

# Favorite Recipes of the Four Sisters

Patricia Josephine Pykonen Herzog  
Shirle May Pykonen Thorsen  
Peggy Ann Pykonen Covey  
Dolores Eileen Pykonen Hilt



Seated — Patricia Herzog  
Standing, Left to Right — Dee Hilt, Shirle Thorsen, Peggy Covey

JUNE 2002

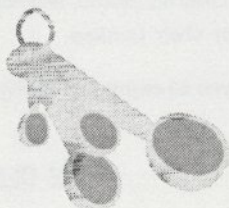
## CONTENTS

DEDICATION.....	4
BIOGRAPHIES .....	5
APPELIZERS AND BEVERAGES .....	11
BREAKFAST .....	17
BREADS.....	23
SOUPS AND STEWS.....	29
SALADS .....	37
VEGETABLES .....	43
MAIN DISHES .....	49
DESSERTS.....	73
CANDY AND PRESERVES.....	97
PAT GIVES A HAWAIIAN PARTY .....	103
SHIRLIE COOKS SOUP .....	107
PEGGY BAKES PIES.....	113
DEE MAKES SOURDOUGH.....	119
HOUSEHOLD TIPS.....	127
MYTHS, LEGENDS, AND TRUE STORIES.....	131



## MEASUREMENT LEGEND

- c. - cup
- t. - teaspoon
- T. - tablespoon
- oz. - ounce
- lb. - pound
- pkg. - package



## COMMON SUBSTITUTIONS

### For:

- 1 c. cake flour
- 1 T. cornstarch (for thickening)
- 1 t. baking powder
- 1 c. fresh sweet milk
- 1/2 c. water
- 1 c. sour milk or buttermilk
- 1 sq. unsweetened chocolate
- 1 c. canned tomatoes
- 1 c. powdered sugar
- 1 T. fresh herbs
- 1 small fresh onion
- 1 t. dry mustard
- 1/2 c. brown sugar

### Use:

- 1 c. flour less 1 T., with 1 T. cornstarch added
- about 2 T. flour or 2 t. minute tapioca
- 1/4 t. baking soda plus 1/2 t. cream of tartar
- 1/2 c. evaporated milk plus
- 1 c. fresh sweet milk with 1 T. lemon juice or vinegar stirred in (let stand 5 min.)
- 3 to 4 T. cocoa plus 1/2 T. butter\*
- about 1-1/3 c. cut-up fresh tomatoes, simmered 10 min.
- 1 c. granulated sugar plus 1 t. corn starch
- 1 t. dried herbs
- 1 T. instant minced onion, rehydrated
- 1 T. prepared mustard
- 2 T. molasses in 1/2 c. granulated sugar\*\*

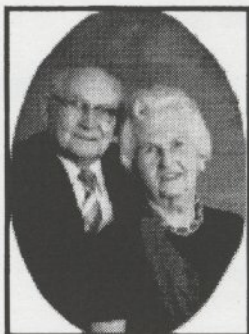
\* In substituting cocoa for chocolate in cakes, the amount of flour must be reduced.

\*\* White and brown sugars can usually be used interchangeably.

This cookbook is written for our children, our nieces and nephews, and other loved ones in order to pass on our early heritage of cooking and eating. We have included many recipes from our mother, and some of her friends, that she cooked for us, as well as some that we made for our own children. In turn, our children, nieces, and nephews provided us with recipes they are cooking for their families.

We hope you all enjoy the family love, labor, and lore in this book.

WE DEDICATE THIS BOOK  
TO THE MEMORY OF OUR PARENTS



William Erick Pykonen  
March 25, 1896 ---- January 9, 1994  
Mary Elta Sheets  
December 27, 1903 ---- December 5, 1988  
Married February 7, 1923

## MARY ELTA SHEETS

**M**ary Elta Sheets was born in Tillamook, Oregon, to John and Mary Jane (Jennie) Sheets on December 27, 1903. She had an older sister and brother, Katherine and Nicholas. The farm where Elta was born became a U. S. Navy Blimp Base during World War II, so later in life she sometimes laughingly referred to herself as a "Baby Blimp."

Elta's father was many years older than her mother, and he died when Elta was only 13 years old. To support her family, Jennie turned her home into a boarding house, where she and her sister, Rachel, boarded young loggers who worked in the forests above Tillamook. Elta attended Tillamook High School, where she was on the girls' swim team and varsity basketball team. She graduated in 1921 as Salutatorian of her class. She then went to work in the office of the Ford Motor Company in Tillamook, using the secretarial skills she had learned in school. Later in life she insisted that all her daughters learn secretarial skills.

After she married, Elta's first priority was her family, for whom she provided a clean, comfortable home. From her high school Home Economics education, and experience during the Depression, she really learned how to S-T-R-E-T-C-H a dollar. Suppers in the evening were at the dining room table, where there were always good and hearty meals. And she saw to it that all her children learned proper table manners. She filled the pantry in the basement with a variety of home canned food, especially cherries off the three cherry trees alongside the house in Port Orchard. One summer she canned 300 quarts of cherries. Bill and the boys would pick the cherries, the girls would clean and fill the jars, and Elta would tend to the canning process.

After her youngest child, Paul, entered school, Elta took advanced typing and shorthand classes at South Kitsap High School. She wanted to return to work to provide an extra income for her large family, but knew she needed to hone up on her skills. After attending afternoon classes at school for a year, she landed a job with the Navy at Manchester, and later worked at the Puget Sound Naval Shipyard in Bremerton, from which she retired in the mid-1960's.

Elta had a green thumb and loved to garden. During their years in Bremerton, she studied rose cultivation and entered her roses in fairs and shows every summer. Her roses won ribbons in shows from Bremerton to Portland. Some of her rose bushes now survive in her children's gardens.

She took her gardening skills with her into retirement in Brookings, where she cleaned up the lot next to their house, turning it from an unsightly jungle of overgrown brush into a beautiful park, exposing to the sun the natural azalea bushes and other flowers growing there.

Elta had an outrageous sense of humor, preferring terrible puns, and always loved a joke. She probably acquired her facility with rhyme from her mother, Jennie, who had loved the humorous poetry so popular about the turn of the 20th century and had memorized reams of it. Much of that poetry was of the nonsense variety, consisting of very difficult and funny combinations of words and word endings. Jennie would sometimes quote line after line of this poetry, much to our amazement and amusement. Over the years, Elta occasionally set her thoughts down in rhyme. One of her later poems, which hung in a tiny, pantry-sized, back room of their Brookings home, is as follows:

Each home should have a room like this

A cozy little nook

Where one can curl up for a nap

Or read a favorite book

A place where little children play

With toys upon the floor

A closet where we kneel to pray

When we have closed the door

It is a place for many things

Its use is manifold

A niche to store old clothes and shoes

Or stash away our gold

But if you pin us down to facts

The reason's very clear

We have some friends who snore too loud

They're gonna sleep in here

Elta was a loving and caring mother to her seven children, a great "prayer warrior," and always Dad's "Honey Lamb." On December 5, 1988, she went to be with the Lord from her home in Bremerton.

## WILLIAM ERICK PYKONEN

**W**illiam Erick Pykonen was born in Sand Coulee, Montana, on March 25, 1896. His parents, Erkki (Erick) Lars Pyykkonen and Britta Simonen, were immigrants from Finland who had met and married in Minnesota before moving west. In Montana, Erick worked in the copper mines and went by the name "Larson" because his foreman couldn't pronounce his Finnish name. Bill was the youngest of 13 children and, when a toddler, was much fawned over by his older sisters, who would dress him up and comb his hair to look "just like President McKinley."

After several of Erick and Britta's children died in an outbreak of diphtheria, the family moved to Clatskanie, Oregon. They bought a ranch on a mountain near the town, where Bill's childhood was spent farming, as well as hunting, fishing, and camping with his friends. The family continued to speak Finnish at home and Bill learned to speak English only after starting school. Their home was complete with a typical Finnish sauna. He has told stories of his mother's beautiful soprano voice and that she was often called upon to sing at community events. She always wore her Finnish old-country clothing with a long, wide, white skirt. As a toddler, Bill, an admitted "mama's boy," would run up to his mother and hide in her skirt while she was singing.

Bill went to school only through the eighth grade, then worked the farm with his father and brothers. However, he never lost his love for learning, and over the years read incessantly, educating himself in world and national history, geography, and the Bible. He also liked adventure novels, one of his favorites being Jack London's "The Call of the Wild."

In 1917, Bill joined the Army and served in Europe in World War I in the Infantry. He saw action in France at Chateau Thierry, Belleau Wood, and Verdun. Near Verdun, in the Argonne Forest, a German shell exploded very near his trench, injuring him slightly, but causing lifelong tinnitus (ringing in the ears), for which he later received disability compensation the rest of his life. When Bill was in the Army, he was known as an excellent pugilist and would be challenged to fight with not just one man but more than one at a time. He said he never lost! He also said that he sparred with a fellow who later became the boxing champ of the world. His toughness came from his hard work in the Oregon logging camps, harvesting "Wynoochee yellow fir." Bill was hard as nails to his dying day. After the war he found work as a logger in Tillamook, Oregon, where he lived at Jennie Sheets' boarding house and met her beautiful daughter, Elta. He was 26 and Elta was 19 when they married.

In 1935, after the worst part of The Great Depression, Bill got a job at Puget Sound Naval Shipyard in Bremerton, Washington, as a pipefitter and sheetmetal worker. After working a short while and earning enough money to rent a house, he moved his family north. He retired from the Naval Supply Depot in Manchester in the early 1960's with 27 years of federal service. Bill's greatest love, besides Elta, was reading and studying the Bible, and he developed a profound knowledge and understanding of it. For many years he was an elder in his church and taught adult Sunday School classes. We all recall that his favorite expression was, "It pays to serve the Lord." Bill was a strict, but loving, father to his seven children, always attempting to bring them up "in the nurture and admonition of the Lord." The last 6+ years of his life were spent in nursing homes. On January 9, 1994, in Tacoma, Washington, he went to meet his Savior.

### THE PYKONEN FAMILY

**B**ill Pykonen and Elta Sheets were married on February 7, 1923, in Vancouver, Washington. They lived for a short time in Astoria, and then Portland, where their first child, Pat, was born. They then moved back to Tillamook, where Bill learned the plumbing and sheetmetal trade. They lived next door to Elta's mother's boarding house, and the next four children were born at home there (Bill, Jack, Shirlee, and Peggy). They all enjoyed the love and nurturing offered by their grandmother and Aunt Rachel.

Bill was raised in the Lutheran faith, and Elta in the Catholic faith. After their first two children came along they experienced salvation through faith in Jesus Christ, and began attending an Assembly of God Church. Their affiliation with this church continued for the rest of their lives.

After moving to Bremerton in 1935 and living for 10 months in a small rented house, they purchased a large five-bedroom house on Annapolis Hill in Port Orchard. It was here that their two youngest children (Dolores and Paul) were born. All the children have many happy memories of their big family in their big house. Realizing they needed more exercise, Bill built a ping pong table, setting it up in the basement, and Bill and Elta spent many happy evening hours beating each other at their favorite game. All the kids somehow found time to learn the game, too. The family spent many hot, summer days and warm evenings swimming at nearby lakes and Twanoh State Park on Hood Canal. Another favorite activity was the annual ritual of making root beer. This continued for years, even after one



batch blew up in the pantry. The whole family also participated in blackberry and huckleberry picking every summer, with many jars of jam being stored away for the coming year.

The family's yard in Port Orchard boasted three cherry trees, a plum tree, two apple trees, and a pear tree. Bill also planted a sizeable raspberry patch, a strawberry garden, and several blueberry bushes. He also cultivated a large vegetable garden each summer. He made certain his family ate well. He also supplemented the family income by picking huckleberry and salal brush in the woods round about, which he sold to a floral supply company. His encounters with bears, cougars, and the occasional group of Japanese mushroom hunters made for lively dinner table conversation. His often-used comment was, "I ran into the BEST huckleberry patch today!"

While living in Port Orchard, Elta developed severe asthma, discovering she was highly allergic to much of the natural growth in the neighborhood. Several times she was hospitalized and near death from this condition, and suffered with it most of the rest of her life. Bill also had a near-death experience when his appendix burst in the mid-30's, and he was taken from Bremerton, via the ferry, to the Marine Hospital in Seattle. Their faith in God helped sustain them through these and many other family crises.

After the five older children had finished school and left home, Bill and Elta sold their Port Orchard home in 1949 and moved to a home they purchased in Bremerton, where the younger two kids finished school. They continued living in this house until after Elta's retirement, when they moved to Brookings, Oregon, where they built a lovely retirement home on a bluff overlooking the Pacific Ocean. For ten years they enjoyed entertaining family and many of their friends at this home. Their next move was to Woodburn, Oregon, where they had a home built in a senior community. They lived in Woodburn for the next five years. It was while living in Woodburn that Elta developed a passion for the Trailblazers, Portland's NBA team. As they grew older and their health began to fail, they returned to Bremerton to be close to their children and better medical facilities.

Bill and Elta's children look back on their parents' lives as ones filled with love of God, devoted love for each other, love for their children, and many good times with good friends. In short, theirs were two lives lived well as one.

## THE SISTERS

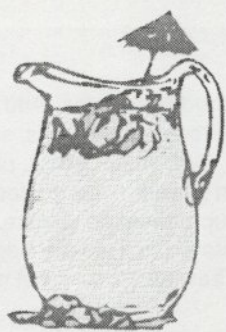
PAT was born in Portland, Oregon in January 1924. She is the eldest of the Pykonen kids. She graduated from South Kitsap High School in 1941. She married Robert Herzog in 1942. Her three children are Robert Jr., Bill (Karl), and Janyce, and she has two grandsons. Pat lived for several years in New Orleans, LA, and Norfolk, VA, early in her marriage when Bob was in the Navy. Upon returning to the Northwest, she worked for a number of years as a secretary, retiring in 1989. Now a widow, Pat has lived in Everett, Washington, since the late 1950's. She and Bob have been very involved in Eastern Star, Masonic, and Shrine activities.

SHIRLIE was born in Tillamook, Oregon, in May 1929, as the fourth of the seven kids. She graduated from South Kitsap High School in 1947 and worked for several years in Seattle before marrying Clifford Thorsen in 1952. Shirle's five children are Erik, Stephen (Mark), Paul (Andy), Patricia, and David. She has 12 grandchildren. Shirle was a homemaker all of her married life, keeping the home fires burning as Cliff took many tours at sea throughout his years in the Navy. Her sewing and knitting skills are famous throughout the family and beyond. Now a widow, Shirle resides in Poulsbo, Washington.

PEGGY, the fifth of the Pykonen kids, was born in Tillamook, Oregon, in December 1930. She graduated in 1948 from South Kitsap High School and also spent several years working in Seattle before marrying Jerry Covey in 1951. She has two daughters, Candis and Bonnie, and seven grandchildren. Peggy is the "communicator" of the family, who keeps everyone informed of important events. She retired from Federal Civil Service in 1989, having worked for 31 years as a secretary. From September 1989 until May 2002 she was employed as a secretary in the office of her church. Peggy resides in Poulsbo, Washington.

DOLORES (Dee) is the sixth of the seven kids, and was born in July 1937, in Port Orchard, Washington. She graduated in 1954 from Bremerton High School and from Olympic College in 1956, where she met her husband, Ralph Hill. They spent many years in Forks and Medical Lake, Washington, where Ralph taught school. Dee worked for 30 years as a secretary, in both Forks and Medical Lake, retiring in 1996. Since the late 1970's, she has enjoyed creating handmade quilts for her family and others. Dee's two sons are Michael and Jeffrey and she has three granddaughters, two of whom survive. Dee and Ralph now live in Silverdale, Washington.

# Appetizers and Beverages



Having a sister means having one of the most beautiful and unique of human relationships.

## Salmon Ball

— Peggy

- 1 pint canned salmon
- 2 large pkgs. cream cheese
- 1/4 t. liquid smoke
- 1 T. lemon juice

Mix well by hand or in blender. Form into a ball and roll in parsley and finely chopped walnuts or pecans.

## Spinach Balls

— Janyce MacKenzie

*These are best served hot, and can be reheated in the microwave if a wet paper towel is placed over them.*

- 2 10-oz. pkgs. frozen chopped spinach
- 3 c. herb seasoned stuffing mix
- 1 large onion, finely chopped
- 6 eggs, well beaten
- 3/4 c. melted butter
- 1/2 c. grated parmesan cheese
- 1 T. pepper
- 1-1/2 t. garlic salt
- 1/2 t. thyme

Cook spinach as per package directions. drain and squeeze any excess water. Combine spinach and remaining ingredients. Shape into balls and place on a greased cookie sheet. Bake at 325 degrees for 15-20 minutes until bottom is golden brown. Makes about four dozen.

## Pesto

— Shirlie

Mince 2 cloves garlic in food processor. Add 2 cups loosely packed fresh basil, 1/2 cup lightly toasted pine nuts, salt, and pepper. Process until very finely chopped. With motor going, pour 1/4 cup good olive oil into food processor in thin stream. You are looking for a paste-like consistency. Stir in 1/4 cup parmesan cheese. This may be put in ice cube trays, frozen, then stored in a ziplock bag, taking out only enough for one meal at a time. Thaw and toss in hot cooked pasta.

## Shrimp Dip

— Peggy

- 1 small carton sour cream
- 1 small carton cottage cheese
- 1 small can tiny shrimp (partially drained)
- 2 T. finely chopped green onions
- Garlic powder to taste
- Salt and pepper to taste
- 1/2 t. Worcestershire Sauce
- 1 t. lemon juice

Mix all ingredients together. Serve with potato chips or crackers.

## Bacon/Cheese Mini-Appetizers

— Dee

*If you take this to a gathering, be sure to take along copies of the recipe, as all the cooks will ask for it!*

- 1 10-oz. can flaky biscuits (5 biscuits in can)
- 3 T. finely chopped onion
- 8 oz. pkg. cream cheese, softened
- 1/2 cup grated Parmesan cheese
- 8 to 10 slices bacon, crisply cooked and crumbled
- 2 T. chopped parsley
- 2 T. milk
- A few drops of tabasco sauce

Heat oven to 375 degrees. Separate each biscuit into 5 thinner biscuits (1 into 4 pieces). Lay each biscuit layer over top of a mini muffin cup. Dredge a pestle or other tool in flour and press each biscuit into its cup (the end of a wooden spoon handle works, too). Turn edges under to even them. Chop cooked bacon and mix it and the rest of the ingredients together. Using a small scoop, mound a small amount of cheese mixture into cups. Bake 12 to 15 minutes or until golden brown. Makes 24.

## Mozzarella Meatballs

— Shirlie

- 3/4 lb. ground beef
- 1 t. dried leaf basil
- 1/4 lb. ground pork
- 1/8 t. pepper
- 1 slice bread
- 1 t. salt
- 1 egg, slightly beaten
- 4 oz. mozzarella cheese, cut in 16 cubes

Combine ground beef and pork in medium bowl. Break bread in pieces, place in blender or food processor. Process to uniform crumbs. Add bread crumbs, salt, basil, and pepper to meat mixture. Blend well. Add egg, blend well. Flatten about 1 tablespoon of the meat mixture in palm of your hand. Place 1 cheese cube in center of meat in your hand. Form meatball around cheese. Repeat with remaining meat mixture and cheese cubes, making 16 meatballs. Cook meatballs in medium skillet until nicely browned and ready to eat. Spear with large toothpick and serve with sauce of choice; such as salsa, horseradish sauce, soy sauce, teriyaki, sweet and sour sauce, brown sauce.

## Black Olive Hummus

— Shirlie

- 1 15-oz. can garbanzo beans, drained and rinsed
- 1/4 c. water
- 1/4 c. tahini (sesame butter)
- 1/4 c. olive oil
- 1 small can chopped olives, or 10-12 large pitted ripe olives.

Put all in blender, mix until smooth. Salt to taste. Serve as spread on crackers or croutons; or dip for celery sticks, green onions, or carrots; or filling in sandwiches or pita bread.

## Potato Wedges and Dip

— Dee

4 medium potatoes, each cut into 8 wedges  
Olive oil (or other good vegetable oil)  
Seasoned salt (preferably Johnny's)

Place potato wedges, cut side down, on a rack in a broiler pan. Brush with oil and sprinkle liberally with the seasoned salt. Broil with tops 3" from heat until browned, about 5 minutes. Turn, brush other side with oil and sprinkle with seasoned salt. Broil until tender, about 5 minutes. Serve arranged on a tray with a bowl of dip in the center.

Dip: Combine in a blender 1 c. cottage cheese; 1 3-oz. package cream cheese; 1/4 of a small onion, chopped coarsely; 1 clove garlic, crushed and chopped coarsely; and salt and pepper to taste. Refrigerate for several hours. Before serving, stir in 1 or 2 Tablespoons chopped olive. Pour into a small serving bowl and cover with 1/2 to 1 cup grated cheddar cheese.

## Spiced Nuts

— Peggy

1 t. cinnamon  
1 pinch cloves  
1 c. sugar  
6 T. milk  
1/2 t. vanilla  
1-1/2 to 2 c. walnuts or pecans

Combine first 4 ingredients in large sauce pan. Stir well. Place over medium heat, stirring constantly, and cook to soft ball stage (236 degrees). Remove from heat and add rest of ingredients—stir until coated. Spread on waxed paper. Separate quickly with fork and cool.

## Chipped Beef Sticks

— Shirlie

For a nice addition to a snack tray, spread dried beef slices with cream cheese and roll up like a cigarette. Make plenty—they go fast.

### **Bridal Pearl Punch**

— Peggy

3 quarts 7-Up  
3 quarts Squirt  
1 pint pineapple sherbet  
1 pint other sherbet (any flavor may be used that would compliment the color scheme)  
Serves 50 cups.

### **Strawberry Cream Punch**

— Peggy

1 46-oz. can pineapple juice  
3/4 c. sugar  
6 oz. can frozen pink lemonade concentrate  
2-1/4 c. water  
1 quart strawberry ice cream  
2-1/2 quarts ginger ale

Combine first four ingredients and stir until sugar is dissolved. Add scoops of ice cream, and stir until blended. Add ginger ale and serve at once.

### **White Grape Punch**

— Peggy

1 can frozen white grape juice concentrate  
3 cans water  
46 oz. can pineapple juice  
2 quarts ginger ale

### **Margaret's Punch**

— Peggy Williams

*Everyone always loves Mom's punch!*

5 pkgs. Koolaid, preferably raspberry if you can find it  
5 c. sugar  
1/2 gal. water  
1 lg. can pineapple juice  
1 med. can sliced pineapple, drained  
1 liter 7-Up  
Ice cubes  
Vanilla ice cream

Put Koolaid and sugar in a large punch bowl, add water and pineapple juice, and stir until Koolaid and sugar are dissolved. Add ice cubes until bowl is about half full. Add 7-Up. Wait until most of the ice melts, then float scoops of ice cream on top of the punch. DO NOT STIR.

### **Orange Julius**

— Peggy

1/3 cup orange juice concentrate  
1/8 cup sugar  
3/4 c. water  
1/2 c. milk  
1/2 t. vanilla  
5 or 6 ice cubes

Mix in blender. Makes one serving.

### **Hot Buttered Rum**

— Dee

1 lb. real butter, softened  
1 lb. light brown sugar  
1 lb. powdered sugar  
1 qt. vanilla ice cream, softened

Mix all together with an electric mixer and store in the freezer. Place a large tablespoonful of mix in a mug, stir in 1 oz. dark rum or spiced rum, and fill mug with boiling water. Stir well and sprinkle top with a dash of nutmeg.

### **Lemon Toddy**

— Dee

*Make this for adults who have a cold. For children, just eliminate the alcohol.*

Mix in a coffee mug:  
2 T. lemon juice  
2 t. sugar  
2 T. whiskey or rum

Fill cup with boiling water. Take it to bed, cover up good, drink the toddy quickly, and watch your cold disappear.



# Breakfast



Sisters are for fighting with in the  
daytime and for loving in the nighttime,  
especially when you say your prayers.

## Belgian Waffles

— Peggy

*Serve with strawberry compote, or other fruit, and whipped cream.*

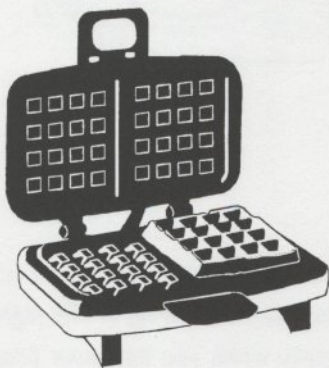
- 2 c. sifted flour
- 2 t. baking powder
- 3/4 t. salt
- 3 egg yolks, beaten
- 1-3/4 c. milk
- 1/3 c. oil
- 3 egg whites, stiffly beaten

Measure dry ingredients in mixing bowl. Blend. Combine egg yolks and milk. Stir into dry ingredients. Add oil. Carefully fold in egg whites. Do not overmix. Bake in a Belgian waffle iron that has been lightly sprayed with oil. Serve with strawberry compote and whipped cream. Makes 5 to 6 waffles.

## Strawberry Compote

- 1 10-oz. pkg. sweetened frozen strawberries
- 3 T. water
- 2 T. corn starch
- 3 T. sugar

Thaw berries in a sieve that has been placed over a saucepan, allowing the juice from the berries to drop into the pan. Place juice over heat, and when it comes to a boil add the sugar and stir until dissolved. Mix the water and corn starch well, and add to boiling juice. This will thicken quickly. Remove from heat and cool. Place several tablespoonsful on waffle and top with whipped cream.



Here are two "takes" on the same breakfast casserole. Both are delicious--choose your favorite.

### **Overnight Sausage Casserole**

— Peggy

- 1 lb. sausage, cooked and drained. You can use ground sausage, or links cut into small pieces.
- 6 slices white bread (crust removed and cubed)
- 1-1/2 c. sharp cheese, grated
- 2 c. milk
- 4 eggs
- 1-1/2 t. dry mustard
- 1/2 t. salt

The day before:

- (1) cook sausage
- (2) alternate layers of bread cubes, meat, and cheese
- (3) cover and refrigerate

Bake the next day for 45 minutes at 325 degrees.

### **Sausage and Egg Fondue**

— Dee

*This makes a hearty breakfast or brunch for a crowd. Serves 10 to 12 people.*

Dice 8 slices bread and arrange in the bottom of a 9"x13" baking dish. Shred 2 cups sharp cheddar cheese and place evenly over the bread. Add cooked and drained sausage or Li'l Smokies over the cheese. Beat 6 eggs with 1/4 teaspoon dry mustard, add 2-1/4 cups milk, and pour over all in the baking dish. Slice mushrooms over the top and, if desired, top with 1 or 2 cans of mushroom soup, undiluted. Bake for 90 minutes at 300 degrees. This can be put together the night before serving and kept in the refrigerator, covered with plastic wrap, until time to bake.

### **Buttermilk Pancakes**

— Shirlie

- 2 c. flour
- 1 t. salt
- 1 t. soda
- 2 eggs
- 1/3 c. oil
- 2 c. buttermilk

Mix dry ingredients well with a fork. Add rest of ingredients and mix until well blended. Do not overmix.

## The Perfect Omelet

— Dee

### Hints:

- *Have the eggs at room temperature.*
- *Never put salt in the egg mixture because it toughens the eggs. Add the salt just before folding the omelet.*
- *Never use milk in the egg mixture, use only water. Milk makes the omelet watery because it will not blend with the eggs, but water does blend. (Keep this in mind when making scrambled eggs, too.)*
- *Heat the pan before you put in the oil and butter. This keeps the eggs from sticking. When the butter stops foaming, add the eggs.*

### Ingredients:

2 eggs  
2 t. water  
1/2 T. olive oil  
1/2 T. butter  
Salt and pepper to taste

Heat a small skillet on medium high. Whip the eggs with a whisk or fork in a small bowl. Add the water and whip again. Put the oil and butter in the heated pan at the same time. When the butter stops foaming, pour in the eggs. As the omelet begins to "set," you can lift the edges a bit with a wooden spatula and allow the wet part of the egg mixture to run under the omelet. Add the salt and pepper at this time, if you wish. When the top of the omelet begins to set, place your filling, if any, on the half of the omelet away from you. To get the omelet out of the skillet, grasp the handle backhand, that is, from under the handle. Using a spatula to help you lift and guide the omelet, let the half of the omelet away from you slide onto the plate and fold the other half over on top of the first half. Garnish the top with parsley or with more of your filling.

## Spanish Omelet Sauce

— Dee

2 T. butter or margarine (or use nonfat vegetable spray)  
1 T. onion, chopped fine  
1/2 medium size green pepper, chopped fine  
1/4 c. celery, chopped fine  
1/2 t. salt  
Dash of cayenne pepper  
1-3/4 c. cooked tomatoes (or canned stewed tomatoes)

Make the sauce before making the omelet. Heat the pan, then add the butter or vegetable spray. Add the onion, green pepper, celery, and seasonings and saute until translucent and tender. Add tomatoes and cook slowly until mixture thickens. Before folding omelet, place 1/4 cup tomato mixture on half of the omelet, and place the omelet on a warmed plate as described above. Place some of the tomato mixture over the omelet. This recipe should make enough for two omelets.

## Blueberry French Toast

— Dee

*This breakfast or brunch treat is great for a crowd, and is almost as good as Peggy's Belgian waffles.*

16 slices firm white bread (divided)	1 t. vanilla
1 8-oz. pkg. cream cheese softened	1-1/2 c. sugar (divided)
2 c. blueberries (divided)	1/4 t. nutmeg
3 c. milk	2 T. cornstarch
3 eggs	1 T. butter
1/3 c. maple syrup	1 c. water

**THE NIGHT BEFORE SERVING:** Butter a 3-qt. baking dish. Cut 10 slices bread into cubes. Cover remaining 6 slices with the cream cheese and place in the bottom of the baking dish. Sprinkle with 1 cup of the berries. Top with bread cubes. Combine milk, eggs, syrup, and vanilla with 1/4 cup of the sugar. Pour over the bread, cover with foil, and refrigerate overnight.

**IN THE MORNING:** Mix nutmeg and 1/4 cup of the sugar and sprinkle over bread mixture. Bake 30 minutes at 350 degrees covered with foil. Uncover and bake until golden brown, about 20 to 30 minutes. Remove from oven and let stand 5 minutes before serving.

**SERVE WITH BLUEBERRY SYRUP:** Mix the cornstarch and the rest of the sugar (1 cup) in a small saucepan. Pour 1 cup boiling water over it and cook and stir until thickened. Remove from heat and stir in butter and the remaining berries (1 cup). Serves 8 to 12 people, depending on appetites and what accompanies the dish.

## Maple Syrup

Serve with sourdough pancakes and waffles.

Combine 1 cup brown sugar and 1 cup dark Karo syrup in a saucepan. Add 1 cup boiling water and 1/2 teaspoon Mapleine or maple flavor. Bring back to a boil (but don't let it boil over!) and keep warm until time to pour over your pancakes or waffles.

— Dee



## Easter Sunday Brunch

— Dee

*This is how you use up your Easter eggs. Along with this dish, serve a fruit salad, a fun fruit punch for the kids, and a big pot of coffee.*

White sauce (see the "Main Dish" section)

Easter eggs

Baking powder biscuits, about 2 per person

Steamed asparagus spears

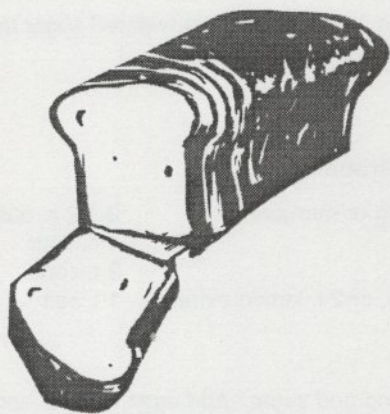
Chopped green onions

Chopped ham

Make one cup of white sauce for each 2 eggs you are going to use.

Chop the eggs up coarsely and add to the white sauce. Season with salt and pepper. Serve everything separately at the table and let each person arrange their own dish. Spoon the egg sauce over halved biscuits and top with any or all of the above toppings, or others of your own choosing.

# Breads



We sisters look different, act different, and have different interests, but the important thing is that we are the same inside.

## Lemon Tea Bread

— Pat

*This recipe makes two fairly large loaves. It also works well to substitute orange for lemon where listed.*

- 2/3 c. shortening
- 2 c. sugar
- 4 eggs
- 6 T. lemon flavoring (a 1-oz. bottle)
- 2 t. baking powder
- 1 t. salt
- 3 c. flour
- 1 c. milk
- 3 t. lemon peel
- 1 c. chopped walnuts

Cream the shortening, sugar, eggs, and lemon flavoring together. Sift the baking powder, salt, and flour together and add to the creamed mixture alternately with the milk. Fold in the lemon peel and walnuts. Bake at 350 degrees for 1 hour. Pour glaze over loaves immediately after baking.

### Lemon Glaze

Mix 1/4 c. lemon juice with 1/2 c. powdered sugar until sugar is thoroughly dissolved.

## Banana Nut Bread

— Peggy

- |                                         |                          |
|-----------------------------------------|--------------------------|
| 1/2 c. shortening or margarine          | 3-1/2 c. bananas, mashed |
| 2 c. sugar                              | 4 c. flour               |
| 2 t. vanilla                            | 2 t. soda                |
| 2 T. lemon juice, or 2 t. lemon extract | 1 t. salt                |
| 4 eggs                                  |                          |
| 1-1/2 c. nuts                           |                          |

Cream shortening and sugar. Add eggs, vanilla, and lemon juice. Sift flour, soda, and salt together. Add alternately with mashed bananas. Add chopped nuts. Place in two loaf pans which have been greased and floured. Bake at 350 degrees for 1-1/4 hrs. Makes 2 loaves.



## Red Bread

— Dee

*This bread is good to serve at a party. The recipe makes two loaves.*

2 pkg. yeast  
1-1/3 c. warm water  
1 can tomato soup  
1/4 c. oil  
1/2 t. salt  
6-1/4 to 6-3/4 c. flour

Dissolve the yeast in the water, then add the soup and oil. Mix in the salt and enough of the flour to make a sticky dough. Knead for several minutes, until dough is smooth. Place in a large oiled bowl and let rise in a warm place until dough has doubled. Punch down and divide in half. Roll each half out to about 12" x 8". Brush olive oil over the surface, then layer the desired fillings on top. Season with salt, garlic, and chopped fresh basil and parsley. Roll up like a jelly roll and curve into a crescent shape. Make 4 or 5 2" slits on the top of each loaf. Let rise again and bake at 350 degrees for 20 to 30 minutes, until lightly browned on top.

### **Filling Suggestions:**

Cheese, sliced or grated (your choice of one or several), ham or pastrami or other sliced meat, sliced tomatoes, sliced olives, sweet onion slices, any other items you like.

## Cheese Bread

— Dee

*This bread is great for a crowd or to take to a potluck.*

Mix 1 box of Buckeye Beans Sourdough Pan bread or Beer Bread according to instructions on the box. Add 1/2 cup more water and stir in. Spread half the batter in a greased 13" x 9" baking pan or dish. Sprinkle over this 2 to 3 cups grated cheese (provelone, cheddar, jack, etc., whatever you like), a small can chopped black olives, and 4 green onions, chopped with greens. Spread the remaining bread batter over the top and bake according to instruction on the box. This would also work well with any other sourdough or quick bread recipe you may prefer to use.

## Cinnamon-Raisin Bread

— Stephen Thorsen

1-1/2 c. warm water

2 T. butter (softened)

4 c. flour

1/3 c. sugar

2 t. salt

1-1/4 t. cinnamon

2-1/4 t. bread machine yeast or regular active dry yeast

Combine above ingredients in bread making machine, then add the following — after 32 min. into bread making cycle:

1 c. raisins that have been soaked a short time in water.

1 c. finely chopped Granny Smith apple.

If bread machine has "sweet bread" setting, use it. This is a very moist bread that does not last long.

## Squaw Bread

— Shirlye

*This is a recipe that is different, but really good if you have the time to make a good loaf of bread and if you have a good-sized food processor. My Cuisinart is the DCL8, and accommodates this nicely.*

Place in blender and liquefy:

1-1/4 c. hot water

2 T. honey

3 T. canola oil

2 T. raisins

In a food processor place:

3/4 c. rye flour

2 c. white flour ("Better for Bread" is best)

1 c. whole wheat flour

1/4 c. dry milk powder

1 T. brown sugar

1-1/2 t. salt

2-1/2 t. active dry yeast

With the food processor running, pour the liquid ingredients through the feed tube and blend until the mass forms a ball. Count to 35, then stop the machine. Your bread has been kneaded. Do not run the machine longer as it heats up the dough and could kill the yeast. Let the dough rise twice, form into a loaf and place in a greased and floured loaf pan, then let it rise again. Bake at 375 degrees for 45-50 minutes until it sounds hollow when thumped. Remove from the oven and butter the top. Set a damp cloth over the top for 5 minutes, then remove to a cooling rack.

## Gran's Currant Scones

— Jeff & Becky Hilt

- 2 c. flour
- 1-1/2 t. baking powder
- Pinch of salt
- 1/4 c. margarine (or butter)
- 3 T. sugar
- 1/3 c. currants
- 1/4 c. Egg Beaters (or 1 egg, slightly beaten)
- 1/3 to 1/2 c. milk

Preheat oven to 375 degrees. Mix together flour, baking powder and salt. Cut in the margarine until it looks like breadcrumbs. Stir in sugar and currants. Add Egg Beaters and 1/3 cup milk, stirring in additional milk as needed to form a soft dough. Dust board with flour and roll out to 3/4" to 1" thick. Press out with a cutter into 2" rounds (or other shapes) and bake on a greased baking sheet for 10 to 12 minutes (until light brown ON THE BOTTOM – they will brown on the bottom first).

These can also be "dropped," as for cookies. If this is done, add a bit more milk, approximately 1/8 to 1/4 c. more.

Top with Gran and Poppa Ralph's homemade blackberry jam, of course! Makes 1 dozen.

## Moist Apple, Zucchini, or Banana-Pear Bread

— Brenda Thorsen

*(A slight variation in ingredients will give you 3 different delicious breads.)*

- |                            |                      |
|----------------------------|----------------------|
| 3 eggs                     | 2 c. flour           |
| 2 c. sugar                 | 1 t. cinnamon        |
| 1 c. vegetable oil         | 1 t. soda            |
| 2 c. shredded zucchini, or | 1/4 t. baking powder |
| 2 c. grated apples, or     | 1 t. salt            |
| 3 mashed bananas           | 1 t. vanilla         |
| & 1 mashed pear            | 1 c. chopped nuts    |

Beat eggs until frothy. Add sugar, oil, and vanilla. Stir in zucchini (or apples, or banana-pear). Stir in flour, cinnamon, soda, baking powder, salt, and nuts. Pour into two greased and floured loaf pans. Bake 1 hour 10 minutes in a 350 degree oven.

## Pinto Bean Bread

— Shirlye

*This recipe can be made in a bread machine or by hand, and is guaranteed to be satisfying. To make the pinto bean puree, combine in a blender 1 cup cooked pinto beans with a little water.*

1 c. pinto bean puree

1 c. water

1 T. sugar, molasses, or honey

2 T. vegetable oil, preferably Canola Oil

1 t. salt

1 c. whole wheat flour

2-1/4 c. better-for-bread unbleached flour

1 T. gluten powder (you can get this at any health food store)

2-1/2 t. active dry yeast

Place all ingredients in a bread machine in the order given, and set the machine for medium whole wheat. When it is done give it time to cool before serving (if you possibly can).

To make the bread the regular way, let the yeast dissolve in the warm water. Then add the bean puree, sugar, oil, and salt. Work the flours into the liquids and knead the dough until smooth. Let dough rise until almost doubled, punch down, then let it rise again. Form dough into a loaf and place in a greased loaf pan. Rise again, then bake at 375 degrees until the loaf sounds hollow when thumped with your knuckle (about 45 minutes).

# Soups and Stews



A sister can be seen as someone  
who is both ourselves and very much  
not ourselves -- a special kind of double.

## California Cioppino

— Dee

*This recipe makes about 6 servings, but try it sometime for a party crowd. It makes a great New Year's Eve or New Year's Day supper.*

2 dozen fresh steamer clams in shells  
1-1/2 lb. halibut or rock cod fillets, cut into serving pieces  
1 lb. large shrimp in shells, split, and deveined  
2 medium-size Dungeness crabs

Other seafood suggestions:

- 1/2 lb. squid, cut in round slices
- Imitation crab instead of Dungeness
- Lobster tails instead of crab
- Frozen shrimp instead of fresh
- Half salmon, half halibut, instead of all white fish
- 10-1/2 oz. can chopped clams

1 medium onion  
2 large garlic cloves (or more)  
6 parsley sprigs  
1/2 green bell pepper  
1/4 c. olive oil  
3-1/2 c. canned Italian plum tomatoes  
1-3/4 c. canned tomato puree  
1 c. red Burgundy or other robust red wine  
1 c. water (or, preferably, clam nectar)  
2 T. wine vinegar  
1 T. crushed mixed herbs (sweet basil, rosemary, marjoram, & oregano), or use "fines herbs"  
1-1/2 t. seasoned salt  
1/2 t. seasoned pepper

Use a Dutch oven or a stock pot with lid. Chop onion into thin wedge slices, the bell pepper into strips, and the parsley very fine. Add the garlic through a garlic press. Cook in oil or an oiled skillet over moderate heat until soft, but not browned. Add tomatoes, tomato puree, wine, water (or clam nectar), vinegar, chopped clams, herbs, salt, and pepper. Bring to a boil. Reduce heat and simmer for 40 minutes, stirring occasionally. This basic sauce may be made ahead of time, cooled, and refrigerated, but heat to simmering before adding to seafood.

While sauce is cooking, place clams in cold salted water (1/4 cup salt to 2 quarts water) for 30 minutes. Dress the crabs, crack claws, and break into serving pieces. Prepare shrimp as described above. When sauce is completed, remove it to a separate container. Layer all the seafood in the kettle, placing clams on top. Pour sauce over all. Cover tightly and cook over low heat for 20 to 25 minutes. Serve in large heated bowls placed on dinner plates on which to discard shells.

## Cabbage Patch Soup

— Pat

*This makes a large pot of soup, some to eat right away and some to freeze and eat later. In fact, the reheated soup is better. This is a good soup to serve on a cold night.*

- 1 lb. lean ground beef
- 1 medium-size onion, chopped fine
- 6 carrots, grated
- 4 cloves garlic, minced (optional)
- 2 29-oz. cans pureed tomatoes
- 2 14.5-oz. cans beef broth
- 2 14.5-oz. cans chicken broth
- 1 small head cabbage, chopped fine
- 2 bay leaves
- 1/2 t. dried oregano
- 1 T. dried parsley flakes
- Salt and pepper to taste

Saute the ground beef until it is in small crumbs. Drain the fat. Add the tomatoes and broth. Pour in 2 cans of water using the unrinsed tomato cans; add 2 more cans of water using the unrinsed broth cans. Add the rest of the ingredients in the order given above. Simmer for at least 2 hours, or more if you have the time. Serve with french bread so you can dip the bread in the soup.

## Celery-Chicken Gumbo

— Dee

*This is a low-cal, low-fat, low-sodium, high-flavor take on the Cajun original.*

- 1 T. vegetable oil (or use oil spray)
- 3 c. thinly sliced celery
- 1 c. chopped onion
- 1 t. pressed or minced garlic
- 8 oz. boned and skinned chicken or turkey breasts (cutlets), cut in 1/2" pieces
- 4 c. low-sodium chicken broth or bouillon
- 1 16-oz. can tomatoes, with juice, crushed or cut up
- 1 14- to 16-oz. can okra, undrained
- 1/2 cup uncooked long grain white rice
- 1 t. gumbo file'
- 1 t. ( or more) K-Pauls's Poultry Magic OR Foltz Bros. Creole Seasoning
- 1/8 to 1/4 t. cayenne pepper

Heat oil in large saucepan until hot. Add celery, onion, and garlic; cook, stirring often, until vegetables are crisp-tender, about 5 minutes. Add chicken and cook, stirring occasionally, until chicken turns white, about 2 minutes. Stir in the rest of the ingredients and bring to a boil. Reduce heat, cover, and simmer until rice is tender, about 20 minutes. Thicken, if desired, with a mixture of 1 tablespoon of cornstarch in 1/2 cup of water. Makes 4 servings, about 2 cups each.

## Chili Soup

— Peggy

- 1 lb. ground beef
- 1 c. chopped onions
- 1 c. chopped green peppers
- 1 can (28 oz.) whole tomatoes
- 1 can (8 oz.) tomato sauce
- 2 t. chili powder
- 1 t. salt
- 1/8 t. cayenne red pepper
- 1/8 t. paprika
- 3 cans kidney beans, drained

In large skillet cook and stir meat, onion, and green pepper until meat is brown and onion is tender. Drain off fat; stir in tomatoes with liquid and remaining ingredients, except kidney beans. Cook 2 hours, then add beans. Reheat, adding a little sugar to taste.

## Italian Vegetable Soup

— Dee

*We were surprised to find this soup is perfectly flavored as is—no alteration to the recipe was needed at all. It's also better the second or third day—if it stays around that long.*

- 1/2 to 1 lb. ground beef
- 1 T. dried parsley flakes
- 1 c. diced onion
- 3/4 t. salt (or lite salt)
- 1 c. diced celery
- 1/2 t. dried oregano
- 1 c. sliced carrots
- 1/2 t. dried sweet basil
- 2 cloves minced garlic
- 1/4 t. pepper
- 1 16-oz can tomatoes
- 1 15-oz can tomato sauce
- 1 15-oz can red kidney beans, undrained
- 3 or 4 c. water
- 5 t. beef bouillon granules
- 2 c. shredded cabbage
- 1 c. frozen or fresh green beans, cut in 1" pieces
- 1/2 c. small elbow macaroni
- Grated Parmesan cheese

Brown beef in a large kettle and drain. Add the ingredients except the cabbage, beans, macaroni, and cheese. Bring to a boil, lower heat, cover, and simmer for 20 minutes. Add the cabbage, green beans, and macaroni, bring to a boil again and simmer until veggies and macaroni are tender, about 20 minutes. If you prefer a thinner soup, add additional broth or water. Sprinkle each serving with Parmesan cheese. This is also delicious made with sliced linguica (Portuguese sausage) instead of ground beef.



## Nordic Potato Soup with Ham

— Dee

*This recipe is from Sunset's "Crockery Cookery" and has become a winter favorite of ours. Makes 4 good-sized servings.*

- 3 medium potatoes (about 1-1/2 lb. total) peeled and diced
- 1 large onion, finely chopped
- 1 smoked ham hock (about 1 lb.)
- 1 T. dry dill weed
- 1 T. grated lemon peel (dried is okay)
- 1/4 t. ground white pepper
- 2-1/2 c. chicken broth
- 1 T. cornstarch
- 1/2 c. whipping cream
- Dill sprigs (optional)

In a 3-quart or larger electric slow cooker, combine potatoes, onion, ham hock, dill weed, lemon peel, white pepper, and broth. Cover and cook at low setting until ham hock and potatoes are very tender when pierced (7-1/2 to 8 hours).

Lift out ham hock and let stand until cool enough to handle. Meanwhile, remove about 1 cup of the potatoes with a little of the broth; whirl in a blender or food processor until pureed. Return puree to cooker. In a small bowl, mix cornstarch and cream; blend into potato mixture. Increase cooker heat setting to high. Remove and discard fat and bone from ham, tear meat into bite-size pieces and stir into soup. Cover and cook, stirring 2 or 3 times, for 20 more minutes. Garnish with dill sprigs, if desired.

## Hearty Soup

— Peggy

- 1 lb. lean ground beef
- 2 cloves crushed garlic
- 1 28-oz. can tomatoes in puree
- 1 10.5 oz. can condensed french onion soup
- 1 9-oz. pkg. frozen green beans
- 1 9-oz. pkg. fresh cheese tortellini
- 1 medium size zucchini, sliced
- 1 t. dried basil leaves

Cook beef and garlic on high for 10 minutes. Stir frequently until all pan juices are evaporated. Remove excess fat. Add tomatoes, undiluted french onion soup, beans, tortellini, basil, and 3-1/2 cups water. Heat to boiling, then reduce to medium heat, cover and cook 10 minutes, stirring occasionally. Add zucchini and cook uncovered for 10 more minutes. Makes about 11 cups.

## Oyster Chowder

— Peggy

*If you're an oyster lover, you'll find this chowder very satisfying. Makes 4 servings.*

- 1 12-oz. jar oysters, or 12 fresh oysters
- 4 T. chopped onions
- 3 T. butter
- 4 c. cubed potatoes, boiled
- 4 c. scalded milk
- 1 c. frozen corn
- 2 T. flour
- Salt and pepper to taste

In a heavy saucepan, melt the butter and saute the onions until delicate brown. Add the oysters and their liquid, the potatoes, milk, corn, salt and pepper. Bring to a boil. Mix the flour with enough water to make a smooth paste and add to the chowder. Stir gently until the soup thickens.

## Toscana Soup

— Dee

*This is the recipe for the famous, delicious soup served at the Olive Garden restaurants.*

- 3 links hot OR sweet Italian sausage
- 2 c. water
- 3/4 c. chopped onions
- 2 medium potatoes, peeled and sliced
- 1 slice bacon, diced
- 2 c. thinly sliced fresh kale
- 1-1/4 t. minced garlic
- 1/3 c. heavy cream or whipping cream
- 1 14- or 15-oz can chicken broth

Heat oven to 300 degrees. Bake sausage links on a jelly-roll pan 15 to 20 minutes. Drain on paper towels, cool, and cut into 1/4" slices. Meanwhile, cook onions and bacon in saucepan 3 or 4 minutes. Stir in garlic and cook 1 minute. Add broth, water, and potatoes. Bring to a boil, reduce heat to medium, and simmer 25 minutes until potatoes are tender. Stir in sliced kale, cream, and sausage and cook another 5 minutes or until kale has softened. Serves 4.

## Beef Stew

— Pat

*This recipe should serve eight hungry people. Leftovers freeze well for a future dinner.*

- 1 lb. beef cubes
- 6 large carrots
- 6 large potatoes
- 1 medium onion
- 3 stalks celery
- 1/2 green bell pepper and 1/2 red bell pepper (optional)
- 1 29-oz. can tomatoes, crushed or diced
- 1 14.5-oz. can corn
- 1 14.5-oz can green beans
- 1-1/2 c. frozen peas
- 1/2 head cabbage, cut fine
- 1 medium turnip
- 4 large cloves garlic
- Salt and pepper to taste
- 2 tsp. paprika
- 1 tsp. dried oregano
- 3 large bay leaves
- 2 T. Johnny's seasoning salt
- 2 14-oz cans beef broth

Brown beef cubes in a small amount of vegetable oil. Add the vegetables, which have been cut into medium sized pieces. Add the spices. Simmer slowly for about 3 hours. Beef cubes should separate easily when tested and vegetables should be soft but still have their shape.

## Elephant Stew

— Dee

- |                      |                     |
|----------------------|---------------------|
| 1 Elephant           | Assorted vegetables |
| Brown gravy          | Salt (to taste)     |
| 2 Rabbits (optional) | Pepper (to taste)   |

Cut the elephant into small, bite-size pieces. This should take about 2 months. Add enough brown gravy to cover, about 2300 gallons. Simmer for 3 days. Add 1/2 ton of assorted vegetables and simmer for 4 weeks over low heat. This will serve approximately 3,800 people (enough for a Pykonen Family Reunion). If more are expected, 2 rabbits may be added, but do this only if necessary as most people do not like to find hare in their stew.

## Snowy Day Beef Stew

— Dee

*This tasty stew is made in a slow cooker, so it is easy to do. We have found it to be a favorite and I like to add dumplings to it at the end. The recipe is from Sunset's Crockery Cookbook.*

- 1 medium onion, finely chopped
- 2 medium carrots, cut into 1/4" thick slanting slices
- 1 lb. small thin-skinned potatoes, scrubbed and cut lengthwise into quarters
- 8 oz. mushrooms, sliced
- 2 to 2-1/4 pounds lean boneless beef round, trimmed of fat and cut into 1" cubes
- 1/4 c. flour
- 2 tsp. dry thyme
- 1 15- or 16-oz. can stewed tomatoes
- 1/4 c. dry red wine or beef broth
- 1 10-oz. pkg. frozen peas, thawed
- Salt

In a 3-1/2 quart or larger electric slow cooker, combine onion, carrots, potatoes, and mushrooms. Coat beef cubes with flour, then add to cooker and sprinkle with thyme. Add tomatoes and wine. Cover and cook at low setting until beef is very tender when pierced (8 to 10 hours). You can cut the cooking time slightly by cooking on high for the first hour only.

Skim and discard fat from stew, if necessary. Stir in peas and season to taste with salt. Increase cooker heat setting to high. At this time you can add dumpling batter\*. Cook 12 to 15 minutes uncovered, then replace cover on slow cooker and cook another 12 to 15 minutes, or until dumplings are done.

\*See "Indian Pot Roast" recipe for dumpling recipe and make only a half recipe, or make a half recipe of Bisquick dumplings, adding a teaspoon or so of dried parsley flakes.

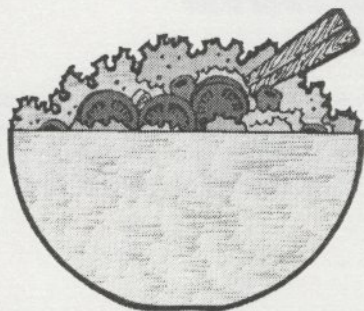
## No-Peek Stew

— Peggy

- |                                   |                      |
|-----------------------------------|----------------------|
| 1 lb. stew meat or round steak    | 1-1/2 t. salt        |
| 3 or 4 medium potatoes, quartered | 1 c. water           |
| 3 or 4 medium carrots             | Pepper to taste      |
| 1 c. diced celery                 | 2 T. Instant Tapioca |
| 1/2 c. quartered onions           | 2 T. sugar           |
| 2 cans golden mushroom soup       |                      |

Place ingredients in order as above in covered casserole with tight lid. Bake at 250 degrees for 5 hours. Do not uncover until done.

# Salads



Sisters are not primarily put on this earth  
to see through one another, but to  
see one another through.

### **Frozen Fruit Salad**

— Peggy

- 1 8-oz. pkg. cream cheese (room temperature)
- 1 large can crushed pineapple
- 1 pint whipping cream
- 1 small can mandarin oranges
- 1/2 small pkg. flaked coconut
- 1/2 small pkg. small mini-marshmallows

Drain juice of pineapple. Then whip the cream cheese with pineapple juice. Add whipping cream and beat it all up until thickened. Add coconut, marshmallows, mandarin oranges, and pineapple. Place in an 8-inch square baking dish and freeze. Remove from freezer about an hour before serving.

### **Waldorf Salad (modified)**

— Shirlie

- 3/4 c. celery (chopped fine)
- Seedless grapes (red or green, cut in half)
- 2 small red delicious apples, chopped small (leave skin on)
- Small can pineapple tidbits (reserve liquid)
- 1 small can mandarin orange slices
- 1/2 c. chopped cashews
- 1/4 c. mayonnaise

Mix together celery, apples, grapes, pineapple, and cashews. Mix 2 T. of the reserved pineapple liquid with mayonnaise, then mix in with fruit. Arrange mandarin orange slices on top of salad around the outer edge. Place a handful of whole cashews in center of salad.

### **Surprise Salad**

— Peggy

*This is a light salad and can be served on a lettuce leaf with nut bread on the side, Ideal for serving at a luncheon or shower.*

#### Layer #1

- 1 small pkg. orange jello
- 1 c. boiling water
- 1 c. orange juice

Pour into square 8-inch pan. After it is slightly congealed, add 1 can pineapple chunks (drained). Let set.

#### Layer #2

- 1 small pkg. lemon instant pudding
- 1 c. cold milk

Beat until set. Pour over jello mixture.

#### Layer #3

Spread 1 carton Cool Whip (about 2 c.) over pudding. Sprinkle chopped nuts over top. Cut into squares.

## **Summer Fruit Salad**

— Dee

Use as big a variety of summer fruits as you can, but always watermelon, cantelope, and honeydew melon for the base of the salad, about 1 or 2 cups each, depending on how big a salad you want to make. Cut all the fruit into smaller-than-bite-size pieces, so you can have 3 or 4 different fruit flavors in each spoonful. Other fruits to use may be kiwi, apples, pears, red and/or green grapes (sliced in half), canned or fresh pineapple, canned mandarin oranges, bananas, blueberries and strawberries. If using strawberries, add them at the last minute if you are taking your salad to a potluck or party because after several hours they will soften and lose their bright color.

After slicing and dicing your fruit into a large bowl, mix well. For a medium size salad, add 2 tablespoons lemon juice (fresh lemon is best, of course, but you can use bottled lemon juice), 2 tablespoons sugar or 1 envelope of Equal, and 1 teaspoon poppy seed. For a larger salad, use 3 to 4 tablespoons lemon juice, an equal amount of sweetener, and 1-1/2 teaspoon poppy seed. Leftovers are great for breakfast.

## **Spinach Salad With Strawberries And Poppy Seed-Berry Vinaigrette**

— Peggy

*Light and refreshing, this salad is perfect on a hot summer afternoon. Use some luscious June strawberries, and try making your own berry vinegar.*

### Spinach Salad

- 2 bunches spinach, stemmed
- 2 c. strawberries, stemmed and quartered
- 1 c. thinly sliced fresh button (cultivated) mushrooms
- 1/2 c. thinly cut green (spring) onions
- 1/2 c. sliced almonds, lightly toasted

### Vinaigrette

- 2 T. poppy seeds
- 2 T. Dijon mustard
- 2 T. honey
- 1 c. canola or safflower oil
- 1/3 c. seasonal berry vinegar

To make the vinaigrette: Place the poppy seeds, mustard, and honey in a small bowl and gradually whisk in the oil until all the oil is used and the mixture is the consistency of mayonnaise. Gradually whisk in the berry vinegar to thin the mixture to the consistency of heavy cream.

Place the leaves of spinach in a serving bowl. Toss with the strawberries, mushrooms, green onions, almonds, and enough vinaigrette to moisten them.

Serve on salad plates and pass the extra vinaigrette. Serves 6-8.

### **Sauerkraut Salad**

— Shirlie

- 1 c. sauerkraut
- 1/2 c. minced green pepper
- 1 c. minced celery
- 1 T. minced onion
- 1 tomato, minced

Combine and shake in jar. Add 1/4 cup sauerkraut juice, 1-to-2 tablespoons sugar (to taste), and 1 tablespoon salad oil. Pour over vegetables and let marinate 1 hour.

### **Bean Salad**

— Peggy

- 1 1-lb. can (2 c.) cut green beans, drained
- 1 1-lb. can cut wax beans, drained
- 1 1-lb. can kidney beans, drained
- 1/2 c. chopped green pepper
- 3/4 c. sugar
- 2/3 c. vinegar
- 1/3 c. salad oil
- 1 t. salt
- 1 t. pepper

Combine vegetables; toss lightly to mix. Combine sugar, vinegar, and salad oil; pour over vegetables. Add salt and pepper, toss lightly. Chill overnight. Before serving, toss again to coat beans with marinade. Drain. Makes 6 to 8 servings.

### **Cabbage Chicken Salad**

— Peggy

- 1/2 head chopped cabbage
- 2 green onions
- 1 pkg. top ramen noodles, uncooked and crunched (don't use the seasoning pkg.)
- 2 T. sesame seeds (toasted)
- 2 T. sliced onions
- 1 cooked chicken breast (chopped in about 1/2-inch pieces)
- 1-1/2 c. chopped celery

#### **Dressing**

- 1/2 c. oil
- 3 T. vinegar
- 2 t. sugar
- 1-1/2 t. salt
- 1/2 t. pepper

Mix all ingredients together. Will keep 3 days in the refrigerator.



## Taco Salad

— Peggy

*I've taken this salad to a lot of parties, and there was very seldom any left. It isn't good as a leftover because the chips get wimpy.*

- 1 head lettuce
- 4 or 5 tomatoes
- 1 finely diced onion
- 1 can kidney beans, drained
- 1 can black olives, sliced
- 4 oz. cheddar cheese, diced
- 1 bag Doritos corn chips
- 1 small bottle thousand island dressing
- 1 lb. cold cooked hamburger

Mix together vegetables. Add cold hamburger. Add Doritos and dressing just before serving.

## Holiday Cranberry Relish Mold

— Ardie Thorsen

- 1 large box raspberry sugar-free jello
- 1/4 c. frozen pineapple juice concentrate
- 1 pkg. finely chopped cranberries
- 1 apple, peeled & chopped
- 1 orange, peeled & chopped
- 1/2 c. crushed pecans
- Small marshmallows (optional)

Dissolve jello in boiling water. Add frozen pineapple juice concentrate, cranberries, apple, orange, and pecans. Mix together and spoon into mold that has been sprayed with Pam. Chill for 4 hours. To unmold, dip mold in hot water for 30 seconds, then invert onto plate.

## Old Fashioned Potato Salad

— Dee

*This recipe is for 2 servings.*

- 2 or 3 medium red new potatoes (8 to 10 oz.)
- 2 T. tarragon vinegar
- 1/2 t. salt
- 1/4 t. coarsely ground pepper

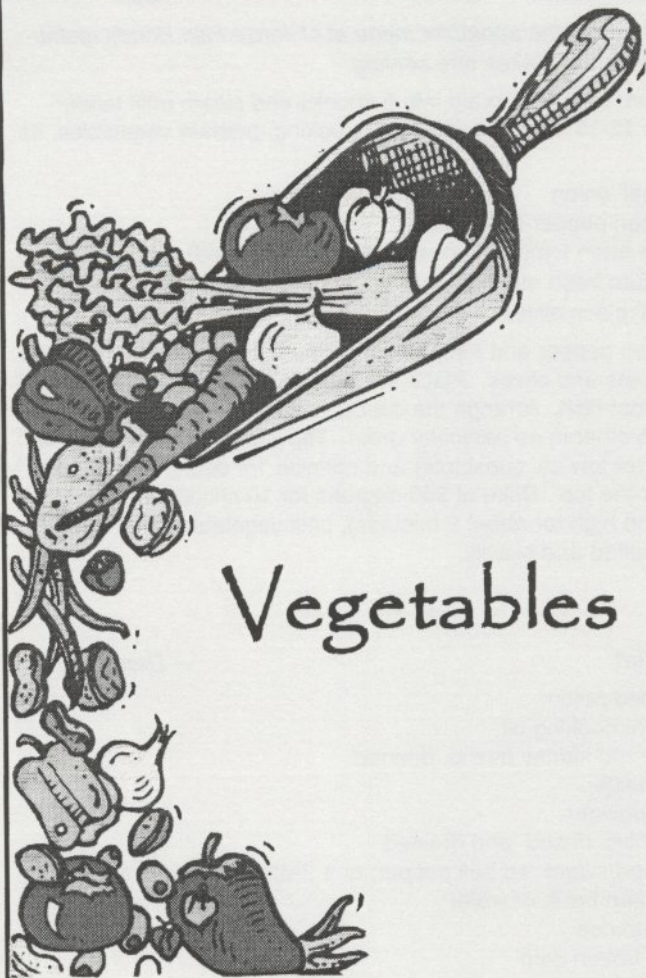
Cook potatoes until tender, but don't overcook. Drain and cool to room temperature. Cut potatoes into bite-size slices. Mix the salt and pepper into the vinegar and pour over the potatoes. Toss to coat, then cover and refrigerate.

### Dressing

- 1/4 c. mayonnaise
- 1 T. tarragon vinegar
- 1/2 green onion, including greens, chopped fine
- 1 T. chopped fresh parsley

Stir ingredients together, cover and refrigerate. To serve, toss potato mixture with the dressing. Garnish with chopped chives.





# Vegetables

Both within the family and without,  
our sisters hold up our images of who  
we are and of who we dare to become.

## Irish Potato Feast

— Dee

*This recipe is from the appetizer menu at Milford's Fish House restaurant in Spokane. It makes one serving.*

Cut 1 medium Irish red potato into 8 chunks and steam until tender-crisp, about 12-15 minutes. While it's cooking, prepare vegetables, as follows:

- 1/4 small onion
- 1/4 green pepper (or part red)
- 1 small fresh tomato (canned may be substituted)
- 2 medium fresh mushrooms
- Several black olives

Cut the onion, pepper and tomato into medium sized chunks, and slice the mushrooms and olives. Place the cooked potato chunks in a small ovenproof boat dish. Arrange the cut-up vegetables over the potato, one over the other in no particular order. Top with 2 to 3 tablespoons sour cream (or low-cal substitute) and sprinkle 1/4 cup grated cheddar cheese over the top. Bake at 350 degrees for 10 minutes (in the microwave on high for about 2 minutes), until vegetables are hot and cheese is melted and bubbly.

## El Paso Pilaf

— Dee

- 1/2 c. chopped onion
- 2 t. olive oil or cooking oil
- 1 15-oz. can red kidney beans, drained
- 1/2 t. chili powder
- Dash garlic powder
- 1/4 c. dry lentils, rinsed and drained
- 1/4 c. chopped sweet red bell pepper; or 1 2-oz. jar diced pimiento
- 1-3/4 c. chicken broth or water
- 1 c. long grain rice
- 1 c. fresh or frozen corn
- 1 c. chunky salsa
- 8 thick slices chilled beefsteak tomato

In a large saucepan, cook onion in hot oil over medium heat about 5 minutes or until onion is tender, but not brown. Add the rest of the ingredients EXCEPT the tomato slices. Bring to boiling; reduce heat. Cover and simmer for 20 minutes or until rice and lentils are tender and most of the liquid is absorbed. Serve over the tomato slices. Serves 4.

## Baked Corn Pudding

— Shirie

*We enjoy this vegetable dish at Thanksgiving dinner.*

- 1 15-oz. can whole kernel corn with juice
- 1 15-oz. can creamed corn
- 1 t. sugar
- Salt and pepper to taste
- 1 egg, slightly beaten
- 1/2 c. milk

Mix all ingredients together and pour into a buttered casserole dish. Top with crushed saltine crackers or seasoned bread crumbs. Bake at 350-375 degrees until set.

You may expand this for a crowd by using 1 can whole kernel corn, 2 cans creamed corn, 2 eggs, 2 teaspoons sugar, and 3/4 cup milk.

## Ralph's Barbecued Onions

— Dee

*Ralph has been making these for almost 30 years and everyone looks forward to them at our barbeques. Even little kids like them! He got the recipe from an old friend in Denver.*

- 4 large or 6 medium onions
- 1/8 t. each, salt and pepper
- 1/4 cube margarine
- 2 T. soy sauce
- 1/4 t. garlic powder

Quarter onions and place on heavy duty aluminum foil. Cut up margarine and place pieces over onion quarters. Sprinkle garlic powder, salt, pepper, and soy sauce over onions. Bring edges of foil around onions and seal. Cook on barbeque grill on bottom and 2 sides for 5 to 10 minutes each. Place on upper rack in grill for the time it takes to cook your main course. Remove to a bowl for serving.

## Walla Walla Onion Casserole

— Dee

- 3 large or 6 small Walla Walla sweet onions
- 1 cube butter
- 3 eggs, slightly beaten
- Salt and pepper to taste
- 1 c. seasoned bread crumbs
- 2 c. grated cheddar cheese
- 2 c. milk

Grease a 9"x13" baking dish and line the bottom with bread crumbs. Slice onions into rings and saute in butter until tender and translucent. Place over bread crumbs. Mix milk, eggs, salt, and pepper and pour over onions. Top with cheese. Cover with foil and bake at 350 degrees for 30 minutes. When done, cover with a dish towel and let stand 15 minutes before serving.

## Maple Sweet Potatoes

— Dee

*I learned how to make this from a friend in the early 1960's and have made it for every holiday meal since then. It's a delicious alternative to the usual take on sweet potatoes. Use the sauce the potatoes cook in as a "gravy." This recipe will make 4 to 6 servings.*

Boil two medium sweet potatoes in their jackets until about half done, i.e., still firm in the center when pierced with a fork. Drain, rinse, and cool the potatoes, then peel. Cut in round 1" slices and place in a 1-quart casserole dish. Stacking slices is okay. Meanwhile, in a small-to-medium saucepan, melt 1/2 to 3/4 of a cube of butter and add 1/4 cup brown sugar (preferably dark brown) and 1/4 cup dark corn syrup. While stirring, bring to a constant bubble and gradually pour in 3/4 to 1 cup of maple syrup. Bring to a boil again and cook and stir for 5-10 minutes. Pour the maple sauce over the potatoes and dot with 1 tablespoon butter. Cover and bake 30 to 45 minutes, until potatoes are done and sauce is bubbling. This can be baked at any oven temperature you happen to be using to bake the rest of your dinner, probably 325 to 375 degrees or so, and adjust the time as appropriate.

This can be prepared up to the baking point the day before (refrigerate and cover) until you are ready to bake it for your dinner. Let glass dishes come to room temperature first.

## Twice-Baked Cheese Potatoes

— Jeff & Becky Hilt

*These potatoes can be prepared and refrigerated up to 24 hours ahead of time. If you do this, increase the baking time by 5 to 10 minutes.*

3 medium baking potatoes

1 c. cooked great northern beans or 1/2 can (about 15 oz. size) great northern, cannelloni or navy beans, drained

3 c. (about 4 oz) chopped spinach (optional)

1 c. nonfat ricotta cheese

1 c. (about 4 oz.) shredded reduced fat cheddar cheese

3/4 c. chopped onion (about 1 large)

1/2 c. cholesterol-free egg product (or 3 egg whites )

2 T. chopped fresh chives (optional)

2 T. low-fat sour cream

1 t. caraway seed (optional)

Heat oven to 375 degrees. Bake potatoes 1 to 1-1/4 hours or until tender. Cool just until easy to handle. Cut potatoes lengthwise into halves. Scoop out pulp, leaving thin shells. Mash potato pulp and beans (or place potato pulp and beans into blender or food processor; cover and blend until smooth). Mix potato mixture and remaining ingredients. Divide mixture among potato shells. Place in ungreased rectangular pan 13"x9"x2". Bake uncovered 15 to 20 minutes or until hot and light brown. Top with additional sour cream and chives, if desired. Serves 6.

## Stir-Fry Veggies

— Peggy Williams

*Slices of cooked meat of your choice can also be added to this.*

- 2 t. chicken bouillon
- 2 c. hot water
- 2 T. corn starch
- 2 T. soy sauce

Combine all of the above in order. Slice celery, carrots, onion, and mushrooms; wash bean sprouts; set aside. If you are using meat, cook it first in hot olive oil and butter, adding some wine while cooking. When meat is done, add veggies and cook until they are tender-crisp, seasoning with salt, pepper, and garlic salt. Add the liquid and stir and cook until thickened. Remove from heat and serve over rice.

## Vegetable Curry

— Christina Pykonen

- 1 small cauliflower
- 2 small onions
- 1 chili pepper
- 4 t. good quality curry powder
- 1 pinch of Ginger (or about a tablespoon of fresh ginger chopped fine)
- 2 T. paprika powder
- 1/2 can of peas
- 1/2 c. of cream or 1/4 c. creme fraiche
- Salt and Pepper
- 5 small potatoes
- 2 medium sized tomatoes
- 6 T. oil

Clean cauliflower and cut into small flowerettes. Peel potatoes, wash and cut them in to fourths. Peel and hack onions. Wash and cut tomatoes into fourths. Chop chili very fine. Heat oil. Add onion, chili, and curry. Brown the onion carefully so that it doesn't burn. Add potatoes and cauliflower, and fry about 3 minutes. Add ginger and paprika powder, and let vegetables simmer for about four minutes. Add tomatoes, peas and creme fraiche (cream). Add 1-1/4 cups of water, and add salt to taste. Cook 20 minutes with lid by medium heat, stirring occassionally so that vegetables don't burn. Serve with basmati rice and Raita.

Raita is mild, cooling, creamy Indian sauce which is not only tasty with the above recipe but necessary, particularly if you added really good curry and/or you used a powerful pepper.

## Raita

— Christina Pykonen

- 1/4 c. buttermilk
- 1/2 t. black mustard seeds
- Salt to taste
- 1/2 c. plain yogurt
- 1 t. olive oil

To prepare: Mix buttermilk and yogurt into a bowl, adding about a teaspoon or two of water if yogurt is real thick. In small skillet heat oil and add mustard seeds. Heat until seeds start to pop, using a lid so they don't pop out of pan. Make sure seeds don't burn by removing them from heat once they start to pop or crackle. Mix seeds with buttermilk and yogurt, adding salt to taste. You can also add chopped cucumber. Refrigerate for one hour, and mix before serving.

## Bonnie's Baked Beans

— Dee

*This is a tasty and interesting twist on traditional baked beans. It makes a lot, so it's good to make for a big barbeque or a potluck.*

Mix together well:

- 1 15-oz can kidney beans, drained
- 1 15-oz can green lima beans, drained
- 1 medium can Pork & Beans
- 1-1/2 c. chopped green pepper
- 1-1/2 c. chopped onion
- 1-1/2 c. chopped celery
- Salt to taste
- 1/2 t. garlic salt
- 1-1/2 c. brown sugar
- 1 c. ketchup

Lay bacon strips on top, if desired. Bake uncovered at 350 degrees for 1-1/2 hours.

## Savory New Potatoes

— Dee

*All of these ingredients are approximate. Try variations and find the combination you prefer.*

- 2 pounds red new potatoes, not peeled, cut into wedges
- 1 pkg. Good Seasonings salad dressing mix, any flavor
- 1/4 c. olive oil
- 1/4 c. white cooking wine

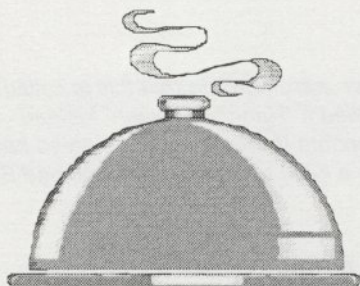
Optional additions:

- Red, green, and/or yellow bell peppers
- Mushrooms
- Onion, chopped or wedged.

Toss all ingredients and bake uncovered at 350 degrees for an hour, or until tender. Sprinkle with chopped fresh parsley.



# Main Dishes



*We sisters are guaranteed friends for life.  
There's never a reason to hurt your sisters.  
Never was--never will be.*

## **Chili**

— Mother

*This recipe was in a cookbook given to Mom and Dad when they applied for their marriage license in Vancouver, Washington, in 1923. Mom made it quite a bit when we were growing up, and whenever anyone outside the family tasted mom's chili, they asked for her recipe.*

1-1/2 lbs. small red beans  
6 medium sized onions  
6 whole cloves  
1 29-oz. can tomatoes  
1/2 t. paprika  
1 bay leaf  
1-1/2 lbs. hamburger  
3 T. chili powder  
Salt to taste

Soak beans overnight, then cook until done. Add can of tomatoes and paprika, bay leaf, salt. Slice the onions and garlic and put them with the hamburger in a dry frying pan. Cook until meat is separated and dry. Make paste of chili powder. Add all to the beans and cook a little longer.

## **Hungry Goulash**

— Mother

*Mom told us when we were children that this is called "Hungarian Goulash," but we called it "Hungry Goulash" instead. Somehow that seemed more appropriate to us. We always loved having this for dinner, perhaps with a bowl of mom's home-canned Bing cherries for dessert.*

1 lb. hamburger  
1 large or 2 medium onions, chopped  
2 or 3 cloves garlic, minced or pressed  
1 15-oz. can stewed tomatoes  
1 8-oz. can tomato sauce plus 1 can water  
1/2 t. sugar  
1 t. chili powder  
1 or 2 t. salt, to taste  
Dash of pepper  
1/2 t. dried oregano  
1/2 t. dried thyme  
1 small can mushroom pieces  
1/2 to 1 c. shredded cheddar cheese  
6 to 8 oz. spaghetti or elbow macaroni

Crumble and saute the hamburger until no longer pink, then the onions until tender. Add the garlic at the end, then the rest of the ingredients, except the cheese and pasta. Let this simmer while the pasta cooks to almost al dente. Drain and rinse the pasta and add it and the cheese to the meat mixture. Add more water, if necessary, to make it quite soupy. Simmer for 15 to 20 minutes to combine flavors. Serve with a loaf of french bread, a green salad, and some good red wine. (We never got the wine.)

## Country Pie

— Dee

*This recipe was given to me by my friend, JoAnn Lang, whose mother made it for her young, growing family, just as our mother made Hungry Goulash for us. We found it to be easy, filling, and very tasty.*

Mix together well and pat onto the bottom and up the sides of a 9" or 10" pie plate:

1/2 c. tomato sauce	1 t. salt
1/2 c. bread crumbs	1/4 t. pepper
1/4 c. chopped onion	1/8 t. oregano
1 lb. ground beef	1/2 t. Italian seasoning
1 4-oz. can diced green chilis	Dash garlic powder

### Filling:

1-1/3 c. minute rice
1 c. grated cheddar cheese
1-1/2 c. tomato sauce
1/2 t. salt
1 c. water

Reserve 3/4 cup of the grated cheese and combine the remaining filling ingredients. Spoon rice mixture into meat shell. Cover with foil and bake 30 minutes at 350 degrees. Uncover, sprinkle top with the reserved cheese, and return to the oven and bake uncovered 15 minutes. Cut in 6 to 8 wedges.

## Fast Chili

— Dee

*This chili recipe should not be tried by chili "purists." They will hate it. But if you are in a hurry or are tired from a hard day at work and want a quick, tasty meal, this may fill the bill.*

1 lb. ground beef, browned	1 small can diced green chilies
1 small onion, chopped	1 T. chili powder
1 16-oz. can diced tomatoes	1 t. ground cumin
1 8-oz. can tomato sauce	Red pepper flakes to taste
2 cans chili beans with sauce or "Ranch Style" beans	

Mix ingredients and heat. They don't have to cook a long time. When serving, garnish tops with minced onion and grated cheese. Yum.

## Indian Pot Roast

— Dee

*This is by far the best pot roast I've ever made.*

3-to-4-pound pot roast	1 bay leaf, crumbled
2 cloves garlic	1 T. grated horseradish
4 T. butter	1/2 c. good rum or dry red wine
Salt	1/2 c. water
Flour	If desired: 1 recipe dumplings
1 large onion, sliced	3 or 4 large carrots, quartered
12 whole peppercorns	3 or 4 potatoes, peeled and quartered
12 whole allspice	

Mash the garlic and saute in the butter on low heat (don't let it brown). Rub the meat with salt and flour and brown it well on all sides in the butter. Lay the meat on a bed of thin-sliced onion in a large dutch oven or any pot with tight-fitting lid. Add the butter, the spices, and seasonings, and pour the rum or wine over the meat. (A good pot roast will supply most of its own juices, but as it cooks, pour the 1/2 cup of water over it to make an ample supple of gravy.) Cover tightly and simmer for 3 or 4 hours until the roast is tender. This may be done either in the oven or on the back of the stove.

If you want carrots and/or potatoes with the roast, add them to the pot for the last hour of cooking. For the last 20 minutes of cooking, add the dumplings to steam in the flavors of the pot.

When done, remove everything to a hot platter and surround the roast with the dumplings and vegetables. If fresh dill is available, cut it over the dish with a lavish hand. Make gravy with the pot juices, first removing peppercorns and whole allspice. Serves 6-8 people.

## Dumplings

- 2 c. flour
- 1/8 t. salt
- 4 t. baking powder
- 1 scant c. milk
- 1 T. dried parsley flakes

Sift together the dry ingredients and add the milk gradually just until combined. Drop by spoonfuls into the pot juices and cook with pot roast or stew during the last 20 minutes of cooking, the first 10 minutes covered, then 10 minutes uncovered.

## Prime Rib Roast

— Peggy

Select any size rib roast. Meat must be at room temperature. Preheat oven to 425 degrees. Prepare roast with desired spices. Bake the roast according to the following schedule:

5 lbs. 35 min.

6 lbs. 40 min.

7 lbs. 45 min.

8 lbs. 50 min.

9 lbs. 55 min.

10 lbs. 1 hr.

11 lbs. 1 hr. 5 min.

12 lbs. 1 hr. 10 min.

Turn oven off. Do not open door for 3 hours.

## Pulkoki (Korean BBQ)

— "Chef Jeff " Hilt

1 lb. top sirloin to serve 4 people

Mix together the following ingredients:

3 T. soy sauce

2 T. sugar

4 T. chopped green onions

1 t. chopped garlic

2 t. roasted sesame seeds

2 T. sesame oil

2 T. cooking wine or saki

1/8 t. black pepper

Pour marinade over the thinly sliced beef and mix well. The longer you marinate the beef, the better! Cook to desired doneness on a barbeque grill or under the oven broiler. Serve with rice and special sauce (below).

**Special Sauce:** *(tastes better if made ahead and refrigerated a day or more)*

Mix the following together:

3 t. finely chopped green onion

2 t. finely chopped onion

2 garlic cloves, finely chopped

3/8 t. cayenne

2 t. (or more) roasted sesame seeds

1 T. sesame seed oil

1/2 c. soy sauce

If too salty, add some sugar.

## **Mushroom Olive Steak**

— Peggy

2 lbs. calf round steaks, cut 1/2 to 3/4 inch thick  
1/4 c. flour  
1/4 t. salt  
Dash pepper  
2 T cooking fat  
1 medium onion, sliced thin  
1/4 c. hot water  
2 T. soy sauce  
1/4 t. garlic salt  
1 can (4-1/2 oz.) sliced mushrooms  
Flour for gravy  
1/4 c. sliced stuffed olives

Cut steaks into 6 servings. Combine 1/4 c. flour, salt, and pepper; dredge meat and brown in cooking fat in large frying pan. Pour off drippings. Add onion, water, soy sauce, and garlic salt. Cover tightly and simmer 45 minutes. Add mushrooms, including liquid, the last 5 minutes. Remove meat onto platter. Combine flour with 1/3 c. water and shake to mix. Add to liquid and stir until mixed to make gravy. Return meat to gravy mixture. Fold in olives and serve. Makes 6 servings.

## **Swiss Steak**

— Dee

2 to 3 pounds top round steak or other inexpensive cut of steak  
1/2 c. flour  
2 T. olive oil  
1 onion, sliced  
8 oz. mushrooms, sliced 1/4" thick  
2 t. beef bouillon granules in 1-1/2 c. water, OR 1-1/2 c. beef broth  
Salt and pepper to taste

Clean the steak and cut into serving-size pieces. Toss with flour in a plastic bag, reserving any leftover flour. Heat a large skillet and when hot, add the oil. When the oil is warmed, brown the steak pieces on both sides. Remove meat from skillet and drain fat from pan. Put the pan back on the heat and deglaze the pan with the bouillon/water mixture or beef broth, scraping drippings from the bottom of the pan. Add the onion and mushroom slices and place the meat on top of them. Cover and bring to a boil, then turn the heat to simmer. Cook on simmer for 2 to 3 hours, until meat is very tender. When done, remove meat from the pan and make a gravy, using the reserved flour, adding more if needed. Serve with baked potatoes, green salad, and a hearty red wine.

## Cabbage Rolls

— Dee

*This is an original recipe of mine that Shirlee loves and made me promise to include here. This is TRUE down-home comfort food! And it's low fat, too. Makes 8 rolls for 4 people.*

- 1 large or 2 medium cabbages that are loosely formed
- 8 oz. extra-lean ground beef
- 1/4 c. uncooked white rice
- 2 egg whites or 1/4 c. egg substitute
- 1 t. dried parsley flakes
- 2 T. catsup
- 1 t. worchestershire sauce
- Lite salt and pepper to taste
- 1 16-oz. can chopped tomatoes with juice
- Half of a 3-1/2 oz. can chopped green chilies
- 1 16-oz can sauerkraut
- 1 large onion
- 1/4 to 1/2 c. dry white wine

Remove 8 large leaves, 1 at a time, from the cabbage head(s) by cutting around the core with a sharp knife and loosening leaves from the head while running under warm water. Try to keep leaves as whole as you can. Parboil 2 at a time in a dutch oven for 2 minutes. Let cool, and slice half the thickness away from the back of the large vein at the core end of each leaf.

Meanwhile, combine the ground beef, rice, eggs, parsley, catsup, worcestershire, salt, and pepper and form into 8 small balls. Place one on the core end of each leaf and roll up, folding in the sides of the leaf.

Slice the onion and separate the slices into rings. Combine the chilies with the tomatoes. Cut up 2 to 3 cups of the remaining cabbage leaves into strips about 1/2" wide, and gather up several loose leaves or parts of leaves. Place 3 or 4 leaves on the bottom of the dutch oven and then a handful or 2 of the strips of cabbage. Set 4 of the rolls on the cabbage strips. Cover with half the onion rings, then half the sauerkraut, then half the tomato/chili mixture, and lite salt and pepper to taste. Repeat the layers and top with cabbage strips and/or leaves. Pour the wine over the top. Cover and bring to a boil on medium-high heat and boil for about 5 minutes. Lower the heat and simmer gently for 1-1/2 to 2 hours.

This is best if made the day before and placed in the refrigerator overnight, to be reheated and served the next day.

## **Corned Beef Casserole**

— Pat

*This casserole will serve 12 people and is a good dish for a potluck.*

- 2 eggs, beaten
- 2 cans corned beef
- 1 20-oz pkg. noodles
- 1 large can cream of mushroom soup
- 6 stalks celery, chopped
- 1 lb. medium cheese (half cubed into the casserole, half grated with crushed cornflakes for topping)
- 2 c. milk mixed with 2 T. cornstarch
- 1/2 c. dried onions
- 1 or 2 large garlic cloves, chopped fine
- Dash of Worcestershire sauce
- 1 t. prepared mustard
- 1 t. salt

Cook the noodles and drain. Mix the rest of the ingredients with the noodles and place in a well greased 10" x 15" pan or baking dish. Bake at 350 degrees for 1-1/2 hours. Add the cheese and cornflake topping. Heat until the cheese is melted. Let stand for 10 minutes before serving.

## **Eggplant Casserole**

— Shirlie

- |                          |                |
|--------------------------|----------------|
| 1/2 lb. ground beef      | 1/4 t. oregano |
| 2 onions, chopped        | 1/2 t. salt    |
| 2 stalks celery, chopped | 1/4 t. pepper  |
| 1 green pepper, chopped  | 1 eggplant     |
| 1 clove garlic, minced   | 1/3 c. rice    |
| 1 15-oz. can tomatoes    |                |

Brown ground beef, add onions, celery, and rice. Cook 5 minutes. Add green pepper, garlic, tomatoes, oregano, salt, and pepper. Cook several minutes. Slice eggplant and arrange in bottom of buttered casserole. Pour cooked mixture over and bake at 350 degrees for 40 minutes. Sprinkle with cheese, if desired.

## **Beef Taco Bake**

— Shirlie

- |                             |                                         |
|-----------------------------|-----------------------------------------|
| 1 lb. lean ground beef      | 1 c. shredded cheddar cheese,           |
| 1 medium onion, minced      | divided                                 |
| 1 can condensed tomato soup | 6 8" flour tortillas, cut in 1" squares |
| 1 c. milk                   |                                         |

Brown ground beef and onion, drain. Add all other ingredients (use only 1/2 c. cheese), and heat to the boiling point. Pour into casserole dish and bake at 375 degrees until hot and bubbly (20-30 minutes). Remove from oven and sprinkle with remaining cheese.



## Best-Ever Meat Loaf

— Barbara Pykonen

- 2 eggs (or 5 guinea eggs, or 1 goose egg and 1 banty egg)
- 2/3 c. milk (plus a little bit)
- 3 slices of bread (or 1-1/4 c. Progresso Dried Bread Crumbs)
- 1/2 c. chopped onion
- 1/2 c. grated carrot (or can of mushrooms)
- 1 c. shredded cheddar cheese
- 1 t. salt
- Pepper
- 1 T. dried parsley
- 1 t. dried basil
- 1 pound or so lean ground beef

### Topping

- 1/2 c. catsup
- 1/2 c. brown sugar
- 1 t. prepared mustard

Beat eggs, add milk and bread, let stand. Stir in all, except beef. Add beef, mix well. In a shallow baking pan, shape beef mixture into a 7"x3"x2" loaf. Bake at 350 degrees for 45 minutes. Meanwhile, combine topping stuff. Spoon some of the topping over meat loaf. Bake for about 30 minutes longer until done. Let stand 10 minutes before serving.

## Italian Spaghetti Sauce

— Peggy

Chop and saute in heavy skillet one medium onion and 1/2 green pepper in 2 T. salad oil.

Add & brown slightly 1 pound ground beef.

- |      |                            |                       |
|------|----------------------------|-----------------------|
| Add: | 2 cloves garlic, minced    | 1/4 t. dried thyme    |
|      | 1 6-oz. can tomato paste   | 1/4 t. dried rosemary |
|      | 1/2 small can tomato sauce | 1/4 t. dried marjoram |
|      | 1-1/2 c. water             | 1/4 t. dried basil    |
|      | 2 T. salt                  | 1/4 t. dried oregano  |
|      | 1/8 t. pepper              | 1 bay leaf            |
|      | 1 T. sugar                 | 2 T. snipped parsley  |
|      | 1 t. chili powder          | Sliced mushrooms      |

Simmer 1 hour, stirring occasionally. Serve over hot cooked spaghetti. Sprinkle with parmesan cheese.

## Lasagne

— Dee

*Serves 12-18, depending on serving size.*

1 to 1-1/2 lbs. Italian sausage, bulk pork sausage, or ground beef, or a combination

4 cloves garlic, minced

1-1/2 t. salt, divided

2 T. parsley flakes, divided

1 T. dried basil

1 15-oz. can diced tomatoes

2 6-oz. cans tomato paste plus 1 can water

10 oz. lasagne or wide noodles

3 c. small curd cottage cheese

1/4 t. pepper

2 eggs, beaten

1 lb. mozzarella or monterey jack cheese

3/4 c. grated Parmesan cheese

Brown meat slowly, spoon off grease. Add garlic, 1 teaspoon of the salt, 1 tablespoon of the parsley flakes, basil, tomatoes, tomato paste, and water. Simmer uncovered until sauce reduces and thickens, 45 to 60 minutes, stirring occasionally.

Cook noodles in boiling water to almost al dente, rinse in cold water, and drain.

Meanwhile, combine cottage cheese, pepper, the the rest of salt, the other tablespoon of parsley flakes, eggs, and the Parmesan cheese. Chill while the meat sauce and noodles cook.

When the meat sauce has finished cooking, place half the noodles in a 13"x9"x2" baking dish or pan. Spread half the cheese mix over. Add half the mozzarella, sliced thin, and half the meat sauce (it will seem as though there won't be enough meat sauce, but there is). Repeat the layers. Bake at 375 degrees for 35 to 45 minutes, until the center has begun to bubble. Allow to sit for 10 minutes before cutting in squares and serving.

## Beef Stir-Fry With Orzo

— Dee

- 1-1/2 c. orzo (rice-shaped pasta)
- 1 1-lb. beef flank steak
- 3 green onions
- 1 large orange
- 1 T. sugar
- 1 T. soy sauce
- 1 t. cornstarch
- 2 t. salad oil
- 1 T. grated peeled gingerroot or 1 t. ground ginger
- 1 garlic clove, minced

Cut flank steak in half lengthwise. With knife held in slanting position, almost parallel with cutting surface, cut steak crosswise into 1/8" thick slices. (It cuts better if slightly frozen.)

Slice green onions thinly, reserving 1 T. for garnish. With vegetable peeler, cut peel from orange into thin strips (peel of half the orange is plenty). Squeeze juice of whole orange into a cup. You should have about 2/3 cup liquid; add water, if necessary, to equal 2/3 cup. Stir sugar, soy sauce, and cornstarch into juice in cup and stir until blended.

Prepare orzo as label directs while you are cooking the onions and beef.

In a wok or a nonstick 12" skillet, over medium-high heat, cook remaining green onions in hot salad oil with ginger, garlic, and orange peel until tender and lightly browned. Remove to a bowl with a slotted spoon.

In oil remaining in pan, over high heat, cook beef, half at a time, stirring quickly and constantly, until beef loses its pink color, about 2 to 3 minutes. Return beef and onion mixture to pan and stir in orange juice mixture, stirring quickly and constantly, until mixture boils and thickens slightly.

To serve, spoon orzo onto a platter and top with stir-fried beef, or prepare each plate this way. Sprinkle with reserved onions.

Makes 4 main-dish servings.

## **Penne D'Allessandria**

— Dee

*Don't let the pretentious name of this dish scare you off—it's quick and easy to fix and so very delicious!*

2 small-to-medium red bell peppers, quartered, seeds and stems discarded

3 to 4 T. olive oil

Salt and pepper to taste

10-12 medium white mushrooms, sliced

1/4 c. packed chopped Italian parsley leaves (or use regular parsley)

1/2 t. dried oregano leaves (or 2 t. fresh, chopped)

1/2 t. dried thyme leaves (or 2 t. fresh, stripped from stems and chopped)

2 garlic cloves, coarsely chopped

1/2 lb. (or more, if desired) Italian sausage, removed from casings and sliced

8 oz. penne or other tubular pasta shape

2 T. reserved pasta cooking liquid

Fresh grated parmesan cheese

Heat oven to 450 degrees. Cut pepper quarters into 1/2" thick diagonal pieces. Place in a 13"x9" baking dish. Drizzle with half the olive oil; salt and pepper to taste. Bake until peppers are charred on edges and tender, stirring occasionally, 30-40 minutes. Remove from oven. (This step can be done ahead of time and peppers refrigerated until ready to use. Bring to room temperature before placing in oven with other ingredients.)

Finely chop fresh herbs and garlic, mix all herbs and garlic together and set aside. Heat rest of oil in a skillet. Add mushrooms and cook, stirring, over medium-high heat until mushrooms are tender and golden brown. Add herb/garlic mixture and saute, stirring for 2 minutes. Sprinkle with salt and pepper and transfer to a side dish. Wipe out the skillet.

Place sausage slices into skillet and cook, stirring over medium-high heat until browned. Transfer to strainer and drain. To baking dish with roasted peppers add mushrooms and sausage. Cover with foil and keep warm in oven set at lowest temperature.

Boil penne until tender. Before draining, ladle out 2 tablespoons of the cooking liquid and reserve. Drain pasta. In large, deep platter, combine pasta with the red pepper, mushroom, and sausage mixture, and stir to combine. Add pasta cooking liquid to moisten pasta. Sprinkle liberally with the grated Parmesan. Serves 2 to 4 people.

## Curried Chicken

— Pat

*This recipe is great for taking to a potluck. It will serve 16 to 20 people.*

- 8 c. chicken broth
- 3 12-oz. cans evaporated milk
- 8 c. cooked and cubed chicken
- 2 pimientos, chopped

### Curry Cream Sauce

- 1 lb. butter or margarine
- 1-1/2 c. flour
- 4 T. cornstarch
- 2 t. salt
- 4 t. curry powder
- 1 t. pepper

Cook curry mixture, stirring constantly, until mixture bubbles. Slowly stir in the chicken broth and continue cooking and stirring until the sauce thickens and boils for 1 minute. Stir in the evaporated milk. Return mixture to a slow bubble. Add cubed chicken and pimiento to the curry mixture. (If the curry mixture is too thick, add more chicken broth, If too thin, thicken with cornstarch.) Sauce yield - about 12 cups. Serve over rice, biscuits, or toast points.

## Chicken Noodle Stir-Fry

— Dee

*I got this recipe from one of Peggy's "Taste of Home" magazines when Ralph pointed it out to me. We both love it! It's easy and quick, and very tasty.*

- 1 pkg. chicken ramen noodles
- 1 lb. chicken breasts, cut in strips
- 1 T. oil
- 1 c. broccoli flowerets
- 1 c. cauliflower pieces
- 1 c. sliced celery
- 1 c. coarsley chopped cabbage
- 1 medium carrot, thinly sliced
- 1 medium onion, sliced in thin wedges
- 1/2 c. bean sprouts
- 1/2 c. teriyaki or soy sauce

Set aside seasoning packet from noodles. Cook noodles according to package directions. Stir-fry chicken in oil for 5 to 6 minutes or until no longer pink. Add vegetables, stir-fry 3 to 4 minutes or until crisp tender. Drain noodles, add to pan with contents of seasoning packet and teriyaki or soy sauce. Stir well, serve immediately. Serves 4.

## Chicken Enchiladas

— Candis Conley

1 white onion	2 32-oz cans tomatoes
1 t. salt	8-to-11 flour tortillas
2 or 3 cloves garlic	4 green anaheim chilis (or other mild chilis)
1/2 t. sugar	2 c. cheddar cheese
1 pkg. taco seasoning	2/3 c. milk
2 T. oil	1 t. oregano
1-1/2 c. diced chicken	3/4 c. sour cream
1 can cream of chicken soup	

Cut onion into chunks. Shred cheese. Cut tomatoes into bite-sized pieces. In separate bowl add the can of soup and milk, and set aside. Saute onion and garlic in hot oil for about 5 minutes until tender. Stir in oregano, salt, chilis, and sugar. Simmer for 10 minutes, uncovered. Add chicken and taco seasoning. Continue to stir until chicken is almost done. Add tomatoes, and continue stirring until chicken is cooked through. Lightly toast flour tortillas over medium heat in skillet, cooking on each side for 10-15 seconds. Remove and add meat mixture. Roll up and place seam side down in buttered 9x13 casserole dish. Top with milk and soup mixture. Sprinkle shredded cheese over the top. Cover with aluminum foil and bake at 375 degrees for 25 minutes. Then uncover and bake 15 minutes longer. Top with sour cream when serving.

## Lemon Baked Chicken With Noodles

— Shirlie

2 servings chicken	1 c. fresh sliced mushrooms
Salt and pepper	2 T. margarine
1 T. minced onion	2 t. lemon juice
1/2 t. celery salt	1 c. cooked spinach noodles
1/4 t. tarragon leaves	

Place chicken in baking dish. Season with salt and pepper. Sprinkle with minced onion, celery salt, and tarragon. Top with mushroom slices and dot with margarine. Drizzle with lemon juice. Bake uncovered, at 400 degrees, until chicken is done (approx. 30 minutes). Serve over cooked spinach noodles.

## Chicken Breasts in Wine Sauce

— Dee

1 can cream of mushroom soup
1 can cream of chicken soup
1/2 soup can of white wine
1 can sliced mushrooms or 6 fresh mushrooms, sliced
1/2 onion, sliced
Garlic powder to taste (about 1/2 to 1 t.)
4 to 6 boneless, skinless chicken breast halves

Mix all ingredients except chicken in a baking dish. Place chicken pieces on top and sprinkle with Salad Elegance. Bake uncovered at 350 degrees for 1 hour. Serve over rice or a pasta such as linguini or fettuccini.

## How to Roast a Turkey

— Pat

### Needed:

- 1 turkey
- 1 roasting pan with lid and rack
- 1 large brown paper bag\*
- 1 c. melted butter-flavored Crisco

### Dressing:

1 pkg. Marie Callender or Mrs. Cubbison's herb seasoned stuffing mix (these are the best brands I've found)

1 stalk celery, diced

1 unpeeled apple, diced

1/2 small onion, diced fine (optional)

1 beaten egg

Giblet water in the amount indicated on stuffing mix package

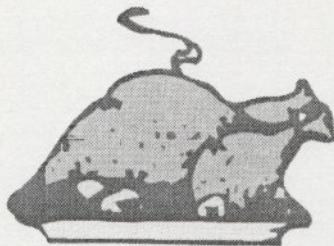
Remove neck and giblets from both turkey cavities. Simmer until tender, about 45 minutes. Let the water cool. Giblets may be diced and added to the dressing, if desired. Add the celery, apple, onion, egg, and giblet water to the dressing mix. Swanson's chicken broth may be added as part of the water if there is not enough giblet water. This will make the dressing richer.

Stuff the turkey with the dressing, including the neck cavity. Coat turkey with melted Crisco, making sure that the entire turkey is covered. Insert the turkey into the paper bag, and put in the roasting pan. Do not put directly on the bottom of the pan, but use a metal turkey lifter, if possible. Put the lid on and place roaster in the oven.

Roast at 350 degrees for 30 minutes per pound. **DO NOT PEEK!!**

Remove from oven 1 hour before serving. Leave the lid on for 30 minutes. Take the lid off after 30 minutes, but do not open the paper bag until just before carving. Remove the turkey to a carving board. Remove the paper bag (you'll have to do this in pieces). Save the liquid from the pan for gravy. Shirly knows how to make the best turkey gravy—use her method.

\*Use a bag without printing, if available. But if you have to use a bag with printing, put the printing on the bottom.



## The World's Best Gravy

— Shirlie

*When we were in the Navy and living on Treasure Island in San Francisco Bay, there was a Chief Cook on Cliff's ship named Boye Bee Sweet (he hailed from the hills of Alabama), who taught me to make the best gravy anybody has ever tasted. It works well with roast turkey, beef roast, pork roast, baked ham, and even baked chicken.*

Save the water from your boiled potatoes, if possible, to use for making the gravy, although boiling water from the teakettle will work, too. Remove roast or turkey from roasting pan. Skim off as much fat as you can. Pour the juices from under the turkey or roast back into the roasting pan (there are always some that puddle in the platter), or pour everything into a large saucepan. Turn the heat up quite high, and start boiling down the juices. This will take longer than you thought it would, but is worth the wait.

While the juices are boiling down, add 1 teaspoon sugar. This makes a real difference later on, but does not make the gravy sweet. Shake some flour and water together (about 3 tablespoons flour with 1/4 cup water) until quite thick and smooth, then set aside to add later to thicken the gravy. As the juices cook, the pan will get coated on the bottom and become thick and carmelized. Be sure to keep stirring and watch until it turns a dark brown, but does not burn. This is a crucial step to make this gravy taste right.

Add the hot potato water, or boiling water from the teakettle, all at once, and stir thoroughly. When bringing back to the boil, add flour/water mixture to desired consistency, and then correct the seasonings by adding salt and pepper to taste.

This is guaranteed to please, and makes wonderful gravy to put over Butte Pasties made from Dee's recipe, or with the leftover turkey from Pat's turkey recipe. Yum.



### **Orange Sauce**

— Dee

*This is a delicious sauce to serve with ham.*

- 1/3 c. orange marmalade
- 1 tbsp. white vinegar
- 1/2 tsp. soy sauce
- Pinch of ginger powder
- Pinch of garlic powder (optional)

Stir all ingredients together and microwave on high 1 minute or until hot and bubbly. Stir well. Serve on the side with ham, or cut heated ham into slices and brush sauce liberally over each slice before serving.

### **White Sauce**

— Dee

- 2 T. melted butter
- 2 T. flour
- 1 c. milk or cream
- Salt and pepper to taste

Melt butter, then blend in flour. Very gradually stir in milk. Simmer, stirring constantly until thickened. Makes 1 cup.

### **Red Sauce**

— Dee

- 1 medium onion, chopped
- 2 T. oil
- 1 6-oz. can tomato paste
- 1 c. water
- 1 T. sugar
- 1 t. Tabasco sauce

Saute onion in oil. Stir in remaining ingredients. Simmer 15 minutes. Makes 1 cup.

### **Brown Sauce**

— Dee

- 2 T. melted butter
- 2 T. flour
- 1 c. beef broth
- 1/4 t. Tabasco sauce

Brown flour in butter until smooth. Gradually stir in broth and Tabasco. Simmer,, stirring constantly, until thick. Makes 1 cup.

## **Pan-Fried Seafood**

— Dee

*This method is good for many kinds of pan-fried seafood—trout or bass fillets, razor clams, oysters, etc.*

Prepare 3 wide, shallow bowls or small baking dishes: in the first one place enough flour to coat all the items you will be frying; in the second, whisk an egg with 2 T. milk; in the third dish, pour a good amount of fine cracker or bread crumbs (see note below), about 1 cup to start with, then adding more as you need it.

Wash each piece of seafood in cool water under the tap and pat dry between paper towels. Dredge each piece in turn through the flour, covering all surfaces of the seafood; then through the egg mixture, making sure all surfaces are drenched; and then through the cracker or bread crumbs, giving each piece a good breaded coating. Set aside on a platter.

Heat a skillet on medium-high until hot, then add vegetable or olive oil to a depth of about 1/4". Heat the oil and test with a small chunk of bread before adding seafood. Bread crumb should sizzle to indicate that the oil is hot. Add seafood pieces and fry on each side until breaded covering is browned, about 3 to 5 minutes per side. Remove to a serving platter lined with paper towels and keep warm in a 200 degree oven while the rest of the seafood is frying. Add more oil as needed to the skillet, but heat the oil before adding seafood pieces.

*Note: Crumble saltines or other crackers between two sheets of waxed paper with a rolling pin. Be sure all pieces are crumbled very fine. You can also purchase fine bread crumbs at the grocery store, either plain or with seasonings. Some of the brands to look for are Old London, Progresso, and Western Family.*

## **Baked White Fish Fillets**

— Shirlee

4 fish fillets (cod, snapper, halibut, etc.)

1-1/2 c. water

2/3 c. powdered milk

1/4 t. dry mustard

1 t. Worcestershire Sauce

Salt and pepper to taste

1-1/2 t. cornstarch

1 c. cooked shrimp or crabmeat

Spray a baking dish with vegetable oil spray and place fillets in the dish. Blend the next six ingredients in a blender and pour over fillets. Arrange the shrimp or crabmeat over the top. Bake uncovered for 20 to 30 minutes at 375 degrees.

## Linguini with Clam Sauce

— Dee

*We still recall the day several years ago when we made this for a crowd of 17 people at Shirlie's house. Everyone, including the little kids, came back for seconds. Nary a drop was left over! In case you're interested, this is my own original concoction.*

Linguini for 4 servings (about 12 ounces), cooked al dente  
2 T. olive oil  
4 cloves (at least) garlic, minced or pressed  
1/4 t. oregano, or to taste  
1/2 lb. mushrooms, quartered or sliced 1/4" thick  
4 to 6 green onions, sliced, including greens  
1 large green bell pepper, chopped in large pieces (or use half green, half red)  
1/2 juicy lemon, cut in 4 wedges  
2 6-1/2 oz. cans chopped clams  
1/2 lb. cooked, shelled, and cleaned large shrimp (optional, but why not?)  
Fresh-ground pepper  
Fresh Parmesan cheese, grated

Add linguini to boiling water (don't forget to put a teaspoon of oil in the water), then preheat a large skillet, and when it is hot, add the oil. To the hot oil add the minced garlic, oregano, peppers, and mushrooms, and saute lightly until they begin to look tender, about 3 minutes. Add the green onions and continue cooking for only a minute or two more. Add the clams, along with the juice from one of the cans, and then the shrimp, if you're using it. Gently squeeze a couple drops of juice from each of the lemon wedges and add them to the sauce mix. Gently stir everyting together and heat without boiling to serving temperature. Place drained and rinsed linguini in a low serving bowl or platter. Remove the lemon wedges from the sauce and discard. Pour the sauce over the pasta. Garnish with parsley and grind fresh pepper over to taste; then sprinkle on a generous amount of Parmesan cheese.

## Broiled Salmon (or steelhead/halibut/cod, or . . .)

— Dee

Clean and fillet the fish, then remove the skin with a sharp knife. Cut the skinned fillets into pieces approximately 3"-or-so square. Melt enough butter to coat all sides of all the pieces. Dredge each fish portion in the butter and place on a broiler pan. Salt and pepper the tops. If you like garlic flavor, you can sprinkle some garlic powder sparingly over the tops, also. Broil for 5 to 6 minutes or until tops of fish pieces are lightly browned. Remove fish from the oven and turn each piece over with a spatula. Brush all the tops with melted butter, add a small amount of salt and pepper, and return to the oven. Broil for an additional 3 to 4 minutes or until lightly browned and fish is done. Serve with tartar sauce and lemon wedges.

### **Little Pigs and Sauerkraut**

— Shirlye

*This was about the only thing Cliff would let me do with sauerkraut, and it is really good. I personally like it with caraway seeds added, but it is wonderful just plain, too.*

- 1 8 oz. pkg. little pig sausages
- 1 medium onion, minced
- 1 jar sauerkraut
- 1 large yellow delicious apple (peeled, cored, and cubed)

Saute the sausages until browned, drain any grease. Discard as much juice as you can press from can or jar of sauerkraut, and then refill with water. (This is just to take a little of the sharpness from the sauerkraut.) Cover the sausages with the minced onion and sauerkraut (with water), and top with the chopped apple. Cover and let cook until the apple is tender, then lightly toss all the ingredients together.

### **Porcupine Meatballs and Sauerkraut**

— Shirlye

*We remember mom making this dish for us when we were kids, and we loved it! We never had leftovers at our house.*

- 1 lb. ground beef
- 1/2 lb. ground pork
- 3 T. instant rice
- 1 medium onion, finely minced

Combine all ingredients and form into walnut-sized meatballs. Arrange in dutch oven and bake for 20 minutes in 350 degree oven. Cover with two jars of sauerkraut, plus a little water. Put lid on loosely and return to oven and bake about 1 hour.

## **Pork Chops with Potatoes & Onions**

— Mike & Olivia Hilt

1 T. butter or olive oil  
2-1/3 cups sliced yellow onions  
2 garlic cloves, peeled and minced  
2 large potatoes (new reds work better!)  
4 pork chops, 1 in. thick  
Flour  
1/2 c. chicken broth  
1/4 t. dried rosemary, crushed  
Fresh ground pepper

Put 1 or 2 tablespoons of the olive oil and butter in a large skillet and cook the onions & garlic, without browning, until soft. Remove from the pan and reserve.

Peel and slice potatoes 1/4 inch thick. (If using new reds, just slice). Add a film of olive oil to the pan and saute the potatoes until tender over moderately high heat, turning to brown on both sides. Add them to the onion mixture.

Lightly flour the pork chops. Add more oil if the pan seems dry and brown the chops on both sides. Lower the heat, return the potatoes and onions to the pan, add the chicken broth, rosemary and pepper. Cover tightly and simmer about 20 minutes or until the chops are tender. Serve with the vegetables and pan juices. Serves 2-4.

## **Ralph's Favorite Spare Ribs**

— Dee

*This has been a favorite dish at our house since our kids were little. We never seem to tire of it. There's no real "recipe" for it, just a method for making it.*

Use regular pork spareribs and cut them apart into 1- or 2-rib sections. Lay them in a large enough pan with sides to allow only 1 layer. Sprinkle Johnny's Seasoning Salt LIBERALLY, that is, A LOT, over all the ribs, then turn them over and sprinkle on the other side. When you think you have used too much season salt, that might be enough. Bake uncovered at 375 degrees for 20 to 25 minutes. Remove from oven and lower oven temperature to 350 degrees. Pour grease out of the pan and turn all the ribs over. Return them to the oven and bake for 30 to 35 minutes more. We have tried this with other seasoning salts and have found Johnny's to be the only one with the "right" flavor.

## Butte Pasties

— Dee

*No, fellows, these are not the stuff of exotic dancers. Rather, they are pronounced the way we say "past," as we remember our past's comfort food. In early modern times, pasties were made for the lunch boxes of Cornish tin miners, the filling ground or mashed, the little pie eaten cold, in the hand like a sandwich. How delicious and satisfying they were! They traveled then to the copper mines of Butte, Montana, where they took a different turn. The meat and veggies were merely chopped, a gravy was added to the filling, and they were served hot, with hot gravy gracing the tops. Perhaps our grandmother, Briita, learned from English neighbors how to make these for Erick's supper when he was a miner in Montana. Pastie purists may object to this take on Cornwall's lunchbox staple, but my family loves them and we think you will, too!*

Use "English Pastry" recipe for pastie crust (next page). Each English Pastry recipe makes 4 large or 5 medium pasties. Dough should be chilled in 4 or 5 balls for each recipe.

Prepare meat and vegetables for the filling: Make 2 cups of brown gravy, or use leftover gravy. For each cup of gravy, add 1/4 teaspoon ground sage. For each pastie, dice approximately 2 to 4 tablespoons each of meat, onions, carrots, and potatoes to your individual taste. With a rolling pin, roll each pastry ball into a circle, or as close to a circle as you can, about 10" around (if you're making 4; a bit smaller for 5). Don't trim the edges. On the circle half closest to you, arrange the filling, one layer over the other, with meat on the bottom, leaving an inch or so of dough around the edge. Salt and pepper to your taste. On the far half, make 2 or 3 diagonal slashes, about 1", for steam vents. Spoon 2 or 3 tablespoons of hot gravy over the filling, being careful not to let it overflow into the dough edge. Moisten the edge of the pastry all around. Fold the far edge of the pastry over the filling and press edges together and double over about half an inch. Seal with a fork or flute with your fingers. Brush the top of the pasties with the egg white reserved when making the pastry, whisked with 1 tablespoon of water. Sprinkle with sesame seeds or poppy seeds. Spray a large cookie sheet lightly with cooking oil spray and carefully move each pastie to the sheet with two pancake turners.

If you are using uncooked meat and vegetables, bake at 375 degrees for about 40 minutes. Test doneness with a fork through the steam vents. For leftover meat and vegetables, bake at 425 degrees for about 20 minutes, just until pastry is browned. Use leftover turkey, chicken, or pot roast, with either leftover or fresh vegetables. Precooked and crumbled hamburger can also be used.

**HINT:** Roll out all the dough circles at one time and set aside between layers of waxed paper until all are rolled out. This "assembly line" method of assembling the pasties seems to go quickest. Serve with a big green salad, a tall goblet of robust red wine, and a big appetite!

## **Meat Pie (English Pastry)**

— Dee

*This recipe is from "Betty Crocker's Picture Cook Book," 1956 edition, which Mom gave me when Ralph and I were married. It's great for meat pies and quiches.*

Sift together:   2 c. sifted flour  
                    2 t. baking powder  
                    1 t. salt

Mix well and stir into flour mixture:   2/3 c. shortening  
                                                    1/2 c. hot water  
                                                    1 T. lemon juice  
                                                    1 egg yolk (reserve white)

Chill. Pat out 3/4 of pastry as lining for meat pie in 2-quart casserole (8"). Fill. Cover with rest of pastry. Bake at 425 degrees for 25 minutes.

### **Meat Pie Filling**

Saute in olive oil or oil spray desired amounts of diced celery, onion, and/or green bell pepper. Add cup-up pieces of leftover roast beef, chicken, or turkey, equal amounts of diced cooked vegetables (e.g., carrots and potatoes from a pot roast), and 1 to 2 cups well-seasoned gravy. Add appropriately flavored broth or bouillon to gravy, if necessary, to make amount needed, and thicken. Bring to a boil and pour into a 2-quart casserole lined with 3/4 of English Pastry recipe. Cover with remaining English Pastry with slits cut in the top (get creative).





# Desserts



To have a loving relationship with a sister  
is not simply to have a buddy or confidante.  
It is to have a soul mate for life.

## Dutch Apple Cake

— Mother

*This recipe and the vanilla sauce below were taken from mother's high school Home Economics textbook (Domestic Science Principles and Application). She must have used the book a lot as she was raising the family. The pages have grease spots and remnants of ingredients on them, and the pages have browned with age. This dessert was a favorite of the family when we were growing up.*

2 c. flour	1 egg
1/2 t. salt	2/3 c. milk
3 t. baking powder	2 sour apples
1/4 c. butter	2 T. sugar
1 t. cinnamon	

Mix and sift the dry ingredients except sugar and cinnamon. Cut or rub in the butter, add the milk and beaten egg. Spread 1/2 inch thick on a shallow pan. Pare and slice apples, and press sharp side of apple slices into dough in rows. Mix cinnamon and sugar, and sprinkle over the top. Bake at 400 degrees 25 to 30 minutes. Serve with Vanilla Sauce (below).

*Shirlie developed this quicker version of the above recipe, using Bisquick:*

3 c. Bisquick  
4 T. sugar  
1 egg, beaten  
Enough milk to make 1 c. plus 2 T.

Grease hands and spread out in buttered cookie sheet. Press apples in and sprinkle with cinnamon sugar. Bake as above.

## Vanilla Sauce

1/2 c. sugar	1 c. boiling water
1 T. corn starch	1 t. vanilla
1 t. butter	

Mix sugar and corn starch in a sauce pan. Pour on the boiling water, stirring rapidly. Boil and stir until clear, add butter and vanilla. Serve hot over Dutch Apple Cake. It's also good on mincemeat pie, warm apple pie, pecan pie, etc.

## Applesauce Fruit Cake

— Mother

*This cake is mother's original recipe. She prepared the cake and sent it overseas to our brother Bill when he was in the Army stationed in Germany during World War II. She named it "Soldierman's Fruit Cake." After the war she entered the recipe in a contest on Art Linkletter's "House Party" radio program, and she won "Recipe of the Week." Her prize was a negligee, which she exchanged for a purse at I. Magnin in Seattle. She was aghast at the high price of the purse (\$22).*

*This recipe also makes a great applesauce cake by leaving out the fruit mix and raisins.*

- 1 c. shortening
- 2 c. sugar
- 2 c. applesauce

Mix the above together and add the following:

- 4 c. flour, sifted with: 1 t. salt
- 2 t. baking soda
- 1 t. cloves
- 2 t. cinnamon

- Add: 1 lb. glacé fruit mix
- 1-1/2 c. raisins (or part currants)
- 1 c. chopped walnut meats

Bake in greased & floured bread pans at 325 degrees for over an hour, until inserted toothpick comes out clean. Let set 10 minutes before taking out of pan. If pan of water is placed in oven, cake will have a nice glaze on top. Top of cakes may be decorated with walnut halves and cherry and/or pieces of pineapple from the fruit mix. Makes 2 cakes.

## Marmalade Pound Cake

— Pat

*This recipe makes 2 cakes. They freeze well.*

- 1 lb. unsalted butter, softened (DO NOT SUBSTITUTE)
- 2 c. sugar
- 8 eggs, separated (beat whites to stiff peaks)
- 1/2 c. orange marmalade
- 1 T. brandy (apricot brandy works best)
- 1/4 t. salt
- 4 c. cake flour (cake flour can be made by substituting 1 T. cornstarch for 1 T. flour in each cup)
- 1 t. vanilla

Preheat oven to 300 degrees. Cream butter and sugar together until light and fluffy. Beat in egg yolks, one at a time, until well blended. Beat in marmalade, brandy, and salt. Gradually add flour to other ingredients. Fold in beaten egg whites. Pour batter into two buttered and floured 8" loaf pans. Bake until top is golden, springy to the touch, and toothpick comes out clean (about 1-1/2 to 1-3/4 hours).

## Strawberry Cake

— Peggy

1 box white cake mix	1/3 c. water
1 6-oz. pkg. strawberry jello	1 10-oz. box frozen sliced strawberries (thawed)
2/3 c. salad oil	
4 eggs	

Mix dry jello with the dry cake mix. Add oil, water, and strawberries, and mix well. Add the unbeaten eggs, one at a time, beating well after each one. This will make three 9-inch layers, or a 9x13 loaf cake. Bake at 350 degrees. Chill cake in refrigerator before assembling.

### Filling for Strawberry Cake

Soften 1 T. gelatin in 1/4 c. cold water for 5 minutes. Place over boiling water, stirring until completely dissolved. Add one 10-oz. pkg. frozen strawberries (which have been at least partially thawed), 1/2 c. sugar, and 1/8 t. salt. Chill until slightly thickened (this will be very soon if strawberries are partly frozen when added). When thickened, fold the mixture into 3/4 c. cream, whipped. This makes enough for a three layer cake (between layers & top only — not sides of cake). Stabilize layers by placing several toothpicks into cake as you assemble the layers.

## The Best Rum Cake Ever

— Dee

*For those who must cook for themselves. . .*

1 or 2 quarts rum	Baking powder
1 c. butter	1 tsp. soda
1 tsp. sugar	Lemon juice
2 large eggs	Brown sugar
1 c. dried fruit	

Before you start, sample the rum to check for quality. Good, isn't it? Now go ahead. Select a large mixing bowl, measuring cup, etc. Check the rum again. It must be just right. To be sure rum is of the highest quality, pour one level cup of rum into a glass and drink it as fast as you can. Repeat.

With an electric mixer, beat 1 cup of butter in a large fluffy bowl. Add 1 seaspoon of thugar and beat again. Meanwhile, make sure that the rum is of the finest quality. Add 2 arge leggs, 2 cups fried druit and beat till high. If druit gets stuck in beaters, just pry it loose with a drewscraver. Sample the rum again, checking for tonscisticity. Next sift 3 cups of pepper or salt (it really doesn't matter). Sample the rum again. Sift 1/2 pint of lemon juice. Fold in the chopped butter and strained nuts. Add 1 pabblespoon of brown thugar or whatever color you can find. Wix mel. Grease oven and turn cake pan to 350 gradees. Now pour the whole mess into the boven and cake. Check the rum again and bo to ged.

## Cherry Brunch Cake

— Brenda Thorsen

2 c. flour  
1 c. sugar  
2 t. baking powder

1 egg  
3/4 c. milk  
1 large can cherry pie filling

### Topping:

1 c. flour  
1 c. sugar

1/2 t. cinnamon  
1/2 c. margarine

Mix flour, sugar, baking powder, and margarine like pie crust. Beat egg in 1 cup measuring cup and add milk. Pour into flour mixture. Press in 9x13 inch greased pan. Spread pie filling over top. Add topping. Bake 30 minutes in a 400 degree oven.

## Caramel Brownies

— Dee

*I got this recipe from my friend of many years, Dee Michaels. Sorry to say, it's NOT low fat!*

1 14-oz pkg. caramels  
1 6-oz pkg. chocolate chips  
1 pkg. German Chocolate cake mix

2/3 c. evaporated milk  
1 c. coarsely chopped nuts  
3/4 c. butter or margarine,  
melted

Melt caramels in 1/3 cup of the milk in top of double boiler over boiling water. Grease and flour a 13" x 9" cake pan. Mix the cake mix with the butter and the other 1/3 cup of milk. Pat half the dough in the cake pan and bake 15 minutes at 350 degrees. Remove from oven and top with the chips and nuts. Pour the caramel mix over them. Crumble remaining cake mix over the top and bake 15 to 16 minutes more. Keep in refrigerator or freezer. Makes 4 to 5 dozen.

## Marshmallow "Yummies"

— Dee

*These were originally named something like Magic Marshmallow Puffs or some such, but a few years ago our granddaughter, Christine, renamed them for their special taste qualities. Makes 16 rolls. Let the kids help you make them.*

2 pkgs. of 8 refrigerated Crescent Rolls  
16 regular size marshmallows  
1/4 c. butter, melted  
Cinnamon sugar  
1/2 c. powdered sugar frosting

Melt the butter and let it cool to warm. Separate the crescent rolls into triangles along the perforations. Roll the marshmallows, one by one, in the melted butter and then in the cinnamon sugar. Place a marshmallow on the wide end of one of the dough triangles, bring the sides up over the marshmallow, and roll up to the end. Pinch the edges together to seal. Place in muffin tin with the pointed end of the dough on the bottom. Bake at 375 degrees for 15 minutes. Let cool until just warm before removing from muffin tin or they will lose their shape. When cool, frost with powdered sugar frosting.

## Pie Crust

— Pat

2-1/2 c. flour  
3/4 c. butter-flavored Crisco  
Ice water

Blend Crisco into flour until mixture is in small (pea-sized or smaller) lumps. Make a depression in the center of the mixture and add the ice water (about 3/4 cup) and stir with a fork until the water is absorbed. Roll out on a floured board and line the pie pans. Do not handle the dough any more than absolutely necessary.

## Pumpkin Pie

— Pat

*Use the recipe from the can of Libby's pumpkin:*

2 unbaked 9" (4-cup volume) unbaked pie shells  
1-1/2 c. granulated sugar  
2 t. salt  
2 t. ground cinnamon  
1 t. ground ginger  
1/2 t. ground cloves  
4 eggs (add an extra egg per pie if adding optionals)  
3-1/2 c. pumpkin (29-oz. can)  
3 c. (2 12-oz. cans) evaporated milk  
Optional: 1/4 c. orange juice concentrate, undiluted  
1/4 c. dark rum

Combine sugar, salt, and spices in a bowl. Beat eggs lightly in a large bowl, then stir in the pumpkin and sugar/spice mix. Add and stir in the orange juice concentrate and rum at this time. Add the evaporated milk gradually and stir until thoroughly mixed. Pour into pie shells and bake at 425 degrees for 15 minutes. Reduce heat to 350 degrees and bake another 45 minutes, or until a knife inserted in pie comes out clean. Cool for 2 hours on a wire rack and serve with whipped cream on top; or chill until ready to serve.

## Royal Icing

— Peggy

*This icing is for cookies. It hardens into a very hard surface. When icing the cookies make a "dam" around the edge of the cookie, and "pool" the icing in the middle and smooth out to the edge.*

1 lb. powdered sugar  
1/4 c. meringue powder  
1 egg white  
1/4 c. water

Beat all ingredients together. If you have a Kitchen Aid mixer, use the flat beater. When you pour a ribbon of the icing into itself, the ribbon should disappear in several seconds. If it doesn't disappear, add a little more water. Use a pastry bag to frost the cookies.

## Bread Pudding

— Mother

*We looked and looked for Mom's recipe for Bread Pudding and couldn't find it. It was probably just in her head all those years. However, this is a spicy, old-fashioned pudding that very closely approximates what Mom often made for us for dessert. We all liked it cold, with cold milk on it, but it's also good when warm, and can be served with cream, ice cream, a hard sauce, or a whiskey sauce. This recipe makes 4 to 6 servings.*

- 2 eggs, slightly beaten
- 1/2 c. firmly packed brown sugar
- 1 t. cinnamon
- 1 t. vanilla
- 1/4 t. salt
- 2-1/2 c. milk
- 2 c. day-old bread cubes (preferably French bread)
- 1/2 c. chopped walnuts (optional)
- 1/2 c. raisins (optional)
- 2 T. butter or margarine

Combine all the ingredients, except the butter, in a 1-1/2 quart casserole; mix thoroughly. Dot with butter or margarine. Place casserole in a pan filled 1 inch deep with hot water and place in the oven. Bake at 350 degrees for 45 to 60 minutes or until a knife inserted halfway between the center and the edge of the dish comes out clean. For a good distribution of raisins and nuts, stir the pudding carefully after 20 minutes of baking.

## Georgia Peach Pie

— Shirlie

- |                                                       |                                    |
|-------------------------------------------------------|------------------------------------|
| 1/2 c. brown sugar                                    | 1/8 t. almond extract              |
| 1/2 c. sugar                                          | Pastry for 2-crust 9-inch pie      |
| 1/8 t. salt                                           | 1 T. butter                        |
| 3 T. tapioca                                          | Small amount cold water (optional) |
| 5 c. sliced fresh peaches,<br>(5 to 6 medium peaches) | 1/2 t. sugar (optional)            |

Preheat oven to 450 degrees. Mix sugars, salt, and tapioca. Pour over sliced peaches and mix gently. Sprinkle mixture with almond extract. Line a 9-inch pan with pastry. Pour in fresh peach mixture. Dot with butter. Cover with top crust. Seal edges by fluting (pinching between your fingers at regular intervals). Prick top with fork. Top crust may be brushed with cold water and sprinkled with a small amount of sugar before putting pie in oven. Bake at 450 degrees for 10 minutes; reduce heat to 375 degrees, and continue to bake for 40 minutes, or until a golden brown.

## Winter Fruit Crisp

— Dee

3 cooking apples, peeled, cored, and sliced  
2 pears, peeled, cored, and sliced  
1 c. fresh or frozen cranberries, thawed  
2 T. sugar  
1/2 c. old-fashioned or quick-cooking oats  
1/2 c. brown sugar, packed in cup  
6 T. margarine or butter  
1/2 t. cinnamon  
1/2 c. flour

Preheat oven to 375 degrees. Toss sliced apples and pears, cranberries, and sugar in a large bowl. Put in an 8" x 8" baking dish. Mix the remaining ingredients together in a medium bowl until crumbly. Sprinkle over top of fruit. Bake 40 minutes until golden and fruit is tender.

## Fruit Cobbler

— Bonnie Abernathy

1/2 c. butter  
1-3/4 c. sugar  
1 c. flour  
3/4 c. milk  
2 t. baking powder  
2-1/2 c. fruit

Melt butter in 9"x9" baking dish. Mix together 1 cup of the sugar, baking powder, flour, and milk. Pour over the melted butter. Then cover the batter with the fruit, and sprinkle remaining sugar over the fruit. Bake at 350 degrees for about 40 minutes.

## Cherry Kisses

— Shirlie

*I no longer make this recipe, but it is so good it ought to be banned.*

3 egg whites, plus a dash of salt  
1 c. plus 2 T. sugar  
1 t. liquid from maraschino cherries  
2 c. corn flakes, crushed  
1-1/2 c. flaked coconut  
2/3 c. chopped walnuts or pecans  
1/2 c. chopped maraschino cherries, very well drained

Beat egg whites with dash salt until foamy. Gradually add sugar and beat until stiff. Add cherry liquid. Fold in remaining ingredients.

Drop from teaspoons onto well-greased cookie sheet. Bake at 350 degrees for about 20 minutes. Do not let them brown, but don't remove them before they are completely cooked. Between each batch, scrape ALL cookie residue off sheet and regrease.

This makes about 24 to 30 cookies, depending on how much batter you use for each cookie. If cookies do stick, put them back in the oven briefly and they should be easy to remove.

Do not double this recipe. This is because the egg whites collapse while waiting to be baked if too many are made at one time.



## Strawberry Napoleons

— Peggy

- 1/2 pkg. (17-1/4 oz. size) frozen puff pastry (1 sheet)
- 1 pkg. (about 3-1/2 oz.) vanilla instant pudding mix
- 1 c. milk
- 1 c. heavy cream, whipped; or 2 c. Cool Whip
- 1/2 c. powdered sugar
- 2 t. milk
- 1-1/2 c. sliced strawberries

Thaw pastry sheet at room temperature 30 minutes. Preheat oven to 400 degrees. Unfold pastry on lightly floured surface. Cut into 3 strips along fold marks. Place on baking sheet. Bake 15 minutes or until golden. Remove from baking sheet and cool on wire tack.

Prepare pudding mix according to package directions with 1 cup milk. Fold in whipped cream. Cover and refrigerate.

To prepare icing, mix powdered sugar in small bowl with 2 teaspoons milk, and set aside.

Split pastries into 2 layers, making 6 layers in all. Spread icing on two of the layers. Spread another pastry layer with 3/4 cup pudding mixture. Top with about 1/3 cup strawberries. Repeat layers. Top with an iced pastry layer. Repeat to make second dessert. Serve immediately or cover and refrigerate up to 4 hours.

For easier slicing, refrigerate 1 hour and use a wet serrated knife.

## Chocolate Dessert

— Dee

*This dessert is so sinful, I'm embarrassed to tell you about it. You can use kahlua, creme d'cocoa, creme d'menthe, Bailey's Irish Creme, cointreau, or any other favorite liqueur. It's a beautiful dessert, using your prettiest bowl, and will make friends wherever you take it!*

- 1 Chocolate Fudge Cake box mix, made to pkg. directions in a 13"x9" cake pan
- 1/2 c. of your favorite liqueur
- 1 6-oz package chocolate Jello instant pudding, made to package directions
- 1 large size container of Cool Whip or other prepackaged whipped topping
- 6 Heath candy bars

Several hours or the day before making this dessert, freeze the candy bars. Make the jello pudding and refrigerate it. Make the chocolate cake and when it is cool, cut it into 3 equal sections. Break up into chunks one of the cake sections into your prettiest, large, clear serving bowl and pat evenly into the bottom of the bowl. Sprinkle 1/3 of the liqueur over the cake pieces. Then spread 1/3 of the pudding over, then 1/3 of the Cool Whip. Unwrap the candy bars and put them in a plastic bag and pound them until they are all crumbly. Sprinkle 1/3 of the candy pieces over the Cool Whip. Repeat all the layers two more times (3 layers in all). Refrigerate for 2 to 3 hours before serving. This dessert is so rich it will feed hundreds of people (well, maybe 15 to 20 small servings).

## Orange Sherbet Jello Dessert

— Pat

*Raspberry jello and sherbet (with or even without fruit cocktail) is a nice variation of this recipe.*

Mix together thoroughly:

- 1 6-oz. pkg. orange jello
- 1 envelope unflavored gelatin
- 1 c. boiling water

Stir in: 1 pint orange sherbet, cut up in fairly small pieces. Stir until sherbet has melted into jello mixture.

Stir in: 2 cups whipping cream which has been whipped until peaks form. Mix thoroughly.

Options: Add one 11-oz. can mandarin oranges, thoroughly drained, to mixture of jello and sherbet BEFORE adding whipped cream. Fruit juice may be heated and used as part of the cup of boiling water; i.e., heat juice to boiling and add boiling water to make one cup.

## Refrigerator Cookies

— Mother

Cream 3/4 cup EACH white and brown sugar into 1 cup margarine. Cream in 2 eggs and 1-1/2 teaspoons vanilla or lemon extract (if lemon, add 1/2 teaspoon nutmeg with dry ingredients). Sift together 3 cups flour, 1-1/2 teaspoons baking powder, and 3/4 teaspoon salt and stir into sugar mixture. Also add 1 cup finely chopped nuts. Divide dough in half and roll each half, in waxed paper, into a long roll. Place in refrigerator and chill at least an hour. Slice in 1/4" or so slices and bake at 375 degrees for 8 to 10 minutes.

## Caramel Nut Slices

— Peggy

- 1 c. soft shortening (part butter)
- 2 c. brown sugar (packed)
- 2 eggs
- 3-1/2 c. sifted flour
- 1/2 t. salt
- 1 t. soda
- 1 c. finely chopped walnuts

Mix well shortening, sugar, and eggs. Sift together flour, salt, and soda, and blend well into shortening mixture. Add nuts and mix all together. Shape in two rolls about 2" across and wrap in plastic wrap. Chill for several hours. Heat oven to 400 degrees. Slice dough 1/8" thick. Bake on ungreased cookie sheet about 8 to 10 minutes. Dough will keep in refrigerator for several weeks.

## Spumone

— Dee

*This is a beautiful dessert, sure to delight any guests.*

**EGGNOG (1st) LAYER:** 1-1/2 pints vanilla ice cream, rum flavoring to taste, 6 candied or maraschino cherries, chopped. Soften ice cream, mix in ingredients. Press around inside of bowl. Freeze.

**PISTACHIO (2nd) LAYER:** 1-1/2 pints pistachio ice cream (OR 1-1/2 pints vanilla ice cream, pistachio flavoring to taste, green food color), 1/3 cup chopped unblanched almonds or pistachio nuts. Cover first layer and freeze.

**CHOCOLATE (3rd) LAYER:** 1-1/2 pints chocolate ice cream (OR 3/4 cup whipping cream, 1/3 cup instant dry cocoa; combine cream and cocoa and whip). Spread over second layer and freeze.

**RASPBERRY (4th) LAYER:** 1 pint raspberry sherbet (OR 1 10-oz. pkg. red raspberries, 1/2 cup whipping cream, 1/4 cup powdered sugar. Drain berries and sieve; mix cream, sugar, and a dash of salt, whip; fold in berries). Pile in center and smooth the top. Cover with foil and freeze 6 hours.

To serve, unmold onto a pretty serving dish and slice in wedges.

## No Bake Fudge Cookies

— Brenda Thorsen

2 c. sugar	1/4 c. margarine
1/2 c. milk	1/4 c. peanut butter
1/3 c. cocoa	3 c. oatmeal

Cook the sugar, milk, cocoa, and margarine. Boil 1 minute. Add peanut butter and oatmeal. Drop by spoonfuls on waxed paper.

## Old World Cookies

— Peggy

3/4 c. butter, room temp.	2 c. flour
1/2 c. sugar	1 c. finely grated nuts
1 t. vanilla	Powdered sugar

Cream butter, sugar, & vanilla until fluffy. Add nuts. Add sifted flour. Take about 2 teaspoons and roll between your palms until it holds together, then shape into crescents and place on ungreased cookie sheet. Bake at 375 degrees for about 10-12 minutes. The cookies shouldn't brown. Roll cookies in sifted powdered sugar after they've been out of the oven about 5 minutes (I put the powdered sugar in a small paper bag [doubled] and roll gently.) Place on wire rack. Immediately roll again in powdered sugar.

## Date Balls

— Peggy

- 1/4 lb. margarine
- 1 c. sugar
- 1 egg
- 1 8- or 10-oz. pkg. chopped dates
- 2 T. vanilla
- 2 c. Rice Krispies
- 1 c. chopped nuts (1/2 walnuts and 1/2 pecans, chopped very fine)
- Powdered sugar

Melt margarine in large saucepan. Add sugar; stir until moistened. Add egg, stir until mixed. Add dates. Bring to boil, stirring constantly (mixture will burn quickly if unattended). After mixture boils for a minute or two, remove from heat. Add nuts and vanilla. Stir. Let cool 5 minutes. Add Rice Krispies. Stir until mixed. Let cool until you can handle with your hands. Butter hands and form into small balls. Roll in powdered sugar. Makes about 4 dozen.

## \$250 (or Niemann Marcus) Cookie Recipe — Jeff & Becky Hilt

- 1 c. butter
- 1 c. brown sugar
- 1 c. sugar
- 2 eggs
- 1 t. vanilla
- 2 c. flour
- 2-1/2 c. blended oatmeal\*
- 1/2 t. salt
- 1 t. baking powder
- 1 t. soda
- 12 oz. chocolate chips
- 4 oz. Hershey Bar (grated)
- 1-1/2 c. chopped nuts (your choice)

\* Measure oatmeal into blender and mix until it becomes a fine powder.

Cream the butter and both sugars. Add eggs and vanilla; mix together with flour, oatmeal, salt, baking powder, and soda. Add chocolate chips, Hershey Bar and nuts. Roll into balls and place two inches apart on a cookie sheet. Bake for 10 minutes at 375 degrees. Let cool on cookie sheet a few minutes before removing to cooling racks. Yields 6 dozen.

## Baked Custard

— Peggy

Beat slightly to mix: 2 eggs, 1/3 c. sugar, & 1/4 t. salt

Scald 2 cups milk and stir into egg mixture. Add 1/2 t. vanilla. Pour into bowl or individual custard cups. Sprinkle with nutmeg. Place in pan of hot water, with water up about 1 inch on side of bowl or cups. Bake in 350 degree oven for about 45 minutes. Individual custard cups will take less time. Custard is done when knife inserted in center comes out clean.

## Nanaimo Bars

— Dee

*I got this recipe from our neighbor in Medical Lake, who was from Canada. It's named after the town on Vancouver Island. This recipe makes about 3 dozen bars.*

### First Layer

2 squares semi-sweet chocolate  
1/2 c. butter  
2 T. sugar  
1 t. vanilla  
1 egg  
2 c. graham cracker crumbs  
1 c. flaked coconut  
1/2 c. chopped walnuts

Melt the chocolate over hot water in a double boiler. Combine with the butter, sugar, vanilla and egg. Mix well. Add the cracker crumbs, coconut and walnuts. Mix well. Press into a 9" square pan. Chill.

### Second Layer

2 T. vanilla custard powder\*  
3 T. milk  
1/4 c. softened butter  
2 c. powdered sugar

Combine the custard powder and the milk. Add the butter and cut it in. Beat in the powdered sugar until smooth. Spread over the base and chill for 15 minutes.

*\*This is a Canadian product. The brand name is Harry Horne. It can be located in the market in the jello and pudding section.*

### Third Layer

4 squares semi-sweet chocolate  
1 T. butter

Melt the chocolate and butter together over hot water in a double boiler. Spread over the custard layer. If desired, garnish with coconut and/or walnuts. Put in refrigerator to harden. Cut into bars. These cut better when not too hard. Can be frozen for future use.

## Turtle Cookies

— Dee

2 1-oz. squares unsweetened chocolate  
1/2 c. butter  
2 eggs  
3/4 c. sugar  
1 c. flour  
1 t. vanilla

In the top of a double boiler, melt chocolate and butter; remove from heat. Beat eggs; stir in sugar. Add chocolate mixture, then fold in flour and vanilla. Drop by teaspoons onto heated waffle iron. Close iron and bake 1-1/2 minutes. Cool on rack and frost with a chocolate powdered sugar frosting. Makes 3 dozen cookies.

## Salted Nut Bars

— Peggy

- 3 c. flour
- 1-1/2 c. firmly packed brown sugar
- 1 t. salt
- 1 c. softened butter or margarine
- 2 c. mixed nuts, or enough to cover top
- 3/4 c. corn syrup
- 3 T. butter or margarine
- 1-1/2 T. water
- 9 oz. (1-1/2 c.) butterscotch chips

Heat oven to 350 degrees. Combine and blend well flour, sugar, salt, and butter. Press into ungreased 10"x15" jelly roll pan. Bake for 10-12 minutes. Sprinkle nuts over partially baked crust. In small saucepan combine corn syrup, butter, water, and chips. Boil 2 minutes, stirring constantly. Pour cooked mixture over nuts. Return to oven and bake 10-12 minutes or until golden brown. Cool completely before cutting into bars.

## Three-Step Cookies

— Peggy

**Base** Cream 1/2 lb. butter with 1/2 c. powdered sugar. Add to this 2 c. flour together with 1/2 c. corn starch. Press into a cookie sheet and up the sides. Bake 15 minutes at 300 degrees (doesn't have to brown.)

**Filling** Beat 4 eggs and 1 lb. pkg. brown sugar.  
Add:

- 4 T. flour
- 1/2 t. baking powder
- 2 t. vanilla
- 1 c. coconut
- 2 c. finely chopped nuts

Spread on top of cooled base. Bake 15 minutes at 300 degrees, then 5 minutes at 350 degrees. Cool.

**Frosting** 1 cube margarine  
1 pkg. powdered sugar  
1 8-oz. pkg. cream cheese  
A few drops of vanilla.  
Beat well and spread on cooled top. Cut into squares.

## Saucy Bars

— Dee

- Mix: 1/2 c. shortening  
1 c. sugar  
1 c. applesauce
- Add: 2 c. sifted flour  
1 t. soda  
1/2 t. salt  
1/2 t. cinnamon  
1/2 t. allspice

Mix together.

- Add: 1 c. raisins  
1/2 c. chopped nuts (optional)  
1 t. vanilla

Spread in greased cookie pan and bake 25 to 30 minutes at 350 degrees. Glaze with a thin powdered sugar icing and cut into bars.

## Hamburger Cookies

— Dee

*Little kids (and big kids, too!) love to make and eat these cute treats. The name, too, intrigues them and, before they see the cookies, never guess that they aren't made with hamburger, but instead like a miniature Big Mac.*

- 1 box vanilla wafers  
1 pkg. chocolate covered mint cookies (e.g., Keebler's Grasshoppers)  
Powdered sugar icing (1 small bowl white, 1 green, 1 yellow, 1 red, or use commercial cake decorating tubes, especially for red)  
Shredded baker's coconut (add to green icing to look like "lettuce")  
Honey  
Sesame seeds

Spread flat bottom of one vanilla wafer with white icing, and one with green "lettuce" icing. Place a couple of dots of red icing and a couple of yellow icing on edges of either white or green. Place a chocolate mint cookie on one iced wafer and put the other wafer on top. Press together lightly (the red "catsup" and yellow "mustard" will ooze out a little). Dip a finger lightly in honey and smear a very small amount in the center of the cookie top. Dip the honeyed spot in sesame seeds so several stick to the honey.

Make a bunch!

## Biscotti Basic Recipe

— Dee

1/2 c. (1 stick) unsalted butter	1 t. vanilla
3/4 c. sugar	3 c. sifted all-purpose flour
1 T. grated lemon peel	1 T. baking powder
3 large eggs	1 t. salt

Preheat oven to 350 degrees. Cream the butter, sugar, and lemon peel until fluffy. Add the eggs one at a time, beating well. Stir in vanilla. Sift dry ingredients together and gradually add to the butter mixture, combining thoroughly. At this point, add the ingredients for the kind of biscotti you are making (see list of ingredients below).

Divide the dough into 3 equal pieces. Shape each into a 2" to 2-1/2" diameter log. Place logs on a parchment-lined baking sheet and press down to form a flattened arch shape. Bake for 15 minutes. Remove from oven and, with a very sharp knife, cut flattened logs diagonally into 3/4" slices. Lay the slices on their sides 1" to 2" apart on the baking sheet, return to the oven, and continue baking until biscotti are dry and lightly browned, approximately 15 minutes more. Cool on a rack.

**Christmas Biscotti:** Add 1/2 cups finely chopped red and green candied cherries and 1 tablespoon anise seed, ground in mortar and pestal.

**Hazel Nut Biscotti:** 1 cup hazelnuts, toasted on a baking sheet in the oven 15 to 18 minutes (watch closely), shaking pan occasionally. Remove from oven and roll in a clean dishtowel, rubbing the skins off. Coarsely chop skinned nuts and add to the basic recipe.

**Swiss-Orange Biscotti:** 1 tablespoon grated orange rind, 8 oz. melted swiss chocolate. Add orange rind to basic recipe, reserving the chocolate. Melt it in a microwave oven at medium heat for 5 to 10 minutes (check and stir often). After biscotti is baked and cooled, dip half of each into melted chocolate or spread the chocolate on top.

## Quick Lemon Crisps

— Dee

2 c. flour  
3/4 t. baking soda  
Few grains salt  
3/4 c. shortening  
1 c. sugar  
2 pkgs. (3-3/4 oz. each) lemon instant pudding mix  
3 eggs, slightly beaten

Sift flour with baking soda and salt. Cream shortening. Add sugar and pudding mix; cream until light and fluffy. Add eggs; mix thoroughly. Add flour mixture; beat thoroughly until well blended. Drop by teaspoonsful onto greased baking sheet about 2-1/2" apart. Bake at 375 degrees for 8 to 10 minutes. Makes about 6 dozen.



## Italian Biscotti

— Peggy

1 c. peanut or canola oil  
2 c. sugar  
6 eggs  
1 t. vanilla  
1/2 t. anise extract  
1 T Frangelico liquer (optional)  
6-1/2 c. flour  
3 t. baking powder  
1/2 t. salt  
2 t. anise seed, crushed  
1-1/2 c. almonds, chopped  
1-1/2 c. hazelnuts, chopped

Beat oil, sugar, eggs, vanilla, anise extract, and Frangelico together for 10 minutes on medium high. Sift together flour, baking powder, salt, and anise seed. Add chopped nuts. Mix egg and flour mixtures together. Chill for one hour. Divide dough into eight portions. Roll each portion into a roll 1 inch by 15 inches. Place rolls on lightly greased cookie sheet (four rolls to a sheet). Bake at 350 degrees for 15 minutes. Remove from oven, cool, cut diagonally into 3/4-inch slices. Turn slices on side; rebake for 15 more minutes until golden brown and dry.

Variations: Use other nuts or add candied cherries, lemon peel, or orange peel. Experiment!

## Snickerdoodles

— Mother

*Mom made these cookies a lot after she and Dad retired. He really loved them, and she usually had lots of them on hand when we went to visit them. The recipe is from a very old Betty Crocker cookbook. Makes about 5 dozen small cookies.*

Mix together thoroughly:

1 c. soft shortening  
1-1/2 c. sugar  
2 eggs

Sift together and stir in:

2-3/4 c. sifted flour  
2 t. cream of tartar  
1 t. soda  
1/2 t. salt

Chill dough. Roll into balls the size of small walnuts. Roll in a mixture of 2 T. sugar and 2 t. cinnamon. Place about 2" apart on ungreased baking sheet. Bake at 400 degrees for 8 to 10 minutes, or until lightly browned but still soft. These cookies puff up at first, then flatten out with crinkled tops.

## **Bowknots (Fattigmann)**

— Dee

*This is a traditional Swedish Christmas cookie.*

- 6 egg yolks
- 1/4 c. sugar
- 1 T. melted butter or margarine
- 1/3 c. heavy cream, whipped
- 1 t. ground cardamom
- 2 c. sifted flour
- 1/2 t. salt

Beat yolks until thick and lemon colored; gradually beat in sugar. Gently stir in butter. Fold in whipped cream and cardamom. Sift together flour and salt; gradually fold into yolk mix just enough to make a soft dough. Chill well. Divide dough in half. On lightly floured surface, roll each piece to 1/8" thick. Cut in 3" x 3/4" strips\*. Cut slit lengthwise in center of each and pull one end through. Fry a few at a time in deep hot fat 375 degrees about 1 to 1-1/2 minutes or until very light golden brown. Drain on paper towels. While warm, sift a little powdered sugar over. Makes 5 dozen.

\*For bowknots with points at ends, cut dough in long strips 2" wide, then slash diagonally at 3" lengths to make diamonds. Cut slit in center as described above.

## **Cherry Walnut Bars**

— Dee

Mix together:

- 2 c. flour
- 1/2 c. sugar
- 1 c. butter or margarine

Pat dough into a buttered 9"x13" pan or a pie pan. Bake 20-25 minutes at 350 degrees.

Beat until fluffy:

- 2 eggs plus 1 egg yolk

Stir in:

- |                      |              |
|----------------------|--------------|
| 1-1/2 c. brown sugar | 1/4 c. flour |
| 1/2 t. baking powder | 1/2 t. salt  |

Add:

- 1/2 c. maraschino cherries, cut up
- 1 c. (or more) walnuts, chopped

Spread filling mixture on baked crust and bake another 20-25 minutes at 350 degrees. When cool, frost with a thin icing of powdered sugar, butter, cream cheese (optional), and cherry juice. Chill before cutting. Cut into squares or wedges.

## Christmas Cut-Outs

— Pat

*Dee says this has become her family's favorite holiday cookie, as it is ours. These can be made for holidays, using appropriately shaped cookie cutters and decorations.*

- 1 c. butter (DO NOT SUBSTITUTE)
- 1 c. granulated sugar
- 1 c. brown sugar
- 2 eggs
- 2 t. vanilla
- 1/4 t. oil of anise. (*This may be purchased at Market Spice, and most pharmacies also carry it. Again, DO NOT SUBSTITUTE, e.g., anise extract or anise seed.*)
- 5 c. flour
- 4 t. baking powder
- 1 t. salt
- 1 c. milk (1/2 c. 2% milk and 1/2 c. evaporated milk makes a richer dough)

Cream together the butter and sugars. Add the eggs, vanilla, and anise oil, and mix well. Sift the flour, baking powder, and salt together and add to the egg mixture alternately with the milk. CHILL THOROUGHLY.

Roll dough out, being careful not to have the dough too thin (a scant 1/4" is about right). Cut into fancy shapes and bake in a 350 degree oven. Do not overbake—the cookies should be very light tan.

Decorate the cookies with colored icing (recipe follows) and a variety of cookie decors.

### Cream Cheese Icing

Melt 1/4 lb. butter with 1 c. milk. Pour over 3 oz. cream cheese (low-fat or non-fat cream cheese DOESN'T work!), mixing until cheese is in very small lumps. Add 1 t. vanilla. Stir in sifted powdered sugar (takes approximately 3 lbs.). Divide into several batches and add colors.

## Pecan Logs

— Pat

*These cookies are very crunchy and break easily. They're more like candy than cookies. Note that they are baked at a very low temperature for a very long time.*

- 1/2 lb. butter (do not substitute)
- 3 T. sugar
- 1 t. vanilla
- 1/2 T. water
- 2 c. flour
- 1 c. finely chopped pecans

Mix in the order given. Roll by teaspoonsful into a log shape about 1-1/2" long. Bake at 275 degrees for approximately 1 hour. Cookies will be pale tan when done. Roll in sifted powdered sugar while still warm.

## John Wayne Cookies

— Shirlie

*This makes a lot of cookies, and was said to be one of John Wayne's favorites.*

Cream together:

2-2/3 c. white sugar

1 lb. brown sugar

5 sticks margarine or butter

6 eggs

1 T. vanilla

Dump in :

5 c. unsifted flour

5 c. old fashioned oats

2 t. cinnamon

1 c. yellow raisins

1 c. regular raisins

1 c. chopped nuts (any kind)

1 12-oz. pkg. chocolate chips

Optional:

You may add also 1 c. coconut, 1 c. chopped dates, 1 c. chopped-up gum drops, or 1 c. glazed fruit.

Stir all together, and mix into the creamed mixture. Drop by very large spoonfuls on lightly greased cookie sheet far enough apart so cookies will end up 5 or 6 inches across. Bake at 350 degrees for 18 minutes until medium brown. Cool on brown paper and store in a brown paper bag,

## Yulekaka

— Peggy

*I got this recipe years ago from Blanche Larson, Shirlie's sister-in-law, and I think I've made it every Christmas season since.*

2 c. milk, scalded and cooled to warm (or you can use half evaporated milk and half water, heated to warm)

1-1/2 cakes yeast in 1/4 c. warm water

1/2 c. shortening

1 c. sugar

About 8 c. flour

1 c. raisins

1 c. fruit mix

1/4 t. cinnamon

1/4 t. nutmeg

1 t. powdered cardamom (I add more because I like the taste)

1 t. salt

Combine warm milk, shortening, sugar and yeast mix. Sift 4 cups of the flour with spices and salt. Add to milk, stir thoroughly. Add raisins and fruit mix. Then work in as much of remaining flour to make good bread dough. Knead and let rise to double. Punch down and knead for one minute. Shape in loaves and place in bread pans. Let rise again. Bake at 350 degrees for 40 minutes or until done. The loaves can be decorated with powdered sugar icing and nuts/sprinkles/cherries.

### Banana Cream Pie

— Mother

*This recipe was found in Mother's Bible, which had been given to Jeff Hilt. It is in her handwriting and was from her recipe file. A note on it says it was from Marjorie Drake, a lifelong friend of Mom's.*

Butter, the size of a walnut  
3 heaping T. flour  
2/3 c. sugar  
4 c. milk  
3 egg yolks (save whites for meringue)  
1 t. vanilla

Melt the butter in the top of a double boiler, over boiling water. Remove from heat. Mix the flour and sugar together and stir into the butter. Stir in the milk gradually, keeping the mixture smooth, then return to the boiler. Add egg yolks, well beaten, and cook until thick, stirring constantly. Add the vanilla. Slice two bananas on bottom pie crust. Sprinkle about 4 T. sugar over the bananas. Pour on the filling and top with meringue. Brown in oven until meringue is lightly browned.

### Almond Poppyseed Muffins

— Pat

4 large eggs  
2 c. sugar  
1-3/4 c. (13-oz. can) evaporated milk  
1/4 c. milk  
2 c. vegetable oil  
3-1/2 t. baking powder  
1/2 t. salt  
4 c. flour  
1 t. vanilla  
1 t. almond flavoring  
1/2 c. poppyseeds

Preheat oven to 350 degrees. Line muffin cups with paper liners. Beat eggs, sugar, milks, and vegetable oil. Sift together baking powder, salt, and flour. Add flour mixture to egg mixture. Add flavorings and poppyseeds, stirring only until well combined. Using a 1/3 cup measure, pour batter into muffin cups. Bake for 25 to 30 minutes, until toothpick comes out clean. Makes about 30 muffins.

## Scripture Cake

— Dee

*This recipe is from "The Rosewood Casket," by Sharyn McCrumb, a mystery set in the Appalachians. Only the scripture references (King James version) and amounts for the ingredients were given, but by trial and error, Shirlie and I figured out a method for making it. Use half currants instead of all raisins; use dried peaches, apricots, or apples in the place of some or all of the figs. We thought it was quite delicious. The recipe makes two generous loaves.*

Judges 4:19	1/2 c. milk
Amos 4:5	2 pkgs. dry yeast
Jeremiah 17:11	6 eggs
1 Samuel 14:25	2 T. honey
1 Kings 4:22	4-1/2 c. flour
Jeremiah 6:20	2 c. sugar
Leviticus 2:13	1/4 t. salt
Judges 5:25	1 c. butter
1 Samuel 30:12	1-1/2 c. raisins
Nahum 3:12	2 c. dried figs
Numbers 17:8	1 c. almonds

Prepare two loaf pans by spraying with cooking oil and shaking flour around the inside until all sides are covered. Set out the butter to soften or soften it in the microwave. Cut the dried figs (or other dried fruit) with scissors into pieces about the size of raisins and chop the almonds coarsely. Preheat the oven to 325 degrees.

Heat the milk to lukewarm and, in a medium bowl, mix with the yeast. Let it sit for a few minutes until the yeast has completely dissolved. In another bowl, beat the eggs, with either an egg beater or an electric mixer, until they are lemon colored and very frothy. Add to the yeast mix. Stir in the honey.

Into a large bowl, measure the flour, sugar, and salt. Cut in the softened butter until the dough is the size of meal. Make a well in the middle of the flour mixture and pour in the wet ingredients. Mix well. Add the fruit and nuts and mix until they are well dispersed throughout the dough.

Spoon dough into the prepared loaf pans. Bake for 90 minutes or until a toothpick inserted into the center comes out clean. Cool in pans on a rack for 10 minutes before removing from pans. When the loaves are completely cool, store in a plastic bag. A piece of fresh apple or orange can be put in the bag to keep the loaves moist.

## **Buttermilk Sweet Dough**

— Dee

*This is a wonderful dough for cinnamon rolls or other sweet rolls, and especially for Peggy's Swedish Tea Ring.*

2 pkgs. active dry yeast  
1/2 c. warm water  
1-1/4 c. buttermilk  
2 eggs  
5-1/2 c. flour  
1/2 c. butter or margarine softened  
1/2 c. sugar  
2 t. baking powder  
2 t. salt

Dissolve yeast in water in large mixer bowl. Add buttermilk, eggs, 2-1/2 cups of the flour, butter, sugar, baking powder, and salt. Blend 20 seconds on low speed. Scrape side and bottom of bowl, then beat 2 minutes on medium speed. Stir in remaining 3 c. of flour. Dough should be soft and lightly sticky. Knead 5 minutes or about 200 turns on a lightly floured board, or knead in your mixer if you have one. Shape as desired. Let rise in a warm (85 degrees) place until double, about 1 hour. Dough is ready to bake if a slight dent remains when touched. Bake in a 375 degree oven until browned, about 18 minutes.

## **Swedish Tea Ring**

— Peggy

I use Dee's recipe for Buttermilk Sweet Dough to make this Tea Ring. To shape the ring, take half the dough and roll out into a rectangle on a lightly floured board. Spread about two tablespoons melted butter on the dough. Mix together 1/4 cup sugar and 2 teaspoons cinnamon, and sprinkle evenly over butter. If desired, sprinkle 1/4 cup raisins over cinnamon sugar mixture. Roll up, beginning at wide side. Pinch edge of dough to seal well. Stretch roll to make even. With sealed edge down, shape into ring on lightly greased baking sheet. Cut off uneven ends and pinch ends together. With scissors, make cuts 2/3 of the way through ring at 1-inch intervals. Turn each section on its side. Let rise until about double. Bake 25 to 30 minutes. If desired, frost while warm with a powdered sugar icing, and decorate with nuts and cherries.

## Rice Pudding

— Dee

*This is an old-fashioned comfort food the Pykonen kids were raised eating. We all still enjoy it (except Paul doesn't like raisins). This recipe serves 4 to 6 people.*

2 eggs, beaten	1 t. vanilla
2 c. milk	1-1/2 c. cooked rice
2 c. light cream	1/2 c. raisins
1/2 c. sugar	1/4 t. nutmeg

Combine all ingredients, except nutmeg, in a 1-1/2 quart casserole; mix thoroughly. Place casserole in pan filled 1 inch deep with hot water. Bake at 350 degrees for 55 to 65 minutes or until knife inserted halfway comes out clean. For a good distribution of rice and raisins, stir pudding carefully after 30 minutes of baking. When done, sprinkle nutmeg over top. Serve warm or cold, with or without milk or cream.

If you would like to lower the fat and/or sugar content, make the following changes: 1) use egg substitute to equal the 2 eggs; 2) use 1 can evaporated skim milk and 1/2 cup regular skim milk; and 3) use an equivalent amount of sugar substitute in place of the sugar. The pudding won't be as creamy, but it will still taste good.

## Popcorn Balls

— Peggy

- 1/4 c. butter
- 1 10-oz. pkg miniature marshmallows
- 1/4 c. light brown sugar
- 3 qts. popped popcorn

Melt butter over medium heat. Add marshmallows, mixing with butter over heat. Add brown sugar, stirring until all is melted together. Pour over warm popcorn. One cup of M&M's can be added, if desired, before pouring over popcorn.

## Popcorn Cake

— Dee

*This makes a super hostess gift for a family with kids, if you can get it out of your house.*

- |                                                                       |                             |
|-----------------------------------------------------------------------|-----------------------------|
| 1 c. unpopped popcorn                                                 | 16 oz. package marshmallows |
| 1 t. vanilla                                                          | 1 c. butter or margarine    |
| 1 c. M&M's, or peanuts, or raisins, or glace fruit; or a combination. |                             |

Melt butter and marshmallows together, add vanilla. Pop the popcorn and remove the unpopped kernels. Pour the marshmallow mix over the popcorn and add the candies and/or fruit and/or nuts. Press into a buttered jello mold, an angel food cake pan, or a bundt pan. Place in refrigerator until firm. Unmold onto a plate and cover with plastic wrap until served.



# Candy and Preserves



My sister taught me everything  
I really need to know, and she was  
only in the sixth grade at the time.

## Christmas Pudding Candy

— Ritchie Ford

*Since mother didn't make candy, we introduce the Candy Section with this recipe of Ritchie's. Ritchie is a long-time family friend of the Pykonen family. She and her husband, Marion, became friends of our folks when they were both young couples attending the same church in Tillamook.*

- |                               |                        |
|-------------------------------|------------------------|
| 3 c. sugar                    | 1 lb. dried figs       |
| 1 c. heavy cream              | 1 lb. raisins          |
| 1 heaping T. butter           | 1 lb. shredded coconut |
| 1 t. vanilla or lemon extract | 1 c. walnuts           |
| 1 lb. dried dates             |                        |

Cook sugar, cream, and butter to a soft ball (about 240 degrees). Grind the rest of the ingredients and mix together well. Beat the cooked mixture until creamy, then beat in fruit and nuts. When well mixed, roll into logs. Wrap each in a damp cloth, then in waxed paper and put in refrigerator to ripen (two weeks is best). To serve, slice about 1/4" thick.

## Southern Pralines

— Mike & Olivia Hilt

- 3 c. granulated sugar
- 1 c. milk (evaporated works best, but whole milk will do)
- 1/4 c. butter or margarine
- 1/2 t. vanilla
- 1 c. nuts (preferably pecans)

Mix 2 cups sugar & milk in a heavy boiler (being careful not to get the mixture on the sides of the boiler). Bring to a boil over medium to low heat, being careful not to scald the milk. While this is coming to a boil, put 1 cup of sugar in a heavy pan (cast iron skillet works well) & stir constantly, on high heat, until it comes to a caramel stage (melts and browns). (The sugar/milk combination should come to a boil just as the sugar caramelizes—this is a learned technique.) Pour caramelized sugar in first part (VERY slowly as it will boil over) and boil together until it reaches the soft ball stage. Remove from stove, add butter and vanilla. Stir until candy starts to lose its shine (this is where the third arm REALLY comes in handy), add chopped nuts, if desired, and spoon cookie sized dollops onto waxed paper. You may decorate tops with pecan halves instead of adding chopped nuts. Makes 2 dozen.

## Caramels

— Dee

*This recipe came from a coworker, whose grandmother has been making this candy for many years.*

- 1-3/4 c. sugar
- 1-1/3 c. light brown sugar
- 1/2 c. light Karo syrup
- 1/4 lb. honey WITH COMB (plain honey works, but not as well)
- 1/3 c. butter
- 1 c. Half and Half
- 1 c. whipping cream
- 1 T. vanilla

Place all ingredients except the whipping cream and vanilla in a heavy, deep pan (Grandma uses a non-stick coated saucepan). Mix and cook to 230 degrees, stirring constantly and scraping down sides of pan. Heat whipping cream in a separate pan or the microwave until warm. Add to cooked candy mixture and continue cooking to 248 degrees (252 degrees in summer). Remove from heat and add vanilla, stirring just enough to mix. Quickly pour into a buttered pan. You can cut pieces as needed or cut all into small squares. Don't attempt to shape and wrap until the next day. If you are giving the candy as a gift, it is easier to give large portions and let the recipient divide it as they wish. Wrapping individual squares is a challenge.

## Chocolate Fudge

— Peggy Williams

- 2 c. sugar
- 1/3 c. cocoa
- 1/4 t. salt
- 2/3 c. canned milk
- 2 T. butter
- 2 T. corn syrup

Blend sugar, cocoa, and salt; then add milk, butter, and corn syrup and bring to a boil. Reduce heat, stirring constantly, and cook until it reaches the soft ball stage, about 230 degrees. This will take approximately 6 minutes. Remove from heat and add 1 teaspoon vanilla, then any of the following: 1 cup pecans or walnuts, chopped; 2 drops mint extract; 1/2 cup peanut butter. Whip until you feel a "thickening," then pour into a buttered square cake pan. (If adding peanut butter, add it last and stir until peanut butter is melted; the fudge will set fast.)

## **Peanut Butter Fudge**

— *Peggy Williams*

2 c. sugar  
1 c. water  
2 T. corn syrup  
1/2 c. peanut butter

Bring sugar, water, and corn syrup to a boil, then to soft ball stage (about 230 degrees), and **NO MORE**. It should just barely form a soft ball. Add the peanut butter and stir until peanut butter is melted and fudge is smooth. Pour into a buttered square cake pan.

## **Divinity**

— *Peggy*

2-2/3 c. sugar  
2/3 c. light corn syrup  
1/2 c. water\*  
2 egg whites  
1 t. vanilla  
2/3 c. broken nuts

Stir sugar, corn syrup, and water over low heat until sugar is dissolved. Cook, without stirring, to 260 degrees on candy thermometer (or until small amount of mixture dropped into very cold water forms a hard ball). In mixer bowl, beat egg whites until stiff peaks form. Continue beating while pouring hot syrup in a thin stream into egg whites. Add vanilla; beat until mixture holds its shape and become slightly dull. (Mixture may become too stiff for mixer.) Fold in nuts. Drop mixture from tip of buttered spoon onto waxed paper. Makes about 4 dozen candies.

\*Use 1 T. less water on humid days.

## **White Chocolate Party Mix**

— *Becky Hilt*

1 10-oz. pkg. mini pretzels  
5 c. cheerios  
5 c. corn chex  
2 c. salted peanuts  
1 lb. M&M's

Mix the above ingredients together in a large bowl; set aside

2 12-oz. pkgs. vanilla chips  
3 T. vegetable or olive oil

In microwave-safe bowl, heat chips and oil on medium high for 2 minutes, stirring once. Microwave on high for 10 seconds, then stir until smooth. Pour over cereal mixture and mix well. Spread onto waxed paper-lined baking sheets. Cool, then break apart. Store in an airtight container.

### **Peanut Brittle**

— Dee

3 c. granulated sugar	2 T. butter, MELTED
1 c. light corn syrup	2 t. vanilla
1 c. water	1 T. baking soda
16 oz. RAW Spanish peanuts	

Butter generously two cookie sheets with sides and set aside. The best pan to cook your candy in is a saucepan of at least a 4-quart size, with 2 handles, either 2 bail handles or a long handle on one side and a bail handle on the other. This candy is quite heavy to pour.

Place sugar, corn syrup, and water in a saucepan and stir together well. Place a candy thermometer on the side of the pan and bring mixture to 270 degrees (hard ball stage), stirring often with a wooden spoon. Add the peanuts and stir constantly, bringing temperature to 300 degrees (hard crack stage). Remove pan from heat and take thermometer out of the pan. Add the melted butter, stir a little, then add the vanilla and baking soda at the same time and stir fast until candy foams up and lightens in color. Quickly pour onto the buttered cookie sheets or onto a prepared marble slab. Let cool completely, then turn out onto newspaper. Wipe the bottom of the candy with a paper towel, and break into pieces.

### **Huckleberry Jelly**

— Peggy

2-1/2 c. huckleberry juice  
2-1/2 c. apple juice  
1/4 c. fresh lemon juice  
1 pkg. MCP pectin

Place all of the above in a large kettle. Bring to a boil. Add 7 cups sugar. Bring to full rolling boil. Put in 1/2 t. butter. Boil for 4 minutes. Place in sterilized jars and seal.

### **Blackberry Jam**

— Shirlie

*Use only little wild blackberries for this jam, as the seeds in the Himalaya berries are too hard and large.*

3-3/4 c. crushed blackberry pulp  
1/4 c. undiluted frozen pineapple juice concentrate  
7 c. sugar  
1 T. butter or margarine  
1 pouch Certo pectin

Mix the berries, juice, sugar, and butter in a large boiler pan. Stirring occasionally, bring to a full rolling boil which cannot be stirred down. While coming to the boil, spoon off any foam that forms on top. When a full boil is achieved, pour the pectin into the jam. Bring back to the boil and let boil for one minute, stirring constantly. Remove from heat and ladle into sterilized jars to within 1/2 inch of the top. Screw a lid and ring on tightly. Process in boiling water bath for 10 minutes. Yields about 7 pints.

## Plum Conserve

— Shirley

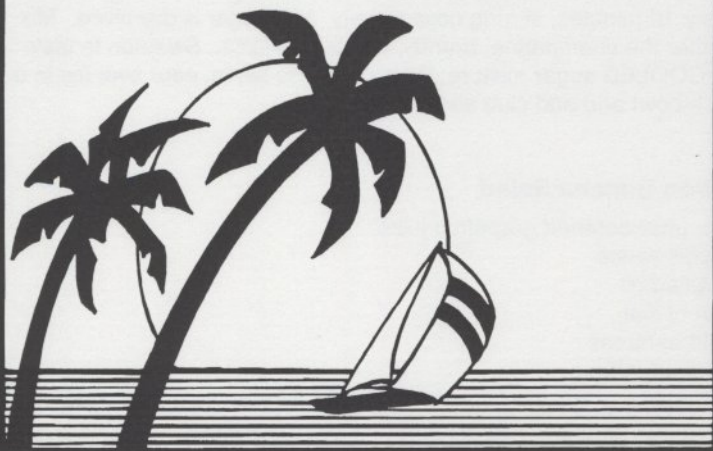
*This is a delicious alternative to traditional preserves. It's especially good on muffins and scones.*

- 4 lb. plums (8 c. cut up)
- 4 T. lemon juice
- 1-1/2 t. grated lemon rind
- 1 c. seedless raisins
- 6 c. sugar
- 1 c. walnuts

Wash plums, remove seeds, measure fruit. Combine all ingredients except walnuts. Cook until thick. Blanch walnuts 2 minutes, drain, and cut or chop into medium-size pieces. Add to mixture when cooking is complete. Pour into sterilized jars to within 1/2 inch of top. Screw a lid and ring on tightly. Process in boiling water bath for 10 minutes. Yields six 8-oz. jars.

PAT GIVES A  
HAWAIIAN PARTY

*There is no friend like a sister,  
In calm or stormy weather.*



## Pat Gives an Hawaiian Party

*Inform your guests that this is an Hawaiian party and ask them to dress "Hawaiian." Present each arriving guest with a paper lei. I gave this party for 25 guests and everyone had plenty to eat. The only thing I had to replenish was the punch.*

### MENU

Kamehameha Punch  
Kona Coffee  
King's Hawaiian Rolls  
Golden Banana Salad  
Pineapple Carrot salad  
Green beans with Almonds and Bacon Bits  
Rice  
Ham Slices with Raisin Sauce  
Hawaiian Chicken  
Tuna Potato Casserole  
Banana Bread Pudding with Orange Sauce



#### **Kamehameha Punch**

1 c. pineapple juice	1/4 c. brandy
1 c. guava juice	1/2 c. lemon juice
2 c. sugar	1 2-liter bottle club soda
1 bottle champagne	Ice

Cook pineapple juice, guava juice, and sugar together for approximately 10 minutes, stirring occasionally, until sugar is dissolved. Mix together the champagne, brandy, and lemon juice. Sweeten to taste with COOLED sugar mixture. When ready to serve, pour over ice in a punch bowl and add club soda.

#### **Golden Banana Salad**

1/4 c. unsweetened grapefruit juice  
3 T. chili sauce  
2 T. salad oil  
Pinch of salt  
Sliced bananas  
Shredded lettuce

Shake juice, chili sauce, oil and salt together until blended. Chill. Slice the bananas and arrange on a bed of shredded lettuce. Pour the sauce mixture over the bananas.



### **Pineapple Carrot Salad**

*Be sure to use canned pineapple and juice in this recipe, as fresh pineapple will prevent the salad from jelling. This recipe serves 6, so I quadrupled it for my party. I also added 2 packages of unflavored gelatin, just to be sure that the jello was firm.*

- 1 3-oz. pkg. lemon jello
- 1 c. boiling water
- 1 c. pineapple syrup from canned fruit
- 1 c. canned pineapple tidbits
- 1 c. grated raw carrots

Dissolve the jello in the boiling water. Add pineapple syrup. Chill until slightly thickened. Fold in pineapple tidbits and carrots. Chill until firm.

### **Green Beans With Almonds and Bacon Bits**

- 6 cans french-sliced green beans
- 1 c. slivered almonds
- 1 c. bacon bits (or fry 6 slices of lean bacon very crisp and break into small bits)
- A sprinkle of lemon juice to taste

Sprinkle lemon juice over green beans and heat. Add the almonds. Before serving, add the bacon bits.

### **Hawaiian Chicken**

- 2-1/2 lbs. small, skinned chicken thighs (or equivalent amount of breast "tenders")
- Butter
- 2 c. soy sauce
- 4 T. cornstarch
- 2 15-oz. cans pineapple juice
- 2 6-oz. cans tidbits
- 1 c. sliced mushrooms

Marinate chicken in soy sauce for 1 hour. Dot with butter and brown on both sides under broiler. (Chicken may be browned in a skillet with butter after draining off soy sauce. Be careful not to burn.) Add cornstarch to pineapple juice, blending well. Transfer chicken to a large skillet, if browned under a broiler, and pour pineapple mixture over it. Simmer until chicken is well done, approximately 3/4 hour. Add pineapple tidbits and mushrooms during the last half hour of cooking.

## Tuna Potato Casserole

1/4 lb. butter	1 c. chopped onion
1/2 c. flour	1 c. chopped celery
5 c. milk	6 c. thinly sliced potatoes
1 tsp. salt	2 cans white albacore tuna
1/2 tsp. paprika	Grated cheese

Melt butter and stir in flour, salt, and paprika. Slowly add the milk while stirring, and cook over medium heat, stirring constantly, until mixture thickens smoothly. Mix the tuna, potato slices, onion, and celery together. Place in a greased casserole dish. Pour sauce over mixture and sprinkle with grated cheese. Bake at 350 degrees for 1 hour.

## Malikine Poi (Banana Bread Pudding)

*This recipe should be divided into two 9" x 13" pans to bake.*

6 c. stale bread crumbs (no crusts)
6 c. scalded milk
3 mashed bananas
6 T. sugar
3/4 c. melted butter
1 t. salt
6 eggs, slightly beaten

Soak bread crumbs in the scalded milk. Cool. Add the rest of the ingredients and bake in a greased pan for 1 hour at 350 degrees. Serve with orange sauce (recipe follows) or purchased coconut syrup.

## Orange Sauce

Combine 1-1-2 cups water and 1 cup currant jelly with 2 teaspoons grated orange peel and 1-1/2 cup orange juice.. Bring to a boil. Combine 6 tablespoons brown sugar and 3 tablespoons cornstarch with a dash of allspice and salt. Stir into the orange mixture\*. Cook, stirring constantly, until the mixture is thick and bubbly. Serve warm over bread pudding.

\* To avoid lumping, combine a small amount of the orange liquid mixture with the sugar and cornstarch mixture until smooth, before adding to the rest of the liquid.

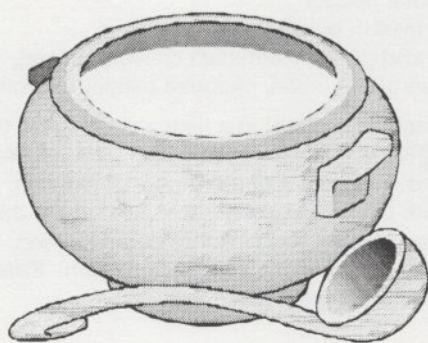
## Raisin Sauce

This recipe makes about 1-1/2 cups of sauce.

1/3 c. raisins	1/2 c. orange juice
1/2 c. water	2 T. brown sugar
1/3 c. currant jelly	1 T. corn starch
1/2 t. grated orange peel	Dash of allspice and salt

Combine the raisins, water, jelly, orange peel and orange juice in a saucepan and bring to a boil. Stir the brown sugar, cornstarch, allspice, and salt together and stir into the orange mixture. Cook and stir until thick and bubbly. Serve warm with cooked ham.

# Shirlie Cooks Soup



Nor does she any longer regard me  
as a little kid who counts for nothing  
(Anne Frank, about her sister, Margot)

If there is one thing that symbolized my kitchen more than anything else, it would have been the large bail-handled kettle sitting on the back burner, full of good homemade soup. (Don't listen to the kids, who claim it was Hamburger Helper.)

No matter how full the kettle was, or what kind I made, there never, ever seemed to be any leftovers. Home is the place where the aroma of good fresh baked bread and the heady fragrance of homemade soup greets you as you walk in the door. I hope you try, and enjoy, some of our favorites here.

— Shirlie

### **Onion Soup with White Wine**

*This is a delicate onion soup, a wonderful change from the heartier types which are so well known. I was told this serves 6, but it never went that far.*

6 T. butter (or 3 T. plus 3 T. extra virgin olive oil)

4 onions, sliced thin (how large the onions are depends on you)

4 c. chicken broth

1 c. dry white wine

Salt

Finely ground black pepper

Large croutons, fried in butter or oil

Grated Gruyere and grated Parmesan cheese, mixed.

Garnish: chopped green onion, chopped parsley (optional)

Melt the butter (and oil, if used) in a heavy skillet. Add the sliced onions, cover tightly, and steam on low heat until very soft. Add the chicken broth and wine, and simmer for 15-20 minutes. Sprinkle the fried croutons with the grated cheeses and put under the broiler briefly to melt the cheese. Serve soup in large heated tureen. Put croutons in each soup plate or bowl and ladle soup over them. Pass bowls of minced green onion and parsley for garnish.

### **Oyster Stew**

Clean and strain 1 pint small oysters. Set aside the nectar. Sizzle oysters in butter until edges curl. Add nectar, 1 can evaporated milk, and 1 can milk. Heat until scalded, but not boiling. Add salt and pepper to taste. Serve with saltines or oyster crackers. Serves two.

## Lentil Soup With Kale and Lemon

3/4 c. lentils  
1 bunch kale  
1/4 c. olive oil  
1/2 c. chopped onion  
3 garlic cloves  
Salt to taste  
1 stalk celery, chopped  
Juice of 1 lemon, plus a little grated peel  
1 t. flour

Wash and pick over the lentils, cleaning out any foreign objects. Cover with cold water and cook, covered, until tender. Clean kale, remove stalks, and chop the leaves fine. Add these and water to cover and cook several minutes until kale is done, adding more water if necessary. Heat the olive oil in a skillet and add the chopped onions. Crush the garlic cloves with salt and add these and the chopped celery to the onion. Continue cooking until the onions, garlic, and celery are tender. Add these to the lentil mixture. Mix the lemon juice with the flour and stir it into the soup. Cook gently, stirring occasionally, until the soup is rather thick. Taste for seasoning and cool a bit. Serve in soup bowls and pass crusty French or Italian bread to sop up the juices; or, for an unusual but delicious surprise, lace with a couple squirts of tabasco sauce. This soup can also be made with the variation of fresh spinach or swiss chard. I also like to use beef broth as the liquid when adding the kale and other vegetables. Enjoy!

## Italian Meatball Soup

*This recipe is a wonderful way to use the Mozzarella Meatballs (see the "Appetizer" section).*

2 qts. chicken broth	1 bay leaf
1 T. olive oil	1 t. dried leaf oregano
2 garlic cloves, minced	1/2 t. dried leaf basil
1/2 c. chopped onion	1/4 t. dried leaf thyme
1/2 c. sliced celery	1/2 t. ground turmeric
1 14.5 oz. can Italian tomatoes	1/2 c. pasta bows
1 T. chopped parsley	Mozzarella meatballs

In medium saucepan bring broth to a boil. Keep warm over low heat. Heat olive oil in a medium skillet. Add garlic, onion, and celery. Saute over medium-high heat until onion is tender. Cut tomatoes in 1-inch cubes, add to sauteed vegetables. Cover and cook over medium heat 5 minutes. Add vegetable mixture to broth. In a small cheesecloth bag, tie together parsley, bay leaf, oregano, basil, and thyme. Add spice bag to broth. Stir in turmeric. Cover and simmer 30 minutes. Add meatballs and pasta to soup and simmer until pasta is tender (10 to 12 minutes). Remove cheesecloth bag of herbs. Ladle hot soup into individual bowls with 3 or 4 meatballs in each serving. Makes 6 (1-1/2 cup) servings.

## **Zucchini Avgolemono**

(Greek lemon-rice soup)

6 c. chicken broth	1/4 c. lemon juice
1/3 c. uncooked long grain white rice	1 c. coarsely grated zucchini
2 eggs	4 thin lemon slices
Salt and freshly ground black pepper	

Bring broth to a boil in a large saucepan. Add rice; cover. Simmer over low heat 15 minutes. In a medium bowl, beat eggs until light colored and slightly thickened. Slowly beat in lemon juice. Remove 1 cup hot broth from saucepan. Slowly pour into egg mixture in a thin but steady stream, beating constantly. Set mixture aside. Stir grated zucchini into saucepan. Cover and simmer 5 minutes. Stir egg mixture into saucepan. Place over low heat 3 to 5 minutes, stirring constantly. Do not boil or the soup will curdle. Season to taste with salt and pepper. Ladle hot soup into individual bowls. Float a slice of lemon in each bowl. Makes 4 (1-1/2-cup) servings.

## **Norwegian Fruit Soup**

4 to 6 c. diced raw Italian prunes  
2 Granny Smith apples, peeled, cored, and diced  
1/4 c. sultanas or seedless raisins  
2 c. other fruits, such as fresh or dehydrated apricots, peaches, cherries, and/or cranberries  
1/2 c. frozen orange or pineapple juice concentrate  
2 T. tapioca  
Sugar or sweetener to taste  
Water to cover

Place all of the above in a large heavy-bottomed pot. Bring to a boil, stirring to keep from scorching on the bottom. Lower heat and simmer until apples are tender.

If you wish to can the above, place in sterilized pint jars, processing the jars for 20 minutes in boiling water.

Serve warm or cold.

## **Barley Mushroom Soup**

1 lb. Italian sausage	1 pkg. frozen spinach
1 large onion, chopped	3/4 c. cooked barley
2 carrots, peeled and chopped	1/2 lb. mushrooms, chopped
1 large can tomatoes, crushed	Salt and pepper
6 cups beef broth	

Saute the Italian sausage in a deep dutch oven. Drain off the fat and add all other ingredients. Let simmer until the flavors "marry," and serve in large soup bowls, with a dollop of sour cream or yogurt on top.

## Split Pea Soup With Ham

*This is a large recipe, and may be halved.*

- 1 pkg. (16 oz.) dried split peas
- 4 oz. ham, cubed
- 1 medium onion, diced
- 1 carrot, diced
- 1 stalk celery, diced
- 1 bay leaf
- 8 c. water
- Salt and pepper to taste

Pick over the split peas, discarding any foreign objects. Cover with the water and bring to a boil, then reduce to a gentle boil. Meanwhile, slightly brown ham and set aside. Then, in the same pan, saute the onion, carrot, and celery until slightly limp, but not browned. You may need to use a little oil if the pan is too dry. Add the sauteed vegetables, salt, and pepper to the soup with the bay leaf, and let cook until peas are tender. Puree about half the soup in a blender after removing the bay leaf. Restore to pot and add the cooked ham and let simmer for another 20 minutes or so, correcting seasoning. This makes a hearty supper when served with corn bread. Finish off the meal with fresh fruit.

## The Famous Non-Recipe for Vegetable Beef Soup

*This is one of the favorite soups I like to make. I make it a little different every time, and it always tastes the same. Delicious!*

- Large meaty soup bone, plus 1/2 lb. cubed meat
- 1 14-1/2 oz. can tomatos, plus 1 8 oz. can tomato sauce

Place the meaty soup bone in the oven with the cubed meat and roast until well browned. Then transfer the bone and meat to a large soup kettle and deglaze the roasting pan, adding the juices to the meat. Add 8 cups of water, the pureed tomatoes, and tomato sauce. This forms the basic soup to which the vegetables of your choice are added. This is also the time you would add barley, beans, brown rice, or any other long-cooking ingredients.

Add any of the chopped vegetables, as follows, in the amounts you like during the last 20 minutes. Pasta can also be added at this time, if desired:

- |              |             |
|--------------|-------------|
| Onion        | Carrot      |
| Celery       | Cabbage     |
| Kale         | Frozen Peas |
| String Beans | Spinach     |
| Turnips      |             |

Rutabaga (one of the most necessary veggies—it makes the soup!)

Wait until near the end of the cooking time to adjust your seasonings, using salt, pepper, and maybe Italian Seasoning.

## Beef and Barley Soup

1 lb. bottom round steak, cubed  
Seasoning salt  
Flour  
Canola oil  
3 T. barley  
1 onion, diced  
1 large carrot, diced  
1 stalk celery, diced, plus chopped celery leaves  
1 14-1/2 oz. can tomatos, pureed  
6 to 8 c. water  
Salt and pepper to taste

Shake cubes of meat in flour and seasoning salt; saute in a little oil until lightly browned. Put in large kettle and add remaining ingredients, bring to boil and lower heat to a slow boil. Cook for several hours until the meat is very tender and the barley is thoroughly cooked. This soup is especially good the next day, as it thickens up from the barley and is very hearty.

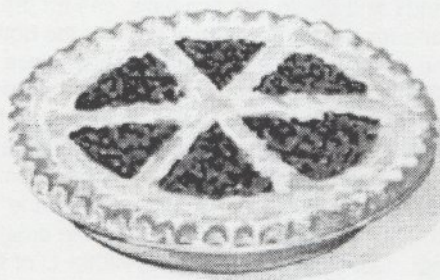
## Lentil Soup

3 oz. rinsed lentils	2 T. chopped parsley
2 c. water	1 clove garlic
6 oz. pared and cubed potatoes	1 bay leaf
1/2 c. each diced onion, celery, & carrot	1/8 t. cumin
2 packets beef broth and seasoning mix	

Cook lentils until soft. Add remaining ingredients. Stir. Cook until potatoes are tender. Remove bay leaf.



# Peggy Bakes Pies



*As you grow older your sister becomes  
your best friend. Gone are the reasons for  
arguing. What remains is the attachment.*

As a young teenager, Mother encouraged me to experiment when I became interested in making pies. My first few attempts at making pie crust weren't very successful. I was adding too much water to the dough, and it was difficult to roll it out. I kept adding flour, and then the dough became tough. After several tries I had a success, and I haven't stopped since. I enjoy baking for friends and family, and have taken pleasure in taking my baked goods to work to share with my co-workers. I've gathered a few good pie recipes through the years, and I'm pleased to share them.

## **Pie Crust**

4 c. flour  
1 t. salt  
1-1/3 c. chilled Yellow Crisco Shortening  
1 c. (less 2 T.) ice water

Preheat the oven to the temperature needed for your pie recipe. In a medium bowl, mix salt into flour and cut (blend) in half the shortening to the consistency of small meal. Cut in the other half of shortening to consistency of peas or beans. Add the COLD water and mix with a fork only until everything is moistened and starts to hold together. Don't overmix (an overworked dough becomes tough). Press dough together gently with your hands and divide into two balls, one for the bottom crust (larger) and one for the top (smaller). Roll out the bottom crust 1" or so larger than the rim of your pie plate, fold in half, place in your plate, and unfold. Gently press the crust dough to fit the plate and trim the edge to just outside the rim of the plate. Pour the pie filling into the plate. Roll out the top crust 1" or larger than the pie plate and pierce a design in the center portion (this will release steam as the pie bakes). Dampen the rim edge of the bottom crust, fold the top crust in half, place it over the pie filling, and unfold. Press the dough around the rim lightly to seal. Cut off excess dough to within 1" of the pie plate and turn under. Press a fluted edge around the rim with your fingers. This will help hold in the excess juice. If you wish, you can sprinkle the top very lightly with sugar.

The pie crust can be frozen for future use. Separate the large ball into 5 smaller balls, placing each one in a ziplock bag. Press each ball into a disk and lock the bag. It's best if you defrost the dough in the refrigerator.

**Cinnamon Crusties:** Save your leftover pie dough pieces, roll the pieces into a ball, and roll out with a rolling pin. A rough shape is okay. Place it on a cookie sheet, spread with butter (or margarine), and sprinkle with cinnamon sugar. Bake with your pie for 5 to 8 minutes, until lightly browned. Cut in strips and squares to serve with hot chocolate. Big kids and grandkids love it.

### **Pecan Pie**

- 1/4 c. butter or margarine
- 1 c. firmly packed light brown sugar
- 1 c. light corn syrup
- 4 eggs, beaten
- 2 t. vanilla
- 1/3 t. salt
- 1 unbaked 9-inch pastry shell
- 1-1/2 c. pecan halves

Preheat oven to 325 degrees. Combine first 3 ingredients in a small saucepan and cook over medium heat, stirring constantly, until butter melts and sugar dissolves. Cool slightly. Beat eggs, vanilla, and salt in a large bowl. Gradually add sugar mixture, beating well with a wire whisk. Pour into pastry shell and scatter pecans over top. Bake for 50 to 55 minutes.

### **Apple Pie**

- 5 or 6 Granny Smith apples
- 3/4 c. sugar
- 2 T. brown sugar
- 2 T. flour
- 1/2 t. cinnamon
- Pinch of salt
- 1 t. butter

Mix dry ingredients together, then set aside. Peel apples, cut in slices, and place in large bowl. Add dry ingredients to apples and mix thoroughly. Place in uncooked pie crust. Dot with butter. Cover with top crust, crimp edges, and make 5 or 6 slits in top crust to release steam. Bake at 425 degrees for 20 minutes, then reduce heat to 400 degrees for another 25 minutes. Test doneness of apples by inserting a paring knife into one of the slits in the crust. Bake longer if necessary.

### **Red Raspberry Pie**

- 2 c. red raspberries, crushed
- 2 T. corn starch
- 1 c. sugar
- 2 c. raspberries, uncrushed

Mix corn starch with sugar in heavy saucepan. Add crushed berries and cook until smooth, stirring frequently. Cool. Sprinkle several tablespoons powdered sugar over bottom of cooked pie crust. Spread the two cups of uncrushed berries over the powdered sugar. Then pour the cooked mixture over the berries. Chill. Serve plain or with whipped cream.

## **Fresh Rhubarb Pie**

1-1/3 to 1-2/3 c. sugar  
1/3 c. flour  
4 cups cut-up rhubarb (1/2-inch pieces)  
2 T. butter

Heat oven to 425 degrees. Prepare pastry. Stir together flour and sugar. Turn half the rhubarb into 9" pastry-lined pie pan; sprinkle with half the sugar mixture. Repeat with remaining rhubarb and sugar; dot with butter. Cover with top crust which has slits cut in it; seal and flute. Sprinkle with sugar. Cover edge with 2- to 3-inch strip of aluminum foil to prevent excessive browning; remove foil last 15 minutes of baking. Bake 40 to 50 minutes or until crust is brown and juice begins to bubble through slits in crust.

## **Custard Pie**

*This was one of dad's favorite pies that I enjoyed baking for him. As far as he was concerned, I couldn't bake it often enough.*

4 eggs  
2/3 c. sugar  
1/2 t. salt  
1/4 t. nutmeg  
2-2/3 c. milk  
1 t. vanilla

Beat eggs slightly, then beat in remaining ingredients. Pour into a 9-inch pastry-lined pie pan. (To prevent spills, place pie pan on oven rack or on open oven door to fill.) Bake 20 minutes at 450 degrees. Reduce oven temperature to 350 degrees, and bake 15 to 20 minutes longer, or until knife inserted halfway between center and edge comes out clean.

## **Wild Blackberry Pie**

1 c. sugar  
4 T. flour  
4 c. blackberries  
1 T. butter

Heat oven to 425 degrees. Stir together sugar and flour; mix with berries. Turn into 9" pastry-lined pie pan; dot with butter. Cover with top crust which has slits cut in it; seal and flute. Cover edge with strip of aluminum foil to prevent excessive browning; remove foil last 15 minutes of baking. Bake 35 to 40 minutes, or until crust is brown and juice begins to bubble through slits in crust.

## Graham Cracker Crust

— Peggy

1-1/2 c. graham cracker crumbs (about 20 crackers)

3 T. sugar

1/3 c. melted butter

Mix crumbs, sugar, and butter. Press mixture firmly and evenly against bottom and side of 9-inch pie pan. Bake for 10 minutes.

## Cracked Glass

— Peggy

Using three 6-oz. packages of Jello (lemon/strawberry/lime) — or any other combination — dissolve each package, using 1-1/4 c. boiling water (not the normal 2 cups) for each package. Chill in three shallow individual containers until firmly set. After thoroughly set, cut into approximately half-inch cubes. Combine the three cubed jellos. Mix 1-1/3 envelopes of Knox gelatin in 1/4 c. cool water, and let it set as you heat 3/4 c. pineapple juice and 1/4 c. water. Dissolve Knox gelatin mixture into this liquid and set in refrigerator until cool. Whip 6 oz. heavy cream with 1/2 c. sugar. Stir gelatin mixture and cubed jello into the whipped cream. Place in refrigerator. Make a graham cracker crust, and place in bottom of 9x13 glass baking dish (set aside several tablespoons of the crumb mix). Bake crust in 350 degree oven for 15 minutes. Cool. Place cracked glass over graham cracker pie crust and sprinkle the small amount of graham cracker mix you set aside earlier over top of cracked glass. Place in refrigerator until ready to serve.

## Apple Dumplings

— Peggy

*Mom used to make these for us when we were kids, and we sisters still enjoy making them now and then. They're delicious!*

Make pie pastry for a 9" pie, which will make 6 dumplings. Roll out pastry a little less than 1/8" thick and cut into 7" squares. Pare and core a medium-sized tart, juicy apple for each dumpling. Preheat oven to 425 degrees.

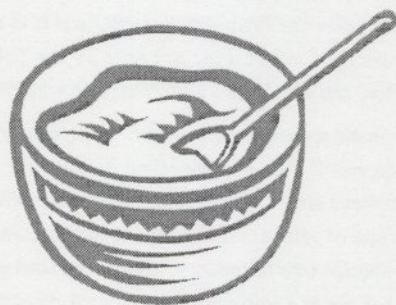
Prepare a syrup:    1 c. sugar  
                          2 c. water  
                          3 T. butter  
                          1/4 t. cinnamon

Prepare a filling:    1/2 c. brown sugar  
                          1-1/2 t. cinnamon

Place an apple on each square of pastry. Fill core cavities with the brown sugar and cinnamon mixture. Place a small pat of butter on top. Bring opposite points of pastry up over the apple. Overlap, moisten, and seal. Lift carefully and place a little apart in a baking dish. Pour the hot syrup AROUND the dumplings (not over the top of them). Bake immediately for 40 to 45 minutes, or until crust is nicely browned and apples are cooked through (test with a fork). Serve warm with the syrup and cream, whipped cream, or ice cream.



Dee  
Makes  
Sourdough



I never could love anyone as I love my sisters

Sourdough is fun to bake with and carries with it much lore of the past. One story says that it really goes back to the time when some careless Egyptian boy who was supposed to be baking bread back in the days of the Pharaohs left his batter, for what was called unleavened bread, sitting in the sun while he went off to watch a parade or something. Maybe to watch pyramid builders. Anyway, it sat in the sun and probably got a lot of bugs in it, but also some of those "wild" yeasts that are floating around in the air decided that pot of paste was just to their liking. So they settled down and started to gobble up the gooey flour and when the boy got back he discovered he had invented "leavened" bread. When he decided not to throw out this fermented mess, but to try baking it, it was a real sensation.

Sourdough is an international pioneer food. Alaskan Gold Rush prospectors made it more significant than any other section had, but California pioneers first called it "sour dough." Cattle country called it "chuck wagon bread," South Dakota pioneers referred to it as "cellar bread" because they always kept their sourdough in the cellar, in Philadelphia the early colonist could buy a cup of "yeast dough" for one penny, and in Kentucky it was called "spook yeast" because it was so airy and fluffy. In Germany there is "sauerteig," and in Africa they have a wild yeast called "most." Even in the Bible, the word "leaven" or "yeast" in Matthew 13:33 was translated as "sowrdowid" by John Wycliff in the first English translation of the Bible in 1382.

There are 3 ways to get a nice pot of sourdough: 1) talk someone out of one cup of their starter; 2) buy a starter at a shop, a cooking show, or a fair; or 3) make your own. I got mine the first way in 1980 and it is still going strong. The friend from whom I got my starter got hers at the Spokane Expo in 1974 at the Alaska Pavilion, and who knows when that one was started!

Here's one way to make a sourdough starter: In a glass or pottery bowl and with a wooden spoon, mix 2 cups of unbleached flour with 2 cups of lukewarm water (preferably potato water, after cooking potatoes with jackets on), 2 T. sugar, and a few drops of vinegar. Optionally, you could also add 1/2 tsp. yeast, although it shouldn't be necessary. Cover the bowl with a towel or plastic wrap and let it sit in a warm place for 3 or 4 days. Be sure your bowl will allow for lots of bubbling up. If after a week your starter hasn't "started," start over. When the starter is bubbling good, or "working," stir it with a wooden spoon. Metal utensils will cause the enzymes in the dough to work on the metal, ruining both the sourdough and the utensil.

If you think your starter is too thin, stir in flour to a smooth, creamy consistency. If too thick, stir in a bit of water. Age improves and mellows the taste appeal of sourdough. A very small amount of sourdough can be increased simply by adding flour and water and letting it "work" in a warm place. Be sure to allow plenty of room for expansion, however, as when it is working, sourdough can more than double in content.



To store your sourdough starter, keep it in the refrigerator in a glass jar with a plastic lid or in a small crock. BE SURE TO KEEP AT LEAST ONE CUP EACH TIME YOU USE YOUR STARTER, AS A BASE FOR YOUR NEXT USE! It is very hard to ruin sourdough starter, so don't be dismayed if you see greenish liquid forming on the top of your starter in the refrigerator. This is "sourdough beer," or "hooch," as the old Alaskan Sourdoughs used to call it. Vile tasting, we're told, but potent, and guaranteed to provide a horrid hangover. This liquid is where all the good sourdough enzymes are stored, so don't be afraid of it. Your sourdough is bad ONLY if it has mold growing on it, and as far as I know, that's never happened. If you are not using your sourdough starter daily, keep it in the refrigerator and stir it up every week or so. If you are going away or just get tired of baking with sourdough for awhile, you can freeze it for up to 6 months. Be patient as you get it working again...it will take two or three or more additions of flour and water, but it will work again eventually.

Now, here's how to prepare your sourdough starter for a recipe: In a medium size bowl (remember, not metal!), mix together 1 cup of flour and 1 scant cup of warm water. (Whenever possible, and for best results, use unbleached flour and unchlorinated water in your starter.) Beat until smooth. Then pour in your 1 cup of starter that you've taken from the fridge. Always mix the flour and water together first and then add your starter to it. Cover the new mixture with plastic wrap and let it sit and "work" for 8 to 10 hours (like all night, if you're going to make pancakes for breakfast). When you are ready to bake, put one cup of the sourdough back in your crock and put it in the fridge for the next time you bake. But that leaves you with only one more cup to bake with, and maybe that's not enough. So remember this: if you're going to use 1 cup of starter in your recipe, you will need 2 cups in your bowl to start with; if you're going to use 2 cups of starter in your recipe, you will need 3 cups in your bowl, etc. To each cup of starter, you can add up to 4 cups flour and 4 cups water mixed, returning 1 cup of starter to the fridge after the sourdough has worked, leaving you with 4 cups of working sourdough to bake with. Most of my recipes use 1 or 2 cups of sourdough starter.

If you find you enjoy baking with sourdough, there are good sourdough cookbooks you can buy to carry you further. But to get you started, I've included a few of our favorite sourdough recipes.

## Sourdough Hotcakes and Waffles Basic Recipe

- 2 c. sourdough starter
- 2 T. sugar
- 4 T. oil
- 1 egg, beaten
- 1/2 t. salt
- 1 scant t. soda mixed in 2 t. warm water

Into the sourdough, dump sugar, salt, egg, and oil. Mix well. Add soda water the last thing, when ready for batter to hit the griddle. Fold it gently into the sourdough mixture—don't beat. Notice the deep hollow tone as the sourdough fills with bubbles and doubles in bulk.

For pancakes, bake on a hot griddle until brown. Turn when uncooked tops' bubbles have burst and edges are drying. For waffles, dip batter onto a hot, oiled waffle iron and bake until golden brown, about 3 to 4 minutes.

Fresh or frozen blueberries can be added to the batter immediately after adding the soda water, folding gently into the batter.

Another delicious variation is to add to the basic hotcake recipe 1 cup of finely diced apples dusted generously with 1 tablespoon brown sugar, 1/2 teaspoon cinnamon, and a dash of nutmeg. Bake dollar-size hotcakes on hot griddle.

## Lightning Waffles

Combine thoroughly:

- 2 c. starter
- 1 beaten egg
- 4 T. oil
- 1/4 c. evaporated milk

Combine in a small bowl and then mix into the above batter, stirring very lightly:

- 2 T. sugar
- 2 t. baking soda
- 2 t. salt

Let this rise a few minutes and then cook on a hot waffle iron. The thinner the batter, the more crisp the waffle, up to a point.

Any leftover batter from the previous two recipes can be made into biscuits by adding enough flour to make a soft dough. Bake at 425 degrees for 10 to 12 minutes, or until tops are brown.

### **Sourdough English Muffins (Method #1)**

Baked on a griddle, using baking rings. Baking rings are made by cutting top and bottom out of any squat can. Old prospectors cut out their "snoose" tin, which made a perfect ring.

2 c. sourdough starter  
2 T. sugar  
1/2 pkg. yeast  
2 T. cooking oil  
Enough flour to make a stiff batter.

Dissolve yeast in 2 tablespoons warm water. Mix the sugar and oil into the sourdough. Stir in enough flour (1-1/2 to 2 cups) to make a stiff dough. Cover and set in a warm place to rise to spongy dough consistency, 45 to 60 minutes.

Grease rings and skillet well. Drop 2 tablespoons dough in each ring on HOT griddle. Flip over when dough is flat with the top of the tin. After once turned, dough will rise no more. Let brown. Split and serve hot.

### **Sourdough English Muffins (Method #2)**

1 pkg. active dry yeast  
1 T. sugar  
1/4 c. warm water (about 110 degrees)  
3/4 t. salt  
1 c. warm milk (about 110 degrees)  
3-1/2 to 4 c. flour, unsifted  
1/2 c. sourdough starter, at room temp.  
About 1/4 c. yellow cornmeal

In a large bowl, dissolve yeast in water. Stir in milk, starter, sugar, salt, and enough of the flour (about 3-1/2 cups) to make a stiff dough. Turn dough out onto a floured board; knead until smooth (5 to 10 minutes), adding flour as needed to prevent sticking. Turn dough over in a greased bowl; cover and let rise in a warm place until doubled, 1 to 1-1/2 hours.

Punch dough down and turn out onto a board lightly covered with cornmeal. Roll out or pat dough until it is about 1/2" thick. With a floured 3" cookie or biscuit cutter, or tuna can with both ends removed, cut dough into rounds. Place muffins, cornmeal side up, about 2" apart on ungreased baking sheets lightly sprinkled with cornmeal. Cover lightly and let rise in a warm place until puffy, about 45 minutes.

On a lightly greased electric griddle, preheated to 275 degrees, or in a lightly greased large frying pan over low heat, bake muffins until golden brown, about 10 minutes on each side. Cool on racks. Makes 12 to 14 muffins.

## Hard Rolls

Dissolve in a small bowl:

- 1 pkg. yeast in
- 1/4 c. warm water (110 degrees)

In a mixing bowl, combine, then cool to lukewarm:

- 1/2 c. hot water
- 1 T. sugar
- 1 t. salt
- 2 T. butter

Add the yeast mixture and  
1 c. sourdough starter

Mix and then fold in  
2 stiffly beaten egg whites

Add enough flour to make a soft dough ( about 3 cups). On a lightly floured board, knead until smooth, about 5 minutes. Place in greased bowl, turning to grease all over. Cover. Let rise until doubled in bulk, about 2 hours. Punch down, let rest 10 minutes. Divide into 16 or 18 parts. Roll each piece 4 inches long, tapering ends. Place 2 inches apart on a greased baking sheet sprinkled with cornmeal. Let rise, uncovered, until doubled. Place a pan of boiling water on the bottom shelf of oven. Bake rolls at 400 degrees for 12 to 15 minutes. Turn off heat and allow rolls to remain in the oven 30 minutes to crisp. Makes 16 to 18 rolls.

## Feather Ball Biscuits

- 2 c. flour
- 2 T. sugar
- 3 t. baking powder
- 1 t. baking soda
- 1 t. salt
- 3/4 c. shortening
- Enough starter to make a soft dough (1-1/2 to 2 c.)

Sift dry ingredients into a mixing bowl. Cut in the shortening coarsely, until about the size of small peas. Stir in starter to make a soft dough. Turn out onto a floured board and let rest for 5 minutes to make for easier handling. Knead very lightly. Roll about 3/4" thick and cut into biscuits. Bake on a baking sheet at 425 degrees about 10 minutes or until golden brown.

## Sourdough Potato Bread

*This is the best bread I've ever baked...it's delicious! An electric mixer lets you take advantage of a shortcut mixing method. You combine the yeast with some of the flour and other dry ingredients, add the potatoes and liquid, then beat well. Once most of the flour has been beaten into the mixture, little kneading is required.*

1 pkg. active dry yeast

5-1/2 to 6 c. all-purpose flour, unsifted

1/4 c. sugar

2 t. salt

Instant mashed potatoes (amount for 2 servings) plus milk, butter, and salt as specified on box

3/4 c. milk

1/4 c. butter or margarine, melted and cooled

2 eggs

1 c. sourdough starter, at room temperature

1 egg white beaten with 2 T. water

Poppy or sesame seeds (optional)

In large bowl of an electric mixer, combine yeast, 2 cups of the flour, sugar, and salt. In a pan, prepare instant mashed potatoes according to package directions. Then stir in milk, butter, eggs, and starter; stir until blended.

Add potato mixture to dry ingredients and beat with mixer at medium speed for 2 minutes, scraping bowl occasionally. Add 1-1/2 cups of the remaining flour and beat at medium speed for 2 minutes longer. With a heavy spoon, stir in enough of the remaining flour, about 1-1/2 cups, to form a stiff dough.

Turn dough out onto a floured board; knead until smooth (5 to 10 minutes), adding flour as needed to prevent sticking. Turn dough over in a greased bowl; cover and let rise in a warm place until doubled, 1-1/2 to 2 hours.

Punch dough down; knead briefly on a lightly floured board to release air, and divide in half. For round loaves, shape each half into a smooth ball. For braided loaves, divide each half into thirds. Roll each piece to form a rope about 18" long. Place 3 ropes on a lightly greased baking sheet; pinch top ends together and loosely braid. Pinch other ends together and tuck underneath loaf. Repeat for second loaf. Cover loaves and let rise in a warm place until almost doubled, about 45 minutes.

With a razor blade or sharp floured knife, cut 1/2" deep slashes in tops of round loaves in a crisscross pattern. Brush loaves or braids evenly with egg white mixture. Sprinkle with poppy or sesame seeds, if desired. Bake in a 350 degree oven for about 35 minutes or until loaves are richly browned and sound hollow when tapped. Cool on racks. Makes 2 large loaves or braids.



# Household Tips

We heard a song. We heard it in harmony.

**W**ith about 200 years of accumulated housekeeping experience, we four sisters have acquired a few special little tips that you might find useful, interesting, or amusing. However, many of the "tips" we use daily come so naturally to us after so many years that we don't know they might be considered "tips" for others. Hopefully, there will be something here you can use.

■ To peel garlic easily, lay a clove under the flat of a broad knife on a cutting board and give it a whack with the heel of your hand. The garlic skin will fall right off.

■ After working with garlic, remove the odor from your fingers by running them over the flat surface of a stainless steel knife under running water.

■ To make lettuce crisp: Cut out the core, leaving the head intact. Soak the head in warm, not hot, water for 15 minutes. This allows the head to open and breathe. Then drain well, wrap in damp toweling, and refrigerate overnight. The lettuce will be clean and very crisp.

■ Remove hard, burned, and blackened food from a saucepan or skillet by placing a couple good-sized spoonfuls of baking soda in the pan, then fill half full or more with water, and bring to a boil. Turn off the heat and let the pan sit until cool, or overnight. The burned food will scrape out easily. This works well to clean gas range burner rings and plates, too. Be aware, however, that this will stain aluminum pans.

■ A great investment for your kitchen is a good scale. Among other things, use it for:

- measuring dough for bread loaves, rolls, and cookies
- measuring hamburger for freezer baggies
- measuring pasta for serving sizes
- weighing letters for correct postage

■ A rule of thumb for pasta serving sizes is 3 to 4 ounces of dry pasta per person if the dish is an entree and 1 to 2 ounces if it is a side dish.

■ Buy hamburger in less expensive bulk packages and divide them into equal portions, perhaps 8 ounces to a pound each. Place the burger in a freezer baggie and press it out flat, eliminating the air in the bag, and stack the bags in the freezer.

■ Don't salt meat when you cook it by any method, as salt will draw juices out of the meat when you want the juices to stay in.

■ Ripen peaches, nectarines, pears, or tomatoes in a closed brown paper bag along with a ripe apple. The apple will give off ethylene gas, which stimulates the other fruit to ripen more quickly.

■ For a never-fall, never-weep meringue, add a teaspoon of cornstarch to the sugar before beating it into the egg whites.



- After barbequing, remove the grill and lay it in the grass overnight. The dew will soften the food left on the grill so it will hose off easily in the morning.
- To keep mold from forming on a block of cheese, first wrap it in a piece of paper towel that has been dipped in salt water and the excess water squeezed out. Then put it in a plastic baggie and place it in the refrigerator.
- If you use dryer fabric softener sheets, cut them in half. Half a sheet is plenty big enough to do the job you want for a normal size load of clothes.
- Run a used fabric softener sheet over the face of the TV screen and the computer monitor screen to keep down static cling, which collects dust on the screen.
- A used fabric softener sheet can also be used as a pressing cloth for small jobs.
- To get thick liquid to pour out faster from a narrow necked bottle, insert a straw and the liquid will come out quickly.
- Keep an old discarded toothbrush handy to scrub the tight little places around your sink faucet or to shine up your diamond ring.
- Fill the bathroom sink, a deep glass or plastic dish, or an old coffee can half full of hot water, add 2 tablespoons baking soda, and soak all your plastic hair brushes and combs in it for about 15 minutes. They will then be very easy to clean. Don't do this with brushes with real bristles, however, or all the bristles will fall out!
- If you don't have a garbage disposal, when you're cleaning out the sink baskets, dump them out onto a paper towel on the counter. This will eliminate bits and pieces going down the drain, and will also keep drips off the floor on the way to the garbage container.
- When someone in your house recovers from a cold, the flu, or another contagious illness, replace their toothbrush so they won't keep contracting the germs when they brush their teeth. Also, wash the toilet flush handle and doorknobs to the bathrooms and bedrooms, and then spray with an antibacterial agent such as Lysol, placing a towel or newspaper under the door to catch any drips. This could also be worked into your regular housecleaning routine.
- If you have problem fingernails, don't make it a practice to wash your hands with antibacterial soap, but use regular handsoap instead, either solid or liquid. The antibacterial soap is very harsh, keeps your nails soft, hinders strength and growth, and contributes to nail chipping and splitting.
- When scalding milk, it won't stick to the pan if you first rinse the pan in cold water.



Myths, Legends,  
and  
True Stories



The seven children of Bill and Elta Pykonen grew up in a much quieter, less hectic age--an age that was certainly more innocent and less worldly than that of our own children and grandchildren. Along the way, the Pykonen kids heard many stories and parts of stories from our parents. Following are a few of the myths, legends, and true stories we were told, and some we participated in.

Our grandfather, Erick (Erkki) Pyykkonen, was sent to America from Finland in 1876 with his two brothers by their father, Lasse, who, it is said, raised and trained hunting falcons for royalty. At that time, young Finnish men had to serve in the Russian army and Lasse did not wish to lose his sons to the Czar. Erick married Brita Sominen in Michigan in 1883, and in time they ventured west. They had 13 children altogether, with our father, William Erick, being the youngest.

Mother told us that an ancestor of hers, a Capt. Sheets, was an aide-de-camp to General George Washington in the Revolutionary War. Much effort has been put into tracking down proof of this legend with no positive results, much to the regret of some in the family. Dee recalls Mother telling her about another ancestor of hers who was hung for horse stealing, but many in the family have tried to squelch this tale. So, you see, like most families, we have stories of ancestors both good and bad.

Our grandfather, John Sheets, apparently was a rather strange fellow. He had served in the Civil War and, when it was over, instead of going home to let his family know he was still alive, he headed straight for Oregon to start a new life there. He married late in life and died relatively young, at the age of 59. Many years after settling in Oregon, he bought a new Ford Model T car through the Sears Roebuck Co. catalog, one of the first men in Tillamook to do so. Mother recalled to us her memories of riding in that car at about age six and being very proud that her family had one. Because he was one of the first to purchase a Model T from Sears, he was asked to endorse the car and write a testimonial, which was printed in a subsequent issue of the catalog, along with a picture of him and his car. His family in Indiana read the testimonial and only then, more than 40 years after the war had ended, found that their son and brother had survived.

Shirle remembers Grandma Sheets telling her, as Grandma sat teaching her to knit and crochet when Shirle was only five or six years old, of moving west by covered wagon. The children were not allowed to ride in the wagon, Grandma said, but instead walked all the way. Grandma and her sister, Rachel, carried knitting in their apron pockets to work on as they walked. Other girls sewed quilt blocks together to help their mothers make

quilts for their family when they reached their destination. Grandma's family went by wagon from Indiana to Oklahoma, and then later moved to Oregon by train after the railroad was completed. Since Mom and Dad and their growing family lived next door to Grandma Sheets in Tillamook, she was involved with them on a day-to-day basis, and each of the older five kids has special memories of her kindnesses. Each year at Christmastime, when we hear the familiar anthems from Handel's "Messiah," Pat remembers Grandma's taking her, as a child of about six, on a special outing for just the two of them to hear the "Messiah" sung in concert at a church. She also taught Pat to use the sewing machine at the age of five by placing blocks on the treadle so Pat's little legs could reach it. Grandma showed her love for her grandchildren in many special ways.

When the older children were still very young, Dad would sometimes take Pat and Bill with him for two or three days at a time to visit his parents at the ranch in Clatskanie, Oregon. This gave Mother a welcome respite, to care for only a couple of kids instead of a houseful. Pat recalls Grandma Brita holding both her and Bill on her lap, with them holding on around her neck for dear life so they wouldn't slip off of her ample stomach. She spoke only Finnish and the kids only English, so one of Dad's sisters, who still lived at home, interpreted for them and they all had a wonderful time. The two kids were put to bed in the big feather bed upstairs, which most of us recall having slept in. On the way to and from Clatskanie, Dad always stopped at the "Clatsop Maid" ice cream shop in Astoria and got ice cream cones for them all. Pat still thinks that was the best ice cream she's ever tasted.

The family moved from Tillamook to Bremerton, Washington, in the late summer of 1935. It was the height of the Great Depression, and Dad had found work in the shipyard. He had gone to Bremerton alone to look for work and when a job was found, he telephoned Mother to bring the family up. Their friend, Marion Ford, drove Mother and the kids to Bremerton in the family's 1929 Star. On a particularly winding portion of that old highway between Astoria and Clatskanie, an axle on the car broke. But a bus following them went for help and after a long delay they were on their way again. Later Marion found work in Bremerton, too, and he and his wife, Ritchie, also moved there with their two girls. The two couples were lifelong friends.

After living for ten months in a small rented house in Bremerton, the folks

found a large, two-story, fully furnished house to buy on Annapolis Hill in Port Orchard. They bought this house in 1936 for \$3,000. The house had 5 bedrooms and a big yard for the kids to play in. Dad had received a \$500 bonus from the State of Oregon for his service during World War I, and they used \$200 of that as a down payment on the house. A few years later, Grandma Sheets came to live with us for awhile, and the folks had the back porch converted into a glassed-in sunroom and bedroom for Grandma. Later, this became Paul's bedroom. We had lots of fruit trees: pear, apple, plum, and 3 cherry trees. Dad also planted strawberries, raspberries, and blueberries, and tended a large garden every summer. In addition, mom made quince jelly from several bushes we had in our yard.

One of the big attractions of the yard was a small goldfish pond, with waterlilies, which Dolores and Paul were fond of falling into regularly as toddlers. There also was a large wisteria vine that trailed from the side

of the front porch back along the house, over the kitchen windows, almost to the back porch. The flowers were beautiful and fragrant in the summer-time.

Coming from a large family, we heard a lot of stories about special circumstances when the various children were born. At the age of 20 and having been married for just weeks under a year, Mother was ready to deliver her first child, Pat. She and Dad lived in Portland, Oregon, at the time and had no car. Therefore, when her labor started, they headed for the hospital on the trolley. Imagine Mom's discomfort as she not only suffered labor pains in a most uncomfortable and public place, but had to make three trolley transfers to get to the hospital! Perhaps that contributed to her decision to have the rest of her children at home.

A few years later, when the family lived in Tillamook, Oregon, there was another memorable birth. Bill had a hard time living this one down. One day, Dad brought Pat, Bill, and Jack into the bedroom to meet the new baby. Bill said he was happy to meet his new baby brother. Dad told him that no, it was a new baby sister! Bill replied that he was so glad that Momma had had a boy. Dad said that no, it was a little girl, and her name was Shirlee. Bill thought that one over for a few seconds, then told Mom, "Oh, Momma, I'm so glad you named him Charlie!"

Tales are also told of the day Dolores was born. At this time the family was living in Port Orchard. It was a hot summer day in July and Mother "wasn't feeling well," so a family friend, Mrs. Herron, came over with a couple of her kids to help Mom. The younger kids were chased outside to play and,

of course, headed for the most forbidden "playground," the sandbank in "the gully," over the hill and through the woods from the house. We children were never supposed to play there, the fear being that if we dug into the sandbank, it would cave in on us...which is probably a true statement. After a few hours, Bill found where the kids were playing and told them that Dad said to get right home, "...and, boy, is he mad!" The girls started crying, the boys steeled their minds for the blistering to come, and they all headed home as fast as they could. Dad was waiting on the porch as they arrived, belt in his hand, a scowl on his face. He told them all, "Get in the house!" The kids filed in, ready for the worst. Then Dad came in and told them all to follow him. He led them to the dining room where, in a big basket perched on the sewing machine, was a tiny, new baby. "Kids," Dad said, finally smiling at them, "I'd like you to meet your new sister, Dolores!" That was only the first time Dolores saved their bacon.

Thanksgiving at the Pykonen house was sometimes given special meaning and a special touch. In 1938, Mother gave birth for the last time, on Thanksgiving Day. This was our brother, Paul. Pat, then 14, took over the kitchen duties that day and cooked the family a delicious pot roast dinner for Thanksgiving. Even though we don't always see Paul at Thanksgiving-time, we always think of him and silently wish him a happy birthday.

A few years later, another memorable birth happened on Mother's Day. This was the day our cat, Jimmie, gave birth on the dining room floor. You can see that people in our family had a problem identifying cat genders. Jimmie retained her masculine name as long as she lived, but at least she had a chance to show her femininity.

One day, a large blue heron perched on our roof, and many of the neighbor kids came running to see. They were certain that the stork was bringing another baby to our house! Mother really thought this was funny and told the story many times just to enjoy the laughter.

Dad didn't tell us a lot about his Army service in France in World War I, but we know he served in northeastern France at Chateau Thierrey, in the Belleau Wood, and in the Argonne Forest. He was hospitalized for a short time in Verdun, after his trench was attacked by the Germans with mustard gas, and a shell exploded very close to him. He suffered from tinnitus and headaches periodically the rest of his life as a result of that attack. We did hear of some things that had amused him. He said that the Germans they took prisoner during the war had big belt buckles with an inscription on them that said, "Gott Mit Uns," meaning "God With Us." Dad

said they had no end of fun telling the Germans, "We got mittens, too!" The American soldiers evidently had some problems learning French in order to communicate with the local population, but Dad never forgot how to say "tres bien" (very good) and "bon jour" (good day). He and his Army buddies had turned it into "Three beans and the bone's yours!" This was repeated with many smiles and chuckles whenever Mom made baked beans. Presently, our brother Jack preserves a number of items of memorabilia from Dad's wartime service.

Our oldest brother, Bill, served in the Army in France and Belgium during World War II. As the Allies advanced across Europe in 1944 and 1945, he served with the replacement troops in the Battle of the Bulge in Belgium. Dad listened every evening on our big Philco console radio to Walter Winchell and Edward R. Murrow, as they reported the war news, so he could keep track of the movement of our troops. Bill received the Bronze Star as a result of his heroics in a combat operation. When he came home after the war was over, Paul, about 7 at the time, and having heard of this "operation," wanted very much to see "Billy's brown scar."

Jack finished high school just prior to World War II's ending and joined the Navy in June 1945. While serving at Great Lakes, Illinois, he received a "Dear John" letter one day and was very surprised to find that he wasn't the only John A. Pykonen in the Navy. Besides, the name was spelled wrong - it had two y's and two k's! He soon discovered the letter belonged to a young man from Michigan who, we later found, was a descendant of one of our grandfather's brothers. But before he could look up this new cousin of his, Jack was transferred to Cleveland, Ohio.

During World War II, the Army established a small barrage balloon base in our neighborhood, which was just across Sinclair Inlet from the shipyard in Bremerton. It was about two blocks down the hill from us and consisted of a dozen or so men whose barracks were tents that were built backed up to a high dirt bank on the hill and reinforced with wood sides and floors. Mother sometimes took us to the little base to bring the men magazines and other reading material, and cookies and cakes, since she felt their duty must have been quite tedious. After the war was over and the balloon base was dismantled, the concrete balloon anchors with their iron tledowns remained and we kids sometimes used them for bases for our ball games. It was also a great bikeriding obstacle course, and Dolores and Paul learned to ride their bikes there.

Living halfway up a long and somewhat steep hill had its advantages and disadvantages. During snowy weather we were occasionally pretty much



Isolated for a few days until roads were cleared and cars could move on the hill again. But it was a great sledding hill, too, and being in a somewhat rural residential area, there was little traffic to interfere with our fun.

Dad, Bill, and Jack made sleds for us to use and even put together a bobsled that several could ride at one time.

Bill and Jack also found the hill could be fun in good weather. Since Mom and Dad couldn't afford to buy us kids big expensive toys, the boys built their own. In addition to the sleds, they also made their own scooters and wagons. But the most memorable vehicles they built were go-karts, which we called "bugs." At about the age of 12 or 13, they scrounged wheels and axles, rope, and wood, and built the most ingenious vehicles that sailed down the series of hills that comprise Annapolis Hill. The steering wheel was attached to the axle with a broomstick, and ropes wrapped around the broomstick and attached to the axle at each side steered the bug. The "hood" of the bug, covering this steering contraption, was built of slats from apple boxes. The boys would carry the little kids as passengers and we all loved riding the bugs down the hills. One of the bugs was painted green and was named "The Green Hornet," and the one painted red was named "Red Eagle."

All of us kids loved to swim, and Mom and Dad often took us to Twanoh State Park on Hood Canal for a day of picnicking and swimming. But our favorite swims were on hot summer evenings, when we kids would all pile into the DeSoto and head for Horseshoe Lake or Nels Johnson Lake, far out in the country. Bill was at the wheel, Jack rode shotgun, and everyone else piled on each other in the back seat. What fun it was, away from parental supervision, splashing and playing and cooling off in the lovely, warm water as the evening grew darker and darker. And it never occurred to us to pity poor Mom and Dad, left at home alone to entertain themselves as best they could! Their subterfuge dawned on us only years later, when we were parents of growing families ourselves.

We kids suffered the usual traumas of childhood, with a broken arm here (Peggy), a broken nose there (Jack), several serious cuts (Pat, Dolores, and Paul), a concussion (Paul), and lots of bruises. But for the most part, any stupid stunts we might have pulled didn't result in any serious and longlasting injuries. We were awfully lucky, and we know God was watching over us all.

A favorite shopping trip for Mother and Dad was to drive to Tacoma for a day in the big city. There they could find a better selection of good clothes and household items, and have a day away from home together. They took

such a trip one stormy day in November 1940, to buy a new suit for Dad. The kids were left at home, with Pat babysitting. She reports that, sometime after the folks left, they returned home for something they had forgotten. When they finally approached the 4-month-old Tacoma Narrows Bridge, they were horrified to see that "Gallopig Gertle" had just fallen into the water hundreds of feet below. Thankfully no human life was lost, but only a little dog that would not follow his master out of the car and off the bridge. When they arrived back home, Mother was shaking and very upset. In later years whenever she recounted this story, she always gave credit to the Lord for watching out for Dad and her that day. She knew that, had they not forgotten something and had to return home for it, they might been on the bridge when it went crashing into Puget Sound.

As children, all of us kids were taught by Mother to sing "The Books of the Bible." In fact, Paul sang the song at age four at a church Christmas program and did very well, with just a little prompting from Mom. To this day, Shirle, Peggy, Dee, and Paul can still sing this song or recite the books of the Bible by rote, just from having learned the song as little children. Peggy tape-recorded it for her daughter, Candy's, four sons, who also all learned it, and Shirle taught it to three of her grandkids on a winter trip to visit them in Guam. It has been a great help to us when we're searching for Bible passages, sort of a "built-in table of contents."

Through the years, the name "Pyykkonen" has been altered by several descendants. Some of the the sons of Erick and Brilita dropped a "y," some a "k," and some "yk." Oscar Lewis Pyykkonen dropped the name altogether, and his descendants now go by the name "Lewis." When Erick and Brilita settled in Sand Coulee, Montana, where Erick worked in the copper mines, his foreman couldn't pronounce his name. He asked Erick what his father's name was and upon hearing "Lasse," no doubt pronounced in a heavy Finnish accent, the foreman told Erick, "Okay, your name is Larson." So while the family lived in Montana, they went by "Larson." The name "Pyykkonen" in Finnish means "Fowler," or "Falconer," i.e., one who hunts with birds. Although we four sisters were happy to leave the difficult Finnish name behind when we married, our hearts are warmed by our niece, Christina, who chose to retain the name when she married. Over the years, some family members, like Jack, have run across people named Pyykkonen in other parts of the country and have discovered they are descended from Erick's brothers, who had stayed in Michigan. In the early 1990's, Christina, then attending university in Boulder, Colorado, contacted a Kenneth Pyykkonen who was *listed in the telephone directory there. They had an interesting conversation about the history of their families.*

From the time we were little kids, we heard from Dad the stories of our grandfather being visited and helped by angels. The first event happened when Grandpa was working in the mines in Montana. He was a heavy drinker at that time and used to stop on payday with the fellows and have a few drinks before coming home. The alcohol caused somewhat of a problem at home, and he got feisty and wasn't as kind to Grandma as he should have been. Grandma, however, was a devout Christian wife and prayed for her husband. One day there was either an explosion or a cave-in at the mine, and Grandpa was trapped inside. As he was lying there, it was very dark but he saw the outline of a man coming to him. The man told him everything was going to be all right and he helped Grandpa get up. As they were going toward the mine entrance, they came to a wall of earth where the cave-in was. The man proceeded to walk Grandpa through the wall of earth and then to a safe place outside of the cave-in. Then the man disappeared. Grandpa always said it was an angel that had brought him out of the mine and, from that time forward, he never touched a drop of alcohol. Surely, Grandma felt her prayers had been answered!

At about the turn of the century, around 1900, Erick and Brita moved their big family to Clatskanie, Oregon, where they purchased a ranch on a mountain south of the town. They earned a living by cutting cedar shakes and farming. There was a man in the town who had a grudge against Grandpa for some reason unknown to us, and he believed Grandpa thought he was better than the rest because he didn't drink anymore. One time when the man was drinking at the local tavern, after a few too many drinks he proclaimed that he was going to go up to the ranch and "take care of" Erick Pyykkonen! He went up the long hill to the ranch and when he came to the gate near the house, he was stopped by a very large man standing in the gateway. He tried to position himself around the man, and the man knocked him down! So he got up and tried it again, but again he was knocked down by the large fellow. In the meantime, Grandma and Grandpa were sleeping in bed when both woke up to find that there was an angel standing on each side of the bed and one at the foot of the bed. The angel at the foot of the bed assured them that everything was all right and they should just go back to sleep, which they did (could you?). The man who had been knocked down twice by the large fellow at the gate decided that, if he couldn't go through the gateway, he would go down the road, along the fence, and climb over. However, when he tried to get over the fence, there was another very large man there, who knocked him down so hard that he lay alongside the road, unable to get up until the next morning. When he finally was able to get up, he went back to town and told his friends around town about the "big men" Grandpa had hired to protect him!

In conclusion, we think you might find it most comforting to know that Grandma Brita prayed for all of the generations of her children, that they might live good and godly lives and come to know the Lord Jesus Christ as she did. This means that, before you or we were even born, we were brought before God by a loving and godly Grandmother.

We believe it's important to pass our family stories on to you, and we sincerely hope you will do the same for your children. In this way, we affirm our identity as a family together, with roots that go deep and branches that climb high. Then, maybe in the future, your children will pass these stories and yours, as well as their own, on to their children. Here, the Pykonen and Sheets roots are made known . . . will you make yours known, too?

