

Puissance

Gastronomique

Heather Saunders.

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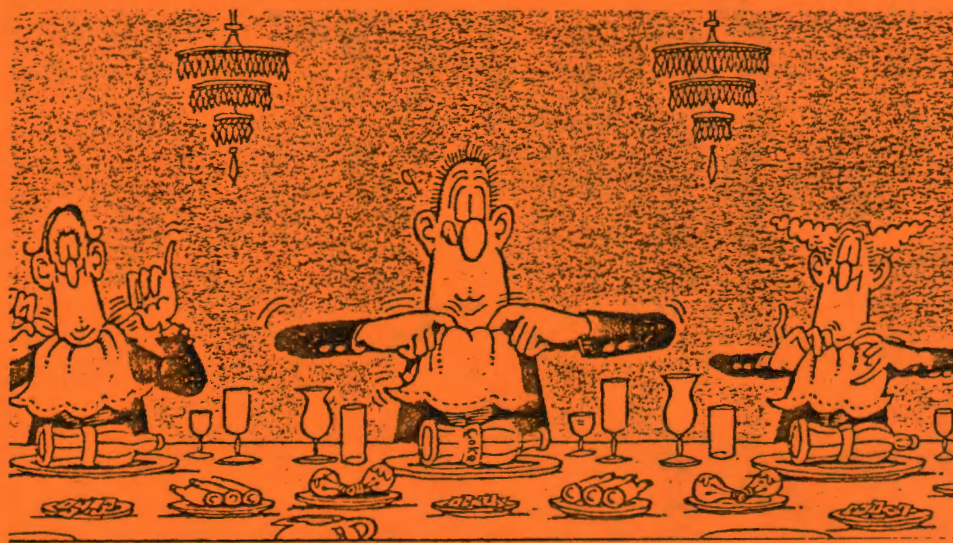
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Section one

Soups, salads, and
sidedishes



FRENCH ONION SOUP

4 Spanish onions
1/4 cup butter
1 can consomme
3 cups beef bouillon (reconstituted from OXO cubes)
1/2 cup dry white wine
salt and pepper to taste
4 slices French bread
1 1/2 cups grated mozzarella cheese

Slice Spanish onions into thin rings. Melt butter in a fry pan and add onion rings. Cook at medium-low heat until onions are reduced in volume and translucent. Cook further, stirring constantly until onions brown.

In saucepan, add together the consomme, beef bouillon and white wine. Bring to simmer; add onions and salt and pepper to taste. Cover, let simmer 20-25 minutes over low heat.

Lightly toast French bread. Fill onion soup bowls 2/3 full with soup, and cover each with a slice of French bread. Top with mozzarella cheese. Place under broiler to melt and brown cheese (1 - 2 minutes).

Serve immediately with copious quantities of dry white wine.

Ginger MacNevin

4.

BORSHCH

2 good-sized pork chops (cut into 1/4" cubes)
1/4 lb. chicken breasts (cut into 1/2" pieces)
1/4 lb. steak (cut into 1/2" cubes)
1 cup diced turnip (cut into 1/4" - 1/2" pieces)
1 1/2 cups small white mushrooms
2 cups whole small carrots
1/2 green pepper
1 or 2 small green onions
1 1/2 cups sliced beets
1/2 cup broccoli spears
1 parsnip
1 large slice of lemon
2 large tablespoons of liquid honey
Chinese vegetables (optional)
Avocado (optional)

In a steam broiler (pressure cooker), place meats, turnip, carrots, green pepper, onions, beets, broccoli spears and parsnip. Add slice of lemon and 2 large Tbs. honey.

Cook for one hour and add mushrooms with garlic salt, pepper and other seasoning as desired. (At this point, add Chinese vegetables and avocado as a treat). Allow another half hour to simmer.

Darl Wood

WILD RICE SALAD

Salad: 2 1/2 cups beef broth
6 oz. long grain and wild rice, mixed
1/2 cup canned (4 oz.) artichoke hearts, cut bite-sized
4 green onions, sliced
1/2 cup celery, diced
1/4 cup pimento, slivered

Dressing:

1 egg, beaten
3 Tbs. lemon juice
1 garlic clove, crushed
1/4 cup salad oil
1/4 cup olive oil
1/2 tsp. paprika
1/2 tsp. salt
pinch of pepper

Cook rice in beef broth until liquid is absorbed and rice is tender.

Let cool, then cover and refrigerate until well chilled.

Add artichokes, onion, celery, and pimento and toss.

In a separate bowl combine all ingredients for dressing and beat well until combined. Pour dressing over rice vegetable mixture and toss until well coated. Makes about 4 cups.

Linda Chambers

6.

TOMATO ASPIC

- 1 cup hot water
- 6 cloves
- 2 bay leaves
- 1 package lemon Jell-O
- 1 small can tomato juice
- 1 Tbs. lemon juice

Soak cloves and bay leaves in hot water for 8 minutes.

Add Jell-O, tomato juice and lemon juice.

Refrigerate until set.

Serve with mayonnaise and salad as a side dish.

Colleen Scott

TACO SALAD

- 1 lb. hamburger - cooked, drained and cooled
- 1 14 oz. can kidney beans, drained
- 1 large head lettuce, chopped fine
- 1 tomato, chopped
- 1 green pepper, chopped
- 1 bunch shallots, chopped
- 1 cup grated cheese (Cheddar)
- 1 small bottle Thousand Island Dressing

Mix above ingredients together.

Fold in 1 large bag Taco Chips (crushed) just before serving.

Sharon MacDonald

INDIAN SALAD

- 1 1/2 cups rice
- 3/4 cup mayonnaise
- 1 1/2 tsp. lemon juice
- 3/4 tsp. curry powder
- 1 Tbs. chopped onion
- 1 cup shrimp
- 1 cup finely chopped celery
- salt to taste

Cook rice and cool it. 1 hour before serving mix the mayonnaise, lemon juice, curry powder, and onion. Add this mixture to the rice along with celery and shrimp. Decorate with sliced tomatoes.

Anne Zahorski

DEEP - FRIED WONTONS

- 1 lb wonton covers (makes about 50 wontons)
- 3/4 lb. ground pork or beef
- 1/2 cup onion, chopped
- 1 tsp. salt
- 2 Tbs. soy sauce
- 1 Tbs. oil

Place the meat in a bowl; add onion, salt, soy sauce, oil, and mix well. (This is the wonton filling.) Place 1 tsp. filling in centre of each square wonton cover. Fold corner to corner to make a triangle; pinch together the widest two outer corners so that the filled wonton folds up to resemble a child's paper hat. Drop wontons (about 12 at a time) into deep pot of hot oil. Fry for about 3 minutes or until golden brown.

Alice Hum

✓
CESKY KNEDLIK
(CZECH DUMPLINGS)

- 1 generous cup all purpose flour
- 1 tsp. salt
- 1 1/2 tsp. baking powder

Mix above ingredients well. Add in order and mix well:

- 2 egg yolks
- 1/2 cup water
- 4 slices white bread, toasted and cubed

Mix all ingredients well to form a dough which must not be too wet and sticky nor too dry. (This is the hardest part!) Use flour, if necessary, on hands and inside of bowl to bring dough to the correct consistency. Knead the dough until it forms a ball.

In a large pot bring about 1/2 gallon of water to which 2 tsp. salt has been added, to a boil. Add dumplings to water to cook, allowing lots of room in the pot for the dumplings to expand. Cook for not less than 30 minutes. Be extremely careful when removing dumplings from pot, as they are very hot and very slippery! Keep covered; never uncover for long.

"Knedlik" are served in lieu of potatoes or as a side dish to beef, pork, mutton, poultry, veal, venison, liver, etc., but not to seafood or fish. They are delicious with any kind of gravy. A Czech "National " meal might include:

- roast goose
- creamed white cabbage
- knedlik
- goose gravy

Of course, it must be washed down with Pilsener beer!

"That's what heaven must be like!"

Eve Tichy

SALMON BALL

2 cups (1 lb.) drained canned salmon, flakes and skin and bones removed.
1 package (8 oz.) cream cheese, softened
1 tsp. instant minced onion or
1 Tbs. finely chopped onion
1/4 tsp. salt
1 Tbs. lemon juice
1 tsp. prepared horseradish
1/4 tsp. liquid smoke, if desired
1/2 cup chopped pecans or almonds
3 Tbs. chopped parsley

5 - INCH BALL

In large mixing bowl, combine all ingredients except pecans, and parsley; mix well. Refrigerate at least 4 hours or until firm enough to shape mixture into a ball. Combine pecans with parsley in a shallow pan or on waxed paper. Shape salmon mixture into a ball; roll in pecan-parsley mixture. Refrigerate at least 1 hour or until chilled through. Serve with crackers.

Tips: Recipe can be halved for a smaller ball.

If desired, omit chopped pecans and use only chopped parsley; increase amount to 6 tablespoons. Or, omit parsley and use about 2/3 cup chopped pecans.

Chris MacGillivray

EASY SALMON LOAF

Mix the following ingredients

- 1 large can drained red salmon
- 1 whole egg
- 1/2 cup bread crumbs (so it is stiff)
- 1 can creamed soup (mushroom, asparagus, or chicken)
- 1/4 cup milk (a little more if needed)
- 1/4 green pepper, chopped
- 1 small onion, chopped
- 1/4 - 1/2 cup cheese, cubed
- salt and pepper (little salt)

Bake in greased loaf pan for about 45 minutes at 350 degrees F.
Goes well with white (egg) sauce.

Ron Lewis

TUNA POTATO CHIP CASSEROLE

Grease bowl lightly with butter.

Cover bottom of casserole with shallow layer of chips, finely crushed.

Mix:

1 tsp. dry parsley (or 1/4 cup fresh parsley, chopped)

2 finely diced fresh tomatoes

1 can mushroom soup

2/3 cup (1 small can) evaporated milk

1 can tuna (or chicken or turkey)

1 cup mozzarella cheese, cubed and up to 1 cup grated mozzarella cheese

1 1/2 cups macaroni, cooked

Add to prepared casserole dish. Top with grated mozzarella cheese mixed with 1/2 cup potato chip crumbs.

Bake at 350 degrees F. for 30 - 45 minutes.

Murray Baillie

BROCCOLI CASSEROLE

2 bunches of fresh broccoli or
2 frozen packages of broccoli spears
1 package frozen mushrooms or enough fresh to cover broccoli
2 Tbs. mayonnaise
1 can cream of mushroom soup
1/4 cup butter
1/4 cup or more of crushed cracker crumbs
1/4 cup parmesan cheese
1/2 cup sharp cheddar cheese (grated)

Butter shallow baking dish. Place chopped broccoli in dish, then top with mushrooms. Mix soup, mayonnaise and grated cheese together - pour over vegetables. Melt butter, then mix with cracker crumbs and Parmesan cheese. Spread over top of casserole. Bake uncovered 40 minutes at 350 degrees F.

Claire McPherson

EGGPLANT PARMESAN

1 medium to large eggplant
oil
1/2 lb. mozzarella cheese, thinly sliced
tomato sauce (see below)
grated parmesan cheese (can be bought fresh at a health food store)

Tomato Sauce:

1 large can tomatoes
1 small can tomato paste
2 cloves garlic, chopped
1/4 lb. mushrooms
1 onion, chopped
2 - 3 tsp. oregano
1 tsp. basil
1 tsp. honey

Wash eggplant; do not peel. Trim ends and cut eggplant crosswise into slices 1/2" thick. Place on broiler pan or rack, brush surface with oil, and broil about 3" from head for 5 minutes, until lightly brown. Turn; brush uncooked side with oil and broil for 3 minutes.

Place single layer of cooked eggplant in a deep casserole. Cover with a single layer of mozzarella cheese; spoon over enough sauce to cover and sprinkle generously with grated parmesan cheese. Repeat layers until all the eggplant is used, adding parmesan cheese every other layer. Finish with a layer of parmesan and mozzarella cheese.

Bake in 350 degree F. oven for 15 to 20 minutes, until sauce bubbles and cheese melts.

Gina Brown

LASSAGNA AL FORNO.

3 cups tomato sauce
3/4 lb. lasagna noodles
1/2 cup chopped walnuts, almonds or sunflower seeds
1 medium bunch spinach
12 thin slices mozzarella or Swiss cheese
1/4 cup grated parmesan cheese
1 cup cottage cheese

Cook the noodles. Preheat oven to 350 degrees F. Wash and dry spinach and chop into bite-sized pieces.

Spread 3/4 cup tomato sauce in bottom of 8" x 8" baking dish. (This should be a rather deep dish.) Spread one third of the noodles on top. Cover with one third of the spinach, one quarter of the nuts, 1/4 cup cottage cheese, 1 Tbs. parmesan cheese and a layer of mozzarella slices. Repeat layers twice. Spread the last cup of sauce and the remaining nuts and cheese on top.

Bake for 50 minutes. Let stand for 10 minutes before cutting.

Serves 4 - 6.

Ruth Lesins-Winson

SAMOSAPastry

1 cup all purpose flour
1/4 cup shortening
a pinch of salt
5 Tbs. water

Mix flour and salt. Break shortening into the flour until well mixed. Add water and knead into a smooth dough.

Stuffing

1 lb. ground beef
1 oz. oil
1 piece of fresh ginger (finely chopped)
2-6 cloves of garlic (finely chopped)
1/4 cup chopped onions
1/2 tsp red pepper
1 1/2 tsp. salt
1/2 tsp. garam masala

Heat the oil and brown the onions, garlic and ginger until light brown in colour. Add ground beef and cook until evenly brown. Mix the rest of the ingredients. Cover and cook for 15 - 20 minutes. Drain any extra fat.

For the samosas

Divide the dough into 12 equal pieces. Shape them into balls and roll them out into rounds as thin as possible. Cut each one into 2 halves. Moisten the edge of the semi-circles formed. Shape into a cone and seal the edges with water. Fill the cone with stuffing until 3/4 full. Seal the top with water. Fry in hot oil until crisp and golden in colour. Serve warm.

Jinda Singh

MUSHROOM TURNOVERS

(About 2 dozen turnovers)

3 three-ounce packages cream cheese, at room temperature

1/2 cup butter, at room temperature

1 1/2 cups flour

Mushroom filling

Mix the cream cheese and the butter thoroughly. Add the flour and work with the fingers or pastry blender until smooth. Chill well, for at least thirty minutes.

Preheat oven to hot (450 degrees F.)

Roll the dough to one-eighth inch thickness on a lightly floured surface and cut into rounds with a three-inch biscuit cutter. Place a teaspoon of mushroom filling on each and fold the dough over the filling. Press the edges together with a fork. Prick top crusts to allow for the escape of steam.

Place on an ungreased baking sheet and bake until lightly browned, about fifteen minutes.

Filling:

3 Tbs. butter

1 large onion, finely chopped

1/2 lb. mushrooms, finely chopped

1/4 tsp. thyme

1/2 tsp. salt

freshly ground black pepper to taste

2 Tbs. flour

1/4 cup sweet or sour cream

In a skillet, heat the butter, add the onion and brown lightly. Add the mushrooms and cook, stirring often, about 3 minutes. Add thyme, salt and papper and sprinkle with flour. Stir in the cream and cook gently until thickened.

Peggy Pilkey

Section two

casseroles and
main dishes



SAY HEY, GOOD LOOKIN'

1 onion, chopped
3 cloves garlic, quartered
2 stalks celery, chopped (optional)
2 green peppers, in strips or chopped (optional)
4 tsp butter
2 bay leaves
3 lb. shrimp, cooked, peeled and deveined
1 1/2 cup cooked rice
1/2 cup tomato sauce (homemade or store-bought)
1/2 cup cream
red pepper to taste (start with less than 1 tsp)
Tobasco sauce to taste
Worcester sauce to taste
Salt and black pepper to taste
Cheddar cheese, grated.

Preheat oven to 350 degrees F.

Saute celery, onion, garlic and green pepper slowly
in butter, with bay leaves. Add shrimp; remove garlic.
Add rice; let simmer.

Put Hank Williams on record player.

Add tomato sauce, cream, red pepper, Tobasco and Worcester sauces,
salt and black pepper. Stir slowly. (For proper balance, hold small
glass of beer in other hand). Discover and remove bay leaves.
Pour into casserole; cover top with cheese. While setting table,
bake, covered, in 350 degree F. oven for one half hour.

Eat.

Ken Clare

CHICKEN CURRY A LA RASHID

1 chicken (cut up in 6 - 8 pieces)
1 medium-sized onion (thinly sliced)
2 Tbs. shortening or butter
1 tomato, chopped
1 tsp. ground coriander
1 tsp. ground cumin
1 tsp. paprika or 1/2 tsp. cayenne pepper
1 tsp. garlic powder
2 tsp. salt.
4 cloves
4 black peppercorns
1 bay leaf.

Mix coriander, cumin, garlic powder, salt and either paprika or cayenne pepper with 1/4 cup water to make curry paste.

Saute onions till golden brown. Add curry paste, and fry mixture on medium heat for 5 minutes. Add chicken pieces and tomato. Keep frying for another ten minutes (stirring-- occasionally). Add cloves, peppercorns, bay leaf and 1 cup water. Bring to a boil, then simmer for 1 hour.

Serve with plain boiled rice or Lebanese bread.

Serves 4.

Rashid Tayyeb

POLISH MEATBALLS IN SOUR CREAM

4 slices of bread soaked in a cup of milk.
1 large onion chopped
1/2 cup butter
2 lbs. ground beef
2 egg yolks
2 Tbs. chopped dill
1 tsp. tarragon
salt & pepper
2 egg whites (beaten)
1/2 lb. mushrooms
1 1/2 cups sour cream

Sauté onion in 1/4 cup of butter until it is soft. Combine meat, egg yolks, bread mixture, onion, dill, tarragon, salt and pepper to taste, in a large bowl. Beat egg whites, and fold into meat mixture. Form mixture into small balls and dust with flour. Brown the meatballs in a large fry pan in which you have put butter. Sauté mushrooms in the same skillet. Stir in sour cream, carefully, and simmer for 15 minutes, covered.

Cindy MacLean

WALNUT CHICKEN

6 oz. chicken breast
1/4 cup walnuts, blanched
1/2 cup green peas
1 red and 1 green pepper
oil for deep frying

Seasoning for marinating chicken:

1/2 tsp. salt
2 tsps. cornflour
1 egg white

Seasoning:

1/4 tsp. sugar
1 Tbs. dry sherry
2 Tbs. oil (for cooking)

Gravy: 1 tsp. cornflour mixed with 2 Tbs. water

Dice chicken breast and peppers. Cook blanched walnuts in boiling water for 2 minutes; drain, then deep-fry until lightly golden.

Marinate chicken with salt, cornflour and egg-white. Deep-fry chicken until meat turns white.

Heat 2 Tbs. oil in pan; add peas and red and green peppers. Cook for 2 minutes. Add chicken and seasoning.

Add cornflour mixed with water and stir until mixture thickens. Then add walnuts. Mix well together and turn onto a heated dish. Serve hot.

Note: If almonds are used instead of walnuts, the dish becomes "Almond Chicken Guy Ding".

Denise Wong-Cheuk

MEATLESS MOUSSAKA

1/2 cup brown rice (uncooked)

1/3 cup dry soya beans

1 large eggplant, peeled , sliced and sauteed

1 large onion, chopped and sauteed

Cook the rice and the beans (separately); mix. Add the sauteed onions to this mixture.

Then add the following:

3 Tbs. tomato paste

1/2 cup red wine

1/4 cup chopped parsley

1/8 tsp. cinnamon

salt and pepper to taste

Place the cooked eggplant in the bottom of a large casserole dish.

Spread the bean and rice mixture over the eggplant. Then combine:

1/2 cup bread crumbs

1/2 cup parmesan cheese

Cover the top of the casserole with this mixture.

Custard:

4 Tbs. butter

3 Tbs. flour

2 cups milk

2 eggs

1 cup ricotta or cottage cheese

nutmeg to taste

Melt butter and blend in flour.

Add milk slowly, stirring on low heat until mixture thickens.

Remove and cool, then add well beaten mixture of egg, ricotta and nutmeg. Pour this custard over top of the casserole and bake at

375 degrees F. for 45 minutes.

Let cool for 20 - 30 minutes.

Susan MacKinnon

KULEBIAKA

(FLAKEY CABBAGE LOAF)

Pastry:

4 cups all-purpose flour
1/2 lb. chilled unsalted butter, cut into bits
6 Tbs. chilled vegetable shortening
1 tsp. salt
10 - 12 Tbs. ice water

In a large, chilled bowl, combine the flour, butter, shortening and salt. Working quickly, use your fingertips to rub the flour and fat together until they blend and resemble flakes of coarse meal. Pour 10 Tbs. of the water over the mixture all at once, toss lightly and gather into a ball. If the dough seems crumbly, add up to 2 Tbs. more ice water by drops. Divide the dough in half, dust each half with flour, and wrap them separately in waxed paper. Refrigerate 3 hours or until firm. Meanwhile, prepare filling.

Filling:

3-lb. head of white cabbage, quartered, cored, then coarsely shredded
4 Tbs. butter
2 large onions, coarsely chopped
4 hard-cooked eggs, finely chopped
1/4 cup finely cut fresh dill leaves
2 Tbs. finely chopped parsley
1 Tbs. salt
1/2 tsp. sugar
freshly ground black pepper

Over high heat, bring 4 quarts of lightly salted water to a boil in an 8 - 10 quart pot and drop in the cabbage. Reduce the heat to moderate and cook uncovered for 5 minutes. Then drain the cabbage in a colander and set it aside.

Melt the butter over high heat in a deep skillet or 3 - 4 quart casserole dish. Add the chopped onions, reduce the heat to moderate, and cook 5 - 8 minutes, or until the onions are soft and lightly coloured.

KULEBIAKA (continued)

Drop in the cabbage and cover the pan. (The pan may be filled to the brim, but the cabbage will shrink as it cooks.) Simmer over low heat for 30 - 40 minutes, or until the cabbage is tender, then uncover the pan, raise the heat to high and boil briskly until almost all the liquid in the pan has evaporated. Drain the cabbage in a colander and combine it with the chopped eggs, dill and parsley. Stir in the salt, sugar and a few grindings of pepper and taste for seasoning.

- 2 Tbs. butter, softened
- 1 egg-yolk, mixed with 1 Tbs. cream
- 1 Tbs. butter, melted
- 1 cup melted butter, hot but not brown, or sour cream

To Assemble:

Preheat oven to 400 degrees F. Place one ball of dough on a floured surface and roll it into a rough rectangle about 1" thick. Dust with flour and roll until the dough is about 1/8" thick, then trim to a rectangle 7" wide by 16" long.

Coat a large cookie sheet with 2 Tbs. butter, drape the pastry over the rolling pin and unroll it over the cookie sheet. Place the filling along the length of the pastry, leaving a 1" border of dough exposed around it. With a pastry brush, brush the exposed rim of dough with the egg-yolk and cream mixture. Roll the other half of the dough into a rectangle about 9" wide and 18" long, drape over the rolling pin and unroll over the filling. Seal the edges by pressing down hard with the back of a fork, or use your fingertips or a pastry crimper to pinch the edges into narrow pleats.

Cut out a 1" circle from the center of the dough. (You may use the scraps of dough remaining to cut out decorative shapes such as leaves, seasonal motifs, etc., and decorate the top of the loaf.)

Coat the entire surface of the pastry with the remaining egg-yolk and cream mixture, place any pastry shapes on top, and refrigerate for 20 minutes. Pour 1 Tbs. of melted butter into the opening in the top of the loaf and bake the kulebiaka in the centre of the oven for 1 hour, or until golden brown. Serve at once, accompanied by a pitcher of melted butter or lots of sour cream. Serves 8 - 10.

PEPPERS AND STEAK ROBERTO

2 lb. lean round steak
 6 large green peppers
 1/4 cup flour
 1 can beef bouillon or consomme
 4 cloves garlic
 1 tsp. powdered ginger
 salt
 pepper
 oregano
 Worcestershire sauce
 bottled beer (optional)

Cut steak into cubes. Place in layers (at time of cutting) in a bowl. Sprinkle each layer with powdered ginger. Let stand while you prepare other ingredients. OPTIONAL: After all steak is cut, add 1 cup of beer to the bowl; let stand 1 hour.

Cut peppers into long strips.

In a deep frying pan, put 2 - 4 tsps. cooking oil, 4 ground or sliced cloves of garlic, and a dash of ginger. Simmer. If using beer, drain liquid from steak bowl into frying pan.

Sift flour and mix into steak. Add steak to pan and brown. Add salt and pepper to taste.

Add 1 can bouillon (or consomme), Worcestershire sauce (to taste) and 1 tsp. oregano. Simmer for about 30 minutes.

Depending on how you like your green peppers (firm or soft), add the cut peppers 30 - 50 minutes before serving.

DO NOT BOIL THIS DISH! SIMMER ONLY!

If mixture is too thick, thin out with up to one cup of liquid (beer, water, beef stock, wine, OXO). If mixture is too thin, add a touch of flour.

Serve over rice (wild, brown or white in that order of preference).

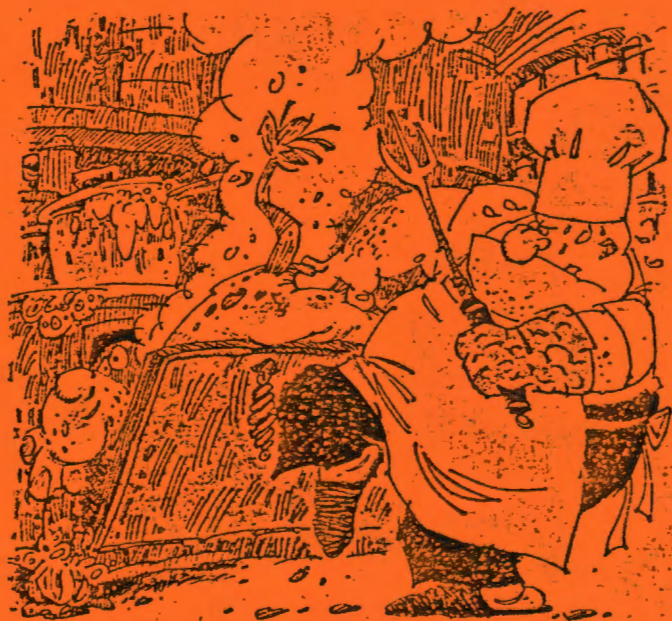
OPTIONAL EXTRAS: Some folks like to add mushrooms, finely chopped onion, or a tad of red pepper.

Preparation time for slow male cooks is about 2 hours. It can be prepared by an experienced female in 1 hour. (Of course cooking time is excluded from both these time statements). (Serves 4 - 8)

Doug Vaisey

Section three

bread,
quick breads,
and sweets



To make 8 eight-inch round loaves

2 1/4 to 2 3/4 cups lukewarm water
(110° to 115°)

2 packages active dry yeast

A pinch of sugar

8 cups all purpose flour

2 tsp. salt

1/4 cup olive oil

1 cup cornmeal or flour

Pour 1/4 cup of lukewarm water into a small bowl and sprinkle it with the yeast and sugar. Let the mixture rest for 2 or 3 minutes, then stir to dissolve the yeast completely. Set the bowl in a warm, draft-free place (such as a turned-off oven) for 5 minutes, or until the mixture doubles in volume.

In a deep bowl, combine the flour and salt, make a well in the center, and pour in the yeast mixture, the olive oil and 2 cups of lukewarm water. Gently stir the center ingredients together, then incorporate the flour and continue to beat until the ingredients are well combined. Add up to 1/2 cup more lukewarm water, beating it in a tablespoon at a time, and using as much as necessary to form a dough that can be gathered into a compact ball. If the dough is difficult to stir, work in the water with your fingers.

Place the dough on a lightly floured surface and knead by pressing it down, pushing it forward several times with the heel of your hand and folding it back on itself. Repeat for 20 minutes, or until the dough is smooth and elastic. Shape the dough into a ball and place it in a lightly oiled bowl. Drape loosely with a towel and set aside in the warm place for 45 minutes, or until the dough doubles in bulk. Punch it down with a blow of your fist and divide it into 8 equal pieces. Roll each piece into a ball about 2 1/2 inches in diameter cover the balls with a towel and let them rest for 30 minutes.

Preheat the oven to 500 degrees F. Sprinkle 2 large baking sheets with 1/2 cup of the cornmeal or flour. On a lightly floured surface, roll 4 of the balls into round loaves each about 8 inches in diameter and no more than 1/8 inch thick. Arrange them 2 to 3 inches apart on the baking sheets, cover with towels and allow them to rest for 30 minutes. If you have a gas oven, bake the bread on the floor of the oven for 5 minutes, then transfer the loaves to a shelf 3 or 4 inches above the oven floor and continue baking for 5 minutes, or until they puff up in the center and are a delicate brown. If your oven is electric, bake the bread on the lowest shelf for 5 minutes, then raise it 3 or 4 inches and continue baking until the breads are puffed and browned.

Remove the bread from the baking sheets, wrap each loaf in foil, and set aside for 10 minutes. Sprinkle the pans with the remaining 1/2 cup of cornmeal or flour and bake the remaining 4 loaves of bread in a similar fashion.

When the loaves are unwrapped the tops will have fallen and there will be a shallow pocket of air in their centers. Serve warm or at room temperature.

Trudy Deagle-Fong

HERB BATTER BREAD

- 1 cup warm water
- 2 tsps. sugar
- 2 packages (or 2 Tbs.) active dry yeast
- 1 cup milk
- 2 Tbs. margarine
- 3 Tbs. sugar
- 1/2 tsp. salt
- 3 - 3 1/2 cups unsifted all-purpose flour
- 1/4 tsp. basil leaves
- 1/4 tsp. oregano
- 1/4 tsp. thyme

Measure warm water into a large bowl. Stir in 2 tsps. sugar and yeast. Let stand 10 minutes, then stir well.

Meanwhile, combine milk and margarine in a saucepan. Heat over low heat until liquid is warm and margarine melts. Stir in 3 tablespoons of sugar and Add this liquid mixture of the yeast mixture.

Combine herbs (basil, oregano, and thyme) and salt with one cup of flour, Beat the flour into the liquid / yeast mixture. Add additional 2 cups of flour to make a stiff batter. Blend well.

Cover and let rise in a warm draft-free area until double in bulk (approximately 40 minutes). Stir down batter. Beat vigorously for about 1/2 minute.

Turn into a greased 9" x 5" x 3" loaf pan or a casserole dish. Bake in a moderate oven (375 degrees F.) for about 40 - 50 minutes, or until done. Makes one loaf.

Joyclin Coates

QUICK BREAD ROLLS

1 package dry yeast

2 Tbs. sugar

1/2 cup warm water

Dissolve yeast in water and sugar. Let rise for 15 minutes.

2 cups scalded milk

3 Tbs. melted shortening

2 1/2 cups sifted flour

1 tsp. salt

In a large bowl put the milk and shortening. Add the yeast mixture. Stir in 2 1/2 cups of sifted flour and 1 tsp. of salt. Let rise for 15 minutes.

Add about 2 1/2 cups of flour. Shape into rolls in pans. Let rise 15 minutes. Then bake for 20-25 minutes at 350 degrees F.

(I find if you put these in cold oven and let the oven heat up they will rise with the heat.)

Thelma Dillman

ZUCCHINI BREAD

3 cups flour
1 1/2 tsp cinnamon
1 1/2 tsp nutmeg
1 tsp baking powder
1 tsp baking soda
1 tsp salt
3 eggs
1 cup oil
1 1/2 cups sugar
1 tsp vanilla
2 cups grated zucchini
1/4 cup cherries
1/2 cup raisins
1/4 cup pineapple or mixed fruit.

Cream sugar, oil, vanilla, and eggs together.

Then mix in 2 cups zucchini. Sift all dry ingredients together. Mix dry ingredients into wet ones.

Bake in a tube pan for 1 hour, 20 minutes at 350 degrees F.

Geraldine Levangie

MOM'S BANANA BREAD

1 cup white sugar
1/2 cup shortening
2 eggs
3 small (or 2 large) bananas, mashed
1 tsp soda
1 tsp vanilla
1 1/2 cup flour
2 tsp baking powder
1/2 tsp salt

Cream together the sugar and shortening.
Add the two eggs, followed by the mashed bananas.
Add the soda and vanilla, and stir well.

Sift together the flour and salt. Add to
the wet ingredients. Fold into a baking pan
and bake for about an hour at 375 degrees F.
When tested with a toothpick, toothpick will come out dry.

Valerie Buchanan

CRANBERRY QUICK BREAD

2 cups sifted flour
1 cup sugar
1 tsp. salt
1 1/2 tsp baking powder
1/4 cup shortening
3/4 cup pineapple juice
1 egg (beaten)
1 1/2 cups chopped cranberries
1 cup crushed pineapple
1/2 cup chopped nuts

Sift dry ingredients together; then cut in the shortening until the mixture is coarse.

Combine juice and beaten egg, and add to the dry mixture.

Gently fold in the cranberries, pineapple and nuts.

Spoon into a 9" x 5" x 3" loaf pan.

Bake for one hour (or more) at 350 degrees F until the toothpick comes out clean.

Betty Schultz

CRANBERRY SQUARES

1/2 cup butter (or margarine) at room temperature
 1 cup flour
 2 Tbs. icing sugar
 1 egg yolk

Preheat oven to 350 degrees F. Lightly grease an 8" pan.
 Measure 1/2 cup butter (or margarine) with 1 cup flour,
 the icing sugar and egg yolk into a bowl. Stir & blend in
 with fingers until well blended. Press into pan.

3/4 cup granulated sugar
 1/2 cup flour
 1 Tbs. baking power
 1/4 tsp. salt
 1 tsp. almond extract
 3/4 cup cranberry sauce (canned or homemade)
 1/3 cup raisins
 1/2 cup angelflake coconut
 1/2 cup chopped nuts
 2 eggs

Beat eggs. Then gradually beat in a blend of sugar, flour,
 baking powder, and salt. Stir in remaining ingredients,
 and spread mixture over bottom of pan. Bake in preheated
 oven for 40 minutes, or until top is set. Cool in pan.

Icing

1/4 cup icing sugar
 1 Tbs. soft butter
 1 Tbs. milk
 1 Tbs. lemon juice
 1 tsp. finely grated lemon peel

Cream 1/4 cup of sifted icing sugar with 1 Tbs. each of soft butter,
 milk and lemon juice. Then stir in 1 tsp. finely grated lemon peel.
 Spread over cool squares. If lemon peel is not available, use the
 squeeze kind and omit the grated peel in the frosting.

Irene MacDonald

CHOCOLATE CHIP SQUARES

2/3 cup butter
2/3 cup white sugar
1 1/3 cup flour
1 tsp. baking powder
1/2 cup milk
1 tsp vanilla
1/2 tsp. salt.

Mix the above ingredients in a bowl.

2 egg whites
2 Tbs. sugar
2 squares of Baker's semi-sweet chocolate (grated)

Beat the egg whites and the 2 Tbs. sugar together. Add the two grated squares of Baker's semi-sweet chocolate. Combine this mixture with the first mixture.

Bake in a greased and floured 8" x 8" pan for 30 minutes at 350 degrees F.

Icing

1/2 cup butter
1 cup icing sugar
2 egg yolks

Mix the above ingredients and spread on the cooled squares.

1 square of semi-sweet chocolate

Melt one square of semi-sweet chocolate and swirl on top of the icing.

Heather Saunders

WHITE CAKE

1 cup shortening (cook uses 1/2 shortening and 1/2 margarine)
2 cups white sugar
3 eggs
1 tsp. lemon flavouring
1 tsp. vanilla
1/2 cup milk
1/2 cup boiling water
3 cups flour
1 1/2 tsp baking powder
1 tsp. salt.

Beat shortening and margarine until fluffy.

Add sugar gradually, beating after each addition.

Add boiling water; beat until mixed well. Then add milk.

Add baking powder and salt to flour. Into batter, add 1 cup flour and 1 egg; beat well. Then add second cup of flour and a second egg. Beat some more. Then add third cup of flour and the third egg. Beat again, enough to blend together. Add flavourings.

Bake for one hour in 325 - 350 degree F. oven.

(Makes nice birthday cake).

"Patience is the ability to idle your motor
when you feel like stripping your gears."

Gerald Shultz

ROCKY ROAD FUDGE BARS

Bar: 1/2 cup margarine
 1 square (1 oz.) unsweetened chocolate
 1 cup sugar
 1 cup flour
 1/2 - 1 cup chopped nuts
 1 tsp. baking powder
 1 tsp. vanilla
 2 eggs

Filling: 8 oz. package cream cheese, softened (reserve 2 oz for the frosting)

1/2 cup sugar
 2 Tbs. flour
 1/4 cup margarine, softened
 1 egg
 1/2 tsp. vanilla
 1/4 cup nuts
 6 oz. package (1 cup) semi-sweet chocolate chips (if desired)

Frosting: 2 cups miniature marshmallows

1/4 cup margarine
 1 square (1 oz) unsweetened chocolate
 2 oz. cream cheese (reserved from filling above)
 1/4 cup milk
 3 cups powdered sugar
 1 tsp. vanilla

Method: Heat oven to 350 degrees F.; grease and flour 13" x 9" pan.

Bar: In a large saucepan over low heat, melt margarine and chocolate. From a level cup of flour, lightly spoon flour into saucepan until all flour gone. Add remaining bar ingredients and mix well. Spread in the prepared pan.

ROCKY ROAD FUDGE BARS (cont'd)

Filling: In a small bowl, combine 6 oz. cream cheese with next five filling ingredients. Beat 1 minute at medium speed until smooth and fluffy; stir in nuts. Spread over bar mixture. Sprinkle with chocolate chips.

Bake at 350 degrees F. for 25 to 35 minutes, or until toothpick inserted in centre comes out clean. Remove from oven and sprinkle with marshmallows. Bake for 2 minutes longer.

Frosting: In a large saucepan over low heat, melt margarine and chocolate; add remaining cream cheese and milk.

Stir in powdered sugar and vanilla until smooth. Immediately pour over marshmallows and swirl together.

Cool. Cut into bars. Store in refrigerator.

(I don't put chocolate chips in the filling; they tend to go hard.)

Bob Cook

CHERRY SULTANA CAKE

1 cup butter (or margarine)
1 cup white sugar
1 cup brown sugar
3 eggs
3 cups flour
1 1/2 tsp. baking powder
a pinch of salt
1/2 cup rum
1/2 cup milk
1 tsp. almond extract
1 tsp. lemon juice
1 tsp. vanilla
1 lb. Sultana raisins
1/2 lb. light (bleached) raisins
1/2 lb. green and red cherries (mixed and chopped)
1/2 cup nuts.
1 ring glazed pineapple (cut up)

Cream butter and sugar together until light and creamy.
Add eggs; beat well. Mix flour with baking powder and salt;
add to creamed mixture alternately with rum and milk mixtures.
Add flavourings. Mix all fruit together and flour well.
Add to creamed mixture.

Bake in a 10" tube pan for 1 1/2 - 2 hours at 300 degrees F.

Dot Murphy

CRISP 'N' TENDER OATMEAL COOKIES

1 cup brown sugar
1/2 cup white sugar
1 cup butter
1 egg
1 tsp. vanilla
1 1/2 cups flour
1 tsp. baking powder
1/4 - 1/2 tsp. salt
1 cup coconut (unsweetened)
3 cups rolled oats

Cream butter and sugar.

Add egg and vanilla.

Sift together flour, baking powder and salt, and add to creamed mixture. Mix in the rolled oats and coconut. Drop by teaspoonfuls onto greased cookie sheet and flatten with a fork dipped in water, so as not to stick. Place in preheated 350 degree F. oven and watch carefully! Bake until nicely browned.

Note: The butter may be substituted with margarine or with 1/2 butter and 1/2 lard. Also, chocolate chips may be added, or raisins, or chopped nuts. Natural rolled oats are best, but quick variety works as well.

Gretchen Churchville

AMARETTO CHEESECAKE

Crust : 1 cup (250 ml) almonds
1 cup (250 ml) vanilla wafers
1/3 cup (75 ml) unsalted butter, melted

Filling: 1 1/2 Tbs (25 ml) unflavoured gelatin (1 1/2 envelopes)
1/4 cup (50 ml) water
3 eggs, separated
1 1/4 cups (300 ml) sugar
1 cup (250 ml) warm milk
1 lb. (450 g) chilled cream cheese
1/4 tsp. (1 ml) almond extract
1/3 cup (75 ml) Amaretto liqueur
2 cups (500 ml) heavy cream

Garnish: whipped cream (reserved from filling, above)

3 Tbs. (45 ml) Amaretto liqueur
2 Tbs. (30 ml) sifted icing sugar
1/4 cup (50 ml) sliced almonds, toasted

1. In a blender or food processor coarsely chop almonds, add vanilla wafers and process until fine. Blend in butter until crumbs are moistened. Press mixture into bottom and partly up the sides of a 10" (3.5 l) springform pan. Refrigerate.
2. Place 1/4 cup (50 ml) water in medium-sized saucepan. Sprinkle with gelatin and let stand 5 minutes.
3. Beat egg yolks with 1 cup (250 ml) sugar until light in colour. Add milk.
4. Dissolve gelatin over low heat and stir in milk mixture. Cook over low heat until mixture begins to thicken. Cool for about five minutes.

AMARETTO CHEESECAKE (cont'd)

5. Cream cream cheese; add almond extract and liqueur, and blend.
6. Slowly add custard (from step 4) and blend.
7. Pour mixture into a mixing bowl set into a larger bowl filled with ice cubes. Stir occasionally to prevent setting around outside edges. Cool until mixture is thick and syrupy.
8. Beat egg whites, adding 1/4 cup (50 ml) sugar until stiff.
9. Whip cream until light and fluffy.
10. Stir in 1/3 of beaten egg whites; then fold remaining egg whites and 2/3 of the whipped cream into gelatin mixture (step 7).
11. Turn mixture into crust and refrigerate.
12. To the remaining cream add icing sugar and liqueur. Whip until stiff. Pipe or spoon attractively over cake. Sprinkle with toasted almonds and refrigerate cake 2 - 3 hours before serving. Cake can be prepared a day ahead, or frozen.

For this complex recipe and to help with cleaning all the bowls and utensils, I recommend a judicious amount of Amaretto for the cook during preparation of this cheesecake.

Margot Schenk

RUM EGGNOG

For each serving mix the following ingredients well in a shaker or blender:

- 1 egg
- 1 tsp. (5 grams) sugar
- 1 jigger of your favourite rum
- 1 glass milk (6-8 oz.)
- ice (optional)

Pour into tall glass. Sprinkle with nutmeg.

Betty Jean Frenette

40

PECAN PIE

Pastry

Use your usual pastry recipe. Make enough to fit a deep 9-inch pie plate. Roll out and put in pie plate.

Filling

1 1/4 cup pecan halves
3 large eggs
1 1/2 Tbs. melted butter
1 cup light corn syrup
1/2 to 1 tsp. pure vanilla
1 cup granulated sugar
1 Tbs. flour
1/8 tsp. salt

In the bottom of the unbaked pie shell, arrange all of the pecans to cover it.

Beat the eggs until foamy and add all remaining filling ingredients. Mix well. Slowly pour over pecans and let stand 5 minutes. Then pecans will have risen to the top. Bake at 350 degrees F. for 45 minutes.

Outer edges of filling will be set and center will be slightly soft, but center will set after pie is removed from oven.

Jane Archibald

SECRETS

1 cup white sugar
1 cup butter or margarine
2 eggs
4 Tbs. coconut
1 tsp. vanilla

Measure sugar, butter, coconut, vanilla and beat eggs with fork and put all ingredients in double boiler, cook for 20-25 minutes.

Cool.

Add to cooled mixture:

40 graham wafers (20 doubles) - crushed
2/3 packages miniature marshmallows
1 cup chopped walnuts, mix all together and press in pan evenly.
Put in refrigerator.

ICING:

Mix 1 tsp. instant coffee in a little hot water. Add about 1 Tbs. butter, a pinch of salt and enough icing sugar to make icing cream well and spread on Secrets.

Keep in refrigerator.

Theresa Mann

PARKIN

42.

A Lancashire Treat

1 cup milk	2 cups flour
1/2 tsp. baking soda	1 1/2 cup oatmeal
1 cup molasses	1 tsp. ginger
1 cup syrup	1 tsp. salt
1/2 cup butter	1/4 cup brown sugar
1 egg	

Dissolve sode in milk. Melt butter, molasses and syrup together in pan. Beat eggs. Combine dry ingredients, add melted butter etc. Stir well. Add egg and milk. Bake in a greased oblong pan for 1 hour. 350 degrees F.

Valerie Cochran

CHEESE SQUARES

1 package of Velveeta cheese (500 g.)
1/3 lb. of butter
2 cups of flour
1/4 tsp. salt
1 jar Sherriff pineapple marmelade (375 ml)

Cream together top four ingredients with pastry blender. Divide dough in half. Spread half the dough on a 10" x 15" cookie sheet. (Sheet should be 1/2" deep).

Spread marmelade evenly over bottom layer.

Bake in a moderate oven (350 degrees F.) for approximately 25 minutes, or until golden brown.

Cut on squares or serve warm with ice cream.

Recipe makes approximately 54 squares.

David Manning



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