

# Recipes For the Days of Unleavened Bread

*"Seven days shall ye eat unleavened bread; even the first day ye shall put away leaven out of your houses...."*

*Exodus 12:15*

## These are the Days of Unleavened Bread

As the spring festival season approaches and we look forward to the *Passover* and the *Days of Unleavened Bread*, there are preparations to be made. The rich and deep spiritual significance of this time calls for sober reflection, while the heart lifts with the joy, expectation, and gratitude for this very special time.

The sermons we hear preached as the festival period approaches reflect the spiritual significance and the history of these days. For those who have observed the Days of Unleavened Bread for some time, the festival is very familiar and enjoyed tremendously.

But as our organization grows and the spring festival season nears each year, we receive requests for recipes to use during this time from people who are very unfamiliar with the proscription of leavened products. Questions arise and the need for information plus the desire to obey sometimes leave people very confused or anxious.

So for service to the brethren and the further enjoyment of the DAYS OF UNLEAVENED BREAD, we offer you these recipes and the answer to the questions, "Just what is leavening?" and "What can you eat?" You'll be happy to learn that the adjustment isn't painful or full of deprivation. It's a wonderful time of learning more about the Almighty God and His Son, our Savior. Eat and enjoy!

### Just What is Leavening?

Leavening is an agent that produces fermentation. The leavening agent produces gas, air, or steam that expands when heated, making the resulting product light and altering grain textures.

Leavening agents include YEAST, BAKING POWDER and BAKING SODA with a little food acid. Yeast is a small plant that, if mixed with sugar, will produce carbon dioxide whenever temperature and moisture are right. Baking powder produces a

chemical reaction that releases some of its gas when mixed with a liquid and the rest of the gas whenever it is heated. The following are descriptions of products and their category.

- • **BAKING SODA** is an important ingredient of baking powder. To be used as leaven it must be mixed with a food acid like buttermilk, sour milk, molasses, vinegar, lemon juice, or cream of tartar.
- • **CREAM OF TARTER** by itself does not leaven anything any more than does sour milk or buttermilk. It is often used as a flavoring in foods and beverages.
- • **BREWER'S YEAST** is a by-product of the fermentation of beer and is a rich source of vitamins, especially the B-complex. *It* has not leavening properties.
- • **YEAST EXTRACT** is an ingredient used in canned or in dehydrated soups. It is only an extract and cannot leaven anything.
- • **EGG WHITES:** While eggs are not considered leavening agents, the egg whites, when beaten, can leaven by expansion of the air and by steam when heated. They are the only leavening in many angel food cakes.

Good unleavened breads can now be purchased at most well-stocked grocery stores. *Ry-Krisp* is perhaps the most commonly stocked, in addition to *Wheat Thins Original* (but be sure to read, for they are not consistent in this), and *Triscuits*. There are matzos and other brands of rye crackers on the market, as well as other unleavened crackers. While you may find satisfactory unleavened products in your area, you may decide to try some of these recipes to provide variety in your daily bread.

When purchasing bakery products, especially pies, inquire whether leavening was used in the crust. Always read the label for the list of ingredients used in that particular product. Examining items in your area before the time arrives will be available to you in planning meals during the Days of Unleavened Bread.

The best approach to this season is: Plan, prepare, be creative, and read, read, read those labels!

A “*Special Thanks*” to the ladies who compiled this recipe booklet and willingly gave of their time and effort in order to make the Days of Unleavened Bread a more joyous and enriching time for us all.

***Abbreviations used:***

**C** .cup or cups      **pkg(s)** .package(s)

**t** .teaspoon (also tsp)      **qt** .quart

**T** .Tablespoons (also tbsp)      **med** .medium

oz -ounce

min minutes

## **BREADS**

### **WHOLE WHEAT FLATBREAD**

4 C whole wheat pastry flour    2 egg yolks

1½ t salt                    2 T vegetable oil

3 T butter                    ⅞ C milk or water

Sift flour, then add salt, cut the butter into flour mixture, like making pastry. In another bowl, beat egg yolks, adding oil slowly. Pour this mixture into flour and stir with spoon or fork until it forms a ball of dough that comes away from the side of the bowl. Knead lightly on a floured board for about a minute to shape dough into soft ball.

Lightly flour the board again, pinch off about one-third cupful of dough and with the hands pat it as thin as can easily be done, then roll it thinner with rolling pin. Keep working the dough and rolling it until dough is so thin it just holds together without breaking when handled. Place rolled dough on ungreased baking sheet and mark into squares of any desired size with a knife. If it is to be used for Passover service, make only one cut across the middle to make pieces only small enough that they may be conveniently carried.

Bake in preheated oven 390-400° for 8-12 minutes until puffed, or very lightly browned.

If this bread is to be used for Passover service, use water instead of milk, and leave out the egg yolks. Increase water to one cup, mix with oil and add to butter-flour mixture. (This recipe is sufficient for about 500 people in the Passover Service).

### **FLATBREAD**

2 C whole wheat flour    4 T butter

½ C yellow cornmeal    ⅔ C warm water

½ t salt

Sift flour, cornmeal and salt together. Cut in butter and mix until crumbly. Stir in warm water and chill. Roll chilled dough into balls the size of large marbles. Roll out into paper-thin rounds, 4" in diameter. Bake on an ungreased cookie sheet at 375° for 5 minutes or until lightly browned. Cool and store in a tightly sealed container. This dough may be wrapped in waxed paper and kept in the refrigerator to be baked as needed.

### UNLEAVENED BREAD (#1)

3 C flour      2 T oil **or** butter

3 large eggs      ½ C water **or** milk

1 t salt

Combine flour and salt. Combine eggs and oil; beat, then add egg mixture to flour. Add milk, beat hard for 2-3 minutes. Pour into three 8" square greased pans. Bake at 450° for 20 minutes.

### UNLEAVENED BREAD (#2)

¾ C scalded milk      1 egg

¼ C Honey      2 ¼ C flour

¼ C butter

1 t salt

Beat egg and first four ingredients together, while gradually adding the flour. Knead smooth. Roll to ¼" thickness. Cut in rounds or squares. Prick with a fork. Place on baking sheet, bake at 375° degrees for 15-20 minutes.

### UNLEAVENED BREAD (#3)

5 C flour      4 T sugar **or** honey

½ C cream      1 C milk

1 C oil **or**      ¼ t salt

½ C butter **and** ½ C oil

Mix dry ingredients. Melt butter and blend with oil, milk and cream. Stir liquid into dry ingredients, knead well. Roll out on floured board, cut and place on ungreased cookie sheet. Bake at 375° until lightly browned.

## **ALMOND BREAD**

4 eggs            3 C flour  
1 C sugar        1 small bag slivered almonds  
 $\frac{3}{4}$  C oil or butter    1 t almond extract

Mix sugar, eggs and 1 cup flour, add oil or butter. Add remaining ingredients. Pour into 2 bread pans, bake at 350° for 30 minutes. Remove from pans; slice as needed.

## **CHEESE BREAD**

$\frac{1}{2}$  lb longhorn cheese    3 eggs  
 $\frac{1}{2}$  lb jack cheese         $1\frac{1}{3}$  C milk  
1 C flour                 $\frac{1}{2}$  C butter, melted  
1 t salt

Grate cheeses, mix all ingredients and pour in greased pan. Bake at 350° for 45 minutes.

## **UNLEAVENED BATTER BREAD**

*A kind of unleavened bread can be made in heavy iron cornstick pans or gem pan (gem are kind of small muffin). The oven is set at 425° and the iron pans are placed in it to heat while the batter is being made. Before batter is placed in pans, butter the pans with a pastry brush. Salad oil has a tendency to make bread stick, butter or shortening is preferable.*

## **WHOLE WHEAT or GRAHAM GEMS**

2 C whole wheat or        2 t sugar  
graham flour            1 egg  
 $\frac{3}{4}$  to 1 t salt                 $1\frac{1}{2}$  C cold milk

Mix flour, salt and sugar. Beat egg well, add milk and stir well. Add flour in three additions, beating vigorously after each one. Fill sizzling hot, buttered iron gems or cornstick pans and bake 20-30 minutes in a 425° oven.

### **CORNMEAL GEMS**

2 C yellow cornmeal    2 C milk, scalded

$\frac{3}{4}$  t salt            2 T butter

2 T brown sugar        2 eggs, well-beaten

Mix cornmeal, salt and sugar together and stir in hot scalded milk; add butter and cool until eggs will not be cooked as they are stirred in. Add beaten eggs and fill buttered muffin pans  $\frac{2}{3}$  full. Bake in 400° oven about 30 minutes.

### **SPOON BREAD**

1 C cornmeal    2 T butter

$\frac{1}{2}$  t salt        4 eggs, beaten

2 C boiling water    1 C cold milk

Preheat oven to 450°. Combine cornmeal, salt and 2 cups boiling water. Stir for a minute, remove from heat. Add butter, beat well. Add eggs and cold milk. Pour into buttered baking dish. Bake for 25 minutes.

### **FRUIT NUTBREAD**

$\frac{1}{3}$  C butter            1 egg, beaten

1 $\frac{1}{2}$  C whole wheat flour    2 C quick oats

$\frac{1}{4}$  t salt             $\frac{1}{4}$  C chopped nuts

1 C mashed bananas     $\frac{1}{4}$  C chopped dates

$\frac{2}{3}$  C honey             $\frac{1}{4}$  C chopped dried apricots

1/3 C orange juice      1/4 C raisins

Melt butter and set aside to cool. Mix flour and salt, add banana, honey, orange juice, egg and butter. Blend just until flour is dampened. Stir in oats and all the rest of the ingredients. Pour into well-greased 9"x5"x3" loaf pan. Bake about 350° for about 50 minutes. Cool in pan for 10 minutes. Remove from pan and finish cooling on rack. For easier slicing, wrap in foil and store overnight.

### **STRUDEL (Stretched Dough)**

3 C sifted flour      2 eggs

1/4 t salt      3 T salad oil

1/4 C lukewarm water      Any fruit filling

Sift together flour and salt. Combine eggs, oil and water, then work them into the flour, mixing until the dough leaves the side of bowl. Knead the dough for about 10 minutes, or until smooth. Place a warm bowl over it and let it stand for about 20 minutes.

Cover a large working surface with a clean table cloth, sprinkle the cloth with flour and roll out dough as thin as possible. Now begin the stretching process. Flour knuckles of your hands, form hands into a fist and place them under the pastry. Carefully and gently, pull the dough toward you with the back of your hands. Stretch from all directions until dough is transparent. Cut away any thick edges. Brush with oil or melted shortening.

Place filling down the length of one side about 2" in from edge. Turn this 2" flap over the filling and lift the cloth to continue to roll the dough over and over from the edge.

Cut rolled strudel down the middle into 2 loaves. Place the loaves on a heavily greased baking pan, brush the tops with oil, and bake in a 400° oven for about 35 minutes or until they are crisp and brown. Cut into slices. Each strudel will yield about 20 slices.

### **FLOUR TORTILLAS**

2 C flour      1 t salt

1/4 C shortening      1/2 C lukewarm water

Cut shortening into flour-salt mixture until size of peas. Add water. Knead. Let rest 10 minutes. Form into 2" balls, roll to 1/4" thick. Use heavy skillet or griddle, ungreased and

very hot. Turn tortilla 3 times and it should be done when small dark brown spots speckle the bread.

### **CORN-LACE ROUNDS**

½ C boiling water    ½ C cornmeal

½ t salt, scant    2 egg whites

Mix first three ingredients, cool, and fold in the stiffly beaten egg whites. Drop by teaspoon onto greased baking sheet, and bake in 350° oven about 30 minutes. Makes about 14 small cakes. Three tablespoons of sauteed and crumbled dried beef gives variation.

### **UNLEAVENED BISCUITS**

1 C flour, sifted    4 T shortening

½ C cornmeal    1 egg

½ t salt    Milk

Mix all together, adding enough milk to make a medium stiff dough. Roll out about ¼" thick. Cut out. Place on a slightly greased pan. Oil the tops. Bake about 8 minutes in a preheated oven of 425°.

### **HUSH PUPPIES**

1 large onion    ½ t salt

2 C cornmeal    4 T sugar

1 C flour    4 T cooking oil

2 eggs

Mix ingredients and drop by teaspoonful into hot oil. Drain well.



## BEATEN BISCUITS

3 C flour (sifted)    3 T butter

1 t sugar        1 T oil

1 t salt         $\frac{1}{2}$  to  $\frac{7}{8}$  cup of milk or water

Sift flour, sugar and salt together. Cream butter, slowly adding oil. Add this mixture to flour and work with hands. Add just enough milk to make a very stiff dough. Turn dough onto a barely floured surface and knead it into a smooth ball. Then take a wooden rolling pin or a wooden potato masher and beat the dough for about 20-25 minutes, stopping frequently to fold the edges under toward the center of the dough. When dough blisters and snaps on being pulled, roll to about  $\frac{1}{2}$ " thickness. Cut with a small biscuit cutter, prick the tops once with a fork and place on a greased baking sheet. Place in a 350° oven and bake 10 minutes. Then increase to 375° and bake 15-20 minutes longer. They should be very lightly browned and then usually only on the bottom.

If you do not wish to beat the dough, another method is to run the dough through a meat chopper or food grinder, using the coarse blade. Do this four or five times or until dough feels elastic. Knead it just until smooth before rolling out.

## QUICK MAYONNAISE BISCUITS

2 C sifted flour         $\frac{1}{3}$  C sharp cheddar

$\frac{1}{3}$  C mayonnaise cheese (shredded)     $\frac{3}{4}$  C milk

2 T onion (minced)

Mix together flour, mayonnaise and milk until well blended. Add cheese and onion. Drop by tablespoon onto greased cookie sheet. Bake at 350° for 10 minutes until lightly browned.

## BISCUITS

6 C flour        1½ t salt

$\frac{1}{4}$  C shortening    Buttermilk, to form dough

Knead dough till well mixed. Pinch off ball and roll. Flatten in pan. Brush lightly with shortening or butter. Bake 400° for 15-20 minutes.

### **CHEESE BISCUITS**

2 C sifted unbleached flour      ½ lb margarine or butter

1 lb sharp cheese, grated      1 t cayenne pepper

Sift dry ingredients and cut in butter. Add cheese and form into small balls. Place on cookie sheet and bake at 400° for 10 minutes or until golden brown.

### **GERMAN PANCAKES**

4 eggs      1 T sugar

½ t salt      ⅔ C sifted flour

⅓ C milk      2 T soft butter

Heat oven to 400°. Butter well two 9" cake pans. Beat eggs until light yellow. Add remaining ingredients, beat until smooth. Pour into pans and bake for 20 minutes, then reduce heat to 350° and bake 10 minutes. Slide onto hot plates. Serve with lemon slices, powdered sugar and butter, syrup, jelly, honey, etc. Yield: two 9" pancakes.

### **SOUR CREAM PANCAKES**

3 eggs      1 C sour cream

½ t salt      6 T matzo meal

¼ t pepper

Beat eggs, blend all ingredients, drop by tablespoon into greased skillet. Brown on both sides.

### **SWEDISH PANCAKES**

3 eggs      ½ t salt

1½ C milk      Oil for frying

1 C flour

Mix all but oil with hand beater until well blended. Prepare large frying pan by heating to medium hot. Put about 1 teaspoon of oil in a skillet (enough to cover bottom). Pour  $\frac{3}{4}$  ladle of batter into pan and tilt pan immediately so it covers bottom completely. When it appears "dry on top," turn over. Remove and serve rolled or folded, spread with butter and maple syrup; or roll with strawberries and top with whipped cream.

## POPOVERS

*Two secrets for popovers: preheat the baking cups and mix batter in blended: Mix only until well mixed, don't over do. Changing half the flour to wheat flour is delicious, but the popovers will not be as high.*

### POPOVERS (#1)

1 large egg      1 C milk or  $\frac{1}{2}$  milk/ $\frac{1}{2}$  water

$\frac{1}{2}$  t salt      1 C flour sifted

$\frac{1}{2}$  t oil **or** melted butter      1 t sugar (optional)

Start oven 10 minutes before baking; set at 450°. Butter a popover pan with 9-12 medium cups or use custard cups, heat 3-4 minutes in oven. Mix flour, salt, sugar and resift into mixing bowl. Combine milk, egg and butter, add to flour mixture, then beat thoroughly with rotary beater a minute or two. Batter should be bubbly. Pour batter quickly into the hot pan or cups, half full. Place in hot oven and bake 15 minutes, then reduce heat to 350°, and bake 15 minutes longer.

### POPOVERS (#2)

4 eggs      1 t salt

2 C milk      1 T oil

2 C flour       $\frac{1}{2}$  t vanilla

Heat oven to 450°, grease 12 deep custard cups or 16 medium ones. Beat eggs slightly, then add milk, flour and salt. Beat till smooth. Add oil and vanilla, mix. Do not overbeat. Pour into cups, and bake 25 minutes. Lower oven temperature to 350° and bake 15-20 minutes more. Remove from pan immediately, serve warm.

## DUTCH BABY POPOVERS

6 Large eggs      2 T butter, melted

1 C flour      2 T shortening

½ t salt

1 C milk

Make batter at least 1 hour before baking or even a day ahead. Put eggs, flour, salt, milk and butter in blender. Cover and blend 30 seconds at medium speed, until smooth. Cover batter and let stand up to 4 hours at room temperature or chill overnight. Heat oven to 450°. Using 1 tablespoon of shortening for each, grease two 9" metal pie pans or ovenproof iron skillet. Place greased pans in oven for 5 minutes to heat.

Pour batter into pans and bake 20 minutes. Reduce oven temperature to 350° and bake 5 to 10 minutes longer, until edges are puffed and golden. Remove to warm serving plates and cut into wedges. Makes 8 servings. Good with syrup or any kind of fruit sauce.

**Strawberry Sauce:** Thaw one 10 ounce package of frozen strawberries. Mix ¼ cup water and 1½ teaspoon cornstarch in a 1-quart saucepan. Stir in strawberries and 1 teaspoon fresh grated lemon peel. Stir over moderate heat until it comes to a full boil.

## CHEESE POPOVER PUFFS

1C flour    2 eggs

½ t salt    1 T margarine-melted

1 C milk    ¼ C shredded cheddar cheese

Combine all ingredients except cheese. Beat at medium speed until smooth; stir in cheese. Heat a well-greased muffin pan in hot oven for 3 minutes, Spoon in batter, filling ⅔ full. Bake at 425° for 15 minutes; reduce heat to 350° and bake 25 minutes until golden brown. Serve immediately. DO NOT OPEN DOOR while baking!

## COTTAGE CHEESE ROLLS

½ C margarine    1 C cottage cheese

1 C flour

Mix ingredients together well and refrigerate 8 hours or overnight. Divide dough into two balls. Roll out one at a time as for pie crust on a well floured surface. Cut into wedges and roll up each piece starting with wide end. Place on cookie sheet and bake 30 minutes at 350°. If desired, frost with powdered sugar thinned with milk while rolls are still warm.

## **COOKIES**

### **COCONUT COOKIES**

5 eggs, beaten    ¼ t salt

½ C sugar        2 C shredded coconut, fresh

1 C matzo meal    2 lemons, juice and grated rind

To the well-beaten eggs, gradually sift in the sugar and beat until light. Add remaining ingredients in the order named. Mix well. Sprinkle a cookie sheet with a little extra matzo meal; drop cookies on this by teaspoon. Bake in 325° for 30 minutes, increasing heat to 350° for last 10 minutes. Makes about 2 dozen.

### **ALMOND MACAROON KISS COOKIES**

3 eggs            ½ C powdered sugar

3 oz cream cheese    1 t almond flavoring

½ C flour        14 oz coconut

¼ C granulated sugar    Chocolate candy kisses

Mix cream cheese, flour, granulated sugar, powdered sugar, almond flavoring together, then add well beaten eggs, then coconut. Cover cookie sheets with heavy paper (such as grocery sack) cut to fit. Don't grease. Bake at 300° about 30 minutes. Remove from paper with spatula while warm. Top with candy kiss while warm. Makes about 3 dozen.

## WALNUT- COCONUT-OATMEAL CHEWS

2 C quick-cooking rolled oats    1 t vanilla  
1 C brown sugar            2 eggs, slightly beaten  
½ C oil                    ¾ C chopped walnuts  
½ t salt                    1 C flaked coconut

Mix oats, sugar and oil in large bowl; let stand in refrigerator. Add remaining ingredients; mix well. Drop from a spoon in small mounds onto a well-greased baking sheet, pat out with back of spoon, making 2" rounds. Bake at 350° for 8-10 minutes.

## CARROT COOKIES

1 C butter, margarine    ¼ t nutmeg  
or shortening            1 t vanilla  
2 C flour, sifted            1 egg, slightly beaten  
½ C sugar                    1 C finely grated carrots  
½ t salt                    ½ C chopped nuts  
½ t cinnamon            Powdered sugar

Cream shortening until fluffy, sift flour, sugar and salt and spices together. Add to shortening and mix well. Add vanilla, egg, carrots and nuts. Form into two rolls 1" in diameter. Wrap in wax paper and chill at least 2 hours. Slice ½" thick and place on ungreased cookie sheet. Bake in preheated 375° oven 10-12 minutes. Roll in powdered sugar while still warm.

## SHORT BREAD COOKIES

1½ C butter    1 t vanilla or lemon flavoring  
¾ C sugar    3½ C flour

1 egg

Mix. Roll thin and cut with cookie cutter. Bake 10-12 minutes or until light brown on bottom at 350°. Sprinkle with sugar or frost.

### **BUTTER PECAN COOKIES**

1 C butter or margarine    1 egg  
—softened            2 cups flour  
 $\frac{2}{3}$  cup packed brown sugar    Pecan Halves

Cream butter and sugar, blend in egg. Stir together flour and  $\frac{1}{2}$  teaspoon salt; stir into creamed mixture. Chill 1 hour. Form into 1" balls; place 2" apart on ungreased cookie sheet. Flatten in one direction with fork tines; top each with a pecan half. Bake at 375° for 10 to 12 minutes.

### **PEANUT BUTTER COOKIES**

$\frac{1}{2}$  C margarine    2 eggs  
 $\frac{1}{2}$  C peanut butter     $1\frac{1}{2}$  C flour  
1 C brown sugar    Pinch of salt

Mix all together. Make into 1" balls and flatten out. Put on greased cookie sheet and crisscross with a fork and bake at 375° for 10-12 minutes.

### **RAISIN CLUSTERS (No-Bake Cookies)**

$\frac{1}{2}$  C margarine    1 t vanilla  
 $\frac{3}{4}$  C sugar             $\frac{1}{2}$  C chopped nuts  
1 C chopped raisins     $2\frac{1}{2}$  C puffed wheat  
1 egg, beaten             $\frac{1}{4}$  t salt  
1 T milk            Shredded coconut

In a sauce pan melt margarine, add sugar, raisins, egg, milk, vanilla and salt. Bring to boil. (be careful, it burns easily) Boil 2 minutes. Add cereal and nuts. Mix well. Cool slightly. Drop by spoon onto coconut and roll to coat. Place on wax paper to cool.

### **MOLASSES CRUNCH**

1½ C semi-sweet      1 T water  
chocolate chips      1½ C toasted ready to eat,  
¼ C light molasses      crisp rice cereal  
1 T butter      ½ C raisins

In a medium saucepan, mix the chocolate, molasses, butter and water, place over low heat, stirring constantly until the chocolate and butter melt. Remove from heat, add the cereal and raisins and mix well. Drop by teaspoons onto waxed paper. Refrigerate until set. For variety, add chopped nuts or marshmallows.

### **CORNFLAKE COOKIES**

1 C light corn syrup      1 C peanut butter  
1 C sugar      7 C corn flakes

Bring syrup and sugar to a rolling boil. Blend in peanut butter. Pour over corn flakes. Drop by teaspoon onto waxed paper.

### **UNLEAVENED PECAN SANDIES**

1 C butter      2¼ C flour  
¾ C sugar      1 C ground pecans  
1½ t vanilla

Cream butter until light and fluffy, add sugar gradually, cream well, add vanilla. Slowly add flour, then nuts. Roll small balls of dough in palms of hand. Place on ungreased cookie sheet and flatten. Top with pecan half (optional). Bake at 350° for 10-12 minutes



until slightly browned. DO NOT OVERBAKE! Remove from cookie sheet immediately and cool on wire rack.

### **NO-BAKE FUDGE COOKIES**

2 C quick oats, uncooked    2 C sugar

1 C chocolate chips        ¼ t salt

1 C raisins                ½ C milk

½ C coconut                1 t vanilla

½ C chopped nuts        ¼ lb butter **or** margarine

Add first five ingredients in a large bowl. Bring next five to a boil. Combine together and stir until chocolate chips melt. Cool slightly and drop by spoon on wax paper. Let stand until firm. *For variety:* use ¾ cup chocolate chips and ¼ cup of butterscotch. Add several tablespoons peanut butter to boiled mixture. Add ¼ to ½ cup wheat germ to oat mixture.

### **ALMOND BUTTER BALLS**

1 C butter                ⅛ t almond extract

3 T confectioners sugar    2 C sifted flour

1 t vanilla                1 C chopped almonds

Cream butter and sugar, add flavorings. Stir in flour and almonds and blend well. Form into tiny balls and place on ungreased cookie sheet. Bake at 350° for 20 minutes. Roll in confectioners sugar while hot. Makes about 6 dozen cookies.

### **APPLESAUCE COOKIES**

1 C brown sugar        ½ t salt

¾ C oil                1 t vanilla

1 C thick applesauce    4 C rolled oats

½ C nuts                ½ C flour

1 egg

Beat brown sugar and oil together, add remaining ingredients and mix well. Drop from spoon onto greased baking sheet. Bake at 375° for 20 to 25 minutes until well browned.

### **MEXICAN WEDDING CAKES**

1 C butter          2 C flour

½ C powdered sugar    ⅛ t salt

1 t vanilla          ½ C chopped pecans

Cream butter, powdered sugar and vanilla. Combine flour, salt and pecans and stir into butter mixture. Shape into 1" balls. Bake on ungreased baking sheet at 325° for 20-25 minutes until lightly browned. Roll warm cookies in powdered sugar. Cool on racks and roll in sugar again.

### **WHEAT-GERM & OATMEAL COOKIES**

¾ C oil          ¾ C sifted soy flour

1 C honey          ½ C raisins or dates

2 T molasses          ½ C chopped walnuts

2 eggs          1 t salt

2 t vanilla          1½ C wheat germ

2 C milk powder, sifted    2 C oatmeal

Combine oil, honey, molasses. Add eggs, one at a time. Combine dry ingredients and add to Liquids, mixing well. Drop by teaspoonful onto lightly oiled cookie sheet. Bake 10-12 minutes at 350°.

### **PEANUT BUTTER TREATS**

½ C honey          Dash salt

½ C peanut butter      ½ C nonfat dry milk

½ C confectioners sugar    1 C cornflakes

Mix all but cornflakes, knead until smooth. Shape in 1" balls then roll in crushed cornflakes.

### **HEALTHY HONEYS**

(A no-cook treat the kiddies can make)

1 C chunky peanut butter    3 C *Wheat Chex* cereal

1 C honey                    crushed; to 1½ C

1 C nonfat dry milk        2 C *Rice Chex* cereal crushed

to ¾ C

Combine peanut butter, honey, dry milk and *Wheat Chex* crumbs. Shape into 1" balls, (optional) press a *Wheat Chex* square cereal into each ball. Roll in *Rice Chex* crumbs. Cover. Chill until firm, about 2 hours. Makes about 5 dozen. Best if refrigerated.

### **PEANUT BUTTER QUICKIES**

2 C crunchy peanut butter    2 C sugar

2 eggs, beaten            1 t vanilla

Combine peanut butter and sugar until creamy. Beat in eggs and vanilla. Shape into 1" balls. Place 2" apart on greased cookie sheet. Flatten by crisscrossing with fork. Bake at 375° for 10-12 minutes till browned. Makes about 6 dozen.

## **BAR COOKIES**

### **OATMEAL & APPLE-BUTTER BARS**

1¼ C flour                ¾ C margarine—cut in pieces

1 C packed brown sugar    1¼ C quick-cooking oats

$\frac{3}{4}$  C butter **or**  $\frac{3}{4}$  C apple butter

In a large bowl mix flour and sugar. Cut in butter until mixture resembles coarse crumbs. Stir in oats until well blended. Press half the mixture (about 2- $\frac{1}{2}$  cups) firmly in greased 8" square pan to form compact layer. Spread apple butter to within  $\frac{1}{2}$ " of edges. Sprinkle remaining oats mixture over apple butter; press carefully but firmly. Bake in preheated 350° oven about 40 minutes or until lightly browned. Cool in pan on rack. Cut in 1"x 4" bars or 2" squares. Makes 16.

### **SPICY NUT BARS**

$\frac{1}{2}$  C butter  $\frac{1}{4}$  t nutmeg

$\frac{1}{2}$  C shortening 1 egg

1 C sugar 2 C flour

$\frac{1}{2}$  t cinnamon  $\frac{1}{2}$  t salt

1 t vanilla  $\frac{1}{3}$  C chopped nuts

Cream butter, shortening, sugar, vanilla and egg until fluffy. Stir in sifted dry ingredients, then nuts. Dough will be stiff. Press evenly into 15"x10" shallow pan. Bake at 350° for 25-30 minutes. Cut into bars.

### **UNLEAVENED BROWNIES**

$\frac{2}{3}$  stick butter 2 eggs

2 squares unsweetened  $\frac{1}{2}$  C flour chocolate

1 t vanilla 1 C sugar Pinch salt

Melt butter and chocolate. Cool slightly. Sift flour sugar and salt together. Add eggs, vanilla and mix with chocolate mixture. Pour in greased pan. Cook at 375° for 30-35 minutes.

### **BUTTERSCOTCH BROWNIES**

$\frac{1}{2}$  C butter 1 t vanilla

1 C brown sugar    1 C flour

2 eggs            ¼ t salt

Mix all ingredients together and pour into greased 8" pan. Bake 30 minutes at 350°.

### **EASY ALMOND CRUNCH BARS**

1 pkg coconut-almond or    1 or 2 t almond extract

coconut-pecan frosting mix    1 C powdered sugar

1 C flour            2 or 3 T milk

½ C margarine, melted

Mix first four ingredients. Spread in 9"x13" ungreased dish. Bake at 350°, 10-20 minutes until golden brown. In small bowl, combine remaining ingredients and drizzle over warm bars. Cut while warm.

### **SAUCEPAN BROWNIES**

½ C butter or margarine    ¾ C flour

1 oz unsweetened chocolate    1 t vanilla

1 C sugar            ½ C chopped pecans

2 eggs, slightly beaten

Preheat oven to 350°. Melt butter in heavy saucepan with chocolate, over low heat. Remove from heat and cool slightly. Add sugar, then mix in eggs. Stir in flour, vanilla and pecans. Spread into well greased 8"x8"x2" pan. Bake 30-35 minutes. Cool in pan and cut.

### **OLD WORLD RASPBERRY BARS**

2¼ C flour            1 C butter-soft

1 C sugar            1 egg

1 C chopped pecans      10 oz raspberry preserves

Combine all ingredients except preserves. Beat at low speed, scraping sides of bowl often, until mixture is crumbly, 2-3 minutes. Reserve 1-½ cups of crumb mixture; set aside. Press remaining mixture into greased 8" square pan. Spread preserves to within ½" from edge of crumb mixture. Crumble remaining crumb mixture over preserves. Bake near center of oven for 40 to 50 minutes at 350°. Cool. Cut into bars.

### **ORANGE GUMDROP CHEWS**

3 eggs      1½ C orange slices, cut up

1 T water      1¼ C coconut

2 C brown sugar      ½ C broken nuts

½ t salt      2 C sifted flour

Beat eggs with water till foamy. Slowly add sugar and salt, beating until light and fluffy. Mix candy, coconut, nuts and flour well and add to egg mixture. Spread in greased 15 ¼"x10 ½"x1" jelly roll pan. Bake at 375° for 18-20 minutes or until done. Cool. Cut in bars.

### **CREAM CHEESE ALMOND SQUARES**

½ C soft butter      1 T lemon rind

2 T sugar      1 C chopped almonds, toasted

2 T milk      1 C sifted powdered sugar

½ t grated lemon rind      1 T water

16 oz soft cream cheese      1 t cinnamon

1 C sugar      Toasted sliced almonds      1 egg, lightly beaten

Mix butter, sugar, milk and ½ teaspoon lemon rind, add flour and mix. Press into 9" pan and set aside. Mix cheese, sugar, egg, and 1 teaspoon lemon rind, add chopped almonds and pour into pan. Bake 1 hour and 10 minutes at 300°. Mix sugar, water and cinnamon. Spread on hot dessert and let cool. Chill 3-4 hours, cut and garnish with almonds.

### **DREAM BARS**

½ C soft butter or margarine    1 t vanilla

½ C brown sugar,            ¼ t salt

firmly packed            1 C corn flakes

1 C sifted flour            1 C shredded coconut

1 C brown sugar, firmly packed    1 C walnuts

2 eggs

Mix ½ cup brown sugar, flour and butter. Press into greased 12"x8"x1" pan. Bake 15 minutes at 350°. Mix eggs with 1 cup brown sugar till light and fluffy. On low speed, add remaining ingredients—just until mixed. Spread on other layer. Bake 20 minutes...butter while warm.

### ***O'HENRY* BARS**

½ C soft butter or margarine    1 t vanilla

½ C brown sugar,            ¼ t salt

firmly packed            1 C corn flakes

1 C sifted flour            1 C shredded coconut

1 C brown sugar, firmly packed    1 C walnuts

2 eggs

Mix oatmeal, sugars, shortening, butter, salt and vanilla. Press into a 10"x15" pan. Bake at 325° for 20 minutes, frost with chips, melted with peanut butter.

### **CRISPY DATE BARS**

1 C flour            2 C crispy rice cereal

½ C brown sugar    1 C chopped nuts

½ C soft butter    1 t vanilla

1 C chopped dates    2 C powdered sugar

½ C sugar    ½ t vanilla

½ C butter    3 oz soft cream cheese

1 egg beaten

Combine first 3 ingredients, press into 11"x7" or 9" square pan. Bake at 375° for 12 minutes till golden brown. In medium saucepan, combine date, sugar and butter. Cook over low heat till mixture comes to a boil, stirring constantly. Simmer 3 minutes. Blend about ¼ cup hot mixture into 1 beaten egg. Return to sauce pan. Cook until mixture bubbles. Remove from heat. Stir in 2 cups crispy rice cereal, 1 cup of chopped nuts and 1 teaspoon of vanilla. Spread over baked crust and cool. Combine powdered sugar, vanilla and cream cheese, beat on low speed until smooth. Spread over cooled filling. Cut into bars.

### **PINEAPPLE CHEESECAKE BARS**

½ C sweet cream butter    ¼ C sugar

1¼ C flour    1 egg

⅓ C sugar    1 T lemon juice

1 T grated orange peel    ½ C candied pineapple—diced

8 oz cream cheese, soft

In bowl, cut butter in chunks. Add flour, sugar and orange peel and beat on low speed, scraping sides of bowl often till well mixed. Reserve ½ cup crumb mixture and set aside. Press the rest into ungreased 8" square baking dish. Bake near center of 350° oven for 12 to 17 minutes. In the same bowl, mix the rest of ingredients except pineapple. Beat on medium speed till light and fluffy. Add pineapple. Spread over baked crust (hot). Sprinkle with remaining crumb mixture. Return to oven. Bake 15-20 minutes. Cool completely. Cut. Cover. Store in refrigerator.

### **RAISIN SQUARES**



1 C raisins or dates      ½ C brown sugar  
2 T lemon juice      3 T honey or molasses  
Grated rind of 1 lemon    1⅓ C oatmeal  
1 C water      1¼ C wheat flour  
6 T butter      ½ t salt 1 t oil

Cook raisins, lemon juice and rind and water until raisins are tender. Thicken with cornstarch if necessary. Set aside. Cream butter and add oil, blend in sugar, blend in honey. Add all remaining ingredients and press half of mixture in 9" pan. Spread on the raisin mixture. Sprinkle reserve crumb mixture on top, smooth and press down. Bake 25 minutes at 375°.

### **QUICK OATMEAL BARS**

½ C margarine—melted    1½ C quick rolled oats  
¾ C chopped nuts      ½ C sugar

Mix well all ingredients (mixture will look dry). Press into 9" square baking pan. Bake in preheated 375° oven for 15 minutes. Cool 2 minutes, then cut into bars. Remove to rack to cool.

## **CAKES**

### **UNLEAVENED CHOCOLATE CAKE**

1½ C flour      2 T corn syrup  
2 C sugar      4 eggs  
1 C vegetable shortening    2 T vanilla  
8 T cocoa

Cream shortening, sugar and eggs. Combine all other ingredients. Beat until fluffy and light. Pour into 2 greased 8" pans. Bake 350° for about 30 minutes. Cool and Frost.

### **APPLESAUCE LOAF CAKE**

¼ C honey            1 t cinnamon

**or** pure maple syrup    ½ t ground cloves

½ C corn oil            1 C raisins

1¾ C whole wheat flour    1 C thick applesauce

½ t salt            1 C nuts (optional)

1 egg

Beat honey, oil and egg together. Sift dry ingredients together and add spices. Lightly stir in raisins, nuts and applesauce. Spoon batter into oiled 9"X5" loaf pan. Bake 40 minutes at 350°.

### **SURPRISE CUP CAKES**

4 squares semi-sweet chocolate    4 eggs

2 sticks margarine            1 C flour

½ t burnt sugar flavoring            1¾ C sugar

(optional)            1 tsp vanilla

¾ C pecans, chopped

Melt chocolate and margarine and flavoring. Add pecans; set aside. Mix, but do not beat eggs. Add flour and sugar. Fold into chocolate mixture. Spoon into muffin tins lined with cup liners. Fill about ⅔ full. Bake 325° for 35 minutes. Makes about 1½ dozen. Frosting is optional.

### **TUNNEL OF FUDGE CAKE**

½ C butter or margarine    2 C flour

6 eggs            1 pkg chocolate butter-frosting

1½ C sugar          2 C walnuts

Cream butter well, add eggs one at a time, beating well after each one. Gradually add sugar. By hand, stir in flour, frosting mix and walnuts. Bake in greased and floured bundt pan for 350° for 60-65 minutes. Cool 2 hours.

### **GOLDEN WESTERNER CAKE**

3 sticks butter or margarine    1 t vanilla

1 carton \*powdered sugar        1 t lemon juice

6 eggs

Fill emptied sugar carton with

flour-sifted three times

Have eggs and butter at room temperature. Cream butter, add powdered sugar and beat until fluffy. Add eggs one at a time, beating well after each. Sift flour 3 times, fill empty sugar carton with flour, and add gradually to batter. Add flavorings and mix well. Bake in a greased and floured bundt pan at 325° for 1 ½ hours. If desired, sprinkle with powdered sugar or serve with ice cream and fruit.

### **COCONUT CAKE**

1 C oil            2 C flour

2 C sugar        1 t salt

1 t coconut flavoring    1 can (3 ½ oz) coconut

6 whole eggs

Cream oil and sugar, add coconut flavoring and beat. Add eggs. Sift flour and salt together and fold in coconut. Bake in well-greased tube pan at 325° for 1 hour 10 minutes. Icing: Mix 1½ cup powdered sugar, ¾ cup of boiling water, and 3 scant teaspoon coconut flavoring in a saucepan. Bring to boil; boil 1 minute. Pour mixture over cake and return to oven for 3 minutes.

## RUM CAKE

3 C sugar    5 eggs  
3 C flour    ½ C shortening  
1 C milk    1 C butter  
½ t salt    1 t coconut extract  
1 t vanilla    2 t rum extract

Cream butter, shortening and sugar well. Add eggs one at a time, add milk and extracts. Sift flour and salt together and beat in a small portion at a time. Bake in tube pan for 1 hour 15 minutes at 300°. *Glaze:* Melt 2 teaspoon butter, add 3 ounces of frozen orange juice concentrate and 1 cup confectioners sugar. Mix well and spread onto cooled cake.

## CREAM CHEESE POUND CAKE

1½ C butter    1½ t vanilla  
8 oz cream cheese    1 t salt  
3 C sugar    3 C flour  
6 eggs

Cream butter, cheese, sugar, salt and vanilla until fluffy, add eggs one at a time, beating well after each. Gently fold in flour. Bake in large greased and floured bundt pan, for 1½ hours at 300°.

## POUND CAKE (1)

1 lb butter    6 eggs total-add 2 eggs with  
2 C sugar (preferable    each cup of flour  
raw sugar)    1 t vanilla  
2½ C flour-whole wheat    ⅓ C sweet cream  
preferable

Cream butter, gradually add sugar, beat well. Add eggs (two eggs for each cup of flour), alternating with flour. Mix well. Add cream and vanilla. Bake at 250° until golden brown, using bundt Pan.

### **POUND CAKE (2)**

1 C margarine or butter    1½ t vanilla

4 eggs                    ¼ t salt

1 C sugar                ¼ t ground nutmeg

2 C flour

Cream butter, gradually adding sugar until light and fluffy. Add vanilla, add eggs one at a time. Sift together flour, salt and nutmeg. Gradually add dry ingredients to egg mixture and beat until thoroughly blended. Turn butter into greased 9"x5"x3" loaf pan. Bake in a 325° oven for 60-65 minutes. Cool cake in pan. Makes 1 loaf.

## **PIE CRUST**

### **FLAKY PIE CRUST (2—9" pastries)**

¾ C shortening    ½ tsp salt

2 C sifted flour    ¼ to ½ cup ice water

Combine flour, salt, and shortening. Mix with pastry cutter until flour and shortening are crumbly (about the size of small peas). Pour enough ice-water into flour mixture to make a stiff dough. Divide in half and turn each portion onto a well floured board. Sprinkle dough liberally with flour and make into a ball—surface of dough should not be sticky. Using rolling pin, roll out into desired shape. Use for a hearty chicken or beef pot-pie, or an all purpose baking shell for any of your favorite pies, etc.

### **GRANOLA CRUMB CRUST (8" or 9" pie)**

2 C Granola

¼ cup melted butter

Crush cereal. Combine with butter and press into pie pan. Bake 5 minutes at 350°. Cool before filling.

### **CHEESECAKE CRUST**

1 C flour      ½ C butter cut in

¼ C sugar      1 slightly beaten yolk

1 t lemon peel    ¼ t vanilla

Blend dry ingredients thoroughly. Cream butter, lemon peel, egg, and vanilla. Mix dry and creamed mix into dough. Pat dough on bottom of 9" pan. Bake at 400° about 6 minutes. Cool.

## **PIES**

### **FUDGE PECAN PIE**

3 eggs            ¼ C sugar

1 C light Karo syrup    1 t vanilla

2 T butter, melted      Milk chocolate chips

Fold pie crust into 9" pie pan. Sprinkle milk chocolate chips over bottom of pan crust until completely covered. Pour liquid mixture over chocolate chips. Lay pecan halves and big chips over top of entire pie. Sprinkle coconut over top of entire pie. Bake at 350° for 50 to 60 minutes. Let cool for 1 hour.

### **TIN ROOF PIE**

⅓ C creamy peanut butter    1 qt vanilla ice cream, softened

1 T light corn syrup      Chocolate syrup

2 C corn flakes      Chopped, salted peanuts

Mix peanut butter, syrup and flakes. Press on bottom and sides of buttered 9" pie plate. Spread on ice cream, cover and freeze firm. To serve, drizzle with syrup and sprinkle with nuts.

### **BUTTERMILK PIE**

½ C butter    1½ t vanilla

3 eggs        1½ C sugar

2 T flour     1 t lemon extract

⅔ C buttermilk

Melt butter, add to beaten eggs and sugar. Stir in remaining ingredients. Pour into 9" unbaked pie shell. Bake at 450° for 10 minutes. Reduce heat to 325° and bake until done, nearly one hour.

### **IMPOSSIBLE PIE**

4 eggs        ½ to 1 C sugar

½ C margarine    1 C coconut

½ C flour     2 t vanilla

2 C milk

Blend all ingredients in blender for few seconds. Pour into 10" pie plate. Bake at 350° for 1 hour or until center tests firm. The flour settles to form a crust, the coconut rises to become the topping and the center is an egg-custard filling. The use of an electric blender is an absolute must.

### **FRUIT TART**

9" pie shell, baked **and** cooled

15 ¼ oz can of pineapple tidbits

8 oz cream cheese, soft

½ C apricot preserves

1 C strawberries, halved

Drain pineapple, keeping juice. Beat 3 tablespoons of pineapple juice, cheese and ¼ cup preserves until smooth and blended. Pour into shell. Arrange fruits on top. In a saucepan, mix remaining preserves and 1 teaspoon of pineapple juice. Heat on low until it starts to boil, pour over fruit. Chill. 8 servings.

## OTHER DESSERTS

### CHOCOLATE DELIGHT

1 stick margarine      1 C *Cool Whip*

1 C flour              2 small pkgs instant

1 C chopped pecans      chocolate pudding

1 8oz pkg cream cheese    3 C milk

1 C powdered sugar

Mix first three ingredients together and pat into a 9"x13" pan for crust. Bake 20-15 minutes at 350°. Cool completely.

Mix next three ingredients and pour over crust. Mix pudding and milk and pour over cream cheese layer. Remaining *Cool Whip* can be spread over entire mixture and refrigerate. This can also be frozen and then allowed to thaw a short while before serving.

### CHERRY CHEESE CAKE

¼ C butter              ⅓ C raw sugar

⅔ C whole wheat flour      1 egg

**and** Miller's bran      1 t lemon extract

2 T raw sugar              1 C sour cream



¼ t cinnamon      3 T raw sugar

8 oz pkg cream cheese (soft)    ½ t vanilla or almond extract

For crust, melt butter in 8" baking dish. Stir in flour-bran mixture, sugar and cinnamon. Press evenly over bottom and up sides of dish. Mix next 4 ingredients and pour over crust. Bake uncovered, 5 minutes at 350°. Combine sour cream, sugar and extract and spread over cream cheese mixture. Bake uncovered 2 minutes. Cool slightly, spoon on pie filling. Chill several hours.

### APPLE CRISP

3 pared sliced apples    1½ t lemon juice

½ t cinnamon      ½ C flour

¼ t salt      ½ C rolled oats

¼ C water      ¾ C brown sugar

⅓ C butter

Put apples in 9" pan, sprinkle with salt and cinnamon. Pour in water. Drizzle with lemon juice. In separate bowl, mix flour, sugar and oatmeal. Cut in butter until pea-sized. Spread over apples and pat firmly. Bake at 350° for 1 hour.

### WHOLE-WHEAT TURNOVERS

¼t salt      ½ C coconut

1½ C whole-wheat flour    ½ raisins

1 T brown sugar      ¼ C chopped pecans

½ C butter, softened    ½ C powdered sugar

½ C apricot preserves    ½ T vanilla

½ C sour cream      Milk

Stir together flour, brown sugar and salt. Cut in butter to coarse crumbs. Add sour cream, mixing till ball forms. Divide into 10 portions. On lightly floured surface, roll each

portion in to a 4½" circle. Combine preserves, coconut, raising and nuts. Place 2 tablespoon filing on each circle. Fold one side of dough over filing, seal edges by pressing with tines of fork. Bake on ungreased baking sheet at 375° for 25 minutes. Cool slightly on rack. If desired, drizzle with powdered sugar, vanilla and milk.

## **CRACKERS**

### **SNACKIN' CRACKERS**

2 C wheat flour    ¼ C oil

1 t salt        ½ C cold water

½ C sesame seeds    Water

¼ raw wheat germ

Blend flour, salt, seeds and wheat germ. Add oil and mix with fork. Add cold water and mix well. Continue adding additional water a little at a time until dough is soft and workable. Knead 5-10 minutes. Take a golf-ball-sized lump, roll it as thin as possible. Cut with a cookie or biscuit cutter. Place on ungreased cookie sheet at 400°, turning to lightly brown both sides. For different taste, replace the cup of flour with cornmeal, rye or oat flour. Seeds can be replaced by sunflower or poppy seeds, or by coconut or chopped nuts. Any herb can be added.

### **SAVORY GRANOLA CRACKERS**

2 C rolled oats        ½ t salt

¾ C whole-wheat flour    ¼ t oregano

½ C slivered almonds    ¼ t thyme

¼ C wheat germ        ½ t onion powder

¼ C sesame seeds        3 eggs

1 T honey            ¾ C oil

Preheat oven to 400°. In large bowl, stir together first 10 ingredients. Beat together eggs and oil, add to oat mixture. With a spatula, press dough evenly into a greased 10"x15"

pan. Bake 20 minutes or until golden brown. Cut into 1½" squares, then into triangles. Remove to rack to cool. Store in airtight container. Makes 50-75.

### **RUTHIE'S CRACKERS**

2 C whole wheat flour    ½ C oil

2 C white flour        1½ C warm water

3 T sugar

Mix and take a piece as for pie dough and roll out thin as possible, keeping board well-floured. Place on baking sheet and cut in size squares desired. Prick with fork to avoid bubbles. Bake about 13 minutes at 375°. Before baking, sprinkle with salt, garlic salt, onion salt, celery salt, or seasoned salt.

### **CHEESE CRACKERS**

⅔ C grated cheddar cheese    3 T milk

2 T butter            ⅔ C whole wheat flour

Grate cheese and measure. Cheese that has dried somewhat is better for grating. Sift flour and measure required amount.

Cream butter in a medium-size mixing bowl adding the cheese and blending until well mixed. Add milk, beating it in a tablespoonful at a time. Pour in flour and work the mixture with spoon or hands until it forms a fairly smooth ball.

Press out the dough on a lightly floured surface, then roll with rolling pin slightly thinner than for pie crust. Cut into small rounds or sticks. Prick with fork. Place pieces on ungreased cookie sheet and bake at 400° for 5 to 8 minutes. They should be slightly puffed and faintly brown. Makes about 2 dozen.

### **CHEDDAR CRACKERS**

½ t salt        ½ C finely chopped nuts

¾ C flour        ¼ C finely minced onions

¼ C wheat germ    Dash of cayenne pepper

⅓ C soft butter

1½ C sharp cheddar, shredded

Combine salt, flour and wheat germ. Blend in butter, add rest. Halve dough, shape each piece into a roll 7"x1½". Wrap in wax. paper and chill several hours. Slice into ¼" wafers, slightly greased pan and bake at 350° 12-14 minutes.

### **PARMESAN ROUNDS**

¾ C grated Parmesan    2 T cold water

½ C flour            2 T fine chopped nuts

⅛ t cayenne pepper    1 T parsley flakes

¼ C soft butter

Mix grated cheese, flour and pepper. Cut in butter, sprinkle on water 1 tablespoon at a time, stirring after each with a fork till all is moist. Form into 1½" roll. Combine nut and parsley and coat the roll.

Cut into ¼" slices. Place on ungreased pan, bake 12 minutes at 375°. Cool. These freeze well.

### **DOUBLE CHEESE TWISTS**

⅔ C flour            ⅔ C shredded cheddar

¼ C cornmeal    2 T shortening

½ t salt            3½-4 T cold water

Mix flour, cornmeal and salt. Cut in cheddar and shortening. Add water. Shape dough into a ball. Place between 2 sheets of wax paper. Roll into a 12"x10" rectangle. Cut into 3"x½" strips. Twist each 2 or 3 times. Place on ungreased pan, pressing down on ends to prevent curling. Bake 5-7 minutes at 425°. Remove and roll in Parmesan cheese. Cool.

## **GRAHAM CRACKERS**

2 C flour (whole wheat)    ½ C molasses

2 T arrowroot    ¼ C water

½ C oil    1 t vanilla

1½ C unbleached flour    ¼ C honey

½ t salt

Mix first 5 ingredients together until crumbly like pie dough. Mix liquids and pour into flour mixture, mix thoroughly, knead. Roll out on floured board. Cut into squares, prick with fork. Use pancake turner to lift onto greased pan. Bake 275-300° for 30 minutes until slightly brown.

## **WHOLESOME OATMEAL CRACKERS**

1 C quick-cooking rolled oats    ½ t salt, seasoned salt, celery

⅔ C flour    **or** garlic salt

⅓ C toasted wheat germ    ⅓ C water

1 T brown sugar    ¼ C oil

In mixing bowl, stir together oats, flour, wheat germ, brown sugar and desired salt. Make a well in the center and add the water and oil all at once. Stir just until dry ingredients are moistened. Form dough into a ball and divide in half. On greased baking sheet roll half the dough to a 12"x8" rectangle. Cut into 2" squares. Bake at 350° for 20-22 minutes or until crisp. Remove to wire rack to cool. Store in tightly covered container. Makes 48 crackers.

## **MAIN DISHES**

### **RICE DRESSING SUPREME**

1½ clear chicken stock    ½ t pepper

2 C long grain rice      1 t accent  
¾ C diced onion      1 C mushroom pieces **and** juice  
1 C diced celery      1 t thyme  
½ stick margarine      1 t sage

Heat broth to boiling point. Season with 1 teaspoon of salt if not already seasoned. Add rice and stir till it boils up once. Lower heat, cover, and steam 15 minutes. Sauté onion and celery in margarine until clear. Add remaining ingredients and combine the two mixtures. Turn into a casserole to be served hot. This can be chilled or frozen, and heated when needed.

### **KING RANCH CHICKEN**

4 lb chicken, cooked,  
deboned **and** diced  
12 corn tortillas  
4 t chicken stock  
1 can cream of mushroom soup  
1 can cream of chicken soup  
1 C chopped green pepper  
1 C chopped onion  
16 oz can whole tomatoes  
¾ lb grated cheese

Line bottom and sides of greased 3 quart casserole pan with layer of tortillas. Sprinkle 2 teaspoon of chicken stock over tortillas. Make a layer with cream or mushroom soup, half the chicken, onions and peppers. Cover with another layer of tortillas, sprinkle remaining stock on top, and make a layer of cream of chicken soup, the rest of the chicken, onions and peppers. Top with tomatoes, cover with grated cheese. Bake 350° for 45 minutes.

## **PIZZA WITH YORKSHIRE CRUST**

1 C butter

1 C milk

2 eggs

1 C flour

½ t salt

3 T wheat germ

2 T oil

1 small onion

1 clove garlic, crushed

8 oz can tomato sauce

½ t oregano

¼ t salt

⅛ t pepper

8 oz mozzarella, sliced

Beat milk and eggs until blended. Melt butter in 9"x13" pan, while preheating oven to 400°. Remove and tilt pan to coat bottom.

Combine milk-egg mixture with flour, salt and wheat germ. Pour into melted butter-pan to create crust. Bake 15 minutes. Reduce heat to 350° and bake 10 minutes. Heat oil in small skillet and sauté onion and garlic, add sauce, oregano, salt and pepper and heat. Spread on baked crust and top with cheese. Return to oven and bake 5 minutes to melt cheese. Mushrooms, peppers, meat or other toppings can be added with tomato sauce.

## **TIJUANA TORTE**

1 lb ground beef

1 medium onion, chopped

1 lb can stewed tomatoes

1 8 oz can tomato sauce

1 pkg taco seasoning mix

4 oz can chile salsa

12 corn tortillas

1 lb cheddar cheese, grated

Brown ground beef and onion in skillet. Add stewed tomatoes, chili salsa and taco seasoning mix. Combine and simmer 10-15 minutes. Place about  $\frac{1}{4}$  cup meat mixture in the bottom of a 9"x13" baking dish, lace 2 tortilla side by side on the meat mixture. Top each tortilla with some meat mixture and grated cheese. Repeat until each stack contains 6 tortillas, layered with meat and cheese. Bake at 350° for 25 minutes until cheese is bubbly. Cut each stack into quarters with a sharp knife before serving.

### **PIZZA TURNOVERS**

1 lb ground beef

$\frac{1}{3}$  C green pepper, chopped

$\frac{1}{3}$  C mushrooms, chopped

$\frac{1}{4}$  C onion, chopped

2 T butter

6 oz tomato paste

$\frac{1}{4}$  C water

1 t oregano leaves

$\frac{1}{2}$  t salt

$\frac{1}{4}$  t garlic powder

1 C shredded cheddar

Pastry for 2 double crust pies



Brown meat, and drain well. Sauté pepper, mushrooms and onion in butter. Combine meat and vegetal Add tomato paste, meat, water and seasonings; simmer 15 minutes. Add cheese. Roll dough to 1/8" thickness and cut in 3 1/2" circles. Spoon small amount of mixture in center, fold and press edges. Bake at 450° for about 10-12 minutes.

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