

Lamingtons

This recipe requires some forward planning. You will need to begin baking at least one day before you want to finish the lamingtons.

Ingredients: (for about 16 lamingtons)

- 1 yellow sponge cake mix
- 2 cups desiccated coconut
- 1 cup confectioner's sugar
- 3 tablespoons cocoa powder
- 1.5 tablespoons melted butter
- 5 or so tablespoons boiling water

Preparation:

1. Prepare sponge cake mix according to box directions.
2. Bake in rectangular pan that is at least 2 inches deep.
3. Allow cake to cool. Wrap cooled sponge cake in aluminum foil and refrigerate for at least 24 hours.
4. Cut the sponge into 2 inch squares.
5. Prepare Icing Mixture. Sift the confectioner's sugar and cocoa into a heat proof bowl.
6. Stir in the boiling water and butter.
7. Stir the icing over a pan of simmering water until it is of a coating consistency.
8. Dip the sponge cake squares into the icing. You will need to drain off the excess icing and then toss the squares into coconut.
9. Place the lamingtons on a wire rack to set.
10. Refrigerate until ready to eat.

Note: The lamingtons may be made smaller, but then you will need to make more icing to cover them.

Pavlova

Ingredients:

- 4 egg whites
- pinch salt
- 8 ounces confectioner's sugar
- 1 teaspoon white vinegar
- 1/2 teaspoon vanilla essence
- parchment paper
- whipping cream
- fresh fruit (kiwi fruit, strawberries, raspberries, and passion fruit work best)

Preparation:

1. Preheat oven to 400F degrees.
2. Beat egg whites and salt together until peaks form.
3. Continue beating, gradually adding sugar, vanilla and vinegar until mix is a thick consistency.
4. Pour onto parchment paper in a circular mound.
5. Place into oven IMMEDIATELY REDUCE OVEN TEMPERATURE TO 250F DEGREES.
6. Bake 1.5 hours, turn off the oven and allow the oven to cool to room temperature before removing the pavlova.
7. The pavlova shell can be stored at room temperature in an airtight container for about 3 days at this stage.
8. Whip cream and place on top of the pavlova.
9. Place generous amounts of sliced fruit over the cream.
10. Refrigerate until needed (can be made one day ahead) or serve immediately.

***Penka Yaneva
Bulgaria***

***Banista
(Cheese Pastry)***

Ingredients:

1 kg flour
pinch salt
2/3 cup water
100g melted butter
4 eggs, beaten
1/2 teaspoon baking soda
500g yogurt
400g white brined cheese

Preparation:

Combine the flour, salt and about 3/2 cupfuls of water to make a hard dough which is divided into first-large balls. Let stand for ~ 1 hour, and then roll into about 1mm thick sheets. Line with melted butter and top with a mixture of beaten eggs, baking soda, yogurt and crumbled cheese. Roll together and place in a lined dish, either lengthwise or in circles. Bake in a moderate oven and some water when ready. Cover with a cloth to make it soft.

***Penka Yaneva
Bulgaria***

Banista Saralia

Ingredients:

1 kg flour
pinch salt

cold water
150 g butter, melted
1/2 cup walnut kernels, crushed
4 cups sugar
4 cups water
vanilla

Preparation:

Prepare a medium-hard dough from the flour, salt and water and roll into sheets. (1 kg of ready-rolled sheets may also be used.) Baste each sheet with some melted butter and top with crushed walnut kernels. Roll together and arrange either lengthwise or in a circle in a butter lined dish. Bake in a moderate oven. After it has cooled pour over hot syrup made from sugar, water and vanilla.

Penka Yaneva
Bulgaria

Kavarma

Ingredients:

800g pork
500g veal liver (it could be replaced with veal or beef meat)
1/2 cup lard or sunflower oil
5 green peppers, sliced
4-5 onions, chopped
1-2 tomatoes chopped
1 cup mushrooms, sliced
1/3 cup white wine
savory
paprika
black pepper
salt
parsley

Preparation:

Cut the meat into small pieces and fry in oil and some water. Add the onions and when tender - the cooked and diced liver, sliced mushrooms, green eppers, tomatoes, black pepper, savory, wine, salt, and some warm water. Stir, pour in (earthenware) dish or bowls and bake in a hot oven. Serve with finely chopped parsley.

Note: Add vegetable and spice ingredients to taste.

Rustic Chicken Stew

Ingredients:

1 chicken
3-4 onions, sliced into rings
1/3 cup sunflower oil
3 tablespoons flour
1 teaspoon paprika
1-2 green peppers, cut into large pieces
3-4 tomatoes, cut into large pieces
parsley
salt

Preparation:

Cut the de-boned chicken into pieces and stew in oil and some water together with the onion rings. Add the flour and paprika, as well as some more water. Bring to boil and add the green peppers, tomatoes and salt. Simmer on a low fire. Sprinkle with finely chopped parsley when ready to serve.

Stuffed Aubergines *(Imam Bayaldy)*

Ingredients:

4-5 equal sized aubergines
1/2 cup sunflower oil
5 onions, finely chopped
2 carrots, grated
1 celery stalk, chopped
5-6 tomatoes, chopped
4-5 cloves garlic, finely chopped
parsley, finely chopped
1 bay leaf
black pepper (to taste)
salt (to taste)
3 tablespoons bread crumbs
tomato slices
1/2 lemon, sliced

Preparation:

Separate the stalks from the aubergines and carefully hollow them. Cook aubergines in oil and some water and stuff with a mixture prepared as follows. Brown the finely chopped onions in same oil. When the onions are tender, add the grated carrots,

chopped celery, tomatoes, garlic, parsley, bay leaf, black pepper, and salt. Stuff the aubergines, top with a slice of tomato and sprinkle with breadcrumbs. Bake in a moderate oven. Serve cold garnished with slices of lemon

Penka Yaneva
Bulgaria

Stuffed Tomato Salad

Ingredients:

1 kg tomatoes
1 medium sized celery
250 brined sheep's cheese
parsley
black pepper
vinegar
sunflower oil
salt
1 cucumber

Preparation:

Peel and dice the celery, boil in salt water, strain and mix with the grated cheese, oil and finely chopped parsley. Slice off the tomato tops, core and fill with the mixture (for an even more appealing appearance place the tomatoes on top of cucumber slices.) Trim with small pieces of tomatoes and parsley

Penka Yaneva
Bulgaria

Tarator *(Cold Soup)*

Ingredients:

500g yogurt
3-4 cloves garlic, crushed
1/2 cup walnuts, ground
2-3 cucumbers, finely diced
dill, finely chopped
sunflower oil
salt

Preparation:

Beat the yogurt; add the crushed garlic, ground walnuts, finely diced cucumbers, oil and salt. Stir and dilute with cold water. Serve sprinkled with finely chopped dill

White Salad
(salad 'Snow-White')

Ingredients:

2-3 cucumbers
2 cups cottage cheese
1 cup cream
1/2 cup walnuts, crushed
2-3 cloves garlic, crushed
sunflower oil
dill, finely chopped
salt, to taste
3 eggs, hard boiled

Preparation:

Peel and dice the cucumbers, add the cottage cheese, cream, crushed walnuts and garlic, the oil, finely chopped dill and salt. Beat the mixture, pour into a plate and garnish with hard boiled eggs cut in half.

Lii Hoppe
Estonia

Pickled Pumpkin

Pickled pumpkin is a usual food in Estonian Christmas and New Year time. If you have a big pumpkin you can make all and put in jars.

Ingredients:

3-4 pounds pumpkin cubes
6 cups water
3 cups sugar
1 1/4 cups vinegar
9 whole cloves
some pieces fresh ginger
1 cinnamon stick
6 whole allspice

Preparation:

1. Wash pumpkin and cut in half. Remove seeds, veins and peel. Cut 1/2 inch (1 cm) cubes.
2. Put spices in cheesecloth and tie.
3. Combine all ingredients for canning syrup in a pot and bring to boiling.
4. Add the cut pumpkin, and simmer until the pumpkins change color clear (about 10 minutes), stirring constantly. Do not over cook.

5. Fill jars, and cover with hot canning syrup leaving 1/2 inch headspace.

Can be made without the cinnamon stick and/or allspice. Be careful in simmering time and stir pieces all time. If half of piece has changed color stop heating, because overheated cubes are too soft.

*Lii Hoppe
Estonia*

Salmon Pie

This salmon pie is simple to cook. It is good for home parties when you serve finger foods.

Ingredients:

- 1 package bread mix (1lb), but you can use any type of dough (very good is pastry)
- 1 pound salmon fillet
- 3 eggs
- 1 1/4 cups (300 ml) milk
- 8 ounces (226g) shredded cheese (cheddar, mozzarella or mix)
- salt (to taste)
- white pepper (to taste)
- fresh dill, minced (to taste)

Preparation:

1. Line a pie pan with dough.
2. Chop salmon and season with salt and pepper.
3. Mix eggs (whipped a little) and milk.
4. Sprinkle salmon and pastry, add minced dill.
5. Cover with all egg and milk mixture.
6. Sprinkle with shredded cheese.
7. Bake in 375F degree oven until pie is golden brown.

*You can also use smoked or little salted salmon and canned salmon.
If you like blue cheese, you can add this too.*

*Veronique Rode
France*

Boeuf Bourguignon (Burgundy Beef)

Ingredients:

- 3 pounds of beef (chuck roast)
- 1/2 pound of bacon
- 3 ounces butter
- 10 little onions
- 2 ounces flour

1 pint red wine
1 pint of beef flavoured bouillon (Maggie's Perfect for this)
1/2 pound of sliced mushrooms
parsley, laurel, thyme (called the bouquet garni)
salt
pepper

Preparation:

1. Cut the meat into 1 inch squares (diced). In a big casserole, put the butter; fry the onions and the diced bacon. When done set them aside.
2. In the same casserole, fry the diced beef and then pour the flour into the casserole and roll everything together.
3. Pour the hot bouillon into the casserole. Insert the fried bacon dices and the onions you had prepared previously.
4. Pour smoothly the wine into the preparation, and the bouquet. Salt a little (you can always add a little more later when you taste after the first hour of cooking).
5. Cover and cook it gently (small bubbles) for three hours.
6. Add the mushrooms and cook it gently for another 30 minutes.
7. Remove the bouquet and serve with stewed potatoes or rice. You can also propose some toasted bread slices to your invitees.

A little secret: If you had time enough to marinate the diced beef in the wine for 12 hours with the bouquet, the onions and diced carrots your 'bourguignon' will be better.

Bon appÉtite!!

Thank you very much for your kind support throughout the year!!

The Frenchies: Veronique and Joel

*Helene Esposti
France*

Chocolate Fruit and Nut Pate

Ingredients:

25 g (3/4 oz) butter
1/2 cup (160g/5 1/4 oz) Condensed Milk
300 g (92/3 oz) dark chocolate bits
2 teaspoons orange liqueur
1/4 cup (35 g/1 1/4 oz) hazelnuts, toasted
1/4 cup (25g/ 3/4 oz) pecans
2-3 tablespoons flaked almonds, toasted
4 glace apricots, chopped
2 glace figs, chopped

Preparation:

1. Line a 26 x 8cm (10.5 x 3 inch) bar pan with aluminum foil.
2. Combine butter, condensed milk, chocolate bits and liqueur in a sauce pan. Stir over low heat until chocolate has melted and mixture is smooth. Transfer to a bowl.
3. Add nuts and fruit to chocolate mixture; stir to combine. Spoon mixture into pre

- pared pan; smooth surface. Tap tin on counter top to remove any air bubbles.
Refrigerate 2 hours or until firm.
4. Turn Pate out onto a board; remove aluminum foil. Cut into thin slices to serve.

Note: Pate can be made up to two weeks in advance. Refrigerate in warm weather and remove just before serving.

*Helene Esposti
France*

Chocolate Truffles

Ingredients:

- 14 oz (400 gr) semi sweet chocolate or bitter chocolate, chopped
- 5.5 oz (160 ml) heavy cream, lightly heated and cooled
- Perfumes such as Cognac, rum, orange zest, lemon zest
- 1 cup of finely chopped hazelnuts or almonds, lightly toasted
- Cocoa powder or confectioner's sugar for coating

Preparation:

1. In the top of a double boiler over simmering water, melt the chocolate, stirring until smooth; take it off from the heat when melted. Add the heavy cream that you had lightly heated and cooled.
2. Stir in the perfume that you want and the nuts you have chosen, blending in a slow motion until smooth.
3. Let it cool at least 2 hours in the refrigerator.
4. When almost solid, and using a teaspoon or a melon baller, scoop up the mixture and roll it into 1/2 inch ball.
5. Roll ball in unsweetened cocoa or confectioner's sugar.
6. Place each truffle in a little paper cup.
7. Put truffles back into the refrigerator until ready to eat.

Note: Enjoy and share with the loved one and family and friends!

*Helene Esposti
France*

Crepes

(thin egg-based pancakes)

Ingredients:

- 2 tablespoons butter or margarine, melted
- 1 1/2 cups milk
- 2/3 cup all-purpose flour
- 1/2 teaspoon salt
- 3 eggs

1 teaspoon vanilla extract
lemon zest
orange zest
1 tablespoon sugar
butter or margarine, melted for cooking pan

Preparation:

1. Put first nine ingredients into large bowl. Beat ingredients until smooth.
2. Cover and chill in refrigerator for two (2) hours.
3. Brush bottom of a crepes pan (non-stick pan) with melted butter.
4. Heat pan over medium heat.
5. Pour scant 1/4 cup of chilled batter into crepe pan.
6. Tip pan to coat bottom of pan with batter.
7. Cook 2 minutes or until top is set, underside slightly browned.
8. Loosen crepe from pan and flip over.
9. Cook second side for about 30 seconds.
10. Slip crepe out of pan and onto a plate.
11. Repeat same above operations for another crepe.
12. Use immediately or wrap in foil and refrigerate.

Note: Eat according to your taste with sugar, maple syrup, honey, chocolate sauce, jam, etc.

***Helene Esposti
France***

Madeleines

This recipe makes two to three dozen Madeleines.

Ingredients:

300 gr. (1 1/2 cups) granulated white sugar
4 eggs
200 gr. (3/4 cup) unsalted butter, melted
300 gr. (2 cups) sifted all-purpose flour
one pinch of salt
lemon zest

Preparation:

1. Grease and flour well each shell of one Madeleine pan to prevent dough sticking.
2. Preheat oven to 425F degrees.
3. In small bowl with mixer at high speed, beat eggs and sugar together until mixture becomes thick.
4. With a rubber spatula, fold in lemon peel.
5. Sprinkle flour, about 2 tablespoons at a time, over egg mixture and gently fold into mixture.
6. Fold in melted butter about one tablespoon at a time.
7. Fill shells about three-fourths full.
8. Bake for about 8 minutes or until golden.

9. Immediately, remove from shells to wire rack.
10. Allow Madeleines to cool completely.
11. Repeat until all the Madeleine batter is used.

Bon Apptite and Enjoy!

*Veronique Rode
France*

*Rillettes De Porc
(Potted Pork)*

Ingredients:

1 pounds pork (loin chops)
1 pound salt port (fat)
salt (pinch), to taste
black pepper
thyme
laurel

Preparation:

1. Cut the pork into little dices. Throw them into a casserole with salt, pepper, thyme, laurel, and a glass of water. You can also drop just a little bit of white dry wine.
2. Cook very gently (thermostat 3 on a regular cooker) for 3 hours, stir from time to time.
3. At the end, take the laurel and the thyme out and smash the rest of the preparation roughly with a fork or a mixer.
4. Put this "puree" into one or several bowls. Put it into the refrigerator for a few hours.
5. Unmold onto a plate, set the laurel leaves on top of your "pates".
4. Serve not too cold with pickles and a good baguette or on toasted warm bread.

Note: Bon appÉtite!!! Thank you very much for your kind support throughout the year!! -The Frenchies: Veronique and Joell!

*Tea Mamulashvili
Georgia*

*Eggplant with Walnuts
(Georgian Cousined)*

Ingredients:

4 medium size eggplants
1 medium size pomegranate
1 onion, crushed
cilantro, chopped
300 gr walnuts, ground

vegetable oil
salt
crushed red peppers (hot)
georgian spices (utsxo suneli*)

Preparation:

1. First of all cut eggplants into thin long pieces.
2. Season them with salt and leave to rest for one hour.
3. Roast the eggplants in the vegetable oil until light brown.
4. Prepare topping. Stew crushed onions in the vegetable oil over low heat until they become light brown. Add ground walnuts, pomegranates and chopped cilantro.
5. Season the mixture with salt, crushed red peppers (hot), and Georgian Spices (utsxo suneli).
6. Stuff the roasted eggplants with the topping and then roll it.

*Note: * You can buy the utsxo suneli in the Russian Supermarkets. This recipe is very delicious!*

***Abla Dzifa Gomashie-Ahiaglo
Ghana***

Jollof Rice

Ingredients:

rice
cooking oil
peppers
tomato paste
corned beef
onion
garlic
salt
ginger
powdered white or black pepper
curry powder
string beans or carrots
beef, mutton, pork or chicken
(All spice measurements are to taste)

Preparation:

1. Wash and cut up all your ingredients before you start your dish.
2. Steam or cook your meat of preference until tender and fry.
3. Place saucepan on burner and put in a dash of cooking oil. Add chopped onions, garlic, tomato paste and stir for a couple of minutes.
4. Next add your corned beef, salt and the stock of your meat, and leave to simmer for 10 minutes.
5. Add the uncooked rice to the sauce, stir, and cover.
6. Add all vegetables just before rice is cooked, to get vegetables still crunchy.
7. Remember to keep the heat really low and allow to simmer.

8. Stir after every 8 minutes until rice is soft.

*Note: Jollof Rice is cooked like regular rice, except that it is cooked in a sauce. Jollof rice can be served with any type of salad as a side dish. Serve with fried meat (chicken, beef, mutton, or pork.)
Happy Cooking!!!*

*Eleni Anagnostopoulou
Greece*

Bean Soup

(Recipe for four portions)

Ingredients:

300 gr beans white
1 onion
1 stalk celery
celery root
carrots
1/4 cup olive oil
230 gr tomato sauce
salt
black pepper
1-2 sticks saffron (optional)

Preparation:

1. Put beans in a bowl with enough water to cover. Let stand overnight. Rinse beans. Place beans in saucepan with enough water to cover and bring to a boil.
2. Cut vegetables into small pieces. Add chopped vegetables and oil to boiling beans.
3. Let mixture simmer for 1 to 1.5 hours, adding water whenever it needs.
4. When beans are soft add salt, pepper, saffron and tomato sauce.
5. Continue to cook for additional 20 - 30 minutes

Advice for cooking

- *The water should not be too excessive. This soup should be little "thick".
- *We do not close the saucepan when the beans boil in the beginning because they can foam and will spill over the pan sides.
- *The salt, pepper, saffron and tomato sauce must be added towards the end of the cooking, because if we put them from the beginning they will not allow the beans to boil.

Advice for serving

This food suits with salty and sour accompanying. Such as pickles, olives, herring, tone (tin in water) with lemon and olive oil.

This food is one of the traditional dishes in Greece. It is eaten mainly in the wintertime because it is very heavy for the summertime. In the villages, mainly to north Greece, they put in a generous quantity of bukovo (drained hot red peppers), that makes the soup very hot.

Eleni Anagnostopoulou
Greece

Kourabiedes

These cookies are traditional Christmas sweets

Ingredients:

750 gr butter
1 cup sugar
1 cup broken almonds (not very small pieces)
1 teaspoon baking powder
1 "shot" brandy
1 kgr all purpose flour
6 eggs (only the yolk)
2 teaspoon Vanilla extract
rosewater
powder sugar

Preparation:

1. Whip the butter until it turns to white.
2. Add the egg yolks and continue whipping, until the mixture is homogenized.
3. Add sugar, vanilla extract, almonds, brandy and the flour mixed with the baking powder.
4. Knead mixture well.
5. Make small balls and lay them on a baking pan with parchment paper.
6. Bake them for 30 min. in a preheated on 180C - 200C oven.
7. When they are baked, we spray them with a little rosewater, roll them in powder sugar and let them cool.

Eleni Anagnostopoulou
Greece

Melomakarona

These cookies are traditional Christmas sweets in Greece.

Ingredients:

1 cup butter
1 cup olive oil
1 kgr all purpose flour
1 cup sugar
1 teaspoon cinnamon
1/2 teaspoon ground cloves
1 orange (only the skin shredded)
1 teaspoon baking soda
220 greek yogurt
1 cup walnuts or almonds

Ingredients for the syrup:

2 glasses sugar
3 glasses water
3 glasses honey
a little lemon juice

Preparation:

1. Whip the butter very well and add the olive oil continuing whipping, then add sugar.
2. When mixture becomes homogenized, add ground cloves, cinnamon, orange skin, baking soda, yogurt and in the end slowly the flour.
3. Knead this mixture for a while and then add the walnuts or the almonds. (they have to be smashed in small pieces)
4. When the mix seems to be ready, make small balls and lay them on a baking pan with parchment paper.
5. Bake them for 30 minutes in preheated oven in 180 C - 200 C.
6. While the cookies are baking prepare the syrup. Boil water with sugar for 10 min.
7. Add the honey and a few drops of lemon juice and remove the pan from the fire after 1 - 3 minutes.
8. When the melomakarona are baked, we put them in the warm syrup for 1 - 2 min until they are wet from outside but also inside.
9. In the end, we drop a little bits of walnuts or almonds on the top and let them cool.

Eleni Anagnostopoulou
Greece

Pastitsio

Ingredients:

500 gr long macaroni (they are spaghetti like straws)
500 gr ground beef
olive oil
1 onion
1 pc garlic, crushed
1/2 cup red wine
1 can tomato sauce
salt*
pepper (white)*
ground nutmeg*
ground cinnamon*

Ingredients for the bechamel sauce:

1 cup flour
4 cups milk (room temperature)
2 egg yolks
1 cup parmesan cheese shredded (optional)
salt*, pepper*, ground nutmeg.*

Preparation:

We boil the macaroni in a pot with salted water. During that time, peel the onion, and chop it to very small pieces. Heat the olive oil in a pan, and sauté the onion in it. Add the ground beef and sauté it, until it stops to give his juice. Then add the wine. After 2-3 minutes we add the tomato sauce, the garlic crushed and the spices. We cook it all until the ground meat is done.

To prepare the béchamel sauce, we melt in low heat the butter, so that it doesn't foam. After that we add the flour sifted if possible. We have to stir it very well all the time, and then we add slowly the milk. After the mixture is well homogenized, add the egg yolks, and the spices. We cook it in low heat, until it becomes thicker. At the end we add the parmesan cheese.

When everything is ready, we lay the macaronis in a pan. Over the macaroni, we make a layer, with the cooked ground beef. The last layer will be with the béchamel sauce. We put the pan in the oven, at 200o C, until the béchamel sauce, turns to a gold color.

*Note: If you like, you can use in the bechamel sauce only cup parmesan cheese, and sprinkle the rest on the top of the béchamel layer. This way, it will make a tasty crust when it melts in the oven.
All the spices are to taste

*Eleni Anagnostopoulou
Greece*

Vasilopita
(New Year's cake)

Ingredients:

350 gr yogurt
250 gr butter (room temperature)
2 cups sugar
500 gr self rising flour
1 teaspoon cream of tartar
1 teaspoon baking powder
6 eggs
2 oranges (only the juice)
1cup almonds
cup hazelnut
1cup raisins
cup fruit and peel mix
1 tablespoon orange zest

For the decoration:

powder sugar
almonds
cacao or dark chocolate

Preparation:

Mix the eggs with the sugar very well. Add the butter and the orange zest. We dilute the baking powder and the cream of tartar in the orange juice, and add it to the first

mixture, plus the yogurt, and stir it until it gets homogenized. After that we add the flour sifted, and continue stirring. After we have a good mixture, we add the almonds, hazelnuts, raisins, and fruit and peel mix, and stir it carefully so everything is every where.

Put the mixture in a buttered pan, and bake it for 1 hour at 200o C.
After it is finished, we let it cool, and decorate it.

Notes: The raisins and the fruit and peel mix, we mix them with a little flour before we put them to the mixture, so they will not go to the bottom, during the baking.

The decoration is a very personal thing. We used to write on the cake Happy New Year, after we have covered it with powder sugar, since it is a new years cake.

*Sujata Dere
India*

Goan Fish Curry

Ingredients:

1 pound fish (cut in 2 inch pieces)
1 small onion diced
teaspoon ginger paste
1 teaspoon coriander powder
1 teaspoon cumin powder
2 cup coconut milk
fresh cilantro chopped
juice of 1 lemon

Preparation:

1. Heat oil in a pan, add onion and saute. When onions turn golden brown, add ginger coriander powder, cumin powder and salt. Stir.
2. Add pieces of fish and stir until brown.
3. Add coconut milk and if required a little water. Cook until tender.
4. Squeeze lemon juice, sprinkle cilantro and serve with rice.

*Sujata Dere
India*

Kashmiri Rogan Josh *(Chicken Cooked with Yogurt)*

Ingredients:

6 tablespoons oil
1 pinch of asafetida powder
1 teaspoon red chile powder
teaspoon sugar
2 pounds chicken

4 cardamoms, 4 cloves, 4 sticks of cinnamon
teaspoon dry ginger powder
2 teaspoons aniseed powder
2 teaspoons coriander powder
Salt to taste
1 cup plain natural yogurt
Water

Preparation:

1. Heat the oil in a pan and add a pinch of asafetida. As this sputters, add red chile powder, sugar and add chicken immediately and stir.
2. Add cardamom, cloves and cinnamon. Keep stirring on medium high.
3. Add ginger powder, aniseed powder, coriander powder and salt. Continue to stir.
4. Add yogurt. When the chicken is brown and coated with yogurt gravy, add 2 cups of water.
5. Cover and cook till tender. Serve with rice.

***Sujata Dere
India***

Raita
(Salad with Yogurt)

Ingredients:

1 small onion
1 small tomato
2 tablespoons fresh green cilantro
1 carton plain natural yogurt (32 ounces)
salt
cumin

Preparation:

Chop finely, the onion, tomato and cilantro and add to lightly beaten yogurt. Just before serving add a pinch of salt and powdered cumin.

***Sri (Yani) Suyani
Indonesia***

Indonesian Chicken Satay

Ingredients:

diced boneless and skinless chicken
crushed shallot
crushed garlic
ground coriander
sweet soy sauce
salt

honey

Ingredients for Peanut Sauce

ground fried peanut

crushed fried garlic

salt

palm Sugar

hot Water

Preparation:

1. Combine shallot, garlic, coriander, soy sauce, salt, and honey. Marinate diced chicken in sauce for 1 hour.
2. Put 3 or 4 pieces of meat on bamboo skewer over charcoal until medium well done.
3. Make peanut sauce, mix all the ingredients well and serve satay together with the peanut sauce.

Note: Soak bamboo skewers in water for 10 minutes prior to using to prevent burning on the grill.

***Sri (Yani) Suyani
Indonesia***

Fried Rice

Ingredients:

vegetable oil

crushed garlic

crushed shallot

shrimp

chicken meat

crushed chili peppers

soy sauce, to taste

cooked rice

Preparation:

1. Heat vegetable oil in a frying pan, put crushed chili peppers, garlic and shallot into it, add the shrimp and chicken, put some soy sauce, stir well, add the rice and mix them up until it is well blended.

***Sri (Yani) Suyani
Indonesia***

***Kaastengels
(Cheese Stick)***

Ingredients:

butter

egg

salt

Edam cheese, grated
flour
egg yolk to smear
cheddar cheese, grated

Preparation:

Mix butter and egg in a bowl using electric mixer. Add salt and grated Edam cheese into mixture. Combine well. Add the flour and mix it in with the lowest speed of your mixer until well mixed. Cut mixture into sticks, smear surface with egg yolk, sprinkle with the grated cheddar cheese then bake until golden brown.

Sri (Yani) Suyani
Indonesia

Kari Ayam
(Chicken Curry)

Ingredients:

1 chicken, approximately 1 kg
5 tablespoons vegetable oil
1 cm fresh langkuas, bruised
1 stalk lemon grass, bruised
2 cloves
1/4 nutmeg, grated
3 cm cinnamon
salt to taste
pinch of sugar
625 ml thin santan (coconut milk)
375 ml thick santan (coconut milk)
spice paste
10 shallots
3 cloves garlic
2 tablespoons ground red chilies
5 candlenuts
2 cm turmeric
2 teaspoons coriander seeds
1/2 teaspoon cumin seeds

Preparation:

1. Clean the chicken and cut into frying pieces.
2. Heat the oil in a wok and fry the spice-paste together with the langkuas, lemon grass, cloves, nutmeg and cinnamon until they smell fragrant.
3. Add the chicken pieces and stir to coat them all evenly with the spice mixture.
4. Add the salt, sugar and the thin coconut milk.
5. Bring to a boil and simmer until chicken is done.
6. Add the thick coconut milk and bring slowly to a boil, stirring continuously (about 10 minutes).
7. Remove from heat and serve.

Keripik Tempe
(Soybean Chips)

Ingredients:

500gr Tempe (fermented soybean cake), cut thinly sideways
300 gr rice flour
900 cc coconut milk
800 cc cooking oil for frying

Ground spices:

6 cloves garlic
3 teaspoon coriander seeds
1 1/2 teaspoon salt

Preparation:

1. Dry the strips of Tempe in the sun until dry.
2. Mix rice flour, coconut milk, and ground spices. The mix must be a bit watery, not thick.
3. Dip the strips of fermented soybean in the rice flour mixture, and then fry in hot oil until crisp and golden. Remove and drain.

*Note: Pick a wide rectangular piece of Tempe in order to get thin wide strips
Recipe makes approximately 800 gr chips*

Kue Lumpur
(Mud Cakes)

Ingredients:

75 gr margarine/butter
250 ml water
150 gr flour
100 gr sugar
salt
1 tsp vanilla
6 eggs
450 ml thick coconut milk
100 gr raisins
1/2 of a young coconut, the flesh scraped out in thin slivers.

Preparation:

1. Melt the margarine/butter in the water, add the flour and blend till smooth.
2. Add the sugar, salt and vanilla. When the batter is well blended, take off the fire and

- cool down.
3. Break the eggs one by one into the batter, beating well after each addition.
 4. Add the coconut milk little by little and beat until batter is smooth.
 5. Heat the mud cake molds, oil them and fill them 3/4 full. Cover with their headed Lids and cook until they are half done. Open the lids and scatter with a few raisins and coconut slivers on top.
 6. Cover again and continue cooking for about 5 minutes. Unmold and serve.

Note: Recipe makes 26 cakes. Muffin/Cupcake pans covered with aluminum foil might work for this recipe. Cakes are mild and slightly sweet with a raisin in the middle.

*Sri (Yani) Suyani
Indonesia*

***Kue Mangkok**
(Steamed Cupcakes)*

Ingredients:

350 g rice flour
water
150 g white flour
200 g fermented tapioca (tape sing-kong)
400 g sugar
200 ml warm water
2 teaspoons baking soda
250 ml soda water
1 teaspoon vanilla
food-coloring, of choice
1/4 coconut, grated
salt, to taste

Preparation:

1. Add enough water to the rice flour so that its weight increases to 500 g.
2. Add the white flour to the rice flour mixture and stir well.
3. Add the fermented tapioca and sugar, mix well.
4. Add the warm water and work the dough for about 10 minutes.
5. Add the baking soda, soda water and vanilla. Mix until everything is evenly distributed. Finally, add the food-coloring and blend until smooth.
6. Warm the cup molds for about at least 5 minutes and fill it about 4/5 full. Put in a steamer with the water already at a rolling boil. Steam for about 20 minutes.
7. Serve with grated coconut seasoned with salt.

Note: Makes 20 cup cakes

Lemper Ayam
(Stuffed Glutinous Rice Rolls)

This Indonesian snack is used for serving snack on special occasions like small parties, weddings, Id-ul-Fitr and others. Lemper ayam is considered a snack traditional serving. Each and every party always provide lempur ayam

Ingredients:

500 g white glutinous rice
500 ml thick coconut milk
1 teaspoon salt
2 pandan leaves
banana leaves or substitute foil

Stuffing

1/2 chicken (or 500g chicken breasts)
1 salam leaf
1 cm fresh kind of ginger plant (lengkuas), smashed
1 stalk lemon grass, smashed
1 tablespoon vegetable oil
250 ml thick coconut milk

Spice-Paste

1 teaspoon coriander seeds
4 shallots
3 cloves garlic
1 candlenut
a bit of tamarind
pinch of salt
pinch of sugar

Preparation:

1. Soak the glutinous rice in water for about 2 hours and drain.
2. Steam the rice until it is half done (about 20 minutes), and remove.
3. Pour the coconut milk which has been cooked together with the salt and the pandan leaves over the rice and stir well.
4. Return the rice to the steamer and steam for about 30 minutes until it is done.
5. Remove the rice and cool by spreading the rice on a flat bamboo tray lined with banana leaves. Pat it out into a layer of about 1 cm and cut into oblongs of 7 x 4 cm.
6. Divide the filling among the pieces, and then roll each one, sealing the ends by patting them together. Wrap the lempur in a piece of banana leaf.

Stuffing:

1. Boil the chicken with a little salt until tender and let it cool. Shred the chicken finely.

Fry the pounded spice-paste in a bit of oil and add the salam leaf, langkuas and stalk lemon grass. When the mixture smells fragrant, add the shredded chicken and stir well. Put in the coconut milk and let the mixture simmer, stirring occasionally, until all the coconut milk has been soaked up by the chicken. The stuffing will have a slightly sweet taste.

*Note: This is enough for approximately 15 rolls
Wrap the stuffed glutinous rice rolls in a piece of banana leaf or plastic.
We can substitute contents lempur with chicken or beef.*

*Sri (Yani) Suyani
Indonesia*

Nastar

These small treats have a sweet dough with a pineapple filling

Ingredients:

flour
butter
egg
sugar
pineapple jam
egg yolk to smear

Preparation:

Mix thoroughly butter and egg in a bowl, add salt and sugar, put the flour into it, and using your hand, make the dough into a flat round shape, put the pineapple jam in the center of it then neatly wrap dough around. Smear each roll with the egg yolk. Bake until golden brown

*Sri (Yani) Suyani
Indonesia*

Rempeyek Kacang (Peanut Chips)

Crisp, thin chip made of flour and peanuts.

Ingredients:

150 gr rice flour
475 cc thin coconut milk from 1/4 half aged coconut
300 gr peanuts, choose the dry ones
600 cc oil for frying (coconut oil is recommended)

Spice-Paste (ground together)

4 cloves garlic, chopped fine

- 1 tablespoon dry roasted coriander seeds
- 1 teaspoon salt
- 2 lime leaves

Preparation:

1. Mix flour, coconut milk and spice-paste. Stir well.
2. Prepare a small pan, add a soup ladle half full of oil and heat it over a medium flame.
3. Take one soup ladle full of dough and one tablespoon of peanuts and put it into the pan. Press it to make a flat round four.
4. Fry until brownish. Remove and drain.
5. Repeat until all the dough is used.

Note: Each time you fry, use adequate oil, but not too much. The chips must be immersed in the oil just to cover, not to the point where they float. This is to ensure the circular shape.

Sri (Yani) Suyani
Indonesia

Rendang
(Spiced Coconut Beef)

Recipe makes around 20 pieces of Rendang.

Ingredients:

- 1 kg beef chuck
- 2.5 l thin santan (milk) from 2 coconuts
- 2 cm langkuas, bruised
- 2 stalks lemon grass, bruised
- 1 turmeric leaf
- 1 piece asam kandis

Spice-Paste

- 20 shallots
- 5 cloves garlic
- 1 cm fresh turmeric
- 1 cm fresh ginger
- salt, to taste
- 250 g ground red chilies

Preparation:

1. Cut the meat in 4 x 4-cm cubes, 3 cm thick.
2. Put the beef and the spice-paste in a wok.
3. Add the Santen, the kangkuas, lemon grass, turmeric leaf and the tamarind pod. Stirring continuously, bring the mixture to a boil and cook until the santan has thickened.
4. Turn the heat down to low and cook until the oil comes out of what is left of the gravy, stirring continuously. Let the meat and its spices fry in the oil until the color is deep dark brown, still stirring continuously. The length of the cooking process

should be around 4 hours.

Note: Use mature coconut. Ground chilies obtained from stores or markets generally contain enough salt already. Taste before you add salt during cooking.

*Sri (Yani) Suyani
Indonesia*

Risoles

(Kind of Croquette/Rissole)

Recipe makes around 16 rolls.

Ingredients:

Skin:

150 g wheat flour
1/2 teaspoon salt
1 egg
500 ml fresh milk

Stuffing:

1 tablespoon margarine
2 cloves garlic, chopped finely
50 gr shallots, chopped
200 gr beef/meat, chopped
100 gr carrots, cut small slices
1 tablespoon wheat flour
100 ml water
1/2 teaspoon black pepper powder
1/4 teaspoon nutmeg powder
1 teaspoon salt
1 teaspoon sugar

Layer: making something be in layers

1 egg
1 tablespoon water
100 gr bread flour

Preparation:

1. Skin: Stir until smooth wheat flour and salt.
2. Add egg and milk and mix until batter is slick.
3. Warm wok, or omelet pan 18 cm, lubricate with a little oil.
4. Pour small amount of batter into warmed pan, tip pan to coat bottom, cook until top is set and underside slightly browned. Loosen, turn-over and cook other side until slightly brown. Continue until all batter is used.
5. Stuffing: Warm/heat margarine until it melts. Fry garlic shallots until wilted.
6. Add meat chopped, continuous mixing until color change.
7. Add carrot, mix and cook until withered.
8. Stir in wheat flour, mix until no lumps, add water and bring to a boil.
9. Add cooking spices, cook until dry, and remove from heat.

10. Stuff each skin with 1 tablespoon stuffing batter. Fold each skin like an envelope
11. Mix egg with water, Dip rissole in egg mixture and drain.
12. Roll rissole in flour until dry.
13. Fry in hot oil until golden brown in color.
14. Remove and drain. Place on warm dishes.

Silvia Bravin
Italy

Cantucci
(Traditional Italian Biscuits)

Ingredients:

- 250 g flour (about 1 3/4 cups)
- 250 g sugar (about 1 1/4 cups)
- grated zest of a lemon
- 1 teaspoon vanilla extract
- 1 1/2 teaspoon baking powder
- pinch of salt
- 1 cup roughly chopped almonds (skin on)
- 2 large eggs

Preparation:

1. Preheat oven to 390 degrees F.
2. In a bowl, stir together flour, sugar, vanilla, almonds, lemon zest, baking powder and salt.
3. In another small bowl, whisk the eggs briefly, then add them to the dry ingredients.
4. Mix until smooth and well combined.
5. Flour your hands slightly and roll the dough into three logs each about 1 inch in diameter.
6. Place on a sheet pan and bake until golden brown, about 15 to 20 minutes.
7. Take out of the oven and let cool for 10 minutes. Lower the temperature to 320 degrees F.
8. Then cut the logs into slices and put the biscuits again on the sheet pan.
9. Return them to the oven to dry out (10 minutes).
10. Let cool, then store in an airtight container.

*Note: In Tuscany, they are dipped in Vin Santo (a sweet wine) as a dessert.
However, they are delicious with coffee or tea as well.*

Crostata Ripiena
(Filled Pie)

*I found this recipe in a magazine several years ago
and it soon became one of my family's favorite.*

Ingredients:

For the dough

400 g flour (3 cups minus 2 tablespoons)
200 g soft butter (14 tablespoons)
2 egg yolks
a pinch of salt
150 g powdered sugar (1 and 1/4 cups)
about 1/4 cup white wine
1 teaspoon vanilla
1 tablespoon baking powder

For the filling

apricot jam
10 "amaretti" (small, hard Italian almond cookies)
4 -5 tablespoons raisins (previously soaked in warm water)
2-3 apples
2 teaspoons cocoa powder
lemon zest

Preparation:

1. Make the dough mixing all the ingredients first with a fork, then working with your hands. If the dough is tough, add a little white wine (but it must not be too soft).
2. Divide the dough into two parts (one must be slightly larger than the other) and roll them out very thinly with a rolling pin. Put the larger round of dough on the bottom and sides of a greased 30 cm (12 inches) round baking pan.
3. Spread a thin layer of apricot jam and sprinkle with 5 crumbled amaretti. Cover with the apples (peeled and thinly sliced), sprinkle the raisins, and the last 5 crumbled amaretti mixed with the cocoa and the lemon zest.
4. Cover the filling with the second round of dough. Pinch the edges of the dough.
5. Brush the top of the cake with an egg yolk mixed with a little milk.
6. Bake in the pre-heated oven (200 degrees C - 380 degrees F) for 35 - 40 minutes.
7. Dust with powdered sugar.

*Note: I find it easier to roll out the dough on parchment paper
and then turn it gently over the pan.*

Gubana

*This rich and fruity cake is typical of Friuli Venezia Giulia,
a region in the north-east of Italy, next to the border with Slovenia.*

Ingredients:

For the Pastry:

400 g flour (about 2 3/4 cups)
70 g sugar (about 1/3)
35 ml vegetable Oil (2 tablespoons)
60 g butter (4 tablespoons)
2 large eggs
lemon zest
salt
7 g dry yeast

For the filling:

200 g chopped nuts (1 1/2 cups)
200 g raisins (1 1/2 cups)
100 g chopped almonds (3/4 cup)
50 g pine nuts (1/3 cup)
3 tablespoons Sugar
200 g dry biscuits crumbs (1 1/2 cups)
lemon zest
4 tablespoons rum
grappa or white wine
milk

Preparation:

1. To make the pastry, prepare a leavening base by dissolving the yeast in a little warm water and mixing it with a few tablespoons of flour. Let it rise in a warm place.
2. Then add all the other pastry ingredients kneading the pastry at length, adding a little warm water if the dough seems too stiff.
3. Let the dough rise again.
4. In the meantime, prepare the filling: let the raisins rest for a while in some white wine, and then add them to the almonds, nuts and pine nuts. Add all the other ingredients (at the end the filling must be "wet", not "soaked").
5. Dust a tea-cloth with flour and roll the pastry out to a thickness of a few millimeters. Spread the filling on top, and then roll it up like a Swiss roll with the help of the tea-cloth. Place it in a greased round baking pan, arranging the roll in the typical spiral shape of the "gubana".
6. Cover with a tea-cloth and let it rise for a while.

*Silvia Bravin
Italy*

*Parmigiana Di Melanzane
(Eggplant Parmesan)*

Ingredients:

2 pounds eggplant, sliced 1/4 inch thick
salt
olive oil
roughly chopped basil leaves
thinly sliced mozzarella
freshly grated Parmigiano
2-3 cups tomato sauce (made with extra-virgin olive oil, 3 crushed cloves garlic, salt and
1 big can whole or crushed tomatoes)

Preparation:

1. Fry the eggplant slices (about 1/4 inch thick in the olive oil.
2. Preheat the oven to 380 degrees F.
3. In a baking pan, layer the eggplant slices (seasoned with salt), tomato sauce, mozzarella, basil and Parmigiano. Repeat the layering process until all the ingredients have been used, finishing again with the Parmigiano.
4. Place the pan in the oven and bake for about 20-25 minutes, until the top is golden brown.
5. Wait at least 20-30 minutes before eating it. It is even better to taste it after several hours at room temperature, especially in summer.

Note: The recipe makes approximately 4 -6 servings.

*Silvia Bravin
Italy*

Summer Pasta Salad

This dish is a typical example of the tasty simplicity of the Italian cuisine.

Ingredients:

dry short pasta (such as penne, rotini, fusilli, . . .)
cherry tomatoes
cherry mozzarella, cut in half (or a "good" big mozzarella, cut in chunks)
arugula baby leaves
extra-virgin olive oil
salt
freshly ground pepper
oregano

Preparation:

1. Preheat the oven to 400 degrees.

2. Cut the cherry tomatoes in half. Put them on a baking sheet (cut side up) lined with parchment paper and season them with a little salt, pepper, olive oil, and a little oregano. Roast them in the oven for 10 - 15 minutes. Let them cool.
3. Cook the pasta until "al dente" in salted boiling water. Once drained, cool it quickly under cold water.
4. Put the cooked pasta in a bowl, add the tomatoes, mozzarella, and arugula leaves.
5. Season to taste with a little more olive oil, salt and pepper.

Note: If you are going to serve it after several hours, add the arugula leaves only half an hour before eating the salad.

If you cannot find or don't like "arugula", you can use roughly chopped fresh basil leaves instead. The taste will be different, but equally fresh and wonderful.

*Pauline Wangui
Kenya*

IRIO

Ingredients:

green peas
potatoes
corn
butter or margarine (tablespoon)
tender green pumpkin leaves (peel off stem)
salt

Preparation:

Peel and boil potatoes, peas and corn. Add the pumpkin leaves and simmer until tender. When everything is ready, drain the water and add salt to taste. Mash them all together and serve when hot.

Note: Irio goes well with beef or chicken stew.

Ingredient quantities can be adjusted to number of servings desired.

*Taemin Ha
Korea*

Beachu Kimchi

Ingredients:

5 heads of white cabbage
2 white radishes
2 green onions
1 bunch of minari (watercress)
2 cups hot red pepper powder
4 tablespoons salt
4 tablespoons sugar
5 cloves of garlic

- 1 root of fresh ginger
- 1 cup tiny salted shrimp

Preparation:

1. Carefully cut cabbage in half lengthwise. If cabbage is unusually large, cut again making 4 lengthwise quarters.
2. Wilt the cabbage either by sprinkling liberally with coarse salt and letting it sit for four hours, or by soaking in strong brine twelve hours (if brine doesn't cover the cabbage, then turn occasionally.)
3. Julienne the radishes and cut minari into 5 - cm pieces. Finely chop the green onions and mince or crush the garlic and ginger.
4. Rinse the cabbage thoroughly in clean water and drain well.
5. Mix the salted shrimp juice into the red pepper powder. (To take out some of the kimchi fire, reduce the amount of red pepper powder.) Add radish strips and mix well with hands. Add the remaining ingredient and mix thoroughly. Use your hands because the next step is done by hand anyway; have the cabbage within reach.
6. Pack the seasoned mixture between each leaf of the wilted cabbage. Please gloves will protect the hands.
7. Fold over stuffed cabbage sections to hold in the seasonings, and fasten loosely by wrapping the outer leaf around the section. Pack the bundles in a crock or kimchi jar. Keep at room temperature a day or two, then refrigerate. Cut into bite size pieces before serving.

Taemin Ha
Korea

Bulgogi
(Kind of slice beef barbecue)

Ingredients:

- 1/2 pound (675g) beef tenderloin
- 5 bunches of leaf lettuce
- 1 bunch of ssukat (garland chrysanthemum)
- 8 fresh perilla leaves
- seasoned soybean paste
- boiled rice

A:

- 4 tablespoons soy sauce
- 3 tablespoons sugar
- 5 tablespoons minced green onion
- 1 tablespoon minced garlic
- 2 tablespoons sesame oil
- 2 tablespoons rice wine
- 1/4 teaspoon pepper

B:

- 2 oz (56g) finely chopped beef
- 1/2 tablespoon sugar

1 tablespoon finely sliced green onion
1/2 teaspoon minced garlic
1 tablespoon sesame seeds
1/2 tablespoon sesame oil
4 oz of doenjang soybean paste
1 tablespoon pepper paste
2 tablespoons chopped onion
1 tablespoon finely sliced green peppers
1/2 cup water

Preparation:

1. Slice the tenderloin super-thin.
2. Mix meat with the seasonings A. Let stand for one hour.
3. Wash lettuce, garland chrysanthemum and/or sesame leaves well. Let them drain well. Pat dry gently.
4. Prepare seasoned soybean paste; mix all ingredients B together. Stir quickly to a boil and let it cool.
5. Immediately before the meal, broil the beef mixture over a charcoal fire in a slotted broiler pan, or stir-fry quickly in a regular frying pan on a stove burner until just browned.
6. The diner places boiled rice on a lettuce or sesame leaf with the chopsticks along with a dab of soybean paste and a bulgogi, maybe a slice of raw garlic (or grilled with meat) and a little piece of kimchi, and wraps it all into a large morsel. The Korean way is to eat the whole bundle in a single bite. Other possible ingredients to include in the bundle might be sliced grilled mushrooms, or if there is room, small piece of whatever other side dishes are on the table.

Taemin Ha
Korea

Gimbab

(Rolled rice with seaweed)

Ingredients:

Boiled rice is seasoned with sesame oil and rolled up in a sheet of laver along with strips of carrots, cucumber, spinach, egg sheet, pickled radish, bulgogi, cheese, or ham. (Anything you want.) Sliced, it becomes one of the favorite Korean fast foods.

Taemin Ha
Korea

Japchae

(Noodles with meat and vegetable)

Ingredients:

1/4 lb (110 g) beef
3 shiitake mushroom (or any mushrooms)

1/2 green or red pepper
1/2 carrot
1/2 onion (any kind)
salt
1 oz dangmyeon (potato noodles)
1 egg
sesame seeds

A:

2 tablespoon soy sauce
1 tablespoon sugar
4 teaspoons minced green onion
2 teaspoons minced garlic
2 teaspoons sesame oil
2 teaspoons sesame seeds

B:

1 tablespoon soy sauce
1 tablespoon sugar
1 tablespoon sesame oil

Preparation:

1. Slice beef diagonally into thin strips 5 cm long. If dried, soak the mushrooms in warm water for 10 minutes, then cut them into strips. Season each with the A: ingredients.
2. Cut carrots and onions into thin match stick strips.
3. Boil noodles until soft, rinse in cold water, drain, cut into thirds and mix in the B: ingredients. Beat egg fry, cool and cut into matchstick strips. If you have the inclination, you can separate whites, and yolks and treat them separately.
4. Stir-fry the onion and carrot separately in a lightly oiled pan and sprinkle each with a little salt to taste. Set the vegetables aside.
5. Stir-fry the seasoned beef and mushrooms separately in an oiled pan. Finally, stir-fry the noodles, add beef and vegetables, and continue to stir-fry a bit longer.
6. Arrange the mixture on dishes and decorate with the egg strips over the top.

*Dimie Tan
Malaysia*

Fried Won Ton

This Malaysian treat can be eaten by itself or with chili sauce or any sauce you desire.

Ingredients:

1 package wonton wrapper
oil for frying

Seasoning

1 tablespoon light soy sauce

1/2 tablespoon oyster sauce
1/4 teaspoon salt
1/4 teaspoon sugar
1/2 teaspoon sesame oil
1 tablespoon corn flower
pinch of black pepper

Filling

100g shelled prawns (minced)
200g minced chicken
50g finely chopped water chestnuts
1 tablespoon finely chopped carrots
1 tablespoon chopped onions

Preparation:

1. Combine the seasoning ingredients.
2. Add seasoning mix to filling ingredients.
3. Take a teaspoon of mixed ingredients and put on a piece of wonton wrapper.
4. Wrap it into a pouch or into olden day's Chinese gold nugget.
5. Wet the edges to seal ingredients into wrapper.
6. After all won ton is wrapped deep fry until golden brown.

Leftover ingredients can be put into the freezer. Sometimes, the wonton is eaten with noodles.

***Dimie Tan
Malaysia***

Malaysian Chicken Satay

Ingredients:

4 pieces chicken breast fillet
4 inches lemon grass (blend)
2 pip garlic (blend)
2 shallots (blend)
1/4 inch ginger (blend)
1/4 inch tumeric (blend)
1/4 teaspoon cumin seed (blend)
1/2 teaspoon sugar
1/2 teaspoon salt

Preparation:

Slice the chicken fillet into squares approximately an inch. Mix sliced chicken with sugar, salt and the blended ingredients. Leave to season in the refrigerator for three hours. Skewer, baste with oil and barbeque.

Sauce Ingredients

1 chili (blend)
2 pip garlic (blend)

2 shallot (blend)
1/4 inch ginger (blend)
1/4 inch tumeric (blend)
1/4 inch galangal root (blend)
1/4 teaspoon shrimp paste (blend)
4 inches lemon grass (blend)
2 cups peanuts (blend separately)
1 cup tamarind juice
1 cup milk
1 teaspoon granulated sugar
1 cup brown sugar

Preparation:

Saute blended sauce ingredients with 1 Tablespoon oil. Add a cup of water and let it boil. Once the water boils, add tamarind juice, milk and blended peanuts. When thickened, stir in sugar and salt.

Note: Although "Satay" can be eaten at any time of the day in Malaysia, it is mostly found at night. The above recipe has been amended slightly from the original to suit the taste buds here.

***Dimie Tan
Malaysia***

Peanut Cookies

Ingredients:

8 ounces all purpose flour
4 ounces margarine
3 ounces sugar
1 teaspoon vanilla extract
2 eggs (separate the yolk from white)
2 ounces Planter's peanuts (finely chopped)

Preparation:

1. Rub flour and margarine together.
2. Add sugar, egg yolks, vanilla extract, and finely chopped peanuts.
3. Knead dough quickly.
4. Add a little water if dough is too dry.
5. Roll dough to about 1/4 inch thick.
6. Cut with a round cookie cutter and put on a cookie sheet.
7. Glaze with egg whites.
8. Sprinkle leftover chopped peanuts on top.
9. Bake at 350F degrees for 20 minutes.

Hareesa

Ingredients:

- 1 pound lamb meat
- 8 ounces rice
- 8 ounces mung bean
- 8 ounces wheat
- 1 teaspoon red chili powder
- 1 teaspoon salt
- 2 onion
- 2 tomato
- 1 tablespoon garlic, chopped
- 1 tablespoon ginger

Preparation:

1. Boil meat with salt, onion, tomato, chopped garlic, ginger and red chili powder.
2. Boil rice and mung bean with salt and blend.
3. Boil wheat and salt.
4. Now mix meet, wheat, mung bean and rice with Pakistani spices.

Note: Pakistani spices are available at Pakistani and Indian stores.

Molded Salad

Ingredients:

- 1 cup mayonnaise
- 1 medium size cabbage
- 1/2 cup cream
- 1 cup white sauce
- 1/2 kg apples
- 1 packet fruit cocktail
- 4 teaspoon gelatin
- 2 teaspoon sugar
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper

Preparation:

Cut apple and cabbage into small pieces. Then mix gelatin in cocktail juice. Warm it. In a big bowl, mix all the above ingredients and put it in a cake pan. Refrigerate it for 1 hour. Take it out into a dish and serve it.

Ashfia Roohi
Pakistan

Pineapple Supreme

Ingredients:

1 tin pineapple
1 packet biscuit
1/2 cup butter
1 1/2 cup crushed coconut
1 cup cream

Preparation:

Crush the biscuit and pour pineapple juice over it. Mix butter, coconut and pineapple for second layer. Beat sugar and cream for the top layer. In the end decorate it with cream and pineapple.

Ashfia Roohi
Pakistan

Tandori Chicken

Ingredients:

1 1/2 kg chicken
1 teaspoon mix spices
1/2 cup curd
1 tablespoon vinegar
1 teaspoon chili powder
2 teaspoon white zeera
1 teaspoon salt
1 cup oil

Preparation:

Marinate chicken with all of the above ingredients for 1 hour. Bake it in a moderate oven for about 1 hour.

Maria Anghelescu
Romania

Cheese Pie *(Placinta cu brinza)*

Ingredients:

Fillo dough
butter to grease the pan

Filling:

14 oz/400 g ricotta cheese
10 eggs
5-6 tablespoons sugar
raisins
melted butter.

Preparation:

1. Mix the cheese with the eggs, sugar, raisins and vanilla extract.
2. Cut the fillo dough into pieces the size of the baking pan.
3. Arrange 2-3 fillo dough into the greased pan. With a pastry brush paint each piece of fillo dough with melted butter.
4. Then put the mixed cheese in a uniform layer.
5. Place another piece of fillo dough in the pan. Brush with melted butter and add another layer mixed cheese. Continue making layers until finish the mixed cheese.
6. The last layer will be fillo dough
7. Bake until golden brown. Cut into squares while still in the pan. Sprinkle with confection er's sugar.

***Maria Anghelescu
Romania***

***Grape Leaves Rolls
(Sarmalute in foi de vita)***

Ingredients:

1/2 pound/250 g grape leaves
1 3/4 pound/750 ground meat (could be port, beef, turkey, or a mixture of pork and beef)
2-3 onions
2 tablespoons rice
1 egg
3 tablespoons oil
chopped parsley and dill
5-6 tomatoes or 1 tablespoon tomato sauce
salt
black pepper
sour cream

Preparation:

1. The grape leaves must be young (either fresh or canned). Wash a few times and scald with water.
2. Fry onion with oil until yellowish and then mix with rice, add one cup of boiled water. When is cold add salt, pepper, parsley and dill.
3. Mix the ground meat with the cold rice mixture and the egg, then make rolls.
4. Place a little meat ball in each grape leaf and roll in. Place in layers in a deep pan.
5. Pour hot water, cover the pot and boil. When it is almost ready add chopped tomatoes or tomato sauce.

6. Spread some chopped parsley and dill on top and place in the oven to bake for 30 minutes.
7. Serve with sour cream.

Marcela Gofjarova
Slovakia

Stuffed Green Peppers

Ingredients:

4 green peppers
400g pork shoulder
80g rice
40g oil
60g onion
salt
black pepper
egg

Tomato sauce:

60g smooth flour ("Bohemian flour")
140g tomato purée
60g oil
salt
sugar

Preparation:

1. Cut the bottom of the green peppers, get rid of the inside parts (seeds), wash them. Wash also the meat, cut it to small pieces so you can mill it - or you can buy directly not too lean milled pork.
2. Wash the rice and strain the water (let it stay there for a while in order to get rid of the water sufficiently).
3. Cut the onion to small pieces and sauté in oil. After a short period (1 minute) add the rice, fry and stir it all about 2 minutes and then pour water to it and stew it (covered on the low temperature) until it's half-done (up to 5-7 min).
4. Let the rice cool down.
5. Combine the cooked rice, salt, black pepper and egg to the milled meat and mix it thoroughly.
6. Fill the green-peppers with the stuffing.
7. Place stuffed peppers in pan and cover with the tomato sauce for baking.
8. Tomato sauce: Make a white béchamel = heat oil and add smooth flour, slowly pour water in it, add tomato sauce and cook it stirring all the time. Add salt and sugar. Pour over stuffed green-peppers and cook it until the peppers become soft (try it with the fork ;-).

Note: It's this makes a wonderful meal and you can serve it with bread or large sliced dumplings. It takes time until you find out the most appropriate taste for you (additional sugar and black pepper can make it different), but when you find out the best taste you will love it forever. Then you can

prepare also larger portions - simply by multiplying all ingredients twice and more times. Enjoy it .:

Experienced cooks can make first part of the meal as Stuffed Green Peppers and the second part without peppers as meat balls (just the stuff firmly formed as balls). But be careful with the timing = stuffed peppers need more time so you should add the meat balls separately or in the second half of cooking because they can quite easily split up in the sauce and it does not look very nice (the taste is still excellent even though the meal looks more like soup:)

*Vlasta Steiner
Slovenia*

Dolenjska Flancati

Ingredients:

500 g flour
100 g butter
150 g sugar
2 eggs
150 ml cream
2 tablespoons rum
100 ml white wine
1 teaspoon baking powder
salt
icing sugar
frying oil

Preparation:

1. Whisk the butter, sugar eggs, and salt into a creamy mixture and add the cream, rum and wine.
2. Carefully work in the flour, mixed with baking powder.
3. The dough must be soft and smooth. Cover it and leave to rest for 1 hour in a warm place.
4. Thinly roll out the dough on a floured surface. Cut it into 3 x 6 cm pieces and make 2 to 3 incisions into each of them.
5. Put the edges through the holes and fry them in oil, shaking the pan so that the flancati expand nicely.
6. Sprinkle them with vanilla flavoured icing sugar while they are still hot.

Note: Doughnuts, flancati and various biscuits were usually made on Shrove Tuesday but they were always served at other festive occasions as well.

Pastry Flancati

Ingredients:

1 kg flour
600 ml thick sour cream
8 egg yolks
100 g sugar
2 tablespoons lemon juice
2 tablespoons rum
6 tablespoons wine
frying oil
icing sugar

Preparation:

1. Quickly knead the ingredients to make a smooth pastry and leave it to rest.
2. Roll out very thinly and cut it into rectangles with a pastry cutting wheel.
3. Make 3 or 4 cuts in each rectangle. Interweave the strips and deep fry the flancati.
4. Take them out and put them on a strainer so that the excess oil drips away.
5. Sprinkle them with sugar while they are still warm.

Note: Flancati and various biscuits were usually made on Shrove Tuesday but they were always served at other festive occasions as well.

Potica

(Yeast bread rolled with a nut filling)

Ingredients:

Dough:

1/2 cup warm milk
2 ounces yeast
1 tablespoon
6 cups flour
1/2 cup butter, melted
1 teaspoon salt
3 eggs, beaten
1/3 cup sugar
1 cup sour cream, at room temperature

Preparation - Dough:

1. Dissolve yeast in warm milk. Add sugar and let stand in warm place until foamy.
2. Place 5 cups flour into a large bowl. Add salt, sugar, butter, eggs, sour cream, yeast mixture and mix well.

3. Add remaining flour and mix until dough separates from side of bowl. Knead until dough is pliant (about 10 minutes). If necessary, add more flour.
4. Place dough in greased bowl, cover with pastry cloth or cloth towel and set aside in warm place to rise until doubled in bulk (About 1 hour.)

Ingredients:

Nut filling:

- 1 1/2 cups sweet cream
- 1/2 cup butter
- 1 1/2 pounds walnuts, ground
- 1/3 cup honey
- 1 1/2 cups sugar
- 1 tablespoon grated lemon rind
- 1 tablespoon grated orange rind
- 1 teaspoon vanilla
- 1 tablespoon brandy
- 1 teaspoon cinnamon
- 1/2 ground cloves
- 3 egg yolks, slightly beaten
- 1 tablespoon sugar
- 3 egg whites
- 3 cups yellow raisins (optional)

Preparation - Filling:

1. Scald cream with butter and pour over walnuts.
2. Add the honey, sugar, grated lemon and orange rinds, vanilla, brandy, cloves and cinnamon and stir well.
3. In a separate bowl, add 1-tablespoon sugar to the egg whites and beat until stiff. Fold egg whites into nut mixture and set aside.
4. Roll dough onto lightly floured cloth to 1/4-inch thickness.
5. Spread nut mixture over rolled dough. Sprinkle the raisins over the nut mixture. Roll as for jellyroll. Handle dough carefully so it does not rip.
6. Place roll into a long loaf pan or round Bundt style pan. Cover with a pastry cloth or cloth towel and set in a warm environment until it rises to twice in size.
7. Bake for 1 hour in 350 degree F oven.
8. Remove from oven and brush top with oil.

Vlasta Steiner
Slovenia

Slovenian Sauerkraut with Meat

(This is a common dish we enjoy in the winter.)

Ingredients:

- 1 pound sauerkraut
- 1 pound pork, cut into small cubes
- 1/3 pound of bacon, cooked
- 1 onion, chopped

crushed tomatoes
red paprika
Vegeta (Knorr-Aromat Seasoning)
peppercorns
bay leaves
salt, to taste

Preparation:

1. Saute onion in a small amount of hot oil.
2. Add the port, red paprika, crushed tomatoes, Vegeta, and peppercorns.
3. Cover with water and simmer for 30 minutes.
4. Add sauerkraut, bay leaves and salt
5. Simmer an additional 15 minutes.
6. Just before serving, add the sliced cooked bacon.

Note: I usually serve this in a big soup bowl with fresh bread.

***Thiruni Ramanaden
Sri Lanka***

Sri Lankan Chicken Curry

Though there are as many recipes for chicken curry as there are chickens, my Grandmother's recipe is the best, and the first I tried my hand at. Chicken curry used to be a special dish for special occasions, but with the advent of the broiler and cheaper chicken in our region, it is a regular favourite. The tomato puree is not a traditional ingredient, but is added to give it the reddish color which it should have when prepared in Sri Lanka with a lot more chili than is indicated here!

Ingredients:

- 2 1/2 lbs chicken (either whole chicken, legs and thighs, or boneless breast pieces)
- 2 teaspoon salt
- 1/2 teaspoon black pepper
- 1 teaspoon chili powder
- 3 teaspoon Sri Lankan Curry powder (substitute any other curry powder)
- 1/2 teaspoon Turmeric
- 3 cm cinnamon
- 5 cloves
- 5 cardamoms
- 4 cloves garlic, minced or grated
- 2 inch piece ginger, minced or grated
- 1/2 a large onion, chopped finely
- 2-3 tablespoon coconut vinegar (or apple cider vinegar), or a tablespoon of tamarind mixed in 3 tablespoons of water
- 2 tablespoons tomato puree
- 50 ml oil
- 1/2 stem lemon grass
- 1/4 teaspoon fenugreek
- 1 sprig curry leaves

2 inch piece Rampe (a type of Pandanus)
1-2 cups medium thick coconut milk

Preparation:

1. Cut up the chicken into parts, remove any fat and skin (if preferred), and wash well.
2. Bruise the cloves and cardamoms.
3. Add the chili powder, curry powder, turmeric, cinnamon, cloves, cardamom, vinegar or tamarind and tomato puree, half the garlic, onion, and ginger, and mix in so that it coats the pieces of chicken evenly.
4. Leave to marinade for about an hour.
5. Mix in the salt just before cooking.
6. Heat the oil in a large pan or wok with a large surface area, and temper (sautÉ) lightly the curry leaves, fenugreek, lemon grass, Pandanus and the balance of the garlic, onion and ginger.
7. As the oil heats up further, add the chicken and stir fry on high heat so that the meat is sealed quickly.
8. Pour in the coconut milk and mix it in. Bring to the boil, then lower the heat and simmer for about 30 minutes, or until the chicken is cooked through.
9. Taste, and add more salt, and acid (vinegar or tamarind) if required.
10. Remove all curry leaves, Pandanus, lemon grass and large pieces of spice before serving.
11. Always serve hot.

*Thiruni Ramanaden
Sri Lanka*

Stringhopper Pilau

This is my mother's recipe, and is served at home for special occasions. We call it string hopper pilau (pulao) or string hopper biryani, though it is neither in Indian terms!

Ingredients:

20 String hoppers, or two 1 lb pkts (can be bought frozen at Indian stores- called "Indiappam") - broken up into small bits, like vermicelli
1/4 pound green beans - cut into small rings
1/4 pound carrots - grated or shredded into thin strips
2 ounces shallots - green portions only, cut into small rings
1 Onion - finely diced
4 cloves garlic - grated or crushed
1 piece green ginger - grated or crushed
2 cloves
4 cardomoms
2 inch piece cinnamon
2 sprigs Karapincha (curry leaves)
2 inch piece Rampe (Pandanus leaf)
1-2 ounces margarine, butter or oil
1 large chicken or beef bouillon cube
1-2 tablespoon soya sauce

Salt to taste
A few cashews and raisins to garnish

Preparation:

1. Saute the beans, carrots and shallots lightly in margarine until just cooked, and set aside.
2. Heat the margarine on a medium flame. Add the onions, and when half cooked, add the ginger, garlic, rampe and karapincha. When they are browned, or give off a fragrance, add the stringhoppers and stir thoroughly.
3. Mix in the carrots, beans and shallots.
4. Season with soya sauce, crumbled bouillon cube and salt, and finally, the crushed spices.
5. Serve garnished with cashews and raisins.

Olha Pastushyn
Ukraine

Fried Egg-plant with tomatoes.

It is a special Ukrainian dish which you can eat as a snack.

Ingredients:

1 large and long egg-plant
salt
water
4 tomatoes
1 bush of dill
2 particle of garlic
1 jar of mayonnaise 200 ml (9 fl.oz).

Preparation:

1. Slice eggplant and sink it into a bowl of salt water for 15 minutes.
2. Fry eggplant in pan.
3. Take eggplant from pan and wait until eggplant will cold.
4. Take eggplant and make a layers on plate:
1st layer - egg-plant, sprinkle garlic (cut into small pieces) and spread mayonnaise;
2nd layer - slice tomato, sprinkle cut dill (cut into small pieces).
5. Repeat making layers.
6. Put into the refrigerator for 30 min before eating.

Notes: - For better preparation cover the frying-pan.
Decorate dish with dill and parsley.

Golubtsy (Stuffed Cabbage).

It is a delicious Ukrainian dish which you can eat as a main course.

Ingredients:

- 1 pack of stuffing
- 100 gr (1/2 cup) rice
- 1 onion
- 1 carrot
- 1 cabbage head
- 1 teaspoon flour
- salt
- 1 small can plain tomato sauce

Preparation:

1. Boil rice in salt water until done. Let cool.
2. Put leaves of cabbage into boiling salt water for 5 minutes.
3. Cut up onion and carrot into little bits and fry on pan until brown in colour.
4. Mix 1 pack of stuffing with cold boiled rice and fried onion and carrot. Salt and pepper the mixture.
5. Wrap spoonfuls of the mixture into the leaves of cabbage and fry on pan (just 10 min).
6. Put all fried stuffed cabbage into a deep saucepan and add some water with tomato sauce to cover and 1 teaspoon of flour and salt.
7. Bring to a boil and cook for 30 minutes.
8. Get on the table warm.

Notes: - A pan should be covered.

Kiev's Cutlet

The one of most famous Ukrainian traditional dishes! You will never find this dish in "fast food" cafÈ because of this is Home Food!

May be you will be lucky and will find it in an expensive restaurant.

So, why do not prepare by yourself? Have a fun!

Ingredients:

- 1 packing breast of chickens;
- 4 eggs;
- 50 ml (2.5 FL OZ) milk;
- Salt, paper and flour.

Preparation:

1. Cut a breast of chicken on 3-4 bits.

2. Tenderize each bit with meat tenderizer and salt and paper.
3. Mix 4 eggs with 50 ml (2.5 fl.oz.) milk in a bowl and add salt.
4. Place bit of chicken (both sides) into the flour and after into mixed eggs.
5. Fry on pan and sprinkle with cut (into small pieces) garlic.
6. Decorate dish with dill and parsley.
7. Get on the table warm.

Note: - For better preparation cover the frying-pan.

*Diane Castle
United States of America*

Caesar Salad

Ingredients:

Salad

1 clove garlic, crushed (or more to taste)

1/2 cup olive oil

Romaine Lettuce

1 1/2 teaspoon salt

1/4 teaspoon dry mustard

black pepper

Worcestershire Sauce

3 tablespoons wine vinegar

1 egg, beaten

juice of 1 lemon

2 -3 tablespoons Parmesan cheese, finely grated

Anchovies (optional)

Croutons

5 slices bread, cubed

garlic powder

Preparation:

Croutons:

1. Place cubed bread onto baking sheet. Sprinkle cubes with garlic powder.
2. Bake in 350 degree Fahrenheit oven until lightly browned, stirring occasionally, about 15 minutes. Store the croutons in an airtight container until ready to serve.

Salad:

1. Steep crushed clove(s) of garlic in olive oil for 1 hour.
2. Wash, pat dry and tear romaine lettuce into bite sized pieces.
3. Place lettuce in serving bowl
4. Pour olive oil over lettuce.
5. Sprinkle salt, dry mustard, black pepper, wine vinegar, beaten egg, lemon juice and parmesan cheese over lettuce. Mix well.

6. Place anchovies decoratively on top of salad, sprinkle on the croutons and serve

Diane Castle
United States of America

Chicken and Strawberry Salad
(4 servings)

Ingredients:

- 2 tablespoon orange juice
- 1 tablespoon olive oil or salad oil
- 1 tablespoon lemon juice
- 2 teaspoon sugar
- 1/4 cup soy sauce
- 2 green onions, thinly sliced (1/4 cup)
- 2 tablespoon orange juice
- 1 clove garlic, minced
- 12 oz. skinless, boneless chicken breasts
- 4 cups spinach leaves
- 1 can (11 oz.) mandarin oranges, drained
- 1 cup sliced strawberries

Preparation:

For Dressing:

1. In a screw-top jar combine 2 tablespoons orange juice, the oil, lemon juice, and sugar. Cover and shake well.
2. Chill dressing until serving time.

For Marinade:

1. Combine soy sauce, green onions, 2 tablespoons orange juice, and garlic.
2. Place chicken in a plastic bag set into a shallow dish. Add marinade; seal bag. Turn chicken to coat well.
3. Chill for at least 2 hours or up to 24 hours, turning chicken occasionally.
4. Remove chicken from bag, reserving marinade.
5. Grill chicken on an uncovered grill directly over medium coals for 5 minutes.
6. Brush chicken with marinade; turn chicken and brush with marinade. Grill for 7 to 10 minutes more or until chicken is tender and no longer pink.
7. Cool slightly; slice chicken breasts.
8. Line 4 individual salad plates with spinach leaves. Arrange oranges, strawberries, and chicken breast slices on spinach-lined.
9. Shake dressing; drizzle over salads.

*Diane Castle
United States of America*

Peanut Cucumber Salad

Ingredients:

- 1 large cucumber, peeled, seeded, diced - salt to taste
- 1 tablespoon butter or margarine
- 1/2 teaspoon ground cumin
- 1 dried red chili pepper
- 3 tablespoon coarsely chopped peanuts
- 1 tablespoon lemon juice
- 1 teaspoon white sugar
- 1 teaspoon minced fresh cilantro (optional)

Preparation:

1. Sprinkle salt over diced cucumber and stir. Allow mixture to drain in a colander for 10 minutes to release water. Pat dry, and place in a medium size bowl.
2. Melt butter in a small saucepan; stir in cumin and chili pepper.
3. Add peanuts, lemon juice, sugar, and melted butter mixture to cucumber, and stir together.
4. Garnish with cilantro.

*Diane Castle
United States of America*

Reuben Soup (Makes 8 servings)

Ingredients:

- 1/2 cup onion, chopped
- 1/4 cup celery, chopped
- 3 Tablespoons butter
- 1/4 cup flour
- 3 cup water
- 4 teaspoon instant beef bouillon or 4 beef bouillon cubes
- 1/2 pound corned beef, shredded
- 1 cup sauerkraut, well drained
- 3 cups half and half
- 3 cups shredded Swiss cheese
- 6 - 8 slices rye or pumpernickel bread, toasted and cut into triangles

Preparation:

1. In a large saucepan, cook onion and celery in butter until tender; stir in flour until smooth.
2. Gradually stir in water and bouillon and bring to a boil. Reduce heat; simmer uncovered for 5 minutes.
3. Add corned beef, sauerkraut, cream and 1 cup of the cheese.

4. Cook for 30 minutes or until slightly thickened, stirring frequently.
5. Ladle into 8 ovenproof bowls. Top each with a slice of bread and put ½ cup of the cheese on top of the bread.
6. Place in oven under broiler until the cheese melts and browns ever so lightly.

Diane Castle
United States of America

Chunky Roasted Red Pepper Soup

Ingredients:

- 2 red bell peppers, quartered and seeded, stems removed
- 1 large sweet onion, peeled, cut in 1/2" wedges
- 2 cloves garlic, peeled and halved
- 1/2 teaspoon dried thyme
- 1 teaspoon extra virgin olive oil
- 1 can (13-3/4 ounce) reduced sodium chicken broth
- 1 can (15-1/2 ounce) Italian style plum tomatoes with juices
- 1 can (11 ounce) corn kernels, drained
- freshly ground black pepper to taste
- salt to taste
- 1/4 cup fresh cilantro leaves or chopped basil, optional

Preparation:

1. Preheat oven to 400 F.
2. Combine peppers, onion, garlic in a large baking dish and drizzle with olive oil.
3. Bake 35 - 40 minutes, stirring occasionally until vegetables are tender and lightly browned. Cool slightly.
4. In a large saucepan, stir together chicken broth, thyme and tomatoes. Mix in the baked vegetables and corn. Simmer until heated through. Add black pepper and salt to taste.
5. Ladle into bowls. If desired, garnish with fresh cilantro or basil.

Elaine Henry
United States of America

Mulligatawny Soup

Ingredients:

- 1 medium onion, diced
- 2 large carrots, diced
- 4 large stalks celery, diced
- 3/4 cup olive oil
- 1 1/2 tablespoons flour
- 4 cups chicken soup
- 2 medium sized Granny Smith apples, diced

3/4 cup cooked white rice
2 cups cooked chicken, diced
2 teaspoons curry powder
1 teaspoon salt
1/4 teaspoon pepper
1/4 teaspoon thyme
1/2 cup heavy cream

Preparation:

1. Saute lightly, onions, carrots and celery
2. Mix flour into a small amount of room temperature chicken soup.
3. Add onions, carrots, celery, and flour mixture to 4 cups of chicken soup.
4. Simmer for 30 minutes.
5. Add apples, rice, chicken pieces, curry powder, salt, pepper, and thyme.
6. Simmer an additional 15 minutes.
7. Just before serving stir in 1/2 cup heavy cream. Do not let the soup boil after the cream has been added!

Lisa Zuccarello
United States of America

Seafood Caesar Pasta

Ingredients:

3 cups penne pasta, cooked accordingly
1 package (8 ounces) imitation crabmeat, cut into 1 inch pieces
1/3 cup red bell pepper, diced
2 hard-cooked eggs, chopped
1/4 cup grated fresh parmesan cheese
2 tablespoons fresh snipped parsley
1 bottle (8 oz) creamy Caesar salad dressing
*6 cups thinly sliced romaine lettuce, optional

Preparation:

Cook pasta according to directions on box; drain and rinse with cool water using a large colander. Place pasta in large bowl and set aside.
Add crabmeat, red bell pepper, eggs, parmesan cheese and parsley into pasta bowl.
Pour Caesar salad dressing over pasta mixture and mix well. Cover; refrigerate 2 to 3 hours or longer to allow flavors to blend. It's okay to make ahead and refrigerate overnight.

*Notes: You may serve this alone or place romaine lettuce on salad plate and pasta mixture on top.
Either way it's delicious!*

*Lisa Zuccarello
United States of America*

Strawberry Spinach Salad

Ingredients:

Dressing:

- 1 lemon
- 2 tablespoons white wine vinegar
- 1/3 cup sugar
- 1 tablespoon vegetable oil
- 1 teaspoon poppy seeds

Salad:

- 1/4 cup natural almonds, toasted
- 1 1/2 cups strawberries, hulled, quartered
- 1/2 medium cucumber, sliced and cut in half
- 1 package baby spinach or fresh spinach

Preparation:

Dressing:

1. Juice lemon using a juicer to measure 2 tablespoons lemon juice. Combine lemon juice, white wine vinegar, sugar, vegetable oil and poppy seeds into small container with lid. Refrigerate until ready to use.

Salad:

1. Preheat oven to 350 degrees Fahrenheit. Spread single layer of sliced almonds on a baking sheet and bake 10 to 12 minutes or until lightly toasted. Cool completely.
3. Place spinach in large serving bowl. Add strawberries and cucumbers. Whisk dressing, pour over salad, add toasted almonds and gently toss to coat.

Notes: Serve immediately after dressing is added. If you're taking this salad to a party, add the dressing after you arrive to keep the salad from getting too soggy before you want to serve it.

*Adell Servidio
United States of America*

Spinach Salad

Ingredients:

Dressing

- 1/4 Cup Vinegar (can mix balsamic and white)
- 1/4 Cup Oil (can mix olive, canola)
- 1/4 Cup sugar (can use less if too sweet)
- celery seed (pinch)
- salt (pinch)
- garlic, 1-2 cloves minced or chopped finely

Salad

Spinach leaves (1-2 pounds)
Apples, 1-2 chopped
Dried Cranberries (handful)
Cashew nuts (handful)
more celery seed (pinch)

Preparation:

1. Mix dressing ingredients together and refrigerate.
2. Place salad ingredients in a bowl and toss.
3. Just before serving, add chilled dressing to salad ingredients and toss well.

Diane Castle
United States of America

Vegetable Soup with Asparagus Flan

Ingredients:

Soup:

1 carrot, peeled, chopped
1 leek, peeled, chopped
1 celery stalk, peeled, chopped
1 onion, peeled, chopped
1 turnip, peeled, chopped
2 garlic cloves, crushed
1 tablespoon olive oil
8 cups water
1 fresh thyme sprig
1 bay leaf
1 whole clove
1 1/2 pounds asparagus, peeled, trimmed

Flan:

1/4 cup plus 2 tablespoons whipping cream
1/4 cup plus 2 tablespoons whole milk no substitutes
1 large egg
1 large egg white
1/4 tsp. salt
Pepper to taste

1 potato, peeled and diced
1 teaspoon fresh lemon juice
Salt and Pepper

Preparation:

For Soup:

1. Combine the first 6 soup ingredients in a heavy large saucepan. Drizzle oil over vegetables.

2. Cover and cook over low heat until vegetables are tender but not brown, stirring occasionally, about 15 minutes.
3. Add 8 cups of water, thyme, bay leaf and clove.
4. Simmer until liquid is reduced to 4 cups, about 1 1/2 hours.
5. Strain vegetable broth, pressing on vegetables to get as much liquid as possible. Discard vegetables. (This broth can be made up to 3 days in advance.)
6. Cook asparagus in a large skillet of boiling, salted water until tender about 7 minutes.
7. Drain and rinse with cold water. Cut off tips and halve the tips lengthwise and reserve.
8. Puree asparagus stalks in a blender until smooth.

For Flan:

1. Preheat oven to 300. Lightly butter four 4oz. ramekins or custard cups.
2. Scald cream and milk in a heavy small saucepan. Cool to room temp.
3. Whisk egg, egg white, and 1/3 cup of asparagus puree in a medium bowl to combine.
4. Stir in cooled cream mixture, salt and pepper.
5. Pour flan mixture into ramekins. Set ramekins in a large baking dish. Pour enough water into the baking dish to come halfway up the sides of the ramekins.
6. Bake until the custards are set about 35 minutes. Remove from the oven. Leave the ramekins in the water.
7. Meanwhile, bring the vegetable broth to boil in a heavy, large saucepan. Add potato to broth. Cover and simmer until tender, about 15 minutes.
8. Transfer the potato to a food processor with a slotted spoon. Puree until just smooth. Pour potato puree into the broth. Mix in remaining asparagus puree. Re-warm soup over medium low heat, stirring often. Add lemon juice and season with salt and pepper.
9. Turn the flans out into large soup bowls. Ladle soup around flans and garnish with reserved asparagus tips.

*Diane Castle
United States of America*

Vegetable Soup

(This light soup is a great end to a busy day.)

(Rumor has it that you burn more calories eating this soup than there are in the soup!)

Ingredients:

- 1 - 46 oz. any variety V-8 juice (V-8 is a tomato based vegetable drink)
- 1/2 head cabbage shredded
- 1 package frozen Brussels sprouts (or fresh when available)
- 1 small head cauliflower, cut into bite sized chunks
- 1 lb broccoli (or more!) cut into bite sized chunks, plus the stalks peeled and sliced
- 1 can (10 oz.) diced tomatoes any variety
- 1 cup celery, diced
- 2 onions, chopped
- 1 can (14.5 oz) green beans
- 1 can peas

2 chopped bell peppers
4 carrots sliced
4 - 6 cloves garlic, crushed
2 tablespoon parsley
2 tablespoon oregano
1 or 2 packages onion soup mix (can be Lipton's or store brand)
2 tablespoon balsamic vinegar
2 teaspoon Worcestershire sauce
1 can mushrooms (sliced)
1 - 2 cubes beef bouillon
1 can sliced potatoes
2 Bay leaves (remove after soup is finished)
Water
additional salt and pepper may be added according to taste

Preparation:

1. Place all ingredients in a very large stock pot and cover with water.
2. Bring to boil, stirring occasionally, and then simmer 40 to 60 minutes or until vegetables reach desired tenderness. Adjust seasonings, as needed.
3. Serve with crusty bread and enjoy.

Note: This recipe makes a LOT of soup. You can reduce quantities and make a smaller amount. I prefer to make a regular batch of this soup ahead of time and freeze in smaller containers to eat at another time.

*Nancy Hoffer
United States of America*

Southern Style Black-eyed Peas

One attribute of southern or country cooking is the ability to turn scraps and leftovers into delicious meals. Black-eyed peas are traditionally served on New Year's Day for good luck in the coming year. I take the bone from the ham served for Christmas dinner, which generally still has lots of meat on it, and freeze it until its time to begin making the peas on New Years Eve. However, you can make and enjoy black-eyes any time of the year.

Ingredients:

Large hambone with lots of ham still on it
Onion
Garlic
Dried black-eyed peas
Salt and pepper to taste

Preparation:

1. The day before you want to serve the peas, cut most of the remaining ham from the bone. Cut off any fat and slice the meat into small chunks. Wrap and store the meat in the refrigerator.
2. Put the fat and the bone in a large pot and cover with water. Add the garlic and

- chopped onion. Boil for three or four hours, adding more water as necessary. When it has made a hearty broth, remove from the stove, take out and discard the ham bone. Put the broth in the refrigerator to cool over night.
3. Put the dried peas in a container and cover with cold water. Let them soak over night in the refrigerator.
 4. The next day, take the broth from the refrigerator. Skim off and discard all the fat. Put the broth back on the stovetop and heat to a simmer. Drain the water from the black-eyed peas and add them to the broth along with the chopped ham. If you have soaked the peas over night, they should cook in about an hour. If you have forgotten to soak the peas, you can still make the meal, but it will take several hours to cook.
 5. Serve when the peas are tender. It will feed a large family.

Note: 1 cup of dried black-eyed peas yields approximately 2 1/2 cups of cooked peas. Most folks like lots of ham in the peas. You can vary the proportion of meat to black-eyes depending on your taste and how much meat you happen to have. The peas may be served over or mixed with rice. This variation is called "Hoppin' John".

*Lisa Zuccarello
United States of America*

Feta Cheese and Spinach Pasta

Ingredients:

- 1 box penne pasta (or pasta of your choice)
- 3 cups diced tomatoes or 14.5 ounce can of diced tomatoes
- 2 tablespoons olive oil
- 8 ounces feta cheese, crumbled (to save time, by pre-crumbled)
- 10 ounce package frozen chopped spinach
- 2 cloves garlic, crushed

Preparation:

1. Cook spinach and pasta according to directions on their packages.
2. Saute cooked spinach with olive oil and garlic.
3. When pasta and spinach are ready, combine all ingredients into a large bowl and serve.

*Lisa Zuccarello
United States of America*

Hot Artichoke Crabmeat Dip

Ingredients:

- 1 package (8 oz) cream cheese, softened
- 1 cup mayonnaise or miracle whip
- 1 garlic clove, pressed
- 1 can (14 oz) artichoke hearts in water, drained and chopped

1 package (8 oz.) imitation crabmeat, chopped
3/4 cup grated fresh parmesan cheese
1/3 cup thinly sliced green onions with top
1 lemon
1/8 teaspoon black pepper
1/3 cup chopped red bell pepper

Preparation:

1

1. Preheat oven to 350 degrees Fahrenheit. Combine cream cheese and mayonnaise in large bowl; mix well. Add pressed garlic. Set aside.
2. Using small colander, drain artichokes. Chop artichokes and crabmeat. Grate parmesan cheese. Slice green onions, zest lemon to measure 1 teaspoon of lemon zest. Add artichokes, crabmeat, parmesan cheese, green onions, lemon zest and black pepper to the large bowl (from step 1) and mix well.
3. Spoon into round baking pan. Bake 25 to 30 minutes or until golden brown around edges. Sprinkle with red bell pepper and additional green onions.

Note: Serve with baked pita chips (recipe follows) or gourmet crackers.

Baked Pita Chips

7 whole pita bread rounds

Preparation:

1. Preheat oven to 350 degrees Fahrenheit. Cut each pita bread in half horizontally. Cut each half into 8 triangles. Arrange in single layer on baking sheet. Bake 8 to 10 minutes or until lightly browned. Repeat until all chips are baked. Cool on cooling rack.

*Susan Jaskot
United States of America*

Irish Soda Bread

(Irish Wheaten Bread) The secret to this tender bread is in your hands.

Do not overwork the dough - just lightly knead it.

Legend has it that the big X in the middle of the loaf lets the devil out

Ingredients:

2 cups all-purpose flour
2 cups whole-wheat flour
2 tablespoons sugar
1 teaspoon salt
1 teaspoon baking soda
3 tablespoons butter, chilled and cut into small pieces
1 1/3 cups low-fat buttermilk
2 cups egg whites
vegetable cooking spray

Preparation:

1. Combine the first 5 ingredients in food processor, and pulse until well blended.
2. With the processor on, drop butter through food chute, and process for 10 seconds.
3. In a separate bowl, combine buttermilk and egg whites and stir well. With the processor on, pour the mixture through food chute and process for 20 seconds or until dough leaves the sides of the bowl and forms a ball.
4. Turn the dough out onto a lightly floured surface and lightly knead about 10 times.
5. Pat the dough into an 8-inch round cake pan coated with cooking spray, and cut a 1/4 inch deep X in top of the dough.
6. Bake at 375 degrees for 45 minutes or until lightly browned.
7. Remove bread from the pan, and let cool completely on a wire rack. Cut bread into wedges to serve.

Note: This recipe yields 12 servings.

*Susan Jaskot
United States of America*

Pumpkin Nut Bread

Ingredients:

- 3 1/2 cups flour
- 4 teaspoons pumpkin pie spice
- 2 teaspoons baking soda
- 1 teaspoon baking powder
- 1 1/2 teaspoons salt
- 2 2/3 cups sugar
- 2/3 cup vegetable oil
- 4 eggs
- 1 pound canned pumpkin
- 2/3 cup water
- 1/2 cup pecans, chopped

Preparation:

1. Sift together flour, pumpkin pie spice, baking soda, baking powder and salt. Set aside.
2. Beat together sugar and oil until light. Add eggs, one at a time. Beat in pumpkin.
3. Add dry ingredients alternately with water to sugar mixture. Stir in pecans.
4. Pour into 2 greased 9" x5" x3" loaf pans. Bake 325 degrees F. oven for 55 - 60 minutes or until tester comes out clean when inserted into center of the loaf.

Note: This bread can be made in advance and frozen.

Lisa Zuccarello
United States of America

Sicilian Easter Ring
(Ciambella Siciliana Pasquale)

Ingredients:

1 package active dry yeast
1/4 cup warm water (about 110 degrees Fahrenheit)
2/3 cup warm milk (about 110 degrees Fahrenheit)
2 tablespoons butter or margarine, softened
1/3 cup sugar
3/4 teaspoon salt
3 3/4 to 4 cups all-purpose flour
1/2 teaspoon cinnamon
1/2 teaspoon vanilla
2 eggs
5 hard-cooked eggs, colored red or deep rose (use an egg dye kit or food coloring)
1 egg yolk beaten with 1 teaspoon water

Preparation:

In a large bowl sprinkle yeast over warm water and let stand for 5 minutes to soften. Stir in milk, butter, sugar and salt until butter melts. Add 2 cups of the flour; mix to blend. With a heavy-duty mixer or wooden spoon, beat until dough is elastic (about 5 minutes). Beat in cinnamon, vanilla and eggs. Stir in about 1 1/2 cups more flour to make a soft dough. Turn out onto a board or pastry cloth floured with some of the remaining flour and knead until dough is smooth and springy and develops small bubbles just under the surface (15 to 20 minutes). Place in a greased bowl; turn dough to grease top. Cover and let rise in a warm place until doubled (about 1 1/2 hours). Punch dough down, turn out onto a floured surface and knead lightly just to release air. Divide into 3 equal portions. Roll each portion to form strip 25 inches long. Place strips side by side on a large greased baking sheet (baking stones work great too!) and braid loosely. Curve braid to make a circle, pinching ends tightly to seal. At evenly spaced intervals, gently separate braid strands and press in the colored eggs (pointed ends down). Cover lightly and let rise until very puffy (40 to 45 minutes). Brush bread lightly with egg yolk mixture. Bake in a 350 degrees Fahrenheit oven until braid is richly browned and sounds hollow when tapped (30 to 35 minutes). Let cool for at least 15 minutes on wire rack before slicing. Serve warm or cool. Makes 1 round braid.

*Susan Jaskot
United States of America*

Breakfast Egg Cake

Can be made ahead of time and freeze or refrigerate it. Excellent for breakfast or brunch sliced into cake size pieces. Cut into smaller chunks makes for an easy hors d'oeuvre.

Ingredients:

12 eggs
1 pound ham
1 pound bacon
1 pound Velveeta cheese
10 green onions
1 green pepper
2 cups flour

Preparation:

1. Cube ham and chop uncooked bacon (turkey ham and/or bacon can be used to lower fat content).
2. Cube cheese (low fat Velveeta works well and lowers fat content).
3. Thinly slice green onions and tops.
4. Dice green pepper.
5. Whip eggs until frothy.
6. Combine rest of ingredients with flour, tossing to coat well.
7. Add to whipped eggs.
8. Place in well coated tube pan.
9. Bake for 1 hours at 350F degrees, cool in pan for 2 hours.
10. Run spatula around sides to loosen and turn out on plate to serve.

Note: Egg cake can be frozen and reheated later if desired. Or can be served at room temperature. Cake makes 12 servings. It takes about 30 minutes preparation time, 90 minutes cooking time and 2 hours cooling time for a total of four hours start to finish. EASY!

*Nancy Hoffer
United States of America*

Brisket

This is a good recipe for a cold winter day. Your family will enjoy it when they come in after shoveling and playing in the snow.

Ingredients:

fresh beef brisket (3 or 4 pounds)
1/4 teaspoon seasoned pepper
Dash salt

1/2-cup flour
3 medium carrots, chopped
3 stalks celery, chopped
3 medium onions, chopped
4 cloves garlic
1 small can diced tomatoes
1/2 cup red wine
1 teaspoon dried basil, crushed
2 bay leaves
6 small red potatoes sliced into quarters

Directions:

1. Trim fat from brisket. Sprinkle meat with seasoned pepper and salt. Dredge brisket in flour and place in the bottom of a heavy cast iron pot.
2. Combine carrots, celery, onions, garlic, undrained tomatoes, mushrooms, wine, basil, and bay leaves; pour atop brisket. Add potatoes and cover with lid.
3. Roast in a 325 degree F oven for 2-1/2 to 3 hours or until tender. Remove bay leaves. Slice meat across the grain into 1/4-inch-thick slices. Serve meat, potatoes and vegetables covered with pan juices. Serves 12.

This recipe also works well using an aluminum foil cooking bag in a shallow baking pan instead of cooking in a cast iron pot. Cut several slits in the top to allow steam to vent.

*Nancy Hoffer
United States of America*

Brunswick Stew

This is a traditional southern recipe and one of my father's favorites. My mother learned it from my father's mother.

Ingredients:

1 can diced tomatoes, undrained (14 1/2 oz.)
1 can tomato paste, (6 oz.)
meat of small chicken cooked & chopped (aprox. 3 1/2 cups)
1 can of corn, drained (11 oz.)
1 medium onion, chopped
1 teaspoon salt
1/2 teaspoon pepper
1 bay leaf
2 1/2 cups chicken stock
1 teaspoon Worcestershire Sauce

Preparation:

1. Stir tomatoes and tomato paste together in a pot.
2. Add chicken, corn, onion, bay leaf, salt, and pepper.
3. Stir in chicken broth and Worcestershire Sauce, bring to a boil on high heat.
4. Cover and reduce heat, simmer for one hour.

5. Remove bay leaf and stir well before serving.

This recipe makes 6 servings.

*Nancy Drouin
United States of America*

Chicken Breasts With Grapes

Ingredients:

3 whole boneless, skinless chicken breasts, halved
2 tablespoon butter or margarine
salt
ground nutmeg
1 tablespoon orange marmalade
1/4 teaspoon dried tarragon
1 green onion, thinly sliced
1/3 cup dry white wine
1 cup seedless grapes
1/4 cup whipping cream

Preparation:

1. Sprinkle chicken breasts with salt and nutmeg. In large frying pan heat butter over med-high heat and brown chicken lightly.
2. Add marmalade, tarragon, green onion and wine. Cover, reduce heat and simmer 10 minutes.
3. Add grapes to frying pan, cover again, and continue cooking until chicken is cooked through (test with a small, sharp knife in thickest part) - about 10 minutes longer.
4. Using a slotted spoon, remove chicken and grapes to a serving dish and keep warm.
5. Add whipping cream to liquid in pan. Bring to a boil, stirring constantly. Cook until sauce is reduced and slightly thickened. Salt to taste.
6. Pour sauce over chicken.

Note: Serves 4 to 6. For a delicious, elegant meal, serve with a simple green vegetable, rice and a fruity white wine.

*Kay Keagle
United States of America*

Cocktail Meatballs

Ingredients:

Meatballs:

2 pounds ground beef (900 grams)
1 cup bread crumbs
2/3 cup minced onion
1/2 cup milk (120 milliliters)

2 eggs
2 tablespoons snipped parsley
2 teaspoons salt
1/2 teaspoon pepper
1 teaspoon Worcestershire sauce

Preparation:

1. Combine all ingredients. Shape into 1 1/2 inch balls.
2. In a large skillet/frying pan, brown meatballs in shortening.
3. Remove meatballs when browned and pour off fat.

Ingredients:

Sauce:

1 - 12 ounce bottle of chili sauce (336 grams)
1 - 10 ounce jar of grape jelly (280 grams)

Preparation:

1. Heat chili sauce and jelly in skillet, stirring until jelly is melted.
2. Add meatballs and stir until meatballs are coated with sauce.
3. Simmer, uncovered, for 30 minutes.
4. Serve in a chafing dish or fondue pot.

Susan Jaskot
United States of America

Crustless Spinach Quiche

Ingredients:

1 large onion, chopped
1 tablespoon vegetable oil
10 ounce package frozen spinach, thawed, pressed dry
5 eggs, beaten
3 cups Muenster Cheese, shredded
1/4 teaspoon salt
1/8 teaspoon black pepper

Preparation:

1. In a large skillet, saute onion in oil until tender.
2. Add spinach and cook until excess moisture evaporates. Cool.
3. Combine eggs, cheese, salt and pepper and stir into spinach mixture.
4. Pour into greased 9-inch pie plate. Bake at 350 degrees for 30 minutes or until set.

*Lisa Zuccarello
United States of America*

Hawaiian Chicken

Ingredients:

- 2 whole chickens, cut up
- 1 onion, chopped
- 1/4 pound butter or margarine
- 1/4 cup flour
- 1 cup brown sugar
- 1 teaspoon crushed garlic
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1 (14 oz) bottle of catsup
- 1 large can crushed pineapple, do not drain
- 1 tablespoon lemon juice
- 1/2 teaspoon cloves
- 4 teaspoons Worcestershire sauce

Preparation:

1. Preheat oven to 350 degrees Fahrenheit.
2. Saute onions in butter in a large cooking pot.
3. For sauce, mix flour, sugar, garlic, salt, pepper, catsup, pineapple, lemon juice, ground cloves, and Worcestershire sauce.
4. Add sauce mixture to onions and simmer on stovetop until slightly thickened.
5. Place uncooked chicken in a single layer in bottom of large baking pan. Cover with sauce and bake uncovered for 1 1/4 to 1 3/4 hours.

Note: This recipe can be made in two pans and will freeze well. Simply thaw and bake as directed.

*Lisa Zuccarello
United States of America*

Lasagne

Ingredients:

- 1 box (9oz) Barilla Oven Ready - No Boil Lasagne Noodles, UNCOOKED
- 2 eggs
- 1 container (15 oz) Ricotta Cheese
- 4 cups shredded Mozzarella cheese (divided)
- 1/2 cup (2 oz) grated Parmesan cheese
- 2 to 3 jars (26 oz each) Pasta Sauce (recommended Bertolli Five Cheese or Marinara)
- * Optional: 1 pound Italian sausage or ground beef (cook, crumble and drain)

Preparation:

1. Preheat oven to 350.
2. In a medium bowl, beat eggs. Stir in ricotta cheese, 2 cups Mozzarella cheese, and

Parmesan cheese.

3. Layer ingredients in this order:

- Spread 1 cup Pasta Sauce on bottom of baking pan.
- Layer 4 UNCOOKED lasagne noodles, 1/3 cup of Ricotta cheese mixture, *half of the browned meat, 1 cup Mozzarella, and 1 cup Pasta sauce
- Layer 4 UNCOOKED lasagne noodles, 1/3 cup of Ricotta cheese mixture and 1 1/2 cups sauce.
- Layer 4 UNCOOKED lasagne noodles, remaining Ricotta cheese mixture, *remaining browned meat, 1-cup mozzarella cheese, and 1 cup Pasta sauce.
- Layer 4 UNCOOKED lasagne noodles, remaining sauce and remaining 1-cup Mozzarella cheese.

4. Cover baking pan with aluminum foil and bake 50 - 60 minutes until sauce is bubbly. Uncover and continue baking until cheese is melted, about 5 to 10 minutes. Remove from oven and let stand 15 minutes before cutting.

Note: I use a 9 x 13 inch stoneware rectangular baking pan. When layering lasagne, slightly pasta overlap sheets. Lasagne noodles will expand to edges during cooking.

*Nancy Drouin
United States of America*

Party Chicken

(Great dish that can be prepared in advance and baked just before serving.)

Ingredients:

- Deli ham slices
- 12 slices bacon
- 6 boneless chicken breasts
- 1 can Cream of (Celery or Mushroom or Chicken) Soup
- 1 cup sour cream

Preparation:

1. Layer ham slices on the bottom of a greased baking dish.
2. Wrap 2 bacon slices around each chicken breast; place on top of ham.
3. Mix soup with the sour cream and pour over the chicken.
4. Refrigerate overnight.
5. Bake at 350 degrees for 2 hours.

Note: I love this dish! It's great for holidays or any entertaining ÖIt's so easy, but tastes like you must have labored hard to make it. And because you put it together the day before your dinner, it frees you up to do other things. You can also adjust the recipe easily for as many servings as you need.

(I also try to use low-fat sour cream and low-fat soup and sometimes trim the bacon. Otherwise, it is very filling.)

*Nancy Skardon
United States of America*

Party Ham Biscuits

Biscuits can be made-up in advance, frozen and cooked just prior serving.

Ingredients:

- 1/2 cup butter softened
- 3 tablespoons prepared yellow mustard
- 1 tablespoon poppy seeds
- 1 tablespoon Worcestershire sauce
- 1 tablespoon minced white onion
- 2 packages Pepperidge Farms party rolls with 2 dozen in each package (or any sheet of small rolls)
- 10 ounce package Bryan Honey -Roast Ham, sliced
- 1 pound sliced Swiss cheese

Preparation:

1. Combine first five (5) ingredients into small bowl and mix well.
2. Split packages of rolls in half (top and bottom).
3. Spread butter mixture on rolls.
4. Add slices of ham and cheese.
5. Put rolls back together and with sharp knife cut each roll through (this makes them easy to separate when hot).
6. Wrap in aluminum foil and freeze or bake at 400 F degrees for about 10 minutes, or until cheese melts.

Note: Can be made ahead and frozen. (If frozen, Bake at 350 for about 30 minutes, or until cheese melts.)

*Susan Jaskot
United States of America*

Southern Barbecue

Ingredients:

- 1 5-6 pound pork picnic (shoulder roast works well)
- 12 tablespoons minced onion
- 9 tablespoons vinegar
- 6 tablespoons worcestershire Sauce
- 3 teaspoons salt
- 2 teaspoons paprika
- 1/2 teaspoon chili powder
- 3 cups tomato puree
- 2 1/4 cups water
- 1/2 teaspoon pepper

- 1/2 teaspoon cinnamon
- 1/4 teaspoon ground cloves, + dash more
- 3 teaspoons brown sugar
- 3 Small cloves garlic, chopped

Preparation:

1. Bake picnic in a covered deep roasting pan for 3 hours at 325 degrees Fahrenheit or until the meat falls apart.
2. After picnic has cooked, separate meat from bone and fat. Discard bone and fat and the grease from the roasting pan.
3. Mix all ingredients and put with the meat in the deep roasting pan.
4. Cook covered in the oven for three hours at 300 degrees Fahrenheit. Then cook uncovered for one hour.
5. Serve on hamburger rolls or as desired.

Note: It is easy to double this recipe and it freezes well. It can be frozen in small containers or zip lock bags

*Nancy Drouin
United States of America*

Spinach & Cheese Brunch Bake

I

Ingredients:

- 2-10 Oz. packages frozen chopped spinach, thawed
- 1 pound small curd cottage cheese
- 1/3 cup Feta (or cheddar) cheese
- 8 eggs (or egg substitute)
- 1 small onion, chopped
- 3 tablespoons melted butter
- 1 tablespoon flour
- 1/2 teaspoon white pepper
- 1/2 teaspoon dill
- 2 tablespoon grated Parmesan cheese

Preparation:

1. Thaw spinach and squeeze out excess liquid.
2. In a large bowl, mix eggs, cottage cheese, Feta (or cheddar) and onions.
3. Add melted butter, flour pepper, dill and mix. Fold in spinach.
4. Pour mix into a greased 12" x 8" (or a 9" x 9") baking dish and even out. Sprinkle Parmesan cheese on top.
5. Bake in a preheated 350 degree oven for about 50 minutes.
6. Cool, and then cut into squares.

Note: Makes 12 servings.

*Lisa Zuccarello
United States of America*

Brownie Pudding Cake

Ingredients:

- 1 1/4 cups all purpose flour
- 1 1/2 cups sugar, divided
- 1/2 cup unsweetened cocoa powder, divided
- teaspoons baking powder
- 1/2 teaspoon salt
- 3/4 cup milk
- 3 tablespoons butter or margarine, melted
- 1 1/2 teaspoon vanilla, divided
- 1 3/4 cups boiling water
- 1 1/2 cups semi-sweet chocolate morsels
- 1 3/4 cups boiling water
- 1 tablespoon powdered sugar

Preparation:

1. Preheat oven to 350 degrees Fahrenheit. Combine flour, 3/4 cup of the granulated sugar, 1/4 cup of the cocoa powder, baking powder, and salt in a large bowl. Add milk, melted butter and 1/2 teaspoon of the vanilla; stir until smooth. Spread batter evenly into baking pan.
2. In a small bowl, wish together remaining 3/4 cup granulated sugar, 1/4 cup cocoa powder; gradually stir in boiling water and remaining 1 teaspoon of vanilla. Carefully pour mixture evenly over batter in pan.
3. Bake 30 - 35 minutes or until cake tester comes out clean when inserted in center. Cool 15 minutes. Sprinkle with powdered (confectioner's) sugar. Spoon into dessert dishes.

Note: This pudding cake recipe has been a very popular family dessert since the 1930's. My daughter loves to watch this pudding cake bake because during baking, the cake rises to the top and the cocoa pudding goes to the bottom, forming a delicious sauce. It is an unexplained mystery!

Variation: Turn this dessert into a Brownie Pudding Cake Sundae by serving with a scoop of fudge marble or vanilla ice cream, chopped peanuts, whipped topping and a maraschino cherry.

*Lisa Zuccarello
United States of America*

Carrot Cake with Cream Cheese Icing

Ingredients:

- Cake:
- 4 eggs
- 1 cup vegetable oil
- 2 cups flour

2 cups sugar
2 teaspoons cinnamon
2 teaspoon baking soda
4 cups (approximately 1 pound grated carrots
2/3 cups chopped nuts

Cream Cheese Icing:

3 (8 oz.) packages slightly softened cream cheese
3 cups sifted confectioner's sugar

Preparation:

Cake:

Preheat oven to 350 degrees Fahrenheit. Grease and flour two 9-inch round pans or spray with vegetable pan spray. In large mixing bowl, beat eggs until foamy; add oil in a thin stream and beat well. Mix flour, sugar, cinnamon and baking soda together; add to egg mixture and mix well. Fold in carrots and nuts. Pour into prepared pans and bake for 30-35 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes in pan and invert on rack to cool. Makes 12 - 14 servings.

Icing:

Beat cream cheese until smooth. Add confectioner's sugar and mix thoroughly. Beat at high speed until smooth. Do not over mix.

*Lisa Zuccarello
United States of America*

Chocolate Satin Mint Cake

Special occasions call for show-stopping desserts. This decadent cake, filled with a minty cream cheese ribbon, is definitely worth the effort to make.

Ingredients:

Filling:

1 package (8 ounces) cream cheese, softened
1/4 cup sugar
2 tablespoons butter or margarine, softened
1 tablespoon cornstarch
1 egg
2 tablespoons milk
3/4 teaspoon peppermint extract

Cake:

1 package 18.25 ounces devil's food cake mix
1 cup water
1/3 cup vegetable oil
3 eggs

Glaze and Drizzle:

1/3 cup light corn syrup
1/3 cup whipping cream

- 6 squares (1 ounce each) semi-sweet chocolate for baking (not unsweetened chocolate), finely chopped
- 2 squares (1 ounce each) white chocolate for baking
- 2 teaspoons vegetable oil
- 1/4 teaspoon peppermint extract

Preparation:

1. Preheat oven to 325 degrees Fahrenheit. Spray Fluted Bundt style Pan with nonstick cooking spray.
2. For filling, beat cream cheese, sugar, butter and cornstarch in bowl until well blended. Add egg, milk and extract. Mix until smooth; set aside.
3. For cake, combine cake mix, water, oil and eggs; mix according to package directions. Spread two cups cake batter in pan. Spread evenly with filling. Slowly pour remaining cake batter over filling. Bake 55-65 minutes or until cake tester inserted near center comes out clean. Cool in pan 10 minutes. Loosen cake from edge and center of pan. Invert onto cooling rack and cool completely.
2. For glaze bring corn syrup and whipping cream to a simmer over medium heat, stirring constantly with a whisk. Remove saucepan from heat. Add semi-sweet chocolate, stirring until smooth. Spread 2/3 cup glaze smoothly over top and side of cake. Freeze cake for 5 minutes until glaze is almost set. Meanwhile, keep remaining glaze warm over medium-low heat. Slowly pour over cake. Remove cake to serving platter. Refrigerate until glaze is firm about 1 hour. For drizzle, microwave white chocolate and oil in a heat proof bowl on high for 1 minute 30 seconds or until mixture is smooth when stirred. Stir in extract. Drizzle over cake. Refrigerate 15 minutes.

Note: Cake makes 16 servings.

*Kathleen Donoghue
United States of America*

Congo Bars

Ingredients:

- 1 box yellow cake mix
- 1 stick of butter
- 1 egg
- 1 pound powdered sugar
- 2 eggs
- 8 ounces cream cheese, room temperature
- 1 cup chopped pecans

Preparation:

1. Mix together cake mix, 1 stick of butter and 1 egg.
2. Press mixture into 9" x 13" greased pan.
3. Mix together powdered sugar, 2 eggs, cream cheese and pecans.
4. Pour nut mixture over cake mixture.
5. Bake 350 degree F. oven for 45 minutes.
6. Chill and cut into squares for serving.

Lisa Zuccarello
United States of America

Death by Chocolate

Ingredients:

4 eggs
1 cup sour cream
1/2 cup vegetable oil
1/2 cup water
1 package devil's food cake mix (plain, no pudding in mix)
1 small box instant chocolate pudding
1 (12 oz) package chocolate chips
Confectioner's sugar

Preparation:

Mix together eggs, sour cream, vegetable oil and water. Then add devil's food cake mix and pudding. Mix well; then stir in the 12-ounce package of chocolate chips. Pour batter into a greased bundt pan. (A deep circular pan with a tube in the middle.) Bake at 350 degrees Fahrenheit for one hour (may need up to 10 minutes more). Cool in pan 25 minutes, then turn out onto rack and cool completely. Sprinkle with confectioner's sugar.

Mari Thomas
United States of America

Dried Cherry and Ginger Frangipane Tartlets *(This recipe looks hard but it is very easy and looks impressive)*

Ingredients:

Frangipane (Tart Filling):

4 oz (1 cup) blanched slivered almonds
1/2 cup sugar
1/8 teaspoon salt
1 large egg + 1 egg white
1/2 teaspoon almond extract
1/2 teaspoon vanilla extract
6 tablespoons butter, cut into 6 pieces
1/2 cup crystallized ginger
1/4 cup amaretto
3/4 cup dried cherries
apple jelly for glaze

Pate Sucrie (Tart Pastry):

1 egg yolk
2 tablespoons heavy cream
1 1/2 cups all purpose flour

3/4 cup confectioner's sugar
1/4 teaspoon salt
10 tablespoons very cold unsalted butter, cut into 1/2 inch cubes

Preparation:

1. To prepare tart pastry, combine egg yolk and heavy cream in small bowl and set aside. Combine flour, sugar and salt in food processor and pulse about 4 times to mix dry ingredients. Scatter butter pieces over flour mixture; pulse to cut butter into flour until mixture resembles coarse meal, about 20 1-second pulses. With machine running, add egg mixture and process until dough comes together. Turn dough onto sheet of plastic wrap and press into 6-inch disk; wrap and refrigerate at least 1 hour and up to 48 hours.
2. Remove dough from refrigerator. Unwrap and roll out dough 1/8 inch thick between 2 lightly floured sheets of parchment paper or plastic wrap. If dough becomes sticky, slip onto a baking sheet and refrigerate until workable, about 20 minutes. Using a 1 1/2 inch or 2 inch round biscuit cutter (depending on size of tartlet shell), cut out rounds and press dough into 1 1/2 inch tartlets shells or mini-muffin tins. Continue to reshape scraps until all the dough is used. Chill dough-lined tartlet shells for 20 minutes.
3. While dough is chilling, soak the dried cherries in amaretto for 15-20 minutes.
4. To prepare the frangipane (filling), pulse almonds, sugar and salt in food processor until finely ground. Add egg and egg white, almond and vanilla extracts; process until combined, about 10 seconds. Add butter and process until no lumps remain. Scrape bottom and sides of bowls with rubber spatula and process until thoroughly combined. Stir in crystallized ginger.
5. Fill each tartlet shell with about 1 1/2 teaspoons of filling and press 2 soaked cherries into each tartlet. Bake tartlets at 350 degrees for about 12 minutes or until tartlets are golden and filling is firm to the touch. Let cool on wire rack and remove tarts from pan.
6. Bring apple jelly to a boil and stir until smooth. Brush jelly onto top of each tart. Serve at room temperature.

Note: For tartlets, cut cherries small then soak in amaretto. For tartlets you do not have to roll out dough you can just press a small ball of dough into muffin tins. Can be made into one large tart. If using a large pan put ginger on bottom of pan and press cherries on top.

*Susan Jaskot
United States of America*

***Gail's Cut-Out Christmas Cookies
(Butter Crisps)***

Ingredients:

1 cup butter
1 1/2 cups confectioner's sugar
1 egg
1 teaspoon vanilla

2 1/2 cups sifted all-purpose flour
1 teaspoon baking soda
1 teaspoon cream of tarter
1/4 teaspoon salt

Preparation:

1. Use electric mixer to cream butter. Add sugar and cream until fluffy.
2. Add egg and vanilla - beat well.
3. Sift together dry ingredients and blend into creamed mixture.
4. Chill dough in refrigerator for minimum of one hour to overnight.
5. Roll out dough to 1/4 inch thick and use cookie cutters to cut into interesting shapes.
5. Bake 6 minutes on an unbuttered cookie sheet at 400 degrees F.

Note: Cookie dough recipe can be split in half to make a smaller batch of cookies.

*Nancy Drouin
United States of America*

Loquat Pie

Ingredients:

4 cups loquats
1/2 cup water
1 cup sugar
2 tablespoons flour
1/2 teaspoon cinnamon
1/8 teaspoon allspice
1/8 teaspoon salt
1/8 teaspoon ginger
Pastry for 2 crust pie

Preparation:

1. Wash and quarter loquats, removing seeds.
2. Combine loquats and water and cook until tender - about 15 minutes.
3. Mix dry ingredients together and add to loquats.
4. Cook over medium heat until mixture thickens - then cool.
5. Put mix into a 2 crust pie pastry.
6. Bake at 450 degrees for 10 minutes, then 350 degrees for 30 minutes.

Note: When we lived in Bermuda we had a Loquat tree in our yard laden with the fruit. They are very tart, so I was at a loss as to what to do with them - until our neighbor shared their family recipe for this pie. Yummy! (For those in colder climates, you can substitute apricots for the loquats.)

*Susan Jaskot
United States of America*

Luscious Lime or Lemon Squares

Ingredients:

3 cups flour
1 cup butter
1/2 cup confectioner's sugar

Preparation:

1. Sift flour and sugar into a bowl.
2. Using a pastry knife or two forks, blend in butter until well mixed.
3. Using hands, gather mixture together to form a ball.
4. Pat dough evenly into bottom of a 9" x 13" pan.
5. Bake at 350 degrees F. for 20 minutes.

Ingredients:

4 eggs
1 teaspoon baking powder
5 tablespoons lime or lemon juice
dash of salt
2 cups granulated white sugar
confectioner's sugar

Preparation:

1. Beat all ingredients together well.
2. Pour over hot baked crust and return to oven.
3. Bake at 350 degrees for 20-25 minutes.
4. Cool on a rack. Sprinkle with powdered sugar and cut into squares.

Note: Recipe makes 30 squares.

*Elaine Henry
United States of America*

Plum Torte

Ingredients:

1/4 pound unsalted butter, softened
2 eggs
3/4 cup sugar
pinch of salt
1 cup flour, sifted
9 large Italian (purple) plums, pitted
1 teaspoon baking powder
1 teaspoon cinnamon mixed with 1 tablespoons of sugar

Preparation:

1. Arrange a rack in the lower third of the oven. Preheat the oven to 350.
2. Cream the butter and the $\frac{3}{4}$ cup of sugar.
5. Cut plums into quarters or eights depending upon the size of the plums.
6. Lay the pieces of plum, skin side down in circles covering the batter.
7. Sprinkle cinnamon and sugar mixture over the top.
8. Bake for 40-50 minutes, until a cake tester inserted in the center comes out clean.
9. Remove from oven and let cool; refrigerate or freeze if desired.

*The torte may be served at room temperature, or reheated in a 300 oven until warm, if desired.
Serve plain, or with vanilla ice cream.*

*Nancy Drouin
United States of America*

Poppy Seed Cake

Ingredients:

- 1 cup ground poppy seeds
- 1 cup milk
- 1 cup butter or margarine
- 2 cups sugar
- 3 eggs, separated
- 2 cups flour
- 1/2 teaspoon salt
- 2 1/2 teaspoon baking powder
- 2 tsp vanilla

Preparation:

1. Put poppy seeds into milk, bring to a boil and set aside 1 hour.
2. Cream butter and sugar together. Beat in egg yolks.
3. Add poppy seed mixture.
4. Sift together dry ingredients and stir into dough.
5. Beat egg whites until stiff and fold into dough with vanilla.
6. Grease (Bundt) pan generously and sprinkle with flour (or it will split apart!)
7. Bake at 350 degrees for 1 hour.
8. Invert on rack until cool.
9. Sprinkle with powdered sugar.

*Susan Jaskot
United States of America*

Snowball Christmas Cookies

Ingredients:

- 1 cup butter
- 1 1/2 cups confectioner's sugar
- 1 egg
- 1 teaspoon vanilla
- 2 1/2 cups sifted all-purpose flour

1 teaspoon baking soda
1 teaspoon cream of tartar
1/4 teaspoon salt
1 1/2 cups ground walnuts
confectioner's sugar for coating

Preparation:

1. Use electric mixer to cream butter. Add sugar and cream until fluffy.
2. Add egg and vanilla - beat well.
3. Sift together dry ingredients and blend into creamed mixture.
4. Add walnuts and roll dough into large marble sized balls.
5. Bake 8-10 minutes on an unbuttered cookie sheet at 400 degrees F.
6. Remove from oven and roll at once in Confectioner's sugar. Cool and roll again in Confectioner's sugar.

Note: Cookie dough recipe can be split in half and use only 3/4 cup walnuts to make a smaller batch of cookies.

*Lisa Zuccarello
United States of America*

Strawberry Margarita Squares

Ingredients:

Crust:

*2 cups (66) twist pretzels, (1 cup crushed)
1/2 cup butter or margarine, melted
1/4 cup sugar*

Filling:

*2 packages (8 ounce) cream cheese, softened
1/2 cup thawed, frozen margarita mix concentrate (non-alcoholic)
2 containers (8 ounces each) whipped topping, slightly thawed, divided
1 package (3 ounces) strawberry gelatin
1/2 cup boiling water
1 package (10 ounces) frozen sliced strawberries in syrup
fresh strawberry slices, optional
Limes, sliced (optional)*

Preparation:

1. Preheat oven to 350 degrees Fahrenheit. For crust, finely crush pretzels and add to melted butter and sugar. Mix well. Press mixture in bottom of 9 x 13 inch baking pan. Bake 10 minutes. Cool completely.
2. For filling, beat cream cheese and margarita mix together in large bowl until well blended. (*I use an electric mixer.) Fold in 2 cups of the whipped topping. Carefully spread cream cheese mixture evenly over crust. Refrigerate while preparing strawberry layer.
3. Place gelatin in small bowl. Stir in boiling water; continue to stir until gelatin is com

pletely dissolved. Add frozen strawberries and stir until strawberries separate and gelatin is thickened (a spoon drawn through mixture will leave an impression.) Whisk in 3 cups of whipped topping. Pour over cream cheese layer, spreading to edges. Refrigerate for 3 hours to set.

- 4. Cut dessert into squares. Garnish each serving with remaining whipped topping. Optional: top with strawberry and lime slices.*

*Rob Hoffer
United States of America*

Uncle Rob's Happy Morning Treats

Ingredients:

- 2 cups dark brown sugar (firmly packed)
- 2 whole eggs and 2 egg whites
- 2 tablespoons dark honey
- 1 teaspoon baking powder, dissolved in 1/3 cup boiling water
- 2 cups whole wheat flour
- 1 teaspoon cinnamon
- 1/4 teaspoon allspice
- 1/4 teaspoon ground cloves
- 1/2 teaspoon salt
- 1/2 cup raisins
- 1/2 cup chopped dates
- 1/2 cup browned coconut
- 1 cup walnut pieces

Preparation:

1. Preheat oven to 350F degrees.
2. In a large mixing bowl mix brown sugar and eggs.
3. Add honey and stir.
4. Add baking powder to boiling water and mix.
5. Add water and baking powder mix to bowl.
6. Combine flour and spices together and stir into mixture.
7. Add remaining ingredients and stir.
8. Pour into greased 8 X 12 pan bake at 350F degrees for about 45 minutes.
9. Use the "toothpick test" to determine when they are finished.
10. Cut while warm - eat when cool.

Halloween Recipes

Traditional Pumpkin Carving

Carving a pumpkin into a Jack-O'-Lantern freehand is the traditional way of doing it, is very easy and only takes a few basic tools.

A large spoon or ice-cream scoop, a thin bladed knife and some newspaper will get you started.



With a long, thin bladed knife, cut out the top of the pumpkin around the stem of the pumpkin. The hole should be large enough to allow you to scoop out the guts (seeds and stringy membrane) by hand and with a large spoon. Generally, the size of the whole should be about two-thirds the diameter of the pumpkin. While you can cut a round circle out, you'll find that cutting a five or six sided opening will work the best. As you cut out the top hole, angle the knife so that the lid and hole will be somewhat cone shaped. This will help prevent the lid from falling into the hole. Now use the spoon to scrap the inside walls clean.



Inspect the surface of the pumpkin to decide the best side to carve you face. Now, visualizing the face you want to carve, use your knife to carefully cut out the individual parts of the face or you can pre-marked the pumpkin by using a Crayon to draw the face onto the surface of the pumpkin and cut through the lines you drew. When you are finished cutting, carefully push out the pieces to view the final results.



Make sure that you have scrapped the bottom of the pumpkin flat, so that the candle will sit level in the pumpkin. Traditionally candles are used to illuminate Jack-O'-Lanterns. A Votive candle, placed in a clear glass candle holder is safer and will actually last longer. Also, plain white candles give off the

most light and will illuminate the inside of your Jack-O'-Lantern the best. *TIP: Don't throw out those little glass jars that cracker spread or jelly comes in, they're great candle holders! When empty, simply soak them to remove the label & wash them out. Votive candles fit in them perfectly & they're added height makes the candle more resistant to wind.* - What do you get when you take the circumference of a pumpkin and divide it by its diameter? Pumpkin Pi - How do you mend a broken Jack-o-lantern? With a pumpkin patch!

*Diane Castle
United States of America*

Popcorn Snack Mix

Ingredients:

- 1 bag - microwave popcorn
- 2 cups - crisp wheat square cereal
- 2 cups - cheddar cheese-flavored goldfish crackers
- 1 (3/4 ounce) can - Shoestring potatoes
- 1 cup - Unsalted peanuts
- cup - margarine or butter
- 1 teaspoon - dried parsley flakes
- teaspoon - chili powder
- 1/4 teaspoon - onion powder
- 1/4 teaspoon - garlic powder
- cup - grated Parmesan cheese

Preparation:

1. Prepare popcorn as directed on the package. Remove any unpopped kernels.
2. In a large bowl, combine popcorn, cereal, crackers, shoestring potatoes and peanuts.
3. Place margarine in a 2-cup microwave-safe measuring cup. Microwave on high for 1 to 1 1/2 minutes or until melted. Stir in parsley flakes, chili powder, onion powder, and garlic powder. Drizzle seasoned margarine mixture over popcorn mixture. Sprinkle with cheese. Toss until evenly coated.
4. Transfer half of mixture to ungreased 12x8 inch microwave safe dish. Microwave on high for 3 minutes or until thoroughly heated, stirring once halfway through heating. Spread on paper towels to cool. Repeat with remaining mixture.

Makes 12 cups

*Miriam Lund
United States of America*

Pumpkin Puree

Ingredients:

- 1 medium pumpkin (5 pounds)
- 1 tablespoon vegetable oil

Preparation:

1. Preheat oven to 350 degrees Fahrenheit. Cut pumpkin into quarters, scrape out the seeds, and discard (or reserve, roast, bake and eat). Rub flesh with vegetable oil,

and place on a baking sheet, flesh side up. Bake until soft, about 1 hour. When cool enough to handle, remove peel and put through a food mill fitted with a medium disk.

Makes 5 1/4 cups

Note: Pumpkin puree can be used in casseroles, pies, breads and or cookies.

*Miriam Lund
United States of America*

Roasted Pumpkin Seeds

Ingredients:

- 1 1/2 cups pumpkin seeds reserved from pumpkin, washed, strings removed
- 1 teaspoon vegetable oil
- 1 1/2 teaspoons coarse sea salt

Preparation:

Preheat oven to 325 degrees Fahrenheit. Spread pumpkin seeds out on a baking sheet, in a single layer, and drizzle with oil. Toss well and sprinkle with coarse sea salt. Toss again. Place pan in oven and roast 20 - 30 minutes until pumpkin seeds are light brown. Remove from oven and let cool. Store roasted pumpkin seeds in an airtight container.

*Nancy Hoffer
United States of America*

Witche's Brew - Punch

Ingredients:

- 1 package lime flavored Jello
- 1 cup boiling water
- 2 cups pineapple juice
- 1 liter lemon/lime soda

Preparation:

1. Pour boiling water into punch bowl.
2. Stir jello powder into boiling water, continue stirring until powder is completely dissolved.
2. Let jello/water mixture stand for one minute to cool.
3. Stir in pineapple juice and soda.
4. Add ice cubes to chill or set punch bowl onto block of dry ice.
5. Serve and enjoy

Thanksgiving Recipes

Cranberry Fun Facts

<http://www.oceanspray.com/>

- The cranberry gets its name from Dutch and German settlers, who nicknamed it the "crane berry". When cranberry vines bloom in the late spring, the pale flowers resemble the head and bill of a crane.
- The cranberry is one of only a handful of major fruits native to North America. Others include the blueberry and Concord grape.
- A barrel of cranberries weighs 100 pounds. Give or take a few, there are about 450 cranberries in a pound and 4,400 cranberries in one gallon of juice.
- Cranberries are primarily grown in five U.S. states - Massachusetts, Wisconsin, New Jersey, Oregon and Washington - as well as British Columbia and Quebec, Canada.
- Contrary to popular belief, cranberries do not grow in water. A perennial plant, cranberries grow on low-running vines in sandy bogs and marshes. Because cranberries float, some bogs are flooded with water when the fruit is ready for harvest. Others are harvested using machines that resemble lawnmowers that "comb" fresh cranberries off the vines.
- Cranberries bounce! Small pockets of air inside the fruit enable fresh fruit to bounce. It is also what makes berries float in water, which is how many cranberries are harvested.
- If all the cranberry bogs in North America were put together, they would comprise an area equal in size to the tiny island of Nantucket, off the coast of Massachusetts, which is approximately 47 square miles.
- If you strung all the cranberries produced in North America last year, they would stretch from Boston to Los Angeles more than 565 times.

Historically speaking...

- Native Americans used cranberries, fat and ground venison to make a survival cake known as pemmican. They also used the fruit in poultices and fabric dyes.
- Legend has it that Pilgrims served cranberries, along with wild turkey and succotash, at the first Thanksgiving in Plymouth, Massachusetts.
- Documentation suggests that the first commercial cranberry harvest took place in Dennis, Massachusetts (on Cape Cod) in 1816.
- In the 1880s, a New Jersey grower named John "Peg Leg" Webb discovered that cranberries bounce. Instead of carrying his crop down from the storage loft of his barn, Webb poured them down the steps. He noticed that only the freshest, firmest fruit reached the bottom; rotten or bruised berries didn't bounce and remained on the steps. This discovery led to the invention of "bounceboards", tools used to separate rotten berries from fresh ones.
- During World War II, American troops required about one million pounds of dehydrated cranberries a year.
- Today, Americans consume some 400 million pounds of cranberries each year, 20 percent of that during Thanksgiving week!

How to prepare - Roasted Turkey

Excerpted from the Butterball website: <http://www.butterball.com/>

EASY COOKING GUIDE: THAWING METHODS

The experts recommend refrigerator thawing. However, if you are short on time and need a quicker

method for thawing, submerge the turkey in cold water. Thawing turkey at room temperature allows bacterial growth and is not recommended.

Refrigerator Thawing:

- " Thaw breast side up in its unopened wrapper on a tray in the refrigerator
- " Allow at least one day of thawing for every four pounds of turkey

Cold Water Thawing:

- " Thaw breast side down in its unopened wrapper in cold water to cover
- " Change the water every 30 minutes to keep surface cold
- " Estimate minimum thawing time to be 30 minutes per pound for whole turkey

Are you left with no time to thaw your turkey? No thawing is needed for all natural Butterball Fresh Whole Turkeys. Butterball makes whole turkey preparation easier with these exclusive features:

- " Neck and giblets in plastic bags allow easy removal
- " Unique leg tuck eliminates trussing

EASY COOKING GUIDE: STUFFING A WHOLE TURKEY

Whether you choose to stuff your turkey or cook the stuffing in a casserole dish is a matter of personal preference. As with any preparation involving raw food ingredients, it is important to follow proper food safety and handling procedures carefully to ensure a safe turkey every time. If you decide to stuff the turkey, we recommend the following five guidelines.

- Prepare stuffing just before placing in turkey. Use only cooked ingredients in stuffing - i.e., sauté vegetables, use only cooked meats and seafood (oysters), and use pasteurized egg products instead of raw eggs.
- Place prepared stuffing in turkey just before roasting. Do not stuff the turkey the night before roasting.
- Stuff both neck and body cavities of completely thawed turkey, allowing to a cup of stuffing per pound of turkey. Do not pack stuffing tightly in turkey.
- Return legs to original tucked position, if untucked for rinsing or stuffing.
- Use a cook method that allows the stuffing to cook along with the turkey. Do not stuff turkeys when cooking on an outdoor grill or water smoker or when using fast cook methods where the turkey gets done before the stuffing.

EASY COOKING GUIDE: ROASTING TO PERFECTION

Whether you're a novice cook or a seasoned pro, this will help you roast a tender, juicy, picture-perfect turkey every time. It's easy with the Butterball Open Pan Roasting Method.

- Place thawed or fresh turkey, breast up on a flat rack in a shallow pan, 2 to 2-1/2 inches deep.
- Brush or rub skin with oil to prevent the skin from drying and to enhance the golden color.
- Insert oven-safe meat thermometer deep into the lower part of the thigh muscle, but not touching the bone. When thigh is up to temperature and if turkey is stuffed, move thermometer to center of stuffing for stuffing temperature.
- Place in a preheated 325F oven.
- When the turkey is about two-thirds done, loosely cover the breast and top of drumsticks with a piece of lightweight foil to prevent overcooking the breast.
- Use this roasting schedule as a guideline; start checking for doneness 1/2 hour before recommended end times:

<i>Net Weight (in pounds)</i>	<i>Unstuffed (in hours)</i>	<i>Stuffed (in hours)</i>
10 to 18	3 to 3-1/2	3-3/4 to 4-1/2
18 to 22	3-1/2 to 4	4-1/2 to 5
22 to 24	4 to 4-1/2	5 to 5-1/2
24 to 30	4-1/2 to 5	5-1/2 to 6-1/4

If unstuffed, the turkey is done when the meat thermometer reaches the following temperature:
 - 180F deep in the thigh; also, juices should be clear, not reddish pink when thigh muscle is pierced deeply.

If the turkey is stuffed, move the thermometer to the center of stuffing to read temperature. If both the thigh and the stuffing have reached temperatures listed below then the turkey is done.

- 180F deep in the thigh; also, juices should be clear, not reddish pink when thigh muscle is pierced deeply.
- 160F in the center of the stuffing.

Before removing stuffing and carving, let turkey stand 15 minutes to allow juices to set and stuffing temperature to rise to 165F.

HOW DO I KNOW WHEN THE TURKEY IS DONE?

Turkey is done when the meat thermometer reaches the following temperatures:

- 180F deep in the thigh; also, juices should be clear, not reddish pink when thigh muscle is pierced deeply.
- 160F in the center of the stuffing, if turkey is stuffed. When the stuffed turkey is done, remove turkey from oven and let turkey with stuffing stand 15 minutes. This stand time allows the stuffing temperature to reach 165F for an added measure of safety.

LEFTOVERS

Storing Leftovers

Keep these food safety tips in mind when storing your turkey leftovers:

- Within two hours after roasting, remove stuffing from turkey and carve the meat off the bones, then store in refrigerator or freezer.
- Wrap turkey slices and stuffing separately, and refrigerate and use within three days.
- Use refrigerated gravy within three days.
- Freeze leftovers if you plan to store them for a longer period of time. Wrap in heavy foil, freezer wrap or place in freezer container or freezer bags; for optimum taste, use stuffing within one month and turkey within two months.

EASY COOKING GUIDE: CARVING TECHNIQUES

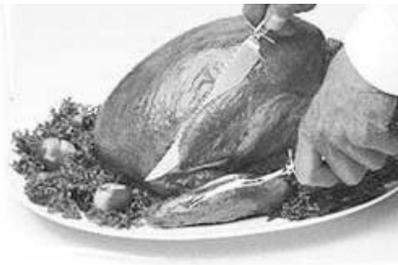
Carve a picture-perfect Butterball turkey like a professional by following these four simple steps from the turkey experts. To help make carving easier, use a straight and sharpened knife.



1. Cut band of skin holding drumsticks. Grasp end of drumstick. Place knife between drum stick/thigh and body of the turkey and cut through skin to joint. Remove entire leg by pulling out and back, using the point of the knife to disjoin it. Separate the thigh and drum stick at the joint.



2. Insert fork in upper wing to steady turkey. Make a long horizontal cut above wing joint through to body frame. Wing may be disjointed from body, if desired.



3. Slice straight down with an even stroke, beginning halfway up the breast. When knife reaches the cut above the wing joint, slice will fall free.



4. Continue to slice breast meat, starting the cut at a higher point each time.

Contact Turkey Talk-Line™

We at the Butterball Turkey Talk-Line® are ready to answer your questions, make suggestions, and facilitate by the best possible means, the preparation of your Thanksgiving Day turkey. Our staff, made up of more than 50 specialists including nutritionists, dietitians, and home economists, service more than 100,000 calls in the months of November and December-dispensing valuable turkey cooking tips. From thawing to storage, carving to grilling, we'll help you make the most of your turkey meals.

Call 1.800.BUTTERBALL during business hours. The line services consumers in the United States and Canada; if you prefer assistance in Spanish, press 7 and you will be connected with a bilingual representative. Past business hours, you may use the automated attendant.

Holiday Turkey with Giblet Gravy

Prep Time: 30+

Cooking Time: Over one hour

Yield: 16 servings

Ingredients

- 12 pounds Butterball® Whole Turkey, thawed
- 2 medium onions, cut in 8ths, divided
- 3 medium celery stalks, cut in 3rds, divided
- 4 cloves garlic, cut in half, divided
- 1 cup chopped fresh parsley, divided
- PAM Original No-Stick Cooking Spray
- 5 cups water
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/3 cup all-purpose flour

Directions

1. Preheat oven to 325F.
2. Remove neck and giblets from body and neck cavities; set aside (discard liver). Drain juices and dry turkey with paper towels. Place half of the onion, celery, garlic and parsley in body cavity of turkey. Place turkey, breast side up, on flat rack in shallow roasting pan. Coat skin with cooking spray.
3. Roast turkey 3 1/2 to 3 3/4 hours or until it is 180F in the thigh area. Cover breast and top of drumsticks with foil after 1 1/2 hours to prevent overcooking of breast.
4. To make Giblet Stock, place neck, heart, gizzard and remaining onion, celery, garlic and parsley in large saucepan or Dutch oven. (For best flavor, do not include the liver) Add the water, salt and black pepper. Bring JUST to a boil, reduce heat, cover tightly and simmer 1 1/2 hours. (If wish to include the liver, add to saucepan the last 20 to 30 minutes.) Strain stock, cover and refrigerate. Pull meat from neck and discard bones. Finely chop neck meat, heart and gizzard; cover and refrigerate.
5. To make Giblet Gravy, strain pan drippings from turkey into a 4-cup glass measure. Remove fat from drippings, placing 1/4 cup fat in a medium saucepan and discarding the rest. Stir in flour until smooth. Add reserved Giblet Stock to pan drippings to make 4 cups. Slowly add drippings to flour mixture and stir until smooth. Cook and stir until gravy boils and thickens slightly. Stir in neck meat and giblets and heat until hot. Season with salt and pepper to taste.
6. NOTE: Giblet Identification, Heart: muscular organ that is heart shaped and is deep burgundy to reddish brown in color. Gizzard: firm muscular organ that is reddish brown with bluish exterior. Liver: softer, uniform reddish brown gland.

Serving Suggestions

Place turkey on a serving platter and arrange edible garnishes, such as spiced peaches and crab apples around outer edges, if desired.

*Elaine Henry
United States of America*

*Thanksgiving
Bread Stuffing with Fruit*

Ingredients:

- 1 box "Stove Top Stuffing Mix" (6 oz.) Turkey flavor by Kraft
- 1 2/3 cups water
- 4 tablespoons margarine or butter
- 1 cup dried fruit cut into small pieces
(I use Harvest Medley (6 oz. package) found at Safeway. It contains dried cranberries, dried apples and dried tart cherries. You may also wish to add dried apricots cut into small pieces, or any other dried fruit your family enjoys.)

Preparation:

1. Bring 1 2/3 cups water and 4 tablespoons margarine or butter to a boil in a large saucepan.
2. Stir in stuffing mix and dried fruit.
3. Cover pot, and remove from heat.
4. Let stuffing stand, covered for about 5 minutes.
5. Remove cover and fluff with a fork.
6. Serve warm with turkey and gravy.

Note: Recipe serves 6. Happy Thanksgiving!

*Kay Keagle
United States of America*

*Thanksgiving
Classic Pecan Pie*

Ingredients:

- 3 eggs, slightly beaten
- 1 cup sugar
- 1 cup Karo light or dark corn syrup
- 2 tablespoons margarine or butter, melted
- 1 teaspoon vanilla
- 1 1/4 cups pecans
- 1 (9-inch) unbaked or frozen deep-dish pie crust

Preparation:

1. Preheat oven to 350F.
2. In medium bowl with fork beat eggs slightly. Add sugar, Karo, margarine and vanilla; stir until blended. Stir in pecans. Pour into pie crust.

3. Bake 50 to 55 minutes or until knife inserted halfway between center and edge comes out clean. Cool on wire rack.

Note: Recipe serves 8. Happy Thanksgiving!

*Miriam Lund
United States of America*

Thanksgiving Cranberry Relish

Ingredients:

- 2 cups cranberries (or one package from the produce department)
- 1 large orange
- 1 1/2 cups sugar
- 1/2 cup chopped nuts
- 1 large apple
- 1 stick of celery

Preparation:

1. Rinse but Do Not peel the fruit. Place all of the ingredients into a food processor and grind it all up. This recipe freezes well and keeps in the refrigerator for about a month.

*Miriam Lund
United States of America*

Thanksgiving ORIGINAL GREEN BEAN CASSEROLE

Ingredients:

- 1 can (10 3/4 ounces) CAMPBELL'S Cream of Mushroom Soup
- 3/4 cup milk
- 1/8 teaspoon black pepper
- 2 packages (9 ounces each) frozen cut green beans, thawed*
- 1 1/3 cups FRENCH'S French Fried Onions, divided

Preparation:

1. Combine soup, milk and pepper in a 1 1/2 -quart baking dish; stir until blended. Stir in beans and 2/3 cup French Fried Onions.
2. Bake at 350F for 30 minutes or until hot. Stir. Sprinkle with remaining 2/3 cup onions. Bake 5 minutes or until onions are golden.

*Note: Makes 6 servings. *Or 2 cans (14 1/2 ounces each) cut green beans, drained.*

*Rob Hoffer
United States of America*

*Thanksgiving
Scalloped Oysters
(Oyster Dressing)*

I grew up in Western Pennsylvania and moved to Virginia in the early 1970's. When I could not make it home for Thanksgiving one of my coworkers invited me to spend the Holiday with his family. One of the delicacies I was introduced to at that dinner was Oyster Dressing (or scalloped oysters)! It was a case of love at first bite. From that moment on, it became a part of my family's Holiday tradition.

Ingredients:

- 1 1/2 cups oyster crackers
- 1/4 cup butter (melted)
- 1/4 teaspoon black pepper
- dash of cayenne pepper
- 1 tablespoon parsley flakes
- 16 ounces oysters (in liquid)
- 1 cup light cream

Preparation:

1. Combine crackers with melted butter and seasonings (peppers and parsley).
2. Put half of the cracker mixture in bottom of a one-quart shallow baking dish.
3. Drain oysters, saving the liquid.
4. Arrange the oysters on the bottom layer of cracker mix, and then add the remaining cracker mix on top.
5. Combine oyster liquid with cream and pour over.
6. Bake in a moderate oven (375 degrees) about 35 to 40 minutes.

Recipe serves 4-6.

*Miriam Lund
United States of America*

*Thanksgiving
Pumpkin Pie*

Ingredients:

- pie dough: (for 2 single crust 9-inch pies)
- 2 1/2 cups all-purpose flour
- 1 teaspoon salt
- 1 teaspoon sugar
- 1 cup (2 sticks) unsalted butter, chilled and cut into small pieces
- 1/4 to 1/2 cup ice water

Filling: (for one 9-inch pie)

- 1 cup packed light-brown sugar
- 1 tablespoon cornstarch

1/2 teaspoon salt
1 teaspoon ground ginger
1 teaspoon ground cloves
1 1/2 cups fresh pumpkin puree, or canned
3 large eggs, lightly beaten, plus 1 egg for glaze
1 1/2 cups evaporated milk
pie dough
1 tablespoon heavy cream

Preparation: (Pie dough)

1. In bowl of food processor, combine flour, salt, and sugar. Add butter, and process until the mixture resembles coarse meal, 8 to 10 seconds.
2. With the machine running, add ice water in a slow, steady stream through feed tube. Pulse until dough holds everything together without being wet or sticky; be careful not to process more than 30 seconds. To test squeeze a small amount together: If it is crumbly, add more ice water, 1 tablespoon at a time.
3. Divide dough into two equal balls. Flatten each ball into a disk, and wrap in plastic. Chill in refrigerator at least 1 hour or in freezer for up to 1 month.

Preparation: (Filling)

1. Preheat oven to 425 degrees Fahrenheit. Line a baking sheet with parchment paper; set aside. In a large bowl, combine sugar, cornstarch, salt, ginger, cinnamon, cloves, pumpkin puree, and 3 eggs. Beat well. Add evaporated milk, and combine. Set aside.
2. Between two pieces of plastic wrap, roll pie dough into a 12-inch circle. Fit pastry into a 9-inch glass pie plate; trim dough evenly along edge, leaving about a 1/2 inch overhang. Pinch overhang to form a decorative edge. If the dough begins to soften, chill for 15 minutes.
3. Make the glaze: Beat the remaining egg, and combine with heavy cream. Brush the glaze very lightly on edges of pie shell. Fill pie shell with pumpkin mixture. For stability and to prevent spills place filled pie pan on cooking baking sheet lined with parchment paper.
4. Bake for 10 minutes. Reduce heat to 350 degrees Fahrenheit, and continue baking for 30 minutes more. Cool on a wire rack.

*Susan Jaskot
United States of America*

*Thanksgiving
Sweet Potato Muffins*

Original recipe from Colonial Williamsburg. A Thanksgiving tradition in the Jaskot family.

Ingredients:

2/3 cup sweet potatoes, cooked and mashed
4 tablespoons butter
1/2 cup granulated white sugar
1 egg

3/4 cup flour
2 teaspoons baking powder
1/2 teaspoon salt
1/4 teaspoon nutmeg
1/2 teaspoon cinnamon
1/2 cup milk
4 tablespoons pecans, chopped
cinnamon and sugar (optional)

Preparation:

1. Preheat oven to 400F degrees.
2. Grease muffin tins that are 1 1/2 inches in diameter (mini-muffin size.)
3. Puree the sweet potatoes in a food processor or blender.
4. Cream together the butter and sugar. Beat in egg and pureed sweet potato.
5. Sift the flour with the baking powder, salt, cinnamon, and nutmeg.
6. Add dry ingredients to sweet potato mixture, alternately by hand with the milk and nuts, mixing just until blended. DO NOT over mix.
7. Spoon batter into greased muffin tins, filling each tin completely full.
8. Sprinkle each muffin with a little cinnamon and sugar if desired.
9. Bake at 400F degrees for 25 minutes or until lightly browned.

Note: Makes 2 1/2 dozen muffins.

*Nancy Skardon
United States of America*

***Thanksgiving
Sweet Potato Souffle***

Ingredients:

3 cups hot sweet potato
1 stick margarine
1 tablespoon vanilla
1/4 cup milk

Preparation:

1. Mash hot sweet potato, margarine, vanilla, and milk by hand with a hand masher or fork. Bake in a 2 quart buttered dish at 350 degrees Fahrenheit for 15 - 20 minutes.

Topping for Sweet Potatoes

Ingredients:

1 cup brown sugar (packed)
1/3 cup melted butter
1/3 cup plain flour
1 cup chopped pecans

Preparation:

Mix and spread topping over potato mixture. Bake 15 minutes longer.

Note: In my 9 x 13 inch dish, I used three 29 ounce cans of canned yams. I doubled the rest of the ingredients.

*Nancy Hoffer
United States of America*

Thanksgiving Traditional Pumpkin Pie

The one and only traditional pumpkin pie! Just imagine sinking your teeth into a piece of this warm spice-filled dessert. It's tasty alone or with a smooth covering of whipped cream.

Ingredients:

- 3/4 cup granulated sugar
- 1/2 teaspoon salt
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground cloves
- 2 large eggs
- 1 can (15 oz.) LIBBY'S 100% Pure Pumpkin
- 1 can (12 fl. oz.) CARNATION Evaporated Milk
- 1 unbaked 9-inch (4-cup volume) deep-dish pie shell
- 1 garnish of whipped cream, (optional)

Preparation:

1. PREHEAT oven to 425 F.
2. MIX sugar, salt, cinnamon, ginger and cloves in small bowl. Beat eggs in large bowl. Stir in pumpkin and sugar-spice mixture. Gradually stir in evaporated milk.
3. POUR into pie shell.
4. BAKE for 15 minutes. Reduce temperature to 350 F.; bake for 40 to 50 minutes or until knife inserted near center comes out clean. Cool on wire rack for 2 hours. Serve immediately or refrigerate. Top with whipped cream before serving, if desired.

Notes: 1 3/4 teaspoons pumpkin spice may be substituted for the cinnamon, ginger and cloves; however, the taste will be slightly different. Do not freeze, as this will cause the crust to separate from the filling.

FOR 2 SHALLOW PIES: substitute two 9-inch (2-cup volume) pie shells. Bake in preheated 425 F. oven for 15 minutes. Reduce temperature to 350 F.; bake for 20 to 30 minutes or until pies test done.

FOR HIGH ALTITUDE BAKING (3,500 to 6,000 ft.): Deep-dish pie- extend second bake time to 55 to 60 minutes. Shallow pies- no change.