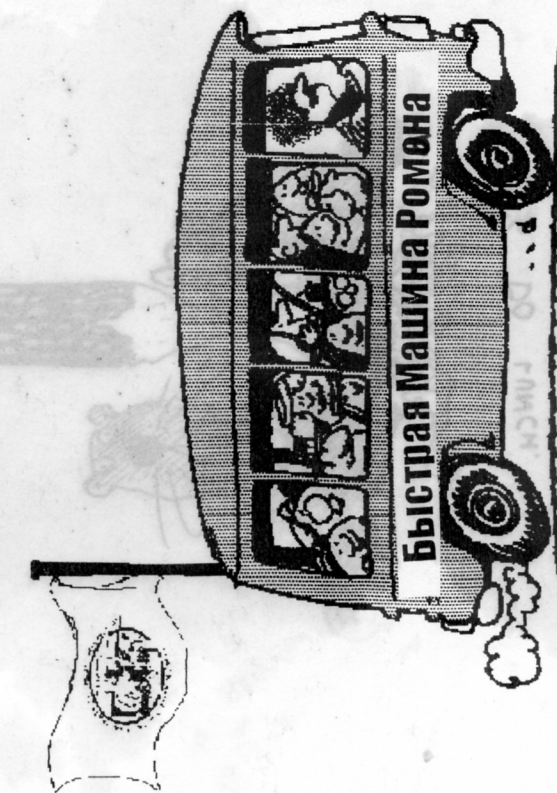


RUSSIA SAMARA MISSION

COOKBOOK



*Always on the go?
Here's everything you need to know!*

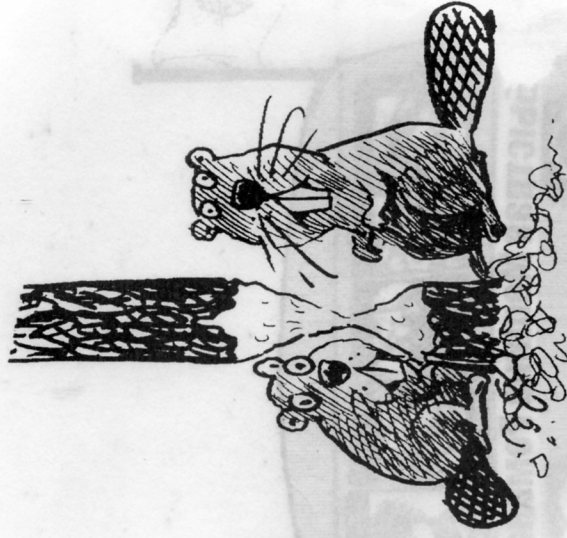


(BEIER)

Lovingly compiled for our favorite people...
the Elders & Sisters of
the Russia Samara Mission.

1st edition - Sister Karen Nelson
2nd edition - Sister Carolyn Wold
3rd edition - Sister Pamela Cashler

November 1999



LET'S DO LUNCH.

Always print the top of the page
first. It has been my print the top of the page

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INTRODUCTION

BASIC SUPPLIES

The following should be in your cupboard:

flour	sugar	iodized salt
rice	noodles	beans
oats	canned tomatoes	
bouillon	vitamins	oil
cocoa	soda	baking powder

The recipes in this booklet use the following seasonings

cumin	garlic	basil	paprika
cayenne	soy sauce	vinegar	bouillon
cinnamon	vanilla	thyme	bay leaves
ginger	nutmeg		

The following perishables should be on hand:

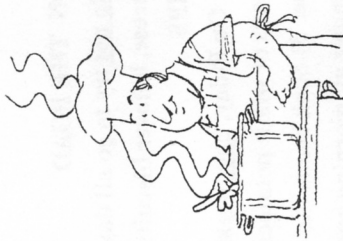
potatoes	onions	eggs	cheese
yogurt	bread	fruit	vegetables
butter	milk	juice	

WARNINGS:

Buying meat at the renok can be risky. Meat should smell and look fresh and must be cooked thoroughly to prevent illness. Purchase only pasteurized (sterilized) dairy products to avoid getting tuberculosis. Do not eat fish of any kind. DO NOT EAT fresh mushrooms or smoked sausages under any circumstances (from Area Presidency)

Drink only filtered water. For an added precaution, soak all fruits and vegetables for 15 minutes in a solution of 1 tbs. bleach to 1 gallon of water. Rinse with filtered water after soaking. Wash eggs and rinse in filtered water.

Bake dried apricots and raisins (those bought at the renok) on a cookie sheet in a very low oven for 15-20 minutes to kill any bacteria or parasites. OR boil in water for 15 minutes.



ON THE ROAD

Do not try to go all day without food or liquids. Take with you: fruit, carrot sticks, cheese, leftover biscuits, or pancakes and also a bottle of filtered water.

TIPS

1) On P-day, plan weekly menu and shop for ingredients. 2) Cook vegetables, rice, beans or whole potatoes in the morning while studying. Refrigerate them for later use. 3) Soak beans the night before, then combine with vegetables, and meat and simmer all morning and then again in the evening for soup. Be sure there is plenty of water and that the heat is very low. 4) Casseroles are great! All you need is a little meat (or a few eggs). Combine with vegetables and White Sauce. Prepare ahead of time and bake just before dinner.

SUBSTITUTIONS

1 tsp. baking powder = 1/4 tsp. soda (plus 1/2 tsp. cream of tartar,)

1 cup oil

= 1/2 lb. (1 cup) butter or margarine

1 cup brown sugar

= 1 cup white sugar

1 cup buttermilk

= 1 tbs. vinegar

(2 drops of Russian Vinegar) or lemon juice plus enough milk to equal 1 cup; allow to stand for 5 min

BASIC WHITE SAUCE

	Milk	Flour	Butter or Margarine
THIN	1 cup	1 tbs	1 tbs
MEDIUM	1 cup	2 tbs	2 tbs
THICK	1 cup	4 tbs	3 tbs

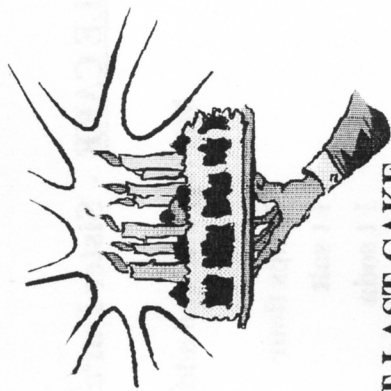
(1/4 tsp salt & dash pepper to each)

Melt butter or margarine in pan. Add flour, salt and pepper. Stir until smooth. Add milk or bouillon liquid (1 bouillon cube for each cup of liquid) gradually, stirring constantly until mixture thickens. Boil 2 minutes.

DO NOT SCORCH or BURN. White sauce can be used for soups, casseroles, & sauces for vegetables. (Usually medium)

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IT WON'T LAST CAKE

- 1 1/3 cups vegetable oil
- 3 cups white sugar
- 1 cup crushed pineapples (with juice)
- 2 cups mashed bananas
- 1 cup chopped pecans or walnuts
- 3 cups flour
- 1 1/2 teaspoons vanilla
- 2 teaspoons baking soda
- 1 teaspoon ground cinnamon
- 1 teaspoon salt
- Directions:**
- Grease and flour a 9 or 10 inch pan. Preheat oven to 175 C.
- Mix together oil, sugar, pineapples, bananas, nuts, flour, vanilla soda, cinnamon, and salt. Pour into prepared pan.
- Bake for about 1-1/2 hours.

Cheese Sauce: To 1 cup of White Sauce, add 1/4 tsp. mustard and blend in 1/2 cup grated cheese. Can also add 12 tsp. Worcestershire sauce.

Mushroom Sauce: Sauté 1 cup sliced mushrooms and 1 tsp. grated onion in the butter 5 min. before adding the flour. Add liquid and cook as usual.

Cucumber Sauce: Add 1/2 cup grated or thinly sliced cucumbers and a dash of hot pepper (Tabasco Sauce) to the White Sauce. Simmer 10 min.

Curry Sauce: Sauté 1/2 tsp. curry powder in butter 5 min. before adding flour. Add liquid and cook as usual.

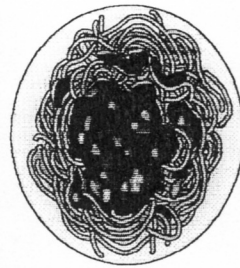
Egg Sauce: Carefully stir in 2 diced hard-cooked eggs to the White Sauce.

COOKED BEANS

Cooked beans can be added to soups, mashed for refried beans, and used for sandwiches. They are very nutritious. Purchase any color or kind of beans (black, red, or white). To prepare: Rinse 2 cups beans and put in a pot and cover with filtered water. Bring to a boil and turn off. Cover and let sit over night. In the morning, pour off the soaking water and rinse beans with filtered water. Cover with filtered water again, and bring to a boil. Can add a chopped onion if desired. Turn heat down and simmer for 4-5 hours or longer.. Make sure there is enough water in the pot and the heat is low enough. Cook until soft for bean soup (see recipe in Soup section) OR very soft for mashing to serve as a side dish or Bean Sandwich (see recipe in Meatless section).

COOKING PASTA

Use a large pot with ample amounts of boiling water. Add pasta to boiling water with no salt and 1 tbs. of oil (this will keep it from sticking to each other). Cook uncovered. Stir occasionally with a fork to loosen from bottom of pan. When pasta is tender, drain in colander and rinse with cold water. Place back in the empty pot, cover to keep warm, and serve immediately.



COOKING RICE

When cooking regular, non instant rice, measure 1 part rice and 2 parts water. Add a little salt. Add rice to cold water. Heat till almost boiling, turn down heat, cover and simmer for 20 minutes or until moisture is absorbed. For two hungry Elders, use 2 cups rice and 4 cups water and 1 tsp. salt. (For the best ever rice: rinse rice in cold water before cooking until water is no longer cloudy.)

PRE-BOILED POTATOES

Scrub potatoes. Do not peel. Put in pot and cover with water. Boil gently until knife enters potato easily. Do not over boil - potatoes will split. Potatoes can be used for many recipes with or without the skins. Store in fridge. Carrots can also be pre-boiled. Remove skins first.

PRE-BOILED CHICKEN

Place a whole chicken or chicken parts in large pot and cover with water. If desired, add 1 onion, halved. Bring to a boil, and simmer for 1 1/2 - 2 hours. Remove from pot and cool. Remove chicken from bones - discarding bones, fat, and skin. Cut up chicken can be used in many recipes. Refrigerate or freeze for future use. For Chicken Noodle Soup: Save liquid from boiled chicken and refrigerate. The next day, skim off fat which has collected on the surface and use the liquid for a delicious soup

COOKING BEETS and Other Vegetables

Wash beets. Do not remove skin or root and cover with water and boil for about one hour until beets are soft. Remove skins and root. Slice and serve with salt and pepper and butter OR cool for using in salads. For cabbage, quarter into sections and boil in small amount of water for 20 minutes or until done. Serve with salt, pepper, and butter. Carrots are peeled and sliced first.



APPLE CAKE - Sister DuPaix

3 eggs well beaten Mix together and add to mixture on left:

1 cup oil 3 cups flour

2 cups sugar 1 t salt

2 cups diced apples 1 t soda

1 cup nuts 2 t vanilla

Bake at 325 - 60-90 minutes

*substitute 3/4 cup applesauce for 3/4 cup oil.

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## FLUFFY BANANA CAKE - Sister DuPaix

2 1/4 cups unsifted flour

1 2/3 cups sugar

1 1/4 t baking powder

3 large eggs

1 1/4 t baking soda

3/4 cup mashed banana

1/2 t salt

1 t vanilla

1/3 cup applesauce and 1/3 cup shortening

1 1/4 cups milk

1. Sift dry ingredients together

2. Beat shortening (applesauce), eggs, and sugar until light and fluffy.

3. Gradually add 3/4 cup banana and vanilla. Beat until thoroughly blended.

4. Add flour alternately with milk (flour first and Last). Mix well after each addition.

5. Bake at 350 in 2 9 inch cake pans for 30 - 35 minutes. frost when cool

## CARROT CAKE - Elder Bosomean

- 1 1/2 cups cooking oil      2 cups sugar
- 4 eggs, well beaten      3 cups grated carrots
- 2 cups flour      2 tsp. cinnamon
- 1 tsp. baking soda      1 1/2 cup chopped nuts (optional)
- 1 cup raisins      1 tsp. vanilla 1/2 tsp. salt

Note: add for a spicier cake.

3/4 tsp. nutmeg, 3/4 tsp. cloves, 3/4 tsp. allspice, 3/4 tsp. ginger

Combine oil and sugar until well mixed. Add eggs. Combine dry ingredients and stir to sift. Add to batter and blend well. Stir in vanilla, nuts, carrots, and raisins. Mix well. Spread into a well greased cake pan. Bake at 176 C for 45-50 minutes or less, or until center springs back when lightly touched. Cool on rack. Frost with a mixture of cream cheese (sahne) and milk OR if you have access to powdered sugar, frost with cream cheese frosting.

### Cream Cheese Frosting

- 1/2 cup butter, softened      100 g cream cheese (Viola/Sahne)
- 1 lb. powdered sugar      2 1/2 tsp. vanilla

Beat and spread on cooled cake.

## CHOCOLATE MAYONNAISE SURPRISE CAKE

- 2 cups flour      2 tsp. baking soda
- 4 tbs. cocoa      1 cup water
- 1 cup sugar      1 cup mayonnaise (not salad dressing)
- 2 tsp. vanilla      In a large bowl, beat together the sugar, mayonnaise, water, and vanilla. Combine dry ingredients. Stir to sift. Add to the creamed mixture until well blended and all ingredients are moistened. Pour into cake pan (9x13) and bake 176 C for 30 . Cool.

**RUSSIAN VINEGAR** - Russian vinegar must be diluted before using. one part vinegar to 10 parts water

### **WHIPPED CREAM      OPTIONS**

1. Purchase spray can - very expensive
2. Use slevke Whip with electric beater until whipped and add a little sugar and vanilla and finish whipping.
3. Can also use smetana. Whip and then let sit. It will separate. Pour off the water and add sugar and vanilla and finish whipping.

### *Temperature Conversions*

|               | Fahrenheit | Celsius   |
|---------------|------------|-----------|
| Very low oven | 250 - 275  | 121 - 133 |
| Low oven      | 300 - 325  | 149 - 163 |
| Moderate oven | 350 - 375  | 176 - 190 |
| Hot oven      | 400 - 425  | 204 - 218 |
| Very hot oven | 450 - 475  | 232 - 246 |

### *Measurements*

|          |   |            |           |         |
|----------|---|------------|-----------|---------|
| 2 pounds | = | 1 kilogram | 2 cups =  | 1 pt.   |
| 3 tsp.   | = | 1 tbs.     | 4 cups =  | 1 qt.   |
| 8 tbs.   | = | 1/2 cup    | 4 qt. =   | 1 gal.  |
| 16 tbs.  | = | 1 cup      | 16 oz =   | 1 LB    |
| 1 cup    | = | 1/2 pt     | 2.1 pt. = | 1 liter |
| 1.06 qt  | = | 1 liter    | 4 tbs. =  | 1/4 cup |

### **Roach Killer -REALLY WORKS!**

Nobody needs to live with cockroaches!!!

Boric acid

Chopped, cooked egg yolk

Mix and add a little water until it sticks together. Form into walnut-sized balls. Set in jar lids and place in the kitchen and bathrooms (cupboards, counter tops, floor, in damp areas, behind the fridge and stove, etc.)



## PANCAKES

1 1/2 cups flour  
2 tbs. sugar  
1/2 tsp. salt  
3/4 tsp. soda (Or 3 tsp. baking powder)  
2-3 tbs. oil or butter, melted 1 1/2 cups milk (Or buttermilk)  
1 egg  
\* Bananas, nuts, cheese, blueberries, etc. (optional)

## GERMAN PANCAKES - Sister Wold

6 eggs  
1 cup milk  
1 cup flour  
1 tsp. salt  
1/2 cup butter, melted

Beat all ingredients (except melted butter) in a bowl until fluffy and smooth. **Pour** melted butter into baking pan (9x13). Pour batter into pan. Bake at 206 C for 20-30 minutes until puffed up and brown. Serve with syrup, jam, or fruit.

## RICE PANCAKES

3 eggs  
4 tsp. lemon juice  
2 cups flour  
1 tbs. baking powder  
1/2 tsp. soda  
2 cups milk  
6 tbs. cooking oil  
1/2 tsp. salt  
1 tbs. sugar  
1 cup cooked rice (leftovers)

Beat together the eggs, milk, lemon juice, and cooking oil. Set aside. Combine the flour, salt, baking powder, sugar, and soda. Stir into the liquid mixture until well blended. Fold in the cooked rice. Bake on greased griddle or skillet. Serve with jam and butter.



## ARMENIAN COOKIES - Elder Nikolov

3 eggs  
1 cup sugar  
1 cup oil  
1 tsp. soda  
3-4-5 cups flour  
2-3 tsp. cinnamon  
1/4 cup nuts, chopped  
Raisins (optional)

Combine eggs, sugar and oil. Add dry ingredients - enough flour so dough can be rolled out - consistency of sugar cookie dough. Sprinkle the cinnamon and nuts onto the rolled out dough. Roll up into a cylinder (like cinnamon rolls). Then cut into sections - 1/2 inch thick - and bake at 176 C for about 10-12 minutes or until lightly browned.

## Basic COOKIES - Sister Nelson

2/3 cup butter  
1 cup sugar  
1/2 tsp. salt  
1 1/2 cups flour  
1/2 tsp. soda  
1 egg  
1 tsp. vanilla  
Chocolate bar, chopped into pieces

Cream butter, sugar, egg, and vanilla. Combine dry ingredients. Stir to sift. Add to creamed mixture. Blend and add chocolate pieces and/or nuts, raisins, 1 cup oatmeal, M&M's, Reeses Pieces, coconut OR anything you desire. Drop by teaspoonful onto greased baking sheet. Bake at 190 C till lightly browned - about 10 minutes. Cool slightly before removing from baking sheet.

## PEANUT BUTTER COOKIES - Sister Wold

1 cup butter or margarine  
1 cup peanut butter  
2 cups sugar  
2 eggs, beaten  
2 cups flour  
1/2 tsp. salt  
1 tsp. soda  
1 tbs. milk  
1 tsp. vanilla

Cream butter, peanut butter, and sugar. Add eggs, vanilla, and milk and beat well. Combine flour, salt, and soda. Stir to sift. Add to creamed mixture. Chill slightly. Shape into 1-inch balls. Place on ungreased cookie sheet. Press down centers with thumb or fork. Bake at 176 C for 10 minutes or so. Do not OVER BAKE



## M & M COOKIES - Sister Gashler

1 package cake mix - Pillsbury or other imported is best if available  
2 beaten eggs  
1/2 cup soft to melted margarine  
mix well, add candy and chopped walnuts(if desired)  
if batter is too sticky, add about 1/4 cup flour - usually need to  
do this when humidity is high  
drop by teaspoon on greased cookie sheet  
bake about 10 min. @ 180 C.



\*or use white cake recipe on page 40, dry ingredients only

## ROLLS, SCONES, BREAD - Sister Bailey

2 c warm water, 1 pkg yeast, 1/2 c sugar - mix and let sit until  
yeast is foamy - 5 minutes  
1/2 c margarine 2 eggs  
2 t. salt 6 c flour

- add more flour if needed for soft but not sticky dough,  
spread out dough, butter and spread with mixture of  
cinnamon/sugar, roll into log, slice in rounds - let rise,  
bake @ 175 C. - 10 minutes - frost while warm  
Frosting: 1/4 c margarine., 2 C powdered sugar, milk and vanilla  
in small amounts, just to make it spreadable.

Scones - fry pieces of dough in grease - serve with honey or jam

## FINNISH PANCAKES - Elder Sundberg

2 eggs tsp. sugar  
1/2 tsp. salt 1 2/3 cups milk  
3/4 cup flour 2 tbs. butter, melted

Mix together well and pour onto a greased cookie sheet and bake for  
15 minutes at 218 C. Serve with whipped cream. See Introduction  
for Whipped Cream.

## OATS and FRUIT

Put 1 cup of oats in a bowl and cover with milk. Cover the bowl and  
refrigerate until morning. The oats will soak up the milk and be soft  
by morning. Add a little sugar, yogurt, fresh fruits, raisins, nuts,  
canned fruits, etc.

## OATMEAL

The measurements are: 1 part oats and 2 parts water and a little salt.  
Bring to a boil 2 cups water and 1/2 tsp. salt. Slowly pour in 1 cup  
oats. Can also add a handful of raisins if desired and 1/4 tsp.  
cinnamon. Turn down the heat to medium low and let cook 10-15  
minutes or until it is thick, stirring occasionally. Serve or turn off  
heat, cover and let sit until ready to eat. Serve with milk, honey or  
sugar.

## BUCKWHEAT or Gretschnki

The measurements are 1 part buckwheat and 3-4 parts water and a  
little salt. Bring to a boil 2 cups water and 1/2 tsp. salt. Slowly pour in  
1/2 cup buckwheat. Can also add a handful of raisins if desired and  
1/4 tsp. cinnamon. Turn down the heat to medium low and let cook  
for 30-40 minutes or until moisture has cooked out. Serve with milk,  
honey, sugar, etc.



**1 tsp. sugar**

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## CINNAMON BREAKFAST CAKE

**1 tbs. baking powder**  
**1/4 cup butter or margarine**

**2/3 cup chopped nuts**

only when ingredients are moistened. For a greased pan (8x8). Sprinkle with topping:

## Topping

6 tbs. sugar

**1 tsp. cinnamon**

1889

5 tbl margarine 1 t

8 eggs 10

**egg mix into onion mixture, cook over low heat until set, stir occ.**

**THE**

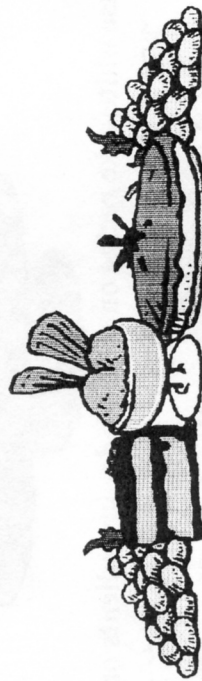
3/4 cup sugar

2 tsp. baking powder

1/2 cup milk

1 tsp. vanilla

Sprinkle with topping =  $\frac{3}{4}$  cup suga,  $\frac{1}{4}$  cup cocoa



# UN-BAKED OATMEAL COOKIES - Elder Dansie et al

3 tbs. cocoa

1/2 cup margarine or butter

1/2 cup peanut butter

Pinch of salt

over medium heat to a boil. Continue boiling for 60 seconds

## CARAMEL DUMPLINGS

1 1/2 cup flour      2 tsp. baking powder  
2 tablespoons butter    1/2 cup sugar  
1/2 cup milk          1 tsp. vanilla

Cream butter & sugar together. Add flour and baking powder alternating with milk. Add vanilla. Drop by spoonfuls into the hot caramel sauce. Bake in oven about 30 minutes. Serve warm and bottom side up. May be sprinkled with nuts and topped with whipped cream.

## SAUCE FOR CARAMEL DUMPLINGS

2 cups brown sugar dissolved in 2 cups boiling water

Stir in 2 tbl. butter, pinch of salt, and 1 tsp. vanilla. Cook syrup for 10 minutes before topping with dumplings.

## PUMPKIN ROLL - Elder Hadley

3/4 c flour      1 1/2 tsp soda  
1/2 tsp cinnamon    1/4 tsp cloves  
1/4 tsp salt      sift together,

then fold in egg mixture: 1/2 c. pumpkin, 3/4 c. sugar, 3 egg yolks, add sugar gradually and beat five minutes. Beat the 3 egg whites till stiff and fold into mixture.

Filling: beat all till smooth, can add chopped nuts.

1 pkg cream cheese      \*bake in a greased pan 20  
6 tbl margarine, 1 tsp vanilla      minutes at 350 degrees  
1 c powdered sugar or more

## BANANA BREAD - Sister Nelson

1/2 cup butter or margarine      1 cup sugar  
2 eggs      2 cups flour  
1 tsp. soda      1 tsp. salt  
1 cup crushed bananas (about 3)      Chopped nuts if desired  
Cream butter and sugar. Add eggs one at a time and beat until smooth. Add crushed bananas. Combine flour, soda, and salt. Stir to sift. Add to creamed mixture and mix until smooth. Add nuts. Put into a greased pan (makes one loaf or 12 muffins). Bake at 176 C for 30-40 minutes.

Be certain center of loaf is cooked all the way through.  
Bake at 204 C for muffins and bake for 15-18 minutes.

## OATMEAL BREAD

2 cups buttermilk (or soured milk)      2 cups oats  
1 cup sugar      2 cups flour  
1 tsp. salt      1 tbs. baking powder  
1 tsp. soda      1/2 cup oil

Make sour milk by adding milk to 1 tbs. vinegar (much less for Russian vinegar) to make 1/2 cup and let stand for 10 minutes. Then add remainder of milk needed for recipe. Pour milk over oats and let stand for 5 minutes. Add eggs and sugar, mixing well.

Combine dry ingredients. Stir to sift. Add dry ingredients and oil to oatmeal mixture, mixing well. Put into a greased pan (makes one loaf or 12 muffins). Bake at 176 C for 30-40 minutes for bread. Bake at 204 C for 18 minutes for the muffins.



## ZUCCHINI BREAD

- 3 eggs (well beaten)
- 2 cups sugar
- 1 tsp. vanilla
- 1 tsp. salt
- 1/4 tsp. baking powder
- 1 cup cooking oil
- 2 cups grated zucchini
- 3 cups flour
- 3 tsp. cinnamon
- 1 tsp. soda

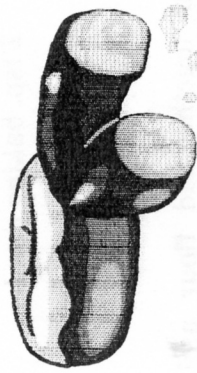
Combine eggs, oil, and sugar until blended. Stir in zucchini, vanilla. Combine dry ingredients. Stir to sift.. Stir into the zucchini mixture. Pour into a well greased pan and bake at 176 C for 1 hour or until done.

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PUMPKIN BREAD - Sister Stewart

- 2 eggs
- 1 1/2 cup sugar
- 1 tsp. vanilla
- 1/2 tsp. cinnamon
- 1/2 tsp. salt
- 1/4 tsp. baking powder
- 1/2 cup oil
- 1/2 cup raw pumpkin, grated
- 1/6 cup milk
- 1/2 tsp. nutmeg
- 1/2 tsp. cloves
- 1 3/4 cup flour
- 1 tsp. soda

Cream eggs, oil, sugar, and milk. Add vanilla and pumpkin. Combine dry ingredients. Stir to sift. Add and mix well. Bake at 176 C for 1 hr. or until done.



P-DAY SPUDNUTS

- 1 1/2 cups milk, scalded
- 1 1/2 tbs. yeast
- 2 tsp. sugar
- 2 eggs
- 1 tbs. salt
- 1/4 cup butter or margarine
- 1/2 cup warm water
- 1/2 cup sugar
- 1 cup mashed potatoes
- 6-7 cups flour

To scald milk, bring almost to boiling with skim on top (do not boil). Add butter and cool to lukewarm. Combine yeast, warm water, and sugar and let stand for 5 minutes. After cooled, combine with the milk and add sugar, eggs, mashed potatoes, salt, and flour. This will be a sticky one. Cover with towel and let rise 1 hour. Roll out 3/4 inch thick on floured board. Cut (with top, etc.) and let rise for 1 more hour. Fry in med. hot oil which is quite deep. Cook for 45 seconds on each side. Dip partially cooled spudnuts into glaze - then drip dry. Or roll in sugar or frost when cooled.

(To make powdered sugar, you need to have access to a blender

Frosting - beat until smooth

- 4 tbs. softened butter
- A little milk
- 1 tsp. vanilla
- 2 cups powdered sugar

Glaze - this is quite runny

- 4 cups powdered sugar
- 1 tsp. vanilla
- 1 cup hot water

FRUIT COBBLER - Sister Wold

4 1/2 cups of most any fruit (apples, peaches, etc.)

Drained canned fruit can also be used

3/4 cup sugar

1 tbs. flour

1/8 tsp. nutmeg (or cinnamon)

Combine and put into baking pan. Place dough over the top.

Dough

1 1/2 cups flour 2 tsp. baking powder

1/2 tsp. salt 2 tbs. sugar

1/4 cup butter 1 egg, beaten

1/2 cup milk

Combine dry ingredients. Stir to sift. Cut in butter with knives.

Combine milk and egg and add to dry ingredients. Mix to a soft dough. Roll out on lightly floured board and place over fruit. Can also drop dough by teaspoonful onto fruit. Bake at 204 C until brown - 15 minutes or so. Serve with milk or ice cream, etc.

OVEN RICE PUDDING

2 cups cooked rice (1 cup rice and 2 cups water)

2 cups milk

2 tbs. butter or margarine, melted

4 eggs, beaten

1/2-1 cup sugar

1/4 tsp. cinnamon

1 tsp. vanilla (optional)

Combine eggs and milk. Add rest of ingredients pour into a greased baking pan (about 9x13) bake at 176 C for 45 minutes or until set.

LAZY CAKE - Sister Frazier

3 eggs

1 cup sugar

1 cup flour

Beat eggs well for 5 minutes with a mixer if you have one. Slowly add sugar. Add flour and pour into a greased baking pan and bake at medium heat (176 C) for 20-30 minutes. Serve with jam or fruit (strawberries) on top. Put sliced apples (any kind of fruit) in baking pan and then pour batter over the fruit and bake.

BASIC BISCUITS

2 cups flour

4 tsp. baking power

1/2 tsp. salt

2/3 cup milk

4 tbs. butter

Combine dry ingredients. Add butter in pieces and cut into flour with two knives until very crumbly. Make a well in the center and add milk until a smooth soft dough is formed. Turn out on floured board and knead gently for 10 times. Roll out to 1/2 inch thick and cut with a floured cutter or glass. Place on baking sheet 1/2 inch apart and bake in hot oven 232 C for 10-12 minutes.

Cheese Biscuits: Make Basic Biscuit recipe and add 1/2 cup grated cheese. Add half the cheese to the dry ingredients.

Mix, roll out and sprinkle top of dough with cheese before cutting. Bake as for Basic Biscuits. If making Drop Biscuits, add cheese all at once to dough.

Raisin Biscuit Roll: Make Basic Biscuit recipe and add 1/2 cup raisins to dry ingredients. Mix, roll out and spread dough with soft butter. Sprinkle with 1/4 cup sugar mixed with 1 tsp. cinnamon. Roll up as a jelly roll. Cut into slices 1/2 inch thick. Place on baking sheet. Top with butter and sugar. Bake as for Basic Biscuits.

Apple Biscuit Rolls in Syrup: Prepare a syrup by boiling 2 cups water and 1 1/2 cups sugar for 5 minutes. While syrup is cooking make Basic Biscuit recipe and roll out to 1/3 inch thick. Spread dough with 4 medium apples chopped fine. Roll up as a jelly roll. Cut roll into 1 1/2 inch slices. Pour syrup into 6x12 pan inches deep. Place slices cut side down in the pan of hot syrup. Dot with butter and sprinkle with sugar and cinnamon and Bake as for Basic Biscuits until crust is golden brown - about 20 minutes. Serve with milk or ice cream

PIZZA POPOVER - Sister Gashler

brown 1 kg. hamburger with onion, add 2 C. tomato sauce and pizza seasonings, place in large casserole dish, top with grated cheese - place in 190 C oven to heat well

mix the following and pour over the hot meat and melted cheese

1 & 1/2 C flour 4 eggs

1 & 1/2 C milk 1 tsp salt

2 tbl s. oil 1 & 1/2 tbls. baking powder

Bake for 40 minutes or until browned and set.

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## USING LENTILS - Sister Gashler

A very versatile meat substitute - Wash and sort lentils, cover with water (about two inches above) add beef bouillon, chopped onion (lots) bring to a boil for about 5 minutes, simmer with lid on until tender, stir

occasionally. Add salt, pepper, garlic powder and 2 tbl margarine. Add flour or dried potato flakes to absorb moisture until mix has consistency of hamburger. Add to tomato soup or cream soups - For patties, mix with beaten egg and fry or bake - For casseroles, add tomatoes and top with rice or potatoes Anything you use hamburger for can be switched to lentils Add chili powder for tacos or chili, add basil and oregano for pizza and spaghetti. Use your imagination.

## APPLE BROWN BETTY - Sister Wold

Topping 2 cups flour

1 tsp. baking powder

1 cup sugar

1 cup butter

1/4 tsp. salt

Grated orange peel

Combine dry ingredients. Cut in butter with two knives and fingers.

Set aside. Combine the following ingredients:: 4-8 cups apples, pared cored, sliced, 3/4 cup sugar. 1 tbs. cinnamon, 1 tbs. lemon juice

Put apple mixture into large baking pan - 13x9 inch.. Sprinkle with topping. Bake at 176 C for 1 hour. Serve with milk, ice cream, etc.

## APPLE CRISP - Sister Nelson

4 cups apples, pared, cored, sliced

2 tbs. melted margarine,

1 1/2 tbs. cinnamon

1/2 cup butter or margarine

3 tbs. flour

1 cup sugar

1/2 cup water

1/2 tsp. salt

1 tbs. lemon juice

1 1/4 cups crushed corn flakes

Place apples in baking dish. Combine water, melted butter, salt,

cinnamon, and lemon juice. Pour over apples. Combine the 1/2 cup butter, flour, and sugar. Mix well. Add crushed cereal and press over apples. My add oatmeal. Bake at 190 C for 30-35 minutes.

## BREAD PUDDING - Sister Wold

2 cups dry bread cubes

4 cups milk, scalded

1 tbs. butter

1/4 tsp. salt

3/4 cup sugar

4 eggs, slightly beaten

1 tsp. vanilla

1/2 cup raisins

To scald milk, bring almost to boiling, Soak bread cubes in milk for 5 minutes. Add butter, salt and sugar. Stir. Slowly add a little of the hot mixture to beaten eggs. Stir well. Then slowly add eggs to rest of hot mixture, stirring all the while. Pour into a greased baking dish. bake at 176 C. about 50 minutes or until firm. Serve with milk, etc



### VANILLA CREAM PIE Or Pudding

2/3 cup sugar    Dash of salt    2 1/2 tbs. cornstarch (or 4-5 tbs.flour)  
1 tbs. flour    3 cups milk    3 egg yolks, beaten  
1 1/2 tsp. vanilla    1 tbs. butter  
Combine dry ingredients in sauce pan. Gradually stir in milk. Cook over moderate heat, stirring constantly until mixture thickens and boils. Boil for 1 minute. Slowly stir in 1/2 of the mixture into the egg yolks. Make sure the mixture has cooled a bit or the egg yolks cook and that is bad. Pour this mixture back into hot mixture, and boil 1 minute more, stirring constantly. Remove from heat and blend in the vanilla and butter. Cool and pour into pre-baked pie shell. Or serve as a pudding.

Variations: 1) top with whipped cream (sleevki) 3) sprinkle with chopped nuts and/or fresh berries 5) make Banana Cream Pie by arranging a layer of sliced bananas in pastry shell before pouring in cooled filling.

### OIL PASTRY CRUST - Sister Nelson

8-9 Inch One Crust    1 cup plus 2 tbs. flour  
1/2 cup oil    1/2 tsp. salt    2-3 tbs. cold water  
Directions: Measure flour and salt into bowl. Add oil and mix until particles are size of small peas. Sprinkle in water, one tablespoon at a time, mixing until flour is moistened and dough almost cleans side of bowl. If dough seems dry, add 1-2 tbs. of oil. DO NOT add more water than the recipe calls for. Gather dough and press firmly into a ball. Make a flattened round and place between 2 pieces of plastic (plastic packet) and roll out. For double crust, roll out 1/2 of the dough at a time. Wipe the table with damp cloth to keep plastic packet from slipping. OR roll out on floured table, etc. Remove plastic and place in pie tin. For pre-baked shell, bake 12-15 minutes in hot oven 232 C. Watch carefully so as not to brown too much.

### AUGRATIN POTATOES with Eggs - Elder Nikolov

6-7 pre-boiled potatoes, skinned and cubed  
2 cups milk    2 eggs beaten  
1 1/2 cups grated cheese    Salt and pepper to taste  
Combine all ingredients and mix with potatoes. Put in baking pan and bake at 176 C until set (slightly solid) and brown on top - usually 30 - 40 minutes.  
Option: This recipe can also be made using pasta (250 grams) instead of potatoes. Chopped onion can also be added.

### BASIC OVEN MACARONI and CHEESE - Elder Agren

8 oz. macaroni, cooked (about 1 1/2 cups dry)  
1 1/4 cups grated cheese  
3/4 tsp. salt  
1/4 tsp. pepper    (top with bread crumbs if desired)  
2 cups medium White Sauce (see Introduction)  
Cook macaroni, drain and place in buttered baking dish. Combine White Sauce, salt, pepper, and cheese. Pour over macaroni. [Top with more grated cheese]. Bake at 176 C for 30-40 minutes.

### OLD ENGELS SANDWICH - Elder Ward

See Introduction for cooking beans. Continue cooking softened beans until beans are soft enough to mash. Drain off liquid.  
Season with chopped onion, salt, garlic, chili powder, tabasco sauce. Serve on two slices of bread with sliced tomato and cheese. OR serve with tacos.



# PIROSHKI - Sister Chapple

Use pie crust dough, bread dough, biscuit dough, or tecto. Roll out fairly thin. Cut into circles with a small bowl or knife. Place filling on one side. Fold over other side and seal edges with a fork. Bake in hot oven 204 C for about 10 minutes

**Filling** - any of the following ideas in any combination

**Vegetables chopped or shredded and sautéed:**

**Onions, cabbage, carrots, potatoes, mushrooms**

Cooked rice

**Hard cooked eggs, chopped**      **Cot. cheese + honey + nuts**

**Cream cheese (Sahne)**

**Meat Filling:** add salt and pepper to taste

**1 lb. ground beef**  
**1 small onion, chopped**

1 1/2 cup finely shredded cabbage    2 tbs. beef bouillon

**PELMENI - Elder Sundberg**

**Dough:** 2 well beaten eggs  
2 cups water  
1 tsp. salt  
flour

Mix eggs and water. Add salt and enough flour until dough pulls away from the sides of bowl and is capable of being rolled out without sticking. Roll out dough until 1/8 inch thick. Use circle 'jar' ring to cut dough into circles. Take a spoonful of filling and fold circle over and press down edges to seal. Drop into boiling water and boil until the pelmeni float to the top.

### Filling:

1/2 kg. pork (ground)    1/2 kg. beef (ground)  
garlic                            salt and pepper

**1 onion, diced and cooked**

**For safety measures, brown meat before putting the mixture on the dough. Add onion and seasonings.**

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**Return pumpkin to the saucepan and mash with a potato masher.  
Drain well.**

**Prepare pie crusts by mixing together the flour and salt. Cut shortening into flour, add 1 tablespoon water to mixture at a time. Mix dough and repeat until dough is moist enough to hold together.**

With lightly floured hands shape dough into a ball. On a lightly floured board roll dough out to 1/8 inch thickness. With a sharp knife, cut dough 1 1/2 inch larger than the upside down 8-9 inch pie pan. Gently roll the dough around the rolling pin and transfer it right side up on to the pie pan. Unroll, ease dough into the bottom of the pie pan.

**In a large bowl , beat pumpkin with evaporated milk, eggs, sugar, cinnamon, ginger, nutmeg and salt. Mix well. Pour into a prepared crust. Bake 40 minutes or until when a knife is inserted 1 inch from the edge comes out clean.**

# COOKED EGGNOG

**1 quart milk**

## 4 Eggs - lightly beaten

**1/4 cup Powdered sugar( or gran.)**

**1 tsp Vanilla extract**

### Ground nutmeg for garnish

**In a heavy saucepan, combine milk, eggs and powdered sugar. Mix well using a wire whisk. Slowly bring to a simmer, over low and cook for 5 minutes, stirring frequently with the whisk. Remove from heat. Add vanilla extract and mix well. Refrigerate until cold., garnish with nutmeg, and serve warm or cold. Makes 10 one cup servings.**

## HOMEMADE FRESH PUMPKIN PIE

### Ingredients:

- 2 cups mashed fresh cooked pumpkin
- 1 (12 ounce) can evaporated milk
- 2 eggs, beaten
- 3/4 cup packed brown sugar (if you can find it, otherwise -white)
- 1/2 teaspoon ground cinnamon
- 1/2 ground ginger
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon salt
- 2 2/3 cups flour
- 1 teaspoon salt
- 1 cup shortening
- 1/2 cup cold water



### Directions:

Preheat oven to 200 degrees C.

Halve pumpkin and scoop out seeds and stringy portions. Cut pumpkin into chunks. In saucepan over medium heat, in 1 inch of boiling water heat the pumpkin to a boil. Reduce heat to low, cover and simmer for 30 minutes or until tender. Drain, cool and remove the peel.

## HAMBURGER STROGANOFF - Elder Wager

- 1/2 cup chopped onion
- 1/4 cup margarine
- 2 tbsp flour
- 1/4 tsp pepper
- 1 can mushrooms - drained, sliced
- 1 cup white sauce with chicken bouillon
- 1 cup smetana
- 1 clove garlic, minced
- 1 lb hamburger
- 1 tsp salt (can add noodles)

fry onions and garlic lightly in margarine, stir in meat and brown well, stir in flour, seasonings and mushrooms - cook five minutes stir in white sauce - simmer 10 minutes stir in smetana - makes 4-6 servings

## STEAK AND PEPPERS

- 1/2 kg. beef
- 1 tsp. sugar
- 2 green peppers, cut into 1" cubes
- 1 tsp. ginger
- 1 clove garlic, minced
- 1/3 cup soy sauce
- 2 tomatoes, cut into 1" cubes
- 1/4 cup oil
- 2 tsp. cornstarch OR 4 tsp. flour

Cooked rice. Directions: Slice beef into 1/2 " strips. Mix 1/4 cup of the soy sauce and sugar. Pour over beef and marinate (soak) for at least 1/2 hour. Combine cornstarch with the rest of the soy sauce. Add a little water to the mixture if using flour. Heat oil in skillet and add garlic and ginger and sauté for 1 minute. Remove garlic and add green peppers and sauté for 3 minutes, stirring occasionally. Add beef and its liquid and sauté until well done. Add tomatoes and garlic and gently stir in the remaining soy sauce with cornstarch and gently cook for another minute. Serve over rice.



## VEGETABLE STEW - Elder Wager

Cut up vegetables: potatoes, carrots, onion, (whatever)  
cover with beef broth (made with bouillon)

simmer on stove all day or cook in oven 1 hour at about 350 degrees

add thickening:

mix water and flour until about the consistency of glue - remove all  
lumps,

slowly add to stew while continuing to stir to avoid lumps

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FIESTA TACO CASSEROLE - Elder Wager

serves 6

2 cans spicy chili (or make own)

1 cup salsa

2 cups chips coarsely broken (close to tortilla chips as you can find)

1/2 cup smetana

4 sliced green onions

1 chopped tomato

1 cup grated cheese

shredded greens - sanitized



RUSSIAN HONEY TORTE - Sister Gashler

5 C flour

1 C sugar

1 C honey

1/2 C soft margarine

1/2 C chopped nuts

4 eggs

1 tbl. baking powder

3 tbl. vinegar

In large bowl, mix sugar, honey, butter, nuts & eggs. Add flour,
baking powder, and pour vinegar over. Fold all together. Let it sit for
up to 24 hours. Preheat oven to 190 C, bake in well greased and
floured pan til done, time varies. Cool then slice in half
horizontally and fill with cream, also top cake with it

Cream: 2 C grated nuts, 1 C milk, 1 C sugar, 1 C. margarine

In saucepan, boil milk and sugar for 2 minutes - beat in a little
margarine at a time. Sir in nuts.

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## PAVLOVA - Sister Gashler

Beat 3 egg whites and 1 & 1/4 cup sugar until stiff peaks form, add  
and beat after each ingredient: 3 tbl. water, 3 tabl. corn starch,  
dash slt, 1/2 tsp. vinegar

(dilute 1:10 if using Russian vinegar)

Prepare meringue by piling 8 inch circle on foil that is oiled and on a  
cookie sheet. Bake at 150 C. for 15 min. Turn off and leave overnight.

Top with whipped cream and fruit approx. 3 hrs. before serving.



## FROZEN BANANAS

4 bananas            2 small chocolate candy bars  
1 cup chopped nuts    Melt chocolate bars over low heat, stirring constantly. Peel bananas, and roll in melted chocolate. Roll in chopped nuts. Wrap in plastic wrap and put in freezer until frozen.

## WHITE CAKE - Elder Merrill's Mom

1 1/2 cups sugar            3/4 cup butter  
1 1/2 tsp. vanilla (one of those pkgs.)  
1 tsp. salt            2 eggs

Cream the above ingredients together. Add:

2 1/4 cups flour            3 tsp. baking powder  
1 cup milk    -Grease and flour a baking pan. Bake @ 176 C for 30 minutes more or less.

## CHOCOLATE SYRUP

5 tbs. cocoa    6 tbs. sugar    4 tbs. milk    100 g. butter  
Combine in a saucepan and boil 5 minutes, stirring constantly.

## CHOCOLATE REVEL BARS - Sister Magleby

1 cup margarine    2 cups sugar            2 eggs  
2 tsp. vanilla            2 1/2 cups flour            1 tsp. soda  
1 tsp. salt            3 cups oatmeal

Cream together margarine, sugar, eggs, and vanilla. Combine remainder of ingredients. Stir to sift, add to creamed mixture and set aside. Spread 2.3 of the batter in a greased pan. Cover with either the chocolate or caramel filling. Bake at 176 C for 20-25 minutes. Cut into squares when cool

Chocolate Filling 1 cup chocolate pieces,    1 can skushonka    1/2 tsp. salt,  
2 tbs. butter,    2 tsp. vanilla,    1 cup chopped nuts

Heat slowly, stirring until smooth. Pour on oatmeal mixture and bake.

## Caramel Filling

Boil an unopened can of skushonka for one hour to make caramel. Pour on oatmeal mixture and sprinkle with chocolate pieces and then bake.

## EASY SALSA - Sister Wold

1 lg. can tomatoes, crushed    1 tsp. sugar  
A few drops Russian vinegar    1/2-1 tsp. chili powder  
1 tsp. oregano or Italian Seasoning    1/2 cup chopped onion  
1 garlic clove or 1/4 stp. garlic powder

Adjust seasonings to taste. It never fails. Heat in a saucepan until well blended. Use as a salsa or picante sauce for everything!

## FRESH SALSA - Sister Nelson

5-6 cups finely chopped fresh tomatoes  
1-2 green peppers finely chopped  
1 large onion finely chopped  
1 clove garlic fine chopped or pressed  
2-3 cups cucumbers finely chopped  
1/2 tsp. salt and 1/4 tsp. pepper  
1/2 tsp. chili powder    1 tbs. lemon juice

Stir until will blended and fine. (If too chunky, the flavors will not blend properly). Store in refrigerator tightly covered. Stir before using. It may be necessary to pour off water as vegetables settle.

## ZUCCHINI ENCHILADAS - Sister Wold

2 1/2 cups prepared Salsa            1 can tomatoes, diced  
1 doz. tortilla shells, 4 cups shredded zucchini, 2 cups cheese  
Heat Salsa with the tomatoes. Dip tortillas in sauce to soften - about 10 seconds. Fill each tortilla with 1/3 cup shredded zucchini and 2 tbs. cheese. Roll tortilla loosely around filling. Arrange seam side down in a single layer in an ungreased shallow baking dish. Press together to fit. Cover with remaining sauce and sprinkle with cheese. Can cover and refrigerate. Bake at 176 C for 50 minutes if refrigerated - 30 minutes if warm. Heat until hot and bubbly. Serve with cooked mashed beans or rice and sour cream.



## FRESH TORTILLAS - Sister Nelson

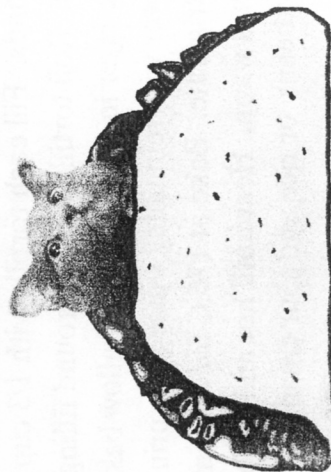
3 cups flour      1 ½ tbs. baking powder  
1 cup plus 2 tbs. water      ½ tsp. salt  
3 tbs. light oil

Mix flour, salt, and baking powder and stir with fork to sift. Blend in cooking oil. Add water and mix until absorbed. Cover and let stand 5-10 minutes. Divide into 10-12 balls. Roll out on a flat, floured surface. Cook in skillet until slightly browned. Turn and continue cooking. No oil is necessary. Can freeze for later use.

**To serve:** Top with cooked mashed beans (see Introduction), cheese seasoned browned hamburger (optional), finely chopped onions and green peppers, sour cream, and salsa. Roll up and eat.  
OR butter one side of tortilla and place in skillet with grated cheese chopped green onion and green pepper. Place another tortilla (buttered side up) on top. Brown in skillet until cheese has melted and cheese crisp holds together. Top with salsa and enjoy!

## OLE' - Sister Gashler

2 cups cooked, mashed lentils flavored with chili powder to taste  
1 kg cooked & drained hamburger, flavored with chili powder  
2 cups cooked rice, 1-2 cans chopped tomatoes w/peppers  
1 can corn - Mexican style if available, 2 cups shredded cheese - layer all & bake 30-45", 190 C  
serve with smetana



## POTATO SALAD

5-6 pre-boiled potatoes      2-3 pre-boiled eggs  
1/4 cup onion      1/2-1 cup mayonnaise or salad dressing  
1 tsp.-1 tbs. mustard      A little milk  
A little sugar

**Optional items:** Chopped tomatoes, cucumbers, red, green, or yellow peppers, dill pickles, cooked peas and carrots, or green onion. Skin and dice potatoes and eggs. Add onion, salt and pepper. Add any optional items. Combine mayonnaise, mustard, sugar, and milk. Pour over potatoes and other items. Refrigerate and serve cold.

## EASY CABBAGE SALAD

1/2 head cabbage, chopped      3 tbs. vinegar, diluted  
3 tbs. sugar      1/2 cup onion, chopped  
1 cucumber, chopped (and seeded)

Sprinkle vinegar and sugar over chopped cabbage. Refrigerate for 5-6 hours or overnight. Drain. Stir in onion and cucumber. Serve with salad dressing.

## QUICK COLE SLAW

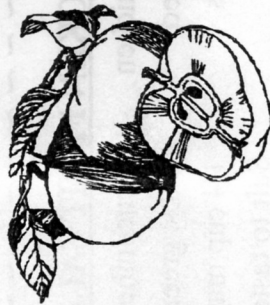
1/2 head cabbage, shredded      1 carrot, grated  
1 green onion, minced      1/4 cup mayonnaise  
2 tbs. sugar      2 tbs. milk  
2 tsp. vinegar (diluted)

Combine cabbage, carrot, and green onion. In a small bowl, stir together the mayonnaise, milk, sugar, and vinegar until well blended. Stir into cabbage mixture until vegetables are well coated. Chill and serve.



## APPLE SLAW

1/4 head cabbage, shredded    1 apple, cored and chopped  
1/4 cup mayonnaise    3 tsp. sugar  
2 tsp. lemon juice    1/2 tsp. salt, dash pepper  
In large bowl, mix mayonnaise, sugar, lemon juice, milk, salt, and pepper until creamy. Toss with cabbage and chill for several hours. Just before serving, toss in apples and fold until well distributed.



## NAVAJO FRY BREAD

2 cups flour    1/2 tsp. salt  
1 tsp. baking powder    1 cup milk  
Mix and knead. Roll out thin on floured surface. Cut into circles and fry in hot oil on both sides. Stack with taco toppings: meat (optional), onions, cheese, tomatoes, olives, beans I and salsa (see OR just eat with honey and jam like scones.



CAREFULLY!

## WHATEVER CASSEROLE (Choose from the following)

|               |   |          |   |                |
|---------------|---|----------|---|----------------|
| 2 Cups        | + | 4 Cups   | + | 2 Cups         |
| Diced chicken |   | Rice     |   | Corn           |
| Tuna fish     |   | Noodles  |   | Beans, peas    |
| Diced ham     |   | Potatoes |   | Sliced cabbage |
| Hamburger     |   | Macaroni |   | Diced carrots  |
| WHATEVER      |   | WHATEVER |   | WHATEVER       |

Mix all together with 2-4 cups White Sauce (or canned soups, tomato sauce or variations of White Sauce - You could also try dill weed, garlic, onion, red/green diced peppers, etc. sautéed in butter as part of the White Sauce. Put in a big casserole or cake pan or whatever and top with cheese. Bake 45 minutes at 176 C. Be creative. Sometimes top with mashed potatoes, bread crumbs or biscuits topped with cheese. But always taste first!

## SPAGHETTI Sauce

1/2 kg ground beef (optional)    1/2 cup onion, chopped    2 tbs. oil  
2 cloves garlic, minced    1 can tomatoes    1 cup tomato sauce  
3/4 tsp. oregano    1 tsp. salt    1 tbs. sugar  
1 bay leaf    1 cup water

Brown onion in oil (and hamburger if using) and drain. Add tomatoes, sauce, and seasonings. Cook for 15 minutes or more. Serve over hot spaghetti. Top with cheese.

## OVEN BARBECUE CHICKEN - Elder Burr

1 kg. chicken parts    2 tbs. Worcestershire Sauce  
1 tbs. vinegar (diluted)    1 tbs. barbecue sauce  
1 tsp. barbecue spice    1 tbs. sugar  
1/4 cup catsup or Russian tomato/apple sauce  
Cayenne pepper to taste

Place chicken parts in baking pan. Combine remaining ingredients and pour 1/2 the sauce over the chicken. Bake at 204 C for 1/2 hour. Pour on remaining sauce and bake another 1/2 hour. **Chicken Barbecue Sandwich:** Pre-boil chicken parts. Remove meat from bones. Discard skin, bones, etc. Combine chicken with above sauce recipe and let marinate for several hours. Serve on bread.

### HINT

Keep dry soup mixes on hand for flavoring nearly everything you cook.

GALLINA BLANCA and MAGGI are good brands in any flavors. Dilute them a little before using or sprinkle on dry. Use your imagination!

By the way, they also make very good soups. For example, add cooked, diced chicken, potatoes and onions to the

"POTATO CREAM & CHICKEN" soup mix that has been diluted in a liter or so of water or milk.

Sister Gashler

### GOLOBKI - Sister Gashler

1 head cabbage - remove core and scald in boiling water for 3-5" combine in bowl:

1/2 kg ground beef

2 eggs

1 chopped onion

Saute' onion in margarine

break cabbage leaves from head and fill with beef mixture, fasten with a toothpick, place in roasting pan, cover with diluted "Tomato Vegetable Beef" soup mix ( or other choice). Cover pan. Bake for 1 hour @ 180 C.

2 C. cooked rice

salt & pepper, (& garlic?)

2 tbl. margarine

### CABBAGE ORANGE SALAD

1/2 head of cabbage, chopped fine

1 orange, peeled and cut into pieces

2 tbs. orange juice (optional)

1 tbs. sugar

Mix all ingredients and let sit for 10 minutes before eating. Also good with chopped apple.

### CHICKEN FRUIT SALAD

1-2 cups pre-cooked chicken 1 cucumber, chopped

1 pear or apple, chopped 2 tbs. green onion, chopped

1 small bunch of grapes 1/4 cup mayonnaise

1 tbs. lemon juice Salt to taste

Cut chicken into bite-sized pieces. Combine mayonnaise and lemon juice. Mix all ingredients and let sit 10 minutes before serving. **Optional:** Can halve the grapes and remove seeds if desired. Slice almonds and pineapple chunks can also be added.

### MACARONI CARROT SALAD

3 cups macaroni, cooked until tender (10 min.) in boiling, salted water

3/4 cup mayonnaise 3 tbs. lemon juice

3 tbs. filtered water 1 tsp. salt & dash pepper

2 cups shredded carrots 1/2 cup raisins

Rinse cooked macaroni in cold filtered water. Blend mayonnaise, lemon juice, water, salt and pepper in bowl. Add macaroni, carrot and raisins. Toss, cover, and chill until ready to serve.



## BORSCH - Elder Sundberg

These measurements are approximate - since the cook doesn't usually measure

2 liters of water

3 cubes beef bouillon

A piece of meat cut into thin strips

5 potatoes cut in small cubes

1/2 kg. of shredded cabbage

Combine above ingredients in large pot and boil until the vegetables are soft. In a skillet, combine the following ingredients and cook until it all turns red. Dump into the pot:

2 tbs. butter

3 onions, diced

2 carrots, diced

4 beets, diced or grated

Tomatoes, cut up

Add: diced garlic, parsley, 2 bay leaves, 1 tsp. salt and 1 tsp. pepper (or to taste). Add water if it looks like it needs it. Boil for about 45 minutes and it is ready to serve. Serve with a dollop of sour cream or mayonnaise in each bowl.

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BEET SALAD

1 large beet

1/4 cup walnuts, chopped fine

Mayonnaise

Cook beet in boiling water for about 1 hour until soft. Remove skins and root after cooking. Cool. Grate beet or chop fine. Add walnuts and enough mayonnaise to moisten. Serve cold.

FIREBALL PELMENI - Elder Chapple

15 - 20 pieces of Pelmeni (purchased)

2 - 3 big green peppers

2 cups rice

Jalepeno peppers & Red Peppers diced

Soy Sauce

Seasonings as desired: cayenne pepper, black pepper, etc.

Cook rice. Four cups water and 2 cups rice will feed two hungry Elders. Slice green peppers and set aside. Slice each pelmini into approx. 8 pieces. Fry in oil until golden brown. Add green peppers and sauté a bit longer. Place on rice. Add jalepeno peppers and other spices as desired.

Note: For extra spicy pelmeni, soak small pelmeni slices in jalepeno pepper juice for 1 hour before cooking.

SUKIYAKI - Elder Lowe

1/2 kg. beef, sliced in thin pieces

2 cups water

2 tbs. sugar

3-4 tbs. soy sauce

2 bunches green onions, diced

1-2 cups mushrooms, chopped

Cooked rice

Cook rice. For 2 hungry Elders, use 4 cups water and 2 cups rice. Cut meat in thin slices and fry. Cook until well done. Keep meat in pan and pour in water. Add sugar and soy sauce and mix well. Add onions and mushrooms and simmer for 10 minutes. Serve over rice.

BORSCHT AND SHEE SOUP - Elder Adam Cook

Boil in a large pot: (with enough water to cover)

1 chicken leg and thigh

2 beef, pork or chicken bouillon cubes

1/2 head cabbage - amount optional

4-5 peeled potatoes, so soup is not "empty"

Fry Together:

2 big onions

1 grated carrot

1 med. beet (only if making borscht)

At this time add some ketchup or tomato sauce to the onion, carrot and beets that were fried - take potatoes out of soup and mash together with the fried stuff - put back in soup pot

Dill - fresh or dried, amount optional

boil for 5-10 minutes more and serve

MEATLESS SOUP - Sister Bailey

Boil, chopped:

carrots	cabbage	onions
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potatoes **bell pepper** **etc.**

add: chicken or beef bouillon cubes

season salt onion salt

garlic salt
pepper
- tomato sauce optional



HASH BROWNS

Pre-boiled potatoes, skinned **2-3 tbs. butter or oil**

Salt and pepper

Melt butter in skillet. Grate pre-boiled potatoes into hot pan. Salt and pepper to taste. Turn often as potatoes brown. Serve with eggs, and toast. Add slices of ham or bacon and chopped green onions for variety.

POTATO PANCAKES

3 cups grated potatoes

2 eggs, well beaten

1 1/2 tbs. flour

1/3 tsp. baking powder

1 tsp. baking soda

1 tsp. salt

Thoroughly drain grated potatoes. Add eggs and mix lightly. Stir in remaining ingredients. Drop from teaspoon into hot, well greased skillet. Flatten batter with spoon. Brown on both sides. Serve hot with toppings of your choice.

PAN of POTATOES

Pre-boiled potatoes, skinned and sliced

Butter or oil

Grated cheese

Finely chopped onion

Salt and pepper

Melt butter in skillet. Add sliced potatoes, chopped onion, salt and pepper to taste. Brown. Melt cheese on top. Serve with salsa, or tomatoes/cucumbers.

CREAM OF VEGETABLE SOUP

- 1 1/2 tbs. butter
- 1 1/2 tbs. flour
- 1/2 tsp. salt & pepper
- 3 cups milk
- 1 cup cooked vegetables
- 2 slices of onion
- 1/2 cup grated cheese

Make a white sauce of the butter, flour, seasonings, and milk. (Melt butter in saucepan. Sauté onion. Add flour and seasonings. Stir until smooth. Add milk, stirring constantly over medium heat. Cook until thickened). Add cooked vegetables and serve with grated cheese on top.

CREAM OF CHICKEN SOUP

Prepare basic Cream of Vegetable Soup above. Add:

- 2 cups cooked diced chicken
- 1 chicken bouillon cube
- 1 cup hot water for bouillon
- Cooked noodles OR
- Cooked rice OR
- Cooked potatoes, diced

POTATO-CHEESE SOUP - Sister Nelson

- 1/2 cup chopped onion
- 1/4 cup butter or margarine
- 1/4 cup flour
- 1/2 tsp. paprika
- 4 cups milk, heated
- 4 cups chicken bouillon,
- 1 1/2 tbs. cornstarch (or increase flour to 1/3 cup)
- pre-boiled, mashed carrots, potatoes - 1 cup each
- 1 cup shredded cheese
- 1/4 cup chopped parsley

Sauté onion in melted butter until transparent - not brown. Add mixture of flour, cornstarch (or flour), paprika, salt, pepper, and heated milk and bouillon. Cook 10 minutes stirring constantly until thickened. Add carrots and potatoes. Stir and heat. Pour into bowls. Garnish with cheese and parsley.



BAKED FRENCH FRIED POTATOES - Sister DuPaix

4 medium potatoes, peeled (can be left unpeeled), cut into French-fry strips about 1/2" thick
2 T oil

Seasonings:

- Garlic powder or garlic pepper
- 8 dashes cayenne pepper
- 1/2 - 1 t Chili powder or Mexican seasoning

Combine seasonings and oil. Place in plastic bag. Add potatoes and shake until potatoes are coated. Place on cookie sheet. Bake at 450 for 15-20 minutes until brown. Turn potatoes every 5 minutes
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## YUMMY POTATOES - Elder Wager

scrub and boil 12 medium potatoes, then peel and grate  
melt 1/2 cup margarine  
mix in 1 cup smetana  
2 cups thick white sauce made with chicken bouillon  
3 cups grated cheese  
1/2 cup chopped onion - optional

stir all together and bake for 30-45 minutes



## SPANISH RICE - Sister Bailey

Fry several strips bacon and set aside

In bacon grease, fry 1 chopped onion until brown

add 1 C grated carrot, 1 can corn, 1 can tomato sauce

dash of cayenne pepper or chili powder

dash garlic

dash salt

add 2 C cooked rice and crumbled, cooked bacon

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RICE PILAF - Sister DuPaix

(Lion House Cookbook-made in Russia)

2 T butter-melt in pan

1 cup uncooked rice

½ cup minced onion add and cook until slightly brown

1.3 cup minced celery

2 cups hot chicken broth, cover and simmer on low heat

till rice is tender

2 T chopped parsley, ¼ cup slivered almonds - add before serving

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## MISSIONARY BEANS - Sister Bailey

3 C dry beans - washed

cover with water to 2/3 above the beans - don't add more water

simmer, low heat, for about 4 hours - till soft

add:

1/2 C catsup

salt and pepper

1/4 C brown sugar if you can find it

or just add:

salt, pepper and chili powder



## TOMATO SOUP - Sister Wold

2 tbs. oil or butter

4 garlic cloves, chopped

2 tbs. paprika (if you have it)

1 1/2 Kg. tomatoes, mashed

OR 3 lg. cans tomatoes

8 cups water

1 veg. bouillon cube

3 tbs. tomato paste

Pinch of cayenne pepper

Salt and pepper to taste

1 tsp. lemon juice

1-2 tsp. herbs: basil, parsley, marjoram, thyme, and/or dill

Sauté garlic in the butter for 2 minutes. Add paprika and sauté another minute. Stir in the crushed tomatoes, water, bouillon, and tomato paste. Bring to a simmer and simmer 10 to 15 minutes. The longer it simmers, the thicker the soup. Remove from heat and add cayenne, lemon juice, salt and pepper to taste. Chill if desired OR serve hot. Add herb seasonings just before serving. Serve with smetana



Pizza Hut Sauce For Breadsticks and/or Pizza

Decrease the water in above recipe to 2 cups and simmer till thick

## CREAM OF TOMATO SOUP - Sister Nelson

2 cups tomato juice

1 can tomatoes (crushed)

2 slices of onion

2 whole cloves (optional)

1/2 tsp. salt

2 cups milk

4 tbs. butter

PINCH of SODA

Heat tomatoes and juice. Add salt, onion and cloves. In a separate pan, add butter to milk and heat (do not boil). When ready to serve, add soda to the hot tomato mixture and then GRADUALLY add hot tomato mixture to the hot milk. Serve at once. (If you don't follow the chemical process of this exactly, you will end up with curdled milk because of acid in the tomatoes).



## MACARONI & CHEESE - Sister DuPaix

(original recipe)

3 cups cooked macaroni (1 1/2 cups uncooked)  
3 cups grated cheddar cheese (medium to sharp is best)  
1 t grated onion  
1 can evaporated milk (about)  
salt and pepper to taste  
2 - 4 T Parmesan cheese  
Crushed seasoned croutons or crackers

Mix macaroni, cheese (save 1 cup for top) onion, milk, salt and pepper in a casserole dish. Top with cheddar and Parmesan cheeses and croutons or crackers. Bake at 350 for 45 minutes

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POTATO SOUP - Sister DuPaix

2 cans chicken broth
1 cube bullion, dissolved in 1 cup hot water
2 huge baking potatoes = 4 cups sliced potatoes
1/2 cup finely chopped celery-tops and stalk
4 T dried minced onion
1 t dried dill weed
1/2 t salt

Mix first 6 ingredients and cook until potatoes are soft. Beat with electric mixer. Add cooked finely chopped carrots and broccoli flowers.

Make a white sauce with 4 T flour, 2 T butter, 2 C milk. Cook until thickened and add to the above ingredients. Add water to thin if necessary.

AWESOME BROCOLLI-CHEESE CASSEROLE

Ingredients:

Cream of Mushroom dry soup mix + 1 & 1/2 C. water
1 cup mayonnaise 2 eggs, beaten
1/2 cup finely chopped onion (optional)
about 4 cups chopped broccoli (fresh or frozen)
2 cups cheddar cheese salt and pepper

Preheat oven to 175 degrees C. Butter a 9X13 inch baking dish. In a mixing bowl, whisk together soup, mayonnaise, beaten egg, and, if desired, chopped onion. Break up the frozen broccoli., (if using fresh broccoli, break into pieces, boil till almost tender and drain very well add broccoli and cheese to soup mixture. Mix well.

Pour mixture into baking dish. Season to taste with salt & pepper, Bake at 175 degrees C for 45 minutes to 1 hour. Top with bread or cracker crumbs the last 15" if desired. Serves 6-8

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## HAPPY COMPANION SOUP - Sister Connie Gashler

melt 1 cup margarine, add 1 cup flour - makes thick paste,  
add 2 tbl chicken bouillon, salt and pepper, pour in 2 L. milk -  
mix well. Boil, stirring CONSTANTLY, till thickened  
add 2 cans white beans, and 1 can corn  
add 2 cups previously boiled cabbage and onion  
add canned mushrooms if you like 'em!  
(this recipe is dedicated to Sister Abbott)

## BUBBLES and SQUEAKS

½ head cabbage, shredded or cut up  
4 - 6 potatoes, sliced  
1 medium onion, chopped  
2 long links sausage diced or ham, etc.  
1 cup white sauce (see Introduction)  
Salt and pepper to taste  
Grated cheese

In a baking dish or pan, layer the potatoes, onions, cabbage, and sausage. Make several layers. Salt and pepper. Pour white sauce over the top and sprinkle cheese on top. Bake 1 hour at 205 C (a bit hotter than medium).

## SWEET AND SOUR SAUCE - Elder Z. Williams

with Vegetables and Meat

Prepare vegetables - any or all: onions, carrots, peppers, cabbage, peeled and sliced. Carrots and cabbage can be partially cooked in boiling water if desired. Fry vegetables in oil, stirring often until tender. Add meat such as salami or pre-boiled chicken. Pour sauce over the vegetables and meat. Serve over rice or pasta.

Sweet and Sour Sauce - 1 1/2 cups water    2 tbs. catsup  
2 tbs. soy sauce    1/2 cup sugar    1/2 cup vinegar (diluted)  
Heat and bring to a boil, stirring often. Then stir in a paste made with 2 tbs. flour and enough water to make a thin paste. Cook and stir sauce until slightly thickened.



## TUNA CASSEROLE

### Ingredients:

8 ounces cooked noodles  
1 can tuna  
cream of mushroom soup (made from dry soup mix or make white sauce)  
2/3 cup milk  
1 cup crackers, crushed into crumbs - or use potato chips  
1 cup canned peas, drained

### Directions:

Mix tuna, peas and noodles together and layer in greased casserole dish.

Combine cream of mushroom soup and milk and pour over tuna and noodles mixture.

Top with crushed cracker crumbs. Bake at 175 Centigrade for about

30 minutes. Makes 4 servings.

