

Main Dishes

*Let us not become weary in doing good, for at the proper time
we will reap a harvest if we do not give up.*

Galatians 6:9

MAIN DISHES

BEEF TENDERLOIN

3 lb. beef tenderloin	2 Tbsp. soy sauce
2 Tbsp. butter	1 tsp. Dijon mustard
¼ c. chopped green onions	¾ c. dry sherry
2 Tbsp. butter	

Let meat sit at room temperature for 2 to 3 hours. Rub 2 tablespoons butter on top. Bake 20 minutes at 400°.

Make sauce: Saute onions in remaining butter. Add soy sauce and mustard. Stir in sherry and heat until boiling. After meat has cooked 20 minutes, pour sauce over and bake another 25 minutes for medium rare. Baste as cooks.

Susan Smart Kienzle

BEEF BRISKET

1 beef brisket (any size)	1 env. dry onion soup
Brown sugar	2 Tbsp. tomato paste
1 can whole cranberry sauce	¾ c. sherry or wine

Salt and pepper brisket. Sear the brisket in high oven for 10 minutes. Take out of oven and sprinkle brown sugar on top of brisket. Add cranberry, onion soup mix, tomato paste, and sherry. Cover and bake at 300° or 325° for 2½ hours or until tender.

Julie Funk

SLOPPY JOES

½ lb. lean ground beef	1 Tbsp. Worcestershire
1 minced onion	1 tsp. salt
2 celery stalks, minced	2 Tbsp. pickle relish
1 (12 oz.) chili sauce	⅛ tsp. pepper
2 Tbsp. brown sugar	

Cook beef, onion, and celery; drain. Add to slow cooker-crock pot with rest of ingredients. Cook on low 3 to 4 hours. Spoon on toasted buns. May be doubled or tripled easily. Makes 4 to 6 servings.

Joanie Asendorf

BEEF SWIRLS

2 c. small bread cubes	2 tsp. salt
1½ c. grated Cheddar cheese, packed	¼ tsp. pepper
½ c. chopped green pepper	1 egg, beaten
⅓ c. + 1 Tbsp. grated onion	2 lb. ground chuck
1 Tbsp. Worcestershire	1 can tomato soup

Mix bread cubes, cheese, green pepper and onion, Worcestershire sauce, ½ can soup, salt, and pepper. Mix chuck, egg, and ½ can soup. Pat into 12x15 inch shape on wax paper. Pat cheese mixture on top, making sure to go to edges. Roll like jelly roll; secure edges. Chill in freezer until firm and cut in 8 equal parts. Bake in baking dish at 325° for 40 to 45 minutes.

Pat Witzeman

BEEF STROGANOFF

3 lb. round steak	2 cans sliced mushrooms
3 Tbsp. cooking oil	3 cans Dawn mushroom sauce
3 Tbsp. flour	1 pt. sour cream
2 tsp. salt	2 Tbsp. butter or oleo
1 tsp. pepper	

Trim fat from round steak and cut into slices 2 to 3 inches long; set aside. Heat oil in skillet that will hold 1½ gallons liquid. Cook meat, salt, and pepper over low heat with pan, covered, for 10 to 15 minutes, turning meat once. Drain mushrooms, keeping juice and add mushrooms to meat, letting cook 5 minutes. Remove meat and mushrooms and set aside. Add butter and flour to what's left in pan and cook 2 minutes, then add sour cream and mushroom juice. Stir and cook until smooth. Add Dawn mushroom sauce; return meat and mushrooms to sauce and let heat through.

From my grandmother Eva Todd Deye.

Randy Deye

BEEF ROULADEN

4 thin slices beef round tip roast (about 1 to 1½ lb.; ask the butcher for help)	14 oz. canned beef broth
2 slices uncooked bacon, cut in quarters lengthwise and halfwise, to produce 8 thin strips	½ c. water
½ Tbsp. vegetable oil	1 Tbsp. red wine vinegar
¼ c. finely chopped onion, divided	1 Tbsp. brown sugar
¼ c. sweet pickle relish, divided	¼ tsp. ground allspice
	3 cloves
	⅓ c. flour
	⅓ c. cold water
	Toothpicks
	Egg noodles

Cut the round tip slices lengthwise to produce 8 strips of beef. On each beef strip, lay one uncooked bacon strip. Sprinkle the length of the beef strip with ½ tablespoon onion and ½ tablespoon relish. Roll tightly and secure with toothpicks. (Lots of onion and relish will inevitably escape. Save it.)

Heat the vegetable oil in a heavy medium-size skillet. Thoroughly brown the beef rolls. Add the broth and ½ cup water. (Rolls should be covered by liquid. If your skillet is too big, transfer everything at this point to a small saucepan.) Add all the relish and onion which leaked out the sides when you made the rolls. Add the vinegar, brown sugar, allspice, and cloves. Cover skillet and simmer rolls about 2 hours.

Stir together the flour and ⅓ cup cold water until it is a very smooth paste. (No lumps!) Temper the flour paste by slowly adding ½ cup of the hot broth to the paste and stirring constantly till well mixed. Slowly add this mixture to the cooking pot, again stirring constantly. Cover skillet and let simmer about another ½ hour to remove any "raw flour" taste from the gravy.

During this time, cook the egg noodles according to package directions. Serve beef rolls and gravy over the noodles. Blame any gravy lumps on escaping relish.

Cindy Lange

JOHNNY'S DINNER

1 to 2 lb. lean ground beef	3 Tbsp. Worcestershire sauce
1 onion	2 c. medium egg noodles (measure dry)
1 green pepper	Mushrooms (optional)
1 can tomato soup	
1 c. water	
1 small pkg. Philadelphia cream cheese	

Cut up onion and green pepper. Brown lightly with meat; set aside. Heat soup and water together; add Worcestershire and cut up cream cheese. Cook and drain noodles according to directions. Put meat mixture and noodles in casserole. Pour sauce over. Bake at 350° for 40 minutes.

Mrs. Allan B. McArdle

NOODLE CASSEROLE

1½ lb. ground beef	½ c. sour cream
1 Tbsp. margarine	⅓ c. chopped onion
2 (8 oz.) cans tomato sauce	Chopped green pepper
1 (8 oz.) pkg. medium noodles	2 Tbsp. margarine, melted
1 c. cottage cheese	
1 (8 oz.) pkg. Philadelphia cream cheese, softened	

Brown meat; stir in tomato sauce. Remove from heat. Boil noodles in salted water and drain. Combine cottage cheese, Philadelphia cream cheese, sour cream, onion, and green pepper. In buttered 2 quart casserole (souffle style), spread ½ noodles. Cover with cheese mixture. Cover with remaining noodles. Pour melted margarine over noodles. Put meat mixture on top. Bake at 350° for 45 minutes.

Mrs. George Black

COMPANY CASSEROLE

1 lb. ground beef	1 can tomato soup
1 tsp. salt	1 can water
½ onion, chopped	4 oz. mushrooms
½ green pepper, chopped	1 c. shredded cheese
8 oz. cooked spaghetti	1 can cream of mushroom soup

Brown beef in skillet. Add onion, green pepper, and salt. Cook a little; add spaghetti, soups, water, and mushrooms. Put into greased casserole and top with cheese. Bake, uncovered, at 350° for 35 minutes.

Donna Goodbar

LAZY BEEF CASSEROLE

1 lb. beef chuck cubes	1 medium onion, chopped
½ c. red wine	¼ c. fine dry bread crumbs
1 (10½ oz.) can consomme (undiluted)	¼ c. all-purpose flour

Put meat in casserole with wine, consomme, and onion. Mix flour and bread crumbs. Stir into liquid. Cover and bake at 300° for 3 hours. (I put this in my slow cooker.)

Hope Jarvis

MACARONI AND BEEF

1 lb. ground beef	1/8 tsp. pepper
1 c. uncooked elbow	1 (15 oz.) tomato sauce
1/2 c. chopped onion	1 c. water
1/2 c. chopped green pepper	2 to 3 tsp. Worcestershire sauce
1 tsp. salt	

Cook beef and drain. Add back to pan and add elbow, onion pepper, salt, and green pepper. Cook until elbow is transparent. Add sauce, water, and Worcestershire. Cover and simmer 20 minutes. Stir and let stand 5 minutes with heat off. Makes 4 to 5 servings.

Joanie Asendorf

BETTY'S MARSETTI

1 1/2 lb. ground beef	1 can mushroom soup
1 large onion, chopped	1/2 lb. noodles, cooked
1 green pepper, chopped	1/2 lb. sliced Swiss cheese or
1 tsp. garlic salt	Mozzarella cheese
1 (15 oz.) can tomato sauce	

Set oven to 350°. Brown ground beef; drain off excess grease, onion, and pepper. Add salt, tomato sauce, and mushroom soup. Spray a 9x13 inch pan with cooking spray. Mix ground beef mixture with cooked noodles; put in pan and top with Swiss cheese. Bake for about 30 minutes until nice and brown.

Nancy Crotty

\$10,000 CASSEROLE

1/2 lb. fine noodles	1/2 tsp. salt
2 to 3 Tbsp. shortening (may use 1/2 butter, 1/2 olive oil)	1/4 tsp. pepper
2 c. onion, chopped	1 c. soy sauce
2 lb. ground chuck	1 tsp. Worcestershire sauce
1 (4 oz.) can sliced mushrooms	1/2 lb. Cheddar cheese, grated
1 can cream of chicken soup	1/4 lb. mixed nuts
1/2 c. milk	1 (8 1/2 oz.) can chow mein noodles

Preheat oven to 350°. Cook and drain fine noodles. Saute onion in large skillet in shortening until golden. Add meat; cook until browned. Combine mushrooms, soup, and milk. Add to meat mixture. Blend in spices, soy sauce, and Worcestershire sauce. Mix well and heat thoroughly.

Butter a 3 quart casserole and spread cooked noodles over bottom. Cover with meat mixture. Top with cheese. Heat well in oven for 15 minutes or until cheese bubbles. Remove and top with nuts and chow mein noodles. Return to oven and bake for 10 minutes more.

Penny Campbell

PARTY SPAGHETTI

- | | |
|------------------------------|--|
| 1 lb. linguini or vermicelli | 1 tsp. dried oregano |
| 2 lb. ground round | 1 tsp. garlic powder |
| 3 Tbsp. olive oil | 2 c. cottage or Ricotta cheese |
| 1/2 lb. mushrooms | 1 pkg. cream cheese |
| 2 medium onions, chopped | 1/2 c. sour cream |
| 1/4 c. parsley, chopped | 1/2 c. chopped chives (green
onions, scallions) |
| 2 cans tomato sauce | |
| 1 can tomato paste | |

Simmer sauce 15 minutes - olive oil, spices, meat, mushrooms, onions, tomato sauce, and paste. Cook linguini. Combine cheeses, sour cream, and chives. Layer in casserole (buttered) linguini, cheese mixture, linguini, and sauce. Repeat. Bake 35 to 40 minutes at 350°. Serve with salad and bread.

Shelley Julius

SPAGHETTI IN ONE PAN

- | | |
|-------------------------|------------------------------|
| 1 chopped onion | 3 c. canned tomatoes |
| 1 1/2 lb. ground beef | 2 Tbsp. Worcestershire sauce |
| Chopped clove of garlic | 1 tsp. salt |
| 1 green pepper, chopped | Mushrooms |
| 1 c. celery, cut up | |

Brown meat, onion, and garlic. Add rest of ingredients. Add 1/2 box thin spaghetti. Cover pan and steam 10 minutes. Cook on low for 30 minutes. Serve with grated cheese on top.

Mrs. George Black

BEEF BARBECUE

- | | |
|-------------------|-----------------------|
| 3 lb. cubed beef | 1/3 c. Worcestershire |
| 1 can tomato soup | 1/2 c. water |
| 1 onion, chopped | 1/2 tsp. celery salt |
| 1/4 c. sugar | 1/2 tsp. garlic salt |
| 1/2 c. vinegar | |

Mix together in roaster. Bake at 325°, covered, for 2 1/2 to 3 hours. When tender, shred with a potato masher. Serve on buns.

Cynthia K. Dybdahl

ANGELS ON HORSEBACK

My children loved these sandwiches. I would make a big batch of them and then store them in the freezer all ready to stick under the broiler when everyone was hungry. I think the name comes from the fact that the open hot dog buns look like wings. You may have a better guess than mine.

1 lb. grated Cheddar cheese
1 lb. ground up bacon (use food processor and metal blade)

1 small onion, chopped fine

Blend the ground ingredients. Beat 3 eggs. Add to mixture. Spread on open hot dog buns (this makes enough for 2 packages of buns). Broil until browned and bubbling.

Peg Emerson

CAPITAL PUNISHMENT CHILI

2 lb. lean ground round beef
2 lb. beef tenderloin, cubed 1/2 inch
4 Tbsp. lard or Crisco
3 tsp. crushed garlic
2 c. chopped onions
4 Tbsp. chili powder
1 tsp. hot chili powder
1 Tbsp. cumin
1 Tbsp. cumin seed
1 Tbsp. paprika

1 Tbsp. oregano
1 bottle beer
1 (10 oz.) can beef broth
1 (15 oz.) can tomato sauce
2 small cans mild chillies, chopped
1 Tbsp. crushed chili peppers
1 tsp. salt
1 tsp. sugar
1 tsp. pepper

Brown meat with grease until grey. Put in cooking pot; save drippings and saute and glaze onions and garlic in drippings. Add to pot. Stir in all other ingredients; simmer 2 hours, stirring frequently. Best if refrigerated overnight and reheated. Thin with beer if necessary.

This is a true Texas style chili - no beans!! Was carried by cowboys and mountain men as a trail food. Add water and heat!!

Based on a national chili cookoff national champion.

Clint Mauk

A STEW FOR ALL OCCASIONS

5 to 6 qt. Dutch oven	2 tsp. dried herbs, Italian herb seasoning
1 (16 oz.) can crushed tomatoes	2 tsp. salt
$\frac{2}{3}$ c. dry red wine or water	2 small bay leaves
$\frac{1}{2}$ c. beef broth	$\frac{1}{2}$ tsp. pepper
$\frac{1}{4}$ c. quick cooking tapioca	
1 Tbsp. granulated sugar	

Stir in 3 pounds cubed lean boneless beef chuck. Add 1 pound carrots (10 medium) scrubbed and quartered crosswise, 4 large ribs celery, trimmed, washed, and cut in 1 inch chunks, and 3 medium size onions, peeled and quartered. Cover and bake about 3 hours, stirring twice, until meat is tender and sauce is thickened. Discard bay leaves before serving. Best if made a day or two ahead. For party fare, throw in 12 ounces of small mushrooms and 2 tablespoons Dijon mustard before you reheat. Simmer 10 minutes, then stir in 10 ounces frozen peas and simmer 4 minutes.

Flossie Wilson

BEEF STEW

2 or 2 $\frac{1}{2}$ lb. stewing beef (1 inch cubes)	A little garlic salt
2 onions, coarsely chopped	$\frac{1}{8}$ tsp. sage (optional)
3 to 4 carrots, sliced about $\frac{1}{2}$ inch thick	1 Tbsp. dark brown sugar (or more)
1 c. chopped celery	1 beef bouillon cube
1 (15 oz.) can stewed tomatoes	3 Tbsp. Minute tapioca
Salt and pepper (2 tsp. salt, $\frac{1}{2}$ tsp. pepper)	

Place all ingredients in a large casserole. Cover tightly and cook slowly at 250° for 5 hours or 300° for 4 hours. Last half hour, I add $\frac{1}{2}$ cup of burgundy or sherry. You may add diced potatoes if you like. Better the second day. *Freezes well.*

Beverly Rohman, from Grama Rohman

EASY BEEF STEW

2 lb. beef stew	1 can tomato soup
2 frozen bags stew vegetables	$\frac{2}{3}$ c. Chianti wine
1 can mushroom soup	

Put all in a large kettle with lid and cook in oven 5 to 6 hours at 275°. Can add a little salt, parsley, green beans, or peas.

Mrs. George Black

SAM'S BEAN STEW

- | | |
|--|--|
| 2 (20 oz.) crushed tomatoes | 1 (16 oz.) can hot pepper rings |
| 1 (46 oz.) can tomato juice | 1 medium red cabbage (remove center and slice) |
| 1 (48 oz.) can V-8 juice | 2 large peppers, seeded and chopped |
| 1 (15 ³ / ₄ oz.) can hot and spicy chili beans | 4 medium carrots, scraped, sliced, and chopped |
| 1 (15 oz.) can dark red kidney beans | 10 red radishes, chopped |
| 1 (15 oz.) can pinto beans | 10 white radishes, chopped |
| 1 (16 oz.) light red or white kidney beans | 2 medium Spanish onions, chopped |
| 1 (19 oz.) can Java beans | 2 medium white onions, chopped |
| 1 (19 oz.) cannellini beans | 2 bunches green onions, chopped |
| 1 (15 oz.) can black beans | 4 zucchini squash, sliced and chopped |
| 1 (48 oz.) Great Northern beans | 4 yellow squash, sliced and chopped |
| 1 (15 ¹ / ₂ oz.) can chickpeas | 2 large leeks, sliced and chopped |
| 1 (20 oz.) can ceci beans | 4 large ripe tomatoes, quartered |
| 1 (15 oz.) butter beans | |
| 1 (24 oz.) can great broad beans | |
| 1 (17 oz.) can lima beans | |
| 1 (10 oz.) can hot piccalilli sauce | |

Use 2 large (5 quarts or more) soup kettles. Put $\frac{1}{2}$ of all ingredients into each kettle. Heat to first boil; reduce heat to simmer. Cook for 3 hours, stirring several times. Test for doneness by checking pieces of carrots.

While soup is cooking, place 22 pint glass jars in dishwasher. Wash normally. When soup is finished cooking, fill jars to 1 inch from top. Cool; cover top with Saran Wrap. Hold wrap with rubber bands. Freezes very well. Makes about 22 pints.

Sam Hunter

KOREAN BEEF

- | | |
|--------------------------------|-------------------------------|
| $\frac{1}{2}$ c. soy sauce | $\frac{1}{2}$ tsp. pepper |
| $\frac{1}{4}$ c. oil | 1 Tbsp. honey |
| 3 green onions, finely chopped | 2 Tbsp. sesame seeds |
| 2 cloves garlic, crushed | Slivered beef or shish kabobs |
| $\frac{1}{2}$ tsp. salt | |

Mix all ingredients. Marinate meat overnight. If using slivered beef, broil meat until desired doneness. Serve with rice. If using for shish kabobs, assemble kabobs using marinated meat cubes and grill over hot coals. Use extra sauce to baste kabobs while cooking.

Diane Davis

MEATBALLS

1 lb. ground beef	Parmesan cheese to taste
1/4 c. water	Oregano to taste
Onions to taste	Chicken gumbo or French onion
Parsley to taste	soup
Paprika to taste	2 to 3 c. noodles
Garlic to taste	

Prepare meatballs and wait 30 minutes. Brown in pan. Bake for 30 minutes. Pour in chicken gumbo soup or French onion soup and heat up. Serve over 2 cups or more of cooked noodles.

Deborah Bonnett

HOT DOG SAUCE

1 lb. ground beef	1 1/2 tsp. paprika
3/4 tsp. thyme	1/2 tsp. salt
3/4 tsp. cumin	1 garlic clove, crushed
1 Tbsp. chili powder	Dash of red pepper
1 1/2 tsp. pepper	1/2 c. water

Brown and crumble the ground beef. Add the rest of the ingredients. Simmer 1 hour.

Mrs. Elmer Dickinson

STEAK MARINADE

1/3 c. lemon juice	2 1/2 tsp. seasoning salt
1 1/2 c. oil	1 Tbsp. pepper
3/4 c. soy sauce	1/2 c. vinegar
1/4 c. Worcestershire sauce	1 1/2 Tbsp. dried parsley
2 Tbsp. prepared mustard	1/2 tsp. garlic powder

Mix well and marinate steak of your choice several hours or overnight. Sauce may be used a second time.

Martha Griswold

LONDON BROIL MARINADE

London Broil	1/4 c. wine vinegar
3/4 c. salad oil	1 tsp. parsley flakes
6 Tbsp. soy sauce	1/3 c. lemon juice
2 Tbsp. Worcestershire	1 clove crushed garlic
1 Tbsp. mustard	1/2 tsp. pepper
1 tsp. salt	

Marinate meat for 4 hours, turning frequently. Grill slowly and enjoy!

Patty Henry Williams

STUFFED GREEN PEPPERS

1 lb. ground beef (chuck)	3/4 c. onion
1/2 c. rice	6 Tbsp. tomato paste
1 tsp. chili powder	2 tsp. salt
1 tsp. brown sugar	1/2 tsp. pepper

Mix and stuff cooked peppers. Cover with sauce.

Sauce:

1 c. tomato soup	1 c. water
1 tsp. sugar	Salt and pepper

Parboil 8 peppers 5 minutes; remove seeds. Bake at 350° for 1 hour 20 minutes.

Barbar Coon

HAM AND CHEESE SANDWICHES FOR A PARTY

1 c. butter	1 1/4 lb. thinly sliced ham
1/4 c. grated onion	10 oz. thinly sliced aged Swiss cheese
1/4 c. French's yellow mustard	
2 Tbsp. poppy seeds	40 cocktail size beans (2 inches)

Mix butter, onion, mustard, and poppy seed together. Split buns. Spread butter mix on both sides of bun. Fill each bun with ham and Swiss cheese. Fold over, if necessary, to fit bun. Spread additional butter mix on top of buns and place in baking pan. At serving time, bake in 350° oven for 15 minutes until crisp on top and cheese has melted inside. Makes 40 buns.

Polly White

PORK AND SAUERKRAUT

3 lb. very lean spareribs, cut into portions	2 (2 lb.) pkg. sauerkraut
	2 c. water

Drain and rinse sauerkraut. Layer sauerkraut and ribs, ending with sauerkraut. Add water. Bake at 325° for 3 hours in covered casserole.

Giles Van Duyne

CAROLINA PORK BARBEQUE

2 pork loin roasts (about 2.5 lb.
each)

4 slices bacon

6 cloves garlic

$\frac{1}{4}$ tsp. salt

1 tsp. plus 1 Tbsp. sugar

1 Tbsp. cayenne pepper

$\frac{1}{4}$ tsp. fresh ground black pepper

1 Tbsp. Colman's dry mustard

$\frac{1}{2}$ c. plus 2 Tbsp. plus $\frac{1}{2}$ c. cider
vinegar

This recipe is long, but everything is easy to do. Just read through and don't throw anything away until you are absolutely sure you won't need it later in the recipe. Put both roasts in a large pot. Add $\frac{1}{2}$ cups cider vinegar, 6 cloves garlic, and water to cover roasts completely. Bring to boil and simmer gently 2 hours.

Set roasts in shallow roaster pan. Reserve cooked garlic and about 2 cups pork cooking liquid. Mash reserved garlic cloves in a bowl. Add $\frac{1}{4}$ teaspoon salt, 1 teaspoon sugar, 1 tablespoon cayenne pepper, $\frac{1}{4}$ teaspoon fresh ground black pepper, and 2 tablespoons cider vinegar. Rub $\frac{1}{4}$ of this mixture on each roast, reserving half of spice mixture. Cover each roast with bacon slices.

Add $\frac{1}{2}$ cup cider vinegar and $\frac{1}{2}$ cup reserved pork cooking liquid to reserved spice mixture. Put roaster pan in covered grill at moderate heat. Baste during $1\frac{1}{2}$ to 2 hours cooking time with spice, vinegar, pork cooking liquid mixture. Let roasts brown but not cook dry. (Always have a little liquid in bottom of pan. Use reserved pork cooking liquid if you run out of baste mixture.) Cook until pork pulls away from bone.

Discard bone and gristle and chop meat, fat (there won't be much left), and bacon. Deglaze roaster pan with some spice, vinegar, pork cooking liquid mixture and add to chopped meat. Stir together 1 tablespoon dry mustard and 2 tablespoons reserved pork cooking liquid. Add 1 tablespoon sugar. Pour over meat. Mix. Mixture should be moist, but not wet. Add reserved pork cooking liquid if needed. Taste. Adjust seasonings as required. Remember flavors sharpen after pork sits so use a light hand. Serve with Tabasco. Leftovers freeze beautifully. Just wrap in foil.

Cindy Lange

PENNE WITH ITALIAN SAUSAGE

- | | |
|--|---|
| 1 Tbsp. olive oil | 1/2 c. dry red wine |
| 1 medium onion, chopped | 1 (28 oz.) can crushed tomatoes
with added puree |
| 4 Italian hot sausages (can use
half hot and half mild),
casings removed | 2 tsp. dried marjoram |
| 1/4 tsp. dried red pepper flakes | 8 oz. penne pasta |

Heat oil in heavy large saucepan; add onion and cook until tender, about 8 minutes. Add sausage; cook until no longer pink, breaking it up with a fork, about 6 minutes. Stir in pepper flakes, red wine, and boil until all liquid is absorbed. Mix in crushed tomatoes. Bring to a boil, then reduce heat and simmer 25 minutes. Stir in marjoram. Serve over cooked penne pasta. (Cook penne according to package directions.)

Patty Henry Williams

THAI PORK

- | | |
|---|---|
| 1 tsp. chili oil | 1 tsp. fresh ground black pepper
(more or less to taste) |
| 2 tsp. peanut oil | 1 medium carrot, grated into fine
"strings" |
| 3 cloves garlic, minced | 1/4 c. fresh cilantro leaves for
garnish |
| 1 lb. pork loin, slivered | 3 c. cooked rice or oriental
noodles |
| 1 medium onion, sliced | |
| 2 Tbsp. Thai fish sauce (very
salty!) | |
| 1/4 c. low salt chicken or vegetable
broth | |
| 1 tsp. corn starch, mixed with 1
Tbsp. water | |

Heat oils in fry pan or wok. Add garlic and saute briefly. Add pork and onion and cook till pork is done. Remove to serving bowl. Mix fish sauce, broth, corn starch, and water. Heat in pan until thickened. Pour over pork and onion mixture. Grind in pepper. Stir in carrots. (Heat from other ingredients will be sufficient to cook them.) Serve over cooked rice or oriental noodles. Garnish with cilantro. Drizzle Thai Peanut Sauce (recipe follows) on top.

Cindy Lange

THAI PEANUT SAUCE

1/4 c. minced onion	1/2 c. creamy peanut butter
2 cloves minced garlic	1/4 c. milk
2 tsp. chili oil	1 bay leaf
2 tsp. peanut oil	1 1/2 Tbsp. dark brown sugar
1/8 tsp. cayenne pepper (more or less to taste)	2 tsp. fresh lemon juice
1/2 c. canned coconut milk (do not substitute fresh coconut milk which is much thinner than canned)	2 tsp. fresh lime juice

Saute onion in oil. Do not brown. Stir in all other ingredients. Simmer 15 minutes. Serve warm. Sauce tastes better if made in advance and allowed to "rest" in refrigerator for a few hours or overnight. When reheating, do so at low heat and stir frequently so ingredients do not separate.

Cindy Lange

PORK CHOP MARINADE

10 oz. water	1 Tbsp. honey
5 oz. soy sauce	1 Tbsp. orange juice concentrate

Mix all ingredients. Pour over 6 to 8 pork chops. Marinate in refrigerator 12 to 24 hours. Broil or grill.

Susan Cross

SWEET AND SOUR PORK CHOPS

4 pork chops	1 onion
2 Tbsp. flour	2 Tbsp. molasses
1 tsp. salt	2 tsp. soy sauce
1 Tbsp. oil	1 1/2 Tbsp. vinegar
1 c. mushrooms	1 c. water
1 green pepper	

Brown floured, salted chops in oil. Add all other ingredients. Cover and cook over low heat 45 minutes. Serve with rice.

Barbara Coon

HAM MEDLEY

1 c. chopped celery	Dash of pepper
1/2 c. chopped green pepper	2 1/2 c. milk
1/2 c. chopped onion	3 c. cream style cottage cheese
4 Tbsp. butter, melted	4 c. (1/2 inch) cooked ham cubes
1/4 c. flour	1 (8 oz.) pkg. noodles, cooked
1/2 tsp. salt	Buttered bread crumbs

Cook vegetables in butter. Add flour, salt, and pepper. Stir in cottage cheese and milk. Cook, stirring, until mixture boils. Add ham and noodles. Bake in a 3 quart casserole for 1 hour at 350°. Garnish with buttered bread crumbs.

Helen Rude

BARBECUE SAUCE

1 c. tomato sauce or puree	2 crushed garlic cloves
1/2 c. ketchup	1 tsp. salt
1/2 c. chili sauce	1/2 tsp. pepper, freshly grated
1/4 c. brown sugar	1/2 tsp. dry mustard (or prepared Dijon)
2 Tbsp. Worcestershire sauce	Chili powder to taste
2 Tbsp. wine vinegar	Tabasco to taste
2 Tbsp. oil	

Mix ingredients; heat to blend. Brush on grilled chicken or ribs.

Great for dipping! Excellent for chicken and ribs.

Beverly Rohman

PIQUANT PORK CHOPS

6 loin pork chops, cut 1 inch thick	6 slices onion (about 1/8 inch thick)
3 tsp. salt	1 (13 3/4 oz.) can beef broth
3 tsp. ground sage	3 Tbsp. white vinegar, divided
1/4 tsp. ground pepper	3 Tbsp. flour
4 Tbsp. butter	4 Tbsp. water

Trim excess fat from chops. Combine salt, sage, and pepper. Rub seasonings into both sides of chops. Heat butter in large skillet. Brown chops well on both sides over medium heat, about 10 minutes. Drain excess fat. Place an onion slice on each chop. Pour beef broth and 1 tablespoon vinegar into skillet.

Heat to boiling; lower heat and cover. Simmer 30 minutes or until chops are fork tender. Remove chops with onions to heated serving platter; keep warm. Add remaining vinegar to pan juices; bring to boiling. Make a smooth paste with flour and water. Add to skillet, stirring constantly. Cook and stir until sauce thickens and bubbles 1 minute. Pour some sauce over chops; pass remaining sauce. Serve with rice, steamed rice, and baked apples. Makes 6 servings.

Martha Griswold

CHICKEN WITH ORANGE

2½ to 3 lb. chicken pieces	2 Tbsp. brown sugar
½ tsp. paprika	2 Tbsp. chopped parsley
1 medium onion, sliced	2 tsp. soy sauce
½ c. frozen orange juice concentrate	½ tsp. ginger
	⅓ c. water

Brown chicken in large fry pan. Sprinkle with paprika. Arrange onion over chicken. Combine juice concentrate, brown sugar, parsley, soy sauce, ginger, and water. Pour over chicken. Cover and simmer 35 to 40 minutes. (I like to cook it another 5 to 10 minutes with the cover off to thicken the sauce.)

Hope Jarvis

MACARONI CASSEROLE

2 c. uncooked elbow macaroni	2 c. milk
2 c. diced, cooked chicken	¼ lb. cut up Velveeta cheese (with pimento if wanted)
2 cans cream of mushroom soup or 1 can cream of celery or 1 can cream of mushroom soup	

Mix together; put in 9x13 inch pan. Let stand overnight, covered. Bake at 350°, uncovered, for 1 hour. Serve hot.

Ruth Laws

NO PEEK CHICKEN

1 box Uncle Ben's long grain and wild rice with herbs	1 can cold water
1 can cream of mushroom soup	1 tsp. chopped parsley
1 can cream of celery soup	6 to 8 pieces chicken
	1 pkg. onion soup mix

Lightly grease casserole. Mix first 6 ingredients and spread in casserole. Place chicken on top. Sprinkle chicken with onion soup. Seal with aluminum foil and bake at 350° for 2½ hours. Don't peek! This is great dish to cook while gone to church.

Martha Griswold

ELEGANT CHICKEN

Cut 4 whole boned chicken breasts (skinned) in halves (8 pieces). Wrap each half in bacon. Cover bottom of oblong casserole with 4 ounces chipped beef. Arrange chicken on top. Blend 1 can mushroom soup with ½ pint sour cream. Pour over chicken breasts. Sprinkle with paprika. Bake, uncovered. I pour a small drained can of button mushrooms over top, or use fresh.

Preparation time: 15 minutes. Bake 3 hours at 275°. Serves 6 to 8.

Beth Webb, from my Aunt Nancy

NO WORK CHICKEN

Chicken breasts for 4
1/2 c. honey
1/2 c. Dijon mustard

1 Tbsp. curry powder
2 Tbsp. soy sauce

Place chicken skin side down in flat baking dish. marinate with the above mixture 6 hours or overnight. Turn chicken; cover with foil and bake at 350° for 1 hour, then uncover and bake 15 minutes longer. Spoon sauce over chicken when serving.

Alice Gwyn

CHICKEN CURRY

6 to 8 chicken breasts, skinned,
boned, and chopped
1 to 2 onions, chopped
1 to 2 apples, chopped
3/4 c. golden raisins

1/2 c. currants
1 c. cream of mushroom soup
1 c. medium cream
Curry powder to taste
Butter

Chop first 3 ingredients, not too fine, for chicken. Saute in butter chicken, apples, onions, raisins, currants, and curry. Add butter if needed. Warm soup and cream. Combine with first 6 ingredients and cook in uncovered pan until ingredients are tender and combined thoroughly. Can make a day ahead and reheat carefully so as not to overcook chicken. Serve with rice.

Barbara McKelby

CHICKEN KABOBS

Cut into chunks:

3 boneless chicken breasts
1/2 pkg. bacon (optional)

1 to 2 peppers
1 large onion

Also use 8 to 10 whole mushrooms.

Marinade:

1/2 c. soy sauce
1/4 c. cooking sherry
1 tsp. garlic powder

1 Tbsp. sugar
1/4 c. water

Cut up vegetables and meat. Place in deep roaster or baking pan. Mix marinade. Pour over meat and vegetables. Stir every 1/2 hour. Marinate only 2 hours. Alternate meat and vegetables on skewers. Grill and baste until chicken is done.

Susan Cross

CHICKEN SHISH KABOB

1/4 c. Mango-chutney
3 Tbsp. red wine vinegar
1/3 c. soy sauce

1/3 c. vegetable oil
Minced green onions
Chopped garlic

Blend ingredients together in food processor or blender. Marinate boneless breast of chicken (whole or chunks) overnight or at least 4 hours. Thread meat on skewers. Grill, basting with marinade. Skew tomatoes, onions, and green pepper chunk separately, basting with marinade.

Beverly Rohman

PHYLLO CHICKEN PACKETS

I get more requests for this recipe than any other. An all time favorite of our family.

3/4 c. chopped green onion
3/4 c. mayonnaise
3 Tbsp. lemon juice
3 cloves garlic, pressed
3/4 tsp. dry tarragon
2/3 c. sweet butter, melted

12 sheets phyllo, thawed overnight according to directions on pkg.
6 1/2 chicken breasts, boned and skinned
2 Tbsp. grated Parmesan cheese

Mix together onion, mayonnaise, lemon, 2 cloves garlic, and tarragon. Combine rest of garlic with melted butter. Place 1 sheet of phyllo on counter; brush with 2 teaspoons garlic butter. Repeat. Spread chicken with 1 1/2 tablespoons mayonnaise mixture. Place in one corner of phyllo; turn over chicken and spread other side with 1 1/2 tablespoons mayonnaise mixture.

Fold over corner, fold over 1 side, fold over, fold over second side, and continue folding. Place packets seam side down on an ungreased cookie sheet so that they do not touch. Brush with remaining butter. They may be frozen at this point, but should be completely thawed before baking. Bake at 325° for 45 minutes. Sprinkle with Parmesan cheese 5 minutes before the end of the cooking time. Serves 6.

Hydie Ralston

CHICKEN FLORENTINE

6 halved chicken breasts, skinned,
boned, and cut in pieces
1/2 stick butter
Salt and pepper
2 (10 oz.) pkg. frozen spinach or
broccoli
1/2 c. mayonnaise
1/4 c. sour cream
1 can cream of chicken soup
1 Tbsp. lemon juice
1 tsp. curry powder
1/2 c. sharp cheese, grated
1/2 c. corn flake crumbs

Saute lightly salt and peppered chicken pieces in butter for 10 minutes. Cook spinach. Drain and squeeze dry. Spread spinach in bottom of a greased 2 quart casserole. Top with chicken. Mix mayonnaise, sour cream, soup, lemon juice, and curry powder. Pour over chicken. Sprinkle with cheese. Top with crumbs. Bake 25 minutes at 350°.

Chris Rehard

GAI SATAY THAI CHICKEN

1 tsp. oriental chili paste
1/2 Tbsp. rice or white wine vinegar
2 Tbsp. sesame oil
1 lb. skinless, boneless chicken
6 to 8 wooden skewers

In a mixing bowl, combine chili paste, vinegar, and oil to form a marinade. Pound chicken with a meat mallet until 1/4 to 1/2 inch thick. Cut into strips, approximately 2x6 inches. Add chicken to marinade and stir to coat. Cover and refrigerate for at least 2 hours, but not more than 12. Skewer chicken strips, keeping them as flat as possible, and grill or broil.

To keep your yin and yang in balance, serve with cooling Thai cucumber condiment and hot Thai Peanut Sauce (recipes follow). (Or just buy bottled Bangkok Padang peanut sauce at the Anderson's. It's a pretty good substitute.)

Cindy Lange

CHICKEN CASSEROLE

1 c. croutons (seasoned)
6 deboned chicken breasts
10 medium mushrooms
1 medium onion, chopped
1/2 pt. whipping cream
1/2 c. white wine
1 bouillon cube (chicken)
1 (10 3/4 oz.) can cream of
mushroom soup
1 c. grated NY Cheddar cheese
2 Tbsp. butter

Melt butter in pan with the mushrooms and onions. Add the whipping cream and bouillon cube. Bring to a boil; add white wine and mushroom soup. Let boil for 3 minutes. Space chicken in 9x13 inch casserole dish; pour sauce. Add croutons and grated cheese. Bake in oven (uncovered) at 350° for 45 minutes. Serves 6.

Barbara Smart Wright of California

ROTINI STIR-FRY
(Low calorie, fat, and cholesterol)

1/2 (1 lb.) pkg. rotini (uncooked)	1/2 c. sliced onion
2 Tbsp. olive or vegetable oil	1/4 c. water
2 whole boneless skinless chicken breasts, cut into strips	1/2 tsp. chicken bouillon
1 c. fresh broccoli flowerets	1/2 tsp. tarragon
1 c. carrot curls	2 Tbsp. Parmesan cheese

Prepare rotini as package directs; drain. In large skillet, heat oil. Add chicken, broccoli, carrots, and onion. Cook and stir over medium heat until broccoli is tender-crisp. Add water, bouillon, and tarragon; cook and stir until chicken is cooked through. Add hot cooked rotini and Parmesan cheese; toss to coat. Serve immediately. Refrigerate leftovers.

Evelyn Lane

CHICKEN PARMESAN

3 to 4 chicken breasts (boneless)	2 tsp. oregano
1 c. fine, dry bread crumbs	1/2 tsp. salt (optional)
4 Tbsp. grated Parmesan cheese	1/2 tsp. garlic powder
2 tsp. basil	2 to 3 eggs, beaten

Combine crumbs, cheese, and seasonings. Dip chicken in beaten eggs, then bread crumb mixture. Place in baking dish sprayed with cooking spray. Bake 1 hour, until fork tender, in 375° oven. Tops of chicken can be sprayed with cooking spray, if desired, before baking. Serve with spaghetti sauce or marinara sauce and a side dish of spaghetti.

Susan Cross

BAKED CHICKEN BREASTS

4 whole skinned, boned chicken breasts, split	1/2 c. bread crumbs
1 stick melted butter	1/2 c. Parmesan cheese
	Slivered almonds

Dip 1/2 chicken breast in melted butter, then in mixture of bread crumbs and cheese. Roll up tightly and put seam side down. Sprinkle with almonds. Cover and refrigerate. Bake 1 hour at 350°, uncovered.

Flossie Wilson

CHICKEN PARMESAN

1 can condensed cream of mushroom soup	1½ c. rice (uncooked)
1 can milk	6 to 8 pieces chicken
1 can white wine	Butter
1 pkg. onion soup mix	Parmesan cheese

Mix first 5 ingredients in a shallow baking dish. Set chicken in dish and place a pat of butter on each piece. Bake for 1 hour at 350°. During the last 15 minutes, sprinkle with Parmesan cheese.

Suellen Moore

PARMESAN CHICKEN

2 c. fine dry bread crumbs	2 tsp. salt
¾ c. grated Parmesan cheese	Pepper
¼ c. chopped parsley	
1 clove crushed garlic or ¼ tsp. garlic powder	

Drip each piece of chicken in melted oleo, then in bread crumb mixture. Arrange in shallow pan. Dot with oleo. Bake 1¼ hours at 350°. Enough crumbs for 2 cut up chicken fryers. Can be made ahead.

This recipe dates back to our second year in Ann Arbor, Michigan, circa 1968.

Judy Pearson

CHICKEN OR TURKEY DIVAN

2 pkg. broccoli spears	4 full chicken breasts, cooked (equivalent turkey)
1 small pkg. Pepperidge Farm stuffing	

Sauce:

2 cans cream of chicken soup	½ tsp. curry
1 c. real mayonnaise	1 tsp. lemon juice

Cut cooked meat into chunks. Cook broccoli and drain. Make stuffing according to package directions. Butter large casserole. Line with broccoli and chicken or turkey and cover with sauce. Cover sauce with crumbs. Bake at 300° for 1 hour.

Joanie Asendorf

CHICKEN DIVAN

1 whole chicken and 1 whole chicken breast (3½ lb.)	1 Tbsp. lemon juice
Pieces of onion, carrot, celery	1 c. sharp Cheddar cheese
1 can cream of chicken soup	2 (10 oz.) pkg. frozen broccoli florets
1 c. mayonnaise	Parmesan cheese, grated
8 oz. sour cream	

Boil chicken with onion, carrot, and celery pieces until tender. Mix soup, mayonnaise, sour cream, lemon juice, and sharp cheese. Cook broccoli (still green but stems tender). Debone chicken and cut in chunks. Grease 13½ x 8½ inch Pyrex dish. Place broccoli on bottom, then chicken and sauce over top. Top with Parmesan cheese and sprinkle with paprika. Bake at 350° for 30 to 40 minutes.

Martha Griswold

HIGH FLYING VEAL

1½ c. soft bread crumbs	1 Tbsp. finely chopped shallot
1½ tsp. crumbled sage	¼ c. dry white wine
1 egg, lightly beaten	½ c. chicken broth
2 Tbsp. chopped parsley	1 lb. green noodles, cooked and drained
6 large oysters	½ c. cream
6 thin slices of veal (6x3 inches), pounded	2 c. sliced mushrooms, browned in 5 Tbsp. butter or margarine
2 Tbsp. flour	

Mix bread crumbs, sage, egg, and parsley. Add ¼ cup melted butter and salt and pepper to taste. Wrap each oyster (save the juice) in the stuffing and place at one end of each veal slice. Roll up, tucking the sides and secure with string. Roll each bundle in flour, salt, and pepper. Melt 3 tablespoons butter in a skillet and brown veal rolls on all sides.

Add the chopped shallot to the pan and cook another 3 to 4 minutes. Add wine, chicken broth, and oyster liquid. Cover skillet and simmer over low heat about 25 minutes. Remove string from veal. Arrange on a warm platter on top of the noodles. Add cream and mushrooms to the liquid in the skillet and heat. Pour over all. Garnish with parsley and cherry tomatoes. Serves 6.

Tibble Foster

SHERRIED VEAL

3 lb. veal stew meat, cut into 1 inch cubes	⅔ c. cooking sherry
2 cans mushroom soup	1 can sliced mushrooms
1 pkg. onion soup mix	Flour
	Cooked Kluski noodles

Pat veal dry. Dredge in flour. Place in casserole. Stir in soup, onion soup, and sherry. Stir. Bake in 300° for 3 hours. Add mushrooms 15 minutes before finished. Serve over noodles, cooked as directed.

Jo An Van Duyne

TUNA CHEESE PIE

1 small onion, chopped	3 eggs
½ c. butter or margarine	1 c. Bisquick
2 (6½ oz.) cans tuna, drained	¼ c. milk
2 c. Cheddar cheese, shredded	⅛ tsp. pepper
¼ tsp. salt	2 tomatoes, thinly sliced

Grease an 8x8x2 inch baking dish. Cook onions and butter or margarine in skillet until onions are soft. Sprinkle tuna, 1 cup cheese, and onions in dish. Beat Bisquick, milk, salt, pepper, and eggs until almost smooth. Pour in baking dish. Bake at 400° for 25 to 30 minutes. Top with tomato slices and cheese. Bake just until cheese is melted.

Sharon Nelson

TUNA-STUFFED EGGPLANT

2 eggplants	1 yellow squash, chopped
1 green pepper, seeded and chopped	1 red pepper, seeded and chopped
1 small red onion, chopped	1 Tbsp. olive oil
1 small white onion, chopped	1 tsp. oregano or Italian seasoning
2 tomatoes, chopped	1 Tbsp. lemon juice
1 carrot, chopped	1 tsp. garlic salt
10 green onions, chopped	1 (7 oz.) can water-packed tuna
1 zucchini, chopped	6 Tbsp. seasoned bread crumbs

Cut top fifth off eggplants. Scoop most pulp out of eggplants, leaving about ½ to ¼ inch shell. Refrigerate eggplant shells. Cut pulp into strips, strips into ¼ inch pieces. Refrigerate until ready to use.

Microwave onions, peppers, carrot, and squash for 3 minutes on HIGH. Place olive oil in nonstick skillet. Heat on stove on medium heat. Put all vegetables, except tomatoes and eggplant pulp, in skillet and cook over medium heat until carrots are soft. Add tomatoes and eggplant pulp. Cook on medium about 5 to 8 minutes.

Add lemon juice and seasonings while cooking. Stir occasionally. Add tuna, broken into small pieces, and mix. Spoon mixture into eggplant shells; sprinkle with bread crumbs. Place in cooking dish and surround eggplant shells with ½ inch of water. Bake at 350° for 30 to 35 minutes. Makes 2 servings.

Sam Hunter

SHRIMP AND PASTA SAUTE

1/4 c. butter or margarine	8 oz. linguini or spaghetti
1 lb. raw shrimp, deveined and peeled	1/2 c. grated Romano cheese
1/2 lb. fresh sliced mushrooms	1/2 tsp. salt
1 small green pepper, chopped	1/4 tsp. pepper
3 garlic cloves, minced	Chopped parsley
	Lemon slices

In a skillet, melt butter over medium heat. Add shrimp, mushrooms, green pepper, and garlic. Saute until shrimp turn pink, about 3 to 5 minutes. Meanwhile, cook pasta according to package directions. Drain and place on a large platter. Top with shrimp mixture. Sprinkle with cheese, salt, pepper, and parsley. Toss well. Garnish with lemon.

Barbara Spore

RICOTTA HERB TART WITH CRAB OR SHRIMP

1 sheet frozen puff pastry (1/2 pkg.)	1 Tbsp. water
1 slightly beaten egg white	

Filling - Combine in bowl and set aside:

8 oz. Ricotta cheese	1 Tbsp. lite cream
1 egg yolk	1/4 tsp. cracked pepper
2 Tbsp. Parmesan cheese	1 c. cooked crab or shrimp pieces
2 Tbsp. snipped chives or onions	

Let folded pastry stand at room temperature, 20 minutes. On lightly floured surface, unfold pastry and roll into a 15x10 inch rectangle. Cut in half lengthwise. Cut off 2 (3/4 inch) strips across short end, then cut 2 strips off of long end. Place the 1 rectangle pastry onto ungreased baking sheet. Brush with egg white and water mixture.

Place strips across ends and sides to form border. Prick the center of pastry with fork. Prebake at 375° for 10 minutes. Edges should be golden brown. Lay crab or shrimp into baked pastry. Pour Ricotta mixture over crab. Return to oven; bake 15 minutes more at 375°. Cut diagonally to serve. Makes 15 to 18 slices.

Peggy Henry Bitar

SHRIMP VICTORIA

1 bunch green onions, chopped	1 1/2 Tbsp. shelled shrimp
1 1/2 cubes butter	1/4 tsp. red pepper
1 (8 oz.) jar mushrooms	1 Tbsp. cooking sherry (optional)
1 (32 oz.) sour cream	

Saute onions in butter. Add shrimp and saute until pink. Add remaining ingredients and simmer 1 hour. Serve over rice or noodles. You may want to thicken mixture slightly.

Helen Rude

SAUTEED SWORDFISH WITH TOMATO DILL SAUCE

A quick and easy dish. Fresh dill makes all the difference here. Sweet cream may be used instead of creme fraiche, but a few drops of lemon juice should be added to simulate the tang of cream fraiche. I use Weight Watchers sour cream with lemon added. Serves 2.

2 (6 to 8 oz.) swordfish steaks	1 tsp. chopped fresh dill
1 Tbsp. clarified butter	4 Tbsp. butter
1 tsp. minced garlic	Salt and pepper
1 Tbsp. peeled, seeded, and chopped tomato	Lemon wedges
1/4 c. dry white wine	Sprigs of dill
1/2 c. creme fraiche (or low-cal sour cream with lemon added)	

In a saute pan or skillet, gently saute the swordfish in the clarified butter until just done, about 3 to 5 minutes per side, depending on the thickness of the steaks (the fish should be slightly translucent in the center). Remove from the pan and keep warm.

Add the garlic, tomato, and wine to the pan and reduce until almost dry. Add the creme fraiche and reduce by 1/3 to 1/2. Remove from the heat. Add the dill. Add the butter, stirring until it melts, and is incorporated into the sauce. Season to taste with salt and pepper and pour over the swordfish. Garnish with lemon wedges and dill.

Julie Funk

FISH MARINADE

1 large lemon	1/2 tsp. coarse ground pepper
1/4 c. oil	1 Tbsp. instant onion flakes
1/2 tsp. salt	Margarine or butter (optional)
4 tsp. dried basil <i>or</i> dill	1 1/2 to 2 lb. firm fish filets

Grate lemon peel into dish and squeeze juice. Combine lemon peel and juice with other ingredients and pour over fish. Cover and marinate 30 minutes, turning once. Baste with sauce while grilling. If desired, place a pat of butter or margarine on each filet while on grill.

This can also be baked in a 350° oven for about 30 minutes.

Susan Cross

STEWED LAMB WITH ARTICHOKE

2 Tbsp. olive oil
1½ lb. lean, boneless lamb, cut
into stewing pieces
2 cloves garlic
4 medium onions, chopped
6 oz. tomato paste (1 small can)
1 c. white wine (or substitute
chicken broth)

1 (16 oz.) can artichoke hearts (in
brine)
¼ c. fresh parsley leaves, chopped
2 Tbsp. fresh lemon juice
Salt and black pepper to taste

Heat the oil in a large skillet with a tight fitting lid. Lightly saute the garlic and onion. Add the lamb and lightly saute it as well. Add the tomato paste and wine. Cover the pot and simmer for 2½ hours or until lamb is tender. Drain and quarter the artichoke hearts and add to the skillet. Stir in the parsley. Cover and simmer another ½ hour. Stir in the lemon juice and salt and pepper. Serve over Dirty Rice (recipe follows).

Cindy Lange

TIROPITTA - CHEESE PIE

Place 6 to 8 layers filo on bottom of 9x13 inch pan, brushing butter (melted) on each sheet.

1 lb. Feta cheese
1 small cream cheese
¼ c. Parmesan, coarsely grated
1 c. small curd cottage cheese

1 c. Ricotta
3 to 4 eggs
Nutmeg

Put filo on bottom, then cheese mixture, well combined on top, and another set of 6 to 8 filo sheets on top. Bake at 350° for 50 minutes or until golden brown.

Beverly Rohman, from a Greek friend

CHILI SAUCE

40 ripe tomatoes
4 green peppers
6 c. sugar (white)
6 c. vinegar (cider)
4 Tbsp. salt

4 tsp. cinnamon
2 tsp. cloves
8 tsp. pepper
8 onions (1½ lb.)

Skin and quarter tomatoes. Chop onions and peppers. Mix sugar and vinegar. Boil 4 hours; keep stirring occasionally. Add spices when nearly done. Do not cover pan. Makes about 9 pints.

Ginger Brown

MARINARA SAUCE

Saute:

4 to 6 Tbsp. olive oil
4 Tbsp. chopped parsley (fresh is best)

16 grinds pepper
6 cloves crushed garlic

Cook at medium heat, careful not to burn, stirring constantly, for about 5 minutes.

Add:

1 (12 oz.) can tomato paste (stir and cook for about 3 to 5 minutes)

3 cans tomatoes (large)
2 Tbsp. oregano

Open the cans and drain juices into the pan. Cut the tomatoes while still in the can with a knife or a potato masher, then add to the sauce. Stir and cook for 30 minutes at low heat, careful not to burn the sauce. Store in canning jars or in a seal-a-meal bags. Use for spaghetti, pizza, or any Italian dish.

Pamela Davis

CALIFORNIA FRENCH TOAST

1 round loaf King's Hawaiian bread, cut into 8 (1/2 inch) slices

2 eggs
1/2 c. evaporated milk
1 (8 oz.) pkg. cream cheese, cut into 1 oz. pieces

1 to 2 Tbsp. any variety marmalade or preserves
4 Tbsp. butter or margarine
Powdered sugar
2 Tbsp. sugar

In a mixing bowl, blend eggs, sugar, and milk. Pour 1/2 of it into a dinner plate. Dip 4 of the slices, one at a time, into the mixture, coating each side of the bread well, and adding more batter, if necessary. In a large griddle or skillet, heat 2 tablespoons butter or margarine. Fry each side lightly over medium heat. Add 1 ounce cream cheese and 1 to 2 tablespoons marmalade or preserves to 1 side of the toast. With a spatula, turn the remaining half over the filling, reducing heat and frying until filling melts. Repeat procedure, making more batter, if necessary. Dust with powdered sugar before serving. Serve with additional powdered sugar, syrup, or butter if desired.

Penny Campbell

EGG OMELETTE BAKE

1 tsp. baking powder
10 eggs
½ c. flour
½ tsp. salt

1 pt. cottage cheese (small curd)
1 lb. Jack cheese, grated
½ c. butter
1 (7 oz.) can Ortega chiles, diced

Beat eggs until lemon color; add remaining ingredients. Bake at 350° for 35 minutes in a buttered 9x13 inch baking dish. Should be nice and golden. Serve with sour cream and salsa.

This is served at our Christmas breakfast every year. It's great to eat cold, too!

Patty Henry Williams

BAKED SPINACH CASSEROLE

6 pkg. frozen chopped spinach
2 pkg. onion soup mix

1 pt. sour cream
Shredded Cheddar cheese

Cook spinach and drain well. Mix spinach, onion soup mix, and sour cream together. Put in greased baking dish and sprinkle with cheese. Bake 30 minutes at 350°. Can be made ahead of time and refrigerated. Allow longer baking time if this is done.

One of the Rector's favorite dishes. Dates back to our second year in Ann Arbor, Michigan circa 1968.

Judy Pearson

SPINACH PIE

2 Tbsp. margarine
¾ c. chopped onion
2 Tbsp. flour
1 c. skim milk
8 eggs, beaten

1½ c. well drained cooked spinach
(1 box frozen, chopped
spinach)
4 oz. Cheddar cheese, shredded

Thaw spinach if using frozen. In small saucepan, melt margarine over medium heat. Add onions and saute till onions are softened, about 1 minute. Add flour, stirring quickly to combine. Gradually stir in milk. Cook, stirring constantly, until sauce is smooth and thickened, 5 to 10 minutes. Remove from heat and let cool to lukewarm. Preheat oven to 350°F. Transfer sauce to medium mixing bowl. Add eggs and mix. Add spinach and cheese and mix. Pour into 9 inch deep dish pie plate, sprayed with nonstick cooking spray. Bake until top is puffed and lightly browned, 40 to 45 minutes. Knife inserted in center will come out clean. Serves 6.

"I found this recipe in a Weight Watchers cookbook and whether I'm having a "fat" or "thin" year, I make this a lot."

Hope Jarvis

EGGPLANT PARMESAN

- | | |
|--|------------------------------------|
| 1 small eggplant (unpeeled) in 1/2 inch slices | Fresh garlic to taste |
| 3/4 c. tomato sauce | Salt and pepper to taste |
| 1 small onion, peeled and sliced | Pinch of basil |
| 1 small bell pepper, seeded and sliced | Pinch of oregano |
| 1 (4 oz.) can mushrooms, drained | 3 oz. shredded Mozzarella (lowfat) |
| | 1 Tbsp. grated Parmesan cheese |

Bake eggplant slices in single layer on a nonstick baking sheet, uncovered, for 15 to 20 minutes at 400° until soft. Meanwhile, combine tomato sauce, onion, pepper, mushrooms, and seasonings in a saucepan. Simmer 15 minutes. Layer eggplant and sauce and cheeses in a nonstick casserole (spray with nonstick spray). Bake at 350°, uncovered, for 30 minutes. Good for lowfat, low cholesterol.

Lois Churchill

TOMATO, BASIL, AND PINE NUT FETTUCINE

A pasta that is easy on the cook, and great for a quick meal or as a first course in an elaborate menu. Roasting the tomatoes dries them out and gives them a special flavor. Roma or plum tomatoes work the best because of their lower moisture content. (I've used well drained canned plum tomatoes also. Still quite good.)

- | | |
|---|-----------------------------------|
| 3 Tbsp. pine nuts | 2 Tbsp. minced garlic |
| 2 lb. tomatoes, cored and cut into wedges | 1/4 c. white wine |
| 3 Tbsp. olive oil | 1/4 c. chicken stock |
| Salt and pepper to taste | 1/2 Tbsp. dried red pepper flakes |
| Small handful of basil leaves | 1/2 lb. fresh pasta |
| | Freshly grated Parmesan |

Toast pine nuts for 10 minutes in a preheat 300° oven. Roast the tomatoes in a 400° oven with 1 tablespoon of the olive oil, salt, and pepper until the skins are slightly browned. Chop the basil coarsely. Saute the garlic in the remaining 2 tablespoons of olive oil. Add the tomatoes, pine nuts, and basil. Add the wine and stock and cook until slightly reduced. Season with red pepper flakes.

Cook the pasta in lots of salted boiling water until al dente, 2 to 3 minutes. Mix a little sauce into the freshly cooked pasta and pour the rest over the top. Serve with grated Parmesan. Serves 4.

Julie Funk

POOR MAN'S STEW

1 c. lentils	1/2 tsp. garlic salt
5 slices bacon, fried and drained	Black pepper
1/4 c. chopped onion	1/4 tsp. oregano
1/4 c. sliced carrots	4 c. water
1/4 tsp. celery seed	1 c. ketchup

Rinse and drain lentils. Add lentils, water, and remaining ingredients, except ketchup. Cover and simmer for 1 to 1½ hours. Add ketchup and simmer 30 minutes longer. Recipe can be easily doubled.

Recipe from the University of Chicago student newspaper.

For the 1990's, you can substitute turkey bacon done in microwave.

Judy Pearson, circa 1969

NEVER FAIL CHEESE SOUFFLE

9 slices white bread	6 eggs
1½ tsp. dry mustard	3 c. milk
1½ tsp. salt	About 1½ c. corn flakes, crushed
¾ lb. Old English cheese, grated	and buttered

Make in shallow 7½ x 12 inch Pyrex dish. Butter bread and cut off outer crust. Cut in small pieces; sprinkle with dry mustard and salt. Add grated cheese. Beat eggs slightly and add milk. Let stand several hours. Pile crushed, buttered corn flakes on top and set in pan of hot water. Bake in 350° oven for 1 hour or longer, until center is set. Serves 8 generously and good the next day, too.

Catharine Joyce