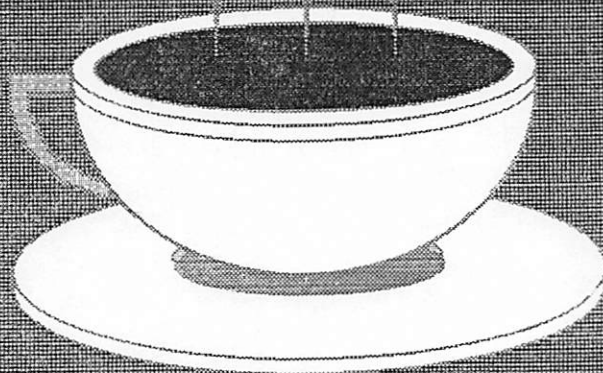


The Coffee Clatch Cookbook



The recipes of the Davis Family

compiled by Susan G. May

This book is affectionately dedicated to Gram (Eliza Waterman Davis), whose infinite wisdom, patience and love of life has been an inspiration to each of us.

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SALAD PIZZA

1 pkg. Pillsbury Crescent Rolls
1 8-oz. pkg. cream cheese
1/4 C. mayonnaise
1 packet Original Hidden Valley Salad Dressing Mix
Grated cheddar cheese
Green onions, sliced
Finely chopped veggies (broccoli, green pepper,
carrots,
radishes or cauliflower)

Unroll crescent rolls and lay flat in 9 x 13 inch pan.
Press edges together until bottom of pan is covered.
Bake at 375 degrees for 8 minutes. Cool. Mix cream
cheese, mayonnaise and salad dressing. Spread on
crust. Add chopped veggies and top with cheddar
cheese. Cut into squares to serve. Can be made ahead
a few hours but keep in refrigerator.

Submitted by:
Susan Barthelmess May

CLAM DIP

Lisa writes: "These two dips are always a big hit at our Christmas Eve celebration [see also Hot Crab Dip]. I usually can't make enough! For a large crowd I usually double the recipe (at least!)."

1 stick butter (margarine)
1/2 medium chopped pepper
1 medium onion
1 clove minced garlic
1 tsp. lemon juice
1 tsp. parsley
1/4 C. Parmesan cheese
1 tsp. oregano
dash of Tabasco sauce
2 cans minced clams (Don't Drain)
1 C. flavored bread crumbs

Sauté onions, peppers and garlic in butter. Add lemon juice and clams (with liquid). Add oregano, parsley, Tabasco sauce, bread crumbs and Parmesan cheese and mix well. Place in baking dish. Top with more Parmesan cheese. Bake at 350 degrees for 20 minutes. Serve with crackers.

*Submitted by:
Lisa and Ken Davis*

HOT CRAB DIP

1 3-oz pkg. cream cheese, softened
1/2 C. mayonnaise
1 can (6 oz) crab meat, drained
1/4 C. minced onion
1 Tbsp. horseradish
1 Tbsp. lemon juice
1/8 tsp. Tabasco sauce

Beat cream cheese until smooth. Stir in remaining ingredients. Spoon into small baking dish. Top with Parmesan cheese. Bake at 350 degrees for 30 minutes or until bubbly. Serve with crackers.

Submitted by:

Lisa Davis (Mrs. Ken Davis)

TEX -MEX SEVEN LAYER DIP

- 1 can refried beans (1st layer, bottom)
- 2 mashed avocados (2nd layer)
- 2 Tbsp. Thousand Island dressing and mayonnaise (mix together amount of mayo to taste--I use ~2 Tbsp.)
(Spread over avocado layer)
- 2 chopped green onions (on top of mayo-Thous. Isl.)
- 1 chopped tomato
- Grated cheddar cheese
- Chopped black olives

Use a shallow casserole to make layers in order listed. Top with the grated cheddar cheese , black olives (optional) and OLE !--it's done. Serve cold with tortilla chips.

Submitted by:
Susan Barthelmess May

MEALS IN A GLASS

(For those who like to shake, rattle and roll on outta here)

ORANGE JULIUS

2 Tbsp. lemon juice
1 C. freshly squeezed orange juice
1 C. crushed ice
2 Tbsp. protein powder

Serves 1

Per serving: 168 calories, 26 grams protein, 19 grams of carbohydrate, 1 gram of fat.

BANANA SMOOTHIE

1 C. skim milk
1 ripe banana
1 C. crushed ice
2 Tbsp. protein powder

Serves 2

Per serving: 146 calories, 17 grams protein, 20 grams carbohydrate, 1 gram fat.

CRANBERRY SMOOTHIE

1 C. cranberry juice
1 C. skim milk
1/2 tsp. vanilla extract
1 C. crushed ice
2 Tbsp. protein powder
Serves 2

Per serving: 151 calories, 13 grams protein, 25 grams carbohydrate, 1 gram of fat.

CHOCOLATE SMOOTHIE

1 C. non-fat yogurt
1 Tbsp. carob powder
1 ripe banana
1 C. crushed ice
2 Tbsp. protein powder

Serves 2. Per serving: 160 calories, 17 grams of protein, 20 grams of carbohydrate, 1 gram fat.

APPLE -CARROT SHAKE

1 C. apple juice
1 C. carrot juice, freshly squeezed
1 C. crushed ice
2 Tbsp. protein powder

Serves One Per serving: 205 calories, 25 grams protein, 29 grams carbohydrate, 1 gram of fat.

Submitted by:
Curt Davis Jr.

Curt notes: Protein powder can be purchased from most health food stores. The best-quality protein powder comes from egg white, followed by calcium or sodium caseinate from milk. Whey, also from milk, is a secondary source of supplementary protein, as are all vegetable-source protein powders, such as those made from soy isolates.

BAKED GARLIC

4 large garlic
1 Tbsp. olive oil
Sliced French rolls
Brie cheese (optional)

Preheat oven to 325 degrees. Cut off tops of garlic and peel off outer layers of skin. Put garlic in baking dish and pour olive oil over it. Cooked uncovered for one hour. Spread soft garlic on bread slices. Optional: Can also spread warm brie cheese on bread with garlic.

Submitted by:

Carol Kallman (wife of Donald Barthelmess, Jr.)

CLAM DIP

2 cans minced clams and juice (7 1/2 oz cans)
1 tsp. lemon juice
1/4 lb butter
1 chopped medium onion
2 crushed garlic cloves
1 tsp. parsley
1 tsp. oregano (save to sprinkle on top)
Dash of Tabasco sauce (about 3 dashes)
1 C. Italian bread crumbs
Parmesan and shredded cheddar cheese to taste to
decorate top of clam dip

Simmer clams and juice and lemon juice approximately
5 min.

In separate pan melt butter, add in all ingredients
except the clams and bread crumbs. After mixing up
and sautéing a little, add the rest.

Put in a glass pie shell dish and sprinkle the top with
the cheeses and paprika.

Bake at 350 degrees for approximately 20 min.
Serve with Melba toast or whatever you like.
To serve later...can be heated in microwave.

Submitted by:
B.J. Skarre (Barbara Davis Skarre)

SOUPS & SAUCES

ELIZA'S CORN CHOWDER

Gram writes that she hasn't lost her appetite for Corn Chowder , yet,: "Growing up on a farm in Maine (in the early 1900's), and driving to school with a horse and wagon or sleigh in 30 degrees below zero weather-- almost anything tasted good!!" This is a simple recipe.

Fry a small piece of salt pork or 2 strips bacon. Dice 4 or 5 potatoes, one onion and cover with water. Cook until potatoes are tender. Add 1 or 2 cans cream style corn, stir. Add milk to consistency you prefer. Heat but do not boil. A little half and half makes it delicious. "Use your own imagination." Serve with any kind of crackers. "I prefer Sunshine!"

Ed. note for you youngsters: Grandpa Davis (Chester) used to work for the Sunshine Biscuit Company--us grandkids practically grew up on Hydrox and Krispy Krackers!

*Submitted by:
Eliza Davis*

OLD FASHIONED FISH CHOWDER "NEW ENGLAND STYLE"

2 inch cube salt pork
2 onions, thinly sliced
3 medium potatoes, peeled and diced
4 C. fish stock or clam broth
2 lbs. cod, haddock or any firm white fish
2 C. cream or milk
2 Tbsp. butter
Salt
Freshly ground pepper

Cook salt pork slowly until crisp. Strain and save scraps. Heat fat in soup pot--add onions and sauté until golden. Stir in potatoes and toss.

Add fish stock, clam liquid or water to cover and cook until potatoes are tender (about 10 minutes). Lay fish on top and cook slowly til fish flakes.

Stir in milk or cream and heat **WITHOUT BOILING**. Before serving add butter, salt and pepper to taste.

Submitted by:
"Eliza"

GRANDMA ROSE'S CHICKEN SOUP

From Jo-Ann and Charlie's paternal Grandmother:

1 whole chicken cut up
6 carrots, sliced
1 onion quartered
1 tomato peeled, insides chopped
3 cubes chicken bouillon
3 cubes beef bouillon
1/3 pkg. tubettini or other small pasta
salt and pepper
Parmesan cheese

In large pot cover chicken with water and add onion.
Simmer 1 hour.

Remove chicken from bones and return to stock. (If time leave stock in refrigerator or freezer several hours and skim off fat before adding chicken).

Add tomato, carrots and bouillon. Bring to boil, simmer 40 min.

Add pasta and Parmesan cheese. Salt and pepper to taste. Simmer additional 20 minutes. Makes several quarts.

Submitted by:
Jo-Ann Russo Haas

CREAM OF MUSHROOM SOUP

8 to 12 mushrooms, sliced
1 small onion, thinly sliced
1/4 C. butter
3 1/2 C. milk
1/2 C. flour--mixed with cold milk
4 chicken bouillon cubes
1 pinch thyme
Salt and pepper to taste

Brown onion and mushrooms in butter. Add milk ,
flour paste, bouillon cubes and thyme. Heat and stir till
thickens. Turn off and season.

Take a little of soup and mix with 1/2 C. plain yogurt
and return mixture to soup and stir. Eat and enjoy!
DELICIOUS!

Submitted by:
Bette Davis Vallillo

ROGER'S CLAM CHOWDER

(Roger and Audrey had to experiment to cut this recipe down a little from the usual large batch Roger makes. I hear it's also a big hit for their Super Bowl get-togethers.)

5 medium potatoes (diced)
4 medium onions (finely chopped)
1/2 pkg. celery (chopped)
1/4 lb. bacon
2 large cans (28-oz) crushed tomatoes
3 cans (10.5-oz) Veg All
3 cans (6.5-oz) chopped clams
2 Tbsp. oregano
2 Tbsp. thyme
1/2 tsp. salt (optional)

Cut and fry bacon. Drain off grease.

In a large pot add clams, onions, celery, bacon, oregano and thyme. Cover with water and cook until celery is done. Add tomatoes and potatoes and water if needed. Cook until potatoes are done. Stir often. Add Veg All and simmer 1 to 2 hours stirring often.

*Submitted by:
Roger Davis*

WHITE CLAM SAUCE

3 dozen cherry stone clams
1 1/2 C. clam broth
1 large onion chopped
2 cloves garlic, finely minced
3 Tbsp. oil
1/4 C. chopped parsley
1/2 tsp. pepper
Pinch dried basil

Steam clams, drain, reserve broth. Mince clams. Sauté onion in oil until soft, add garlic and cook a minute or two. Add clams and broth, parsley, pepper and basil. Heat thoroughly, salt if necessary. 4 Servings. 185 calories per serving.

Submitted by:
"Eliza"

SHRIMP BISQUE

1 lb. shrimp, any size
1/2 C. chopped celery
1/4 C. chopped onion
2 Tbsp. chopped parsley
1/2 tsp. salt
1/8 tsp. pepper
4 Tbsp. butter or margarine
4 Tbsp. flour
2 1/2 C. half and half
2 Tbsp. dry sherry

Wash shrimp and place in 1 quart of boiling water. Return water to the boiling point, cover, and remove from heat. Let stand for 5 minutes. Remove shrimp and add next 5 ingredients to cooking water. Return to heat and simmer 30 minutes.

Meanwhile, peel, devein and chop shrimp. Set aside. When stock has finished simmering, whirl in blender with half the shrimp until smooth. Set aside. In large saucepan, melt butter and blend in flour, stirring until smooth and bubbly. Gradually add stock, stirring until smooth and thickened. Add half and half and heat until hot. Add remaining shrimp and sherry. Garnish with chopped parsley. Serves 6.

Submitted by:
Mary E. Davis

HAM AND BEAN SOUP

1 pkg. "15 Bean Soup" (Brand name--Ham Beens)
Ham bone with lots of meat--Honey baked is best
1 onion
15 oz. canned tomatoes
1 Tbsp. chili powder
Juice of one lemon
1 or 2 cloves garlic
3 tsp. Tabasco
salt and pepper to taste

Rinse package of beans well and soak overnight adding 2 Tbsp. of salt to the water. Drain beans and remove any skins from large beans.

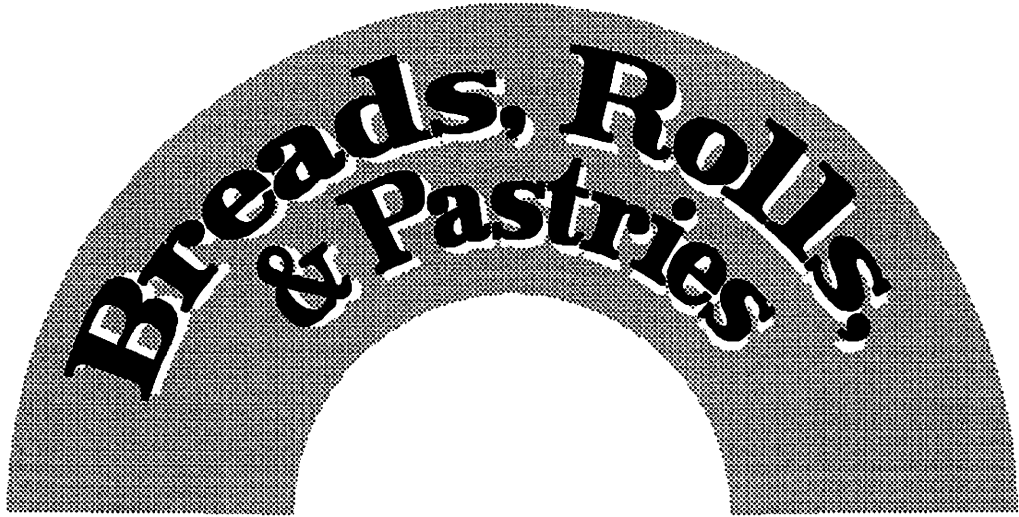
Cook ham bone in 3 quarts water for at least 2 hours (medium heat and covered).

Strain ham bone, save broth--add beans and simmer for two hours, then add the rest of the ingredients. Simmer for at least two more hours. Add extra ham pieces to make it even better.

This soup is better if it is eaten the second day after sittin in the refrigerator overnight--thickens up.

Submitted by:

Carol Kallman (wife of Donald Barthelmess, Jr.)



**Breads, Rolls
& Pastries**

ZUCCHINI BREAD

2 C. prepared baking mix
1 1/2 C. shredded zucchini
3/4 C. sugar
1/4 C. vegetable oil
3 eggs
1 tsp. vanilla
2 tsp. ground cinnamon
1 tsp. ground nutmeg
1/2 C. chopped walnuts

1. Preheat oven to 350 degrees. Grease bottom only of 9x5x3 inch loaf pan.
2. Combine all ingredients, mix on low speed of mixer for 30 seconds.
3. Bake until wooden pick inserted in center comes out clean, about 50 minutes. Cool before slicing.

Submitted by:
Eliza Davis

ENGLISH MUFFIN LOAF

In a large mixing bowl combine:

3 C. flour
1 Tbsp. sugar
1/4 tsp. baking soda
2 Tbsp. yeast (3 packets)
2 tsp. salt

Heat in microwave (120-130 degrees) 3 minutes at medium high : 2 C. skim milk, 1/2 C. water.

Add warmed mixture to flour mixture. Beat well. Add 1 1/2 C. more of flour (enough to make a stiff batter) and mix.

Spoon into 2 loaf pans greased well and sprinkled with cornmeal or bran. Cover.

Let rise about 40-45 minutes. (until at top of pans).
Micro each loaf 6 1/2 minutes on high. Allow to rest 5 minutes before removing from pan.

Cool--slice and toast.

Submitted by:
Audrey Davis (Mrs. Roger Davis)

GARLIC BREAD PARMIGIANA

From Jackie: While I was going to school, I had a waitressing job at an Italian restaurant. Garlic Bread Parmigiana was a favorite there so I attempted to make it at home. I used the following and Jeff liked it!

1 loaf Italian bread
Garlic powder
Parsley flakes
Butter
Mozzarella cheese

Slice bread open to lay flat on cookie sheet. Butter bread and sprinkle garlic powder and parsley on top. Put slices of mozzarella cheese (or shredded) on top. Add more garlic powder and parsley if you like. Bake in oven until cheese is melted. Cut into 2-inch strips and PIG OUT!!

*Submitted by:
Jackie Skarre (Mrs. Jeff Skarre)*

SAUSAGE BREAD

(This is a traditional Christmas treat at the McCabe's)

1 lb. uncooked bread dough*
1 lb. Italian sausage (remove casing)
1/2 lb. pepperoni--diced
1 egg
1/2 C. Parmesan cheese
Garlic powder to taste

*Set out dough to rise at least one hour before baking
Brown sausage and crumble; drain well. Add
pepperoni, cover and steam for about 5 minutes. Place
meat mixture in bowl, let cool slightly and add egg,
cheese and garlic powder (I use 1/2 teaspoon).

Divide bread dough in half and roll each half into a
12 x 12 inch square. Spread one half mixture on each
portion of dough and roll up as if for jelly roll. Pinch
ends closed. Brush top with an egg white.

Place on sprayed or greased pan/cookie sheet and bake
in pre-heated oven (400 degrees) for 25 minutes or until
golden in color. Let cool on a wire rack. Slice about
3/4 inch wide and figure 3 slices per person. (Can be
cut into smaller slices and served as hors d'oeuvres.)

Bread can be frozen in foil and reheated at serving
time.

Submitted by:
Joyce Davis McCabe

**Salads, Vegetables
& Side Dishes**

TONY'S SOUTHERN STYLE COLE SLAW

*(An original recipe created by Tony for his shift at
the Cape Coral Fire Department!)*

Red cabbage
White cabbage
Green olives
Radishes
Scallions
Fresh mushrooms
Italian salad dressing*

Shred cabbage; dice all other ingredients and toss in
salad bowl. Mix with Italian salad dressing (*Good
Seasons) just before serving.

*Submitted by:
Tony Givens*

CAESAR SALAD

2 cloves garlic, pressed
6 canned anchovies, chopped fine
1/4 C. olive oil
Juice of 1 lemon
1/2 tsp. Dijon-style mustard
1/2 tsp. Worcestershire sauce
Pepper to taste
1 head Romaine lettuce
1 C. garlic croutons
1/4 C. grated Parmesan cheese

Combine garlic, anchovies, oil, lemon juice, mustard, Worcestershire sauce and pepper.

Tear Romaine into bite-size bits. Wrap croutons in paper towel and microwave 30 seconds. Top lettuce with croutons, drizzle with dressing and sprinkle with Parmesan cheese. Toss lightly and serve once. Serves 4.

Submitted by:
Mary E. Davis

JULIE'S SALAD

*This is a delicious salad served by my mother-in-law,
Julie May.*

Lettuce--2 different types

Celery, chopped

Broccoli, chopped

Tomato, chopped

Raisins

Red onion, chopped

2-3 different cheeses (Swiss and Cheddar are good)

Walnuts, in pieces

Combine all for salad. Serve with your favorite
dressing or Poppy Seed Dressing:

1 C. oil

1/4 C. lemon juice

1/2 tsp. dry mustard

1/4 C. vinegar

1 tsp. salt

1/2 tsp. paprika

Shake all ingredients in a tightly covered jar.

Refrigerate. Mix 1/2 C. dressing plus 1/2 tsp. poppy
seed.

Submitted by:

Susan Barthelmess May

SAUERBRATEN DUMPLINGS

6 medium potatoes
1 C. flour
1/2 C. Farina
1 1/2 tsp. salt
2 eggs

After potatoes are boiled, put through ricer--let cool.
Add above ingredients--bread croutons may be added if desired. Drop dumplings in boiling salted water. Cook 10 to 15 minutes after rising to top of water. Don't let boil too rapidly as the dumplings may break.

Submitted by:
Doris Davis Barthelmess

ZUCCHINI PIE (Crescent)

4 C. thinly sliced unpeeled zucchini
2 medium onions, chopped
1/2 C. margarine
1/2 tsp. salt
1/2 tsp. pepper
1/4 tsp. garlic powder
1/4 tsp. oregano
1/4 tsp. basil
2 eggs slightly beaten
2 C. shredded cheese (Muenster or Mozzarella)
2 tsp. Dijon mustard
Crescent roll dough (1 big can)

Sauté onions and zucchini in butter till soft. Add seasonings, eggs and cheese. Line a 10" pie plate with flattened crescent roll dough. Spread with mustard followed by zucchini mixture. Bake at 375 degrees for 35 to 40 minutes. (The crust will get very brown.)

Submitted by:
Doris Davis Barthelmess

ZUCCHINI PIE

3 C. grated or thinly sliced zucchini (3 or 4 medium size)
1 onion chopped
1 C. Bisquick
4 eggs
1/2 C. vegetable oil
1/2 C. grated Parmesan cheese
1/2 tsp. marjoram
1/2 tsp. parsley
1/4 tsp. salt
1/2 tsp. pepper

Preheat oven to 350 degrees. Grease a 9-inch pie plate with butter. Combine zucchini, onion, Bisquick, eggs, oil, cheese and spices. Mix well. Pour into pie plate. Bake until puffy and golden brown about 35-40 minutes. Serves 6.

Submitted by:
"Eliza"

POTATO DUMPLINGS

(Uncle Norman's Favorite)

Boil 5 lbs. baking potatoes with skins on. Leave on counter overnight. Peel potatoes the next day. Put potatoes through meat grinder.

Mix potatoes, flour and salt to pie crust consistency.

Make croutons by browning 1 slice of white bread cut into cubes in butter.

Form dumplings (size of a tennis ball) placing a crouton in the middle of each one. Drop in boiling water for 20 minutes. Serve with meat, gravy and red cabbage. Serves 8.

Note from Joan: "Don't worry if your dumplings fall apart--they fell apart on me, and on Norman's mother and her mother in Germany. This is an authentic German recipe over 100 years old! Good Luck."

*Submitted by:
Joan Davis Henschel*

AUDREY'S BAKED BEANS

Soak 2 cups of beans overnight.

Drain.

Cover beans with cold water in beans pot.

Add:

1 medium onion (diced)

2 tsp. dry mustard

1/2 tsp. ginger

dash of pepper

1/2 C. sugar

1/2 lb. of salt pork

Bake approximately 6 hours at 300 degrees.

May have to add more water. (You can also make in a crock pot.)

Submitted by:

Audrey Davis (Mrs. Roger Davis)

MY GRANDMOTHER'S NEW ENGLAND BAKED BEANS

(So good baked in an old-fashioned bean pot)

1 lb. small white beans
6 C. cold water
1/2 lb salt pork (lean as possible)
1 small onion
2 whole cloves
1 tsp. salt
1 tsp. dry mustard
1/3 C. brown sugar
1/4 C. molasses

1. Rinse beans. In saucepan combine beans and water. Simmer 1 hour approximately.
2. Drain beans and reserve liquid.
3. Divide salt pork in half--1 portion in bottom of 2 quart bean pot. Cover with half of beans. Stud onion with cloves and bury in the beans.
4. Add remaining beans. Place 1/2 salt pork on top.
5. Mix 2 C. of reserved liquid, salt, mustard, brown sugar and molasses. Pour over beans and bake 5 to 7 hours slowly--add water if necessary to keep beans moist.

Note: Beans can be partially baked one day and finished another.

Submitted by:
William Davis

CHEESE AND BROCCOLI CASSEROLE

1 stick butter or margarine
1 onion chopped
1 pkg. chopped broccoli
1 8-oz jar Cheese-Whiz
1 can Cream of Mushroom or Cream of Chicken soup
1/2 C. milk
2 C. cooked rice

Sauté onion and broccoli in butter. Simmer 10 min.
Add soup, milk, cheese and mix well. Add cooked rice
and mix again. Top with bread crumbs and bake at 350
degrees for 30 minutes.

Submitted by:
Greg Skarre

GREEN BEAN CASSEROLE

2 cans (16 oz) French-style green beans
1 can cream of mushroom soup
2 cans (5-oz) boneless chunk chicken
1 1/2 C. shredded Monterey Jack and cheddar cheese
1 can (2.8-oz) Durkee French-fried onions

Drain one (1) can of green bean juice in bowl; set aside and save. In casserole dish layer one (1) can of green beans, one (1) can of chicken, some of the onions and top with one (1) cup of cheese. Repeat layers.

Place one (1) can of beans on top layer; then layer other can of chicken, onions and remainder of cheese. Mix one (1) can of green bean juice with soup; add a few drops of milk; mix well and pour over casserole.

Bake covered for 30 minutes at 350 degrees. Cover (?) and bake another 15 minutes. Add pepper and parsley for decoration/flavor. Mix well before serving.

Submitted by:

Woody McCabe and friend Lisa in sunny Florida

GRILLED TOMATOES

2 tomatoes
1/2 C. pesto
1/4 C. shredded Monterey Jack cheese
1/8 C. chopped parsley
1/4 C. chopped walnuts
4 slices of onion (Vidalia is best)

Cut tomatoes in half. Scoop out 1/2 inch of insides, place in tinfoil pie plate. Place 1 Tablespoon or so of pesto in each tomato. Top with slice of onion. Place pan on grill for 5 minutes until tomato starts to get slightly soft.

Mix in bowl cheese, parsley and walnuts. Top tomatoes with mixture. Grill additional 5 minutes until tomatoes are soft and cheese is melted.

Serves 4.

Submitted by:
Jo-Ann Russo Haas

NOODLES WITH PESTO SAUCE

1 C. chopped parsley, packed
1 Tbsp. dried basil leaves
1 tsp. salt
1/8 tsp. white pepper
2 cloves garlic, crushed
1/2 C. olive oil
2 Tbsp. butter or margarine
2 Tbsp. boiling water
3/4 C. grated Parmesan cheese
1/4 C. finely chopped walnuts, or whole pine nuts
1 pkg. (8 oz) angel hair pasta, cooked as package label directs

1. In small bowl, combine all ingredients except pasta. Beat with fork to combine thoroughly.
2. Place well-drained hot pasta in large bowl.
3. Pour sauce over pasta and toss lightly to coat thoroughly.
4. Serve with additional Parmesan cheese, if desired.
Makes 4 servings.

Submitted by:
Bette Davis Vallillo

FETTUCINE ALFREDO

(Quick, easy and good!)

2 9-ounce packages fresh fettucine
1 1/2 C. heavy cream
1 C. butter
1/2 tsp. freshly ground pepper
1 tsp. nutmeg
1 C. grated Parmesan cheese

Cook fettucine according to package directions. While fettucine cooks, combine once cup of the heavy cream, butter, pepper and nutmeg in a pot large enough to hold pasta, and cook over low heat until mixture thickens. Add fettucine, tossing to coat. Add remaining heavy cream and 3/4 cup of the cheese. Toss again and serve with remaining cheese sprinkled on top.

Serves 6.

Fettucine stems from the Italian word fettucia, meaning ribbon.

Submitted by:
Curt Davis, Jr.

PASTA IN VODKA SAUCE

1 C. each minced onion and celery
4 cloves garlic, minced
1 Tbsp. each olive oil and butter
1/2 lb. minced prosciutto
3/4 C. vodka
1 (28-ounce) can crushed tomatoes
2 Tbsp. each fresh chopped basil, parsley
1/2 tsp. each dried oregano and cayenne pepper
1 C. half-and-half
1 lb. rigatoni or penne, cooked al dente

1. Sauté celery and onion and garlic in oil and butter, for about 5 minutes over medium heat.
2. Add prosciutto and vodka and cook over medium-low heat for 5 minutes longer. Add tomatoes, basil, parsley, oregano and pepper. Cook 10 more minutes.
3. Add half-and-half and cook 5 minutes longer. Toss in cooked pasta, heat through for 5 minutes. Makes 4 to 6 servings.

Submitted by:
Bette Davis Vallillo

UNCLE BILLY'S BAKED SPAGHETTI

1 clove garlic
2 Tbsp. olive oil
1 lb. spaghetti (of your choice)
1/2 pt. cream
1 Small chopped onion
Oregano, Salt and pepper per personal taste
1/2 stick butter or margarine

1. Saute garlic in olive oil.
2. Add cream to pan at LOW heat
3. Add onion, salt, pepper and oregano
4. Cook to cream texture.
5. Add butter and let melt
6. Boil 1 lb. of spaghetti and drain.
7. Put spaghetti in baking dish or bowl.
8. Add 1/2 mixture from sauce pan and turn into spaghetti.
9. Smooth pan or bowl and pour remaining mixture on top.
10. Bake at 325 degrees for 30 minutes. (Let cool to set for serving) Serves 4-6.

Note: Cheese may be added to topping along with flavored bread crumbs if desired.

Submitted by:
Billy Davis

Meats & Eggs

DOR'S POT ROAST

4 to 5 lb beef rump or bottom round roast
1 large onion (chopped)
2-3 C. water
2 Tbsp. horseradish
2 Tbsp. ketchup
Salt and pepper
1 beef bouillon cube
1/4 tsp. Gravy Master

Salt and pepper meat and brown with onions on all sides in Dutch oven. Add water and simmer for 1 hour. Add ketchup and horseradish and simmer 1-2 hours till meat is tender. Thicken with flour and water mixture and add Gravy Master.

AS THEY SAY IN TEXAS: "Cook til Done"!

Submitted by:
Doris Davis Barthelmess

STUFFED FLANK STEAK

From Dor: This recipe was Grandma "B" 's (The original Grandma "B"). She gave it to me when Cookie and I were only married a short time. I panicked---but she said just follow the recipe-- "Okay." It came out fine and Cookie said it was just like his mother's!!--He lies a lot!!

3-4 lbs. flank steak (slit with knife to make a pocket for stuffing)

Bread Stuffing:

1 onion chopped--sauté in 2 Tbsp. butter--add 1 1/2 cups bread crumbs or 3-4 slices stale bread (moistened).

Add 1/4 tsp. poultry seasoning and salt and pepper to taste. Spread mixture into pocket of flank steak--roll meat jelly roll style and tie with twine.

Brown meat in heavy skillet--transfer to Dutch oven and add 1 C. water. Bake in oven at 325 degrees for approximately 2 hours. Thicken with flour. Slice meat across like a jelly roll.

Submitted by:

Doris Davis Barthelmess

ROULADEN

3 lbs. top round steak (1/2" thick)
9 slices bacon
4 tsp. prepared mustard
1 medium onion (finely chopped)
1 large dill pickle (finely chopped)
1 C. dry red wine
1 beef bouillon cube
1 1/2 C. boiling water
salt and pepper
3 sprigs parsley
1 bay leaf

1. Cook bacon in Dutch oven or heavy kettle till almost crisp. Drain and chop coarsely. Pour off fat, measure 2 Tbsp. back into Dutch oven.

2. Pound steak into 1/4" thickness using meat mallet or back of heavy knife. Spread with mustard, sprinkle with bacon, onion and pickle. Roll up and tie each roll with butcher string.

3. Heat bacon fat in Dutch oven and brown rolls on all sides. Remove rolls to a platter. Dissolve beef bouillon cube in boiling water, stir in wine, salt, pepper, bay leaf, and parsley. Return rolls to kettle. Bring to boil, lower heat and simmer 2 1/2 to 3 hours or until tender. (Add more water if necessary.)

4. Thicken gravy with flour and water after removing rolls. Add gravy master if desired.

Submitted by:

Doris Davis Barthelmess

PASTA FAGIOLI (PASTA FAZOOOL) A RUSSO SPECIALTY!

2 large Onions (sautéed)
1 clove garlic (sautéed)
3 Italian sausage links (cooked)
1 1-lb box Elbow Macaroni
3 large cans pork and beans
Salt, pepper, oregano, & parsley to taste

Sauté onions and garlic; slice cooked sausage and add to onion mix.

Cook elbow macaroni and add sausage, onion mix and beans.

Add spices to taste.

You may add one cup of prepared or left-over spaghetti sauce to the end result. The sauce makes it have a loose consistency which we prefer.

Serve with hot bread...mmmmm good!

Submitted By:
J.J. Russo (Janet Davis Russo)

PEPPERED BEEF TENDERLOIN WITH MUSTARD AND HORSERADISH SAUCE

Serves 6

Sauce:

- 1 C. sour cream
- 3 Tbsp. Dijon mustard
- 2 Tbsp. horseradish

Beef:

- 2 lb Tenderloin (trimmed)
- 2 tsp. whole black peppercorns
- 2 tsp. whole white peppercorns
- 2 tsp. whole green peppercorns
- 2 tsp. coarse salt
- 3 Tbsp. Dijon mustard
- 2 Tbsp. butter (room temp.)
- 1 C. parsley chopped

For sauce: Whisk all ingredients in bowl. Cover and refrigerate. (Can be prepared up to 2 days ahead.)
Sauce tastes best at room temperature.

For beef: Coarsely grind all peppercorns. Put in bowl, mix in salt. Whisk mustard butter and parsley in a **separate bowl**. Rub mustard mix all over tenderloin. Roll tenderloin in peppercorn mixture coating completely.

Heat oven to 450 degrees. Roast about 35 min.
(thermometer should read 130 degrees--rare). Let stand
10 minutes, slice and serve with sauce.

Submitted by:
Jo-Ann Russo Haas

ELBOW ROOM STEAK MARINADE

In a blender:

1 C. soy sauce

2 large onions--8th diced

2 cloves garlic

1/4 C. Gravy Master or Kitchen Bouquet

2 tsp. Spice Island Beau Monde

1/2 C. Seven Seas red wine vinegar and oil dressing

The better the steak the less time in marinade. I usually double this recipe as it keeps indefinitely in the refrigerator. Smells awful but final results are worth it. Bon Appetit!

Submitted by:

Mr. and Mrs. Kevin Davis (Kevin & Denise)

TEXAS BARBECUED BRISKET

This is what is known in Texas as "Barbecue". All we ever heard about was having barbecue--to me barbecue was something you did not something you ate. There are many variations of this recipe but all start with a large piece of beef brisket (preferably untrimmed--for flavor). Serve with pinto beans, potato salad and rolls to sop up the sauce in true cowboy style.

2 1/2 C. catsup
3/4 C. brown sugar
1 1/2 C. chili sauce
1 1/2 C. wine vinegar
1 1/2 C. water
2 Tbsp. soy sauce
dash of bottled hot pepper sauce
3/4 can beer
3/4 C. lemon juice
1/2 C. prepared mustard
1 Tbsp. celery seed
4 Tbsp. Worcestershire sauce
2 cloves garlic, minced
black pepper to taste

Combine above marinade/bar-b-que sauce and marinate brisket in it overnight in refrigerator, turning several times. Use a fork to make holes in brisket and spoon on marinade sauce to penetrate through the meat.

Place whole brisket on hot grill to sear and brown fat. Remove from grill and place in foilware pan. Cover tightly with foil, close hood, cook on slow coals

about 4 hours or until meat is tender. (You can use a low oven)

For best results use a meat thermometer (170 degrees for medium). Slice brisket very thinly across the grain at an angle. Heat remaining sauce, pour over slices and serve. YEEEEHAAAA! Makes 16 to 20 generous servings.

Submitted by:

Susan Barthelmess May

TRI-TIP

Sheepishly submitted well past deadline by Don Barthelness with expert assistance by my native California Brother-in-law, Kris Kallman

Background: Tri-tip is a "California style" cut of beef which is typical to the Santa Maria Valley of Santa Barbara County. It dates back to the early anglos settlers of California in 1850 or so. The term "Tri-tip" is derived from triangle tip of beef. (see enclosed photos){*Ed. note: Sorry Don, but our expertise did not include publishing color photos--if any one wants photos I'm sure Don would be happy to oblige!!*}

Most butchers outside of the Santa Barbara, San-Luis Obispo and Ventura Counties are unfamiliar with this cut of beef. Your main challenge if you live outside the area is to find a good quality butcher who can cut this for you.

Tri-tip is kind of a "Cowboy type thing", so Texans may especially enjoy its machismo and great flavor. It is fattening as hell, so you know it's good.

The meat is best served barbecued although we have on occasion baked tri-tip (indoors, of course) in the rare event that it rains (or if the temperature is too cold to venture outdoors- <50 degrees or so). Tri-tip is similar in taste to a cross of Filet mignon and prime rib and top sirloin if you can believe that. The cost is about \$2.69 per pound locally. It can be purchased in bulk or "bags" for about \$1.79/lb. at times.

Preparation: One hour before cooking time, trim the excess fat from the tip and leave about 1/4" layer all the way around. The fat is what gives the tip its flavor.

Note: If you are on a low fat, non-fat, reduced calorie, Jane Fonda, anti-American type diet, stop here. You won't feel good about eating something that tastes so good knowing you could have taken all of the fat off, ruined the whole piece of meat and saved 20 calories and 80 million grams of fat.

Seasoning- Garlic Powder, fresh ground pepper and chunks of fresh garlic are what Don recommends. Make some small 1" incisions with the grain of the meat and insert the raw garlic. (If you're lucky, you'll get hold of one of those babies on the plate--wow!!)

Cooking

BBQ- Best done by a man. (or Cowboy type)

Grill on the BBQ for about 40-50 minutes for rare, 55 min. for medium, and an hour for well. This is dependent upon size of the tip. Tri-tips will average about 3 pounds. It is politically correct to cut the meat in the center to check for cooking. This is not cheating. Be careful not to lose the garlic and watch out for the juice drippings--they can cause the grill to flare up.

This will feed two mildly hungry cowboy types. I have seen on occasion, and have come close myself to

polishing off a tip without outside assistance. This impresses cowboy types, yet grosses out my spouse immensely.

The first time the tip is put on the grill, leave it to sear for 5 minutes on each side. Every 15-20 minutes you will need to turn the meat. It is OK if the fat burns on the grill. This is normal. Jane Fonda types normally get appalled at this point because the excess smoke destroys the ozone. They usually go cry underneath a tree whilst hugging it.

Tri-tip BBQ Techniques--

Get a NEW, CLEAN plastic variable spray type bottle, kind of like the 409 trigger types. Caution: don't use a rinsed out spray cleaner bottle.

Fill the bottle with your favorite brand of "frosty cooly" hops and barley. It need not be cold. Avoid using fake beer if at all possible.

When a flare up occurs, (I'm not talking about the holidays here gang or the birth of your first child) spray the meat with the beer generously to kill the flames. This both adds flavor while cooking and adds to BBQ safety. You need not wait for a fat flare-up either!!

Make sure that you label your spray bottle boldly: *"For purposes only--Do not fill with any thing other than BBQ beer!"*

To test the meat during cooking, get one of those big forks and pat the meat periodically. It should be firm, but bouncy. (Kind of like a cowboy type's mid-section or your _____ used to be.)

The meat should appear to split with the grain when it is approaching optimum cooking time.

If you have a fairly large tip it will be common to have the inner thicker sections rarer than the outside and end cuts. This usually is to the satisfaction of all guests since they will have a variety of meat from rare to well to choose from.

Remember, if there are cowboy types in the crowd, they will never be happy about a piece of meat they did not BBQ themselves and will always have a better way to do it. (*Do not let this affect your pride as a Tip preparer, just consider the source.*)

Cutting-

ALWAYS CUT TRI-TIP MEAT AGAINST THE GRAIN. (90 degree angles to it) It is a Tri-tip BBQ four to cut with the grain, an indication that you are a true tri-tip rookie. See photos for proper cutting. {Ed. note: yes, he really did send pictures of this} Thickness varies with individual tastes. Cowboy types about 1/2" thick, normal folk about 1/4" thick slices. A meat slicer works well, electric knife or good sharp slicing knife.

Baking - Best done by a woman. (make sure you give her lots of attention though.) *Note:* Cowboy types-- now is a good time to grab the remote, a nice "frosty" and turn the game on!!)

Preheat oven to 450 degrees. Place the tip in an open roasting pan with the fat side up for 10 mins. Reduce heat to 350 degrees, cover roast and cook for 20 minutes. Remove cover and cook an additional 10 min. for rare, 15 min. for medium and 20 mins. for well done or shoe leather. (If there are Texans or cowboy types around, it would be best to stick to medium rare. They get awfully stupid about meat cooked well done.)

Save the juice to spoon over the meat after cooking, this is really good stuff.

Serving Options:

Flour Tortillas

Garlic Bread

Pinto beans or refried beans

Corn on the cob

Salsa (finely diced tomatoes, Jalapenos, cilantro, onions)

Marinade:

Experiment, create your own

Ketchup and BBQ sauce
Water, Italian salad dressing or olive oil
Chopped garlic, lots of it
Garlic powder
Onion powder
Worcestershire Sauce
(Anything else that is way in the back of the spice cabinet that you use once every 5 years may also be considered)

Mix to a thin consistency. Marinate several hours before cooking or use as a thin BBQ sauce during cooking.

Submitted by:
Donald Barthelmess, Jr.

VEGETABLE LASAGNA

Jackie says this recipe is good:

1/4 lb fresh mushrooms, thinly sliced
1/2 C. chopped onion
1/2 C. finely chopped, peeled carrot
1 clove garlic (chopped)
1 pkg. frozen spinach (chopped)
1 C. low fat ricotta cheese
1 1/2 C. skim mozzarella cheese
Grated Parmesan cheese
Salt, pepper, Italian seasonings
2 C. tomato sauce
Lasagna noodles, cooked and drained

Sauté onion, mushrooms and carrot in oil over medium heat for 8-10 minutes. Cook on high until excess moisture evaporates. Add garlic, cook for 1 minute. Add spinach and seasonings, cook on low until spinach is wilted.

Add ricotta, parsley and Parmesan cheese. Puree mixture until smooth. Spread 1/2 C. tomato sauce on bottom of 9x13 inch pan. Cover with noodles. Spoon spinach mixture over noodles and spread evenly. Sprinkle mozzarella cheese on top. Cover with more noodles and repeat with mixture, etc.

Top layer: cover with noodles, pour remaining sauce on top. Sprinkle remaining mozzarella cheese and Parmesan on top.

Cover dish with aluminum foil and bake 30 minutes.

Uncover and bake 20 minutes. Let stand 10 minutes before serving.

For dessert, GO TO FRIENDLY'S !!!

*Submitted by:
Jeff and Jackie Skarre*

SWEDISH MEATBALLS

From B.J.: "This is a recipe handed down to me from Ralph's mother, Odfried Skarre and is a traditional dish served at Christmas time."

1 1/2 lbs. chopped beef, pork and veal, mixed
6 slices white bread without the crust
1/2 C. bread crumbs, plain
1/2 C. milk
1 egg beaten
1 whole onion minced
4 cloves garlic smashed
4 C. beef bouillon
1 C. cooked very fine noodles
1/2 pint sour cream
Gravy Master
1 tsp. salt
1/2 tsp. pepper
1/4 tsp. allspice —

Make a paste out of white bread and milk using a fork. Add more milk if too dry. Mix paste and bread crumbs into meat. Add onions, garlic, salt, pepper, allspice and egg. Mix well. Wet hands with cold water and form tiny meatballs using about a teaspoon of meat. Place meatballs on wax paper. Let dry for 1/2 hour. Drop meatballs into hot broth--simmer 45 min. Take meatballs out and add noodles, sour cream and gravy master to desired color.

Submitted by:

B.J. Skarre (Barbara Davis Skarre)

MANICOTTI BY BETTE

1. 6 eggs in a bowl (let stand 1/2 hour)

1 1/2 C. flour

1/4 tsp. salt

Mix eggs, flour and 1 1/2 C. water. Beat until smooth. Let sit 1/2 hour.

For shells: Use this batter. Pour into fry pan, cook until dry. Remove and line each with wax paper. Note: Use a small non-stick fry pan. Coat pan with olive oil-- 1st shell may not come good. Pan may not be hot enough. The thinner you make your shell the better. I take pan after I pour batter and swivel around to coat pan good, even the sides a little.

2. Filling:

2 lbs. ricotta cheese

1 (8-oz) pkg. mozzarella cheese, diced small

2 eggs

1 Tbsp. salt

Pepper and parsley

Mix all in large bowl with spoon. Put filling on each shell and roll.

Bake at 350 degrees for 1/2 hour. This can be frozen-- let stand 1 hour and bake at 350 for 1/2 hour.

Submitted by:

Bette Davis Vallillo

PASTA PRIMAVERA

(Low cholesterol and low fat)

2 1/2 C. broccoli flowerets, cut into bite-size pieces
1/2 lb. fresh mushrooms, sliced
2 small unpeeled zucchini, cut into 1/4 inch thick rounds
2 tsp. olive oil
1 clove garlic, finely chopped
1 pint cherry tomatoes, stemmed and cut in half

Sauce:

10 cloves garlic, unpeeled
1 C. skim milk
1 1/2 Tbsp. margarine
1/4 C. freshly grated Parmesan cheese
1 container (8 ounces) low fat cottage cheese
1/4 tsp. salt (optional)

1 package (8 ounces) fettucine
2 Tbsp. freshly grated Parmesan cheese
Pinch of freshly ground black pepper or red pepper flakes

1. Prepare vegetables: Layer broccoli, mushrooms and zucchini in a large saucepan fitted with a steamer basket. Cover and steam over boiling water 3 minutes or until tender-crisp. Set aside.

2. Heat olive oil in a large non stick skillet. Add garlic and tomatoes; cook, stirring constantly, until tomatoes are just heated through but not wilted. Set aside.

3. Make sauce: Cover garlic with water in a small saucepan. Boil 7 minutes; set aside. Combine skim milk and margarine in the top of a double boiler; set over simmering water. Drain garlic; slip off and discard skins. Drop garlic into hot milk mixture; cook gently 10 minutes. Remove and discard garlic. Pour milk mixture into the container of a blender. Add 1/4 C. Parmesan cheese and cottage cheese; add salt if you wish. Cover and blend until smooth. Return to double boiler and reheat, stirring occasionally. Do not overheat.

4. To serve: Prepare fettucine according to label directions, omitting salt; drain. Place drained fettucine on a large serving dish; toss with hot steamed vegetables and tomatoes. Pour sauce over all. Garnish with 2 Tbsp. Parmesan cheese and pepper. Toss gently just before serving.

Serves 4.

Submitted by:

Wendy Vallillo Osborn

ENCHILADAS

1 lb. ground sirloin
2 medium onions
2 eggs
1 can refried beans
1 jar taco sauce
1 jar tomato sauce
1 pint sour cream
1 pkg. soft tortillas
1 pkg. shredded cheddar cheese
To taste:
 Garlic salt
 Ground pepper
 Chili powder

Brown meat and onions; drain well. Add seasoning (garlic salt, ground pepper and chili powder) and mix well. Add eggs, refried beans, one half the taco sauce and one half the sour cream.

Place scoop of filling on each tortilla and roll, securing with a toothpick.

Place in baking dish and spoon tomato sauce over tortillas. Bake at 350 degrees for 25 minutes. Remove and cover with cheese. Bake 5 more minutes to melt cheese. Let stand for 10 minutes and serve with sour cream....oooo...la....la!!

An appetizer to accompany this dish:

Tostados with melted cheese served with sour cream
and hot peppers!

Submitted by:
Lisa McCabe Givens

GRANDMA HENSCHEL'S SAUERBRATEN

Put 4 to 5 lbs. bottom round roast in large bowl. Cover with equal parts vinegar and water, 1 large onion (sliced) and a few peppercorns. Leave in refrigerator for 48 hours--turning after 24 hours.

After 48 hours, brown meat with onions, saving liquid, pour over meat after browning. Cook until tender.

Thicken gravy with ginger snaps dissolved in water--add salt and pepper to taste.

*Submitted by:
Joan Davis Henschel*

KIELBASA AND APPLESAUCE

1 large jar Mott's applesauce
1 large onion sliced
1/2 C. brown sugar
2 links pork kielbasa

Bake and prick kielbasa at 300 degrees for 1/2 hour.
Mix applesauce, onion in large baking dish and add
brown sugar. Add sliced kielbasa. Bake at 350
degrees for 1/2 hour.

Submitted by:
Donna Skarre Pontieri

PEGGY'S SAUSAGE AND PEPPERS

(This recipe is Donna's mother-in-law's recipe--oooh is it good!!)

12 sweet sausage

6 hot sausage

1-2 onions, sliced

3 cloves garlic, minced

1 large jar Aunt Millie's sausage and pepper sauce

6-8 green bell peppers, sliced

2 tsp. sugar

Parmesan cheese

Prick and bake sausage at 350 degrees for 1/2 hour.

Save juice from sausage. Sauté garlic, onion and peppers in juice. Slice sausage and add to pan. Add sauce and sugar. Put in baking pan and sprinkle with Parmesan cheese. Bake at 350 degrees for 1/2 hour.

Submitted by:

Donna Skarre Pontieri and hubby Chuck

BROCCOLI QUICHE

1 pint half-and-half
6 eggs
2 1/2 C. shredded Swiss cheese
1 Tbsp. salt
1-2 onions
1 pkg. frozen broccoli
1/2 lb.-1 lb. bacon
Ham, chicken--any leftover meat

Cook broccoli. Saute broccoli, onion, bacon and meat--
-drain.

Mix in above with the half-and-half, beaten eggs and
cheese.

Pour into pie shells and bake 40 minutes. (Last 5
minutes put slices of Swiss cheese over quiche and let
melt.)

Submitted by:

Suzanne Vallillo (Mrs. Charles Vallillo, Jr.)

SPINACH QUICHE

1 C. half-and-half
1 1/2 C. shredded Swiss cheese
4 eggs
1/4 tsp. salt
1/8 tsp. nutmeg
Pinch of pepper
1 egg white, put aside
1 frozen pie crust, deep dish
1/4 tsp. parsley
1/2 C. chopped onions
1/4 C. butter
10-oz pkg. frozen spinach, thawed and drained

Brush pie shell with egg white, dump excess, and refrigerate.

Mix eggs, half-and-half, nutmeg, salt, pepper.

Skillet: Melt butter, saute onion, add spinach and parsley.

Line pie crust with Swiss cheese. Pour spinach mix to egg mix and pour into pie shell. Bake at 375 degrees for 45 to 50 minutes.

Submitted by:

Suzanne Vallillo (Mrs. Charles Vallillo, Jr.)

ANDY'S PANCAKES

Here's one from Jo-Ann's husband and Katie's Dad:

1/2 C. white flour
1/2 tsp. salt
2 Tbsp. sugar
3/4 tsp. baking soda
1/2 tsp. baking powder
1 C. whole wheat flour
2 C. buttermilk
1 egg
2 tsp. oil

Mix all ingredients in medium bowl. Cook on hot griddle. Makes approximately 12-16 pancakes. Serve with maple syrup or Andy's favorite--honey.

Submitted by:
Jo-Ann Russo Haas

LINDSAY & BRIAN'S NEW YORK RANGERS FRENCH TOAST

- 2 Eggs
- 2 tbsp. Water
- 1/2 tsp. Vanilla Extract
- 2 tbsp. Cinnamon Sugar
- 4 pieces of fresh white bread
- 1 pat of butter

Mix the ingredients in a medium size mixing bowl, preferably one with the Islanders logo on the bottom. (signifying how bad the RANGERS beat them!!!)

Heat a frying pan on medium heat, so a drop of water will sizzle and disappear (again, like the Islanders did in the playoff's). Add butter to the pan for additional flavor.

Dip a piece of bread in the mix and slap it on the pan (You know my thoughts! How appropriate for the Islanders.). Cook each side until a nice golden brown. That's all there is to this classic, it's done. (Again, DITTO the Islanders!!)

Submitted By:

Tom (Wait til next year) May

ed. spouse's note: This is a very easy, quick breakfast. And don't worry, it will not convert anyone to becoming a Ranger fan. Its' enough that we've got Lindsay and Brian!! (right, Dor ?)

EGGS AND BACON BY LINDSAY ELIZA MAY

Lindsay also "wanted in" on this cookbook. I've told her that she can do the 2nd Volume as the rest of Gram's great-grandchildren get older. In addition, she also wrote this recipe (her specialty):

Ingredients: 3 eggs, 1 spoonful of milk, 4 pieces of bacon.

Materials: Pan and fork.

Directions:

1. Take the pan and put the eggs inside.
2. Stir the eggs for a few minutes.
3. Pour the milk in with the eggs.
4. Put the bacon in the microwave and fry it for a little while.
5. Eat it!

Submitted by:

Lindsay Eliza May, Age 8

AUNT SANDY'S FAVORITE RECIPE

Ready to eat ?

Everything is all set

Can't miss with this meal

It is easy and delicious

Please call ahead

Eat in your favorite restaurant and
enjoy !!

*Submitted by:
Sandy Davis Abramowski*

Poultry & Seafood

SHRIMP WIGGLE
(Eliza's favorite lunch or supper dish)

4 Tbsp. butter
4 Tbsp. flour
1 C. milk
1 C. light cream
2 C. small shrimp, fresh or canned (cooked)
1 C. cooked peas
Salt to taste

Heat together and serve on toast or biscuit if you like.
This is absolutely delicious and so simple to make.
P.S. My children always wanted carrots also!!

Submitted by:
"Eliza"

SILVER SPOON WINGS

This is a favorite of Tom, Lindsay & Brian--especially for Texas Rangers Baseball games. The kids love to "tailgate party" at the ballpark and this is their most requested dish. Served with a pasta salad and iced tea (hey, we're "southerners" now), this is delicious on warm summer evenings:

1/2 C. sugar
1/2 C. water
1/2 C. dark soy sauce
1/4 C. pineapple juice
2 Tbsp. vegetable oil
1 tsp. grated FRESH ginger
1/2 tsp. garlic powder
2 to 3 lbs. chicken wings, cut at the joints, tips
discarded

Combine sugar, water, soy sauce, pineapple juice, oil, ginger and garlic powder. Stir until sugar is dissolved. Pour over chicken wings in bowl small enough so that all are covered. Cover and refrigerate. Marinate at least one full day (two is preferable), stirring occasionally.

Preheat oven to 350 degrees. Lift wings from marinade and place on cookie sheet. Bake 40 minutes, or until tender, basting twice with remaining marinade. (I like to bake for 1 hour as we like them a little less soft). Can be eaten hot or cold. Great as hors d'oeuvres for 6-8.

Submitted by:

Susan Barthelmess May

MUSHROOM STUFFED CHICKEN BREASTS

1/4 lb. plus 4 Tbsp. butter
1/2 lb. mushrooms chopped fine
1/2 tsp. salt
1/4 tsp. ground pepper
1 1/2 C. bread crumbs, freshly made
1/4 tsp. nutmeg
4 chicken breasts, boned, skinned and halved
1 C. heavy cream

Preheat oven to 350 degrees. Melt 1/4 lb. butter in heavy skillet, add mushrooms, salt and pepper. Cook, stirring constantly while mushrooms absorb all water liquid and butter. Remove from heat and stir in 3/4 C. bread crumbs and nutmeg. Divide mushrooms stuffing into 8 portions and place in center of each piece of chicken.

Fold chicken around stuffing and place seam side down in shallow dish. Melt 4 Tbsp. butter and brush over chicken. Sprinkle the remaining bread crumbs over and pour on cream. Bake approximately 30 minutes.

Submitted by:
Eliza Davis

My Not-So-Secret-Anymore Chicken Fajitas

These are delicious, kids love'em and sooo easy!

1 lb chicken breasts, skinless, boned and halved
1 bottle Lawry's Mesquite with Lime Juice Marinade*
Onions, sliced
Green and red bell peppers, sliced
Flour tortillas
Taco sauce, picante sauce, hot sauce--whatever
Refried beans
Other toppings: guacamole, avocados, sour cream, tomatoes, shredded cheese, pico de gallo, whatever you like--all optional.

Place chicken in large casserole/pan, poke with fork, pour marinade over. Cover and refrigerate several hours if possible but at least 30 minutes. Remove from marinade and grill chicken brushing once with marinade at the start. Remove when done. **Meanwhile**, fry onions and peppers in small bit of oil/margarine in a very hot cast iron skillet till crisp tender--don't overcook. (Or you can grill on foil on your grill or cooktop) Soften flour tortillas in oven or micro. **To serve:** Slice chicken thinly into slivers. Take tortillas, spread with refried beans if desired, add chicken slices, top with onions and peppers and any other desired toppings. Roll up, serve with Spanish rice, pico de gallo and enjoy. Serves approx. 4.

*If you can't find this let me know--I'll send it to you!

Submitted by:

Susan Barthelmess May

Susan Barthelmess May

VERY RITZY CHICKEN

Writes Deb: Here's my recipe with more than a smidgen of cholesterol, but ...mmmm good!! A winter dish!

3 whole chicken breasts, skinned boned and halved
2 eggs
1 C. bread crumbs
3 T. olive oil
6 slices mozzarella
1 pt. heavy cream
2 T. parsley
1 C. Parmesan cheese
Salt and pepper to taste

Dip chicken in beaten egg and coat with bread crumbs. Heat oil in frying pan and brown chicken lightly on both sides. Remove and place in 9x13 inch pan, topping each with a slice of mozzarella. Mix remaining ingredients in saucepan and cook until mixture gets hot and thickens. Pour over chicken and bake at 350 degrees for 25 minutes. Can be made ahead and refrigerated. Bake for 30 minutes. Sprinkle with nutmeg or paprika for variation. Serves 6.

*Submitted by:
Debra Lyn Skarre Coviello*

CHICKEN MILANO

(An easy make-ahead casserole)

- 1 lb. boneless chicken, cut into 1-inch strips**
- 1/2 C. chopped onion
- 1/2 C. chopped celery
- 1 green or red pepper, cut into strips
- 1 3-ounce can sliced mushrooms, drained
- 1 tsp. Worcestershire sauce
- 1/8 tsp. pepper
- 1/2 tsp. basil, crushed
- 1 10-1/2 ounce can cream of mushroom soup
- 1/2 C. milk
- 2 9-ounce packages fresh linguine or fettucine
- 3 sliced tomatoes
- 2 Tbsp. melted butter
- 1-1/2 C. croutons
- 1 C. grated Romano cheese

Sauté chicken, onion, celery and pepper in two tablespoons oil for about four minutes. Add mushrooms and seasonings and simmer 20 minutes. Blend in soup and milk and cook five minutes. Cook linguine according to package directions and toss with chicken mixture. Pour into a two-quart casserole. Overlap tomato slices on top. Toss croutons with butter and spread over tomatoes. Bake 20 minutes at 350 degrees. Top with cheese and bake another 10 minutes.

**--Veal may be substituted in place of chicken.

Submitted By:

Anne-Marie Davis

CHICKEN/SUN DRIED TOMATOES IN A CREAM SAUCE OVER PASTA

4-5 buds of garlic finely chopped

1 stick of butter

8-oz carton of heavy cream

Pkg. of sun dried tomatoes (soak in olive oil)

1 1/2 C. half and half

1 can/jar of heart artichokes

4-5 breast of chicken cutlets

Parmesan or Romano cheese

Two 9-oz. pkgs. of fresh pasta (tortellini/fettucine) or a one lb. box of pasta (any kind of pasta will do)

1. Melt butter in large saucepan over med-low heat and add garlic. Place on low heat until garlic becomes soft.
2. Add heavy cream and half and half stirring constantly. Add a couple of handfuls of Parmesan/Romano cheese and stir.
3. Add artichokes (cut into quarters).
4. Parboil sun-dried tomatoes in water for 5 minutes, drain and cut into halves or quarters and add to mixture.
5. Barbecue chicken (brush chicken with ketchup and mustard mixture first) on gas grill (on low, try not to burn chicken). Cut chicken into chunks and add to mixture stirring constantly until mixture becomes hot (always on low heat).

**You may want to add more half and half/Parmesan/Romano cheese depending on thickness of mixture. It shouldn't be too thick.

Can serve over any kind of pasta--mix pasta right into mixture. Jonilyn recommends penne or bow-tie (Farfalle) pasta.

Can also refrigerate mixture and reheat.

ENJOY!

Submitted by:

Jonilyn Davis Nelson and husband Carl

MONICA AND KEN'S TERRIFIC TURKEY BURGERS

Writes Monica: "This recipe is a hit at barbecues from North Carolina to Denver! Using turkey instead of beef helps our hearts! So from my heart to yours:"

Note: For 1 lb. of turkey you get 4 burgers

1/4 C. soft bread crumbs
1/4 C. chopped onions
2 cloves chopped garlic
1 Tbsp. of Worcestershire sauce
1 Tbsp. of prepared (commercial) mustard
1 1/4 tsp. chili powder
1/4 tsp. pepper
1/2 tsp. hot sauce

Mix all ingredients THOROUGHLY (if not, a bite of your burger can be very spicy, but some do "like it hot")

Make your patties.

Sauce for burgers (A MUST):

1/4 C. chopped green pepper

1/4 C. chopped onion

Sauté and then add:

1/2 C. catsup

1 Tbsp. brown sugar

1/2 tsp. horseradish

1/2 tsp. Worcestershire sauce

1/2 tsp hot sauce

1/2 C. water

Cook approx. 10-15 minutes to thicken. Then grab your buns, lettuce, etc. and enjoy!

Submitted by:

Monica Davis and husband Ken Dole

CHICKEN BROCCOLI CASSEROLE

1 pkg. chopped broccoli

Place 1/2 in buttered casserole

Mix together:

1/2 C. Hellman's Mayonnaise

2 tsp. lemon juice

1 can cream of chicken soup or celery soup

1/4 tsp. curry powder

Cook 2 chicken breasts and chop. Place 1/2 over broccoli in casserole. Cover with remaining broccoli and rest of chicken. Pour sauce mixture over all. Cover with buttered crumbs. Bake 45 minutes at 350 degrees. Serves 4.

Submitted by:

Brian Davis

CHICKEN PAPRIKASH

1 frying chicken, cut in pieces
1/4 C. butter (1/2 stick)
1/2 C. chopped onion
1/4 C. all purpose flour
2 tsp. paprika
2 tsp. salt
1/4 tsp. pepper
1 can chicken broth
2 C. dairy sour cream
1 Tbsp. Worcestershire sauce
1 pkg. medium noodles

Melt butter, add chicken; sauté until lightly browned. Cook slowly until tender. Remove chicken from pan, add onion to pan drippings and sauté. Blend in flour, paprika, salt and pepper. Add chicken broth, stir until smooth and thick. Remove from heat.

Stir in cream and Worcestershire sauce. Mix 1/2 of sauce with noodles--pour into buttered shallow 3 quart casserole. Put chicken pieces on noodles. Pour remaining sauce and bake at 325 degrees til heated. Serves 6.

Submitted by:
Brian Davis

BAKED CHICKEN CUTLET & NOODLES A LA WILLIAM

2 lbs. chicken cutlets
1 lb. egg noodles
1/4 C. parsley
1/4 C. chopped onion
1/2 garlic clove
Various cheeses

1. Bake chicken cutlets till lightly pink.
2. Cook egg noodles and drain.
3. Add parsley, onion, garlic to noodles and turn.
4. Add 1/4 C. oil (olive) or yogurt if desired.
5. Top with chicken cutlets--then cheese or bread crumb mix.
6. Bake 1/2 hour--Serves 4.

Submitted by:
William Davis

CRAB EGG PUFFS

For Cream Puffs:

Bring 1 C. water and 1/2 C. butter to a rolling boil in a saucepan. Add 1 C. all-purpose flour and 1/4 tsp. salt stirring vigorously over low heat until mixture forms a ball. Remove from heat and beat in 4 eggs one at a time until mixture is smooth. Beat in 1/4 C Parmesan cheese. Drop dough by tablespoonfuls onto lightly greased baking sheet. Bake in 400 degree oven for 18 to 20 minutes, or until lightly browned.

For Filling:

Combine 6 hard cooked boiled eggs, chopped fine, 1 can (7 1/2-oz) crab meat, drained and chopped fine, 1 C. chopped celery, 1/2 C. mayonnaise, 1/2 tsp. dry mustard and 1/2 tsp. salt. Cut tops off puffs and fill--replace tops. Chill before serving. Makes about 2 1/2 dozen.

Submitted by:
Eliza Davis

SHRIMP AND ANGEL HAIR PASTA

1-2 Tbsp. olive oil
1 lb. large shrimp
1-2 cloves garlic--crushed
8 fresh plum tomatoes--chopped
1/4 C. chopped fresh basil
1/2 C. white wine
1 C. cut up broccoli
1 pkg. Angel Hair pasta

Heat olive oil--sauté shrimp 2 min. each side. Remove shrimp. In same pan sauté garlic, broccoli and basil for 2 min. Add wine and chopped tomatoes. Simmer uncovered until liquid reduces by one third. Add shrimp to heat. Serve over hot Angel Hair pasta. Serves 4.

Submitted by:
Jo-Ann Russo Haas

Just what you needed..... another recipe for.....

MACARONI AND TUNA SALAD

1 can tuna
2 celery stalks, diced
1 green bell pepper, diced
3/4 box cooked elbow, shell or rotini macaroni
3 Tbsp. reduced-fat mayo
2 Tbsp. reduced-fat French dressing

Cook and drain pasta. Mix everything together and eat!
Good to eat warm or cold.

Submitted by:
Jackie Skarre (Mrs. Jeff Skarre)

LINGUINE WITH WHITE CLAM SAUCE

2 Tbsp. olive oil
1-1/2 lbs. onions, coarsely chopped
5 cloves garlic, minced, or 2 1/2 tsp. minced garlic in oil
12 cherry stone clams, or 2 10-oz. cans baby clams
1/2 C. dry white wine
Freshly ground black pepper to taste
3 Tbsp. lemon juice
9 ounces angel hair pasta, cooked and drained

1. Open the clams, drain off and save the juice, and remove the clams from the shells. Chop the clams or put them through a meat grinder. (See "how to prepare clams" under Broiled Stuffed Clams recipe by Curt Davis, Sr.)
2. Heat oil in skillet and sauté onions and garlic for about 10 minutes, until onions have softened.
3. Add the juice from the clams and the wine, and bring to a boil. Continue boiling to reduce liquid by approximately half, about 15 minutes.
4. Add clams, pepper and lemon juice and cook just to heat thoroughly. Serve clam sauce over pasta.

Note: Serve with green salad and steamed asparagus.
Serves 3.

Submitted by:
Anne-Marie Davis

BAKED STUFFED MAINE LOBSTER TAILS

Thaw lobster tails by separating them and setting out (room temperature for approximately 4 hours).

Place lobster tails in rapidly boiling water for 10 minutes, then cool by placing in cold water.

Split tails lengthwise by holding them rounded side up and running a sharp serrated knife through the center. Be sure to cut through all of the shell and devein the tail. When you are done, the tail should be butterflied with the meat inside facing up.

Gently loosen meat in shell.

Put 1 tsp. of melted butter inside each lobster tail half.

Pat the stuffing (see below) over the top of the lobster meat.

Put another tsp. of the melted butter over the top of the stuffing.

Place tails under broiler until the stuffing browns (this will only take 5 minutes or so).

STUFFING:

2 sleeves of Ritz crackers, crushed

1/2 C. ketchup

1 Tbsp. A-1 Sauce

1 Tbsp. Heinz 57

1 egg

Mix ingredients together. Stuffing should be moist but not too wet. If it is too wet, add more crackers. If it is too dry add another egg or more ketchup according to taste.

Submitted by :

Anne-Marie Davis

SHRIMP SCAMPI

2 lbs. medium shrimp
1/2 C. butter
1/2 C. olive oil
1/2 C. minced onion
1 clove garlic, minced
1/4 C. dry white wine
2 Tbsp. lemon juice
1/4 C. chopped fresh parsley
salt and pepper
1 lb linguine

Cook linguine according to package directions and keep hot. Wash, shell and devein the shrimp. Pat dry. In a large skillet, heat olive oil and butter. Sauté the onion and garlic 5 minutes. Stir in wine, lemon juice, parsley and shrimp. Cook, stirring, 5 minutes. Serve over hot drained linguine.

Serves 6.

Submitted by:
Anne-Marie Davis

MAINE LOBSTER STEW

Thaw lobster tails by separating them and setting out (room temperature for approximately 4 hours).

Place lobster tails in rapidly boiling water for 10 minutes then cool by placing in cold water.

Remove lobster meat from shell and devein tails.

Cut lobster meat up into bite-size pieces.

Sauté meat in frying pan with 1 tablespoon butter and 1 tablespoon water.

Heat 2 quarts of milk to a scald in a large pot. You may use heavy cream or half and half if you would like a thicker stew.

Add lobster to milk, stir, then remove it from heat and let cool.

Refrigerate overnight. Lobster Stew becomes more flavorful when it is allowed to sit overnight.

Reheat and serve. This should serve 5.
(2 lbs. of lobster meat may be used in this recipe if you do not have lobster tails.)

Submitted by:
Curt Davis, Sr.

BROILED STUFFED CLAMS

Preparation time: 50-60 minutes

- 1/2 tsp. minced onion or shallot
- 1 bud garlic, minced
- 4 Tbsp. butter or margarine
- 1 1/2 dozen clams in the shell
- 1/2 C. water or dry white wine
- 2 Tbsp. flour
- 1/2 C. cream or evaporated milk
- 3/4 C. fine dry bread crumbs
- 1/4 C. grated cheese

1. Sauté the onion and garlic in 2 Tbsp. of the melted butter or margarine for 3 minutes.

2. Add the well scrubbed clams and the wine, cover the pan and simmer 5 to 10 minutes, or until clams are opened. Remove the clams from the pan, and remove the clams from the shells. Chop the clams or put them through a meat grinder. Rinse the shells in cold, running water.

3. In another saucepan, melt the 2 remaining spoonfuls of butter or margarine and blend the flour into this. Gradually add the strained broth from the clams and the liquid in which they steamed; stir and simmer 2 minutes.

4. Add the cream or evaporated milk and the chopped clams. Fill each of the 18 clams shells with a spoonful of this mixture. Top each with bread crumbs mixed with cheese. Place on a shallow pan and set under the broiler 5 minutes or until the tops are lightly browned. Serves 6.

TO PREPARE CLAMS:

Clams should be thoroughly scrubbed with a brush and rinsed in cold running water before being opened. They are opened by steaming or with a special thin-bladed knife, which is also used for opening oysters. Insert the knife between the clams shells, find the muscle or neck of the clam and cut the clam loose from its shell. Then twist the knife to force the shells apart. Drain off the juice, saving it, and either leave the clam in its larger shell or remove it. It is sometimes necessary to strain the liquid from the clams through cheesecloth to make sure that all bits of grit or broken shell are removed from it.

Submitted by:
Curt Davis, Sr.

SHRIMP FLORENTINE

1 lb. medium shrimp, peeled and deveined
1/4 C. chopped scallions
1 10-ounce package frozen chopped spinach
3 Tbsp. butter or margarine
3 Tbsp. flour
1/2 tsp. salt
1 3/4 C. milk
1/2 C. shredded Cheddar cheese
1 1/2 C. seasoned croutettes tossed in 2 Tbsp. of melted
butter

Preheat oven to 375 degrees. Place scallions in
saucepan with spinach and cook according to directions
on spinach package. Drain well. Spread over the
bottom of a shallow baking dish. Melt butter in
saucepan. Add flour and salt, blending for 1 minute.
Gradually add milk, stirring until it reaches a boil and
thickens. Add cheese and shrimp, stirring until cheese
melts. Pour over spinach. Sprinkle buttered croutettes
on top and bake 20 minutes. Serves 4.

Submitted by:
Mary E. Davis

MUSSELS WITH SPICY TOMATO SAUCE

2 Tbsp. olive oil
1 onion, chopped
4 cloves garlic, minced
1 (28-ounce) can crushed tomatoes
1/2 C. sun-dried tomatoes packed in oil, chopped
1/4 tsp. hot red pepper flakes, or to taste
2 Tbsp. capers, rinsed
1/4 C. Gaeta or Nicoise olives, pitted
Salt and black pepper to taste
2 lbs. medium mussels, washed, debearded
1 lb. penne pasta
1/4 C. chopped Italian parsley

1. In a large pot, heat olive oil and sauté onions and garlic over low heat 7 to 8 minutes. Do not allow them to brown. Stir in crushed tomatoes, sun-dried tomatoes and hot red pepper flakes; cook 15 minutes over medium heat. Stir in capers and olives and simmer 3 minutes. Add mussels, cover tightly and cook until mussels open; 6 to 8 minutes.

2. Meanwhile, cook pasta until it is almost al dente. Drain pasta well and return to pot.

3. When mussels open, remove them and set aside. Add sauce to pasta and continue to cook until pasta is al dente. Place pasta in serving dish and arrange mussels around the edge. Sprinkle with parsley. Serves 4 to 6.

Submitted by:
Mary E. Davis

5

CRAB MEAT TOSSED WITH PASTA

2 cloves garlic, minced
2 small zucchini
4 medium tomatoes
1/4 C. chopped parsley
1/2 C. Chablis, or dry white wine
1/2 C. heavy cream
1 tsp. thyme
1/2 tsp. pepper
1/2 lb. Backfin or lump crab meat
2 9-ounce packages fresh angel hair or fettucine
Freshly grated Parmesan cheese

In a large saucepan, sauté garlic and zucchini in oil for 1 minute or 2. Add tomatoes and simmer until zucchini and tomatoes soften. Add next 5 ingredients and simmer about 5 minutes until sauce thickens. Toss crab meat, sauce, and pasta.

Serve with a sprinkling of Parmesan cheese on top.

Submitted by:
Mary E. Davis

CRAB MEAT SAVANNAH

1 lb. lump crab meat, cartilage removed
1/3 C. dry sherry
1 red pepper, chopped
3 slices soft white or wheat bread torn
4 Tbsp. butter or margarine, melted
1/2 C. light cream
Juice of 1 lemon
1/2 C. mayonnaise
1 tsp. Worcestershire sauce
1/8 tsp. pepper
1/2 C. (2-oz) grated Cheddar cheese
1/2 C. bread crumbs
1 Tbsp. melted butter or margarine

Marinate crab meat in sherry overnight. Preheat oven to 350 degrees. Combine red pepper, bread, butter, cream, lemon juice, mayonnaise, Worcestershire sauce and pepper. Gently stir in crab meat (with sherry) and cheese. Pour mixture into a greased casserole dish. Combine crumbs with butter and crumble over top. Bake uncovered 25 minutes. Serves 4.

Submitted by:
Mary E. Davis

COUSIN SHA'S SPICY SHRIMP AND SCALLOPS OVER LINGUINI

"I like this recipe because it's so simple and quick. But mostly for the fact that there's only 2 pots to clean when you're finished. Besides me, this is Tommy's other favorite hot and spicy dish."

1 jar Spaghetti Sauce--any kind, 26 oz.
1 lb. linguini
1 lb. medium to large shrimp
1 lb. bay scallops or sea scallops
Crushed red pepper to taste--start off slow, 1/2 Tbsp.

Cook linguini to taste.

Add shrimp and scallops to sauce and simmer low about 20 minutes. Add as little or as much red pepper as you like. Serve with salad and Italian bread. Serves 4.

Submitted by:
Sharon Henschel Moran

KATHIE'S CHICKEN 'N' BISCUIT CASSEROLE

Here's Kathie's favorite recipe. She notes that it's heart healthy as well!

1 C. chopped onion
1/2 C. (1 stick) margarine
1/4 C. dry sherry or water
10 1/2 oz can low sodium chicken broth
1 C. flour, divided
1 tsp. poultry seasoning
3/4 tsp. salt (optional)
2 1/2 C. chopped, cooked chicken breast
1 10-oz pkg. frozen peas and carrots, thawed
3/4 C. Quaker Oats (Quick or Old-Fashioned, uncooked)
2 tsp. baking powder
1/2 C. skim milk
1 egg white

Heat oven to 425 degrees. Cook onion in 2 tablespoons margarine over medium heat until tender. Add sherry, broth, 1/4 C. flour, seasoning and salt. Cook 3 minutes or until thickened. Stir in chicken and vegetables, pour into 2 quart casserole.

Combine 3/4 C. flour, oats and baking powder. Cut in remaining margarine until crumbly. Stir in milk and egg white until moistened. Drop 1/4 cupfuls onto chicken.

Bake 38 to 42 minutes until golden. Serves 6.
Can be frozen without biscuits. Nutrition Information:
Calories: 440, Fat: 8g, Cholesterol: 65 mg, Dietary
Fiber: 3 g. Sodium: 475 mg.

Submitted by:

Kathie Russo (Mrs. Charles Russo, Jr.)

Cakes, Cookies, & Desserts

5

CARROT CAKE WITH PINEAPPLE

3 eggs beaten
2 C. sugar
1 1/3 C. cooking oil
3 C. flour
1 tsp. salt
2 tsp. vanilla
2 tsp. baking soda
2 tsp. cinnamon
2 C. grated carrots
1 C. chopped walnuts or pecans
1 C. drained crushed pineapple

Blend eggs, sugar and cooking oil. Sift together flour, salt, soda and cinnamon. Stir in, with the flour mixture, the grated carrots, chopped nuts, pineapple and vanilla. Pour the batter into a 10" tube pan, ungreased, and bake it at 350 degrees for 1 hour and 15 min.(75 min.). Cool cake right side up-25 minutes, then loosen around sides. Shake powdered sugar over top of cake.

Submitted by:

B.J. Skarre (Barbara Davis Skarre)

RICOTTA CAKE

1 box any flavor cake mix (mix according to pkg. directions)

MIX: 2 lbs. ricotta

4 eggs

3/4 C. sugar

1 1/2 tsp. vanilla

Place cake mix in greased and floured 13 x 9 inch pan. Pour ricotta mixture along center of pan. DO NOT MIX---place pan in larger pan of water.

Bake at 350 degrees for 45 minutes then take out and sprinkle with 1/2 tsp. sugar and 2 Tbsp. cinnamon on top. Bake 30 minutes more.

Submitted by:

Bette Davis Vallillo

THE AUTHENTIC MRS. FIELD'S COOKIES!

Cream together:

1/2 C. butter

1/2 C. sugar

1/2 C. brown sugar

Add: 1 egg

1/2 tsp. vanilla

Take 1 1/4 C. oatmeal--put small amounts in blender;
blend until it turns to powder--set aside.

Take a 2 oz. plain Hershey bar --grate in blender or by
hand--set aside.

Mix: Oatmeal

1 C. flour

1/4 tsp. salt

1/2 tsp. baking powder

1/2 tsp. baking soda

Combine all above ingredients except chocolate. Mix
well. Add a 6 ounce bag of chocolate chips. Add
grated Hershey bar. Make golfball-sized cookies.
Bake on ungreased cookie sheet for 6 minutes at 375
degrees. We doubled the recipe for a large bag of chips.
ENJOY!

(This recipe was distributed by a woman who saw an ad for the purchase of the recipe. She thought the price of the recipe was \$2.50 and sent her Visa card number so they could charge her the \$2.50 on it. She got the recipe along with her Visa statement for \$250! She had misunderstood but it was too late since she already knew the recipe. So she wants everyone to know and use the recipe.

Submitted by:

JoAnn Vallillo (Mrs. Todd Vallillo)

SEVEN LAYER MAGIC COOKIE BARS

1/2 C. margarine or butter
1 1/2 C. graham cracker crumbs
1 (14-ounce) can Eagle brand Sweetened Condensed Milk (NOT evaporated milk)
1 C. (6-ounces) semi-sweet chocolate chips
1 (6-ounce) package butterscotch flavored chips
1 (3 1/2-ounce) can flaked coconut (1 1/2 cups)
1 C. chopped California walnuts

Preheat oven to 350 degrees (325 degrees for glass dish). In 13 x 9 inch baking pan, melt margarine in oven. Sprinkle crumbs over margarine; pour the sweetened condensed milk evenly over the crumbs. Top with remaining ingredients in order listed; press down firmly. Bake 25 to 30 minutes or until lightly browned. Cool. Chill if desired. Cut into bars. Store loosely covered at room temperature. Makes 24-36 bars. Prep. Time: 10 minutes.

Wendy (The Dietitian) writes: "Well, they're far from low fat but they are delicious!...Remember everything in moderation!"

*Submitted by:
Wendy Vallillo Osborn*

EASY APPLE DESSERT

Notes Lisa: "This is a delicious, easy dessert to make in a jiffy. It's great served with vanilla ice cream!"

Fill up a deep glass pie plate with cut up apples. Then sprinkle over apples: 1 Tbsp. sugar and 1 Tbsp. cinnamon. Melt 3/4 C. margarine. Mix melted margarine into 1 C. flour, 1 C. sugar, 1/2 tsp. salt and 1 egg (beaten). Pour evenly over apples. Bake at 350 degrees for 45 minutes.

Submitted by:

Lisa and Ken Davis

APPLE CRISP

"A great snack for the kids--Dustin and Erin's favorite!"

--Grease a square pan.

--Dice about 6-7 apples (peeled)

Mix in bowl:

1 C. flour

3/4 C. sugar

1 tsp. baking powder

1/2 tsp. salt

1 unbeaten egg

1/4 stick of butter

Mix until forms crumbs. Sprinkle over apples in pan. Sprinkle a little cinnamon on top. Bake at 350 degrees for approximately 40 minutes. ENJOY!

Submitted by:

Linda Henschel O'Brien

COUSIN LINNY'S AUTUMN APPLE PIE

(Steven, Linda and the kids look forward to apple picking out east every Fall)

4 to 5 apples peeled and sliced into chunks (no pits)

Approx. 2 Tbsp. of lemon juice

1 C. of sugar

A touch of cinnamon (according to likes)

Place all ingredients into a large bowl. Mix around well so apples are all coated. Pour into pie shell. Dab a few pats of margarine on top of apples. Cover with another crust upside down. Poke a few fork holes to let steam out. Pour a little milk on top for a glaze, add a little sugar and cinnamon (optional).

Bake at 350 degrees for approximately 30 minutes or until crusts are golden brown. Serve warm with vanilla ice cream for those extra calories (Dad's way).

Says Linda: "If you really want to be domestic make your own crust--I'd rather be gardening!"

Submitted by:

Linda Henschel O'Brien

MINIATURE CHEESECAKES

1/3 C. graham or oreo crumbs
1 Tbsp. sugar
1 Tbsp. margarine/butter--melted
1 8-oz pkg. cream cheese
1/4 C. sugar
1 1/2 tsp. lemon juice
1/4 tsp. vanilla
1 egg
1 can of topping (cherry, strawberry, etc.)

Combine crumbs, sugar and margarine; press rounded measuring tablespoonful of crumb mixture onto bottom of paper muffin cups. Bake at 325 degrees for 5 minutes.

Combine cream cheese, sugar, lemon juice and vanilla; mixing at medium speed. Blend in egg, pour over crust, fill each cup 3/4 full. Bake at 325 degrees, for 25 min. Chill 20 minutes and top with topping.

Submitted by:

Mr. and Mrs. Kevin Davis (Kevin & Denise)

COCA COLA CAKE

Preheat oven--350 degrees

Bake 40-45 minutes

1 C. butter or margarine, softened

1 3/4 C. sugar

3 Tbsp. cocoa

2 eggs

1 tsp. vanilla

2 C. flour

1/2 C. buttermilk, add 1 tsp. soda

Beat well

1 C. cola (blend well)

1 1/2 C. miniature marshmallows
(stir in by hand)

COLA ICING

1/2 C. softened butter

3 tsp. cocoa

1/2 C. cola beverage

4 C. confectioners sugar

1 C. chopped pecans

Combine first 4 ingredients in small mixer bowl. Beat until smooth. Stir in pecans.

Submitted by:

Steve, Kelly and Casey McCabe

CREAM PUFFS

Bring 1 C. water, butter the size of a walnut, to a rolling boil.

Add 1 C. flour and stir vigorously over low heat until mixture cleaves from sides of pan. Remove from heat, and with a fork beat in eggs one at a time until mixture is smooth.

Drop by tablespoons onto lightly greased baking sheet. Bake at 400 degrees about 18 to 20 minutes.

Filling can be whipped cream or vanilla pudding. Also can be filled with hard boiled eggs, chopped crab meat, celery, mayonnaise.

Cream puffs can be made large or small. Fill just before serving. *[Ed. note: I remember these as my favorites when Gram used to make them--oh were they good!]*

Submitted by:

"Eliza"