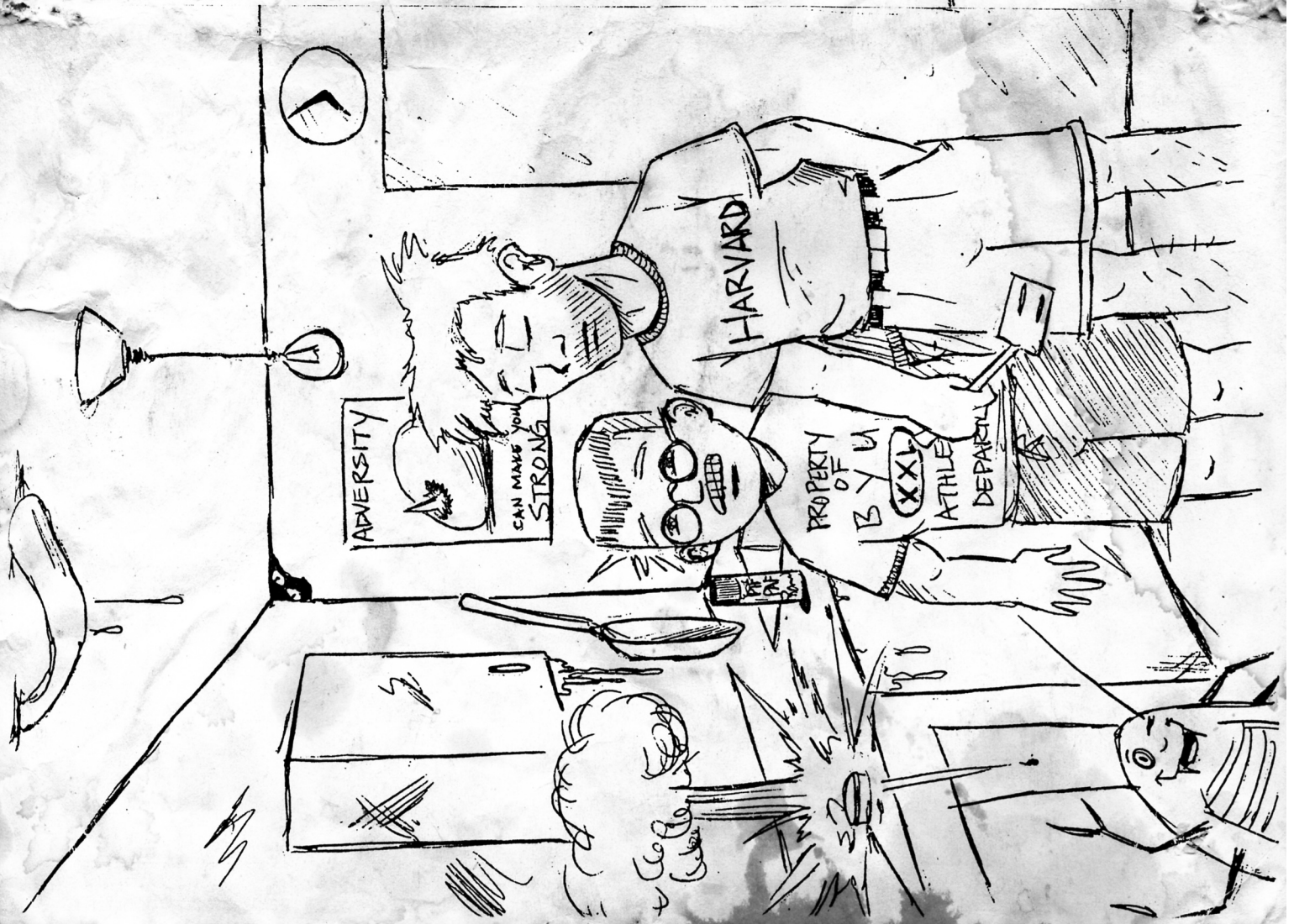


Sis. Nelson's Cookbook

BEIER



Russia Samara Mission
September 1995





COOKBOOK

Russia Samara Mission

ENJOY!

HINTS:

Like anything in life, thinking ahead and preparation save many hours in cooking. "What's to eat?" can take less time and be more appetizing if you plan ahead. Make your life easier and more enjoyable!

The BLUE PLANNER? Here are some brief planning hints:

1. Count how many meals per week you are to prepare.
2. Decide what you want to eat for each meal.
3. List groceries you will need to buy for your planned meals.
4. Those things you eat over and over - buy several at once.
5. Save time by preparing for two meals at once - sometimes "Repeat" or "Review" meals are best.
6. Cover everything in or out of the fridge.
7. Don't buy what you won't cook.

This booklet is organized into sections by kinds of foods as well as basic cooking suggestions, I think. Included are recipes which call for ingredients that are readily available. Also included are messages from "Life's Little Instruction Book" and some trivia. Originally, the book had 50 plus pages and was getting out of control - these are just "helps". I know some of you are excellent cooks and some cook spaghetti or kasha and some don't cook at all. Maybe this book will encourage you all to enjoy the "bounties".

A "thank you, thank you, thank you" to Elder Harker for the art work on the covers.

If you have questions or suggestions for a second edition, let me know.

MEASUREMENTS:

2.2 pounds = 1 kilo
 3 t. (teaspoon) = 1 tb (tablespoon)
 8 tb = 1/2 cup
 16 tb = 1 cup
 1 cup = 1/2 pt (pint)
 1.06 qt = 1 lt
 0.26 gal = 1 lt

2 cups = 1 pt
 4 cups = 1 qt (quart)
 4 qts = 1 gal (gallon)
 16 oz (ounces) = 1 lb (pound)
 2.1 pts = 1 lt (liter)
 When you know the Fahrenheit
 MULTIPLY by 5/9 (after
 subtracting 32) to find Celsius

"BE THE FIRST TO SAY 'HELLO'"

"COMPLIMENT THREE PEOPLE EVERY DAY"

BASIC

White Sauces

Thin	Medium	Thick
1 c. milk	1 c. milk	1 c. milk
1 tb. flour	2 tb. flour	3-4 tb. flour
1 tb. fat	2 tb. fat	2 tb. fat
1/4 t. salt	1/4 t. salt	1/4 t. salt
spk. pepper	spk. pepper	spk. pepper

Fat may be butter, meat drippings or oil.

1/2 as much cornstarch may be substituted for flour.

The liquid may be cream, milk, water or stock (bouillon)

The seasonings may be combinations of celery salt, onion salt, mustard, cloves, bay leaf, sugar, flavoring extracts, grated cheese, etc.)

Method of Making Sauces

Choose your own. I like #1 because I am used to it.

1. Melt fat in a sauce pan. Add flour, salt and pepper. Stir until smooth. Remove from heat while adding hot liquids. Stir constantly, cooking until mixture thickens. Boil 2 minutes. DO NOT SCORCH or BURN. (Note: If you add cold liquid instead of hot it just takes longer. Remember that sauces and gravies thicken as they cool.)
2. Cream fat with flour, salt, and pepper. Add hot liquid very slowly. Cook, stirring constantly. Boil 2 minutes.
3. Mix flour, salt and pepper in a smooth paste with a little cold liquid. Blend with hot liquid. Boil 2 minutes. Add fat as sauce is removed from heat.
4. Brown sauce is made by letting the flour brown in the fat very slowly before adding the liquid.
5. Corn starch is available, крахмал - it is easier than flour - no lumps.

ENCHILADA SAUCE

- 4 cups tomato juice
- 1 - 2 small cans tomato paste if available
- 1 tb. apple juice or 1/2 t. sugar
- 1 t. oregano
- 1 t. cumin
- 1 tb. cornstarch*
- 1 t. chili powder
- 1 t. paprika
- 1 t. basil

Begin heating tomato juice. Add paste and sweetener. Stir. Make cornstarch paste by mixing cornstarch with COLD water until smooth. (*flour may be substituted for cornstarch but increase amount by double) Add cornstarch paste and stir constantly until thickened. Add spices and let simmer for about 3 minutes. Makes about a quart of sauce. Stores well in refrigerator.

FRESH SALSA

- 5 - 6 cups finely chopped fresh tomatoes
- 1 - 2 green peppers finely chopped
- 1 large onion finely chopped
- 1 clove garlic finely chopped
- 2 - 3 cups cucumbers finely chopped
- 1/2 t. salt
- 1/4 t. pepper
- 1/2 t. chili powder
- 1 tb. lemon juice

Stir until well blended and fine. (If too chunky the flavors will not blend as well.) Stores well in refrigerator tightly covered. Stir before using. It may be necessary to pour off water as vegetables settle. Is better next day.

BASIC SALAD DRESSING FOR COLD SALADS

1/2 - 1 cup mayonnaise or salad dressing

1 t. - 1 lb. prepared mustard

2 tb. - 1/4 cup dill pickle juice

Blend together until smooth. Taste for flavor. Add salt, pepper, sugar, parsley as desired. Pour over salad let marinate in refrigerator.

FRENCH DRESSING - FRY SAUCE

1 cup catsup

2 cups light oil

1 cup vinegar (regular - if Russian vinegar is used - DILUTE)

1 t salt

1 lb. garlic salt or finely chopped garlic cloves (2)

2 t. dry mustard (powdered)

2 scant cups sugar

Mix well by shaking in a tightly covered jar. Store in refrigerator.

Stir well before using. Makes approximately 1 quart.

POTATOES

Sister Ahuna, a marvelous Hawaiian cook, gave me this hint years ago and it really works! In the evening boil several potatoes, carrots and eggs (not in the same pot!) and let cool overnight. Refrigerate. Now you are prepared for many good and fast meals - like the following:

POT of POTATOES

Skin pre-boiled potatoes

Add grated cheese

Melt butter in skillet

Add finely chopped onion

Slice boiled potatoes

Add salt and pepper

Stir while potatoes are browning. Good with salsa or tomatoes/cucumbers. Serve with Texas Toast.

POTATO CASSEROLE

5 - 6 large potatoes - pre-boiled

3 tb. butter or margarine

1 cup milk

1 cup chicken bouillon

3 tb. finely chopped green onions

1 cup grated cheese

1 cup dried bread crumbs mixed with melted butter

2 tb. melted butter or margarine

1/2 cup grated cheese

Skin pre-boiled potatoes and grate or dice. Place in baking pan and pour melted butter (3 tb.) over top. Mix together in one bowl milk, onions, bouillon, cheese. Pour evenly over potatoes. DO NOT MIX. Cover top with buttered bread crumbs and sprinkle with grated cheese. Bake 30 minutes at 325 F. Makes 8 to 10 servings. Good reheated next day by adding small amount of milk or cheese.

HASH BROWNS

Pre-boiled potatoes, skinned

Salt

2 - 3 tb. butter or oil

Pepper

Place butter or oil in skillet. Grate pre-boiled potatoes into hot pan. Salt and pepper to taste. Turn often as potatoes brown. Serve with eggs, toast and jam. Add slices of ham or bacon and green onions for variety. Another idea - make space in center of potatoes. Add slightly beaten egg(s). Cook and turn.

PEANUT BUTTER BARS

1 1/2 cups soft butter

1 1/2 cups sugar

1 egg

3/4 t soda

1 1/2 cups flour

1/2 t vanilla

Chocolate frosting

Cream butter and sugar. Add egg, vanilla and 1/3 cup peanut butter. Sift dry ingredients. Add to dry mixture. Pat onto baking sheet and bake for 10 minutes at 350 degrees F. Cool. Spread with peanut butter as for a sandwich. Cool and frost with chocolate frosting.

LEMON SQUARES

Cookie: (Scottish Shortbread)

1 cup flour

1/2 cup butter

1/2 cup powdered sugar

Blend - press into pan. Bake 20 minutes.

Topping: (Like Lemon pie)

2 eggs

1/2 t baking powder

1 cup sugar

2 tb. lemon juice

1/4 t salt

Beat well until frothy. Pour over cooked cookie. Return to oven and bake at 350 degrees F. for an additional 20 minutes. Cut while hot.

QUICK GRANOLA BARS

1 box müsli

1/4 cup butter

1/2 cup honey

Optional items:

coconut, raisins, chocolate chips, nuts, marshmallows, seeds.

Melt butter in a baking pan. Pour honey onto melted butter and stir.

Pour in remaining ingredients and stir to coat with butter/honey mixture.

Bake for 4 - 7 minutes until desired brown/crispness. Cut and remove from pan before hardening.

FRESH TORTILLAS

(W-a-y out of place)

3 cups flour

1 1/2 tb. baking powder

1 cup plus 2 tb. water

1/2 t salt

3 tb. light oil

Mix flour, salt and baking powder and stir with a 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 flat, floured surface. Cook in skillet until slightly browned. Turn and continue cooking. Top with refried beans, cheese, fresh salsa or dip in fresh enchilada sauce, sprinkle with grated cheese, onions, more sauce and repeat until there are three tortillas stacked in sauce, cheese and onions. Top with fresh salsa - or - butter one side of tortilla and place in skillet with grated cheese, onion and green pepper. Place another tortilla (battered side up) on top. Brown in skillet until cheese has melted and "cheese crisp" holds together. Top with salsa and enjoy!

I LOVE YOU!!!

WEINER BOATS

Pre-boiled potatoes, skinned
Cheese
Pepper
Milk
Weiners
Salt
Chili Powder
Butter

Dice pre-boiled potatoes and mash. Gradually add milk to potatoes to make smooth. Add salt, pepper and butter to mashed potatoes. Cut each weiner lengthwise but not in half. Stuff mashed potatoes into weiner and top with grated cheese. Place in oven for 10 to 15 minutes or under the broiler for 5 minutes.

POTATO - TUNA PATTIES WITH SAUCE

1 can tuna fish, drained
2 - 4 pre-boiled potatoes, skinned
Green onions, finely chopped
4 - 6 eggs, beaten
Salt
Pepper
White Sauce w/Cheese

Coarsely grate pre-boiled potatoes as for hash browns. Add chopped green onions, salt, pepper and beaten eggs. Mix until combined. With hands make patties and place in hot skillet with melted butter. Fry until lightly browned, turn and fry until browned. Be certain patties are not too thick allowing centers to cook evenly. Serve with medium white sauce in which grated cheese has been added. Save leftovers. These are good the next day with white-cheese sauce.

POTATO SOUP

2 cups pre-boiled potatoes, mashed
4 cups milk, scalded
2 slices of onion
4 tb. butter
2 tb. flour
1 t. salt
1 t. chopped parsley
1 t. celery salt (optional)

Add onion to milk. Make white sauce of the milk, butter, flour and seasonings. Remove onion (I don't because I like chunky soup) and add mashed potatoes. Beat to make smooth.

POTATO-CHEESE SOUP

1/2 cup chopped onions
1/4 cup butter or margarine
1/4 cup flour
1 1/2 tb. cornstarch
1/2 t. paprika
4 cups milk, heated
4 cups chicken bouillon, heated
1 cup pre-boiled, mashed carrots
1 cup pre-boiled, mashed potatoes
1 cup shredded cheese
1/4 cup chopped parsley/chives

Saute' onion in melted butter until transparent but not brown. Add mixture of flour, cornstarch (if cornstarch not available increase flour to 1/3 cup), paprika, salt and pepper. Cool 10 minutes stirring constantly until thickened. Add carrots and potatoes to heated milk and bouillon or chicken stock. Stir and heat. Add cheese into soup after dished in soup bowls and garnish with chopped parsley. Refrigerate leftovers for tomorrow!

POTATO SALAD

5 - 6 pre-boiled potatoes
2 - 3 pre-boiled eggs
1 small onion
3 - 4 green onions
Basic salad dressing
Salt - Pepper
Skin and dice pre-boiled potatoes and eggs. Add chopped onions, green and white. Add salt and pepper to taste. Optional items also mix well

YOUR MIND CAN ONLY HOLD ONE THOUGHT AT A TIME> MAKE IT A POSITIVE AND CONSTRUCTIVE ONE.

OATMEAL CAKE

1 1/4 cups boiling water
1 cup oatmeal
2 cups sugar
1/2 cup butter
1 t. soda
2 eggs
1 1/4 cups flour
1 t. baking powder
1/2 t. salt
1/2 t. cinnamon

Mix these two ingredients together and set aside for 20 minutes. While waiting add the following:

1/2 cup chopped nuts, walnuts or peanuts
Stir until blended. Bake 350 degrees F. in large dripper pan for 35 - 40 minutes. Let set for 10 minutes. Spread glaze on top - place under the broiler for a few seconds watching carefully until golden brown.

Glaze: 1 cup sugar
6 tb. canned milk
1/2 cup nuts
1 cup coconut
6 tb. butter

Cook in saucepan to boiling. Stir to thicken and dissolve sugar. Cool slightly. Spread on top of cooked cake. Place under the broiler as indicated above.

APPLE DESSERT CAKE

Dice and peel 2 cups apples. Add 1 egg - stir together. Add 1/3 cup oil, 3/4 cup sugar, 1 t. vanilla. Sift together and add 1 cup flour, 1 t. soda, 1/2 t. salt, 1 t. cinnamon. Add 1/2 cup nuts and or 3/4 cup raisins. Bake in greased 8X8 pan at 350 degrees F. for 40 minutes.

COOKIES

Basic

This is a basic cookie dough. Use your imagination with what to add. I always double or sometimes triple the recipe.

2/3 cup butter
1 cup sugar
1/2 t. salt
1 1/2 cups flour
1/2 t. soda
1 egg
1 t. vanilla

Heat oven to 375 degrees F. Mix butter, sugar, egg, vanilla thoroughly. Measure flour and add dry ingredients - stir to sift. Blend dry into wet ingredients. Add chocolate chips, nuts, raisins, 1 cup oatmeal, coconut, butterscotch, M&M, Rees Pieces, etc. Bake until browned. Cool slightly before removing from baking sheet.

SOFT SUGAR COOKIES

2 cups sugar
1 cup butter
Cream the above together
3 eggs
Add eggs and vanilla and mix well.
1 cup milk
3 t. baking powder
1 t. salt
7 cups flour

Sifter together dry ingredients. Add 2 cups flour at a time alternately with the milk to the egg/sugar mixture. Bake 350 degrees F for 10/12 minutes.

BECOME SOMEONE'S HERO

PLAIN PASTRY

1 1/2 cups flour
4 tb. ice water
6 - 8 tb. shortening
1/2 t salt
Have ingredients room and hands cool in making pastry. Handle mixture quickly and lightly. Sift flour with salt, twice. Chop in fat with knives, fingers or fork until mixture is very coarse and granular in appearance. Work in enough water to make little balls of dough just holding together. The dough should be as stiff as possible.

BE ALERT FOR OPPORTUNITIES TO SHOW PRAISE AND APPRECIATION

QUESTION YOUR GOALS BY ASKING, "WILL THIS
HELP ME BECOME MY VERY BEST?"

OIL PASTRY CRUST

8 - 9 Inch One Crust:
1 cup plus 2 tb. flour
1/3 cup oil (light oil)
1/2 t salt
2 - 3 tb. cold water
Mix as indicated below.
10-inch One Crust or 8 - 9 Inch Double Crust:
1 3/4 cups flour
1/2 cup oil
1 t salt
3 - 4 tb. cold water
Mix as directed below.
10-Inch Double Crust:
2 2/3 cups flour
3/4 cup oil
1 1/2 t salt
4 - 5 tb. cold water

Measure flour and salt into bowl. Add oil; mix until particles are size of small peas. Sprinkle in water, 1 tablespoon at a time, mixing until flour is moistened and dough almost cleans side of bowl. If dough seems dry, 1 - 2 tablespoons of oil can be added. DO NOT add more water than recipe calls for. Gather dough and press firmly into a ball. Make a flattened round and place between 2 pieces of waxed paper (1 use an opened plastic packet to flatten and cut in half) to roll out. Wipe the table with damp cloth to keep paper (packet) from slipping. Roll out, peel off top of paper (packet), place in pan, remove second paper. Trim and bake 12 - 15 minutes at 450.

CAKES

CHOCOLATE CAKE

1 3/4 cups sugar
2/3 cup butter/shortening
2 eggs
1 t vanilla
2 11/2 cups sifted flour
1 1/2 t baking soda
1/2 t salt
1 cup buttermilk/sour milk
1/2 cup cocoa
1/2 cup boiling water
Preheat oven to 350 degrees F. Grease and flour cake pan. Cream sugar and shortening together until light and fluffy. Add eggs, one at a time, beating well after each addition. Add vanilla. Sift together flour, soda, salt and add alternately with buttermilk - always start and end with flour mixture. (Sour milk made with regular milk and add few drops of vinegar until clabber forms). Make smooth paste of cocoa and boiling water, cool slightly and add. Blend well. Pour into prepared pan and bake about 30 - 35 minutes or until done.

with potato salad: Chopped fresh tomatoes, cucumbers. Red, green and yellow peppers. Dill pickles. Cooked peas and carrots. Grated cheese. Be creative! Garnish with parsley chopped chives.

POTATO SHEPHERD PIE

1 pound ground beef
3 - 4 medium to large carrots
1 clove garlic, minced
Butter - bread crumbs
1 large onion, chopped
2 - 3 cups mashed potatoes
Salt - Pepper to taste
Cheese, grated (optional)
Brown ground beef with chopped onions and garlic. Drain and place in baking dish or skillet. Add layer of grated or shredded raw carrots and cover meat mixture. On top of carrots spread mashed potatoes until covered. Add grated cheese if desired. Garnish with bread crumbs and dots of butter. Place in oven for baking at 350 F degrees for about 20 - 30 minutes. Good with chili sauce, hot tomato sauce or no sauce at all.

DEERFOOT POTATOES

Wash and peel potatoes of uniform size. Make two holes through the potato by using an apple corer or paring knife. Fill cavities with ground meat pre-seasoned with garlic, onion, salt, pepper. Bake in a pan at 400 degrees F until soft.

CHEESE POTATO PUFFS

2 cups hot mashed potatoes
2/3 cup grated cheese
2 egg yolks
1/4 t. salt
spk. paprika
1/2 t. chopped parsley
Mix egg yolks, potatoes, cheese, salt, paprika, and parsley. Place by spoonfuls on greased pan and bake at 400 degrees F until golden brown.

BUTTERED VEGETABLES

4 cups cooked vegetables
2 - 3 tb. melted butter
Cook vegetables until tender, drain. (I save liquid for soup) Add butter.

CREAMED VEGETABLES

4 cups cooked vegetables
2 cups milk
4 tb. butter
2 tb. flour
1/2 t. salt
spk. pepper
Make white sauce of milk, flour, butter and seasonings. Cook 15 minutes. Pour over cooked vegetables. Reheat.

AU GRATIN VEGETABLE

4 cups cooked vegetables
2 cups milk
4 tb. flour
1 cup cheese, grated
4 tb. butter
1/2 t. salt
pepper
Make a white sauce of milk, butter, flour and seasonings, add cheese. Arrange a layer of diced vegetables on bottom of buttered baking pan. Cover with sauce. Repeat. Sprinkle top with grated cheese. Bake until brown and juice boils around sides. Cabbage, turnips, potatoes and string beans may be cooked this way. Note: If COOKED potatoes are used, reduce flour to 3 tb.

SCALLOPED VEGETABLES

A scalloped vegetable is prepared by placing buttered bread crumbs on top of creamed vegetables. Brown in oven. Add 1 lb. butter to each cup of crumbs. Parsnips, cabbage, tomatoes (canned), potatoes, corn are very good scalloped.

BAKED ONIONS WITH CHEESE AND TOMATOES

4 large or 8 small onions
1 can tomatoes
Butter
Cheese, grated
Salt - Pepper
Bread crumbs

Peel onions. Add to rapidly boiling, salted water. Parboil 15 minutes. Drain and place in buttered baking dish. Cover with canned tomatoes and sprinkle generously with grated cheese and buttered bread crumbs. Season with salt and pepper. Bake at 350 degrees F for about 20 - 30 min.

BREADED CARROTS

Cool whole, cooked carrots. Cut in half. Dip in beaten egg diluted with a little water then roll in dry, ground bread crumbs, coating thoroughly. Let stand for 15 minutes and then saute in a little butter until browned. This method works well for potatoes, zucchini, fresh tomatoes - green or red.

BASIC

SPICED TOMATO SOUP

1 can (46 ounces) tomato juice
1 lb. sugar
1 lb. chicken soup base or bouillon
3 cups water

2 lb. taco seasoning or to taste (if you are lucky enough to have it!) Chili powder could replace the taco seasoning but use to taste. Combine ingredients and bring to a boil. Taste to correct seasoning. Serve hot or cold. Makes 8 - 10 servings - not enough. This is good with grilled cheese sandwiches. I love it!!

BE ALERT FOR OPPORTUNITIES TO SHOW PRAISE AND APPRECIATION

CREAM OF TOMATO SOUP

2 cups tomato juice and pulp
2 slices onion
2 cloves (optional)
1/2 t. salt
2 cups milk
4 lb. butter

PINCH SODA (an important ingredient)
Add salt, onion and cloves to tomatoes. Heat. In separate pan, add butter to milk and heat. When ready to serve, add soda to the hot tomato and then GRADUALLY add hot tomato mixture to 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. It is a delicious soup if you like tomato soup. I usually add a can of whole tomatoes in place of the pulp.)

DON'T TAKE GOOD HEALTH FOR GRANTED

BROWN BETTY

4 cups soft bread crumbs
1/2 cup water plus
1/2 cup sugar
4 cups sliced apples (raw)
1/2 t lemon rind, grated
3 tb. lemon juice
1/2 t cinnamon or nutmeg

Put crumbs, moistened with butter in greased baking dish. Cover with layer of apples. Add part of sugar, lemon juice, rind and spice. Repeat. Have top layer of crumbs. Sprinkle with water to moisten. Cover and bake 45 minutes at 350 degrees F. Uncover last fifteen minutes to brown

RICE CUSTARD PUDDING

(Where does this belong - rice, pudding, custard?)

1 1/2 cup steamed rice
1 cup milk
1 egg
1/2 tb. butter
3 tb. sugar
1/4 cup seeded raisins
spk. salt

Mix sugar and salt with slightly beaten egg. Scald the milk, add the butter. Add the milk mixture slowly to the egg mixture. Add rice and raisins. Pour into greased baking dish. Bake at 350 degrees F. until firm. Serve with cream or milk or maple syrup.

PIES!!

HINT - A more tender pastry is obtained by using just enough water to make the dough hold together. Pastry should be handled as little as possible and rolled lightly. Do not turn dough over to roll but instead turn around. Try to use only fingertips as the palms are too warm for the dough. Pies can be filled with the following: left-over stew for meat pies w/hot tomato sauce or left-over cream of chicken soup (thickened) w/white cheese sauce over it; or fruit fillings like cherries, peaches, apples, rhubarb, berries, raisins, with a top crust. Cream pies have only a bottom crust - banana, lemon, chocolate, pumpkin, coconut, caramel, butterscotch, yogurt (your favorite yogurt mixed with ice cream and re-frozen. Add berries if you wish. This pie is great with the Scottish Shortbread crust - see at the end). Have fun but don't spend too much time at it.

Rolling of Pastry

Roll only one-half of dough at a time for double crust pie. Place on a slightly floured board or table top with floured rolling pin or glass jar. Roll to about 1/4 inch in thickness. Move dough frequently, keeping same side of dough uppermost. Fold in half and slip pie pan beneath. Open dough and shrink to fit ungreased pan. Trim off dough with knife if necessary. Prick well with fork to allow for shrinkage.

1.

One crust pie - Have edge of dough about 1/2 inch larger than the pan. Double under to form firm edge to pie and avoid shrinkage.

2.

Two crust pie - Hold pie pan in hand and slant knife away from body to trim off lower crust. Roll upper crust and prick or slit well for steam to escape. Moisten the edge of the lower crust with water and place upper crust on top and press edges together firmly with fork or fingers after having filling placed in pie.

Baking - Bake at 450 degrees F. for shell. Bake one-crust shell 8 - 10 minutes. Bake two-crust pie 30 - 45 minutes, filled.

"IF YOU CHANCE TO MEET A FROWN . . ."

RICE PUDDING

(President Nelson's favorite)

- 2 cups cooked rice
- 1/2 cup raisins, softened in hot water 1 lb. cornstarch
- 1/4 t salt
- 2 eggs, slightly beaten
- 1/8 t cinnamon
- 2 2/3 cups milk, scalded
- 12 cup plus 2 tb. sugar
- 1/8 t nutmeg
- 1 t vanilla

In a heavy saucepan combine cornstarch, salt, and sugar and blend well. Stir in hot milk stirring constantly over medium heat until thick and smooth. Add rice; reheat to a full boil. Remove from heat. Pour a little of the hot mixture into beaten eggs while stirring rapidly. Return egg mixture to hot milk and rice and stir until thickened (only a minute or two). Remove from heat. Stir in raisins, spices and vanilla. Chill.

CUSTARD RICE PUDDING

- 1 cup pre-cooked rice
- 1 cup sugar
- 1 t vanilla
- Cinnamon
- 4 cups milk
- 4 eggs, well beaten
- 1/2 - 1 cup raisins, soaked*
- Nutmeg (optional)

Blend milk, sugar, eggs which have been well beaten and strained through a sieve and vanilla. Add cooked rice and raisins. Sprinkle top with cinnamon and nutmeg (optional). Bake in 325 degree F. (slow) oven for 45 - 50 minutes. Cook until pudding is done or toothpick is inserted in center of custard and removed clean.

CUSTARD PUDDING - PIE

Use recipe for Custard Rice Pudding. Omit rice and raisins. Top with ground nutmeg. Bake as indicated above. For variety make a Chocolate Custard Pudding. Simply use rich chocolate milk instead of whole milk. For pie, place custard in unbaked pie shell and bake. Let set until cool before cutting - about 2 - 3 hours.

TAKE TIME TO SMELL THE ROSES

USE SEAT BELTS

DECIDE TO GET UP THIRTY MINUTES EARLIER.
DO THIS FOR A YEAR AND ADD SEVEN
AND ONE-HALF DAYS TO YOU WAKING WORLD

BREAD PUDDING

- 2 cups stale bread crumbs
 - 4 cups milk
 - 1/2 cup sugar
 - 1/4 cup melted butter
 - 2 eggs
 - spk. salt
 - 1 t vanilla
 - 1/8 t nutmeg
- Add bread crumbs to scalded milk. Beat eggs slightly and mix with fat, sugar, salt and flavoring. Blend with milk mixture. Pour into greased pudding pan and bake at 350 degrees F. until firm. Serve with cream or pudding sauce.

MAKE SOMEONE'S DAY BY DOING SOMETHING
TO HELP, HEAL, LIFT, LIGHTEN

CREAM OF VEGETABLE SOUP

- 1 1/2 tb. butter
- 1 1/2 tb. flour
- 1/2 t. salt
- 3 cups milk
- 1 cup cooked vegetables
- 2 slices of onion
- 1/2 cup grated cheese

Add onions to milk. Make a white sauce of the milk, butter, flour and seasonings. Cook 10 minutes. Add cooked vegetables and serve with grated cheese on top. (Any mixture of cooked vegetables will work. This is a good basic recipe for creamed soup - cream of chicken, chowder or fish.)

CREAM OF CHICKEN SOUP

- Cooked chicken, diced
- Chicken bouillon
- 1 cup hot water for bouillon
- Cooked noodles OR
- Cooked rice OR
- Cooked potatoes

Prepare cream of vegetable soup as directed in the above recipe. Add bouillon dissolved in hot water. Add cooked chicken and pasta, rice or potatoes. Canned mushrooms are also good in this soup. If fresh vegetables are used, be sure to increase the water and cooking time while they simmer in a covered pan until tender. Then add other ingredients which have been pre-cooked.

"TAKE RESPONSIBILITY FOR YOUR LIFE"

JIFFY SOUPS

1. To canned tomatoes or tomato juice add chopped ham, weinners and cloves.
2. To warmed tomato juice add yogurt mixed with flour. Season. Add cooked vegetables, rice, macaroni.
3. To equal amounts chicken broth and tomato sauce.
4. Egg Drop Soup - Simmer chicken broth (bouillon) and soy sauce. Drizzle in slightly beaten egg. Add grated lemon peel and chopped green onion.
5. Taco Soup - Brown hamburger and onion. Steam mixed vegetables. Add beef bouillon, instant mashed potatoes thinned with milk to soup consistency, 2 cans kidney beans, 1 can tomatoes, enough tomato juice to make soup as thin or thick as you desire, and taco seasonings. Top with grated cheese. If you have no taco seasonings, add chili powder & garlic.
6. Soup in Bread - For a change of pace - hollow out small thick buns. Pour thick soup into bread bowl. Toast left-over bread for croutons. Enjoy

AVOID SARCASTIC REMARKS

REMEMBER, THE MOST IMPORTANT THING IS TRUST

MACARONI and TOMATO SOUP

- 2 tb. butter or margarine
- 1/4 cup diced green pepper
- 1 can whole tomatoes with liquid
- Dash pepper
- 1/2 t. salt - or more
- 1 lb. sugar
- 1 - 2 bay leaves
- 1/2 cup onion, chopped
- 46 ounces tomato juice
- 4 ounces macaroni, cooked

In heavy saucepan melt butter, cook onion and green pepper until limp but not brown. Add remaining ingredients. Heat to boiling. Great with grilled cheese sandwiches.

CHILI

4 cans navy or kidney beans with liquid
2 liters tomato juice
3 - 4 tb. chili powder
1 pound ground beef
1 cup chopped onion
1/2 green pepper, chopped
Brown ground beef, add chopped onion and green pepper cooking until transparent. Drain off fat. In heavy saucepan place all ingredients and simmer for an hour or longer, stirring occasionally. For thicker chili, add more beans which have been made into puree. For meatless chili, add beef bouillon for flavor and just add more beans.

FRENCH ONION SOUP

Beef bouillon
Water
Salt to taste
Bread - thickly sliced

In heavy skillet place 6 - 8 cups water. Heat to boiling. Add beef bouillon and stir until dissolved. Add 1 - 2 tb. butter. Into hot mixture add slices of 4 - 5 large onions. Taste for strength of bouillon and seasonings. Cover and simmer for 15 - 20 minutes. Slice bread into thick pieces and top with cheese. Spoon soup into cup that can go into oven. Place bread with cheese on top of soup. Place in oven under broiler for 3 - 5 minutes or in regular oven for 5 - 10 minutes until cheese is melted. If you are in a hurry - toast cheese bread in oven while soup is simmering and add to soup just before eating.

USE YOUR IMAGINATION - BE CREATIVE!

QUICK BREADS

Use Of Leavening Agents

1/2 t. soda equals 2 t. baking powder in leavening effect. Sour milk may be regular milk (sweet milk) to which a few drops of vinegar have been added to sour it.

ALWAYS HAVE SOMETHING BEAUTIFUL IN SIGHT

SWEET MILK GRIDDLE CAKES

(A Fancy Name for Good old Pancakes)

1 1/3 cups flour
3 t. baking powder
1/2 t. salt
2 tb. fat (melted butter or margarine, oil)

Mix and sift dry ingredients. Combine beaten egg, liquid and melted fat. Pour liquid all at once into dry ingredients. Beat until smooth. Heat griddle until it snaps with a drop of cold water. If an iron griddle is used, grease slightly with oil or fat. Place batter by the tablespoon on the griddle. Bake cakes slowly on one side until full of little bubbles. Turn but ONCE and finish baking. Time 2 - 3 minutes.

COUNT YOUR BLESSINGS

DESSERTS

APPLE CRUMBLE

(We all love the crumble/crisp part best, right?)

1/4 cup water
6 cups thinly sliced, peeled apples
Place in bottom of pan.
1/2 cup sifted flour
1/4 t. nutmeg or cinnamon
3 tb. soft butter
1/2 cup sugar
1/8 t salt

Mix and spread topping over apples. Bake 35 minutes in 400 degree F. oven. (I ALWAYS double the topping.) Hint: It is possible to add your favorite Granola/Musli mixed with butter to spread on top - faster.

APPLE CRISP

4 cups apples, pared, cored, sliced
2 tb. butter or margarine, melted
1 1/2 tb. cinnamon
1/2 cup butter or margarine
3 tb. flour
1 1/4 cups crushed corn flakes or bran flakes cold cereal*

Place apples in a 2 - 3 quart baking dish. Combine water, melted butter, salt, cinnamon, and lemon juice. Pour over apples. Cream 1/2 cup butter and sugar, add flour and mix well. Crush cereal. Combine with creamed mixture. Press mixture over apples. Bake, uncovered, at 375 degrees F. 30 - 35 minutes. Serve with ice cream. Note: I ALWAYS double the crisp part. Also, it is possible to add oatmeal to these recipes if you desire - 1 - 2 cups depending upon the butter content.

WHILE WE'RE ON APPLES:

SPICED APPLE MUFFIN BREAD

(Sort of out of place)

2 cups flour
1 apple, finely chopped or grated
1/2 t salt
1/4 t allspice
2 eggs, well beaten
1/2 cup sugar
1 tb. baking powder
1/2 t cinnamon
1 cup milk
3 tb. oil or butter

Mix first seven ingredients completely coating apples. In a different bowl mix wet ingredients. Make a well in the dry ingredients. Pour wet mixture in. Mix from center until lightly blended. Pour into greased baking dish. Sprinkle with sugar and cinnamon. Bake at 350 degrees F. for 25-30 minutes. When done, remove from baking dish and turn top side up. Cool slightly. Cut into wedges. Serve warm with apple sauce, ice cream or milk.

NEVER CHEAT

SING IN A CHOIR

TELL YOUR MOTHER AND FATHER THEY ARE THE BEST