

Table of Recipes

RECIPES FROM AROUND THE WORLD.....	3
Argentinean Shepherd's Pie	3
Anzac Biscuits	3
Aussie Sausage Rolls.....	4
Marshmallow Pavlova	5
Meat Pies	5
Pavlova	6
Sachertorte.....	7
Coconut Cake	8
Crêpes.....	8
Kings Cake (Galette des Rois).....	9
Madeleines.....	10
Meringue with Almonds and Chocolate	10
Chuchitos.....	11
Corn Cake	12
Rice Pudding (Kheer).....	13
Indian Cookie (Nankhalai)	13
Chicken Satays with Peanut Sauce	13
Inari Sushi.....	14
Beef Stew with Coconut Cream (Rendang Daging).....	15
Cashew Nut Biscuit (Biskut Gajus).....	16
Green Beans (Kasturi)	16
Kiwi Ice Cream.....	17
Rack of New Zealand Lamb	17
Almond wreath cake (Kransekake).....	18
Beef Patty with Apricot Dip	19
Cheesy Spinach (Palak Paneer)	20
Yogurt Shake (Lassi).....	20
Roasted Chops (Champ tikka).....	21
Chicken Adobo (Adobong Manok)	21
Dried Apricot-Pecan Bread.....	22
Pancit Sotanghon Guisado.....	23
Peanut Brittle.....	24
Polish Bigos (Sauerkraut Stew).....	24
Smoked Fish Salad	25
Sweet 'n Sour Prawns (Shrimps).....	25
The Swiss Bircher muesli - a perfect breakfast	26
Tom Yum Kung (Hot and Sour Shrimp Soup).....	26
Baklava	27
Circassian Chicken (Cerkez Tavugu)	27
Meat Patties (Kofte).....	28
CHILI RECIPES	28
Calico Beans (A Sweet Chili).....	28
Nancy's Chili.....	29
Texas Chili.....	30
Vegetarian Chili.....	31
White Chili	31
DESERT AND BREAD RECIPES	32
\$ 250.00 Cookie.....	32
Almond Ricotta Cake	33
Aunt Gerl's Cold Oven Pound Cake.....	33
Banana Muffins	34
Southern Style Coconut Cake.....	35

Grandma Kane's Buttermilk Biscuits	36
Ricotta Cheese Pie	36
Sherry Nut Cake	37
Sugar Cookies.....	37
Uncle Rob's Happy Morning Treats.....	38
Zucchini Bread	39
MAIN DISH RECIPES	39
Breakfast Egg Cake	39
Chicken and Dumplings	40
Corned Beef and Cabbage	41
Ham Delights.....	41
Jambalaya	42
Louisiana Red Beans and Rice	43
Salmon Steak with Sesame and Soy	43
Spicy Shrimp Creole.....	44
SIDE DISH RECIPES	45
Southern Style Black-eyed Peas	45
Chicken Salad	45
Citrus Couscous Salad	46
Lemon Jello Salad	46
Zimbato.....	47
TRADITIONAL THANKSGIVING RECIPES	47
Sweet Potato Muffins	47
Green Bean Casserole.....	48
Pecan Praline Sweet Potatoes	49
Quick and Easy Cornbread Pudding.....	49
Thanksgiving Stuffing with Fruit	50
Pumpkin Pie.....	51

RECIPES FROM AROUND THE WORLD

Marcela Otero
Argentina

Argentinean Shepherd's Pie

Ingredients:

2 pounds Ground beef
1/2 onion, minced
1/2 teaspoon Allspice
1/2 teaspoon freshly ground pepper
1 teaspoon Thyme
1/2 teaspoon Cayenne pepper
1 tablespoons Sugar
4 hard-boiled eggs, chopped
12 green olives, sliced
2 bay leaves
2 cup Water
2 Beef bouillon cubes
1/4 cup Raisins
1/2 cup Red wine
2 Potatoes, boiled
3/4 cup Milk
1/4 cup Butter
Pinch nutmeg
2 tablespoon Sugar

Preparation:

1. Preheat the oven 350F degrees.
2. Brown the ground chuck with the minced onion until the meat is browned and the onions are translucent.
3. Then, add the allspice, pepper, thyme, cayenne pepper, sugar, olives and eggs. Mix together thoroughly.
4. Add the water, bouillon cubes and bay leaves. Cook until the liquid has evaporated.
5. While waiting for the water to evaporate, soak the raisins in the wine.
6. When the water has evaporated, add the raisins and wine and continue to cook until the wine evaporates.
7. Mash the boiled potatoes. Add the milk and butter and whip until smooth. Add the nutmeg. Mix thoroughly.
8. Place the meat mixture into a casserole dish. Pile the mashed potato mixture on top. Sprinkle with the 2 tablespoons Sugar and place in the 350F degree oven for 30 minutes.

Jane Griffiths and Diane West
Australia

Anzac Biscuits

These Hero-sustaining treats are said to have been devised for sending in care packages to Australia and New Zealand Army Corps soldiers serving in WW1. They must be chewy, so be careful not to overcook them.

Ingredients:

1 cup plain (all-purpose) flour
1 cup desiccated coconut
2/3 cup brown sugar
1 cup rolled oats
125 g (4 oz) 1/2 cup butter
1 tablespoon golden syrup (corn syrup)
1/2 teaspoon bicarbonate soda (baking soda)
2 tablespoons boiling water

Preparation:

1. Preheat oven to 160 C (315 F).
2. Place flour, coconut, sugar and oats in bowl. Mix well.
3. Place butter and golden syrup in a saucepan over medium heat and melt.
4. Place bicarbonate of soda in a small bowl and add water. Stir to combine.
5. Add bicarbonate mixture to saucepan and stir. Pour over oat mixture and stir all ingredients together.
6. Roll teaspoonfuls of biscuit mixture into balls and place on a greased and lined baking tray, leaving room for spreading. Flatten each ball gently with a fork.
7. Bake biscuits for 15-20 minutes, or until biscuits are golden brown at the edges. Allow to cool slightly on trays before transferring to a wire rack. Makes 20.

Note: Original recipe can be found in the Sydney Food Cookbook

Diane West
Australia

Aussie Sausage Rolls

This is a favorite hot snack food in Australia. They can be bought from Pastry shops or made by Mum for the children (young and old). Try some Tomato sauce (Ketchup) on them.

Ingredients:

Prepared Filo or Puff pastry
Egg-yolk for glazing

Filling

1 1/2 lb. Lean minced meat
1 onion
water
salt and pepper to taste
1/2 teaspoon mixed herbs
2 tablespoons bread crumbs

Preparation:

1. Cover bread crumbs with water and let stand 10 minutes. Drain, press out surplus water.
2. Combine bread crumbs, meat, grated onion, salt, pepper and herbs
3. Layer pastry sheets as per package instructions
4. Form mixture into a long roll across the pastry.
5. Roll pastry around mixture and cut into 2-3 inch pieces
6. Glaze with egg yolk
7. Place onto un-greased oven slides
8. Bake in a hot oven 10 minutes reduce heat to moderate, bake a further 15-20 minutes, or until golden brown and crisp.

Diane West
Australia

Marshmallow Pavlova

This is a popular dessert in Australia because the meringue has a deep soft marshmallowy center and crisp, slightly chewy coating. Top with whipped cream and colorful fruit such as strawberries, kiwi fruit, bananas and passion fruit.

Ingredients:

4 egg-whites
1 cup castor sugar (fine white sugar)
1 dessertspoon cornflour (corn starch)
1 teaspoon vinegar

Preparation:

1. Beat egg-whites until stiff.
2. Add 1/2 cup castor sugar and beat thoroughly until sugar has dissolved (approx 5 minutes)
3. Add remaining sugar a tablespoon at a time, beating well after each addition
4. Lightly fold in sifted cornflour (corn starch), then vinegar
5. Take a 30 inch length of aluminum foil, fold in half lengthwise. Make the foil into a circle and secure. Place it onto a thickly cornfloured tray.
6. Put mixture into circle formed by foil and level off top. Do not make a shell

Baking in an Electric Oven: Preheat oven to moderate, reduce heat to low, bake 1-1/4 hours. Turn oven off and let pavlova cool in oven

Baking in a Gas Oven: Preheat oven to moderate, reduce to low, bake 1 ¼ to 1 ½ hours. Turn oven off and let Pavlova cool in oven.

Note: Be careful when peeling off foil collar, so as not to break the crisp coating. This mixture will make one deep 9 inch Pavlova. Do not use this mixture for small individual Pavlovas.

Jane Griffiths
Australia

Meat Pies

(These are savoury mince pies in pastry.)

On a wet, wintry Saturday morning, after the kids have scrambled in the mud on a football field for a couple of hours a meat pie is a great way to warm up. Australians love their meat pies. As the American stores don't stock meat pies I have had to make my own and this is a great recipe if you like meat pies!!!

Ingredients:

You will need 16 (about 10 cm wide) lightly greased disposable pie pans.

40 ml (2 tablespoons) vegetable oil
2 onions, finely chopped
2 garlic cloves, crushed
2 kg beef mince
8 tablespoons plain flour
750 ml (3 cups) beef stock
8 tablespoons tomato puree
100 ml (5 tablespoons) Worcestershire sauce
40 ml (2 tablespoons) soy sauce
2 teaspoons dried mixed herbs
4 sheets puff pastry
4 sheets short crust pastry
2 eggs, beaten
Tomato ketchup, to serve

Preparation:

1. Heat the oil in a large saucepan over medium heat. Add the onions and cook for 5 minutes, stirring to prevent it from catching.
2. Add the garlic and beef and cook for a further 15 - 20 minutes until the meat has completely browned.
3. Stir in the flour, then add the stock, tomato puree, Worcestershire sauce, soy sauce and dried herbs.
4. Partially cover and cook for 20 - 25 minutes, stirring occasionally to break up any lumps.
5. Set aside to cool completely.
6. Preheat oven to 190C. (350F)
7. Cut each pastry sheet into four equal squares, then use the short crust pastry squares to line the base and sides of the tart pans.
8. Add the meat filling, and then top with the puff pastry squares, pressing the edges well together. Use a sharp knife to trim any excess pastry, and then use your thumb and forefinger to pinch the edges together to seal.
9. Brush each pie with the egg and transfer to large baking trays. Bake in the oven for 25 minutes until cooked and golden.

Note: This recipe will make about 16 small pies. Serve with tomato ketchup. Enjoy

Jane Griffiths
Australia

Pavlova

Every Australian family has its Pavlova tradition. In mine, the crisp baked shell is turned upside down to be spread with cream and fruit. In this way the marshmallow middle melded with the cream and the sides and the base stayed crisp. The Pavlova meringue needs a short period of high heat to set and crisp the exterior and then a long period of cooling heat to set but not dry the marshmallow interior.

Ingredients:

4 egg whites (at room temperature)
Pinch of salt
250g (1 cup) caster (superfine) sugar
2 teaspoons cornflour (cornstarch)
1 teaspoon white wine vinegar
Few drops vanilla essence
300 ml cream, whipped

Topping – strawberries, passion fruit, kiwi fruit, etc.

Preparation:

1. Preheat oven to 180C (350F). Line a baking tray with baking paper (parchment). Draw a 20cm circle on the paper.
2. Beat egg whites and salt until soft peaks form.
3. Beat in sugar one-third at a time, until meringue is stiff and shiny.
4. Sprinkle cornflour, vinegar and vanilla over mixture and then fold in lightly.
5. Mound onto paper-lined baking tray within the circle and flatten top and smooth sides.
6. Place in oven, immediately reduce heat to 150C (300F) and cook for 1 1/4 hours.
7. Turn off oven and leave Pavlova in it to cool completely.
8. Just before serving, invert Pavlova onto platter, pile with cream and decorate with fruit.

Gerda Reissner
Austria

Sachertorte

This torte has become the symbol of Viennese confectionery worldwide. Sachertorte is a timeless composition of the finest ingredients from the confectioner's kitchen with no additives: pure chocolate, butter, eggs, sugar, flour, and apricot jam. There are many different opinions about the original recipe. I chose an old family recipe.

Ingredients:

- 6 eggs
- 160g granulated sugar
- 160g bittersweet or semisweet chocolate
- 160g unsalted butter
- 100g flour
- 4 teaspoons vanilla sugar
- 4 oz couverture (100g chocolate, 80g butter)

You will also need:

- 9-inch springform pan
- About ¾ cup apricot jam

Preparation:

1. Separate egg whites and egg yolks.
2. Melt the chocolate and butter in a glass bowl in the microwave (low power level!). Stir to combine.
3. Beat the egg whites until stiff peaks form.
4. In a mixing bowl combine egg yolks, sugar, and vanilla and mix the ingredients.
5. Add the melted chocolate-butter mixture and combine.
6. Fold in alternately the egg whites and the flour.
7. Pour the mixture into a buttered springform pan and bake at least 45 minutes 356 F degrees.
8. Bake for 50 minutes (try with a baking needle).
9. Heat the apricot jam and coat it thinly over the warm torte as a base for the icing.

Icing: Melt 100g chocolate and 80g of butter (microwave, low power level)

Pour the icing over the torte and spread it with a palette knife

Note: Sachertorte must be served with freshly whipped, lightly sweetened cream, which the Austrians call "Schlagobers".

Coconut Cake

Ingredients:

200 g (7 oz) grated coconut
250 g (9oz) powdered white sugar
6 eggs
250 g (9 oz) heavy whipping cream
30 g (1 oz) cornstarch

Preparation:

1. Preheat the oven to 220C (430F) degrees.
2. Separate white from eggs yolks. Beat egg whites with a pinch of salt until stiff peaks form.
3. Blend coconut, sugar, cornstarch and cream together.
4. Add and blend 6 egg yolks.
5. Gently fold the beaten egg whites into the yolk mixture.
6. Pour into a battered cake tin, for example, a round tin of 22 cm (11 inches).
7. Place in oven and cook for about 20 minutes at 220C (430F) degrees.
8. Reduce the temperature to 180C (350F) degrees. Continue to cook for about 40 minutes.
9. Do not overcook.

Note: You can serve the cake warm or cold in the cake tin.

Crêpes

(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 crêpes pan (non-stick pan) with melted butter.
4. Heat pan over medium heat.
5. Pour scant 1/4 cup of chilled batter into crêpe 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 crêpe from pan and flip over.
9. Cook second side for about 30 seconds.
10. Slip crêpe out of pan and onto a plate.

11. Repeat same above operations for another crêpe.
12. Use immediately or wrap in foil and refrigerate.

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

Hélène Esposti
France

Kings Cake (Galette des Rois)

This cake is served as part of New Year celebrations. Every family has traditions surrounding the Galette des Rois. The cake is baked with a fava bean or ceramic treasure inside. Some traditions say that the person who receives the treasure in their piece of cake is King for the day and must host the next party. This recipe makes 6 generous servings.

Ingredients:

Crust

- 1 package of puff pastry dough (2 sheets), thaw according to package instructions
- 1 egg, beaten

Cream

- 4 ounces granulated sugar
- 4 ounces almond powder
- 1 stick (1/2 cup) unsalted butter, at room temperature
- 2 small eggs
- 1 tablespoon all-purpose flour
- 1 tablespoon rum or brandy
- 1/8 teaspoon almond extract

Preparation:

1. Preheat oven to 425F.
2. Cut butter into small pieces and put into bowl of electric mixer. Mix at medium speed until blended.
3. Add granulated sugar and cream mixture together.
4. Add eggs, flour, rum, almond extract and almond powder and beat until the cream is smooth.
5. Take one sheet of puff pastry and make it in a round shape.
6. Cover cookie sheet with non-stick cooking liner paper (parchment) and place the round puff pastry disk onto cookie sheet.
7. Spread the cream mixture onto the puff pastry disk almost to the edge.
8. Place a fava bean or other heat resistant treasure into cream.
9. Take second sheet of puff pastry and make it into a round shape. Cover cream mixture with second sheet of puff pastry.
10. Stick and press the edge with water and roll a little bit the edge of the cake to close it very tightly so no cream mixture will escape during cooking.
11. Trace with a knife some stripes on the cake top. (To make pie shaped wedges.)
12. Spread a beaten egg on the top of the cake to make it golden brown after cooking and sprinkle with some granulated sugar.
13. Bake in 425F degree oven for 30-35 minutes until golden brown and puffed.
14. Let cake cool on a wire rack.

Note: Eat cake cold or warm! Bon Appétite and Enjoy with some Champagne, Cider or ..Tea, Coffee and share with your Friends! Last but not least, don't forget to warn everybody that they may find something very hard in their piece of cake...!

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 Appétit and Enjoy!

Meringue with Almonds and Chocolate

Ingredients:

Meringue

235 g (8 oz) almond powder or blanched almonds ground fine
235 g (8 oz) powdered white sugar
6 egg whites

Cream

200 g (7 oz) black (dark) chocolate
75 g (2.5 oz) butter
6 egg yolks

Meringue Preparation

1. Preheat the oven to 150C (300F) degrees.
2. Separate white from egg yolks.
3. Beat egg whites with a pinch of salt until soft peaks form.
4. Beat in sugar until meringue is stiff and shiny.
5. Beat in almond powder or ground almonds.

6. Line a cookie sheet with parchment baking paper.
7. Butter the parchment paper.
8. Spread meringue on the buttered baking paper.
9. Flatten top and smooth sides to make a large square.
10. Place in oven and cook for about 45 minutes.
11. The cake must be cooked, but not too dry. Don't overcook.
12. Remove from oven.
13. Take off the baking paper.
14. Cut into four longitudinal equal parts.

Cream Preparation

1. Melt chocolate and butter (with a little milk) until soft. Don't overcook.
2. Remove from heat.
3. Add and blend egg yolks. Don't cook.
4. Spread cream on the first layer of meringue, cover with the second layer of meringue.
5. Do the same sequentially with third and fourth layers.
6. Spread remaining chocolate cream on the edges.
7. Put into refrigerator to set.

Note: Prepare this cake 24 hours before serving. Enjoy!

Iris Gonzalez
Guatemala

Chuchitos

The main food of the Guatemalans is the corn. It was consumed in America long time before the Spanish came to the continent. According to the Mayan bible the primitive men were created from the corn. The green leaves that wrap the corn are used in Guatemalan cuisine to wrap "tamalitos". When this wrapping is dried it is called "tusa" (corn husks) and it is used to wrap the "chuchitos". In our land there is a great variety of corn, it is used to prepare an infinity number of delicious dishes like tamales, cakes, atoles, and stews.

Ingredients:

Chicken	25 medium red tomatoes
4 ounces of small green tomatoes	3 red chili peppers
1 dried chili or "chile pasa"	2 chili guaque
2 ounces of margarine for sauce	1/2 pound of margarine for the batter
3 ounces of sesame seeds (ajonjoli)	3 ounces of pumpkin seeds
3 scented nail (whole cloves)	25 peppers
1 small cinnamon bar	1 tsp sugar
2 pounds of corn flour	1 tsp baking soda
salt	Corn husks or aluminum foil

SAUCE PREPARATION:

1. Cook the red tomatoes, green tomatoes, chili peppers, chili guaque, and dried chili, with a little of water.
2. In a separate pan, toast the pumpkin seeds, sesame seeds, cinnamon, scented nail, and peppers. When toasted, add to the tomato mix and blend.
3. Filter sauce to get rid of the tomato skin. Cook the sauce in medium fire with the margarine. Add salt and some sugar. Allow the sauce to boil 10 minutes.

BATTER PREPARATION:

1. Prepare the batter with the corn flour following the instructions in the box. Do not forget to add salt, the baking soda and margarine.

2. Cut the chicken in pieces or cook the chicken and make pieces.
3. Wash the corn husks
4. When everything is ready make a tortilla with the batter (for an easy way to make the tortilla you can put on a cutting board one plastic bag, make a little ball of batter and place above the plastic, next, place another piece of plastic above the ball, then put something flat like a can or pot and push, that way you will have a beautiful tortilla).
5. Take the tortilla in your left/right hand, then place a piece of chicken and sauce in the center, I like to use a lot of sauce, but, be careful!
6. It is a little difficult, next, with both hands close the tortilla carefully and make something like a square. Then, you can wrap it in a corn husk and tie it with a piece of the husk, or in aluminum foil.
7. To make a cushion, place in the bottom of a pot corn husks or wrinkled aluminum foil.
8. Fill 1/3 of the pot with water. Then place vertically the chuchitos and cook for approximately one hour, if you use pork meat cook for 3 hours. You need to check the water constantly, if you need to put more add warm water.

CHUCHITOS LASAGNA

1. Place in a Pyrex one layer of sliced chuchitos without the wrapping, then a layer of tomato sauce, and a layer of mozzarella cheese. Repeat every layer again, cover with aluminum foil and bake for approximately 45 min.

In a Latin store you can find all the ingredients, if you do not find the ingredients for the sauce, you can try using another tomato sauce, but is a different taste, and if you use only aluminum foil the shape is different, the Corn husks give the chuchitos a better presentation.

Iris Gonzalez
Guatemala

Corn Cake

Ingredients:

- 8 ounces Margarine
- 1 can of condensed milk
- 1 can (15 ¼) golden sweet corn, drained
- 3 eggs
- 1 teaspoon baking powder
- 3 teaspoon cornstarch

Procedure:

1. Blend all the ingredients.
2. Pour the mix in a greased medium Pyrex.
3. Preheat oven to 350F degrees, bake 40 minutes or until toothpick inserted in center comes out clean.

Note: This cake is short, the mixture will not grow when baked. You can eat it warm with vanilla ice-cream on the top, or cold (for me cold is delicious).

Seema Bali
India

Rice Pudding (Kheer)

Ingredients:

1 cup Basmati Rice
6 cups whole milk
1 tin sweetened condensed milk
1/2 teaspoon green cardamom powder
2 tablespoons golden raisins
1 tablespoon chopped plain cashew nut
1 tablespoon chopped pistachios
2 tablespoons blanched and chopped almonds

Preparation:

1. Soak the rice in 3 to 4 cups of water for 1/2 hour.
2. Heat the 6 cups whole milk in a heavy bottom pan.
3. Drain the rice and add it to the whole milk. Keep stirring the rice until it is cooked. Make sure to use low heat.
4. Once the rice is cooked and the milk reduced to half, add the condensed milk. Stir, remove from the heat.
5. Stir in the remaining ingredients. Add more condensed milk, to taste, if required.
6. Chill for 3 to 4 hours before serving.

Seema Bali
India

Indian Cookie (Nankhalai)

Ingredients:

5 cups all purpose flour
1/2 cup chick pea flour
1/2 teaspoon baking soda
2 cups powdered sugar
2 cups oil
1/2 teaspoon green cardamom powder

Preparation:

1. Mix all the ingredients; cover and leave the dough to set for 15 minutes.
2. Make small balls and bake 350F degree oven until light golden brown in color.
3. Cool and store in an airtight container.

Diah Perkasa
Indonesia

Chicken Satays with Peanut Sauce

(Sate Dengan bumbu kacang)

Ingredients:

8 Chicken Breast Fillets
2 tablespoons light soy sauce
2 teaspoons lime juice
2 teaspoons sesame oil

Preparation:

1. Cut chicken fillets into long thin strips, thread onto 32w skewers in a weaving fashion.
2. Prepare Peanut Sauce. See recipe below.
3. Cook Chicken satays under preheated grill for 3 minutes on each side or until just cooked. During cooking, brush satays with combined soy sauce, lime juice and sesame oil. Serve immediately with hot Peanut Sauce.

Peanut Sauce**Ingredients:**

100 gram roasted unsalted peanuts
3 spring onions, chopped
2 cloves garlic
1 teaspoon curry powder
1 teaspoon ground cumin
1/2 teaspoon ground coriander
1 tablespoon honey
2 teaspoon light soy sauce
1 cup water

Preparation:

1. Combine peanuts in a food processor with spring onions, garlic, curry powder, cumin, coriander, honey, soy sauce and water, blend until smooth.
2. Pour into a pan, stir over medium heat for 3 minutes or until sauce is reduced and thickened.

Note: If using wooden skewers, soak them in water for at least 10 minutes before using to prevent the skewers burning during cooking.

Nami Ishibashi
Japan

Inari Sushi

There is something of a legend behind the name Inari Sushi. In Japanese mythology, Inari Sushi was the god of grains and his messenger was the fox. Now foxes are supposed to be fond of thin deep-fried tofu - just why is lost to history. Still, when it came to stuffing the god's rice grain into pouches of the fox's deep-fried tofu, the name Inari Sushi seemed a natural. The simmered tofu, at once salty and sweet, makes these a favorite, and since the pouches hold their shape better than other sushi, they are quite popular sushi as take-out food.

Ingredients:

Sushi Rice
2 1/2 cups (14 oz/400g) short-grain rice
2 4/5 cups (560ml) water
2-inch square konbu kelp
5 tablespoons sushi vinegar

Inari

10 deep-fried tofu pouches (abura-age)
4 tablespoons soy sauce
4 tablespoons sugar
2 tablespoons mirin
1 cup (200ml) water

Preparation:

1. Cook Sushi Rice.
 - Wash the rice carefully and drain in a sieve for 30 minutes.
 - Place the drained rice, water and konbu kelp in a pot and cook the rice.
 - Place cooked rice in a large bowl and spread out to cool. Pour the sushi vinegar for the rice over it and mix in gently but thoroughly, fanning the rice with a fan.
2. Immerse tofu pouches in boiling water, drain and squeeze out excess water, then cut a slit into them in two widthwise so you can open them like bags. Simmer in a saucepan with soy sauce, sugar, mirin, and water over medium low heat for 10 minutes or until all the liquid disappears.
3. When the rice has cooled, shape into balls and stuff each ball into a tofu and fold over the open end.

Note: This recipe makes 4 servings of Inari Sushi

Habsah Amir
Malaysia

Beef Stew with Coconut Cream (Rendang Daging)

This dish is popular during festival seasons. It is eaten with rice or glutinous rice.

Ingredients:

- 1 – 1 1/2 pounds of beef cut into cubes
- 1 tin coconut cream (135g/400ml)

Blend the following five ingredients together:

- 2 big onions – cut
- 1 whole garlic
- 1 inch ginger
- 1 tablespoon coriander (soaked)
- 5 stalks lemon grass (take about 5 inches above the root and cut into pieces)

- 1 tablespoons black pepper
- 1 teaspoon turmeric powder
- 2 inches cinnamon stick
- 2 tablespoons lemon juice
- 2 tablespoons sugar
- 2 cups water
- Chili paste/chili sauce (optional)
- Salt to taste

Preparation:

1. In a large pot, put in beef, coconut cream and 2 cups water.
2. Add in all other ingredients.
3. Cook in slow fire until meat is tender, stirring regularly for 1-2 hours or until liquid dries up.

Cashew Nut Biscuit (Biskut Gajus)

These biscuits or cookies are especially popular during festival times. Many other varieties are also made.

Ingredients:

1 cup unsalted butter – softened
3/4 cup sugar
1 egg yolk
1 teaspoon vanilla essence
3/4 cup ground cashew nuts
1/4 cup cornstarch (corn flour)
2 – 2 1/2 cups all-purpose flour
Reserve: to decorate cookies
1/2 cup half cashew nuts
1 egg beaten

Preparation:

1. Beat butter and sugar until fluffy. Add in egg yolk and beat again.
2. Add the ground cashew nuts into the mixture and mix well using a wooden spoon. Then put in the cornstarch and mix again.
3. Add vanilla essence and mix.
4. Add flour a little at a time, until it forms a dough (less or more flour may be used). Roll out using a rolling pin and cut out with a crescent – shaped cutter.
5. Arrange on a baking sheet, brush top with beaten egg and decorate the top of each cookie with half cashew nuts.
6. Bake at 350F degrees for 15 - 20 minutes or until golden brown.

Green Beans (Kasturi)

This a Malaysian sweet treat that is usually served as a snack, light breakfast or during tea time.

Biscuit Ingredients:

1 cup dried Mung Beans (washed and soaked overnight in water)
4 cups Water
1 1/2 - 2 cups Brown Sugar (white sugar can be substituted)
1 cup desiccated Coconut
1 pinch of Salt
1 – 1 1/4 cup Flour
Oil for deep frying

Batter Ingredients:

4 Tbsp Flour
Water (enough to make a light batter)
Several Drops Yellow Food Coloring (optional)
Salt to taste

Preparation:

1. Rinse mung beans, cover with water and soak overnight.
2. Drain any remaining water from mung beans.
3. Put mung beans and 4 cups fresh water in pan and cook until mung beans are soft and water is dried up. Stir occasionally. (About 30 to 60 minutes.)
4. Add sugar, desiccated coconut and salt to pan with cooked mung beans. Mix well over low heat until ingredients are combined and soft dough is formed.
5. Add in the flour, little by little, until the dough holds together.
6. In a separate bowl combine small amounts of water to flour, salt and food coloring until a light batter is created.
7. Take a spoonful of the above dough and shape into a rounded ball and flatten slightly.
8. Dip ball into batter to coat and deep fry in oil until golden.
9. Drain and cool before eating.

Raewyn "Rae" Williams
New Zealand

Kiwi Ice Cream

Ice-cream can be made up to a week ahead; keep, covered, in freezer.

Ingredients:

500g kiwi fruit
2 x 300ml cartons thickened cream
1 cup icing sugar
1 teaspoon balsamic vinegar

Preparation:

1. Peel and core Kiwi fruit.
2. Blend or process kiwi fruit until smooth.
3. Beat cream and sifted icing sugar together in large bowl with electric mixer until soft peaks form; fold in kiwi fruit puree.
4. Pour mixture into deep 23cm square cake pan, cover with foil, freeze several hours or until firm.
5. Beat in large bowl or process mixer in several batches until smooth.
6. Return mixture to cake pan, cover freeze overnight until set.
7. Decorate with fresh Kiwi fruit slices.

Note: Makes about 2 litres.

Raewyn "Rae" Williams
New Zealand

Rack of New Zealand Lamb (With herb and parmesan crust)

Ingredients:

4 - 180g lamb racks (French Trim)
4 tablespoons olive oil
Salt and pepper
3/4 cup grated parmesan
3/4 cup breadcrumbs
1 bunch chervil
1 small bunch Italian flat leaf parsley
4 tablespoons unsalted butter
20 baby leeks

3 cloves garlic
1 sprig thyme
2 tablespoons olive oil
4 tablespoons chicken stock

Preparation:

1. Remove any excess fat from lamb. Heat two tablespoons of olive oil in a heavy frying pan add lamb racks and cook to seal. Season with salt and pepper and put lamb racks aside.
2. Place the parmesan, breadcrumbs, chervil, parsley and butter into blender and process until well mixed. Season to taste, then smear the coating over the backs of the lamb racks.
3. Roast in an 180C degree oven for approximately 12-15 minutes, or until medium-rare.
4. Trim the leeks, discarding most of the green tops. Peel and finely chop the garlic. Strip the leaves from the thyme sprig and chop. Heat two tablespoons of olive oil in a heavy frying pan and toss the leeks with the garlic and thyme until slightly colored. Add four tablespoons of chicken stock, season and bring to boil, then braise together for 8-10 minutes in an 180C degree oven.

Note: Recipe serves 4.

Magnhild Skare
Norway

Almond wreath cake (Kransekake)

This is a Norwegian cake that is used for dessert on special occasions like weddings, Christmas and so on. It has to be in the freezer the first day and if there is anything left, to stay chewy. You can decorate it as you want but we usually use small flags and a powdered sugar glaze like a snake around each ring. This helps it to stay together to.

Ingredients:

500 gram almonds
500 gram powdered sugar
4 Tablespoons all-purpose flour
4-5 egg whites

Preparation:

1. Ground the almonds with an all fashion grinder. (This can not be done on the electrical machine, very important step to good results).
2. Mix the grounded almonds, powdered sugar and the flour with your hands.
3. Take first 4 egg whites and mix it with the dry ingredients. It can not be ANY egg yolks). If the dough does not stick together try first half of the 5. egg white, if it still does not come together take the rest of the egg white. The dough should be soft, but not stick too much to your fingers.
4. Put the dough in a plastic bag and seal it air tight before you let it rest until the next day.
5. To make a Norwegian traditional Almond wreath cake you will have to have 18 different sized pans for the rings. You then roll your batter finger size thick and put it in the different pans after size. It is important to spray your forms very good first. If you do not have the forms you can make the dough into any shape you want, but it has to be rolled out like a snake and the size of a middle finger.
6. The oven should be 360 F and they need to be in for approximately 18 min. They should be light brown when you take them out. They are soft then, but gets hard on the surface when they get cold, so do not touch!
7. They cool of quick, put them in plastic bags and into to the freezer for a day before you serve them. It is also important to let them stay in the plastic bag until you serve them for not drying out.

Note: This is not a easy cake, usually it takes a lot of practice to make them JUST RIGHT and that means they are hard on the surface and chewy inside. Do not give up on your first attempt, I promise it is worth it, just keep trying. Good luck!

Beef Patty with Apricot Dip
(Chapli kabab aur khubani ki chutney)

This scrumptious kabab, with tons of flavour and texture, is a specialty from the northern region of Pakistan. It is served hot with sweet and sour apricot or prune dip.

Kababs

Ingredients:

- 1 lbs minced meat coarsely chopped
- 3 medium onions, finely chopped (almost half lbs)
- 2 small green chilies, finely chopped
- 3 tablespoon garlic, coarsely chopped
- 3 tablespoon ginger, coarsely chopped
- 1 small egg, whisked
- 1 teaspoon salt
- 1 quarter teaspoon black pepper, freshly ground
- 1 tablespoon coriander seed, dry roasted
- 1 tablespoon cumin seed, dry roasted
- 2 tablespoon corn/wheat flour
- 1 tablespoon pomegranate seed
- 4 tablespoon parsley, chopped
- 2 medium tomatoes, sliced in thin rounds

Preparation:

1. Mix all the ingredients thoroughly except for tomato slices and oil. Cover and refrigerate for two hours.
2. Moisten your hands with a little oil so that the mixture does not stick to your hands. Now take almost 2 tablespoonfuls of meat mixture and roll it firmly between your palms. Then flatten it in the shape of a thin round about 1 quarter inch in thickness.
3. Smooth the edges and paste a thin slice of tomato to one side.
4. Shallow fry in a non stick pan till golden brown on each side.
5. Use a spatula to turn over kababs in the pan but do not press with the spatula, otherwise kababs will turn too dry. Serves 6 to 8 people. Kabobs can be prepared ahead of time and frozen for up to two weeks.

Apricot Dip

Ingredients:

- | | |
|--------------------------|---------------------------------|
| half lbs apricots, dried | 1 quarter teaspoons paprika |
| half lbs sugar | 2 cups warm water |
| 1 quarter teaspoon salt | 4 tablespoons almonds, slivered |

Preparation:

1. Soak dried apricots in warm water overnight.
2. Put all the ingredients in a heavy based pan except for the almonds. Bring to a boil on high flame. Then reduce the heat. Cover and simmer for half an hour on low flame.
3. Remove from the stove when the sauce thickens.
4. Serve chilled and garnished with almonds.

Note: This dip can be refrigerated up to two weeks.

Cheesy Spinach (*Palak Paneer*)

This vegetarian dish is famous for both its flavour and aroma. It is served hot with either boiled rice or tandoori roti (a flat, round wheat bread, a staple food in Pakistan.)

Ingredients:

4 lbs fresh, organic spinach
1 medium onion, finely chopped
2 medium tomatoes, chopped
1 cup fresh fenugreek leaves (optional)
half cup vegetable oil
half teaspoon salt
half teaspoon chili powder (optional)
1 quarter teaspoon turmeric powder
3 cream cheese cubes

Preparation:

1. Finely chop thoroughly washed spinach leaves.
2. Cook spinach with two glasses of water in a covered pan for ten minutes. Then drain and set aside. Reserve the spinach soup (cooking liquid).
3. Sauté chopped onions in vegetable oil until onions turn translucent. Then add chopped tomatoes, chili powder and turmeric. Cook until liquid from the tomatoes almost dries.
4. Now add washed fenugreek leaves and stir fry until oil starts to separate from rest of the gravy.
5. Add drained spinach and fry for two minutes. Then add salt and reserved spinach soup. Cover and cook for at least 20 minutes on low flame.
6. Remove from the heat once oil starts to appear on the surface which indicates that the spinach is done nicely.
7. Dish out spinach in an oven proof pan. Dot with cream cheese and put in the hot oven for 5 minutes till cheese melts.

***Note:** Make sure that the spinach is washed thoroughly, otherwise the grit in the spinach will spoil the dish. 1 pound preboiled, frozen spinach can also be used for this recipe if fresh spinach is not available. Use 2 glasses of water for cooking instead of the spinach soup (cooking liquid).*

Uzma Tariq
Pakistan

Yogurt Shake (*Lassi*)

This refreshing cold drink can be served any time of the day. It is known to quench thirst immediately and is also used as an appetizer. In Punjab, the largest province of Pakistan, this cold drink is a must with all meat dishes as it accelerates digestion.

Ingredients:

1 litre milk
half litre natural, plain, fat yogurt
8 tablespoons sugar
2 tablespoons blanched, powdered almonds (optional)
1 tray crushed ice cubes

Preparation:

1. Blend all the ingredients in the blender for five minutes until the butter from the milk and yogurt nicely comes on the top.
2. Pour in tall glasses.
3. Garnish with mint leaves and serve immediately.

*Note: You can substitute sugar with half a teaspoon of salty for a salty Lassi.
Recipe serves 4 people.*

Uzma Tariq
Pakistan

Roasted Chops (*Champ tikka*)

This main dish, served hot, with thinly sliced onions, cucumbers and curd. This dish is a hot favorite for preparing a feast.

Ingredients:

4 lbs meat chops (mutton or beef)
1 quarter cup lemon juice
1 quarter cup white vinegar
2 tablespoon garlic paste
2 tablespoon ginger paste
1 teaspoon salt
half teaspoon black pepper
half teaspoon red chili powder (optional)
half teaspoon cinnamon powder
1 quarter cup butter

Preparation:

1. Marinate meat using ingredients 2 to 8 for at least two hours or preferably overnight in the refrigerator.
2. Heat butter in a heavy based pan. Add cold, well marinated chops and stir fry on high flame to seal the juices within the meat.
3. Add 1 cup of water. Cover the pot tightly and let cook for half an hour on low flame till meat is cooked thoroughly and some caramelized juice from the meat is left.
4. Dish out chops on a platter and pour the juices from the pan over it.
5. Garnish with cilantro leaves or sprigs of parsley.

Note: Serves 4 to 6 people.

Margaret "Meg" Isleta
Philippines

Chicken Adobo (*Adobong Manok*)

This Filipino dish made with chicken or pork, or a combination of both, is a classic because it is simple to make ingredients that can be found in just about any kitchen are used here) and delicious, both hot or cold. Due to the latter, it is a favorite for picnics and family outings and tastes better even when left in the refrigerator for several days as the marinade is allowed to seep in even more. Adobo can be enjoyed on top of steaming hot rice with stir fried mixed vegetables on the side.

Ingredients:

- 1 whole chicken (about 1 lb), cut up into serving pieces
- 1 whole head garlic, crushed
- 1/4 cup soy sauce
- 1/2 cup vinegar
- 2 Tablespoons brown sugar
- 1 teaspoon coarsely crushed peppercorn

Preparation:

1. Cut up chicken into small serving size pieces and place in leak-proof plastic bag
2. Combine the garlic, soy sauce, vinegar, brown sugar and pepper, add to a leak-proof plastic bag.
3. Marinate the chicken pieces in ingredients for 2 to 3 days in the refrigerator. (At least 48 or up to 72 hours.)
4. Place chicken pieces and marinade into a saucepan and boil chicken until done.
5. Remove chicken from saucepan, reserving marinade. Fry chicken in hot oil until golden brown.
6. Thicken sauce with a mixture of cornstarch and water (about 1 tablespoon cornstarch in 1/4 cup water).
7. Add chicken pieces back into the thickened sauce. Heat.

Note: Serve with rice and stir fried vegetables. Adobo can also be eaten cold and is therefore an ideal dish to take to picnics or to the office. The longer it stays in your refrigerator the better it tastes. (Just don't leave it in your refrigerator longer than the usual!)

Meg Isleta
Philippines

Dried Apricot-Pecan Bread

I will remember my time here in DC for at least one thing...my not working for the first time in 10 years allowed me the luxury of time to try out all the recipes I wanted, especially quick breads. I love bread, especially those that are either slightly sweet, thick, chewy and/or with a distinctive flavor. (Each week, when I would do groceries, I would stand in front of the bread aisle and excitedly say to myself, "Hmmm...which bread will I try today?" In my country, we generally have only white and wheat bread and my favorite, pandesal, a soft bread roll.) This recipe, dried apricot-pecan bread is so good eaten either on its own or as a sandwich with thinly sliced smoked turkey or ham as a filling. The slight saltiness of the fillings compliments the flavors of this bread which I once brought to an ECG meeting. This recipe makes 2 loaves (using the 7 1/4 by 3 1/2 size loaf pans).

Ingredients:

- 1 1/2 cups dried apricot halves
- 1 cup boiling water
- 3 Tablespoons unsalted butter*
- 1 cup sugar
- 2 cups unbleached all-purpose flour
- 1 1/2 teaspoons baking soda
- 1/4 teaspoon salt
- 1/2 cup whole wheat flour
- 1 cup (4 oz) chopped pecans
- 2 large eggs*
- 1/2 cup orange juice

Preparation:

1. Grease and flour the two loaf pans. Coarsely chop apricots (or use food processor for this). Place apricots in large bowl, add the boiling water, the butter and the sugar and mix well. Set aside until of lukewarm temperature.
2. Combine unbleached flour, baking soda and salt. Add to apricot mixture and stir to combine. Add whole wheat flour, pecans, eggs and orange juice. Beat well to make batter that is evenly combined but slightly lumpy. Do not over-mix.
3. Pour batter into prepared loaf pans. Preheat oven to 350 degrees F. Let loaves rest at room temperature for 15 minutes before placing them in center of oven to bake for 55 to 60 minutes. When done, tops will be firm to touch, loaves will pull away from sides of pans and toothpick inserted into center of each loaf will come out clean. Remove loaves from pans onto rack then turn right side up to cool completely. Wrap tightly in plastic wrap if you do not plan to eat it right away. This can be chilled overnight or for up to 5 days before serving.

** For many cookie, bread, pancakes/waffle recipes, I substitute equal parts unsweetened applesauce for the butter or oil requested in the recipe. (Note: This applies to the recipe for the batter and not to any accompanying icing recipe). The applesauce substitution (which is given as a health tip in many low-fat, low-sugar cookbooks/ cooking magazines) does not affect the flavor, consistency or appearance of the final result and it is much healthier, too (substantially less fat and calories than if the butter or oil were to be used). If you like, egg substitutes such as "Better than Eggs" may also be substituted for the eggs above. Most recipes will tell you when not to use substitutes for any of the ingredients listed. It is safe to do so for this recipe.*

Meg Isleta
Philippines

Pancit Sotanghon Guisado

Noodles are as Asian as Pancit (noodles with mixed vegetables and chicken) is Filipino. There are many varieties of pancit that one can eat in my country. This is one. We once served this at a mid-afternoon snack (known in the Philippines as merienda) held for Dennis' CTF classmates, ISMO staff and special guests. Pancit is a natural food of choice during one's birthday. For one, noodles are said to give long life. Second, pancit can feed an army (and it has!). Lastly, it is a complete meal in itself but is just as good eaten with any of the following on the side: fried/ barbequed chicken fried/ grilled/ oven baked fish or fresh/ fried spring rolls.

Ingredients:

- One half chicken
- 2 Tablespoons finely chopped cilantro
- 6 cups water
- 1 large onion, chopped
- 1 large bag pancit sotanghon noodles*
- 1 whole head garlic, minced
- 2 carrots, sliced toothpick size
- 1 hard boiled egg, sliced
- 1/2 lb bok choy, thinly & horizontally sliced
- 1 can chicken broth (may use less sodium, fat-free)
- 2 Tablespoons lite soy sauce

Preparation:

1. Boil the chicken in the 6 cups of water, simmering until it is tender. Remove chicken and cube. Set aside the broth to cool.
2. Soak the sotanghon noodles in the cooled broth. Cut noodles into "serving size".
3. In about 1 tablespoon of oil, sauté garlic and onions till shiny.

4. Add cubed chicken then sotanghon noodles and the 1 can chicken broth. Continue to sauté for 15 to 20 minutes till noodles are shiny. Be sure it doesn't burn! Add the carrots, bok choy, soy sauce and ground pepper to taste.
5. Remove from fire. Serve hot with sliced lemons on the side and decorate on top with the cilantro and the boiled egg slices.

** The noodles, also known as "shiny noodles" can be found at most Oriental/ Asian food stores.*

Jasmine D. Sealana
Philippines

Peanut Brittle

Ingredients:

- 1 1/2 cup sugar
- 1/2 cup white corn (Karo) syrup
- 1/4 cup water
- 2 cups raw peanuts
- 1 teaspoon baking soda

Preparation:

1. Put first four ingredients into heavy large saucepan.
2. Bring mixture to a boil over medium high heat. Use candy thermometer to measure temperature of mixture. Cook until thermometer registers 305F degrees (hard crack).
3. While mixture is still on burner, stir in 1 teaspoon baking soda. This will make mixture foam. Stir quickly and mix well. Remove from burner and continue stirring until well mixed.
4. Pour pan contents onto a cookie sheet that has been sprayed with PAM or is well greased.
5. Let mixture cool on pan.
6. When cool to touch twist pan to break-up and pop out contents.
7. Store in airtight container.

Teresa Stefaniak
Poland

Polish Bigos (Sauerkraut Stew)

Sometimes called the Poland National Dish, Polish Bigos is a stew of meats, sauerkraut and cabbage that is prepared and heated and then reheated over several days. Every family has its own recipes and traditions associated with the dish and so its creation is a matter of pride, inheritance and even family honour.

Ingredients:

- Cabbage, thinly sliced
- Sauerkraut
- Meat
- Sausage (kielbasa)
- Mushrooms
- Ketchup
- Salt and pepper to taste

Preparation:

1. Simmer Stew for 2-3 hours. Initially only the cabbage and sauerkraut.
2. After 1.5 – 2 hours add the rest of the ingredients and simmer. Add more liquid as required.

4. If you simmer more times it will become better and better.

Note: A winter dish requiring several days' preparation, bigos has been described as a type of Polish cassoulet. It has also been characterised as a type of hunter's stew, with multitudes of recipe interpretations

Elena Danielescu
Romania

Smoked Fish Salad

Ingredients:

8 potatoes – 1 pound
2 smoked fish – 1 1/2 pound
Marinated onion – 1/2 pound
Mayonnaise as you like combined with mustard
Pickles – cucumber 6-7 pieces

Preparation:

1. Boil the potatoes and peel them. When they are cold, cut into little pieces.
2. Mix potatoes with the smoked fish, mayonnaise and pickles.
3. Prepare the onion. Cut onion into little pieces and boil for one minute in hot water mix in the same proportion with the vinegar. Then you wash the onion in cold water to take out the vinegar. Then compress the onion to take out a little of the flavor.
4. Add onion to mixture. Decorate with olives and dill.

Prabhica De Zoysa
Sri Lanka

Sweet 'n Sour Prawns (Shrimps)

Ingredients:

Shrimps 2-3 lb
Pineapple
Red, big onion
Bell peppers (red, green, yellow, orange)
Tomatoes
Sweet'n sour sauce
chilies (ground & powdered)
Sugar
Salt (as you desired)
Vinegar

Preparation:

1. Boil the shrimps until pink.
2. Combine remaining ingredients and fry with shrimp to make a Zizzling, Sweet'n Sour Prawns dish.

The Swiss Birchermuesli - a perfect breakfast

Muesli celebrates a century of good health. It is 100 years since a Swiss doctor, Maximilian Bircher-Benner, opened a sanatorium in Zurich serving a special breakfast cure for a variety of illnesses. His idea of a healthy start to the day was a mix of oats soaked in water, condensed milk and apples, all finished off with a sprinkling of grated hazelnuts. The original recipe for Birchermuesli has little in common with the creamy mixture that can be found on the breakfast buffet in just about every hotel in Switzerland. Modern-day muesli adds a range of fresh and dried fruits, yogurt, milk or cream and comes in many varieties, depending on what fruits are in season. But what has not changed is the principle behind the recipe: a wholesome diet leads to improved health and well-being. In fact Birchermuesli remains ahead of its time, as more and more fast food outlets offer meals that are high in nutrition and low in calories, to meet changing consumer demands. Bircher-Benner would have probably frowned at the ready-made muesli that is offered in supermarkets throughout Europe, as he was a firm believer in using fresh ingredients. Surely the doctor had no idea that his breakfast creation would become one of the healthiest foods on offer at take-away counters, cafés and bakeries.

Recipe for 4 people:

4 tablespoons of Oatmeal
8 tablespoons of cold milk
2 tablespoons of condensed sweet milk or maple syrup or sugar
mix all together and let the Oatmeal soak in the liquid over night in the refrigerator

2 cups of plain or fruit yogurt,
1 tablespoon of raisins or cranberries
cut fresh fruits into small pieces, or take seasonal berries
stir all together smoothly
cover it as a decoration with nuts, seeds, or berries

Ben Boonnag
Thailand

Tom Yum Kung (*Hot and Sour Shrimp Soup*)

Ingredients:

3 cups (24-fl oz/750ml) water or light chicken stock
2 garlic cloves or shallots, minced
5 leaves kaffir lime leaves (bai-ma-krut)
3 slices fresh or dried galangal (Kha)
1/4 cup fish sauce (nam pla)
2 stalks lemon grass/citronella (ta-krai), lower 1/3 portion only, cut into 1-inch (2.3 cm) lengths
1/2 cup sliced straw mushrooms
5 hot green Thai chili peppers (phrik khi nu), optional
8 oz (250g) shrimps/prawns, shelled and divided
1/4 cup (2 fl oz/60 ml) lime juice
1 teaspoon roasted chili paste (nam phrik pao)
1 tablespoon chopped cilantro/coriander leaves (bai phak chi)

Preparation:

1. Bring the water or stock to a boil over medium heat.

2. Add the garlic; lime leaves, galangal, fish sauce, lemon grass, and garlic/shallots, then the mushrooms and chili peppers, if using, to the stock.
3. Simmer for 2 minutes. Add the shrimp and reheat to boiling.
4. Cook until the shrimps are pink, opaque, and firm but no longer than 1 minute.
5. When the shrimps are cooked, place the lime juice and chili paste in a serving bowl.
6. Pour the soup into the bowl, stir, and garnish with cilantro leaves.

Sabiha Demirci
Turkey

Baklava

Baklava is one of the oldest known Turkish flaky pastry desserts. Its popularity goes back to the time of Sultan Mehmet (15th century) of the Ottoman Empire.

Ingredients:

3/4 pound phyllo pastry (if frozen, thaw according to package directions)
10 ounces unsalted butter (melted)
2 cups chopped walnuts

Syrup:

14 ounces sugar
2 ½ Cups of water
1 teaspoon lemon juice

Preparation:

1. Preheat the oven to 180 C (350 F).
2. Grease a 25 x 30 cm baking dish brush with melted butter.
3. Place one sheet of phyllo pastry in bottom of dish and brush with melted butter.
4. Sprinkle with chopped walnuts.
5. Then place another sheet of phyllo of pastry onto it and sprinkle with chopped walnuts. Continue to do this until you use all of the phyllo pastry.
6. Brush the top with melted butter and cut into square shapes.
7. Bake until golden.
8. To make the syrup, place the above ingredients in a saucepan and boil on medium heat stirring constantly.
9. Pour hot syrup over cooled baklava.
10. Allow to cool and absorb syrup before serving.

Sabiha Demirci
Turkey

Circassian Chicken (Cerkez Tavugu)

Ingredients:

2 Whole Pieces Chicken Breast
2 Slices of Bread, Crust Removed
300 Grams Walnuts
Salt
Red Pepper
2 Tablespoon Vegetable Oil
1 Tablespoon Yogurt
3 Tablespoon Mayonnaise

Preparation:

1. Clean and wash chicken breasts. Place in a pot of salt water and boil. After well boiled, remove from water and set aside.
2. Grind walnuts finely.
3. Shred chicken into small piece, (note: if you want grind it in mixer,)
4. Grind bread pieces,
5. Mix shredded chicken, ground bread and walnut,
6. Add some (1/4cup) of the water used to cook the chicken,
7. Add mayonnaise and yogurt, and mix all.
8. Place on serving dish, drizzle a little vegetable oil mixture with red pepper onto mixture.
9. Place several pieces of walnut on the dish for decoration.

Note: You may wish to add crushed garlic to this dish for extra taste.

Sabha Demirci
Turkey

Meat Patties (Kofte)**Ingredients:**

500 Grams Minced Meat
1 Onion
2 Slices of Day Old Bread
Parsley
Salt, Pepper
Thyme
Garlic (if required)
Sunflower Oil

Preparation:

1. Grate onion, chop parsley finely and remove crusts from bread and moisten with water.
2. Place all ingredients into a large mixing bowl, add finely minced meat and salt and pepper to taste.
3. Knead mixture until thoroughly blended. Take large walnut sized pieces of mixture and shape them into patties. Wet the palms of hand often to stop mixture from sticking to hands.
4. Lightly flour patties and shallow fry them in sunflower oil. Drain on absorbent paper and serve with French fries and salad.

CHILI RECIPES

Valerie Thrasher
United States of America

Calico Beans (A Sweet Chili)

This is one of my family's favorite picnics dishes. We serve it with potato salad and sandwiches.

Ingredients:

1 Pound Ground Beef
5 slices of Bacon cut
1 Onion, chopped

Salt and Pepper (to taste)

1/2 cup catsup (ketchup)

3/4 cup Brown Sugar

1 tablespoon prepared Mustard

2 tablespoons Vinegar

1 can Baked Beans - undrained

1 can Kidney Beans - undrained

1 can Butter Beans - undrained

Preparation:

1. Brown the first three ingredients in skillet adding salt and pepper to taste. Drain off excess fat.
2. In 3 - quart casserole dish: Add rest of ingredients.
3. Stir in Meat mixture and bake one hour at 350F degrees.

Note: You can also make this in a crock-pot and cook it all day. If you do not eat pork, omit the bacon and use vegetarian baked beans. This recipe is easy to double for large gatherings. You can adjust the meat and beans to different proportions.

Nancy Hoffer
United States of America

Nancy's Chili

A traditional American all-in-one pot meal.

Ingredients:

1 tablespoon olive oil

2 medium onions, chopped

6 medium sized garlic cloves, chopped

1 pound ground chicken (or turkey)

3 tablespoons Texas-style chili power

1 tablespoon ground cumin

2 cans (14.5 oz each) diced tomatoes

1 or 2 cans (6 oz each) tomato paste

2 large red bell peppers diced

1 large yellow bell pepper diced

4 oz sliced mushrooms

1 can (15.5 oz) dark red kidney beans

Preparation:

1. In a heavy skillet, sauté the garlic in olive oil, adding in the chopped onion and ground chicken. Stir over a medium burner, adding the chili power and cumin, and cook until the chicken is done.
2. Transfer the contents of the skillet to a pot and stir in the remaining ingredients. Bring to a boil, then simmer for about 20 minutes.
3. Before serving, check consistency and add another can of tomato paste if you want to thicken the chili. Add more seasoning to taste.

Note: Each pot of chili is an individual creation. The variations are endless. Do not worry about exact measurements. You may add or subtract ingredients according to what you have available and your personal taste. I developed my own style of chili after years of experimenting in the kitchen, but this is the first time I have stopped to write a recipe.

Texas Chili

Chili was invented in San Antonio, Texas, about the middle of the Nineteenth Century. It began as a simple peasant stew using materials inexpensive and at hand. Meat, chile peppers, comino, oregano and garlic made up the first recipes. All the spices except the comino were native to South Texas. In the 1700's settlers imported comino from the Canary Islands. During the great cattle drives of the late 1800's, cowboys introduced chilli to the rest of the world. During the great depression of the 1930's, "chili joint" came into existence and made it possible for anyone with a nickel or a dime to have a satisfying meal. Chili was served with crackers, ketchup, and sliced onion. Texans still eat their chilli that way. No self-respecting Texan eats beans in their chilli. If they want beans with chilli, they make a pot of pinto beans served as a side dish. In Texas pinto beans are commonly referred to as "red" beans.

Ingredients:

2 pounds beef (any cheap lean cut such as rump, chuck, round) cut into ½ inch cubes
1 medium onion, coarsely chopped
2-4 cloves of garlic, chopped
salt and pepper to taste
2 cups water, beef broth, or beer – or any combination thereof – may need more
2 – 3 tablespoons of blended chili power. I use Carrol Shelby's Original Texas Brand, see below
1 tablespoon ground cumin
3 tablespoons tomato paste or 8 oz crushed tomatoes
1 teaspoon brown sugar to "cure" the acidity in the tomato paste.
Cayenne pepper to taste – a little bit goes a long way. Use carefully!!
2 tablespoons mesa harina or make your own by mixing 1½ tablespoon corn meal & ½ tablespoon flour ground together in a blender until cornmeal is very fine.
1/2 cup water

Preparation:

1. Salt and pepper the meat
2. Brown meat in a hot heavy pan. Turn off burner.
3. Add garlic, onion, chilli powder, and cumin to warm meat. Stir well, let sit 30 minutes for flavors to blend.
4. Add 1/2 cup water or beef broth (combination thereof) stirring good to get up browned bits from bottom of skillet. Pour this mixture into crock-pot or heavy dutch oven.
5. Add rest of liquid to crock pot or heavy dutch oven, cover, and simmer for 3-4 hours or longer.
6. Bring chilli to a boil and stir in the mesa harina mixture that you've mixed with ½ c water. This thickens the chilli and gives it that uniquely Tex-Mex flavor.
7. Taste for seasonings – may need extra salt or additional cayenne pepper for heat.
8. Cook 20 more minutes.
9. Serve with crackers, ketchup, onion or your favorite toppings. Never add beans to Texas chilli. Serve them as a side dish. The only beans Texans eat are pinto beans, which they commonly refer to as "red" beans. Beans and cornbread are a whole 'nother" meal.

Note: I use Carroll Shelby Original Texas Chili Mix – it comes with 3 packets- one for blended chilli powder, one for cayenne pepper, and one for mesa harina. Ignore the directions on package – use my directions above. Chili cooked powder less than 2-3 hours has a slightly bitter or raw taste. Chili powder requires a long simmer to develop its natural sweetness. Traildrive cooks let their chilli cook all night long. My grandmother always simmered her chilli for 4 or more hours. She cooked the chilli the day before she

planned to serve it. That way the flavors had time to fully develop. For the chilli cook-off I used less than ½ tsp cayenne pepper. Carroll Shelby's chilli mix can be purchased on-line.

Mary Frances Wood
United States of America

Vegetarian Chili

This chili is extremely easy to prepare. It only takes about 10 minutes to prepare the vegetables and another 20 minutes to cook. If you do not have access to meat substitute, such as Morningstar Farms Grillers (frozen soy-based protein nuggets), you may use ground turkey, chicken or beef, or no meat at all. Serve with grated cheese, chopped tomatoes, diced onions, sour cream and jalapeno peppers. If you do not have access to pinto or black beans, you may substitute any type of bean that you have, such as garbanzo (chickpeas) or kidney beans. This dish freezes well and like Meg's Chicken Adobo, tastes better the second day!

Ingredients:

1 tablespoon vegetable oil
1 large onion, chopped
1 large red bell pepper, diced
1 large yellow bell pepper, diced
3 cloves of garlic, chopped
2 cans Rotelle diced tomatoes with chilis (you may substitute canned, diced tomatoes and chilis)
1 can of corn, drained
2 cans pinto beans, drained
2 cans black beans, drained
2-3 medium zucchini squash, cut into ½ inch cubes
1 small can of tomato sauce
1 envelope taco seasoning
1 package Morningstar Farms "Grillers" (soy-based protein nuggets found in the freezer section with the vegetarian foods)

Preparation:

1. Heat oil in a large pot; add onion, bell peppers and garlic. Sauté until tender.
2. Add canned tomatoes, corn and beans.
3. Add zucchini, tomato sauce and taco seasoning mix.
4. Stir thoroughly and add "Grillers".
5. Cook on low/medium heat for 20 minutes, covered.

Susan Jaskot
United States of America

White Chili

This is an easy recipe to make. Cinnamon gives this chili a hearty flavor.

Ingredients:

1 tablespoon salad (vegetable) oil
1 medium onion, chopped
1 clove garlic, diced
1 teaspoon cumin

1/4 teaspoon cinnamon
1 1/2 cups water
2 large whole chicken breasts cut into bite-sized pieces
1 can white kidney beans, drained
1 can garbanzo beans, drained
1 can white corn, drained
2 (4-ounce) cans chopped green chilies
2 chicken bouillon cubes

Preparation:

1. Sauté first four ingredients.
2. In ovenproof casserole, dish combine next eight ingredients with sauté mix.
3. Cover and bake at 350F degree oven for 50-60 minutes.
4. Serve topped with Monterey Jack Cheese and Fresh Tomatoes.

Note: Recipe serves 6.

DESERT AND BREAD RECIPES

Susan Jaskot
United States of America

\$ 250.00 Cookie

After tasting this delicious dessert, the recipe was purchased for \$250.00 from the dining room of a prestigious department store in a misunderstanding. To make sure she got her money's worth, the woman has made this recipe available to everyone she can.

Ingredients:

2 cups butter
2 cups white granulated sugar
2 cups brown sugar
4 eggs
2 teaspoons vanilla
4 cups flour
5 cups regular oatmeal (not 1 minute quick cooking)
1 teaspoon salt
2 teaspoons baking powder
2 teaspoons baking soda
16 ounces mini chocolate chips
1 each 8 ounce grated Hershey Milk Chocolate Bar
3 cups chopped nuts (pecans or walnuts)

Preparation:

1. Measure oatmeal and blend in blender until fine.
2. In a large bowl cream butter and both sugars together.
3. Add eggs and vanilla and mix well.
4. Mix together with flour, oatmeal, salt, baking powder and soda.
5. Stir in chocolate chips, grated Hershey candy bar and nuts.
6. Roll into balls and place 2 inches apart on cookie sheet.
7. Bake 6 – 8 minutes at 375F degrees.

Note: For the best cookies, do not omit any ingredients and bake until cookies are still light in color (not browned).

Mary Frances Wood
United States of America

Almond Ricotta Cake

This delicious cake is very easy to prepare using a prepackaged cake mix which will reduce the preparation time. If you do not have access to prepackaged cake mixes, you may prepare any type of homemade white cake. Although I have listed almonds in this recipe, you may substitute hazelnuts if you like.

Ingredients for Cake:

1 white cake mix (Duncan Hines is my favorite, but you may use any type of cake mix)
1 cup coarsely ground almonds
1 teaspoon almond extract

Preparation:

1. Prepare cake according to directions on the box.
2. Add the almonds and almond extract.
3. Bake according to package directions in two 8- or 9-inch pans.
4. Cool completely.
5. Slice each cake into two layers.

Ingredients for Filling:

1 pound of ricotta cheese
1 cup confectioners' sugar (may need more depending upon your preference/taste)
1 tablespoon almond extract
Milk (start with ½ cup; you may need more or less)
¾ cup coarsely ground almonds

Preparation:

1. Mix the cheese and sugar together. Add the almond extract. Add milk, a little at a time (tablespoon) until you achieve the proper spreading consistency.
2. Taste the filling and if it is not sweet enough, you may add more confectioners' sugar to taste. If the filling becomes too thin, you may add more sugar and/or cheese until you like the taste.
3. Once you have the proper taste and spreading consistency, add the ground almonds. Spread the filling between each layer and finish on the top. You may decorate the top with sliced or ground almonds. I love almonds and like to add more on top.

Mary Frances Wood
United States of America

Aunt Gerl's Cold Oven Pound Cake

*Aunt Gerl (pronounced "Jerl), my Dad's older sister, used to make this cake every week. To this day, I can still remember going to her house and enjoying the scent as it cooked in her oven. It is by far the best pound cake that I have ever eaten. As you can see, it uses basic ingredients that everyone would have in their kitchen...flour, sugar, butter and eggs. This cake does not need any frosting, for the butter and subtle flavors of lemon or almond are enough! You **must** place it in a cold oven – do not preheat the oven or it will not cook properly!*

Ingredients:

3/4 pound butter
2 3/4 cups sugar
6 eggs
3 cups flour
1/2 teaspoon salt
1/2 teaspoon baking powder
1 cup milk
1 teaspoon vanilla
1 teaspoon lemon OR almond extract

Preparation:

1. Mix the dry ingredients together. Add the flavorings to the milk. Set aside.
2. Cream butter in a large mixing bowl.
3. Gradually add the sugar and mix.
4. Add eggs one at a time, and beat well after each addition.
5. Add a portion of the dry ingredients; mix well.
6. Add a portion of the wet ingredients; mix well.
7. Continue alternating the dry ingredients and wet ingredients, mixing after each addition.
8. Pour the batter into a greased and floured tube pan.
9. Place the pan into a cold oven.
10. Set the oven 325° after you put the cake in the oven. Bake for 70 – 80 minutes or until done.

Julie Smith
United States of America

Banana Muffins**Ingredients:**

1/2 cup Shortening (butter, margarine, oil)
1 cup Sugar
1/4 cup Buttermilk (or to plain milk and add 1/2 tablespoon of vinegar)
2-3 small Bananas (the riper the better)
2 Eggs
2 cups all-purpose Flour
1/2 teaspoon Baking Soda
1 1/2 teaspoon Baking Power
1/4 teaspoon Salt
1/2 cup Nuts, chopped (optional)

Preparation:

1. Cream shortening and sugar together.
2. Add sliced bananas, beat.
3. Add milk and eggs and mixture well.
4. Stir in dry ingredients.
5. Pour into greased muffin tins. Fill to about 1/2 full.
6. Bake at 350F degrees for 20 minutes.

Southern Style Coconut Cake

This cake is very moist and yummy! My grandmother baked this cake for every special occasion. It was my grandfather's favorite dessert. I've modernized it by using a cake mix instead of making a "scratch" cake. But if it tickles your fancy to do so, bake your favorite yellow cake substituting ¼ c coconut milk for ¼ cup of the liquid your recipe uses.

Ingredients:

1 yellow cake mix (I use Duncan Hines) or your own personal favorite home baked yellow cake- but substitute ¼ c coconut milk for ¼ c of the liquid
1 - 14 oz can coconut milk

Preparation:

1. Mix cake according to directions on box substitution 1/4 cup coconut milk for 1/4 cup liquid.
2. Pour cake batter into three 8 or 9 inch cake pans.
3. When done remove from oven and while cake hot poke several holes (about ¾ inch apart) in each cake layer.
4. Pour remainder of coconut milk across top of each cake layer. Set aside until cake is cool
5. Frost with Fluffy White Icing.

Fluffy White Icing

** I double this recipe to insure I have plenty of icing*

Ingredients:

¾ cup sugar
¼ cup light corn syrup
2 T water
2 egg whites
¼ teaspoon cream of tartar
¼ teaspoon salt
1 teaspoon vanilla
1 - 14oz package of shredded coconut

Preparation:

1. Mix sugar, water, corn syrup, and salt in a saucepan; stir until well blended. Boil slowly without stirring until mixture will spin a long thread when a little is dropped from a spoon (hold the spoon high above saucepan), or reaches 238 - 242 degrees F (114 - 117 degrees C).
2. In a large bowl, beat egg whites with a mixer until they are stiff, but still moist. Pour hot syrup slowly over egg whites while beating. Continue until mixture is very fluffy, and will hold its shape. This takes about 5 minutes or more, depending upon moisture in the air. Add vanilla, and beat until blended. If icing does not seem stiff enough, beat in 2 or 3 tablespoons confectioners sugar 1 tablespoon at a time until stiff enough to hold its shape.
3. Put 1st layer of cake upside down on cake platter. Spread thin layer of icing on top of 1st layer of cake.
4. Put 2nd layer of cake upside down on top of 1st layer and spread thin layer of icing on that layer
5. Put 3rd layer of cake right side up on top of 2nd layer and spread remainder of icing on sides and top of cake.
6. Pat coconut onto sides and top of cake.

Grandma Kane's Buttermilk Biscuits

My maternal grandmother, Lora Kane, made the best biscuits I have ever tasted. I remember sitting next to my grandfather, eating warm biscuits with butter and white corn syrup. My uncle continues the tradition of making these every weekend – unfortunately, we don't live close to him!!

Ingredients:

1 ½ cup self rising flour
1 tablespoon baking powder
1 tablespoon shortening
Buttermilk (about ½ cup, but you may need more or less)

Preparation:

1. Sift the flour and baking powder. Add the shortening and mix until crumbly. Add buttermilk very slowly, mixing the dough until it pulls away from the side of the bowl.
2. Turn the dough out on a floured board. Knead until smooth. Roll out to about ¼ inches thick. Cut the biscuits into rounds (Grandma Kane used a drinking glass to cut them out). Grease a pan with shortening or butter. Place the biscuits into the pan and place in a 500F degree preheated oven. Immediately turn down the heat to 425F degree and bake until golden brown.

Note: If you cannot buy buttermilk, you can make it by adding 1 teaspoon of white vinegar to 1 cup of milk.

Ricotta Cheese Pie

This recipe is very easy and quick for a dessert. You can use many flavors, such as cinnamon, lemon or orange. Also, you could add bits of chocolate for a sweeter taste.

Ingredients:

1 15 ounce container of ricotta cheese (low-fat works well)
¾ cup sugar
3 eggs
1 ½ teaspoons flour
1 teaspoon pure vanilla extract
Your favorite flavor, such as a dash of cinnamon, grated lemon peel or grated orange peel

Preparation:

1. Stir the cheese, sugar, flour, vanilla and flavorings until creamy.
2. Add eggs one at a time, stirring after each addition.
3. Pour into a 9 inch pie pan.
4. Bake at 350F degrees for 40 minutes.
5. Cool and chill the pie for several hours.
6. Serve well chilled with a bit of whipping cream and fresh fruit.

Note: You may also make individual pies for a nice presentation for your guests. If you do, reduce the cooking time to approximately 20 – 25 minutes. The pies will be completed baked when the filling is no longer liquid.

Elaine Henry
United States of America

Sherry Nut Cake

Ingredients:

1 box Duncan Hines Moist Deluxe Butter Recipe Golden cake mix
1 small box instant vanilla pudding mix
4 eggs
¼ cup Crisco oil
¾ cup cocktail sherry
1 teaspoon maple extract
4 ounces walnuts (finely ground)
1 cup golden raisins

Preparation:

1. Preheat oven to 350F degrees. Grease a 9x13 inch pan.
2. Mix cake mix, pudding mix and finely ground walnuts in a large bowl.
3. Add eggs, oil, sherry, and maple extract.
4. Beat with electric mixer for 3 minutes.
5. Fold in golden raisins.
6. Pour batter into greased 9x13 inch pan.
7. Bake at 350F degrees for 37-40 minutes.
8. Cake is done when toothpick comes out clean.
9. Cool cake completely before cutting.

Note: This cake freezes well! You can make this cake ahead of time, wrap in plastic or foil and put in freezer to serve later.

Valerie Thrasher
United States of America

Sugar Cookies

These cookies can be made and iced for any occasion. We have them at Easter and Christmas holidays.

Ingredients:

4 1/2 cups all purpose flour
2 teaspoons Baking Powder
1 teaspoon Baking Soda
1/2 teaspoon Salt
1/2 teaspoon ground Nutmeg
1 1/4 cups Shortening (butter or margarine)
2 cups white granulated Sugar
2 Eggs
1 teaspoon Vanilla Extract
1/2 teaspoon Lemon Extract
1 Cup Buttermilk

Preparation:

1. Stir together flour, baking powder, baking soda, salt and nutmeg.
2. In a large mixer bowl beat shortening for 30 seconds. Add sugar and beat until fluffy.
3. Add eggs, vanilla and lemon extract. Beat well.
4. Add flour mixture and buttermilk alternately to shortening mixture, beating until well mixed.
5. Divide dough in half. Cover and chill in refrigerator for at least three (3) hours.
6. Roll dough 1/2 inch thick. Cut into shapes.
7. Place cookie shapes 2 inches apart on an ungreased cookie sheet.
8. Bake at 375F degrees for 10 - 12 minutes.
9. Remove cookies from sheet to wire rack to cool.
10. Frost with different colored icing.

Note: These are fun for kids to ice. At Easter, we make ducks, eggs and bunnies. At Christmas we make bells, angels, tree's, and stockings.

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.

Zucchini Bread

My Dad was known for growing an abundance of fresh vegetables every summer. He often had too many zucchini squash and when the neighbors tired of it, Mom would make zucchini bread. This delicious, moist bread is great for breakfast (toasted with butter), a snack or as a dessert.

Ingredients:

3 eggs, slightly beaten
3/4 cup oil (you may substitute apple sauce or pureed prunes)
1 1/2 cup sugar
2 cups grated zucchini
2 teaspoons pure vanilla
1 cup white flour
1 cup whole wheat flour (if you don't have whole wheat, you can use white flour)
1/4 teaspoon baking powder
2 teaspoons baking soda
1 tablespoon cinnamon
1 teaspoon salt
1 cup raisins (you may substitute currants, chopped dates or apricots)
1 cup nuts (walnuts are best, but you can substitute your favorite)

Preparation:

1. Heat the oven to 375F degrees.
2. Mix the slightly beaten eggs, oil, sugar, vanilla and zucchini.
3. Mix dry ingredients in a bowl and add to the wet ingredients. Stir until mixed.
4. Add the raisins and nuts.
5. Grease and flour 2 8x5x3 loaf pans. Spoon the batter into the two pans.
6. Bake for 50-60 minutes.
7. Cool for 10 minutes; remove bread from the pans and cool completely.

Note: This freezes well, so if you grow zucchini or happen to buy too much at the grocery store, this bread is a good way to take advantage of this great vegetable. Also, you may add grated carrots or apples, if you wish.

MAIN DISH RECIPES

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 ½ 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 ½ 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!

Mary Frances Wood
United States of America

Chicken and Dumplings

My maternal grandmother, Grandma Kane, used to make dumplings like these for her husband and 11 children! My Mother says that this recipe is really good, so if she likes it, it must be as good (almost) as Grandma Kane's. You can make your own version of chicken soup and just add the dumplings to the broth, if you prefer.

Ingredients for the Chicken:

1 whole chicken, cut into pieces (approximately 2 ½ pound chicken)
2 ½ teaspoons of salt
¾ teaspoon black pepper
½ teaspoon garlic powder (you can use fresh garlic, as I did)
½ teaspoon dried thyme (pronounced "time")
¼ teaspoon ground red pepper
1 teaspoon chicken bouillon granules (if you do not have access to chicken bouillon granules, you may substitute another type of chicken bouillon, such as a paste (found at Costco) or cubes)

Ingredients for the Dumplings:

3 cups self-rising flour (if you do not have this type of flour, you may add 1 tablespoon baking powder.
½ teaspoon poultry seasoning
1/3 cup shortening
1 cup milk

Preparation:

1. Place chicken pieces in a large pot. Cover with water and bring to a boil. Add 1½ teaspoon of the salt, ½ teaspoon of the black pepper, the garlic powder (or garlic), thyme and red pepper. Cover the pot and simmer for 1 hour.

2. Remove the chicken but save the liquid. Cool the chicken and skin, bone and coarsely chop. Skim the fat from the liquid. Turn on the heat and bring to a simmer. Add the chicken, bouillon and remaining salt and pepper to the liquid and simmer.
3. Make dumplings: Combine the flour and poultry seasoning in a bowl. Cut in the shortening with a pastry blender until the mixture is crumbly. Add the milk and stir until the dry ingredients are moistened.
4. Turn dough out onto a lightly floured surface. Roll the dough to 1/8 inch thickness. Cut into 1 inch strips. Each strip does not have to be perfect. Bring the liquid up to a boil and drop the dumplings into the liquid, a few at a time. Reduce the heat, cover and simmer for 25 minutes, stirring often.

Note: The liquid will thicken as the dumplings cook. This dish is really good the second day!

Kate Ryan
United States of America

Corned Beef and Cabbage

We were able to sample this dish on the day we had a presentation on Saint Patrick's Day Traditions. Some areas would refer to this as a "Boiled Dinner".

Ingredients:

1 Corned Beef Brisket
Pickling Spice (to taste)
White Potatoes, peeled and cut into small pieces
1 Medium head of cabbage, cored and cut into 8 wedges
Carrots, peeled and cut into 2 inch chunks

Preparation:

1. Purchase corned beef brisket from butcher.
2. In large stew pot Immerse brisket in cold water and add pickling spice. Boil for 2 – 3 hours until fork tender.
3. Remove meat from pot and slice into bite sized portions.
4. Boil potatoes, cabbage and carrots until tender, drain and mix together with a little butter and the corned beef.

Diane Castle
United States of America

Ham Delights

This is a family favorite for the American tradition of "Tailgating" prior to athletic events like football games. It can be made-up well in advance, frozen and cooked just prior to leaving for the game or serving.

Ingredients:

8 ounce tub of soft margarine (soften to room temperature)
3 tablespoons prepared yellow mustard
2 tablespoons Worcestershire sauce
2 tablespoons poppy seeds
1 – 2 tablespoons minced white onion
1 pound sliced ham
1 pound sliced swiss cheese
4 pans Parkerhouse Rolls (Pepperidge Farms or any sheet of small rolls)

Preparation:

1. Combine first five (5) ingredients into small bowl and mix well.
2. Slice pan of rolls in half (top and bottom).
3. Spread margarine mixture on rolls.
4. Add slices of ham and cheese.
5. Wrap in aluminum foil.
6. Bake at 350F degrees for about 15 minutes, or until cheese melts.
7. Cut into small sandwiches following lines of rolls.

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

Mary Frances Wood
United States of America

Jambalaya

Jambalaya, pronounced, "jum-buh-LIE-uh), is a typical dish from New Orleans, Louisiana. Jambalaya is a classic in the style of Creole cooking. Creole cooking is a way of combining vegetables (usually tomatoes and the "trinity", the Louisiana name for bell peppers, celery and onion), cooked meat or seafood with rice. Typically, spices are used to give a distinctive flavor. Garlic is always used, along with cayenne pepper. This dish, along with many others similar to it, takes advantage of the abundance of seafood along the coastal states on the Gulf of Mexico. When Bob and I lived near New Orleans, this was one of the favorite dishes in restaurants, as well as all of the Navy functions we attended. Whether made with shrimp, chicken, crawfish, smoked sausage, or any combination, it was a delicious choice on the buffet table.

Ingredients:

- 1 pound boneless chicken, cut into medium-sized pieces
- 1 pound of cooked peeled shrimp, cooked in a spicy mixture (we use Zatarain's, but you can use whatever spices you like)
- 1 pound hot smoked sausage cut diagonally into ½ inch pieces (the favorite is andouille (pronounced an-DOO-ee), but smoked sausage is also good)
- 1 large onion, chopped
- 1 bell pepper, chopped
- 3 – 6 cloves of garlic, minced (add more or less, depending on how much you like garlic!)
- 4 ribs of celery, chopped
- 3 small cans of tomato paste (you can use a thick tomato puree if you cannot find tomato paste)
- 4 large tomatoes, peeled, seeded and diced, OR 1 28 ounce can of tomatoes
- 8 cups of homemade chicken stock
- 2 – 3 teaspoons Creole seasoning OR 2 teaspoons cayenne pepper, 2 teaspoons black pepper, 1 teaspoon white pepper, 1 teaspoon oregano and ½ teaspoon thyme (pronounced "time")
- 2 bay leaves
- Salt to taste
- 4 cups of long-grain white rice, uncooked (my favorite is Uncle Ben's converted rice as it does not get sticky and/or lumpy)

Preparation:

1. In a frying pan, brown the chicken, adding a pinch of salt, black pepper and red pepper. If you are using already cooked chicken, don't brown it, but tear/cut it into bite-sized pieces.
2. Brown the sausage and pour off the fat. In a large pot, sauté the onions, garlic, peppers and celery in oil until the onions become transparent. In the same pot, add the tomato paste and stir until it browns a little. Add 2 cups of the chicken stock and stir until smooth. Add the Creole seasoning, tomatoes and salt to taste. Cook over low-

medium heat for about 10 minutes. Add the meat and/or seafood and cook another 10 minutes. If using seafood, be careful that it does not cook too long. Taste to make sure the seasoning is good for you.

3. Add the rest of the chicken stock, and add the uncooked rice. Stir until well mixed. Cook for about 20-25 minutes or until the rice has absorbed all the liquid. Turn the heat down to low-medium and let the sauce thicken up a bit. Leave the pot uncovered and stir frequently for about 10 minutes.

Note: Serve with salad and French bread.

Mary Frances Wood
United States of America

Louisiana Red Beans and Rice

Red Beans and Rice is a traditional dish from Louisiana. I imagine that it was developed as it is very inexpensive and easy to prepare. Traditionally, it is served on Monday evenings. I used this recipe for a Mardi Gras party and everyone loved it. One gentleman from New Orleans said that it tasted just like home! This dish tastes best when using actual red beans. I imagine that if you do not have red beans, you may substitute another type, such as pinto or Navy beans. Serves 4-6 people.

Ingredients:

1 pound of dried red beans, soaked overnight in 2 quarts/liters of water
3 ribs celery, chopped
1 medium green bell pepper, chopped
1 bay leaf
1 clove garlic, minced
1 large onion, chopped
2 tablespoons dried parsley flakes
Pinch of ground cayenne pepper, or to taste
1 package smoked sausage, cut in 1/4-inch thick slices
Hot cooked rice

Preparation:

1. Rinse and drain soaked beans; place in a 5 to 6-quart Dutch oven and add about 6 cups of fresh water.
2. Bring to a boil, then reduce heat and simmer for about 1 1/2 hours, or until beans are tender. Stir occasionally.
3. Add remaining ingredients and salt to taste; simmer for about 2 hours, stirring occasionally. Add water as necessary in order to develop a creamy consistency.
4. Serve over hot rice.

Elaine Henry
United States of America

Salmon Steak with Sesame and Soy

Ingredients:

2 tablespoons Dijon mustard
3 tablespoons dark brown sugar
2 tablespoons soy sauce
1 teaspoon sesame oil
1 teaspoon sesame seeds
4 tablespoons olive oil
1-2 tablespoons cocktail sherry
4 salmon steaks, 5-6 oz. each

Fresh Orange slices for garnish (optional)

Preparation:

1. Preheat oven to 425F degrees. (220C)
3. Combine first seven (7) ingredients in small bowl.
2. Place salmon in lightly greased pan.
4. Dip orange slices in sesame soy mixture and set aside.
3. Coat fish with sesame soy mixture.
4. Garnish with slices of fresh orange dipped in sesame soy mixture.
5. Measure the salmon steak at its thickest point. You will be baking it about 10 minutes per inch of thickness.
6. Bake uncovered about 18-20 minutes depending upon the thickness of the salmon steak.

Mary Frances Wood
United States of America

Spicy Shrimp Creole

Another favorite from our time in New Orleans. Shrimp Creole is best when using freshly-caught shrimp from Lake Pontchartrain. For this recipe when I cannot buy fresh shrimp, I use frozen shrimp (medium size) that are often from Thailand. Either way, this recipe is very good and you can make it for a lot of people. This recipe serves 4-6 people.

Ingredients:

- 1 ½ pounds shrimp
- 1 small onion, chopped
- 1 small green bell pepper, chopped
- ½ cup celery, chopped
- 2 large cloves of garlic, minced
- 2 tablespoons butter
- 16 ounce can whole tomatoes, undrained and chopped
- 8 ounce can of tomato sauce
- 2 teaspoons Worcestershire sauce
- ½ teaspoon dried oregano
- ½ teaspoon dried thyme
- 1/8 teaspoon red pepper
- Hot cooked rice

Preparation:

1. If using fresh shrimp, peel and remove the veins.
2. Saute onion, green pepper, celery, and garlic in butter in a Dutch oven until tender.
3. Stir in tomatoes, tomato sauce, Worcestershire sauce, oregano, thyme, and red pepper.
4. Cook over medium heat, stirring occasionally, about 15 minutes or until desired consistency.
5. Stir in shrimp, and simmer over medium heat 5 to 10 minutes or until shrimp are done.
6. Serve over rice.

Note: Yield: 4 to 6 servings.

SIDE DISH RECIPES

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 hambone. 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".

Mary Frances Wood
United States of America

Chicken Salad

Ingredients:

Chicken Breasts
Red Seedless Grapes
Diced Red Onion
Walnuts
Mayonnaise
Salt (to taste)
Pepper (to taste)
"Mrs. Dash" Garlic and Herb Seasoning

Preparation:

1. Combine all ingredients in a large bowl. Refrigerate until ready to serve.

Elaine Henry
United States of America

Citrus Couscous Salad

This salad may be served chilled or at room temperature. It goes nicely with fish, chicken, or shrimp. It has become one of my family's favorites.

Ingredients:

- 2 cups orange juice, divided
- 1/2 cup water
- 1 teaspoon salt
- 1 (10 oz.) package couscous (about 1 2/3 cups)

- 1/2 cup dried apricots, sliced
- 1/2 cup dried currants
- 2 tablespoons red wine vinegar

- 1 cup chopped seeded cucumber
- 3/4 cup chopped green onions
- 1/2 cup coarsely chopped pistachios
- 1/4 cup chopped fresh mint
- 1/4 cup lemon juice

Preparation:

1. Bring 1 1/2 cups orange juice, water and salt to a boil in a medium saucepan; gradually stir in couscous. Remove from heat; cover and let stand 5 minutes. Fluff with a fork. Place couscous in a large bowl.
2. Combine remaining 1/2 cup orange juice, apricots, currents and vinegar in a small saucepan bring to a boil. Remove from heat; let stand 15 minutes. Drain and discard liquid.
3. Add apricot mixture, cucumber and remaining ingredients to couscous, tossing to combine.

Note: Yields 8 servings.

Janet Baltas
United States of America

Lemon Jello Salad

I am sending along to you my favorite recipe. It is really easy to make. The best part is that you can make it the day before. It can be served along with a lunch. One day I forgot to set it out for lunch and so I served it instead for dessert. Believe it or not it works both ways. I am always asked to make this and bring it along.

Ingredients:

- 3 - 3 ounce packages of Lemon flavored Jello
- 4 Cups boiling water
- 12 ounce can of frozen lemonade concentrate, defrosted
- 8 ounce container of Cool Whip

Preparation:

1. Open packages of Jello and pour contents into your prettiest glass bowl.
2. Add water and mix thoroughly to dissolve Jello.
3. Add lemonade and stir up real good.
4. Put in refrigerator for 1 hour. (I set the timer so I don't forget!)
5. When the timer goes off, add in the Cool Whip.
6. Do not panic when you add the Cool Whip. It will look like a mess. I use an eggbeater to help mix it up real well.
7. When the Cool Whip is mixed in real good with the Jello mixture, put it back into the refrigerator and let sit overnight.

Note: Serves a crowd.

Mary Frances Wood
United States of America

Zimbato

When I visited my relatives in Calabria, which is in Southern Italy, my cousin Enzo made Zimbato. I have no idea what it means in English, but it makes me think of my holiday with my wonderful cugini (cousins) whenever I prepare it. If you have any Zimbato remaining, which is doubtful, it's really delicious with scrambled eggs the next morning!

Ingredients:

3 red or yellow bell peppers cut into 1 inch pieces
2 medium-sized eggplant, diced into cubes
3 medium sized potatoes, diced into cubes
1 large onion, cut into pieces
6 cloves of garlic, chopped
extra virgin olive oil

Preparation:

1. Heat the oil in a pan and add the potatoes. Sauté on medium heat until thoroughly cooked.
2. Add the eggplant and cook until tender.
3. Add the peppers, onions and garlic. Sauté over medium to high heat until all vegetables are browned and tender. Add salt and pepper to taste.
4. Serve as a side dish to chicken or beef.

TRADITIONAL THANKSGIVING RECIPES

Susan Jaskot
United States of America

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.

Angie Bacon
United States of America

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 350°F 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.*

Pecan Praline Sweet Potatoes

When we lived near New Orleans, we learned that the correct pronunciation of “praline” was “praw-lean”. The combination of pecans, sugar and butter epitomizes Southern cooking! Sweet potatoes are often served for Thanksgiving, the holiday in the United States that celebrates the harvest of wonderful vegetables and allows us to give thanks for all that we have in life. This dish serves eight (8) people, so you may adjust it accordingly. You can make this and freeze some, but don’t make the praline crunch until you are ready to serve it.

Ingredients:

4 pounds sweet potatoes
4 ounces heavy cream
4 tablespoons butter
salt to taste
½ cup brown sugar
Pecan Praline Crunch (recipe below)

Preparation:

1. Peel sweet potatoes and cut into ½ inch thick circles. Boil until tender. Drain and place in large mixing bowl.
2. Add butter, heavy cream, salt and brown sugar. Whip with electric mixer until smooth. The consistency should be similar to mashed potatoes.
3. Place mixture into baking dishes. You can either serve these immediately or refrigerate for another day, making this the perfect Thanksgiving recipe!.
4. Bake at 350 degrees until thoroughly heated. Add praline topping and serve.

Pecan Praline Crunch

Ingredients:

4 tablespoons butter
½ cup brown sugar
½ pound chopped pecans

Preparation:

1. Heat a large skillet on the stove. Add butter and sugar, stirring until the sugar is melted. Add the pecans and stir until coated.
2. Transfer to a baking tray and smooth out.
3. Once cool, break into small pieces.

Hint: Make more Pecan Praline Crunch as you will be eating it while it cools!!

Quick and Easy Cornbread Pudding

This cornbread recipe yields a very moist, sweet and chewy product that goes together quickly and makes a large quantity. It freezes well and can be reheated for use later.

Ingredients:

- 2 (15 oz) cans whole kernel corn, drained
- 2 (15 oz) cans cream style corn
- 2 (8 ½ oz) packages of corn bread mix
- 1 cup melted butter (2 sticks) (8 oz)

Preparation:

1. Heat oven to 350F degrees. Butter 9 X 13 inch pan.
2. In a large bowl, combine all ingredients; mix until well blended.
3. Pour batter into buttered pan.
4. Bake at 350F degrees for one (1) hour or until edges are golden brown and toothpick inserted in center comes out clean.

The ingredients in this recipe can be cut in half if less product is desired. Use a smaller baking pan. The cooking time will be about the same.

Elaine Henry
United States of America

Thanksgiving 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!

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.) 100% Pure Canned Pumpkin (or equivalent amount of cooked pumpkin)
1 can (12 fl. oz.) 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.