made several hours ahead; let cool to room temperature and refrigerate. It will thicken as it cools; rewarm it very slowly until it reaches spreading consistency before using.)

3. Preheat the oven to 500 degrees. In a large skillet, melt the remaining 2 tablespoons butter in 1 tablespoon olive oil. Add the onions and sprinkle with 1/2 teaspoon salt. Cook over low heat, stirring occasionally, until very soft and lightly colored, 15 to 20 minutes.

4. On a baking sheet, toss the asparagus with the remaining 1 tablespoon plus 1 teaspoon olive oil until evenly coated. Spread the asparagus spears in a single layer and bake until tender, about 10 minutes. Remove from the oven and let cool slightly. Thinly slice the asparagus on the diagonal and add to the onions. Reduce the oven temperature to 375 degrees.

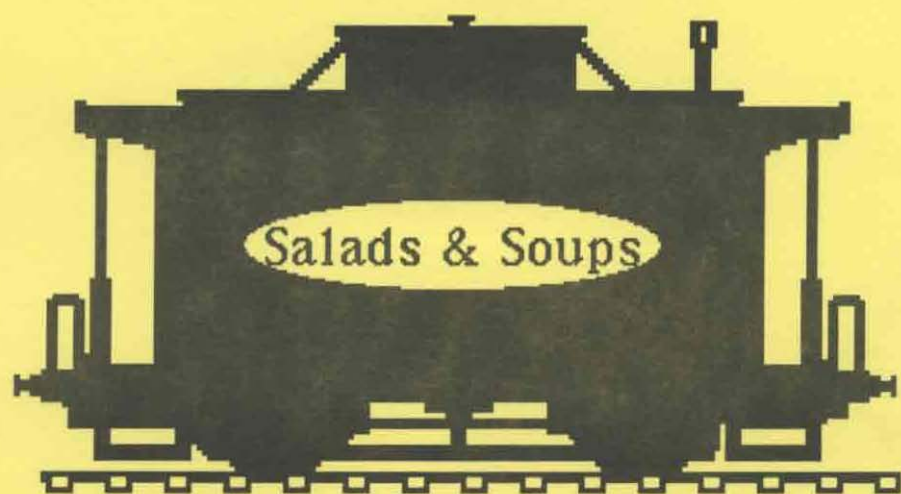
5. In a large pot, cook the lasagna noodles with the remaining 1/2 teaspoon salt until soft and pliable. Drain and lay the lasagna noodles on a damp tea towel.

6. Set aside 2 tablespoons of the bechamel sauce, 1 tablespoon of the heavy cream and 1/2 cup of the Parmesan. To assemble, spread 2 tablespoons of the bechamel on the bottom of an 8-inch square baking dish and drizzle 2 tablespoons of the cream on top. Cover with a single layer of lasagna noodles (do not overlap noodles) and 2 more tablespoons of bechamel. Spread 1 cup of the asparagus and onions on the sauce, cover with 4 slices of Mozzarella (if using shredded use 1/3 of the total amount), 1/4 cup of the Parmesan and 2 tablespoons cream each time. Repeat for 2 more layers starting with the noodles. Cover with the last noodle and spread the reserved bechamel, cream, Parmesan, and any extra Mozzarella on top.

7. Cover the lasagna loosely with foil and bake for 10 minutes. Uncover and bake for an additional 20 to 30 minutes or until golden and bubbling. Let cool for 10 minutes before cutting.

Note: If freezing bake for the first 10 minutes, let cool to room temperature and freeze.

*Susan McKenzie
(Scott McKenzie, Bass)*



BLUEBERRY CONGEALED SALAD

- | | |
|-------------------------------------|------------------------------------|
| 2 (3 oz.) boxes grape Jello | 1 (15 oz.) can blueberries, |
| 1 sm. can crushed pineapple, | not drained |
| drained | 1 c. chopped pecans |

Pour 2 cups boiling water over Jello, dissolve and mix in other ingredients and jell.

Mix together with mixer:

- | | |
|-------------------------------------|-----------------------|
| 8 oz. cream cheese, softened | 1 tsp. vanilla |
| 8 oz. sour cream | Dash salt |
| 1/2 c. sugar | |

Spread over Jello mixture and chill.

*Mary Strickland
(W. C. Strickland, Bass)*

MANDARIN ORANGE SALAD

- | | |
|------------------------------------|--------------------------------|
| 1 (3 oz.) box orange Jello | 1 sm. container creamed |
| 1 can mandarin oranges, cut | cottage cheese |
| in sm. pieces | 1 lg. carton Cool Whip |
| 1 can crushed pineapple | |

Mix all ingredients together and chill.

*Martha Green
(Lamar Green, Bass)*

LIME JELLO SALAD

(Serves 10)

- | | |
|-------------------------|----------------------------|
| 1 box lime Jello | 18 lg. marshmallows |
| 1 c. hot water | 1/2 c. cold water |

Mix above ingredients over low heat until completely dissolved. Chill until it starts to set, like syrup.

Add:

- | | |
|--------------------------------------|--------------------|
| 1 can crushed pineapple
(drained) | 1 c. nuts |
| 1 (8 oz.) cottage cheese | 1 c. whipped cream |

Mix well, add whip cream last. Chill for 2 hours.

Virginia Jones
(*Pete Jones, Bass*)

FLIP FLOP SALAD

- | | |
|------------------------|------------------------------------|
| 1 pkg. lemon Jello | 3/4 c. crushed pineapple |
| 1 pkg. orange Jello | 2 c. sm. marshmallows |
| 3 c. of hot water | 1 pkg. Lucky Whip or Dream
Whip |
| 3/4 c. pineapple juice | |
| 3 tbsp. mayonnaise | |

Grease 9 x 13-inch glass pan with 1 tablespoon mayonnaise. Mix pineapple, marshmallows and mayonnaise. Fold in Dream Whip, put in bottom of pan. Mix Jello with 3 cups hot water until Jello is dissolved. Mix pineapple juice, let cool. Pour cooled Jello mixture over top of mixture in pan and watch the magic. Place in refrigerator until cooled and set.

Judy Jesse
(*Fred Jesse, Tenor*)

COTTAGE CHEESE SALAD

- | | |
|--|---|
| 1 (9 oz.) can crushed
pineapple | 1 tbsp. sugar |
| 1 sm. pkg. strawberry or
cherry gelatin | 1/2 c. chopped nuts |
| 1 1/3 c. cottage cheese | 1 (6 oz.) can evaporated
milk or 3/4 c. heavy
cream |
| 1/2 c. mayonnaise | |

Drain pineapple, mix juice with enough water to make one cup liquid. Heat until boiling, then add gelatin. Remove from heat and cool until other ingredients are mixed. Mix sugar with cottage cheese. Add nuts, cream or milk, mayonnaise and pineapple. Combine both mixtures and pour into mold or bowl. Let sit in refrigerator until congealed.

*Martha Green
(Lamar Green, Bass)*

PINEAPPLE UPSIDE DOWN SALAD

1 can pineapple slices
1 pkg. orange Jello

1 c. cottage cheese
Cherries

Drain pineapple, reserving syrup. Add water to make 1 1/2 cups liquid. Bring to boil and stir in Jello. Cool until almost syrupy. Arrange pineapple and cherries in an 8-inch pie pan. Pour 1/2 of Jello in; chill this first layer until set. Combine remaining Jello with cottage cheese and pour over the first layer. Let whole salad chill and set. To unmold, dip pan in warm water, cover with plate, invert and shake firmly.

*Betty Ann Dabbs
(Glen Dabbs, Bass)*

SPECIAL CONGEALED SALAD

Step 1 - Prepare 1 large box lemon Jello. When slightly thickened, add 1 cup crushed pineapple (well drained) and chill until firm. Reserve juice.

Step 2 - Prepare 1 package Dream Whip and add 1 (8-ounce) package cream cheese (softened). Whip together and spread over Jello mixture.

Step 3 - Mix together 1 cup pineapple juice, 3/4 cup sugar, 3 tablespoons flour and 2 beaten eggs. Cook until thickened 5 to 8 minutes. Let cool and spread over whipped mixture. Sprinkle with 1/2 cup chopped pecans.

*Marjorie Neely
(Frank Neely, Lead)*

FROSTED SALAD

- | | |
|----------------------------------|-----------------------|
| 2 pkg. (3 oz.) lemon gelatin | 1 c. miniature |
| 2 c. boiling water | marshmallows |
| 2 c. clear carbonated beverage | 2 lg. bananas, sliced |
| 1 can (20 oz.) crushed pineapple | Whipped Cream Topping |

1. Dissolve gelatin in boiling water. Stir in carbonated beverage. Chill until partly set. Drain pineapple, saving juice for Whipped Cream Topping.

2. Fold pineapple, marshmallows, and bananas into gelatin. Pour into 9-inch spring-form pan or 7 x 12-inch oblong glass dish. Chill until firm.

WHIPPED CREAM TOPPING:

- | | |
|----------------------------------|--------------------------|
| 1/2 c. sugar | 1/4 c. shredded American |
| 2 tbsp. flour | cheese |
| 1 c. pineapple juice | 3 tbsp. Parmesan cheese |
| 1 egg, slightly beaten | |
| 2 tbsp. butter | |
| 1 c. whipping cream | |
| (whipped) (I use 2 c. Cool Whip) | |

Combine sugar and flour in saucepan. Stir in pineapple juice and egg. Cook over low heat until thickened. Remove from heat; add butter. Let cool; chill. Fold into whipped cream. Frost gelatin mixture. Sprinkle with American and Parmesan cheese.

*Wilma Graham
(Donovan Graham, Bass)*

CRANBERRY JELLO SALAD

- | | |
|-----------------------------------|---------------------|
| 1 lg. box raspberry Jello | 1 c. sour cream |
| 1 3/4 c. boiling water | 1/2 c. chopped nuts |
| 1 lg. can crushed pineapple | |
| 1 can whole berry cranberry sauce | |

Dissolve Jello in water. Add pineapple, cranberry sauce, nuts, and mix well together. Pour 1/2 of this mixture into an 8 by 8-inch dish (or large mold) and refrigerate until firm, leaving other half at room temperature. Spread sour cream into refrigerated portion, then spoon remainder of Jello mixture on top. Refrigerate until firm.

*Pat Jones
(Sam Jones)*

CRAN - RASPBERRY BURGUNDY SALAD

Dissolve 1 (6-ounce) package raspberry gelatin in 2 cups boiling water.

Stir in:

1 (16 oz.) can whole
cranberry sauce
1 (8 3/4 oz.) can crushed
pineapple, undrained

1/2 c. Meier's Ohio State
Mellow Burgundy

Chill till partially set. Stir in 1/3 cup chopped walnuts. Pour into 6-cup mold. Chill until firm. Makes 10 - 12 servings.

TOPPING:

1 c. sour cream
1 c. mayonnaise

1 sm. pkg. miniature
marshmallows

*Anita Bugher
(Forrest Bugher, Lead)*

CRANBERRY STAR MOLD

Yields 10 servings

1 c. crushed pineapple
1 pkg. raspberry Jello
2 c. whole cranberry sauce

1 tsp. grated orange peel
1 c. orange sections
1 c. heavy cream

Drain pineapple, reserving syrup. Add boiling water to syrup to make 1 1/4 cups. Dissolve Jello in the hot water; chill until partially set. Fold in cranberries, orange peel, orange sections and pineapple. Whip cream; fold in. Pour into mold. Chill until set. Unmold; top with whipped cream.

*Betty Ann Dabbs
(Glen Dabbs, Bass)*

CHERRY SALAD

1 lg. can crushed pineapple	1 c. coconut
1 can cherry pie filling	1 c. nuts
1 lg. Cool Whip	1 Eagle Brand Milk

Mix and refrigerate before serving.

*Sherry Fowler
(Niles Fowler, Tenor)*

TROPICANA GRAPES

1 pt. sour cream	2 lbs. seedless grapes
1/8 c. brown sugar	12 fresh pineapple rings
1/4 tsp. nutmeg	

Blend sour cream, brown sugar and nutmeg. Fold grapes into the mixture and chill. To serve, top fresh pineapple ring with 1/2 cup grape mixture. Garnish with pineapple leaves. (This also makes a good dessert.)

Pat Crowe, Lead

FRESH STRAWBERRY SALAD

1 bag fresh spinach	1 c. pecans, toasted in butter
1 qt. strawberries, halved	

Salt pecans and drain on paper towel. Tear cleaned spinach into bite size pieces. Top with berries and pecans. Chill. Add the dressing just before serving.

DRESSING:

1/3 c. red wine vinegar
1 c. salad oil
1/2 c. sugar
1 tsp. salt

1 tsp. dry mustard
1 1/2 tbsp. minced onion
1 1/2 tbsp. poppy seeds

Put all ingredients, except poppy seeds, in blender. Process. Stir in poppy seeds. Toss just before serving.

Evelyn Fraser
(*Earle Fraser, Lead*)

CHAMPAIGN SALAD

Beat together:

3/4 c sugar

1 (8 oz.) cream cheese

Mix the following with the cream cheese mixture:

1 sm. can crushed pineapple, drained
2 - 3 bananas, sliced

1 (10 oz.) container frozen strawberries, defrosted

Fold in 1 (12-ounce) container Cool Whip. Pour into a 9 x 13-inch dish. Freeze.

Sherry Fowler
(*Niles Fowler, Tenor*)

ITALIAN SALAD

1 (16 oz.) can artichoke hearts, drained
4 oz. sliced salami
3/4 c. black pitted olives
3/4 c. sliced fresh mushrooms
1/2 c. Italian dressing
12 oz. macaroni

3/4 c. sliced celery
1/2 green pepper, diced
1 c. cherry tomatoes
1 red onion, sliced thin
1/4 c. Swiss cheese, shredded
Salt, pepper
Lettuce

In small bowl, place artichoke hearts, salami, olives, mushrooms, and dressing. Toss lightly and chill for one hour. Cook macaroni according to directions. Rinse in cold water until macaroni is cold. In large bowl, gently toss macaroni, celery, green pepper, tomatoes, salt, pepper. Add marinated ingredients and toss. Garnish with cheese, red onions, and lettuce. Serves 10 - 12.

*Sherry Fowler
(Niles Fowler, Tenor)*

MULTIBEAN SALAD

1 lb. can red kidney beans	2 (1 lb.) cans green beans
1 lb. can yellow wax beans	1 to 2 c. chopped green
1 lb. can baby lima beans	onion
1 lb. can garbanzo beans	

Drain and rinse beans. Combine with chopped onion.

DRESSING:

1 tbsp. minced garlic	1 tsp. Dijon mustard
1 tsp. salt	1 c. olive oil
1/2 tsp. freshly ground pepper	1/3 c. red wine vinegar
	1 tbsp. sugar

Mash garlic with salt and pepper. Add mustard. Mix with olive oil, vinegar and sugar. Pour dressing over beans, toss and cover. Refrigerate at least 10 hours. Bring to room temperature before serving. (12 - 15 servings)

*Marjorie Neely
(Frank Neely, Lead)*

VEGETABLE SALAD

Mix together:

1 can French cut green beans, drained	4 leaves celery, cut fine
1 can green peas, drained	1 sm. bell pepper (red or yellow), chopped
1 sm. jar pimentos, drained	1 onion, chopped

Mix together in saucepan:

1 1/2 c. sugar
1 tsp. salt
1/2 c. oil

1 c. vinegar
1 tbsp. water

Heat until sugar and salt melt. Pour over vegetables. Refrigerate. Keeps well for several days.

Mary Strickland
(*W. C. Strickland, Bass*)

COPPER PENNIES

12 lg. carrots, sliced
1 onion, chopped or cut in
rings
1/2 c. salad oil
1 can tomato soup
1 green pepper, cut in strips
1 tsp. Worcestershire sauce

3/4 c. sugar
1/3 c. vinegar
1 tsp. salt
1 tsp. pepper
1 tsp. paprika
1 tsp. dry mustard

Boil carrots until tender-crisp; drain and place in large container. Mix remaining ingredients; add to carrots. Stir well; cover; refrigerate 24 hours. Serve cold.

Melissa Wilson
(*Chuck Wilson, Baritone*)

ARTICHOKE SALAD

12 canned artichoke hearts,
cut in 1/2-inch pieces
1 c. sliced fresh mushrooms

1 c. pea pods
3/4 c. toasted sliced
almonds

DRESSING:

2 tsp. Dijon mustard
1/2 tsp. freshly ground
pepper
1/2 tsp. salt

1/4 c. red wine vinegar
1/4 c. salad oil
1 tsp. dried dill weed
1 c. light cream

The salad ingredients can be combined ahead of time but put the dressing on just before serving.

*June Coulter
(James Coulter, Lead)*

CORN SALAD

2 cans white shoe-peg corn, drained	Salt, pepper
1/4 c. oil	1/2 c. chopped green pepper
1/2 c. vinegar	1/2 c. chopped sweet red pepper
1/2 c. sugar (or 10 packets Equal)	1/2 c. chopped green onion

Any crunchy vegetable, like celery, can be used. Pimento can be used for color instead of the sweet red pepper. Combine all the ingredients and chill overnight. Drain when ready to serve.

Serves 4 to 6.

*Guelda Malone
(Benny Malone, Baritone)*

MARINATED BROCCOLI SUPREME

1 tsp. onion salt	1 bunch fresh broccoli, cooked and drained (or 2 {10 oz.} pkgs. frozen spears)
1 tsp. oregano	2 hard-cooked eggs, chopped
1/2 tsp. thyme	Lemon slices
1 tsp. garlic salt	Parsley
1/2 tsp. pepper	
1/2 tsp. dry mustard	
3 tbsp. white vinegar	
2/3 c. salad oil	

Combine first 8 ingredients in mixing bowl; beat 1 minute at medium speed of electric mixer or process in blender. Place broccoli in an 8-inch square dish; add marinade. Cover and refrigerate overnight. Before serving, drain off marinade. Place broccoli in serving dish, and sprinkle with chopped eggs. Garnish with lemon slices and parsley.

*Evelyn Fraser
(Earle Fraser, Lead)*

CAULIFLOWER BROCCOLI SALAD

- | | |
|---|--------------------------------------|
| 1 bunch fresh broccoli, cut
in 1/2-inch pieces | 4 green onions, chopped |
| 1 head cauliflower, cut in
1/2-inch pieces | 10 oz. pkg. frozen peas,
uncooked |

Mix the above with the following dressing:

- | | |
|---------------------|-----------------------|
| 1 1/4 c. mayonnaise | 1/2 tsp. garlic salt |
| 1/2 c. sour cream | 2 heaping tbsp. sugar |

Refrigerate 3 hours.

*Nancy Owens
(Barry Owens, Tenor)*

CRUNCHY PEA SALAD

- | | |
|---------------------------------------|-------------------------|
| 2 c. frozen peas, uncooked | 1/4 c. light mayonnaise |
| 1/2 c. red-skinned Spanish
peanuts | 1/4 c. sour cream |
| | 1 tbsp. white wine |

Thaw peas by rinsing in cold water. Add peanuts. Mix mayonnaise, sour cream and wine and combine with peas and peanuts. (Easy, different and good.)

*Carol Collins
(David Collins, Bass)*

LAYERED POTATO SALAD

- | | |
|-----------------------------------|-------------------------------------|
| 10 potatoes, boiled and
sliced | 6 hard boiled eggs, sliced |
| 1 head cabbage, shredded | Celery seed |
| 1 qt. mayonnaise | Salt and pepper |
| 3 onions in rings | Green peppers in rings
(about 3) |

Begin with layer of shredded cabbage in bowl. Add layer of sliced potatoes. Salt and pepper and sprinkle with celery seed. Add onion rings and pepper rings. Add sliced eggs and then spread mayonnaise over all, covering all of mixture. Now start all over and add as many layers as needed, ending with mayonnaise and eggs. Sprinkle with paprika. Must be refrigerated at least 24 hours before serving. Serves 10 to 12.

*Glenda Peek
(Bernard Peek, Lead)*

SOUR CREAM POTATO SALAD

8 med. potatoes, cooked and sliced	2 tbsp. dry parsley
8 oz. carton sour cream	1/2 tsp. salt
3 green onions, thinly sliced	2 tsp. horseradish
	1 1/2 c. mayonnaise

Combine sour cream, onions, parsley, salt, horseradish and mayonnaise. Alternate layers of potatoes and sauce in flat dish. Refrigerate for 12 hours. (Serves 8 - 10)

*Marjorie Neely
(Frank Neely, Lead)*

CABBAGE SALAD

Layer the following:

1 lg. cabbage, shredded	1 med. jar of pimento,
1 green pepper, sliced paper thin	drained
2 med. onions, sliced thinly and separated into rings	

Mix together and boil for 2 minutes:

1 c. salad oil	1 1/2 tsp. salt
1 c. sugar	1 tsp. celery seed
3/4 c. white vinegar	

Pour hot dressing over vegetables. Cover tightly and refrigerate at least four hours before serving. Keeps for at least a week.

*Evelyn Fraser
(Earle Fraser, Lead)*

YANKEE COLESLAW

1 c. red kidney beans, drained	1/3 c. finely chopped onion
2 c. shredded cabbage	1/2 c. chopped fresh parsley
3/4 c. finely chopped celery	3 strips bacon, fried crisp, crumbled

DRESSING:

1 tsp. salt	1 1/2 tbsp. sugar
1/2 tsp. pepper	2 tbsp. vinegar
1/2 c. mayonnaise	

Mix.

Combine all ingredients, except bacon, with dressing. Add bacon just before serving.

*Barbara Keegan
(Tom Keegan, Lead)*

CAESAR SALAD

(An eggless version)

1 head Romaine lettuce	1 tbsp. Dijon mustard
1 can Anchovies (Rolled with Capers)	2 or 3 shakes Worcestershire sauce
Fresh cracked pepper	6 tbsp. olive oil
1 1/2 tbsp. red wine vinegar	Grated Parmesan cheese
with garlic	Croutons
Juice of 1 lemon	Capers (optional)
1 to 2 crushed garlic cloves (or 1 tbsp. prepared)	

1. Wash and separate lettuce leaves, drain, return to refrigerator.

2. Place anchovies in large flat bottom bowl (throw out anchovy oil), add fresh cracked pepper and lemon juice, mash until a paste is formed (the lemon juice helps break down the anchovies and the coarse pepper helps grind the anchovies).

3. Blend in the Dijon mustard and garlic.

4. Add vinegar, Worcestershire sauce, olive oil and thoroughly mix.

5. Tear lettuce by hand and add to bowl with the croutons, toss until coated.

6. Mix in Parmesan and capers.

Serve on chilled plates with chilled forks and extra Parmesan and cracked pepper.

*Susan McKenzie
(Scott McKenzie, Bass)*

NAPA SALAD

1 bunch Napa or Bok Choy, cut up, stems and all	2 pkgs. Ramen noodles, uncooked and broken up (discard spice pkg.)
5 green onions, chopped	
1/2 c. sunflower seeds	3/4 c. slivered almonds

Brown almonds and noodles in 1/4 cup margarine. Combine all ingredients and pour over the dressing made of the following:

1 c. salad oil	3 tbsp. soy sauce
3/4 c. sugar	1/2 c. vinegar

*Evelyn Fraser
(Earle Fraser, Lead)*

GREEN LAYERED SALAD

Bed of lettuce (med. size), broken up	Raw broccoli (use flowerettes and little part of stem)
Raw cauliflower (approximately 1/2 head)	

Sprinkle over above: chopped pecans. Cover with mayonnaise. Top with grated Parmesan cheese. Microwave crisp bacon and put over salad at serving time. Toss as needed.

June R. Coulter
(James Coulter, Lead)

CHUTNUT CHICKEN SALAD

- | | |
|----------------------------|-------------------------------------|
| 2 c. cooked, cubed chicken | 1/4 c. raisins (dark or light) |
| 1/2 tsp. salt | 1/4 c. peanuts, cashews, or almonds |
| 1/2 tsp. curry powder | |
| 3/4 c. mayonnaise | 1/2 c. coconut, shredded |
| 1/2 c. chutney | |

Mix all ingredients except coconut. Sprinkle coconut on top. (6 servings)

Evelyn Fraser
(Earle Fraser, Lead)

HOT CHICKEN SALAD

- | | |
|--------------------------------|--|
| 1 c. all-purpose flour | 1 c. chopped green pepper |
| 1 tsp. salt, divided | 2 tsp. grated onion |
| 1/3 c. plus 1 tbsp. shortening | 1 tbsp. lemon juice |
| 1 c. shredded sharp cheese | 1 (4 oz.) jar chopped pimento, drained |
| 2 tbsp. water | 1 c. mayonnaise |
| 2 c. cubed cooked chicken | 1 c. crushed potato chips |
| 1 c. chopped celery | |

Combine flour and 1/2 teaspoon salt; cut in shortening until resembles coarse cornmeal. Add 1/2 cup cheese and water. Stir until forms ball. Roll dough to 1/8-inch thickness on floured board. Fit into 9-inch pie pan. Prick bottom and sides with fork. Bake at 475 degrees for 8 to 10 minutes.

Combine chicken, celery, green pepper, onion, lemon juice, 1/2 teaspoon salt, pimento and mayonnaise. Pour into pastry shell and sprinkle with remaining 1/2 cup cheese and potato chips. Bake at 350 degrees for 20 minutes. (6 to 8 servings)

Marjorie Neely
(Frank Neely, Lead)

CRANBERRY - ORANGE CHUTNEY

- | | |
|-------------------------------------|-------------------------|
| 1 c. fresh orange sections | 1/2 c. raisins |
| 1/4 c. orange juice | 1/4 c. walnuts, chopped |
| 4 c. cranberries | 1 tbsp. vinegar |
| 2 c. sugar | 1/2 tsp. ginger |
| 1 c. apple, unpeeled and
chopped | 1/2 tsp. cinnamon |
| | 1/4 tsp. cloves |

Combine all ingredients in large saucepan and bring to a boil. Reduce heat and simmer 5 minutes or until berries begin to burst. Yield: 5 1/2 cups.

A nice change from cranberry sauce.

*Evelyn Fraser
(Earle Fraser, Lead)*

CRANBERRY RELISH

Grind or chop in blender:

- | | |
|-------------------|-----------|
| 1 lb. cranberries | 2 oranges |
|-------------------|-----------|

Mix with:

- | | |
|----------------------------|------------|
| 3 apples, chopped coarsely | 1 c. sugar |
| 1 sm. can pineapple | |

Mix well and refrigerate. This keeps well 4 - 5 weeks.

*Mary Strickland
(W. C. Strickland, Bass)*

QUICK CLAM CHOWDER

- | | |
|----------------------------------|-------------------------|
| 1 can cream of potato soup | 1 stick margarine |
| 1 can cream of celery soup | 1 tsp. dry minced onion |
| 2 soup cans milk | |
| 1 can minced clams and
liquid | |

Combine all ingredients in a heavy saucepan. Bring almost to a boil, then simmer about 30 minutes.

*Barbara Keegan
(Tom Keegan, Lead)*

POTATO - BACON CHOWDER

8 slices bacon, cut up	1 c. dairy sour cream
1 c. chopped onion	1 $\frac{3}{4}$ c. milk
2 c. cubed potatoes	1 $\frac{1}{2}$ tsp. salt
1 c. water	Dash pepper
1 can condensed cream of chicken soup	2 tbsp. chopped parsley

Fry bacon until crisp in a 3-quart saucepan; add onion and saute 2 - 3 minutes. Pour off fat. Add potatoes and water. Bring to boil, cover and simmer 10 - 15 minutes or until potatoes are tender. Stir in soup and sour cream, gradually add milk. Add salt, pepper and parsley. Heat to serving temperature (do not boil). Yield 7 cups.

*Anita Bugher
(Forrest Bugher, Lead)*

TURKEY CARCASS SOUP

1 turkey carcass	2 or 3 stalks celery, chopped
2 cans tomatoes	2 or 3 carrots, sliced
1 box frozen tiny lima beans	2 potatoes, diced
1 lg. onion, chopped	1 can white corn

Cook turkey carcass in large container in salted water until meat falls off bones. Separate and discard bones and skin. Add all ingredients except potatoes and corn. When nearly done, add potatoes and cook until tender. Then add corn and cook for 5 minutes.

*Evelyn Fraser
(Earle Fraser, Lead)*

VEGETABLE SOUP

Start with a 3 or 4-quart stainless steel pot filled about 1/4 full of water. Chop one (1) large onion, two (2) celery stalks and two (2) carrots. Cook until tender. Then add one (1) ingredient at a time. Wait until each starts cooking before another.

- | | |
|--|---|
| 1 (16 oz.) can green beans,
drained | 1 (28 oz.) can tomatoes, cut
up with juice |
| 1 (16 oz.) bag frozen cut
okra | 2 tsp. chili powder |
| 1/2 green pepper, chopped | 1 each chicken and beef
bouillon cube |
| 1 (10 oz.) box yellow frozen
squash | 1 tsp. Mrs. Dash |
| 1 (16 oz.) bag frozen
broccoli | 1 (24 oz.) V-8 or tomato
juice |
| 1/4 cabbage head, chopped | Salt and pepper to taste |

*June Coulter
(James Coulter, Lead)*

BEAN AND RICE SOUP

- | | |
|--|--|
| 2 slices bacon, diced | 1 can (16 oz.) pinto beans,
undrained |
| 1 sm. onion, chopped | 1 can (8 oz.) tomato sauce |
| 1 celery stalk, diced | 1 tsp. garlic powder |
| 4 c. water | 1 tsp. salt |
| 1 can (16 oz.) Great
Northern beans,
undrained | 1/4 tsp. black pepper |
| | 1 c. Minute Rice |

Cook and stir bacon in large saucepan on medium heat until browned. Add onion and celery. Cook and stir until tender. Add water, beans, tomato sauce, garlic powder, salt and pepper. Cover and bring to a boil. Stir in rice. Cover pan and remove from heat. Let stand 5 minutes. Delicious!

*Billie Stulce
(Randall Stulce, Tenor)*

FRENCH MARKET SOUP

Mix 1 pound bag each:

Navy
Pinto
Great Northern
Green split pea
Yellow split pea
Black-eye peas

Lentils
Baby limas
Large limas
Black beans
Red beans
Barley beans

Mix all together.

2 c. bean mix
2 qts. water
1 ham hock
1 1/4 tsp. salt
1 1/4 tsp. pepper
16 oz. can tomatoes
(undrained and
chopped)

1 lg. onion
1 clove garlic (chopped)
1/4 c. lemon juice

Wash 2-cup bean mix and place in a Dutch oven. Cover with water 2 inches above the beans and soak overnight. Drain. Add 2 quarts water and next 3 ingredients. Cover and bring to a boil. Reduce heat and simmer 1 1/2 hours or until beans are tender.

Add remaining ingredients and simmer 30 minutes, stirring occasionally. Remove ham hock from soup. Remove meat from bone. Chop meat and return to soup.

(Yields: 2 1/2 quarts)

Makes a nice gift. Measure 2 cups to a bag. Tie off and attach recipe. Give to family-friends.

*Sandra Stansbury
(Bob Stansbury, Bass)*

"FORGOTTEN" MINESTRONE

- | | |
|---|---|
| 1 lb. lean beef stew meat | 1 med. zucchini, thinly sliced |
| 6 c. water | 2 c. finely chopped cabbage |
| 1 can (28 oz.) tomatoes with liquid, cut up | 1 can (16 oz.) garbanzo beans, drained |
| 1 beef bouillon cube | 1 c. uncooked sm. elbow or shell macaroni |
| 1 med. onion, chopped | 1/4 c. grated Parmesan cheese |
| 2 tbsp. minced dried parsley | |
| 2 1/2 tsp. salt, optional | |
| 1 1/2 tsp. ground thyme | |
| 1/2 tsp. pepper | |

In a slow cooker, combine beef, water, tomatoes, bouillon, onion, parsley, salt if desired, thyme and pepper. Cover and cook on low for 7 - 9 hours or until meat is tender. Add zucchini, cabbage, beans and macaroni, cook on high, covered, 30 to 45 minutes more or until vegetables are tender. Sprinkle individual servings with Parmesan cheese.

*Marjorie Neely
(Frank Neely, Lead)*

VEGETABLE BURGER SOUP

- | | |
|--|----------------------------------|
| 1/2 lb. ground beef | 1 env. Lipton Onion Soup dry mix |
| 1 can (16 oz.) stewed tomatoes | 1 tsp. sugar |
| 1 (10 oz. pkg.) frozen mixed vegetables, slightly thawed | 1 (8 oz.) can tomato sauce |
| | 2 c. water |

Brown the ground beef and drain. Stir in tomato sauce, water, frozen vegetables, soup mix and sugar. Bring to boil. Reduce heat and cover. Simmer for 30 minutes.

*Billie Stulce
(Randall Stulce, Tenor)*

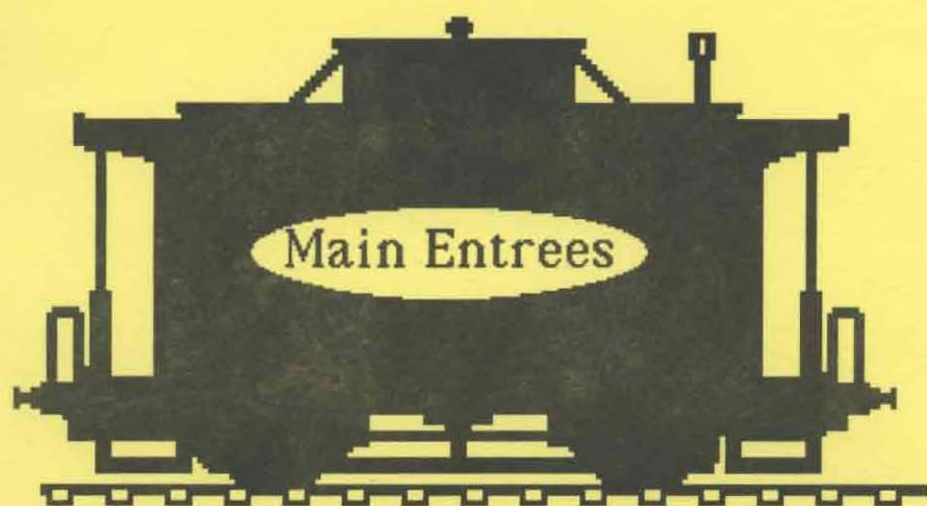
JARLSBERG VEGETABLE BISQUE

3 tbsp. butter	1 sm. clove garlic, minced
3 tbsp. flour	1/4 tsp. thyme, crushed
4 c. chicken (or vegetable) broth	1/2 tsp. salt
2 c. coarsely chopped broccoli	1/8 tsp. pepper
3/4 c. chopped carrots	1 c. heavy cream
1/2 c. chopped celery	1 egg yolk
1 onion	1 1/2 c. shredded Jarlsberg Cheese

In large heavy saucepan, melt butter. Add flour and cook several minutes, stirring. Remove from heat. Gradually blend in broth. Bring to boil, stirring. Add next 8 ingredients. Cover; simmer til vegetables are tender. In a separate saucepan blend the cream and egg. Gradually blend in several tablespoons soup. Gradually add and blend in the cheese and more soup until all cheese is melted. Add cheese mixture to soup and cook; stirring until thickened. Serve with warm bread. Makes 6 to 8 servings.

(Hint: A quick method to grate Jarlsberg Cheese, is to freeze until hard and chop in a food processor.)

*Susan McKenzie
(Scott McKenzie, Bass)*



CHICKEN WITH WALNUTS

- | | |
|--|---|
| 1 1/2 lbs. boneless, skinless
chicken breasts, cut in
sm. pieces | 1/2 tsp. salt |
| 3 tbsp. soy sauce | 1/2 tsp. crushed red pepper |
| 1 tbsp. corn starch | 2 tbsp. salad oil |
| 1 tbsp. dry sherry | 2 med. green peppers, cut up |
| 1 tsp. sugar | 4 green onions, cut in 1-inch
pieces |
| 1 tsp. grated ginger root | 1/2 c. walnut halves |

In small bowl, blend soy sauce into cornstarch. Stir in sherry, sugar, ginger root, salt and red pepper. Pre-heat wok or large skillet and add salad oil. Stir fry green pepper and green onions in hot oil for 2 minutes. Remove. Add walnuts to wok and stir fry 1 to 2 minutes or til golden. Remove. Add more oil if necessary. Add 1/2 of the chicken and stir fry 2 minutes. Remove and stir fry remaining chicken. Return chicken to wok. Stir soy sauce mixture and add to chicken. Cook and stir until bubbly. Stir in vegetables and walnuts. Cover and cook 1 minute. Serve over hot rice. Serves 6.

*Sandra Stansbury
(Bob Stansbury, Bass)*

POPPY SEED CHICKEN CASSEROLE

- | | |
|--|-----------------------------------|
| 4 chicken breast halves,
cooked and boned | 1 1/2 c. crushed Ritz
Crackers |
| 1 c. dairy sour cream | 1 tbsp. poppy seed |
| 1 can (10 3/4 oz.) cream of
chicken soup, undiluted | 1/2 c. margarine, melted |

Cut chicken into bite-size pieces. Place in 1 1/2-quart greased baking dish. Mix sour cream and soup; spread over chicken. Combine cracker crumbs, poppy seed and margarine; sprinkle over casserole.

Preheat oven to 350 degrees Fahrenheit. Bake uncovered 30 minutes or until golden brown. Makes 6 servings.

*Sherry Fowler
(Niles Fowler, Tenor)*

CHICKEN SOUR CREAM BAKE

- | | |
|---|---|
| 6 chicken breast halves,
skinned, boned, and
halved again if too lg. to
be wrapped in beef slice | 12 slices bacon
2 c. sour cream
1 can cream of asparagus or
cream of mushroom
soup
Paprika |
| 1 (4 oz.) jar chipped beef,
rinsed in boiling water
and drained | |

Wrap each breast section in slice of chipped beef, then wrap with bacon. Mix sour cream and soup. Place chicken in greased casserole dish and pour soup mixture over it. Sprinkle with paprika. Bake uncovered at 325 degrees for 2 hours.

Serves 6 - 8.

*Marjorie Neely
(Frank Neely, Lead)*

GARLIC CHICKEN - EASY & FAST

- | | |
|--|-----------------------|
| 4 to 6 boneless, skinless
breasts, halved | 1/2 c. cooking sherry |
| 1 lg. diet Italian salad
dressing | |

Wash and cut off any fat and drain breasts. Put in large Pyrex baking dish. Add sherry and dressing and cover with heavy foil. Refrigerate 6 hours or overnight. Bake, still covered, at 350 degrees for 1 1/2 to 2 hours. (Cut all breasts in half and beat down thick areas before preparing.)

*Mary Abercrombie
(Dave Abercrombie, Lead)*

CHICKEN FRANCAIS

- | | |
|---|----------------------------|
| 1 tbsp. olive oil | 1/2 tsp. Tabasco sauce |
| 1 1/2 lbs. boneless, skinless
chicken, cut in strips | 1/4 tsp. ground cloves |
| 1 lg. onion, chopped | 1/4 tsp. ground nutmeg |
| 2 cloves garlic, minced | 4 lg. carrots, sliced |
| 3 or 4 fresh tomatoes,
chopped | 1 bunch scallions, chopped |

In large skillet, heat oil. Add chicken, onion, garlic; saute for 5 minutes. Add tomatoes, Tabasco sauce, cloves, nutmeg; mix well. Cover and simmer 15 minutes. Add carrots and scalions. Cover and cook 10 minutes. Serve over rice.
(6 servings)

*Evelyn Fraser
(Earle Fraser, Lead)*

SUNDAY DINNER CHICKEN

1/2 c. rice
1 env. onion soup mix
1 1/2 c. water

1 cut-up fryer
1 can cream of mushroom
soup

Sprinkle rice in a greased casserole. On top of rice, place chicken; do not add salt. Sprinkle with onion soup, add mushroom soup and water. Use tight fitting lid on casserole, or cover tightly with foil. Bake at 250 degrees for 2 1/2 hours or increase heat to 325 degrees for 1 1/2 hours.

*Mary Strickland
(W. C. Strickland, Bass)*

OVEN CHICKEN

Put 1/2 to 1 cup rice in bottom of baking dish. (1/2 cup serves 4.) Pour over twice as much water as rice. Lay chicken pieces on rice and sprinkle 1/2 to 1 package Lipton Onion Soup Mix (according to taste) on top of chicken. Cover and bake 1 1/2 hours at 350 degrees.

*Sally Wall
(Clarence Wall, Bass)*

NIGHT BEFORE CASSEROLE

1 c. uncooked macaroni
3/4 c. chopped, cooked
chicken, turkey or ham
1 can cream of mushroom
soup

2 c. milk
1 c. grated cheese (optional)

Combine all ingredients and pour into a greased 9 x 13 x 2-inch baking dish. Cover and refrigerate overnight. Uncover and bake at 350 degrees for 1 hour.

Myna Castings
(John Lumpkin, Lead)

CHICKEN CASSEROLE WITH RICE

6 chicken breasts (sprinkle with salt, pepper, paprika)	1 sm. can mushrooms
1 stick butter	1/2 c. slivered almonds
1/4 tsp. basil	1/4 c. cooking sherry
1/4 tsp. rosemary	Juice of 1/2 lemon
1/2 c. chopped onion	1 can cream of mushroom soup
	1 c. rice (cook separately)

Place chicken in baking dish - skin side up. Sprinkle with salt, pepper, paprika. In another skillet melt butter. Add all ingredients except rice and pour over chicken. Bake 1 hour 15 minutes at 350 degrees. When ready to serve lift chicken out. Pour gravy over rice. Serve breast on mound of rice.

Anita Bugher
(Forrest Bugher, Lead)

QUICKIE CHICKEN

4 chicken breasts, browned	1 can celery soup
1 c. rice	1 can water
1 can mushroom soup	

Put uncooked rice in casserole. Mix soups and water until smooth. Pour over top of rice and lay chicken breasts on top. Bake 1 hour at 350 degrees.

Myna Castings
(John Lumpkin, Lead)

CHICKEN PARMESAN

- | | |
|--------------------------------------|--------------------------------|
| 4 boneless, skinless chicken breasts | 1 egg, slightly beaten |
| 2 tbsp. margarine | 1/2 c. seasoned bread crumbs |
| 1/2 c. shredded Mozzarella cheese | 1 3/4 c. spaghetti sauce |
| 1/4 c. fresh chopped parsley | 1 tbsp. grated Parmesan cheese |

Flatten chicken to even thickness. Dip chicken into egg then into crumbs to coat. In skillet over medium heat, in hot margarine, brown on both sides. Add spaghetti sauce. Reduce heat. Cover, simmer 10 minutes. Sprinkle with cheeses and parsley, simmer until cheese melts. 4 servings.

*Glenda Peek
(Bernard Peek, Lead)*

CHICKEN SOUFFLE

- | | |
|---|--|
| 16 slices white bread, buttered on 1 side, with crusts removed | 1 c. grated cheddar cheese |
| 3 or 4 whole chicken breasts, cooked, boned, skinned and sliced | 5 eggs |
| 1/2 c. mayonnaise | 2 c. milk |
| | 1 tsp. salt |
| | 1 can cream of mushroom or cream of chicken soup |

Butter a 9 x 13-inch baking dish. Line bottom with 8 slices bread. Cover with sliced chicken meat, spread slices with mayonnaise and sprinkle with 1/2 cup cheddar cheese. Top with remaining 8 slices bread. Beat together eggs, milk and salt, and pour over entire casserole. Refrigerate overnight or all day. When ready to bake, spread soup over top. Bake at 350 degrees for 45 minutes. Sprinkle with remaining 1/2 cup cheddar cheese, return to oven, and bake for 15 minutes longer.

Serves 10.

*Marjorie Neely
(Frank Neely, Lead)*

EASY CHICKEN DIVAN

4 slices of toast
1 can asparagus spears
1 c. grated cheese

1 c. diced chicken
1 can cream of chicken soup
1/4 c. milk

Heat chicken, soup and milk. Add cheese and diced chicken. Heat asparagus and drain. Place asparagus on toast slices, then pour hot chicken, cheese, and soup mixture on top. Serve 4.

*Gelda Malone
(Benny Malone, Baritone)*

LEMON BROCCOLI CHICKEN

1 tbsp. oil
4 skinless, boned breast
halves
1 can cream of broccoli soup

1/4 c. milk
2 tsp. lemon juice, 4 thin
lemon slices
1/8 tsp. pepper

In skillet, in hot oil, cook chicken 6 minutes until browned. Combine soup and milk, stir in lemon juice and pepper. Pour over chicken, top with lemon slices. Reduce heat to low, cover and simmer 5 minutes or until tender.

*Dot Moore
(Jack Moore, Bass)*

HELEN'S CHICKEN & BROCCOLI

Sliced, cooked chicken or
meat from 2 whole
chickens

2 pkgs. frozen broccoli
spears, partially cooked

SAUCE:

2 cans cream of chicken
soup
1 c. mayonnaise

Juice of 1 lemon
2 scant tsp. curry powder

Arrange broccoli in buttered pan. Top with sliced chicken. Cover with the sauce and top with buttered crumbs. Bake 30 to 45 minutes at 350 degrees, uncovered.

*Evelyn Fraser
(Earle Fraser, Lead)*

CHICKEN & BROCCOLI CASSEROLE

1 pkg. frozen broccoli (use pkg. instructions)	1/4 tsp. curry powder
3 chicken breasts (cooked)	1/4 c. cooking sherry
1/2 c. mayonnaise	1/2 c. grated cheese (sharp)
1 can cream of mushroom soup	1/2 c. water chestnuts (sm. can)
	1 tsp. grated onion

Mix all together, put over broccoli and chicken. Use bread crumbs or crushed Cheezits on top and bake 25 minutes at 350 degrees.

*Anita Bugher
(Forrest Bugher, Lead)*

PINEAPPLE CHICKEN

1 c. unbleached white flour	1 can (20 oz.) pineapple chunks in heavy syrup
1 tsp. salt	1/2 c. sliced green pepper
1 tsp. paprika	2 green onions, sliced
1/4 tsp. pepper	1 tbs. brown sugar
8 skinned chicken breast halves	1/4 c. dry sherry

Preheat oven to 425 degrees. Combine flour, salt, paprika and pepper in plastic bag. Coat each piece of chicken by shaking in bag. Arrange floured chicken in shallow baking pan in one layer. Bake at 425 degrees for 20 minutes. Turn chicken. Combine pineapple, green pepper, green onions, brown sugar, and sherry and pour over chicken. Lower heat to 375 degrees and bake until chicken is golden brown and sauce is thick (about 15 to 30 minutes).

*Carol Collins
(David Collins, Bass)*

CHICKEN ENCHILADAS CASSEROLE

4 chicken breasts, cooked
and shredded
1 lb. Velveeta Cheese

1 onion, chopped
1/8 tsp. red pepper
1/4 tsp. garlic salt

Mix:

1 can cream of mushroom
soup

1 can cream of chicken soup
1 can Rotel tomatoes

1 bag Doritos

Layer chicken, onions, cheese, red pepper, garlic, salt, 1/2 bag of crushed chips (not fine), soups and rest of chips. Bake at 375 degrees for 45 minutes.

*Anita Bugher
(Forrest Bugher, Lead)*

CHICKEN POT PIE

1 can mixed vegetables
1 can cream of chicken soup
1 can cream of broccoli soup
1 c. chicken broth or
bouillon

4 chicken breasts, cooked
1 c. self-rising flour
1/2 c. milk
1/2 stick butter or
margarine

Combine soups and chicken broth. Mix well until smooth. Add mixed vegetables. Set aside. Cut chicken into small chunks and place in bottom of baking dish (9 x 13-inch). Sprinkle chicken with salt and pepper. Pour soup and vegetable mixture over chicken. Mix self-rising flour and milk together. Pour over soup mixture which is on top of chicken. Cut 1/2 stick butter into pats and place on top of flour-milk mixture. Bake in 350 degree oven until golden brown.

*Virginia Jones
(Pete Jones, Bass)*

GEORGIAN BRUNSWICK STEW

- | | |
|--|---|
| 1 lb. round steak | 1 tsp. dry mustard |
| 1 lb. boneless pork chops | 1 tbsp. hot sauce |
| 3 med. onions, chopped | 2 bay leaves |
| 1/2 tsp. salt | 2 (17 oz.) cans cream style corn |
| 1/2 tsp. pepper | 2 (17 oz.) cans lima beans |
| 7 c. water | 1 (17 oz.) can English peas |
| 1 (3 lb.) broiler fryer, skinned and halved | 3 med. potatoes, peeled and diced |
| 2 (28 oz.) cans chopped tomatoes (undrained) | 3 tbsp. white vinegar |
| 1 3/4 c. catsup | 1 (10 oz.) pkg. frozen sliced okra (thawed) |
| 1/3 c. Worcestershire sauce | |
| 1/2 c. chili sauce | |

Combine first 6 ingredients in a large Dutch oven; bring to a boil. Cover, reduce heat, and simmer 1 1/2 hours. Add chicken, and simmer 1 1/2 hours. Remove meat from broth, reserving broth in Dutch oven. Cool meat; bone and coarsely chop. Set aside.

Add tomatoes and next 6 ingredients to broth; bring to boil. Simmer, uncovered, 1 hour, stirring occasionally. Stir in meat, corn, beans, peas, potatoes, and vinegar; simmer, uncovered, 45 minutes. Remove bay leaves. Yield 6 1/2 quarts.

Glenda Peek

(Bernard Peek, Lead)

BRUNSWICK STEW

- | | |
|---|--|
| 1 (4 - 5 lb.) ready to cook stewing chicken, disjointed | 1 (1 lb.) can (2 c.) tomatoes |
| 4 c. water | 1 (1 lb.) can (2 c.) cream-style corn |
| 1 tbsp. salt | 1 1/2 c. green limas, fresh, frozen, or canned (drained) |
| 1/2 tsp. pepper | 1 c. sliced okra, fresh, frozen, or canned |
| 1 bay leaf | |
| Dash thyme | |
| 1 c. diced onion | |

Place chicken in Dutch oven or deep kettle. Add water, seasonings, and onion. Cover and simmer (don't boil) until tender, 3 - 4 hours. (If desired, remove chicken from broth, take meat from bones and cut in bites; return to stew for last hour of cooking.) Skim fat from stew; add vegetables and simmer uncovered 1 hour. Salt and pepper to taste. Ladle into soup bowls. (Chicken may be cooked day ahead and refrigerated.) Makes 8 servings.

*Sally Wall
(Clarence Wall, Bass)*

CHICKEN DRESSING

10-inch skillet cornbread
8 oz. pkg. herb seasoned
stuffing mix
Sage to suit taste

5 slices bread
1-inch thick slice sausage
(uncooked)

Crumble above ingredients together in large bowl.

Cook until tender:

1/2 chopped bell pepper
1 sm. potato, peeled and
chopped

1 lg. onion
2 - 3 ribs celery

Mash vegetables and pour over bread mixture. Cover and let stand 5 minutes. Add enough chicken broth (boiling) to make right consistency. Beat 1 egg slightly and add to mixture. Let stand covered in refrigerator overnight so flavors will blend. Bake in greased pan at 450 degrees until browned.

*Glenda Peek
(Bernard Peek, Lead)*

BURGUNDY BRAISED BEEF ROAST

4 lb. beef chuck roast
2 tbsp. flour
1 tbsp. oil
2 tsp. salt
1/2 tsp. marjoram
1/4 tsp. thyme
1/4 tsp. basil
1/4 tsp. pepper

1/2 onion, sliced
1/2 c. water
1/2 c. mellow burgundy
3 med. onions, cut in sixths
1 lb. carrots, in chunks
1 lb. sm. potatoes, pared
1/2 c. water

Sprinkle the beef with 2 tablespoons flour and rub in. In Dutch oven brown meat slowly in 1 tablespoon oil. Add seasonings, sliced onion, 1/2 cup water and burgundy. Cover and roast at 350 degrees for 2 hours. Add the three medium onions, carrots, potatoes and 1/2 cup water. Sprinkle with salt. Cover and return to oven for 1 1/2 hours. Remove to platter. Make gravy with drippings. Makes 6 - 8 servings.

*Anita Bugher
(Forrest Bugher, Lead)*

MARINATED CHUCK ROAST

1 (3 - 5 lb.) chuck roast
Meat tenderizer
1 tbsp. butter
1 tbsp. sesame seeds
1/2 c. strong coffee

1/2 c. soy sauce
1 tbsp. Worcestershire
1 tbsp. vinegar
Minced onion

Sprinkle meat with tenderizer and set aside. Melt butter. Add coffee, soy sauce, Worcestershire sauce, vinegar and onion. Pour over roast and let stand at room temperature for at least 12 hours. Turn meat every so often. Remove from marinade and grill, basting with the marinade.
(Absolutely better than steak!)

*Sandra Stansbury
(Bob Stansbury, Bass)*

SWISS BLISS

- | | |
|---|-----------------------------------|
| 1 (2 lb.) boneless chuck
steak, cut into 1-inch
cubes | 1/2 lb. sliced fresh
mushrooms |
| 1 tbsp. butter or margarine | 1 green pepper, sliced |
| 1 (16 oz.) can stewed sliced
tomatoes | 1 tbsp. steak sauce |
| 1 env. onion soup mix | 1 tbsp. cornstarch |
| | 1 tbsp. chopped parsley |

Put heavy aluminum foil in bottom of broiler pan and spread center with butter. Place meat in foil, add stewed sliced tomatoes (drained--save juice), mushrooms, green pepper, and onion soup mix. Add fresh ground pepper and salt lightly. Mix reserved tomato juice, steak sauce and cornstarch and pour over meat. Seal tightly and bake 3 hours at 350 degrees. Sprinkle with parsley before serving.

Yield: 6 - 8 servings.

*Evelyn Fraser
(Earle Fraser, Lead)*

BAKED BEEF RAGOUT

- | | |
|---------------------------------------|---------------------------------|
| 3 lbs. stew meat, trimmed
of fat | 2 cans mushroom soup |
| 1 1/2 lbs. fresh mushrooms,
sliced | 1 soup can burgundy wine |
| | 1 pkg. Lipton Onion Soup
Mix |

Mix meat, mushrooms, soup and wine in casserole dish. Sprinkle on top the onion soup mix. Bake, covered, at 350 degrees for 3 hours. Serve with spinach noodles.

*Nancy Owens
(Barry Owens, Tenor)*

BEEF GOULASH

(Yields 4 servings)

2 lbs. boneless sirloin
Black pepper
1 tbsp. paprika
2 tbsp. vegetable oil
1 tbsp. butter
1/2 c. chopped onion

2 tbsp. flour
1/2 c. red wine
1/4 c. canned tomatoes
1 c. yogurt
1/2 tsp. thyme

1. Cut the meat into strips 2 inches long and 1/4-inch wide. Sprinkle the strips with pepper and paprika.

2. Heat the oil in a large skillet and add half the meat, cooking and stirring over high heat until meat is browned, about 3 minutes. Using a slotted spoon, transfer the meat to another skillet.

3. Add the remaining beef and cook rapidly over high heat until browned. Transfer this meat to the other skillet.

4. Pour off any fat remaining in the skillet. Add the butter and onion to the skillet and cook until wilted. Sprinkle with flour and stir. Add the wine and the tomatoes while stirring. Cook for about 5 minutes.

5. Add the yogurt, stirring rapidly. Add any juices that have accumulated around the meat. Add the thyme. Cook for about five minutes, stirring constantly.

6. Place a strainer over the meat and strain the sauce, stirring with a wooden spoon or spatula to push through as much of the solids in the sauce as possible.

7. Heat thoroughly and serve with noodles or rice.

Betty Ann Dabbs
(*Glen Dabbs, Bass*)

BEEF STROGANOFF

1 round steak, 1 1/2-inches
thick, approximately 2
lbs.
Meat tenderizer
1/4 c. margarine
2 c. thinly sliced onions
1 lb. sliced mushrooms
(fresh)

1/3 c. flour
2 tsp. dry mustard
1/4 tsp. garlic powder
1 can condensed beef
consomme, undiluted
2 tbsp. lemon juice
1 pt. sour cream
Salt, pepper to taste

Trim fat from meat, cut into strips 2 inches long and 1/4 inch wide. Sprinkle with meat tenderizer; set aside. Melt margarine in skillet, add onions; saute 10 minutes, stirring occasionally. Add mushrooms, saute 5 minutes. Stir in flour, mustard, salt, pepper, and garlic powder. Add consomme and 1/2 cup water, bring to boil, stirring constantly. Reduce heat, and simmer for 10 minutes, partially covered. Add lemon juice and meat, cook until meat is tender, adding small amounts of water as necessary. Stir in sour cream. Serve with rice or boiled noodles.

*Sally Jackson
(Johnny Jackson, Baritone)*

CHOP SUEY CASSEROLE

- | | |
|------------------------------|-------------------------------|
| 1 1/2 lbs. ground beef | 1 can bean sprouts, with |
| 1 c. chopped celery | juice |
| 2 sm. onions, chopped | 1/4 c. soy sauce |
| 1/2 c. rice, uncooked | 1 sm. can pimento |
| 1 can cream of chicken soup | 1 can water chestnuts, sliced |
| 1 can cream of mushroom soup | 1 can chow mein noodles |

Brown the ground beef in 1 tablespoon oil. Add celery and onions and cook for a few minutes. Combine all the ingredients except noodles and bake in covered casserole in a 350 degree oven for 1 hour. Top with noodles. Bake 10 minutes longer, uncovered. (Serves 6 to 8)

*Carol Collins
(David Collins, Bass)*

RANCH STEW

- | | |
|----------------------------------|---------------------------|
| 1 tbsp. oil | 1 (15 1/2 oz.) can tomato |
| 1 lb. lean ground beef | wedges |
| 1 med. onion, chopped | 2 tsp. chili powder |
| 1 green pepper, diced | 3/4 tsp. salt |
| 1 (12 oz.) can whole kernel corn | Pepper to taste |

Cook beef, onion and green pepper in oil until brown and tender. Drain corn, beans and tomatoes. Add this liquid to meat and simmer until reduced to half--about 15 minutes. Add corn, beans, tomatoes, chili powder, salt, pepper. Simmer about 10 minutes.

*Evelyn Fraser
(Earle Fraser, Lead)*

HAWAIIAN CURRY BEEF

4 lb. roast (boneless chuck)	Rice (cook as directed)
Salt	4 tbsp. curry
5 - 6 cans tomato soup	

Cook roast in crock pot; salt. Add to cooked roast, tomato soup and simmer on low in crock pot.

In small bowls, fix:

Chopped tomatoes	Chopped boiled eggs
Chopped green peppers	Chopped bananas
Chopped onion	Rice
Grated cheese	

Start with rice, then curry, beef, then tomatoes, peppers, onions, cheese, eggs and end with bananas on top.
(Delicious!) Serve with Hawaiian Bread.

*Sandra Stansbury
(Bob Stansbury, Bass)*

STEAK AND POTATO CASSEROLE

1 lg. round steak	2 tbsp. fat
Salt and pepper to taste	3 to 4 med. potatoes, diced
Flour	1 med. onion, chopped

Cut the steak into serving pieces and sprinkle with salt and pepper. Dredge with flour and brown in fat in a skillet. Place alternate layers of steak, potatoes and onion in a casserole and cover. Bake at 325 degrees for 45 minutes. (4 servings)

*Sherry Fowler
(Niles Fowler, Tenor)*

THRIFTY MEAT PIE

1 lb. beef - round or chuck	2 c. water - hot
1/4 c. flour	1/4 tsp. pepper
2 tsp. salt	4 c. vegetables - cooked
1/4 tsp. onions - diced	carrots, celery and
1/3 c. Crisco	potatoes

PASTRY:

1 1/2 c. sifted flour	1/2 c. Crisco
1 tsp. salt	3 tbsp. water

Yields 6 servings.

Coat beef with seasoned flour. Brown meat and onions in Crisco. When well browned, add water, which has been heated. Cook over low heat about 45 minutes. Place in casserole with the vegetables and top with pastry. Bake in a 425 degree oven for 20 to 25 minutes.

****Pastry**** Bake as you would a pie crust.

*Betty Ann Dabbs
(Glen Dabbs, Bass)*

CHUCK WAGON CASSEROLE

1 (1 lb.) can whole kernel corn	1 tbsp. instant minced onion
2 c. cubed COOKED beef	1 tsp. chili powder
1 (10 1/2 oz.) can tomato soup	1 can refrigerator biscuits
1 c. shredded cheddar cheese	1 tbsp. melted butter
	1/4 c. yellow cornmeal

Drain the corn and place in a 2 1/2-quart casserole. Add the beef, soup, cheese, onion and chili powder and mix well. Bake at 500 degrees for 10 minutes. Dip the biscuits in butter, then dip in cornmeal. Place on top of casserole and bake for 20 to 25 minutes longer or until biscuits are golden brown.

*Sherry Fowler
(Niles Fowler, Tenor)*

NORWEGIAN MEATBALLS

1 lb. lean ground beef	1 1/2 tsp. salt
1/2 lb. ground pork	1/4 tsp. pepper
1/2 c. dry bread crumbs	1/4 tsp. allspice
1/2 c. milk	2 tbsp. butter
1 egg, slightly beaten	2 tbsp. flour
2 tbsp. chopped onion	1 1/2 c. cereal milk

Have beef and pork ground twice. Combine meat, crumbs, 1/2 cup milk, egg, onion, and seasonings. Shape into about 48 small meatballs. Brown in butter in oven-proof skillet, shaking skillet so meat browns evenly. Cover and bake at 325 degrees for 30 to 45 minutes. Remove meatballs to chafing dish. Blend flour with drippings in pan (skim off part of fat). Add cereal milk. Cook until thickened. Season to taste. Pour over meat.

*Evelyn Fraser
(Earle Fraser, Lead)*

SWEDISH MEATBALLS

Chopped onion	French's Swiss Steak
Garlic salt	Seasoning
2 - 3 slices of bread (soaked with water)	1 can Golden Mushroom
Ground beef (1 - 1 1/2 lbs.)	Soup
	Flour

Roll ground beef in balls in flour and brown. Place in greased casserole dish and pour package of Swiss Steak Seasoning (1 use only half) and mushroom soup mixed with can of water over the beef balls.

Bake 350 degrees - 1 hour.

*Sandra Stansbury
(Bob Stansbury, Bass)*

MEATBALL STEW

(Serves 6 - 8)

- | | |
|--|-----------------------|
| 1 lb. ground round, shaped
into sm. meatballs | 1 med. onion |
| 2 cans tomato soup | 6 lg. potatoes |
| 1 c. beef bouillon | 1 can carrots |

Brown meatballs in small amount of oil. Drain. Add finely chopped onion and salt and pepper to taste. In pot combine soups and bouillon. Peel and chunk potatoes and add to soup. Cook over medium heat till potatoes are half done. Add meatballs and carrots and continue cooking till potatoes are done. Serve with hot cornbread.

*Virginia Jones
(Pete Jones, Bass)*

BARBARA BUSH'S MEXICAN MOUND

- | | |
|---|-------------------------------------|
| 1 pkg. Doritos | 10 chopped ripe black olives |
| 2 lbs. ground beef | 1 chopped tomato |
| Lawry's Taco Seasoning
Mix | 1 c. sour cream |
| 1 c. grated yellow cheese | 1 c. shredded lettuce |
| 1 or 2 sm. coarsely chopped
onions | 1 can frozen avocado dip |

Follow instructions on taco seasoning mix for browning beef. Meat can be served from the pot, with a wooden salad bowl of Doritos and seven bowls of the remaining ingredients arranged around the table. Start with a mound of Doritos, add a spoonful of piping hot meat, then cheese, onions, olives, etc.

*Evelyn Fraser
(Earle Fraser, Lead)*

CHILI

- | | |
|--|---------------------------|
| 2 lbs. ground beef | 2 bay leaves |
| 2 med. onions, chopped | 2 garlic cloves |
| 1 sm. capful chili powder
(or more) | 2 cans pinto beans |
| | 1 tsp. cumin seeds |

Cook chopped onions and chopped garlic in small amount of olive oil until tender. Add ground meat and cook until done. Add chili powder, bay leaves, pinto beans, and 4 cans water after emptying pinto beans. Bring to boil and simmer. Thicken with cornstarch or grated Irish potato. Salt to taste. Add dash of sugar. Remove bay leaves when done. Makes one gallon.

Bill McKeehan, Baritone

CASSEROLE ITALIANO

1 lb. ground beef
1/3 c. chopped onion
1/2 to 1 tsp. oregano
1/2 tsp. salt

1 can tomato soup
1/2 c. water
2 c. cooked wide noodles
1 c. shredded cheese

Brown onion, beef and seasonings. Combine mixture in 1 1/2-quart casserole dish with soup, water and noodles. Place cheese around edge. Bake 30 minutes in preheated 350 degree oven.

*Sally Wall
(Clarence Wall, Bass)*

NACHO CASSEROLE

1 lb. ground beef
1 bell pepper

1 onion (chopped)
1 hot pepper (optional)

Cook together and drain.

Combine:

1 can chicken & rice soup
1 can cream of chicken soup
1 can enchilada sauce (mild or hot)

1 can tomato sauce

Simmer all the above together.

Layer sauce with 1 large bag of nacho chips. You may think that this large bag of chips is going to be too much, but the sauce is hot and the chips will absorb sauce.

Top with plenty of grated cheese. Bake 375 degrees until cheese melts.

*Myna Castings
(John Lumpkin, Lead)*

LASAGNA

1 lg. can Italian tomatoes
3 cans tomato paste
2 cans water
1 med. onion
1 clove garlic
Salt
pepper

Oregano
1 lb. Mozzarella cheese
2 pkgs. Ricotta cheese
1 sm. jar Parmesan cheese
1 lb. ground beef
1 pkg. lasagna noodles

Yields 8 servings

Cook onions in oil and add the meat and brown. Add tomato paste; drain and mash Italian tomatoes in colander. Then add water, garlic clove (cut into sm. pieces), salt, pepper, and oregano. Cook slowly for one hour.

Cook noodles and drain. In large baking dish, add sauce, noodles and half of the three cheeses; then sauce, noodles and other half of the three cheeses and end with the rest of the sauce. Bake for 30 minutes in a 350 degree oven.

*Betty Ann Dabbs
(Glen Dabbs, Bass)*

HAM CASSEROLE

1/2 c. onions, chopped
1 tbsp. butter
1 to 2 c. leftover ham
4 oz. grated cheddar cheese

15 saltine crackers
1 2/3 c. milk
3 eggs
Pepper

Saute onions in butter. Add ham and cheese. Crush crackers and add. Combine milk, eggs, pepper and add to dry ingredients. Pour into baking dish and bake for 1 hour at 350 degrees.

*Sally Wall
(Clarence Wall, Bass)*

HAM IN CAN

3 lb. canned ham

Punch holes on top of can all the way around. Bake ham for 30 minutes at 300 degrees. Pour off juice. Pour sauce mixture into holes: 1/3 cup barbecue sauce and 1/3 cup maple syrup (can use Log Cabin Pancake Syrup). Bake 2 hours at 300 degrees.

****TIPS:** Bryan is the best ham for this recipe as some are wrapped in paper inside the can. Punch the holes on side where you open it so you won't have to turn it upside down when you open it. To punch the holes, I use the old-fashioned beer can opener.

*Evelyn Fraser
(Earle Fraser, Lead)*

HAM BALLS

1 lg. ground pork steak

1 1/2 lbs. ground ham

Have butcher grind these together.

2 c. bread crumbs

1 c. milk

2 beaten eggs

Mix -- put balls into pan.

1 c. brown sugar

1/2 c. vinegar

1 tsp. dry mustard

1/2 c. water

Heat -- pour over meat. Put in oven for one hour or longer at 325 degrees. Turn balls in order to brown. This makes 12 good sized ham balls.

*Wilma Graham
(Donovan Graham, Bass)*

PORK CHOPS DIJON

**4 pork loin chops, cut
1/2-inch thick
1 med. onion, sliced
3 tbsp. Dijon mustard**

**2 tbsp. low-calorie Italian
salad dressing
1/4 tsp. pepper**

Trim excess fat from chops. Spray 10-inch skillet with nonstick spray coating. Brown chops on both sides in hot skillet. Remove chops. Add onions; cook and stir over medium heat 3 minutes. Push onions aside and return chops to skillet. Combine mustard, dressing and pepper and spread over chops. Cover and cook over medium-low heat 15 minutes or until meat is tender. Serves 4.

*Evelyn Fraser
(Earle Fraser, Lead)*

BAKED PORK CHOPS

Roll pork chops in flour and then brown them. Put in a baking dish.

Mix:

**1 can cream style corn
1/2 chopped green pepper
1/2 sm. diced onion**

**1 egg, beaten
6 crackers, rolled fine**

Mix all together and pour over chops. Bake in 350 degree oven until chops are done, about 45 minutes.

*Carol Collins
(David Collins, Bass)*

PORK STROGANOFF

- | | |
|---|--|
| 1 lb. pork tenderloin, cut crosswise into 3/8-inch strips | 1 tbsp. tomato paste |
| 1 1/2 c. chopped onions | 1 1/4 tsp. dried leaf tarragon, crumbled |
| 2 cloves garlic, finely chopped | 1 tsp. lemon juice |
| 1/2 lb. mushrooms, quartered | 3/4 tsp. salt |
| 1/2 c. beef broth | 1/4 tsp. pepper |
| | 1/2 c. plain low-fat yogurt |
| | 1/3 c. chopped parsley |

Heat 1 tablespoon olive oil in large skillet and add pork. Stir-fry 3 to 5 minutes or until no longer pink. Set aside and keep warm. Heat another tablespoon oil and saute onions 3 minutes. Add garlic, saute 1 minute. Add mushrooms, saute 3 to 5 minutes. Add beef broth, tomato paste, tarragon, lemon juice, salt, pepper. Simmer, uncovered, 5 minutes. Return pork to skillet and heat through. Just before serving, stir in yogurt and parsley. Serves 4.

*Evelyn Fraser
(Earle Fraser, Lead)*

BUTTER HERB BAKED FISH

- | | |
|--|---------------------------------------|
| 1/2 c. butter | 1/4 tsp. garlic powder |
| 2/3 c. crushed saltines | 1 lb. frozen sole, thawed and drained |
| 1/4 c. grated Parmesan cheese | |
| 1/2 tsp. each basil, oregano, and salt | |

Preheat oven: 350 degrees. In 13 x 9-inch pie pan, combine cracker crumbs, Parmesan cheese, basil, oregano, salt, and garlic powder. Dip fillets in butter and then in crumb mixture. Arrange fillets in pan. Bake near center of oven for 25 to 30 minutes or until fish is tender and flakes with fork.

*Evelyn Fraser
(Earle Fraser, Lead)*

BAKED COD

1 lb. skinless cod fillets
1 tbsp. lemon juice
2 tsp. melted margarine

1 tsp. chopped parsley
1/4 tsp. paprika

Spray shallow baking pan with non-stick coating. Place fillets in pan. Combine remaining ingredients and spoon over fillets. Bake at 450 degrees for 8 to 10 minutes or until fish flakes easily. 4 servings

*Sandra Stansbury
(Bob Stansbury, Bass)*

TUNA CASSEROLE

1/2 c. celery, chopped
1/2 c. onion, chopped
1 can tuna
1 can green peas
1 can cream of mushroom soup

3/4 c. grated cheese
2 tbsp. margarine
1/2 c. (or less) canned milk
2 c. cooked noodles or macaroni

Drain the noodles or macaroni, add cheese, margarine, and milk. Add remaining ingredients, put in casserole dish, and top with crushed potato chips. Bake 30 minutes at 350 degrees.

*Dot Moore
(Jack Moore, Bass)*

RUSSIAN FISH STEW

1 lb. fresh mushrooms, sliced
3/4 c. sliced onions
1/4 c. margarine, melted
1 can (16 oz.) stewed tomatoes
1 bottle (8 oz.) clam juice

6 whole boiled potatoes
1/2 c. diced dill pickles
1 tsp. salt
1/4 tsp. black pepper
1 1/2 lbs. Red Snapper, cut in 1-inch chunks
1/4 c. chopped parsley

In large saucepan, saute mushrooms and onions in melted margarine for 3 minutes. Add tomatoes, clam juice, pickles, salt, pepper. Bring to boiling. Add fish; reduce heat. Cover and simmer for 8 minutes or until fish is cooked. Gently stir in parsley. Put a boiled potato in each individual bowl, then ladle the stew into the bowls.

*Evelyn Fraser
(Earle Fraser, Lead)*

SHRIMP SCAMPI

1 lb. shrimp
1/2 c. margarine
2 tbsp. lemon juice
2 tbsp. parsley flakes

1 1/2 cloves garlic
1/2 tsp. salt
Paprika

Yields 4 servings

Clean and de-vein shrimp. In 2-quart baking dish, place lemon juice, garlic, butter, parsley flakes, garlic to taste and salt. Heat uncovered in microwave 4 to 6 minutes. Stir shrimp occasionally. Cook until shrimp are pink and tender. DO NOT OVERCOOK!

*Betty Ann Dabbs
(Glen Dabbs, Bass)*

SHRIMP SCAMPI

2 lb. shrimp
2 cloves garlic, minced
1/2 c. butter

1 tsp. salt
1/2 tsp. black pepper

Shell shrimp except tail portion. Place in shallow pan. Saute garlic in butter 3 minutes. Pour over shrimp. Sprinkle with salt and pepper. Broil 3 inches from heat 5 - 7 minutes. Yield 4 - 5 servings.

*Pat Jones
(Sam Jones, Lead)*

SHRIMP A LA CREOLE

5 lbs. fresh shrimp
2 c. chopped celery
2 c. chopped onions
1/2 c. chopped sweet pepper
2 cloves garlic, minced
2 c. cooking oil
3 cans tomato sauce
1 can tomato paste

2 c. whole tomatoes
1/2 c. tomato catsup
Green onion tops and
parsley to taste,
chopped
Salt
Black pepper
Cayenne (Red) pepper

Boil shrimp in water very highly seasoned with salt, black pepper, and red pepper. Remove shrimp from water, and save water in which they were boiled. Peel shrimp. Set aside. Put oil in heavy pot with celery, chopped onion, bell (sweet) pepper, garlic, tomato sauce, tomato paste, whole tomatoes, and tomato catsup. Cook over medium heat in uncovered pot for 40 minutes, or until oil separates from tomatoes. Add 2 quarts of the seasoned water in which the shrimp were boiled. Drop shrimp into the mixture. Add green onion tops and parsley. Mix well, and cook in uncovered pot over medium heat for another 20 minutes. Serve with cooked rice. Serves 10 or more.

The above recipe will require about 2 1/2 cups of rice cooked as follows: Put the required amount of rice in an aluminum pot. Wash thoroughly and drain off the water. Put additional water one inch above rice line in pot, and add salt to taste. Cover tightly and place over high heat. Watch closely, and the minute it boils, reduce heat as low as possible. Let simmer 30 to 40 minutes. Do not rinse.

David Reynolds, Baritone

BAKED SHRIMP WITH SEASONED BREAD CRUMBS

As these shrimp bake, the bread crumbs are infused with melted butter and crisped by the heat of the oven. Makes about 2 1/2 dozen.

2 lbs. lg. shrimp - shelled,
with the last section of
the tail shell left intact,
and deveined
3/4 c. fresh bread crumbs

About 5 1/2 tbsp. butter
Red Pepper and Herb
Butter or
Tarragon-Pernod Butter

Preheat the oven to 500 degrees. In a large, buttered ovenproof serving dish, arrange the shrimp with their tails in the air. Top the flat surface of each shrimp with about 1 teaspoon of the bread crumbs and 1/2 teaspoon of a flavored butter. Bake for about 5 minutes, or until the shrimp are just opaque throughout.

RED PEPPER AND HERB BUTTER:

1/2 red bell pepper, cut into sm. pieces	1 tbsp. chopped parsley
2 scallions, chopped	Pinch of cayenne pepper
1 tbsp. chopped garlic	1 stick (1/4 lb.) unsalted butter, cut into pieces
1/2 tsp. thyme	

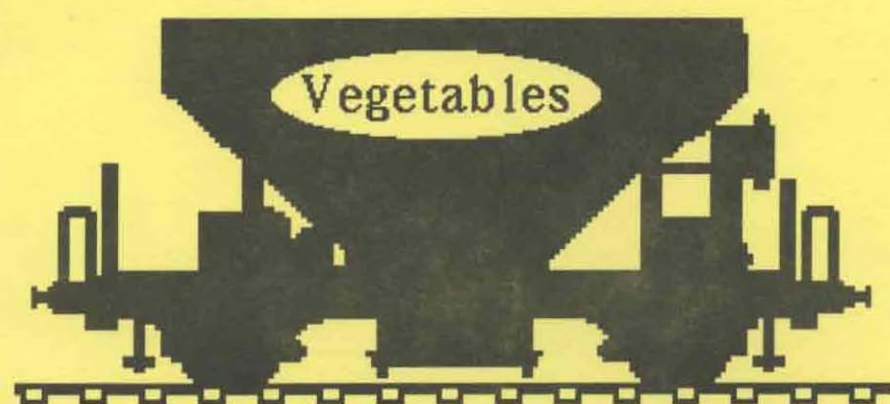
(Makes about 10 tablespoons.) Combine the bell pepper, scallions, garlic, thyme, parsley and cayenne in a food processor. Turn the machine on and off until the ingredients are minced but not pureed. Add the butter pieces and process until blended. Transfer the butter to a sheet of plastic wrap and roll into a log shape about 1 1/2 inches in diameter. Roll up in plastic wrap and twist the ends securely. Freeze the butter until firm, about 1 1/2 hours.

TARRAGON-PERNOD BUTTER:

1 1/2 tbsp. chopped shallot	1 tsp. Pernod
1 1/2 tbsp. chopped fresh tarragon (or 2 tsp. dried)	1/2 tsp. coarsely cracked pepper
1 1/2 tsp. tarragon vinegar	1 stick (1/4 lb.) unsalted butter, cut into pieces

Follow the same directions as for the Red Pepper and Herb Butter.

*Susan McKenzie
(Scott McKenzie, Bass)*



BUFFET POTATOES

2 lbs. Tater Tots - frozen
1/2 c. melted butter
1/4 c. chopped onions
1 can mushroom soup

1 pt. sour cream
10 oz. grated cheddar cheese
Bread crumbs

Yields 8 servings

Soften butter and mix with onions, soup, sour cream and add cheese. Spread potatoes in a 9 x 13-inch (or larger) baking dish. Pour sauce over potatoes and sprinkle bread crumbs over the top. Bake one hour at 350 degrees.

*Betty Ann Dabbs
(Glen Dabbs, Bass)*

FARMER'S POTATOES

8 - 10 lg. potatoes
4 - 8 tbsp. butter, do not
substitute
Lawry's Seasoned Salt, to
taste

2 (8 oz.) cartons whipping
cream, unwhipped

Boil potatoes in their skins until ALMOST done; do not overcook. Peel and allow to cool. When potatoes are cool, grate or shred finely. Place 1/3 of the potatoes in ungreased 9 x 13-inch glass baking dish; top with 6 - 8 thin pats of butter and a generous sprinkling of seasoned salt. Repeat with two more layers. Pour unwhipped whipping cream over potatoes and bake uncovered 1 hour in preheated 350 degree oven. Serves 6.

NOTE: The cool potatoes grate very easily. The whipping cream will not cover the potatoes but will bubble up during cooking. This dish can be prepared early in the day and kept chilled until ready to bake.

*Evelyn Fraser
(Earle Fraser, Lead)*

POTATO CASSEROLE

- | | |
|--|--|
| 1 pkg. frozen Oneida (32 oz.)
Hash Browns | Cornflake crumbs (2 c.) |
| Sour cream | 1 can cream of chicken soup
(undiluted) |
| 1 stick butter - 1/2 c. melted | 1 tsp. salt |
| Grated American cheese (12 oz.) | 1/2 chopped onion |

Defrost potatoes enough to spread out in pan. Mix next six ingredients. Pour over potatoes. Add cornflakes and drizzle melted butter over top.

Bake at 350 degrees uncovered for 45 minutes. (Serves 12 - 15)

*Sandra Stansbury
(Bob Stansbury, Bass)*

ROASTED POTATOES

- | | |
|---|-----------------------------|
| 1 tbsp. olive oil | 2 tsp. rosemary, crumbled |
| 2 lbs. sm. red potatoes,
quartered | Salt, freshly ground pepper |
| 3 garlic cloves, crushed with
garlic press | |

Preheat oven to 450 degrees. Coat jelly-roll pan with oil. Add potatoes and remaining ingredients; toss to coat. Bake 30 minutes or until potatoes are tender, stirring once halfway through. 4 servings.

*Evelyn Fraser
(Earle Fraser, Lead)*

LUSCIOUS POTATOES

- | | |
|--|----------------------------|
| 1 (2 lb.) pkg. frozen hash
brown potatoes | 1 pt. sour cream |
| 2 cans cream of potato soup | Salt and pepper to taste |
| | 2 c. grated cheddar cheese |

Combine all ingredients except cheese in large casserole. Mix well. Sprinkle with cheese. Bake in preheated 350 degree oven for 45 minutes to one hour.

*Martha Green
(Lamar Green, Bass)*

ITALIAN POTATOES

Potatoes
Accent
Minced onion

Lemon and pepper
Garlic and parsley
Paprika

Cube potatoes. Melt oil and bacon grease in Pyrex dish. Add potatoes, and sprinkle rest of ingredients over potatoes. Mix all around.

Bake 350 degrees - 1 hour, stirring occasionally.

*Sandra Stansbury
(Bob Stansbury, Bass)*

SWEET POTATO CASSEROLE

3 c. mashed, canned sweet
potatoes (1 big can, 1
regular can)
1 c. sugar

1/2 c. melted butter
2 eggs, well beaten
1 tsp. vanilla
1/2 c. milk

Combine ingredients, mix well. Spoon into 2-quart casserole dish. Cover with topping. Bake at 350 degrees for 25 minutes.

TOPPING:

1/2 c. firmly packed brown
sugar
1/4 c. all-purpose flour

2 1/2 tbsp. melted butter
1/2 c. chopped pecans

*Sherry Fowler
(Niles Fowler, Tenor)*

BROCCOLI CASSEROLE

- | | |
|---|---------------------------------|
| 2 pkgs. frozen chopped
broccoli (almost
thawed) | 1 c. mayonnaise |
| 2 eggs | 1 can cream of mushroom
soup |
| 1 c. shredded mild cheddar
cheese | 1/2 tsp. sage |
| | 1/2 c. chopped onion |

Mix all together and pour into large baking dish.

- | | |
|---|------------------------|
| 1 pkg. Pepperidge Farm
Herb Stuffing Mix | 1 stick butter, melted |
|---|------------------------|

Combine and put on top of broccoli mixture (mash top-
ping lightly into broccoli). Bake at 375 degrees for 35 - 40
minutes.

*Mary Strickland
(W. C. Strickland, Bass)*

BROCCOLI CASSEROLE

- | | |
|-----------------------------------|-----------------------------|
| 2 pkg. frozen chopped
broccoli | 1 c. chopped celery |
| 1 (8 oz.) jar Cheez Whiz | 3 tbsp. butter |
| 1 c. chopped onion | 2 c. cooked rice |
| | 1 can cream of chicken soup |

Mix onion, celery and broccoli. Melt butter and saute.
Mix remaining ingredients. Bake 30 minutes at 350 degrees.

*Anita Bugher
(Forrest Bugher, Lead)*

BROCCOLI CASSEROLE

- | | |
|-------------------------------------|-----------------------------------|
| 2 pkgs. broccoli spears -
frozen | 2/3 c. milk |
| 3 eggs | 1 can French fried onions |
| 1 can cream of celery soup | 1/2 c. Swiss cheese -
shredded |

Yields six servings.

Cook and drain broccoli spears. Hard boil eggs and slice. Thoroughly combine soup and milk. Arrange broccoli in an 8 x 12-inch baking dish. Layer sliced eggs, 1/2 can of onions, soup mixture and cheese over broccoli. Bake for 25 minutes in a 350 degree oven. Top with remaining onions and bake an additional five minutes.

*Betty Ann Dabbs
(Glen Dabbs, Bass)*

CARROT CASSEROLE

1 lb. cooked, sliced carrots	2/3 c. mayonnaise
1/2 c. chopped onion	1 tsp. sugar
1 c. grated cheese	Buttered bread crumbs
1/3 tsp. salt	

Mix all ingredients except crumbs. Sprinkle crumbs on top and bake at 350 degrees until bubbly.

*Mary Strickland
(W. C. Strickland, Bass)*

GREEN BEAN CASSEROLE

1 can green beans (French style)	1 pkg. rice with mushrooms (prepare rice according to directions)
1 can French Fried onion rings	Sliced almonds if you like
1 sm. can pimentos	
1 can cream of mushroom soup	

Drain beans well, season and heat. Mix with soup, pimentos, rice, almonds and 1/2 can onion rings. Pour into casserole dish. Put remaining onions on top. Bake in 350 degree to 400 degree oven until onions are browned.

*Barbara Keegan
(Tom Keegan, Lead)*

CALICO BAKED BEANS

- | | |
|-------------------------------|--------------------------|
| 1/2 lb. ground beef | 1/2 c. catsup |
| 1/2 lb. bacon, cubed | 1 tsp. salt |
| 1 c. onion, chopped | 1 tsp. dried mustard |
| 1 (16 oz.) can kidney beans | 3/4 c. light brown sugar |
| 1 (16 oz.) can butter beans | 2 tsp. vinegar |
| 1 (16 oz.) can lima beans | |
| 1 (16 oz.) can pork and beans | |

Brown onion and bacon in skillet. Add ground beef and brown. Drain off grease and put meat and onion mixture in large baking dish. Add rest of ingredients, partially draining beans. Mix well. Bake 40 minutes at 350 degrees or until bubbly and hot. Serves 10 to 12.

*Mary Strickland
(W. C. Strickland, Bass)*

SPICY BAKED BEANS

- | | |
|----------------------------------|-------------------------|
| 2 cans pork and beans | 1 med. onion (chopped) |
| 1/2 c. firmly packed brown sugar | 1/2 c. catsup |
| 1/2 tsp. dry mustard | 1 sm. diced bell pepper |
| 1/4 tsp. ground cloves | 2 slices bacon |

Mix all ingredients and put in baking dish and top with bacon slices. Bake 350 degrees for 45 minutes.

*Anita Bugher
(Forrest Bugher, Lead)*

CRUSTY BROILED TOMATOES

- | | |
|------------------------------------|-------------------------------|
| 4 med. size tomatoes | 1/2 c. seasoned bread crumbs |
| Dijon-style mustard | 1/2 c. grated Parmesan cheese |
| Salt | |
| Freshly ground pepper | |
| Cayenne pepper | |
| 6 tbsp. melted butter or margarine | |

Cut tomatoes in half. Spread cut side with mustard; sprinkle with salt, pepper, and cayenne pepper to taste. Combine butter, bread crumbs, and cheese. Spoon crumb mixture on top of each tomato half. Broil until crumbs are brown and tomatoes are tender. (8 servings)

*Sally Wall
(Clarence Wall, Bass)*

BAKED EGGPLANT

1/4 stick butter
1/3 c. crushed cornflakes
1/8 c. freshly grated
Parmesan cheese
Salt, pepper
1 egg

1 eggplant
8 oz. can tomato sauce (can
be with mushrooms)
3 oz. grated Monterey Jack
or Mozzarella cheese

Melt butter in flat baking dish. Mix cornflakes, cheese, salt, pepper. Beat egg. Peel and slice eggplant 3/4-inch thick. Dip in eggs, then coat in cornflake crumbs.

Bake 20 minutes at 400 degrees. Turn over after browned and brown on other side. Mix tomato sauce and Monterey Jack cheese and pour over browned eggplant. Bake another 5 minutes.

*June R. Coulter
(James Coulter, Lead)*

ASPARAGUS AND PEAS CASSEROLE

2 (14 1/2 oz.) cans
asparagus spears
2 (17 oz.) cans green peas
4 hard-cooked eggs, peeled
and sliced

Cheese Sauce (recipe
follows)
1/2 c. buttered bread
crumbs

Drain asparagus spears and peas, reserving liquid. Cut asparagus into 1-inch pieces. Arrange half of vegetables in a 3-quart casserole; place two sliced eggs on top. Pour half of cheese sauce over eggs. Repeat layers. Sprinkle bread crumbs on top. Bake at 350 degrees for 30 minutes. Serves 14 to 16.

CHEESE SAUCE:

6 tbsp. butter or margarine	1 lb. process American
1/4 c. plus 3 tbsp.	cheese, cut into 1-inch
all-purpose flour	cubes
1 c. reserved liquid from	
asparagus and peas	

Melt butter in a heavy saucepan over low heat; add flour and cook 1 minute, stirring constantly. Gradually add 1 cup reserved liquid from asparagus and peas. Cook over medium heat, stirring constantly, until thickened. Add cheese and stir until smooth. Yield: about 2 cups.

*Marjorie Neely
(Frank Neely, Lead)*

CORN PUDDING

1 stick margarine (melted)	1 lg. can whole kernel corn
1 box Jiffy Corn Bread Mix	1 c. sour cream
1 lg. can creamed corn	

Mix all ingredients together and bake in 350 degree oven about 30 minutes.

*Anita Bugher
(Forrest Bugher, Lead)*

ACORN SQUASH A LA CHERRIES

Acorn squash
Butter

Brown sugar
Tart cherry pie filling

Cut squash in half and remove seeds. Put 1 tablespoon and 1 teaspoon brown sugar in each squash half. Top each with 1/4 cup tart cherry pie filling. Bake in 350 degree oven one hour or until tender.

Pat Crowe, Lead

SWEET AND SOUR CABBAGE

(Yields 6 servings)

- | | |
|----------------------------------|--|
| 1 head red cabbage (4 to 5 lbs.) | 3 tbsp. brown sugar (or more to taste) |
| 3 tbsp. butter | 1 tsp. salt |
| 1 c. onions, finely chopped | Pepper, black, finely ground |
| 3 tbsp. cider vinegar | |

Remove any tough bruised outer leaves. Cut cabbage in quarters, remove core, and shred very thinly, using either a slaw slicer or a large heavy knife. Soak cabbage in cold water for a few minutes.

Heat butter in a large heavy pot and saute onions until soft, about 5 minutes. Drain cabbage and add. Mix vinegar, sugar, salt, and a generous amount of pepper and pour over cabbage. Cover pot and cook slowly over low heat until cabbage is tender (25 to 40 minutes, depending on age of cabbage).

Drain and serve in a heated serving dish.

*Betty Ann Dabbs
(Glen Dabbs, Bass)*

REGAL MUSHROOMS

- | | |
|------------------------------------|------------------------|
| 1 lb. mushrooms, washed and halved | 1/4 c. butter |
| 1/2 c. dry red wine | 1/4 c. chopped onion |
| 1/4 c. teriyaki sauce | 1/4 c. toasted almonds |

Marinate mushrooms in wine and teriyaki sauce for two or three hours. Drain and reserve marinade. Saute mushrooms and onion in butter. Return marinade to mushrooms; add almonds. Simmer 5 - 10 minutes.

*Marjorie Neely
(Frank Neely, Lead)*

BAKED VIDALIA ONIONS

- | | |
|---------------------|--------|
| Vidalia onions | Butter |
| Beef bouillon cubes | |

Place bouillon cube in center of each cored and peeled onion. Dot with butter. Set in baking dish, cover tightly, and bake at 425 degrees for 30 to 40 minutes. (They can be wrapped individually in foil, if desired.) Vidalia onions are available in May, June and July.

*Anita Bugher
(Forrest Bugher, Lead)*

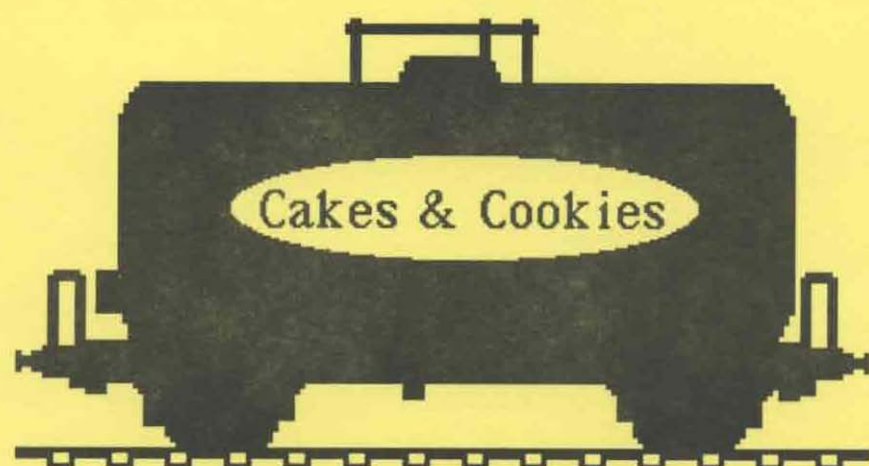
VIDALIA ONION PIE

3 tbsp. butter	1/8 tsp. salt
2 c. sliced Vidalia onions	1/2 tsp. dry mustard
1 (9-inch) pie shell	1/8 tsp. cayenne pepper
1/2 c. grated Swiss cheese	2 or 3 tbsp. Parmesan
2 eggs	cheese for topping
1 c. half and half	1/8 tsp. paprika, for topping

Preheat oven to 400 degrees. Saute onions in butter until slightly limp. Place in pie shell, top with Swiss cheese. Combine next 5 ingredients and pour over cheese; top with Parmesan cheese and paprika. Bake at 400 degrees for 15 minutes; reduce heat to 325 degrees and bake an additional 20 - 25 minutes or until a knife inserted in center comes out clean. (Serves 6 to 8)

NOTE: To make frozen pie crust taste almost homemade and to keep from having a soggy bottom, brush unbaked shell with beaten egg white; prick sides and bottom. Bake at 350 degrees for 5 minutes. Cool and fill to bake as directed above.

*Sandra Stansbury
(Bob Stansbury, Bass)*



BUTTERMILK CAKE

1 c. butter
2 1/2 c. sugar
4 eggs
3 c. flour

1 c. buttermilk
1/2 tsp. soda
1 tbsp. boiling water

Cream butter and sugar. Add 1 egg at a time, beating well after each addition. Add flour and buttermilk alternately. Dissolve soda in flour mixture. Pour in loaf pan. Bake at 325 degrees for 1 hour or until done.

*Virginia Jones
(Pete Jones, Bass)*

MOTHER'S POUND CAKE

1 c. butter
1 1/2 c. sugar
2 c. sifted flour

5 eggs
1 tsp. vanilla

Cream butter and sugar. Add eggs and beat until fluffy. Add flour and vanilla. Pour into greased and floured bundt pan. Bake until done at 325 degrees.

Bill McKeehan, Baritone

LARRY'S LEMON CAKE

1/2 lb. butter
3 c. sugar
6 eggs
1 c. sour cream

1/4 tsp. baking soda
3 c. flour
1/2 tsp. lemon rind
1/2 tsp. almond extract

GLAZE:

2 tbsp. lemon juice

1/4 c. sugar

Grease and flour tube pan. Pre-heat oven to 325 degrees. Mix butter and sugar until fluffy. Add eggs (one at a time) and beat for a long time between each egg. Get as much air as possible into the mixture. Add sour cream, baking soda, flour and extract. Mix well. Bake for 1 1/2 hours at 325 degrees. Cool and glaze.

GLAZE: Heat lemon juice and sugar until sugar dissolves. Then drizzle on cooled cake.

Evelyn Fraser
(*Earle Fraser, Lead*)

PLANTATION POUND CAKE

3 c. sugar	3 c. all-purpose flour
2 c. butter, softened	1 tsp. salt
10 eggs, room temperature	1 tsp. vanilla

Cream sugar with butter. Add eggs one at a time, beating well after each addition. Sift flour with salt, add to egg mixture, and beat 2 minutes on medium to high speed. Add vanilla and beat again. Pour into greased and floured tube pan and bake 1 1/2 to 2 hours at 300 degrees. (After cake rises, about 1 hour into baking time, lay piece of foil loosely over top of cake and continue baking.) Allow cake to stand briefly before removing from pan.

Note: This cake may be made with the addition of 1 teaspoon baking powder with splendid results. Some prefer it; some do not.

Serves 12 to 16.

Marjorie Neely
(*Frank Neely, Lead*)

DOUBLE CHOCOLATE CAKE

1 pkg. chocolate cake mix	1 3/4 c. milk
1 sm. pkg. instant chocolate pudding	2 eggs
1 (12 oz.) pkg. chocolate chips	

Place above ingredients in large electric mixer bowl. Beat until mixture becomes very thick. Bake in greased and floured tube pan or bundt pan for 50 minutes at 350 degrees.

*Myna Castings
(John Lumpkin, Lead)*

POPPY SEED CAKE

3 c. flour	1/2 tsp. vanilla
1/2 tsp. baking soda	1 1/2 c. oil
1/2 tsp. salt	1 lg. can evaporated milk
3 c. sugar	1/3 c. poppy seed
4 eggs	1/2 c. chopped nuts

Beat oil and eggs together well. Add sugar and continue to beat well. Sift dry ingredients together; add to oil mixture alternately with the milk. Add vanilla. Stir in poppy seed and nuts. Pour into two greased and floured loaf pans or one bundt pan. Bake at 325 degrees for 1 1/2 hours.

*Guelda Malone
(Benny Malone, Baritone)*

RED VELVET CAKE

1/2 c. shortening	1 tsp. vanilla
1 1/2 c. sugar	1 tsp. soda
2 eggs	1 c. buttermilk
2 oz. red food coloring	1 tbsp. vinegar
2 tbsp. cocoa	1/2 tsp. salt
2 1/4 c. plain flour	

Cream shortening and sugar, add beaten eggs. Make a paste with red coloring and cocoa and add to mixture. Add salt and flour with buttermilk and vanilla. Alternately add soda and vinegar and stir well. Pour into two (8-inch) pans, greased and floured. Bake 30 minutes at 350 degrees. Cool.

FROSTING:

3 tbsp. flour	1 c. milk
1 c. butter, oleo or shortening	1 c. granulated sugar
	1 tsp. vanilla

Cook flour and milk on low heat until thick. Cool. Cream sugar and butter and vanilla until fluffy. Add to flour and milk mixture. Beat until like whipped cream. Spread on layers. Sprinkle with coconut or nuts if desired. (Keep cake cool.)

*Sandra Stansbury
(Bob Stansbury, Bass)*

EASY CHOCOLATE CAKE

2 c. flour

2 c. sugar

Measure before sifting and add 1 heaping teaspoon soda. Put 3 tablespoons cocoa in with dry ingredients. Place 1 cup water and 1 stick margarine in pot and bring almost to a boil. Add this to flour and sugar. Then add 1/2 cup buttermilk, 1 teaspoon vanilla and 2 beaten eggs. Bake in 13 x 9 x 2-inch baking pan at 400 degrees for 20 to 25 minutes. DO NOT USE MIXER.

ICING:

**1 stick margarine
5 tbsp. evaporated milk**

3 tbsp. cocoa

Bring to a boil. Add 1/2 box sifted powdered sugar (approximately 2 1/2 cups), beating until well mixed. Add 1 teaspoon vanilla and 1/2 cup chopped pecans. Pour and spread over cake while hot.

*Marjorie Neely
(Frank Neely, Lead)*

COCA COLA CAKE

**1 stick margarine
1/2 c. shortening or oil
1 c. Coca Cola
1/4 c. cocoa
2 c. sifted flour**

**2 c. sugar
1/2 c. buttermilk
1 tsp. soda
2 eggs
1 tsp. vanilla**

Combine margarine, shortening or oil, Coca Cola and cocoa; bring to a boil. Remove from heat and add 1 1/4 cups miniature marshmallows. Mix remaining ingredients and combine with marshmallow mixture. Bake in greased and floured pan 13 x 9-inches, at 325 degrees for 45 minutes. Ice while hot.

ICING:

1/4 c. cocoa
1 stick margarine

6 - 7 tbsp. Coca Cola

Bring to boil, remove from heat and add 1 box powdered sugar, 1 teaspoon vanilla and 1 cup chopped nuts.

Guelda Malone
(*Benny Malone, Baritone*)

TEXAS SHEET CAKE

Bring to boil 2 sticks of margarine, 1 cup water and 4 tablespoons cocoa. Set aside.

Combine in large bowl:

2 eggs
1/2 c. milk
1 tsp. baking soda
1 tbsp. vinegar

1 tsp. vanilla
1 c. sugar
1 c. flour
1/2 tsp. salt

Add chocolate mixture and mix well. (Batter will be thin.) Bake at 400 degrees for 20 minutes in an 18 x 12 x 1-inch pan that has been greased and floured.

FROSTING: In small pan heat 1 stick margarine, 4 tablespoons cocoa, 6 tablespoons milk. Remove from heat and add 1 pound powdered sugar, 1/2 cup nuts and 1 teaspoon vanilla. Mix and spread on warm cake.

Mary Strickland
(*W. C. Strickland, Bass*)

SOUR CREAM COFFEE CAKE

Duncan Hines Butter Cake

Mix

1/2 c. sugar

3/4 c. Wesson Oil

4 eggs

Sour cream

3 tbsp. brown sugar

2 tsp. cinnamon

1/2 c. finely chopped nuts

Mix first (4) ingredients. Fold in sour cream. In a bowl, mix brown sugar, cinnamon, nuts. Pour half the batter in square pan. Sprinkle 1/2 the mixture on batter. Add rest of batter and rest of mixture on top.

Bake 300 degrees - 50 to 55 minutes. (Delicious!)

Sandra Stansbury

(Bob Stansbury, Bass)

CRAZY CAKE

**1 box cake mix (any flavor
you like)**

1 stick butter, melted

1 egg

1 c. nuts

Blend ingredients together. (Will be stiff.) Press into 9 x 13-inch pan (greased).

Blend:

1 (8 oz.) pkg. cream cheese
2 eggs

1 box powdered sugar

Pour over cake. Bake 35 minutes at 350 degrees.

Glenda Peek

(Bernard Peek, Bass)

PRUNE CAKE

1 1/2 c. sugar	1 tsp. cinnamon
3 eggs	1 tsp. nutmeg
1 tsp. soda	1 tsp. allspice
1 c. vegetable oil	1 tsp. salt
1 c. prunes (cooked and seeded)	1 tsp. vanilla
1 1/2 c. flour	1 c. buttermilk
	1 c. chopped pecans

Blend sugar, vegetable oil, milk and dry ingredients. Add vanilla, eggs, nuts and prunes. Bake in 13 x 9 x 2-inch baking pan at 300 degrees. Pour topping over cake in pan while cake is still hot. Make day before serving.

TOPPING:

1 c. sugar	1 tbsp. white corn syrup
1/2 c. buttermilk	1/4 to 1/2 c. butter
1/2 tsp. soda	1/2 tsp. vanilla

Boil until forms soft ball. Pour over cake while hot without beating.

*Marjorie Neely
(Frank Neely, Lead)*

PLUM CAKE

2 c. self-rising flour	3 eggs
2 c. sugar	1 tsp. vanilla
1 c. Wesson Oil	1 tsp. cloves
2 sm. jars baby food plums	1 tsp. cinnamon

GLAZE:

1 c. confectioners' sugar	1 tbsp. butter or margarine
Juice of 1 lemon	

Beat all ingredients together and pour into a greased and floured tube pan. Bake at 300 degrees for one hour. When cool, apply glaze.

*Martha Green
(Lamar Green, Bass)*

DUMP CAKE

Spread in 9 x 13-inch pan in this order:

20 oz. can crushed pineapple	1 can shredded coconut
1 can cherry pie filling (I	1 box yellow cake mix
have also used blueberry	2 sticks margarine (sliced)
or apple and liked them	1 c. chopped pecans
better)	

Bake one hour at 350 degrees.

*Glenda Peek
(Bernard Peek, Lead)*

CREME DE MENTHE CAKE

1 pkg. yellow cake mix	4 eggs
1/3 c. oil	1 pkg. pistachio instant
1/3 c. creme de menthe	pudding
1 c. sour cream	

Mix all ingredients for approximately 2 minutes; then fold in 6 ounces chocolate chips (mini-chips are best). Bake at 350 degrees for 55 minutes in greased and floured bundt or angel food cake pan. Cool in pan 25 minutes. Confectioners' sugar may be sprinkled on top when cooled.

*Sally Wall
(Clarence Wall, Bass)*

NEW ORLEANS CAKE

- | | |
|-------------------------------------|-----------------------------------|
| 1 box butter recipe yellow cake mix | 1/4 c. sugar |
| 4 eggs | 1 can mandarin oranges, undrained |
| 1 c. salad oil | 1/2 can shredded coconut |

Mix all together and bake in prepared pan (9 x 13-inch) for 25 - 30 minutes. When cool, spread on the following mixture: 1 pound can crushed pineapple (juice and all) mixed with 1 small package vanilla instant pudding. Let sit a few minutes, then fold in 12-ounce carton Cool Whip. Spread on cake and sprinkle with 1/2 can coconut.

Keep cake refrigerated.

*Sandra Stansbury
(Bob Stansbury, Bass)*

JELLO CAKE

- | | |
|-----------------------|--------------|
| 1 pkg. lemon Jello | 2/3 c. water |
| 1 pkg. white cake mix | 4 eggs |
| 3/4 c. oil | |

SECOND MIXTURE:

- | | |
|---------------------------|-------------------|
| 2 c. confectioners' sugar | Juice of 2 lemons |
|---------------------------|-------------------|

Mix first five ingredients and mix at medium speed with electric mixer for two minutes. Pour into 9 x 13-inch pan sprayed with Bakers Joy. Bake at 350 degrees for 30 minutes. Take from oven when done and immediately punch holes with a fork throughout cake. Spread second mixture over cake.

Judy Jesse

STRAWBERRY - PECAN CAKE

- 1 box white cake mix
1 box strawberry Jello (add to cake mix dry)

Beat in the following:

1 c. cooking oil	1 c. frozen strawberries
4 eggs (1 at a time)	(thawed)
1 c. coconut	1 c. chopped pecans
1/2 c. milk	

Bake in 3 (8-inch) pans 1 hour. 350 degrees.

FROSTING:

1 stick margarine	1/2 c. chopped pecans
1 box confectioners' sugar	1/2 c. coconut
1/2 c. drained strawberries	

Cream sugar and margarine, add other ingredients. Spread on cake.

*Glenda Peek
(Bernard Peek, Lead)*

APPLE DAPPLE CAKE

2 c. white sugar	1 tsp. salt
1 1/2 c. cooking oil	1 tsp. soda
3 whole eggs	1 tsp. vanilla
3 c. sifted plain flour	

Mix the above ingredients together and add the following items to the mixture:

1 c. chopped pecans	1 c. raisins
3 c. raw chopped apples	1 c. drained crushed
1 can Angel Flake Coconut	pineapple

Pour into a large sheet pan (at least 15 1/2 x 10 1/2 x 1-inch or 2 small pans) and bake 1 hour at 325 degrees.

While the cake is still hot, pour the following glaze over it:

1 stick margarine or butter	1 c. brown sugar
1/4 c. milk	

Bring to a boil and cook 2 1/2 minutes, stirring constantly. Remove from heat and pour over cake while it is still hot.

Note: I sift the flour, salt and soda together before adding to other ingredients. I usually use less oil than it calls for and more apples than the recipe requires. Depending on what I have, I may use more nuts, coconut, etc. too. I usually double the apple dapple cake recipe and freeze some since it freezes unusually well.

*Sally Wall
(Clarence Wall, Bass)*

MEXICAN WEDDING CAKE

Mix together:

1 c. flour
2 c. sugar

2 tsp. soda

Add:

2 eggs
1 lb. 3 oz. can of crushed
pineapple with juice

1 c. chopped nuts

Bake at 350 degrees for 35 minutes in 9 x 13-inch pan-greased.

FROSTING:

1 stick margarine
8 oz. pkg. cream cheese

2 c. powdered sugar
1 tsp. vanilla

Mix until smooth and spread over cake.

*Mary Strickland
(W. C. Strickland, Bass)*

PRALINE COOKIES

1 well beaten egg white
1 c. well packed brown
sugar

1 1/2 c. pecans
1 tbsp. vanilla

Add sugar, nuts and vanilla to frothy egg white. Drop by teaspoon on greased (or foiled) cookie sheet. Pre-heat oven to 400 degrees. Place cookies in oven. Turn off heat and let cool on sheet. Makes 2 to 3 dozen.

*Gelda Malone
(Benny Malone, Baritone)*

JUMBO RAISIN COOKIES

2 c. raisins	1/2 tsp. nutmeg
1 c. water	1 c. shortening
3 1/2 c. all-purpose flour	1 3/4 c. sugar
1 tsp. baking soda	2 eggs, slightly beaten
1 tsp. salt	1 tsp. vanilla
1 tsp. baking powder	1/2 c. chopped nuts
1/2 tsp. cinnamon	

Place raisins and water in a saucepan; bring to a boil and boil about 3 minutes. Set aside to cool; do not drain. Mix flour with baking powder, soda, salt, and spices. Cream shortening. Gradually add sugar, beating well after each addition. Beat in eggs. Stir in the raisins with liquid and vanilla. Gradually add the flour mixture, blending thoroughly after each addition. Stir in nuts, drop from tablespoon, about 2 inches apart, on greased baking sheets. Bake at 375 degrees for 12 to 15 minutes. Makes about 2 1/2 dozen.

*June R. Coulter
(James Coulter, Lead)*

SUGAR COOKIES

1 c. powdered sugar	1 tsp. cream of tartar
1 c. granulated white sugar	1 tsp. soda
1 c. salad oil	1/2 tsp. salt
2 eggs	1 tsp. vanilla
1 c. margarine	4 1/4 c. flour

Combine sugars with margarine, oil and eggs. Add combined dry ingredients, then vanilla. Mix well. Make into small balls and press down with glass or cookie press dipped in sugar. Bake 12 - 15 minutes at 350 degrees.

*Evelyn Fraser
(Earle Fraser, Lead)*

BIG COOKIE

1 box yellow cake mix
1/2 c. oil
2 tbsp. water

1/2 and 1 c. chocolate chips
2 eggs, beaten

Mix and spread on large pizza pan sprayed with Pam. Bake 350 degrees Fahrenheit for 20 to 25 minutes. Can be used for a birthday cookie or on any special day. Also decorated with tube cake decorator.

Pat Jones
(*Sam Jones, Lead*)

CRISPY OATMEAL COOKIES

1 c. white sugar
1 c. brown sugar
1 egg
1 1/2 c. quick cooking
"multi-grain" oatmeal
1 c. butter or margarine

1/2 c. cornflake crumbs
1 1/2 c. flour
1/4 tsp. baking powder
1/4 tsp. soda
1 c. chopped nuts

Cream butter and sugars, add well beaten egg. Mix cornflakes with oatmeal, flour, soda and baking powder and add to sugar-butter mixture. Add nuts last. If mixture is too stiff, add a few drops of milk. The batter should be stiff. Form into small balls and place on greased cookie sheet. Flatten with fork and bake in 375 degree oven until the cookies are a delicate brown, about 15 minutes.

Evelyn Fraser
(*Earle Fraser, Lead*)

CRISP OATMEAL DROP COOKIES

1 c. shortening
1 c. brown sugar
1 c. white sugar
2 eggs
3 c. quick oatmeal

1 tsp. vanilla
1 1/2 c. flour
1 tsp. salt
1 tsp. soda
1 c. nuts

Cream shortening, add sugar and beat well. Add eggs and beat well. Stir in oatmeal and vanilla. Sift flour, salt and soda together. Add to sugar mixture. Add nuts last. Chill slightly and drop by teaspoon on cookie sheet. Bake 7 to 10 minutes at 350 degrees.

*Gelda Malone
(Benny Malone, Baritone)*

BRAN COOKIES

- | | |
|--------------------------|--------------------------|
| 1 c. flour (self-rising) | 2 eggs (well beaten) |
| 1 tsp. ginger | 1/2 c. molasses or brown |
| 1 tsp. cinnamon | Karo syrup |
| 1/2 tsp. clove | 1/2 c. sweet milk |
| 1/2 c. sugar | 1 stick margarine |
| 2 c. Hodgson Mill | 1 c. raisins |
| (unprocessed wheat | 1 c. nuts |
| bran) | |

Sift flour once. Add spices and sugar then sift again. Add bran and mix well. Combine eggs, syrup, milk, butter; then add to wheat bran and beat well. Drop by teaspoonful onto a greased baking sheet 2 inches apart. Preheat oven at 375 or 400 degrees. It will make 3 dozen cookies.

*Sherry Fowler
(Niles Fowler, Tenor)*

POTATO CHIP COOKIES

- | | |
|------------------|-------------------------------|
| 1 c. margarine | 1 tsp. baking soda |
| 1 c. brown sugar | 2 c. coarsely crushed potato |
| 1 c. white sugar | chips |
| 2 eggs | 1 (6 oz.) pkg. chocolate chip |
| 1 tsp. vanilla | morsels * |
| 2 1/2 c. flour | |

Cream together margarine and sugars, add eggs and vanilla and beat well. Sift flour and soda together and add to creamed mixture, then add crushed potato chips and chocolate chip morsels.

Drop by teaspoon on a greased cookie sheet about 2 inches apart. Bake at 375 degrees for 10 minutes. This make approximately 3 dozen cookies.

* Butterscotch morsels may be used in place of the chocolate chip.

*Mona Allday
(Southern Harmony Chorus)*

PEPPERMINT CANDY CANES

3 1/2 c. all-purpose flour	1/4 tsp. salt
1 1/4 c. butter or margarine (2 1/2 sticks, softened)	1 egg
1 c. confectioners' sugar	1/2 tsp. red food color
1 tsp. vanilla extract	1/4 tsp. peppermint extract

Measure and mix in mixer first 6 ingredients. Half dough. Knead red food color and peppermint in half. Flour surface. Roll 1 teaspoon into 4-inch rope. Bake 375 degrees for 10 minutes.

*Sherry Fowler
(Niles Fowler, Tenor)*

HOLLY COOKIES

1/4 lb. oleo	4 c. cornflakes
1 tsp. green food coloring	Red hots
30 lg. marshmallows	

Melt oleo in top of double boiler. Then add food coloring. Melt marshmallows in oleo, stirring often. When melted add cornflakes. Drop by teaspoon onto wax paper. Work quickly. Decorate with red hots.

*Guelda Malone
(Benny Malone, Baritone)*

DING BATS

1 1/2 c. chopped dates	1 1/2 c. Rice Krispies
1 c. sugar	1 tsp. vanilla
1/4 c. butter	1/2 c. chopped nuts
1 egg, beaten	3 1/2 oz. can coconut
1/4 c. water	

Combine dates, sugar, butter and egg. Add water and cook for 10 minutes. Add Rice Krispies, vanilla and nuts. Cool and drop from teaspoon into bowl of coconut. Roll into small balls. Store in airtight container. Will keep for weeks.

*Carol Collins
(David Collins, Bass)*

SNOW BALLS

1 c. softened butter
1/2 c. powdered sugar
2 c. flour, unsifted

1/2 tsp. vanilla flavoring
1/2 tsp. almond flavoring
1/2 c. chopped walnuts

Knead butter, sugar, flour and flavorings until well blended. Add nuts and knead again. Form into small balls and bake 20 - 30 minutes at 325 degrees. Roll in powdered sugar when almost cool.

*Evelyn Fraser
(Earle Fraser, Lead)*

CHRISTMAS BUTTER COOKIES

3 sticks butter
1 c. sugar
2 egg yolks

1/8 tsp. salt
1 tsp. vanilla
3 3/4 c. flour

Cream butter and sugar. Add egg yolks, salt, vanilla, flour and mix well. Form balls. Place on cookie sheet and make indentation in each cookie with thumb. Fill centers with confectioners' sugar and food coloring.

Bake 325 degrees 12 - 15 minutes.

*Sandra Stansbury
(Bob Stansbury, Bass)*

BAKE - WHILE - YOU - SLEEP COOKIES

2 egg whites
Pinch of salt
1/4 tsp. cream of tartar
2/3 c. sugar

1/4 tsp. peppermint extract
Green coloring
Chocolate chips
Nuts

Preheat oven to 350 degrees. Beat egg whites until foamy; add salt and cream of tartar and beat until stiff. Add sugar gradually, beating well. Stir in flavoring, green coloring, chocolate chips and nuts. Drop by teaspoonfuls onto cookie sheets lined with aluminum foil. Put in oven and turn off heat immediately. Do not open oven door for at least 8 hours. Carefully remove cookies from foil.

(Yield: about 4 dozen cookies)

*Sandra Stansbury
(Bob Stansbury, Bass)*

RITZY TREATS

Ritz Crackers
1 c. finely chopped dates
1 can Eagle Brand
Sweetened Condensed
Milk

1 c. finely chopped nuts

Cook dates and milk in top of double boiler until smooth, about 10 minutes. Spread on Ritz Crackers and bake 7 minutes at 325 degrees. Cool slightly and frost with the following mixture:

4 tbsp. butter, browned
2 c. powdered sugar
1 tsp. vanilla

Enough cream to make it
spreadable

Makes a lot. Freezes well.

*Evelyn Fraser
(Earle Fraser, Lead)*

HAY STACKS

2 (6 oz.) pkg. chocolate chips 2 (3 oz.) cans chow mein
2 (6 oz.) pkg. butterscotch noodles
chips 1/2 c. nuts

Melt chocolate and butterscotch chips over low heat stirring constantly. Remove from heat and quickly stir in noodles and nuts so they are evenly covered. Dip out by teaspoons onto waxed paper. Chill and serve.

*Pat Jones
(Sam Jones, Lead)*

CHOCOLATE HAYSTACKS

2 c. sugar
2 heaping tbsp. cocoa
1/2 c. milk
1 stick butter

1 tsp. vanilla
3 c. oatmeal
1/2 c. peanut butter

Put first (5) ingredients in medium pot and boil for 2 minutes. Add to: oatmeal and peanut butter. Dip by spoon onto wax paper and let cool.

*Sandra Stansbury
(Bob Stansbury, Bass)*

BUTTERMILK PUFFS

4 c. sifted flour
1/2 c. sugar
2 tsp. baking powder
1 1/2 c. buttermilk
1/2 c. oil

1 tsp. soda
2 tsp. nutmeg
1 1/2 tsp. salt
2 eggs

Sift dry ingredients. Beat eggs, etc. in mixer. Add dry ingredients. Beat until smooth. Drop by teaspoon into hot fat, at 375 degrees. Fry about 3 minutes. Makes about 5 dozen. (Similar to a donut.) Roll in powdered sugar or plain or cinnamon sugar.

*Wilma Graham
(Donovan Graham, Bass)*

FUDGY BROWNIES

- | | |
|-----------------------------|----------------------------|
| 1 c. butter or margarine | 1 c. all-purpose flour |
| 4 sq. unsweetened chocolate | 1 tsp. vanilla |
| 2 c. sugar | 1/2 tsp. salt |
| 4 eggs | 2 c. coarsely chopped nuts |

Preheat oven to 350 degrees. Grease 13 x 9-inch pan. In 3-quart saucepan, over very low heat, melt butter and chocolate, stirring the mixture constantly. Remove from heat and stir the sugar into the chocolate. Allow the mixture to cool slightly. Add eggs, one at a time, beating until well blended after each egg. Add flour, vanilla, and salt and stir well. Add nuts and stir well. Pour into pan and bake 30 to 35 minutes. Brownies are done when toothpick comes out clean. Cool on wire rack, then cut brownies into squares.

*Sandra Stansbury
(Bob Stansbury, Bass)*

CARAMEL BROWNIES

- | | |
|------------------|----------------------|
| 1/2 c. oleo | 2 c. flour |
| 2 c. brown sugar | 2 tsp. baking powder |
| 2 eggs | Pinch salt |
| 1 tsp. vanilla | 1 c. nuts |

Melt oleo and sugar together over low heat. Add beaten eggs and mix well. Sift dry ingredients together and add to first mixture. Add nuts. Bake 350 degrees 30 minutes in 7 1/2 x 11-inch pan. Cut into squares while warm.

*Guelda Malone
(Benny Malone, Baritone)*

CRISPY CHOCOLATE BARS

- | | |
|---|-------------------------------------|
| 1/2 c. peanut butter | 1 pkg. (6 oz.) butterscotch morsels |
| 1 pkg. (6 oz.) semi-sweet chocolate morsels | 5 c. Kellogg's Corn Flakes |

Combine chocolate and butterscotch morsels, and peanut butter in large saucepan. Stir over low heat until smooth. Add cereal. Stir until well-coated.

Spread mixture into 9 x 9 x 2-inch pan. Chill until firm. Let stand at room temperature about 10 minutes before cutting into bars.

32 bars, 1 x 2-inches.

*Glenda Peek
(Bernard Peek, Lead)*

COCOA PEANUT SQUARES

1/3 c. corn syrup	3 c. Kellogg's Cocoa
1/2 c. brown sugar (packed)	Krispies
1/2 c. peanut butter (crunchy)	

Combine corn syrup and brown sugar in medium-sized saucepan. Cook over moderate heat stirring frequently until mixture bubbles. Remove from heat. Stir in peanut butter. Add Cocoa Krispies. Stir until well coated with mixture. Press into buttered 9 x 9-inch pan. Cut into squares when cool.

*Guelda Malone
(Benny Malone, Baritone)*

BOURBON STREET BARS

2 c. flour	1 can Eagle Brand
1 1/2 c. powdered sugar	Condensed Milk
1/2 c. unsweetened cocoa	1/4 c. bourbon
1/2 c. margarine	1 tbsp. margarine
2 eggs, divided	1/3 c. chopped nuts
8 oz. cream cheese	

Preheat oven to 350 degrees. In mixer bowl, combine flour, sugar and cocoa. Mix well. Mix in margarine until crumbly. Reserve 1 cup crumb mixture for topping. To remaining mixture, add one egg and water. Mix until dough forms. Spread on bottom of 13 x 9-inch pan; set aside.

In mixer bowl, beat cream cheese. Gradually beat in Eagle Brand until smooth. Add one egg and bourbon; mix well. Pour evenly over base. To reserved topping mixture, mix in the additional 1 tablespoon margarine and add nuts. Do not over mix, mixture should be crumbly. Sprinkle evenly over Eagle Brand mixture. Bake 25 to 30 minutes. Cool. Chill. Cut into bars. Store covered in refrigerator or at room temperature.

Pat Crowe, Lead

LEMON BARS

CRUST:

1 c. flour
1/2 c. butter

1/4 c. sifted powdered sugar
Dash salt

Preheat oven to 350 degrees. Combine crust ingredients and cream well. Press into ungreased 8-inch square pan. Bake for 15 to 20 minutes until lightly browned.

FILLING:

2 eggs
1 c. sugar
1 lemon, seeded and
quartered

2 tbsp. flour
1/2 tsp. baking powder

Combine eggs, 1/2 cup sugar and lemons in blender and whirl until blended. Add remaining sugar, flour and baking powder. Blend. Pour over crust and bake 15 to 20 minutes or until lightly browned. Sift powdered sugar on top while warm. Cool and cut into bars.

*Sandra Stansbury
(Bob Stansbury, Bass)*

CHOCOLATE CHIP MERINGUE BARS

Cream:

1 c. shortening
1/2 c. brown sugar

1/2 c. sugar
3 egg yolks

Blend in:

1 tbsp. water
2 c. flour

1 tsp. vanilla
1 tsp. soda

Add about 12 ounces Nestles Chocolate Chips. Put into 9 x 13-inch pan leaving 1/2 inch around the edge.

TOPPING: 3 egg whites stiffly beaten. Add 1 cup brown sugar and spread over top. Bake in 350 degree oven for 30 minutes.

Wilma Graham
(Donovan Graham, Bass)



ANGEL FOOD CAKE DESSERT

Dissolve 1 envelope gelatin in 1 cup water. Break into small pieces one (16-ounce) angel food cake.

Cook together to custard consistency:

2 c. milk
1 c. sugar
4 egg yolks

2 tsp. flour
1/2 tsp. salt

Add gelatin to custard mix. Beat 4 egg whites and fold into custard mixture. Add 6 ounces frozen coconut. Let set at least 4 hours or overnight. Ice with Cool Whip.

*Sally Wall
(Clarence Wall, Bass)*

PUNCH BOWL CAKE

Bake 2 layers of cake.

Layer in punch bowl in the following order:

1 layer of cake, broken into pieces	1/2 can cherry or strawberry pie filling
1/2 lg. can crushed pineapple	1/2 lg. carton Cool Whip
1/2 box instant pudding, which has been made by directions on box	

Sprinkle with coconut.

Repeat above process to complete cake.

*Mary Strickland
(W. C. Strickland, Bass)*

STRAWBERRY DELIGHT

1 lg. angel food cake

Tear in small pieces and put in a LARGE container.

FILLING:

1 1/2 pts. whipping cream
1 1/2 c. sugar

2 1/2 (8 oz.) pkgs. cream
cheese

Whip together and pour over cake. Stir until cake is coated with filling.

1 qt. (or more) fresh
strawberries, sliced

1 bag Strawberry Jell and
mix with strawberries

In deep glass dish stack 1/2 of cake with 1/2 of strawberry mixture on top, then repeat with the other half.

Myna Castings
(John Lumpkin, Lead)

CHOCOLATE PUNCH BOWL PUDDING

1. Bake devil's food cake, according to directions, in 9 x 11-inch pan - cut in chunks.

2. Place 1/2 of cake in bottom of punch bowl or large dish.

3. Mix 2 large instant chocolate pudding mixes according to recipe. (Mix just long enough to be smooth - not til thickened.)

4. Pour 1/2 of pudding mix over cake.

5. Crush 6 Heath Bars and mix with 16 ounces Cool Whip.

6. Pour 1/2 of Cool Whip mixture over cake and pudding.

7. Repeat the stacking.

8. Cake on bottom, pudding, Cool Whip mixture.

Myna Castings
(John Lumpkin, Lead)

EASY PEACH COBBLER

Serves 8

1 lg. can sliced peaches
1 1/2 c. self-rising flour
3/4 c. sugar

1 c. milk
1/2 stick butter
Cinnamon and sugar mix

Combine flour, sugar and milk, mix well. In baking dish, at least 3 inches deep, place 1/2 stick butter and place in 350 degree oven until butter melts. Over butter pour flour mixture. Next dump can of peaches and juice over flour mixture. Sprinkle cinnamon sugar on top and bake at 350 degrees till golden brown.

*Virginia Jones
(Pete Jones, Bass)*

FOUR LAYER DELITE

FIRST LAYER:

1 c. flour
1 stick margarine

1/4 c. chopped pecans

Mix and spread in 9 x 13-inch pan. Bake at 350 degrees 15 minutes.

SECOND LAYER:

1 (8 oz.) pkg. cream cheese
1 c. Cool Whip

1 c. powdered sugar

Cream together and spread on crust.

THIRD LAYER:

2 boxes chocolate instant
pudding mix

3 c. milk

Beat together and spread on cream cheese mixture.

FOURTH LAYER:

Spread remaining Cool Whip on top of third layer and chill.

*Glenda Peek
(Bernard Peek, Lead)*

OREO DELIGHT

Serves 15 - 20

1 pkg. Oreo Cookies
1 pkg. vanilla instant
pudding (lg.)

8 oz. cream cheese
Cool Whip

Crumble cookies in bottom of baking dish. Melt stick of margarine and pour over cookies, reserve a little of cookies for garnishing.

Mix pudding with 2 1/2 cups milk. Add 8-ounce cream cheese and Cool Whip to pudding mix. Pour over Oreos. Sprinkle with reserved cookies. Chill for 1 hour.

Virginia Jones
(Pete Jones, Bass)

BANANA - CHERRY PUDDING

Serves 10

1 pkg. vanilla cream center
cookies
1 lg. pkg. vanilla instant
pudding

1 (8 oz.) Cool Whip
1 can cherry pie filling
5 bananas
2 c. milk

Crumble a layer of cookies, top with sliced bananas. Mix pudding and milk until blended, add Cool Whip. Pour small layer over bananas, top pudding with small spooned spots of cherry filling, next put crumbled cookies, bananas, and finish with pudding mix. Top with spots of cherry filling. Cool for at least 1 hour.

Virginia Jones
(Pete Jones, Bass)

GLORIFIED BANANA PUDDING

3 (3 oz.) pkgs. vanilla
instant pudding
5 c. whole milk
5 bananas

1 lg. box Vanilla Wafers
1 (8 oz.) sour cream
1 (12 oz.) Cool Whip

Mix pudding and milk. Add all of sour cream and half of Cool Whip. In large pan or two small pans, put layer of Vanilla Wafers, layer of bananas and layer of pudding. Repeat once more. Put other half of Cool Whip on top and sprinkle with wafer crumbs. Chill. Delicious.

*Martha Green
(Lamar Green, Bass)*

CHOO - CHOO CHEESE CAKE

4 (3 oz.) pkgs. cream cheese, softened	1 tsp. vanilla
1 1/4 c. sugar	1 unbaked 9-inch graham pie shell
3 eggs	1/2 pt. sour cream

Combine cream cheese and 3/4 cup sugar, beat until smooth. Add eggs one at a time, beating well after each addition. Add 1/2 teaspoon vanilla. Pour into graham crust. Bake 30 minutes at 350 degrees. Cool for 10 minutes. Combine sour cream, 1/2 cup sugar and 1/2 teaspoon vanilla. Pour topping over cheesecake. Bake 15 minutes more at 350 degrees. Cool.

STRAWBERRY TOPPING:

1 pkg. frozen strawberries	1/3 c. sugar
2 tbsp. cornstarch	

Cook all ingredients over medium heat in saucepan till thickened. Spread on cheesecake and chill thoroughly. Serves 8.

*Virginia Jones
(Pete Jones, Bass)*

VANILLA FRUIT TART

3/4 c. butter, softened	1/2 c. powdered sugar
1 1/2 c. all-purpose flour	

Heat oven to 300 degrees. Beat butter and powdered sugar until light and fluffy; blend in flour. Press mixture onto 12-inch round pizza pan. Bake 20 - 25 minutes or until lightly browned; cool completely. Prepare vanilla filling; spread on cooled crust. Cover and chill. Prepare Fruit Topping; cover and chill assembled tart.

VANILLA FILLING:

- 2 (8 oz.) pkgs. Nestles White Chocolate** **1/2 c. whipping cream**
1 (8 oz.) pkg. soft cream cheese

In microwave safe bowl cook chocolate and cream at high 1 - 1 1/2 minutes or until chocolate is melted and mixture is smooth when stirred. Beat in cream cheese.

FRUIT TOPPING:

- | | |
|-------------------------------|-------------------------------------|
| 1/4 c. sugar | Assorted fresh fruit such as |
| 1 tbsp. cornstarch | peaches, cherries, |
| 1/2 c. pineapple juice | strawberries, pineapple, |
| 1/2 tsp. lemon juice | oranges, kiwi, etc. |

In small saucepan combine sugar and cornstarch; stir in juices. Cook over medium heat, stirring constantly, until thickened. Cool. Meanwhile, slice and arrange fruit on top of filling; pour juice over fruit.

Bernard Peek, Lead

FRUIT PIZZA

- | | |
|------------------------------------|---------------------------------|
| 1 pkg. sugar cookies | 1 sm. pkg. frozen |
| 1 (8 oz.) pkg. cream cheese | strawberries |
| 1/2 c. sugar | 1 (15 oz.) can pineapple |
| 4 med. bananas, sliced and | chunks |
| cooked with lemon juice | Sliced grapes |

GLAZE:

1 c. sugar
1 c. water

1 c. orange juice

Slice cookies and bake close together on cookie sheet, making solid crust. Blend cream cheese and sugar together over warm cookies. Drain pineapple. Mix fruit and place over cookie crust after it has cooled. Refrigerate. Glaze when cold.

GLAZE: Cook ingredients over medium heat until thick. Cool and pour over pizza. Refrigerate.

Betty Ann Dabbs
(Glen Dabbs, Bass)

CHERRY SWIRL

2 sticks margarine
2 c. plain flour

1 c. chopped pecans

Work together good - press into 8 1/2 x 13-inch pan. Bake at 350 degrees for 20 minutes. Cool.

Mix together:

8 oz. pkg. cream cheese
(soft)

3 c. powdered sugar
Lg. carton Cool Whip

Spread on pastry and chill. Spread 1 can cherry pie filling on top and swirl.

Mary Strickland
(W. C. Strickland, Bass)

BAKED PEARS WITH ALMONDS

4 firm ripe pears
1/4 c. water
1/2 c. packed light brown
sugar

2 tbsp. margarine
1/2 tsp. cinnamon
1/4 c. sliced toasted
almonds

Cut pears in half; core and peel. Place cut-side down in 8-inch square glass dish, arranging large ends of pears to outside of dish.

Measure water into a 1-cup glass measure. Add sugar, margarine and cinnamon. Microwave on High 1 minute. Pour mixture over pears. Cover with plastic wrap and microwave on High 6 minutes. Let stand 2 minutes, or until ready to serve. Place one or two pear halves in each dessert dish, spoon syrup over them, and sprinkle with toasted almonds.

*Evelyn Fraser
(Earle Fraser, Lead)*

GRAND MARNIER SOUFFLE

Souffles are fairly simple and if you enjoy them, a copper bowl and balloon whisk make preparing them even easier.

1/4 c. sugar	1/4 c. Grand Marnier
3 egg yolks	1/4 tsp. vanilla extract
3 tbsp. all-purpose flour	4 egg whites
1 c. hot milk	1/8 tsp. cream of tartar
Grated zest of 1 orange	(optional)

1. Preheat the oven to 475 degrees. Butter a 4-cup soufflé dish about 6 inches in diameter and 2 1/2 inches deep. Sprinkle with sugar to coat; tap out any excess.

2. In a medium bowl, combine the 1/4 cup sugar and the egg yolks. Whisk until well blended. Add the flour and mix well. Gradually whisk in the hot milk. Transfer to a heavy medium saucepan and bring to a boil over moderately high heat, whisking constantly until smooth and thick; the pastry cream should fall from the whisk very slowly. Reduce the heat to moderate and gently boil, whisking, until the pastry cream thins out slightly, becomes glossy and streams from the whisk, about 2 minutes. Remove from the heat; stir in the orange zest, Grand Marnier and vanilla. Cover with a lid and set aside.

3. In a copper bowl with a balloon whisk, beat the egg whites until glossy and stiff but not dry; about 2 minutes. Alternately, in a non-copper bowl, beat the egg whites and the cream of tartar with an electric mixer. (Make sure there is no egg yolk at all - even the smallest drop will prevent the whites from fluffing.)

4. Pour the hot pastry cream into a large bowl. With the sauce whisk, fold about 1/2 of the egg whites into the pastry cream to lighten the mixture. Using a rubber spatula, fold in the remaining egg whites until just blended. Pour into the prepared soufflé dish. Gently smooth the top of the soufflé, working from the center to the edge of the mold. Run your thumb around the edge of the dish to clean off any excess batter, creating a small groove all around the rim.

5. Bake the souffle on the lowest rack of the oven for 5 minutes. Reduce the heat to 425 degrees and bake for 5 to 7 minutes longer, until the souffle is well risen and golden brown. Serve immediately, using 2 large spoons.

For individual servings, use four (8-ounce) ramekins and bake at 475 degrees for 3 to 4 minutes.

Variations:

Chocolate Souffle with Chocolate Sauce - Because chocolate is a heavy ingredient, one extra egg white is added to lighten this souffle. Substitute 4 ounces of chocolate morsels for the orange zest and vanilla and 2 tablespoons of Cognac for the Grand Marinara. Another option is to substitute hot chocolate for the hot milk. For an easy chocolate sauce combine 4 ounces semisweet chocolate bits and 1/8 cup water and heat and stir until smooth.

Mocha Souffle with Chocolate Sauce - Substitute 2 teaspoons instant coffee plus 2 tablespoons sugar dissolved in 2 teaspoons hot water for the orange zest and substitute 2 tablespoons coffee liqueur for the Grand Marnier. Serve with chocolate sauce.

Eggnog Souffle - Substitute eggnog for the hot milk and spiced rum for the Grand Marnier.

*Susan McKenzie
(Scott McKenzie, Bass)*

RHUBARB TORTE

1 c. flour
1/2 c. margarine

3 tbsp. powdered sugar
Dash salt

Mix the above ingredients with pastry blender until like pie dough (use no water). Pat into bottom and sides of 8 x 8-inch pan. Bake 10 to 12 minutes at 350 degrees.

2 c. rhubarb, chopped quite
fine
1 c. sugar

4 tbsp. flour
2 eggs, beaten slightly
1/4 tsp. almond flavoring

Mix flour with sugar, then add to rhubarb. Add flavoring to eggs and add to rhubarb mixture. Pour over baked crust and return to 325 degree oven for 40 minutes.

*Evelyn Fraser
(Earle Fraser, Lead)*

DEVONSHIRE APPLE PIE

- | | |
|----------------------------------|-------------------------------------|
| 3/4 c. sugar | 1/8 tsp. salt |
| 1/4 c. packed brown sugar | 1/2 c. sour cream |
| 1 tbsp. flour | 4 med. apples, pared and |
| 1/2 tsp. cinnamon | sliced |
| 1/2 tsp. nutmeg | 1 (9-inch) unbaked pie shell |
| 1 tsp. lemon juice | |

Preheat oven to 350 degrees. Mix first 7 ingredients in large bowl. Stir in sour cream and apples. Spoon into shell.

STREUSEL TOPPING:

- | | |
|----------------------------------|----------------------------|
| 1/2 c. flour | 4 tbsp. cold butter |
| 1/2 c. packed brown sugar | |

Mix flour and sugar; cut in butter until mixture is crumbly. Sprinkle on pie. Bake at 350 degrees for 40 minutes or until topping is golden.

*Martha Green
(Lamar Green, Bass)*

FRESH PEACH PIE

- | | |
|-------------------------------------|-----------------------------------|
| 3/4 c. water | 1 tsp. salt |
| 1 c. sugar | 1 c. crushed fresh peaches |
| 2 tbsp. cornstarch, rounded, | 8-inch pie shell, baked |
| mixed with a little | Sliced fresh peaches |
| water | Whipped cream |

Cook first 5 ingredients, stirring until thickened (be patient, it will boil). Cool. Fill shell with fresh sliced peaches, pour cooled sauce over top. Refrigerate. Serve topped with whipped cream.

*June Coulter
(James Coulter, Lead)*

EASY STRAWBERRY PIE

3 tbsp. cornstarch
1/2 c. water
1 tbsp. lemon juice
1/8 tsp. salt
1 c. sugar

2 c. crushed strawberries
2 c. whole or halved
 strawberries
1 baked 9-inch pastry shell
Whipped cream

Combine cornstarch and water, blend until smooth. Add lemon juice, salt, sugar and crushed strawberries. Cook, stirring constantly, over low heat until mixture thickens (about 5 minutes); cool. Fill pastry shell with whole or halved strawberries and pour crushed strawberry mixture over them. Chill thoroughly. Spread top with whipped cream. Garnish with halves of strawberries, if desired.

*Barbara Keegan
(Tom Keegan, Lead)*

BLACKBERRY SPECIAL

1 c. sour cream
2 tbsp. flour
3/4 c. sugar
1 egg, beaten
1 pt. fresh or frozen
 blackberries

1 butter flavored crumb pie
 crust
3 tbsp. flour
2 tbsp. butter
1/4 c. chopped pecans

Preheat oven to 400 degrees. Mix first 4 ingredients until smooth. Fold in berries and pour mixture into prepared pie crust. Bake at 400 degrees for 25 minutes (longer if berries are frozen).

Combine rest of ingredients and sprinkle on top of pie. Bake another 10 or 15 minutes. Chill before serving.

(This is also good with blueberries.)

*Sandra Stansbury
(Bob Stansbury, Bass)*

CHRIS'S PUMPKIN PIE CAKE

LAYER 1:

1 pkg. yellow cake mix 1 egg
(remove 1 c. for Layer 3) 1 stick margarine or butter

Beat together until creamy and pat into greased and floured 9 x 13-inch pan.

LAYER 2:

1 (29 oz.) can pumpkin 1/2 c. sugar
3 eggs, beaten 1/2 c. brown sugar
2/3 c. milk 1 1/2 tsp. cinnamon

Beat well. Pour over Layer 1.

LAYER 3:

1 c. dry reserved cake mix 1/2 stick margarine or
1/2 c. sugar butter
1/2 c. chopped pecans

Mix with fork until crumbly. Spread over top and bake for 75 minutes in 350 degree oven.

*Sherry Fowler
(Niles Fowler, Tenor)*

ORANGE PECAN PUMPKIN CRUNCH

1 (16 oz.) can pumpkin 1 tsp. allspice
1 c. sugar 1 lg. can evaporated milk
3 eggs 1 box yellow cake mix
1/2 tsp. salt 2 sticks melted margarine
1/4 tsp. orange extract 3/4 c. chopped nuts
1 1/2 tsp. cinnamon

Blend together pumpkin, sugar, eggs, salt, orange extract, cinnamon, allspice and evaporated milk. Pour into 9 x 13-inch pan. Sprinkle dry cake mix evenly over top. Dribble melted margarine over dry cake mix. Sprinkle top with nuts. Bake at 350 degrees for 50 to 60 minutes. Serve warm or cold, topped with Cool Whip.

NOTE: Don't panic! Pumpkin mixture will be very liquid but will set up when baked.

Gelda Malone
(*Benny Malone, Baritone*)

APPLE DUMP

1 can Comstock Apple Pie Mix	1 box spice cake mix
3/4 c. brown sugar	1 c. pecans
	1 stick margarine, cut up

Spread pie mix in bottom of greased Pyrex dish. Sprinkle with sugar, then cover with dry cake mix. Sprinkle pecans on top and then with cut-up margarine. Bake one hour at 325 degrees.

Gelda Malone
(*Benny Malone, Baritone*)

APPLE DUMPLINGS

Biscuit dough
Apples
Sugar

Cinnamon
Butter

Make a very short biscuit dough (box pie crust). Roll and cut in 7-inch circles. Peel and dice apples. Put 1/2 cup apples in circle of dough. Sprinkle heavy with sugar. Dust with cinnamon. 1 teaspoon butter on top. Draw dough up and pinch at top. Place in buttered baking dish. Make a syrup of 2 cups boiling water and 1 cup sugar. Pour over dumplings. Bake 325 degrees - 1 hour.

Sandra Stansbury
(*Bob Stansbury, Bass*)

APPLE CRISP

(Yields 6 servings)

Butter for baking dish	1 tbsp. lemon juice
4 c. tart apples, peeled and sliced (7 - 8 med.)	2 tbsp. orange juice
1 c. brown sugar, light	3/4 c. flour
1 tsp. cinnamon	Salt
1/2 tsp. nutmeg	4 tbsp. butter

Pre-heat oven to 375 degrees Fahrenheit. Butter a 1-quart baking dish or 9-inch Pyrex dish. Arrange slices in dish. Mix half of the brown sugar with cinnamon and nutmeg and sprinkle over apples. Add juices.

To make crumb topping, mix the remaining sugar with the flour and a dash of salt and rub or cut in butter. Sprinkle over the apple slices and bake 35 - 40 minutes or until apples are tender and the top browned. Serve warm with cold heavy cream.

*Betty Ann Dabbs
(Glen Dabbs, Bass)*

LORNA DOONE DESSERT

1 (10 oz.) pkg. Lorna Doone Cookies	2 c. milk
1/2 lb. butter or margarine	1 qt. vanilla ice cream
2 pkgs. (3 oz.) instant vanilla pudding	8 oz. carton Cool Whip
	Heath Bars, crushed

Crush cookies and mix with melted butter. Pat into 9 x 13-inch pan. Bake 15 minutes at 350 degrees. Cool. Blend pudding mix with milk. Add softened ice cream. Mix well and put on top of cooled crust. Spread Cool Whip on top and sprinkle crushed Heath Bars on top. Refrigerate.

*Evelyn Fraser
(Earle Fraser, Lead)*

FROZEN PEPPERMINT CHEESECAKE

1 1/4 c. chocolate wafer
cookie crumbs
1/4 c. sugar

1/4 c. melted margarine or
butter

Combine crumbs and sugar; add margarine, mix well. Press 2 cups crumbs firmly on bottom and part way up sides of foil-lined 9-inch round cake, springform or loaf pan. Chill.

8 oz cream cheese
14 oz. can Eagle Brand
Sweetened Condensed
Milk

2 tsp. peppermint extract
Red food coloring, as
desired
1 c. whipping cream

In mixer bowl, beat cheese until fluffy. Gradually add Eagle Brand. Stir in extract and coloring; mix well. Whip the cream and fold into mixture. Pour filling into crust. Cover and freeze 6 hours or until firm. Garnish with fudge ice cream topping.

(1 cup crushed hard peppermint candies can be substituted for peppermint extract and coloring.)

Pat Crowe, Lead

CHOCOLATE FILLED COOKIE FREEZE

18 Oreo Cookies
2 sqs. unsweetened
chocolate or 1/3 c. cocoa
1 qt. vanilla ice cream
1/2 c. chopped walnuts

1/3 c. melted butter
1/2 c. sugar
1 tsp. butter
1 sm. can (2/3 c.)
evaporated milk

Crush cookies fine with rolling pin and add melted butter. Then melt chocolate over hot water. Stir in sugar and 1 tablespoon butter; add milk very slowly. Cook over hot water until thick. Cool. Line pan with cookie mixture, cover with ice cream, then top with sauce. Sprinkle nuts over all (optional). Freeze.

I normally double this recipe which will then make a 9 x 13-inch pan.

*Wilma Graham
(Donovan Graham, Bass)*

FRENCH VANILLA ICE CREAM

1 c. sugar
1 lg. can Pet Milk
1 can Eagle Brand Milk
1 qt. 2% milk

1 box French vanilla instant
pudding
4 Egg Scramblers
2 tsp. vanilla flavoring

Beat eggs with electric mixer. Combine eggs, sugar, pudding, Eagle Brand and Pet Milk in a saucepan and scald only. Pour mixture into a one gallon ice cream freezer container. Add vanilla and 2% milk as needed to fill one gallon line. Makes about one gallon of great ice cream.

*Anita Bugher
(Forrest Bugher, Lead)*

JAPANESE FRUIT PIE

1 stick oleo, melted
2 eggs
1 c. sugar
1 tsp. vanilla
Unbaked pie shell

1/2 c. chopped pecans
1/2 c. coconut
1/2 c. raisins
1 tbsp. vinegar

Mix all ingredients together with a fork. Pour into unbaked pie shell. Bake at 325 degrees for approximately 30 - 40 minutes.

*Martha Green
(Lamar Green, Bass)*

ANGEL PIE

3 egg whites, stiffly beaten
1 c. sugar
1/4 tsp. baking powder
Pinch of salt

14 graham crackers, crushed
1 c. chopped pecans
1 tsp. vanilla

Beat egg whites stiff, gradually adding sugar, baking powder, salt. Fold in crushed crackers and pecans and vanilla. Bake in pie pan 30 minutes at 300 degrees. Cool and top with whipped cream.

*June R. Coulter
(James Coulter, Lead)*

LEMON ANGEL PIE

CRUST: 4 egg whites, beaten stiff. Add 1 cup sugar and 1/2 teaspoon cream tartar slowly. Put in greased pie tin, smoothing outward to edge and bake in 275 degree oven for one hour. Let cool in oven.

FILLING: Beat 4 egg yolks, add 1/2 cup sugar, and beat mixture with fork. Add 3 tablespoons lemon juice and 3 tablespoons lemon rind and pinch of salt. Cook this mixture in double boiler until thick, stirring constantly, about 10 minutes. When cool, add 1/2 cup whipping cream (whipped) and put in cooled crust. Trim with whipping cream. This should be in refrigerator 24 hours.

*Evelyn Fraser
(Earle Fraser, Lead)*

COCONUT CREAM BLENDER PIE

2 c. milk	1 c. sugar
1 tsp. vanilla	1 c. coconut
1/2 c. Bisquick	1/2 stick butter or
4 eggs (or egg substitute for 4 eggs)	margarine

Blend all ingredients together. Pour into a 9-inch pie pan that has been sprayed with Pam. Bake for 45 minutes at 350 degrees.

*Guelda Malone
(Benny Malone, Baritone)*

EASY LEMON CHESS PIE

2 c. sugar	1/4 c. milk
1 tbsp. flour	2 to 4 tbsp. grated lemon
1 tbsp. cornmeal	rind
4 eggs	1/4 c. lemon juice
1/4 c. melted butter	1 (9-inch) unbaked pie shell

Combine sugar, flour and cornmeal in large bowl, toss lightly with fork. Add remaining filling ingredients; beat with rotary or electric mixer till smooth and thoroughly blended. Pour into pie shell. Bake at 350 degrees for 35 to 40 minutes or until top is golden brown.

*Virginia Jones
(Pete Jones, Bass)*

LEMON CHESS PIE

1 1/2 c. sugar	3 eggs, well beaten
2 tbsp. flour	Juice of 2 lemons (6 tbsp.)
1 stick butter, melted	Unbaked pie shell

Mix in above order and pour into unbaked pie shell. Bake at 350 degrees until brown on top.

*June R. Coulter
(James Coulter, Lead)*

MILE HIGH PIE

CRUST:

1/2 c. butter	1/4 c. brown sugar
1 c. flour	1/2 c. chopped pecans

Mix together and spread in 9 x 13-inch pan. Bake at 400 degrees for 15 minutes. Cool. Crumble and put half in bottom of 10-inch pie pan.

FILLING:

1 (10 oz.) pkg. frozen raspberries, unthawed	1 c. sugar 2 egg whites
---	------------------------------------

Beat on high speed for 15 minutes. Fold in 1/2 pint whipping cream, whipped. Spread mixture over crust and top with remaining crumbs. Freeze.

*Evelyn Fraser
(Earle Fraser, Lead)*

LEMONADE PIE

- | | |
|--------------------------------|------------------------|
| 1 can frozen lemonade | 1 lg. carton Cool Whip |
| 1 can sweetened condensed milk | 1 graham cracker crust |

Mash lemonade with fork in mixing bowl. Add sweetened condensed milk and Cool Whip. Mix well. Pour into graham cracker crust. Garnish with graham cracker crumbs or chopped nuts, if desired. Refrigerate until ready to serve.

*Martha Green
(Lamar Green, Bass)*

TOLL - HOUSE PIE

- | | |
|--|--------------------------------------|
| 2 eggs | 6 oz. semi-sweet chocolate chips |
| 1/2 c. flour | 1 c. chopped walnuts |
| 1/2 c. brown sugar (firmly packed) | 1/2 c. sugar |
| 1 c. butter, melted and cooled to room temperature | 1 deep dish 9-inch unbaked pie shell |

Preheat oven to 325 degrees. In large bowl, beat eggs until foamy. Add sugar, flour and brown sugar; beat until well blended. Blend in melted butter. Stir in chocolate chips and walnuts. Pour into pie shell. Bake at 325 degrees 1 hour.

*Glenda Peek
(Bernard Peek, Lead)*

BLUEBERRY PIE

CRUST:

- | | |
|-----------------------------|----------------------------|
| 1/2 c. butter | 1 1/4 c. all-purpose flour |
| 1/8 tsp. salt | (sifted) |
| 1 (3 oz.) pkg. cream cheese | |

FILLING:

30 lg. marshmallows	2/3 c. sour cream
1 c. milk	1/2 c. pecans - chopped
1 c. heavy cream (whipped)	21 oz. can blueberry pie
6 tbsp. powdered sugar	filling

Cream butter and cream cheese together. Measure flour into another bowl and add salt, cut into butter mixture. Blend well. Press firmly into a ball. Chill for 1 hour, roll out and put in pan. Prick bottom and sides. Bake 400 degrees 12 - 15 minutes. Dissolve marshmallows in milk in top of double boiler over boiling water, stirring constantly. Cool.

Whip cream using mixer until it stands in peaks. Gradually add powdered sugar. Do not overwhip. Fold in sour cream and 1/4 cup of pecans - fold this into cooled marshmallow mix.

Fold into blueberry pie mixture and put in pie crust and top with pecans.

*Anita Bugher
(Forrest Bugher, Lead)*

STRAWBERRY PIE

1 c. sugar	1 pkg. frozen strawberries
2 whole eggs	1 c. whipping cream
1 pkg. strawberry Jello	

Mix sugar and eggs together, add juice and stir. Bring to boil, move from stove, add Jello and stir until dissolved and let cool. Fold in whipping cream. Use graham cracker crust.

*Anita Bugher
(Forrest Bugher, Lead)*

PEANUT BUTTER ICEBOX PIE

Serves 8

1 (8 oz.) tub Cool Whip	1 graham cracker crust
3/4 c. peanut butter	

Mix Cool Whip and peanut butter with hand mixer until well blended. Pour or spoon into pie crust and freeze for about 2 hours.

Virginia Jones
(*Pete Jones, Bass*)

SOUTHERN PECAN PIE (THE BEST)

CRUST:

1 1/2 c. flour	1/2 c. Crisco
1/2 tsp. salt	4 - 5 tbsp. ice water

Preheat oven to 400 degrees. Sift flour and salt. Cut in Crisco until dough mixture is size of small peas. Sprinkle water over dough, 1 tablespoon at a time, tossing mixture after each addition. Form into ball. Flatten on lightly floured surface and roll into circle. Place in a 9-inch pie pan.

FILLING:

3 eggs, beaten	4 tbsp. melted butter
1/2 c. sugar	1 tsp. vanilla
1/2 c. light corn syrup	1 c. pecan halves
1/2 c. dark corn syrup	

Mix all ingredients and pour into pie shell. Bake at 400 degrees for 10 minutes, reduce heat to 350 degrees and bake for 35 - 40 minutes. Serve with whipped cream.

Evelyn Fraser
(*Earle Fraser, Lead*)

PECAN RUM PIE

4 tbsp. butter	1/8 tsp. salt
3/4 c. packed brown sugar	3 eggs
(light)	1 c. pecans
1/4 c. rum	1 unbaked 9-inch pastry
1 tsp. vanilla	shell
3/4 c. light corn syrup	

Cream butter and brown sugar together. Add rum and vanilla to corn syrup. Add salt to eggs. Add corn syrup and egg mixture to sugar mixture; mix well. Add pecans. Pour into pastry shell. Bake at 350 degrees for 45 to 50 minutes.

*Virginia Jones
(Pete Jones, Bass)*

CHOCOLATE PIE

3 eggs
1 1/2 c. sugar
1/4 c. Pet Milk

1 tsp. vanilla flavoring
1/4 c. cocoa
1 stick butter

Combine cocoa, butter and milk in saucepan. Cook over low heat, stirring until smooth.

In another bowl beat sugar, eggs and vanilla flavoring. Slowly pour chocolate mix to egg mixture. Mix thoroughly and pour into pie crust (deep dish) unbaked.

Bake 55 to 60 minutes at 350 degrees. Cool completely, to set, before cutting. (Use real butter.)

*Mary Abercrombie
(Dave Abercrombie, Lead)*

CHOCOLATE - AMARETTO PIE

2 (1.5 oz.) env. whipped
topping mix
1 1/2 c. milk
2 (4 1/2 oz.) pkg. chocolate
instant pudding mix
1/4 c. amaretto or other
almond flavor

1 baked deep dish pie shell
or 2 baked regular pie
shells
1 (8 oz.) Cool Whip
Chocolate shavings
(optional)

Prepare topping mix according to package directions. Add milk, pudding mix and amaretto; beat 2 minutes at high speed of electric mixer. Spoon mixture into pie shell. Top with Cool Whip and chocolate shavings. Chill at least 4 hours.

*Myna Castings
(John Lumpkin, Lead)*

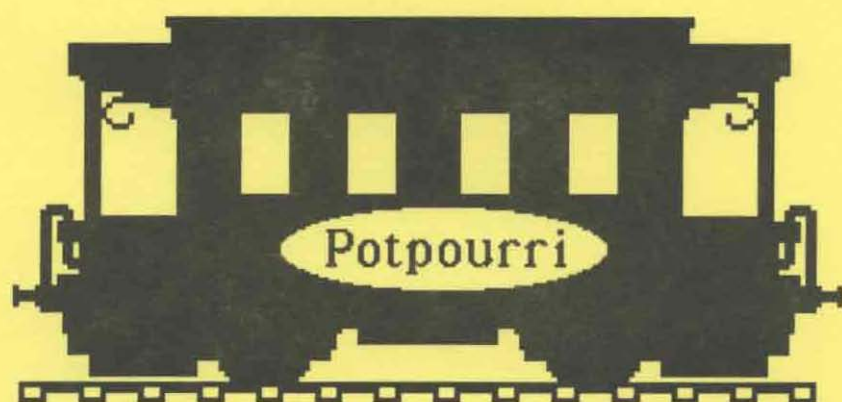
MACAROON PIE

4 egg whites
1/2 c. coconut
1 tsp. almond flavoring

1 c. graham cracker crumbs
1 c. sugar
1/2 c. pecans

Beat egg whites until stiff. Add sugar gradually. Mix nuts, coconut and crumbs, and fold into egg whites. Add flavoring. Pour into WELL greased pan. Bake 30 minutes in 300 - 350 degree oven.

Gelda Malone
(*Benny Malone, Baritone*)



SOUR CREAM FUDGE

2 c. sugar	1/4 tsp. salt
1 c. confectioners' sugar	1 tbsp. butter
1 c. sour cream	1 tsp. vanilla
3 sqs. unsweetened chocolate	1 c. chopped nuts

Mix together the sugar, confectioners' sugar, sour cream, unsweetened chocolate and salt in a heavy saucepan and bring to a boil, stirring occasionally. Reduce heat and cook without stirring until small ball from mixture forms in cold water (234 degrees on candy thermometer). Add butter and vanilla and cool to lukewarm. Add nuts and beat until mixture loses its gloss. Pour into 8-inch square pan and allow to cool until firm. Cut into squares. Makes 1 1/4 pounds.

*Sally Wall
(Clarence Wall, Bass)*

PEANUT BUTTER FUDGE

Stirring constantly, mix:

3 c. sugar	3/4 c. butter
2/3 c. Milnot	

Bring to a boil and let boil for 3 minutes.

Then add:

1 1/3 c. peanut butter	1 tsp. vanilla
25 lg. marshmallows	

Stir until all melted and pour into greased pan.

*Anita Bugher
(Forrest Bugher, Lead)*

BUTTER TOFFEE

1 stick butter
1/2 c. sugar

1 tbsp. water
Chopped walnuts

Sprinkle chopped nuts in bottom of pie pan. Cook butter, sugar and water in sauce pan over medium heat, stirring constantly until a caramel color (about 10 minutes). If using candy thermometer, cook to 300 degrees. Pour over nuts in pan and quickly spread to edge. Let cool, turn upside down, and pop out. Break into pieces.

Evelyn Fraser
(*Earle Fraser, Lead*)

MICROWAVE PEANUT BRITTLE CANDY

1 c. sugar
1/2 c. light corn syrup
1 c. lightly salted peanuts

1 tsp. margarine or butter
1 tsp. vanilla flavoring
1 tsp. baking soda

Stir sugar and syrup together in a 2-quart dish. Place in microwave, cook on "high" for 4 minutes. Quickly stir in peanuts and cook an additional 3 to 3 1/2 minutes on "high". Quickly add margarine and vanilla and stir thoroughly. Cook 1 minute on high. Remove, stir in soda until light and fluffy. Immediately pour and spread on greased cookie sheet. Let cool, break into small pieces. (Times stated are for 500 mw microwave; vary slightly for higher rate.)

Anita Bugher
(*Forrest Bugher, Lead*)

CURRIED FRUIT BAKE

1 (29 oz.) can peach halves,
drained
1 (29 oz.) can pear halves,
drained
1 (20 oz.) can pineapple
chunks, drained
1 (15 oz.) can apricot halves,
drained

1/4 c. maraschino cherries,
drained
3/4 c. firmly packed brown
sugar
1/3 c. butter or margarine,
melted
2 1/2 tbsp. curry powder

Combine first five ingredients in a 12 x 8 x 2-inch baking dish. Combine brown sugar, butter and curry, stirring well; spoon over fruit. Cover and bake at 350 degrees for 35 minutes or until thoroughly heated.

Yield: 8 to 10 servings.

*Evelyn Fraser
(Earle Fraser, Lead)*

APRICOT WHIP

- | | |
|---|---------------------------|
| 1 lg. pkg. dried apricots (or
2 sm.) | 1 egg yolk, beaten |
| 1/2 stick butter | 3 tbsp. milk |
| 1 1/3 c. sugar | 1 egg white, beaten stiff |
| Pinch of salt | 3 tbsp. sugar |

Wash apricots, cover with water and cook until soft, stirring as water gets low. Remove from heat and add butter, sugar, salt, egg yolk, milk. Beat egg white until stiff, adding 3 tablespoons sugar. Fold into apricot mixture. Bake 15 minutes at 350 degrees.

*June R. Coulter
(James Coulter, Lead)*

BAKED PINEAPPLE

- | | |
|--------------|---------------|
| 3/4 c. sugar | 3 tbsp. flour |
|--------------|---------------|

Mix these two together.

- | | |
|---|---------------------------|
| 1 (14 oz.) can of chunk
pineapple (drain and
reserve) | 14 Ritz Crackers, crushed |
| 1 c. grated cheddar cheese | 1/2 stick butter (melted) |
| | Cinnamon (to taste) |
| | 1 c. chopped pecans |

Prepare well buttered casserole dish. Reserve juice. Mix pineapple, sugar-flour mixture, cheese. Pour into dish, top with Ritz Crackers. Mix butter with 4 tablespoon juice, pour over crackers until moist. Sprinkle with cinnamon, then pecans. Bake uncovered 30 - 40 minutes. Let stand about 15 minutes before serving.

*Anita Bugher
(Forrest Bugher, Lead)*

BAKED PINEAPPLE

- | | |
|---|-----------------------------|
| 2 lg. cans crushed pineapple | 1 stick butter, melted |
| 1/2 c. sugar mixed with 1
tbsp. cornstarch | 1 pkg. finely grated cheese |
| 1 pkg. Ritz Crackers,
crushed | |

Add sugar-cornstarch mixture to pineapple. Spoon into casserole. Top with mixture of crushed crackers and butter, then with cheese.

Bake 20 minutes at 275 - 300 degrees.

*June R. Coulter
(James Coulter, Lead)*

APPLE FRITTERS

- | | |
|--|-----------------------|
| 1/2 c. milk | 1/2 tsp. vanilla |
| 1 egg | 1 1/2 c. cake flour |
| 2 tbsp. margarine | 1/4 tsp. salt |
| Grated rind and juice from
1/2 orange | 1 tbsp. baking powder |
| 1/2 c. chopped unpared
apples | |

Combine in bowl milk, egg and margarine. Add grated orange rind and juice, chopped apples, and vanilla.

Sift together flour, salt and baking powder. Stir in milk mixture with spoon until blended. Drop batter by spoonfuls into 1/2 inch hot oil. Fry to a golden brown. Drain.

Yield: 24 fritters.

*Glenda Peek
(Bernard Peek, Lead)*

CHERRY FRITTERS

Yields 6 servings

- | | |
|----------------------|--------------------------------------|
| 1 c. sifted flour | 1 egg |
| 1 tsp. baking powder | 2/3 c. milk |
| 1/2 tsp. salt | 2 c. cherries, pitted and
drained |
| 2 tbsp. sugar | |

Sift flour, baking powder, salt and sugar together. Beat the egg and add the milk. Combine the liquid with the flour mixture gradually. Beat until smooth. Add cherries and mix well. Drop from large spoon onto a well greased griddle. Fry until fritters are full of bubbles.

Glen Dabbs, Lead

HOT FUDGE SAUCE

2 c. sugar	1/4 c. white corn syrup
1/4 c. cocoa	1/4 tsp. salt
1 c. evaporated milk	1 tsp. vanilla
1/2 c. margarine	

Mix all ingredients except vanilla. Bring to boil for a minute or so. Add vanilla. Then whirl a few seconds in blender.

*Evelyn Fraser
(Earle Fraser, Lead)*

PRALINE SAUCE

1 1/2 c. brown sugar	3/4 c. chopped nuts
2/3 c. light Karo syrup	1/8 tsp. salt
4 tbsp. butter	
1 (5.33 oz.) can evaporated milk	

Mix brown sugar, syrup and butter in saucepan. Bring to a boil, stirring constantly. After reaching a boil, remove from stove and cool to the lukewarm stage. Add milk, pecans and salt. Mix well. Remove from saucepan and store in airtight container.

May be stored for several months in refrigerator and reheated as needed. Especially good with pound cake or ice cream.

Yield: about 2 cups.

*Marjorie Neely
(Frank Neely, Lead)*

HONEY MUSTARD DIP

3/4 c. honey
3/4 c. Dijon mustard

1/2 c. mustard
1 c. mayonnaise

Blend all ingredients and serve. We like this dip for chicken fingers. Also for salad dressing.

Glenda Peek
(Bernard Peek, Lead)

MOCK BERNAISE SAUCE

2 tbsp. diet margarine
1 tbsp. light mayonnaise
1 tbsp. tarragon vinegar

1/8 tsp. paprika
1/8 tsp. onion powder

Melt margarine in custard cup over hot water. Add the other ingredients and stir vigorously. Serve at once.

Broil steaks. Spoon 1 teaspoon Worcestershire sauce on each steak, then the Bernaise Sauce.

Evelyn Fraser
(Earle Fraser, Lead)

BARBECUE SAUCE FOR PORK

1 tsp. salt
1 tbsp. paprika
1 med. onion, chopped
1/4 c. margarine
1/3 c. lemon juice

1/2 tsp. pepper
1 tsp. sugar
1 c. catsup
1/2 c. water
1 tbsp. Worcestershire sauce

Mix all ingredients in sauce pan. Heat to boil and remove from heat.

Glenda Peek
(Bernard Peek, Lead)

INSTANT HOT CHOCOLATE

1 lb. powdered sugar
1 lb. 9 oz. powdered milk

2 lbs. Nestle's Quick
6 oz. coffee creamer

(The secret to this is in the sifting!) Sift 3 - 5 times.
Store in holiday tins. Your little card on the tin should read:
1/4 cup mixture to 1 cup hot water. Add marshmallows.
(This is a wonderful Xmas gift for friends. It makes a lot.)

Great for camping.

Sandra Stansbury
(*Bob Stansbury, Bass*)

SWEETENED CONDENSED MILK

1 c. instant non-fat dry milk
2/3 c. powdered sugar

1/3 c. boiling water
3 tbsp. melted butter

Combine all ingredients in blender and process until smooth. Store in refrigerator until ready to use. Makes 1 1/4 cups.

Guelda Malone
(*Benny Malone, Baritone*)

NO FAT SOUR CREAM

1 c. nonfat cottage cheese

1 tbsp. lemon juice

Place cottage cheese, lemon juice and 1/4 cup water in blender container. Blend for 10 seconds. Yield: 1 cup.

Virginia Jones
(*Pete Jones, Bass*)

CHRISTMAS SCENT

3 (4-inch) cinnamon sticks
3 bay leaves
1/4 c. whole cloves

1/2 lemon
1/2 orange
1 qt. water in sauce pan

Mix all ingredients, bring to a boil. Then simmer. Refreshes the kitchen and house. Just keep adding water until all the scent is used up. Easy!

Mary Abercrombie
(*Dave Abercrombie, Lead*)



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CALORIE COUNTER

<i>For this</i>	CALORIES	<i>Substitute this</i>	CALORIES	CALORIES SAVED
MEATS				
Loin Roast, 3½ oz.	340	Pot Roast (Round), 3½ oz.	200	140
Rump Roast, 3½ oz.	340	Rib Roast, 3½ oz.	260	80
Swiss Steak, 3½ oz.	300	Liver (fried), 3½ oz.	210	90
Hamburger (av. fat, broiled), 3 oz.	245	Hamburger (lean, broiled), 3 oz.	185	60
Porterhouse Steak, 3½ oz.	290	Club Steak, 3½ oz.	190	100
Rib Lamb Chop (medium), 3 oz.	300	Lamb Leg Roast, 3 oz.	235	65
Pork Chop (medium), 3 oz.	340	Veal Chop (medium), 3 oz.	185	155
Pork Roast, 3 oz.	310	Veal Roast, 3 oz.	230	80
Pork Sausage, 3 oz.	405	Ham (boiled, lean), 3 oz.	200	205
POTATOES				
Potatoes (fried), 1 cup	480	Potato (baked), 2½" diameter	100	380
Potatoes (mashed), 1 cup	240	Potato (boiled), 2½" diameter	100	140
SALADS				
Chef Salad with: Regular oil, 1 tbl.	160	Chef Salad with: Dietetic Dressing, 1 tbl.	40	120
Chef Salad with: Mayonnaise, 1 tbl.	125	Chef Salad with: Dietetic Dressing, 1 tbl.	40	85
Chef Salad with: Roquefort, Russian, French, 1 tbl.	105	Chef Salad with: Dietetic Dressing, 1 tbl.	40	65
SANDWICHES				
Club Sandwich	375	Open Bacon & Tomato Sandwich	200	175
Peanut Butter and Jelly	275	Open Egg Salad	165	110
Turkey with Gravy	300	Open Hamburger (lean) 2 oz.	200	100
SNACKS				
Fudge, 1 oz.	115	Vanilla Wafers, (dietetic), 2	50	65
Peanuts (salted), 1 oz.	190	Apple, 1	70	120
Peanuts (roasted), 1 cup	800	Grapes, 1 cup	65	735
Potato Chips, 10 medium chips	115	Pretzels, 10 small sticks	35	80
Chocolate, 1 oz. bar	145	Marshmallows, 3	60	85
SOUPS				
Creamed soup, 1 cup	135	Chicken Noodle soup, 1 cup	65	70
Bean soup, 1 cup	170	Beef Noodle soup, 1 cup	70	100
Minestrone soup, 1 cup	105	Beef Bouillon, 1 cup	30	75
VEGETABLES				
Baked Beans, 1 cup	320	Green Beans, 1 cup	30	290
Lima Beans, 1 cup	180	Asparagus, 1 cup	35	145
Corn (canned), 1 cup	170	Cauliflower, 1 cup	25	145
Peas (canned), 1 cup	185	Peas (fresh), 1 cup	115	50
Winter Squash, 1 cup	130	Summer Squash, 1 cup	30	100
Succotash, 1 cup	260	Spinach, 1 cup	40	220

TABLE OF SUBSTITUTIONS

INGREDIENT	QUANTITY	SUBSTITUTE
baking powder	1 teaspoon double-acting	1½ teaspoons phosphate or tartrate or ¼ teaspoon baking soda plus ¼ cup buttermilk or sour milk
butter	1 cup	1 cup margarine ¾ to 1 cup hydrogenated fat plus ¼ teaspoon salt ¾ cup lard plus ½ teaspoon salt
chocolate	1 square unsweetened	3 tablespoons cocoa plus 1 tablespoon shortening
cream	1 cup coffee cream	3 tablespoons butter plus ¾ cup milk
	1 cup heavy cream	1/3 cup butter plus ¾ cup milk
egg	1 whole egg	2 egg yolks
flour (for thickening)	1 tablespoon	½ tablespoon cornstarch or 2 teaspoons quick-cooking tapioca
flour	1 cup all purpose 1 cup cake flour 1 cup self-rising	1 cup plus 2 tablespoons cake flour ¾ cup all purpose flour 1 cup flour, omit baking powder & salt
herbs	1 tablespoon fresh	1 teaspoon dried
honey	1 cup	1 to 1¼ cups sugar plus ¼ cup liquid
milk	1 cup fresh whole	1 cup reconstituted nonfat dry milk plus 2 teaspoons butter
	1 cup whole milk	½ cup evaporated milk plus ½ cup water
	1 cup sour milk	1 tablespoon lemon juice or vinegar plus sweet milk to make one cup
yeast	1 cake compressed	1 package or 2 teaspoons active dry yeast

TABLE OF EQUIVALENTS

FOOD	QUANTITY	YIELD
apples	1 medium	1 cup sliced
bread crumbs	3 to 4 slices bread 1 slice bread	1 cup dry crumbs ¾ cup soft crumbs
cabbage	1 pound	4 cups shredded
cheese	¼ pound	1 cup shredded
cherries	1 quart	2 cups pitted
crackers, graham	15	1 cup fine crumbs
crackers, soda	16 22	1 cup coarse crumbs 1 cup fine crumbs
cranberries	1 pound	3 to 3½ cups sauce
cream, whipping	1 cup	2 cups whipped
dried raisins, currants	1 pound	3 cups, seedless 2½ cups, seeded
dates	1 pound	2½ cups, chopped
dry beans	1 cup	2½ cups cooked
eggs	5 medium 8 medium egg whites 12 to 14 medium egg yolks	1 cup 1 cup 1 cup
flour	1 pound sifted	4 cups
lemon	1	2 to 3 tablespoons juice
macaroni, spaghetti noodles	½ pound	4 cups cooked
nuts, peanuts	5 ounces	1 cup
pecans, chopped	4¼ ounces	1 cup
halves	3¾ ounces	1 cup
walnuts, chopped	4½ ounces	1 cup
halves	3½ ounces	1 cup
onion	1 medium	½ cup chopped
orange	1	1/3 to 1/2 cup juice
rice	1 cup	3½ cups cooked
rice, precooked	1 cup	2 cups cooked
sugar, brown	1 pound	2½ cups firmly packed
confectioners'	1 pound	3½ cups sifted
granulated	1 pound	2½ cups

THE MOST USUAL WEIGHTS AND MEASURES

A pinch	= $\frac{1}{8}$ teaspoon or less
1 tablespoon	= 3 teaspoons
4 tablespoons	= $\frac{1}{4}$ cup
8 tablespoons	= $\frac{1}{2}$ cup
12 tablespoons	= $\frac{3}{4}$ cup
1 cup of liquid	= $\frac{1}{2}$ pint
2 cups of liquid	= 1 pint
4 cups of liquid	= 1 quart
2 pints of liquid	= 1 quart
4 quarts	= 1 gallon
8 quarts	= 1 peck, such as apples, pears, etc.
16 ounces	= 1 pound

SUGGESTIONS FOR MEAT COOKERY

I. Steaks, Chops, Cutlets (taken from refrigerator just before cooking)

	Kind of Meat	Cuts to Buy	How to Cook	How Long to Cook (minutes per side)	Appropriate Vegetables		Sauce or Relish
					Potatoes or Equivalent	Other Vegetables	
A.	Beefsteak	Sirloin Porterhouse Club Tenderloin Rib	Broil Pan-broil	(1) 1 inch thick: rare - 5 min. medium - 6 min. well done - 7-8 min. (2) 1½ inches thick: rare - 7-9 min. medium - 10 min. well done - 12 min. (3) 2 inches thick: rare - 16 min. medium - 18 min. well done - 20 min.	Belgian baked potatoes Baked stuffed potatoes	String beans Creamed onions Cauliflower au gratin Buttered parsnips	Mushroom sauce Pan-fried mushrooms Maitre d'hotel butter
B.	Hamburger steak and Meatballs	Bottom round	Pan-broil Broil	(1) Steak 1 inch thick: 4-5 minutes (2) meat balls 5-10 minutes	Macaroni Noodles Boiled sweet potatoes	Broiled tomato Curried cauliflower Pan-fried onions	Wilted cucumbers Dressed lettuce
C.	Lamb chops and steak	Rib chops Loin chops Shoulder chops Steak (top of leg)	Broil Pan-broil	(1) 1 inch thick: 6-7 min. (2) 1½ inches thick: 9-12 min.	Creamed potatoes Baked potatoes	Diced carrots Buttered peas	Currant jelly Mint jelly

SUGGESTIONS FOR MEAT COOKERY

I. Steaks, Chops, Cutlets (taken from refrigerator just before cooking)

	Kind of Meat	Cuts to Buy	How to Cook	How Long to Cook (minutes per side)	Appropriate Vegetables		Sauce or Relish
					Potatoes or Equivalent	Other Vegetables	
D.	Veal chops	Rib Loin	Braise	(1) 1 inch thick: brown, then 45 min.	Baked potatoes Potatoes in cream	Boiled onions Glazed carrots Harvard beets Dandelion greens Baked tomatoes Asparagus	Tomato sauce Brown sauce Lemon slices Bread stuffing
E.	Veal cutlets steaks, and birds	Top of leg	Braise (i.e., Pan-fry, then cook covered)	Brown, then 45 min.	Mashed potatoes Potato puff		Brown sauce Piquante sauce
F.	Pork Chops	Rib Loin Shoulder	Braise Bake	<i>Serve well done</i> 1/2 inch thick: brown, then 20 min. 1 inch thick: brown, then 40 min. bake 30 min. - 1 hour	Mashed potatoes Baked sweet potatoes Sweet potatoes with apples	Buttered cabbage Cauliflower polonaise Pan-fried onions	Tomato sauce Brown sauce Applesauce Spiced jelly Bread stuffing
G.	Pork steak	Top of leg Shoulder	Braise	Brown, then 30 min.	See Pork Chops		
H.	Sliced ham	Center of leg	(1) Pan-broil (2) Bake at 350° F.	1/2 inch thick: 5 min. per side 1 1/2 inches thick: 1 hour	Creamed potatoes Scalloped potatoes Glazed sweet potatoes	Buttered spinach Buttered carrots Buttered cabbage Broccoli Corn oysters	Sweet pickles Dressed lettuce
I.	Pork tenderloin	Tenderloin	(1) Braise (2) Bake	Brown, then 20 min. 45 min.	Potatoes au gratin Scalloped potatoes	Mashed Squash Spinach or other greens	Pan-fried apples Applesauce Stuffed apples

SUGGESTIONS FOR MEAT COOKERY

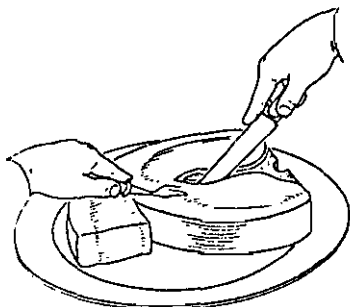
II. Miscellaneous Cuts for Small Families (meat taken from refrigerator just before cooking)

	<i>Kind of Meat</i>	<i>Cuts to Buy</i>	<i>How to Cook</i>	<i>How Long to Cook (minutes per side)</i>	<i>Appropriate Vegetables</i>		<i>Sauce or Relish</i>
					<i>Potatoes or Equivalent</i>	<i>Other Vegetables</i>	
J.	Veal, calf, beef lamb, or pig	Liver	(1) Pan-fry (2) Braise	5 min. per side Brown, then 15 to 30 min.	Creamed potatoes Baked potatoes Pan-fried sweet potatoes	Spinach or other greens Creamed onions Scalloped tomatoes with corn or okra	Broiled bacon
K.	Calf	Heart	(1) $\frac{1}{4}$ to $\frac{1}{2}$ inch slices broil (2) Stuff and bake	10-15 min. Pan-fry 15 min., bake in casserole 2 hours	Lyonnais potatoes Potato puff	Baked tomatoes Creamed cabbage Creamed turnip Pan-fried parsnips	
L.	Calf	Sweetbreads	(1) Simmer then reheat (2) En brochette	Simmer 20 min. 12-15 min.	Parsley potatoes Croustade cases Potato balls	French artichoke Asparagus Baked stuffed tomatoes Green peas	
M.	Calf or lamb	Tongue	(1) Stew (2) Stew, then jelly	1½-2 hours	Parsley potatoes Potato salad	Mushrooms Spinach Lime beans	Horseradish sauce Raisin sauce

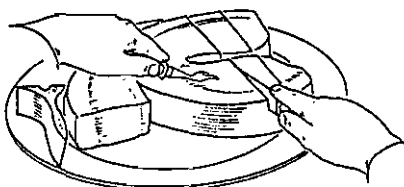
SUGGESTIONS FOR MEAT COOKERY

II. Miscellaneous Cuts for Small Families (meat taken from refrigerator just before cooking)

	Kind of Meat	Cuts to Buy	How to Cook	How Long to Cook (minutes per side)	Appropriate Vegetables		Sauce or Relish
					Potatoes or Equivalent	Other Vegetables	
N.	Calf or lamb	Kidneys	(1) Broil (2) En brochette (3) Pan-fry then stew	5 min. per side 12-15 min. Pan-fry 15 min. stew 30 min.	Delmonico potatoes Hashed brown potatoes	String beans Braised celery Brussel sprouts	
O.	Beef	Tripe	(1) Broil (2) Pan-fry (3) Creole	5 min. per side 5 min. per side 10 min.	Raw fried potatoes Mashed potatoes Baked potatoes	Buttered onions Tomato aspic Buttered carrots	
P.	Hash	Corned beef or left-over meat	Pan-fry or bake	30-45 min.		Buttered beets Wilted lettuce	Dressed lettuce Piccalilli Vegetable salad
Q.	Bacon	Machine-sliced Canadian-style	(1) Pan-broil (2) Bake (3) Broil	(1) 5 min. per side (2) 10-15 min. (3) 3 min. per side		Scalloped corn and tomato Vegetable plate	
R.	Sausage, pork	Link sausage Sausage meat	(1) Pan-broil (2) Bake	(1) 15 min. (2) 25-30 min.	Scalloped potatoes Baked potatoes	Baked squash Creamed cabbage Corn e la Southern	Pan-fried apples Baked apples



1.



2.

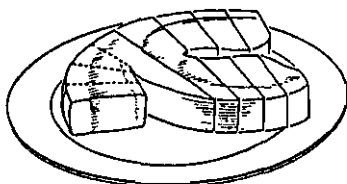
CARVING A PORTER-HOUSE STEAK

Top left: Place steak on a hot platter.

Top right: Cut out the bone.

Right: Cut wedge-shaped strips from the outer edge to the place where the bone was removed.

Serve each person some of the choice tenderloin (inside the bone).



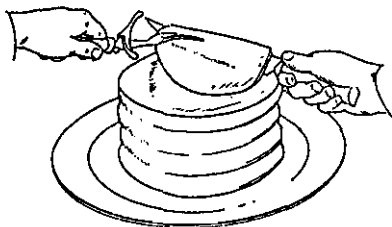
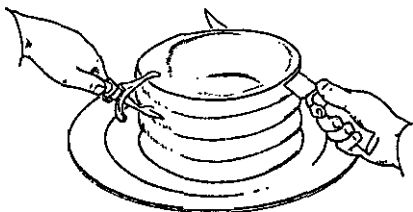
3.

CARVING A ROLLED RIB ROAST

1. Place the roast on a hot platter with the larger cut surface down.

Cut a thin slice across the grain, starting from the right side; cut the cords, one at a time as the roast is sliced down to them.

2. Remove slices to a serving plate as they are cut.



THREE MEALS FROM ONE CUT OF MEAT

A. POT ROAST

Three fresh-cooked meals from one pot roast of beef



Cut into three pieces along dotted lines

1. Stew

Cut the round end of the roast into cubes for a beef and vegetable stew



2. Pot Roast

Leave the center for a pot roast

3. Swiss Steak

With a sharp knife split the remaining piece to make Swiss steaks



B. LEG OF LAMB

How to get steaks, a roast, a stew from one leg of lamb



Buy a full-cut leg of lamb. Ask your butcher to cut off a few steaks, and to cut through the shank, leaving about a pound of meat on the bone

1. Steaks to Broil



2. Roast

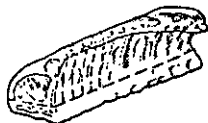
3. Stew or Casserole

Cut the meat from the shank into cubes. Use for an Irish stew, a curry, or shish kebab



C. LOIN ROAST

Three fresh-cooked meals from a pork loin roast (rib-cut)



Study the dotted lines carefully so that you can explain to your butcher how you wish the meat cut

1. Barbecued Backbones

Ask your butcher to saw through the ribs high enough to leave an inch thick layer of meat on the backbones. Ask him to chop these backbones into serving-sized pieces. Cook as you would spareribs



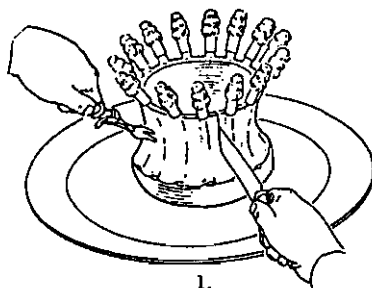
2. Chops

Cut a few chops from the remaining piece by slicing between the ribs

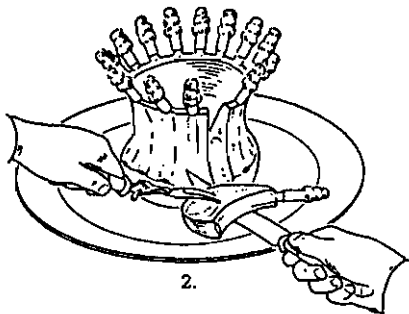
3. Roast

Roast the remaining piece





1.

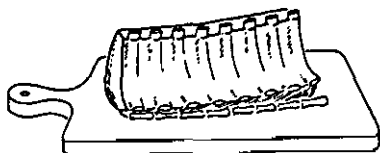


2.

CARVING A CROWN ROAST OF LAMB

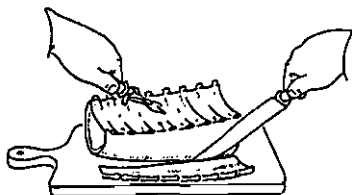
The roast is ready for the carver. Cut between the ribs. Remove individual chops to serving plates.

CARVING A LOIN ROAST OF PORK

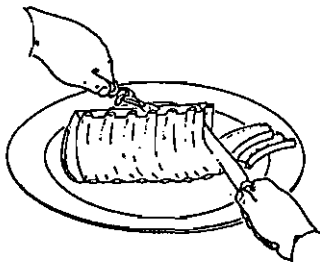


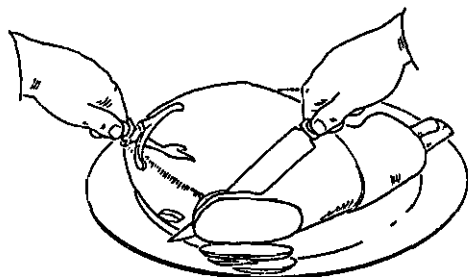
1. Ask the butcher to loosen the backbone by sawing across the ribs close to the joining with the backbone.

2. Cut the backbone away from the cooked roast in the kitchen ready for the carver.



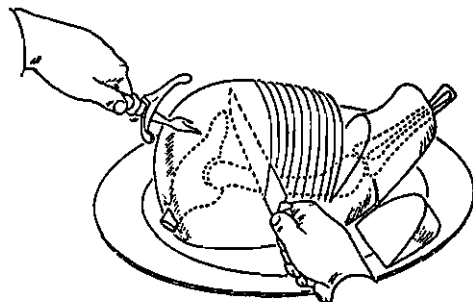
3. Cut the slices close to the ribs; for each slice that has a rib bone, there should be a boneless slice from the space between the ribs.



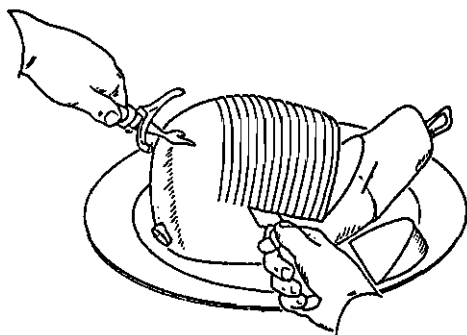


CARVING A HAM

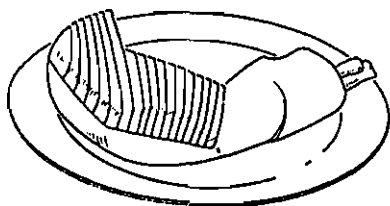
- 1.** Place ham on platter with fat side up and the shank on the carver's right. Cut several slices parallel to the length of the ham on the side near the carver.



- 2.** Turn the ham so that it rests on the cut surface; cut a small wedge from the shank end. Cut thin slices down to the leg bone.



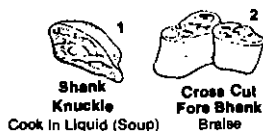
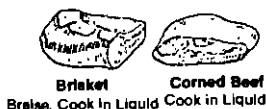
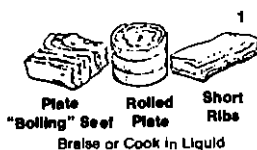
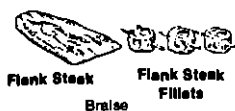
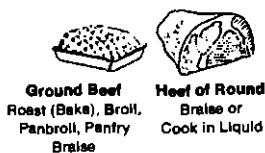
- 3.** Cut along the bone and free the slices.



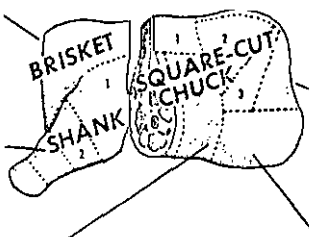
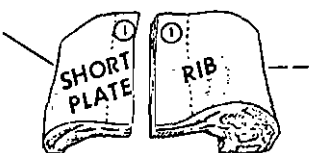
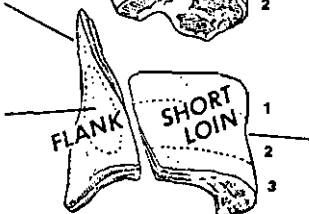
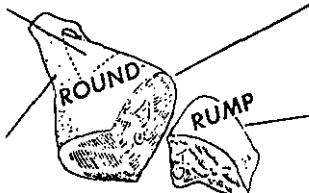
- 4.** For more servings, turn the ham back to its original position and slice at right angles to the bone.

BEEF

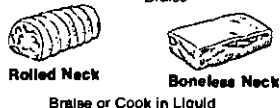
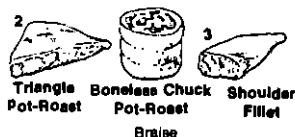
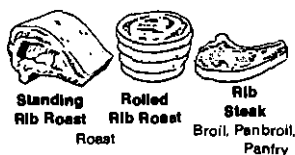
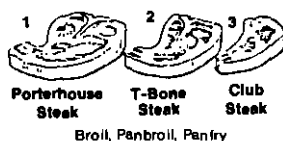
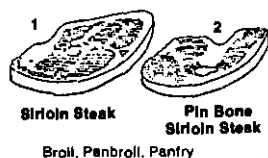
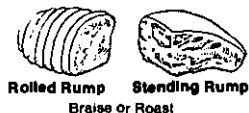
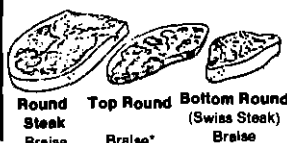
Retail Cuts



Wholesale Cuts



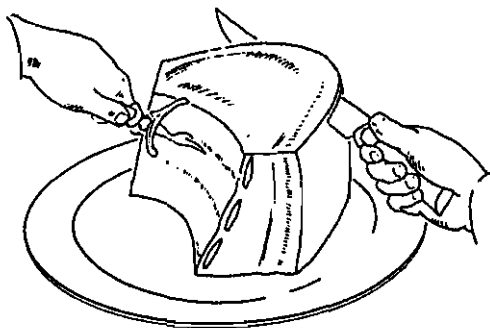
Retail Cuts



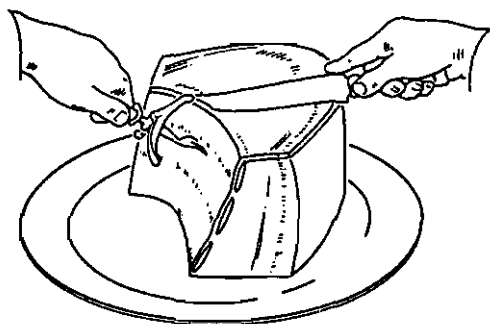
ROASTING TIME AND TEMPERATURE CHART

Cut	Approximate Weight (Pounds)	Internal Temperature on Removal from oven	Approximate Cooking Time (Total Time)
Roast meat at constant oven temperature of 325° unless otherwise indicated.			
Beef			
Standing Rib	4 to 6	140° (rare) 160° (medium) 170° (well done)	2½ to 2¾ hrs. 2¾ to 3¼ hrs. 3¼ to 3¾ hrs.
Standing Rib	6 to 8	140° (rare) 160° (medium) 170° (well done)	2¾ to 3 hrs. 3 to 3½ hrs. 3¾ to 4 hrs.
Rolled Rib	5 to 7	140° (rare) 160° (medium) 170° (well done)	3¼ to 3¾ hrs. 3¾ to 4 hrs. 4½ to 4¾ hrs.
Rolled Rump	4 to 6	150° to 170°	2 to 2½ hrs.
Sirloin Tip	3½ to 4	150° to 170°	2 to 2½ hrs.
Rib Eye or Delmonico (Roast at 350°)	4 to 6	140° (rare) 160° (medium) 170° (well done)	1½ to 1¾ hrs. 1½ hrs. 2 hrs.
Tenderloin, whole (Roast at 425°)	4 to 6	140° (rare)	45 min. to 1 hr.
Tenderloin, half (Roast at 425°)	2 to 3	140° (rare)	45 to 50 min.
Veal			
Leg	5 to 6	170°	2¾ to 3¼ hrs.
Loin	4 to 6	170°	2¾ to 3 hrs.
Rolled Shoulder	4 to 6	170°	3¾ to 3¾ hrs.
Fresh Pork			
Loin, center	3 to 5	170°	2½ to 3 hrs.
Loin, half	5 to 7	170°	3¾ to 4¼ hrs.
Loin, blade	3 to 4	170°	2½ to 2¾ hrs.
Loin, center; rolled	3 to 4	170°	2½ to 3 hrs.
Boston Shoulder	4 to 6	170°	3 to 4 hrs.
Picnic Shoulder	5 to 6	170°	3 to 4 hrs.
Leg (fresh ham)	10 to 16	170°	4½ to 6 hrs.
Leg, half (fresh ham)	5 to 7	170°	3¾ to 4¼ hrs.
Smoked Pork			
Ham (cook-before-eating)			
whole	10 to 14	160°	3¾ to 4 hrs.
half	5 to 7	160°	2½ to 3 hrs.
shank or butt	3 to 4	160°	2 to 2½ hrs.
Ham (fully-cooked)			
whole	10 to 14	135° to 140°	2½ to 3 hrs.
half	5 to 7	135° to 140°	1½ to 2½ hrs.
whole, boneless	6 to 10	135° to 140°	2 to 2½ hrs.
half, boneless	4 to 5	135° to 140°	1½ to 2 hrs.
Picnic Shoulder (cook-before-eating)	5 to 8	170°	3 to 4 hrs.
Lamb			
Leg, whole	5 to 8	175° to 180°	3¾ to 3¾ hrs.
Leg, half	3 to 4	175° to 180°	3 to 3½ hrs.
Square Cut Shoulder	4 to 6	175° to 180°	2½ to 3 hrs.
Rolled Shoulder	3 to 5	175° to 180°	2½ to 3 hrs.

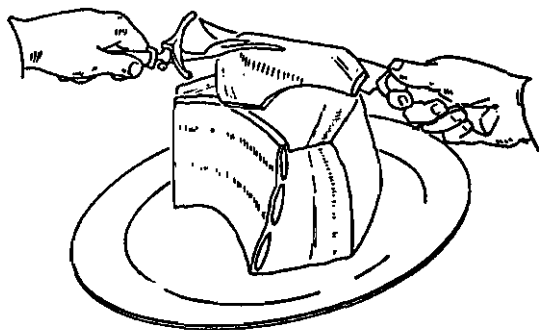
CARVING A STANDING RIB ROAST



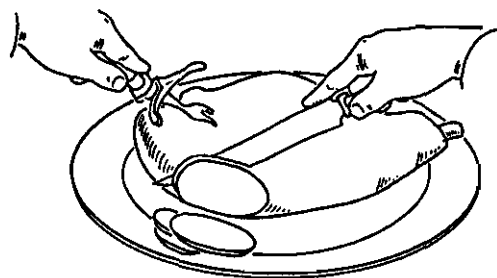
- 1.** Ask the butcher to saw off the short ribs and to saw between the ribs and the backbone. Place the roast on the platter with the larger cut surface down and the ribs to the carver's left. Insert the fork between the two top ribs; cut slices from $\frac{1}{8}$ to $\frac{1}{4}$ inch thick.



- 2.** Cut close along the rib with the tip of the knife, thereby freeing the slice.

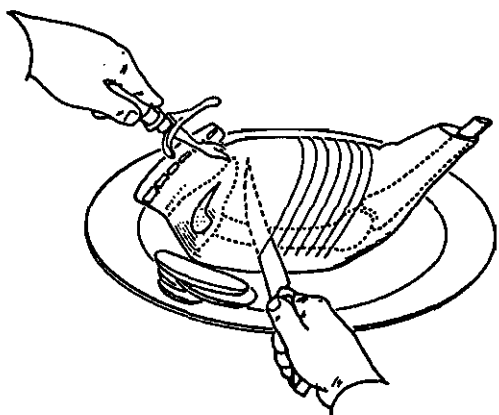


- 3.** Lift each slice to the side until enough have been cut for all.
-

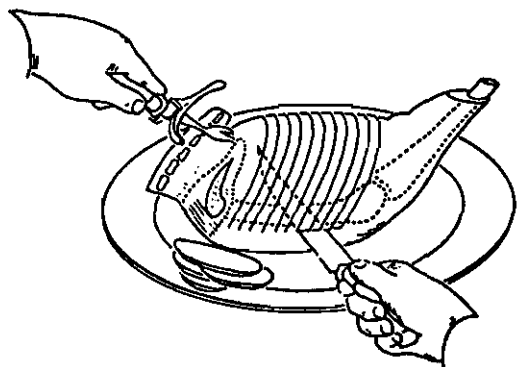


CARVING A LEG OF LAMB

1. Place roast before carver with shank bone at right and the thick, meaty portion on the far side of the platter. Cut a few slices from the near thin side.



2. Turn the roast to rest on the flat cut surface; starting at the shank end, slice down to the bone.



3. Cut parallel to bone to release the slices.
-

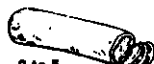
PORK

Retail Cuts



2
Boneless Loin Roast

1
Tenderloin
Frenched and Whole Roast, Braise, Panfry



2 to 5
Canadian Style Bacon
Roast, Broil, Panbroil, Panfry



3
Loin Chop



4
Rib Chop



4
Frenched Rib Chop
Braise or Panfry



2 to 5
Butterfly Chop



1, 2
Sirloin Roast



3, 4
Loin Roast Center Cut

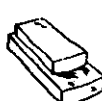


5
Blade Loin Roast



4
Crown Roast

Roast



Fat Back
Lard - Salt Pork



Lard Shortening



Blade Steaks
Braise, panfry



Smoked Shoulder Butt
Roast (Bake), Cook in Liquid, Broil, Panbroil, Panfry



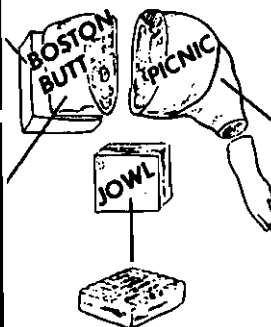
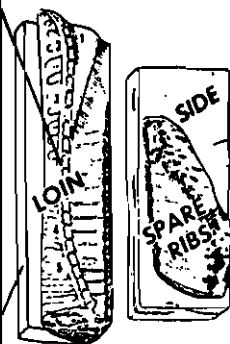
Boston Butt



Rolled Boston Butt

Roast

Wholesale Cuts



Jowl Bacon Square
Cook in Liquid, Broil, Panbroil, Panfry

Retail Cuts



Ham
(Butt Half)



Ham
(Shank Half)

Roast (Bake); Cook in Liquid



Ham Butt Slice



Center Ham Slice

Broil, Panbroil, Panfry



Fresh Ham Roast



Rolled Fresh Ham Roast

Roast



Bacon



Salt Pork

Broil, Panbroil, Panfry, Cook in Liquid



Spare Ribs

Roast (Bake), Braise, Cook in Liquid



Fresh Picnic Shoulder Roast



Smoked Picnic Shoulder Roast (Bake), Cook in Liquid



Cushion Picnic Shoulder



Rolled Fresh Picnic Shoulder

Roast



Fresh Shoulder Hock
Braise, Cook in Liquid



Arm Steak
Braise, Panfry

STORAGE TIME GUIDE FOR MEAT

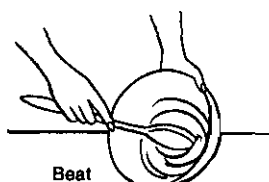
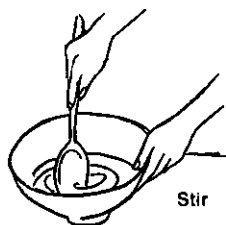
(kept in cold refrigerator at 36° F. to 40° F.)

MEAT (Uncooked, loosely covered)	STORAGE LIMIT FOR MAXIMUM QUALITY	MEAT (Uncooked, loosely covered)	STORAGE LIMIT FOR MAXIMUM QUALITY
BEEF		VARIETY MEATS	
Corned beef	7 days	Brains	1 day
Hamburger	2 days	Heart	2 days
Pot roast	5 to 6 days	Kidney	1 day
Short ribs	2 days	Liver, sliced	2 days
Standing rib roast	5 to 8 days	Sweetbreads, cooked	2 days
Standing and rollad rump and sirloin tip	5 to 6 days	Tongue, fresh	2 days
Steak	3 to 5 days	Tongue, smoked	7 days
Stew meat	2 days		
Tenderloin	3 to 5 days		
		COOKED, LOOSELY COVERED	
PORK (fresh)		Franks	4 to 5 days
Chops	3 days	Ham or Picnic	7 days
Pork sausage	2 to 3 days	Leftover meat	4 days
Roast	5 to 6 days		
Spareribs	3 days		
Knuckles or hocks	3 days		
		SLICED READY-COOKED	
HAM, BACON (cured pork)		Dry sausage	1 to 2 weeks
Bacon	6 to 7 days	Livar sausage	2 to 3 days
Half ham	7 days	Luncheon meat	3 days
Whole ham	1 to 2 weeks	Meat loaves	3 to 4 days
Sliced ham	3 days	Semidry sausage	7 to 8 days
Picnic	1 to 2 weeks		
		UNSLICED READY-COOKED	
LAMB		Bologna	4 to 6 days
Chops	3 days	Dry & semidry sausage	2 to 3 weeks
Roast	5 days	Shank	2 days
		Stew meat	2 days
VEAL		Liver sausage	4 to 6 days
Chops and steak	4 days	Meat loaves	4 to 6 days
Roast	5 to 6 days		
Stew meat	2 days		

CHEESE GUIDE

Cheese	How it looks and tastes	How to serve
American, Cheddar	Favorite all-around cheeses. Flavor varies from mild to sharp. Color ranges from natural to yellow-orange; texture firm to crumbly.	In sandwiches, casseroles, souffles, and creamy sauces. With fruit pie or crisp crackers; on a snack or dessert tray with fruit.
Blue, Gorgonzola, Roquefort	Compact, creamy cheeses veined with blue or blue-green mold. Sometimes crumbly. Mild to sharp salty flavor. (Stillton is similar, but like a blue-veined Cheddar.)	Crumble in salads, salad dressings, dips. Delicious with fresh pears or apples for dessert. Blend with butter for steak topper. Spread on crackers or crusty French or Italian bread.
Brick	Medium firm; creamy yellow color, tiny holes. Flavor very mild to medium sharp.	Good for appetizers, sandwiches, or desserts. Great with fresh peaches, cherries, or melons.
Brie (bree)	Similar to Camembert, but slightly firmer. Distinctive sharp flavor, pronounced odor.	Serve as dessert with fresh fruit. Be sure to eat the thin brown and white crust.
Camembert (kam' em bear)	Creamy yellow with thin gray-white crust. When ripe, it softens to the consistency of thick cream. Full, rich, mildly pungent.	Classic dessert cheese—serve at room temperature with fresh peaches, pears, or apples, or with toasted walnuts and crackers.
Cottage	Soft, mild, unripened cheese; large or small curd. May have cream added.	Used in salads, dips, main dishes. Popular with fresh and canned fruits.
Cream	Very mild-flavored soft cheese with buttery texture. Rich and smooth. Available whipped and in flavored spreads.	Add richness and body to molded and frozen salads, cheesecake, dips, frostings, sandwich spreads. Serve whipped with dessert.
Edam, Gouda	Round, red-coated cheeses; creamy yellow to yellow-orange inside; firm and smooth. Mild nutlike flavor.	Bright hub for dessert or snack tray. Good in sandwiches or crunchy salads, or with crackers. Great with grapes and oranges.
Liederkranz, Limburger	Robust flavor and highly aromatic. Soft and smooth when ripe. Liederkranz is milder in flavor and golden yellow in color. Limburger is creamy white.	Spread on pumpernickel, rye, or crackers. Team with apples, pears, and Tokay grapes. Serve as snack with salty pretzels and coffee.
Mozzarella, Scamorze	Unripened. Mild-flavored and slightly firm. Creamy white to pale yellow.	Cooking cheese. A "must" for pizza, lasagne; good in toasted sandwiches, hot snacks.
Muenster (Mun' stir)	Between Brick and Limburger. Mild to mellow flavor, creamy white. Medium hard, tiny holes.	Use in sandwiches or on snack or dessert tray. Good with fresh sweet cherries and melon wedges.
Parmesan, Romano	Sharp, piquant, very hard cheeses. Come in shakers graded. (Parmesan is also available shredded.) Or grate your own.	Sprinkle on pizza, main dishes, breads, salads, soups. Shake over buttered popcorn!
Port du Salut (por du sa lu')	Semia soft, smooth and buttery. Mellow to robust flavor between Cheddar and Limburger.	Dessert cheese—delicious with fresh fruit; great with apple pie. Good for snack tray.
Provolone (pro vo lo' nee)	Usually smoked, mild to sharp flavor. Hard, compact and fleky. Pear or sausage shaped.	Use in Italian dishes, in sandwiches, on snack and appetizer trays.
Swiss	Firm, pale yellow cheese, with large round holes. Sweet nutlike flavor.	First choice for ham-cheese sandwiches, fondue. Good in salads, sauces, as a snack.
Process cheeses	A blend of fresh and aged natural cheeses, pasteurized and packaged. Smooth and creamy; melts easily. May be flavored.	Ideal for cheese sauces, souffles, grilled cheese sandwiches, in casseroles. Handy for the snack tray, too.

TERMS USED IN RECIPES



Bake - To cook covered or uncovered in an oven or oven-type appliance. For meats cooked uncovered, it's called roasting.

Baste - To moisten foods during cooking with pan drippings or special sauce to add flavor and prevent drying.

Beat - To make mixture smooth by adding air with a brisk whipping or stirring motion using spoon or electric mixer.

Blend - To thoroughly mix two or more ingredients until smooth and uniform.

Boil - To cook in liquid at boiling temperature (212 degrees at sea level) where bubbles rise to the surface and break. For a full rolling boil, bubbles form rapidly throughout the mixture.

Braise - To cook slowly with a small amount of liquid in tightly covered pan on top of range or in oven.

Broil - To cook by direct heat, usually in broiler or over coals.

Candied - To cook in sugar or syrup when applied to sweet potatoes and carrots. For fruit or fruit peel, to cook in heavy syrup till transparent and well coated.

Chill - To place in refrigerator to reduce temperature.

Chop - To cut in pieces about the size of peas with knife, chopper, or blender.

Cool - To remove from heat and let stand at room temperature.

Cream - To beat with spoon or electric mixer till mixture is soft and smooth. When applied to blending shortening and sugar, mixture is beaten till light and fluffy.

Cut In - To mix shortening with dry ingredients using pastry blender or knives.

Dice - To cut food in small cubes of uniform size and shape.

Dissolve - To disperse a dry substance in a liquid to form a solution.

Glaze - A mixture applied to food which hardens or becomes firm and adds flavor and a glossy appearance.

Grate - To rub on a grater that separates the food into very fine particles.

Marinate - To allow food to stand in a liquid to tenderize or to add flavor.

Mince - To cut or finely chop food into very small pieces.

Mix - To combine ingredients, usually by stirring, till evenly distributed.

Poach - To cook in hot liquid, being careful that food holds its shape while cooking.

Precook - To cook food partially or completely before final cooking or reheating.

Roast - To cook uncovered without water added, usually in an oven.

Saute - To brown or cook in a small amount of hot shortening.

Scald - To bring to a temperature just below boiling point where tiny bubbles form at the edge of the pan.

Scallop - To bake food, usually in a casserole, with sauce or other liquid. Crumbs are often sprinkled atop.

Steam - To cook in steam with or without pressure. A small amount of boiling water is used, more water being added during steaming process if necessary.

Stir - To mix ingredients with a circular motion until well blended or of uniform consistency.

Toss - To mix ingredients lightly.

Truss - To secure fowl or other meat with skewers to hold its shape during cooking.

Whip - To beat rapidly to incorporate air and produce expansion, as in heavy cream or egg whites.

SEASONING GUIDE

Get acquainted with spices and herbs. Add in small amounts, ¼ teaspoon for each 4 servings. Taste before adding more. Crush dried herbs or snip fresh herbs before using. If substituting fresh for dried, use 3 times more fresh herbs.

Freeze fresh herbs and enjoy them all winter long. Wash, then blanch the herbs in boiling water for 10 seconds. Chill in ice water 1 minute; pat dry. Package in small moisture-vaporproof bags or foil; seal; label. Freeze. Use while frosty.

Appetizers, Soups	Breads, Pasta	Eggs, Cheese
CRANBERRY JUICE: Add cinnamon, allspice, and/or cloves. Serve hot or chilled.	BISCUITS: Add caraway seed, thyme, or savory to flour. Serve with meat.	BAKED EGGS: Sprinkle dash of thyme or paprika over the top.
FRUIT COCKTAIL: Try adding mint or rosemary.	BREAD: Make each loaf a surprise by adding caraway seed, cardamom, or poppy seed.	CREAMED EGGS: Add mace.
STUFFED CELERY: Mix caraway seed with cream cheese; fill celery. Dash with paprika.	COFFEE CAKE: Mix crushed aniseed in batter. For variety, sprinkle cinnamon-sugar mixture atop or add poppy seed filling.	DEVEILED EGGS: Add celery seed, cumin, mustard, savory, chili powder, or curry powder.
TOMATO COCKTAIL: Add ¼ teaspoon dried basil, per cup.	CORN BREAD: Add poultry seasoning or caraway seed to dry ingredients. Be adventurous, add ½ teaspoon rosemary to batter.	OMELET: Try with dash of marjoram or rosemary (go easy!).
CHICKEN SOUP: Add a dash of rosemary, tarragon, or nutmeg. Sprinkle with paprika atop for color.	CROUTONS: Toss toast cubes in melted butter seasoned with basil, marjoram, or onion salt.	SCRAMBLED EGGS: Sprinkle lightly with basil, thyme, rosemary, or marjoram. Add seasonings near the end of cooking.
CLAM CHOWDER: Add a dash of caraway seed, sage, or thyme.	DOUGHNUTS: Add mace or nutmeg to dry ingredients. After frying roll in cinnamon sugar.	SOUFFLE: Add ¼ teaspoon marjoram to 4-egg souffle. To cheese souffle, add basil or savory.
CONSOMME: Dash in basil, marjoram, savory, or tarragon.	DUMPLINGS: Add thyme or parsley (fresh or flake) to batter.	CHEESE CASSEROLES: Spark with dash sage or marjoram.
FISH CHOWDER: Add bay leaves, curry powder, or dill.	MUFFINS: Blueberry - add dash of nutmeg to dry ingredients. Season plain muffins with caraway seed or cinnamon.	CHEESE FONDUE: Try adding a dash of basil or nutmeg.
MUSHROOM SOUP: Season with curry, oregano, or marjoram.	NOODLES: Butter, then sprinkle with poppy seed.	CHEESE RABBIT (rarebit): Try with mace or mustard.
ONION SOUP: Add marjoram.	ROLLS: Add caraway seed. Or, sprinkle with sesame seed.	CHEESE SAUCE: Add mustard or a dash of marjoram or thyme.
OYSTER STEW: Lightly add cayenne, mace, or marjoram.	SPAGHETTI: Toss with butter, Parmesan, and snipped chives.	CHEESE SPREAD: Blend sage, caraway seed, thyme, or celery seed into melted process cheese.
POTATO SOUP: Dash with mustard or basil. Top with snipped chives or parsley.	WAFFLES: Add poultry seasoning to batter, serve with creamed chicken. Or add cardamom to honey; pour over waffles.	COTTAGE CHEESE: Blend in chives or a dash of sage, caraway seed, dill, anise, or cumin. Prepare several hours ahead of time.
SPLIT-PEA SOUP: Add dash basil, chili powder, or rosemary.		CREAM CHEESE: Blend in curry powder, marjoram, caraway seed, or dill. Sprinkle paprika or cayenne atop. Use as celery filling or appetizer spread.
TOMATO SOUP: Dash in basil, dill, oregano, sage or tarragon.		
VEGETABLE SOUP: Try allspice, oregano, sage or thyme.		

DAILY CALORIE NEEDS FOR WOMEN

HEIGHT	SMALL FRAME	MEDIUM FRAME	LARGE FRAME
4' 11"	1635	1725	1845
5' 0"	1665	1770	1890
5' 1"	1695	1800	1935
5' 2"	1740	1845	1995
5' 3"	1785	1875	2040
5' 4"	1845	1950	2100
5' 5"	1890	1995	2145
5' 6"	1950	2040	2220
5' 7"	2010	2130	2280
5' 8"	2055	2175	2340
5' 9"	2115	2235	2400
5' 10"	2175	2295	2460
5' 11"	2220	2340	2505
6' 0"	2265	2415	2580

DAILY CALORIE NEEDS FOR MEN

HEIGHT	SMALL FRAME	MEDIUM FRAME	LARGE FRAME
5' 2"	1645	1965	2085
5' 3"	1890	2010	2130
5' 4"	1950	2070	2205
5' 5"	2010	2130	2265
5' 6"	2045	2175	2325
5' 7"	2115	2235	2400
5' 8"	2175	2310	2460
5' 9"	2235	2370	2520
5' 10"	2295	2430	2595
5' 11"	2355	2490	2670
6' 0"	2430	2565	2745
6' 1"	2505	2640	2820
6' 2"	2595	2730	2910
6' 3"	2670	2605	3000

These charts based on the average calorie needs for individuals of specific height and frame. Your individual calorie needs may fluctuate 10% above or 10% below these averages depending on your metabolism and activity (or inactivity).

It takes a loss of 3500 calories to lose one pound. If you eat 500 calories less a day than your body requires, you should lose a pound every seven days. The reverse also applies for gaining one pound. Adding 3500 calories over caloric needs will add one pound of weight.
