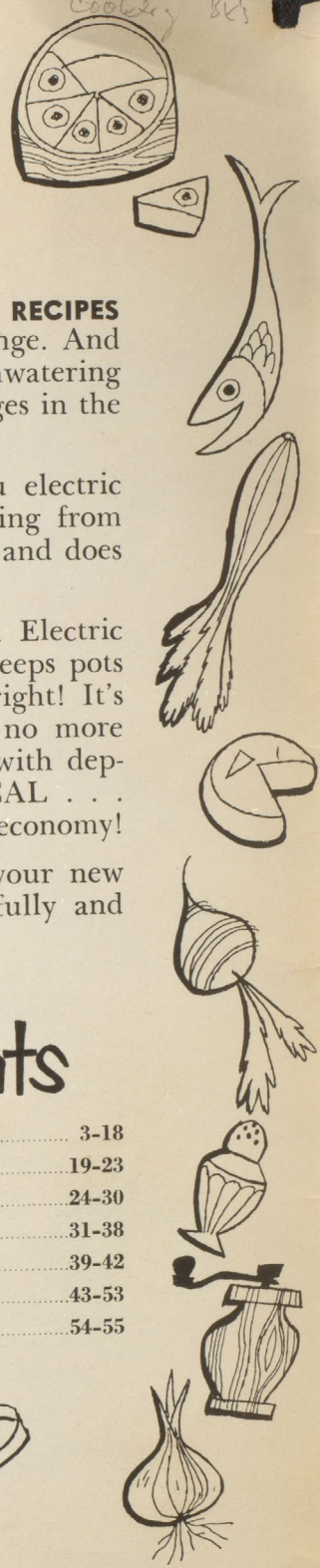


Tempting Recipes



FOR YOUR
GENERAL ELECTRIC
PUSHBUTTON
Range

You'll enjoy preparing these delicious recipes



YOU'LL ENJOY PREPARING THESE DELICIOUS RECIPES on your new General Electric Pushbutton Range. And your family will call for more of these mouthwatering treats! Each recipe has been tested in G-E Ranges in the General Electric Consumers Institute.

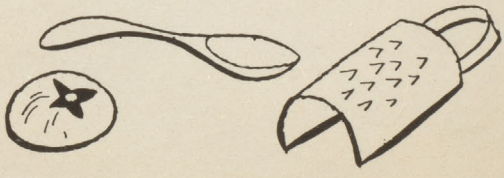
Your new General Electric Range brings you electric cooking at its very best. It turns out everything from breakfast-for-one to wonderful party feasts . . . and does it so efficiently, so economically!

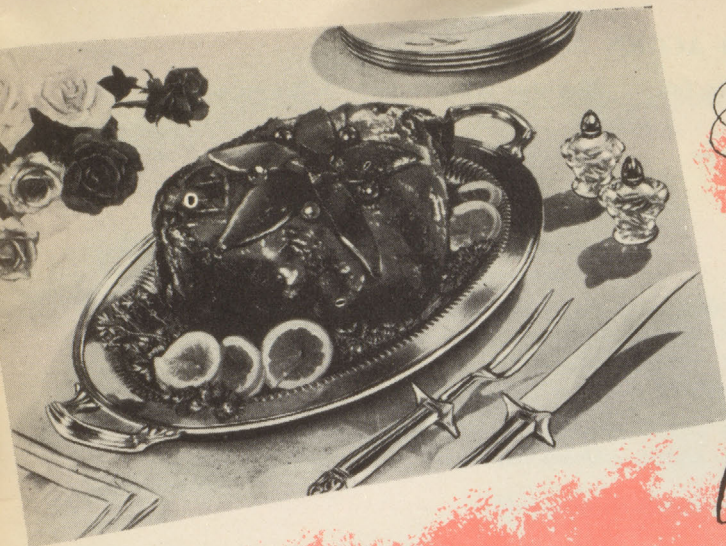
You'll like cooking electrically — the General Electric way! It's **CLEAN** . . . flameless electric heat keeps pots and pans, kitchen walls and curtains shiny bright! It's **COOL** . . . flameless electric cooking means no more hot, stuffy kitchens! It's **FAST** . . . you cook with dependable electrical accuracy! It's **ECONOMICAL** . . . controlled electric heat means real cooking economy!

This booklet is designed to help you enjoy your new range to the fullest. Follow the recipes carefully and you'll get truly professional results.

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Main Dishes and Soups

VEAL AND NOODLES

1 pound veal shoulder
(excluding bone)
 $\frac{1}{4}$ cup shortening

2 tablespoons all-purpose
flour
2 teaspoons salt
 $\frac{1}{4}$ teaspoon pepper
2 teaspoons paprika

1 cup water
1 teaspoon Worcestershire
sauce
2 cups peeled, small onions
1 cup $\frac{1}{4}$ -inch slices carrots
 $\frac{1}{2}$ cup diced celery

2 quarts water
1 teaspoon salt
10 ounces medium noodles
(about 2-2 $\frac{1}{2}$ cups)
2 tablespoons butter or
margarine

2 green peppers

Cut veal in 1-inch cubes. Melt shortening in large skillet on 8-inch unit on Hi. Add meat, switch to SECOND and sauté until lightly browned.

Combine flour, salt, pepper and paprika, sprinkle over meat and stir until blended.

Add water, Worcestershire sauce, onions, carrots and celery. Cover, and when steaming switch to Lo. Cook 25 minutes.

After meat mixture has cooked 15 minutes, place water and salt in 3-quart saucepan. Bring to boil on Hi. Add noodles gradually to keep water boiling. Switch to THIRD and boil 10-12 minutes. Drain, add butter and let melt. Toss noodles lightly to mix with butter.

Remove core and cut green peppers in $\frac{1}{2}$ -inch strips. Add to meat mixture in skillet. Cover and cook 5-10 minutes longer, until green peppers are tender. Serve meat mixture over buttered noodles.
Makes 6 servings

PORK CHOPS AND ACORN SQUASH

2 tablespoons shortening, fat, or salad oil	Melt shortening in large skillet on 8-inch unit on Hi.
6 1-inch thick pork chops Salt	Add chops to skillet, switch to SECOND or THIRD and sauté until brown on both sides. Sprinkle with salt.
2 acorn squash	Cut unpared squash crosswise in six 1-inch slices; remove seeds. Place on chops.
12 cloves	Press clove into each prune. Arrange prunes and apricots in center of squash slices.
12 prunes	
6 apricots	
½ cup orange juice	Add orange juice. Cover; cook until steam escapes freely. Switch to Lo; cook 45 minutes. <i>Makes 6 servings</i>

SPANISH RICE

1 tablespoon shortening, fat or salad oil	Melt shortening in large skillet on 8-inch unit on Hi. Add beef; switch to SECOND and stir occasionally until well browned.
1 pound chuck beef, ground	
1 large onion, sliced (⅔ cup)	Add onion, green pepper, tomatoes, rice and seasonings. Cover, bring to boil; switch to Lo. Cook 15-20 minutes.
1 medium green pepper, coarsely chopped (½ cup)	
1 No. 2 ½ can tomatoes (3 ½ cups)	
1 cup quick-cooking rice	
1 teaspoon salt	
1 teaspoon chili powder	
⅛ teaspoon pepper	<i>Makes 6 servings</i>

ROAST TURKEY OR CHICKEN

Wash bird inside and out and remove pin feathers. Salt lightly inside of the neck and main cavities of bird. Using 1½ cups dressing for each pound of drawn weight of bird, stuff the dressing into neck and main cavities. Press dressing well into neck cavity but do not pack too tightly because steam in cooking might crack the skin. Fill the main cavity with dressing, pushing it well up into rib section. Press dressing in firmly but do not pack it too tightly. If overstuffed, the lacing closing opening will give away as dressing expands. You'll find a recipe for stuffing on opposite page.

With small skewers or small nails tuck neck skin to back under bird and pull the two edges of skin over dressing in main cavity. With white string begin at upper skewer at main cavity and wrap string around, crossing strings from one side to the other to form a close lacing. Fasten string around tail to complete the closing. Twist tips of wings up and tuck them under upper part of wings close to back of bird. Tie leg bones together against body. Rub entire surface of skin with melted shortening. Place bird on its back on a rack in an open pan or broiler pan.

Insert a meat thermometer in thigh of bird or in center of stuffing. Cover entire surface of bird with a clean cheese cloth which has been dipped in melted fat, to prevent dryness or over browning. Do not cover and do not add water to pan during roasting. Make gravy after roasting. See recipe on page 55.

POULTRY STUFFING

- 6 cups soft bread crumbs
- $\frac{3}{4}$ teaspoon salt
- $\frac{1}{8}$ teaspoon pepper
- $\frac{1}{2}$ teaspoon sage
- $\frac{1}{4}$ teaspoon thyme
- 1 teaspoon poultry seasoning
- 2 tablespoons chopped parsley

- $\frac{1}{4}$ cup shortening
- $\frac{1}{4}$ cup minced onion

- 2 tablespoons butter, or margarine
- $\frac{1}{2}$ cup water

Combine bread crumbs, salt, pepper, sage, thyme, poultry seasoning and parsley. Mix thoroughly.

Melt shortening in large skillet on 8-inch unit on HI. Add onion; sauté for 2 minutes. Add bread crumb mixture, switch to THIRD and sauté until lightly browned, stirring constantly.

Melt butter in boiling water, pour over browned crumbs, tossing lightly.

Makes 3-4 cups of stuffing

NOTE: For stuffing a half-turkey, 7-8 pounds, double the recipe. For 15-pound turkey, make 4 times the recipe. For 25-30 pound turkey, make 8 times the recipe.

CHICKEN A LA KING

- 1 tablespoon butter or margarine
- $\frac{1}{2}$ cup sliced fresh or canned mushrooms
- $\frac{1}{4}$ cup chopped green pepper
- 3 tablespoons butter or margarine
- 3 tablespoons flour
- $1\frac{1}{2}$ cups milk
- 1 teaspoon salt
- Speck of pepper
- $\frac{1}{4}$ cup light cream
- 2 tablespoons chopped pimento
- $1\frac{1}{2}$ cups cooked, diced chicken
- 1 egg yolk, slightly beaten

Melt butter in a 2-quart saucepan on SECOND. Add mushrooms and green pepper, cook until mushrooms are browned. Remove mushrooms and green pepper from the saucepan.

Add butter to saucepan and melt. Add flour, salt and pepper and blend well. Add milk and stir constantly until mixture thickens. Switch to THIRD and cook 5 minutes, stirring occasionally.

Add mushrooms, green pepper, cream, pimento and chicken to white sauce; heat thoroughly.

Gradually add small amount of white sauce to egg yolk while stirring. Return to saucepan and heat, stirring constantly for 1 minute or until mixture has thickened.

Makes 6 servings

CREAMED CHICKEN: Follow recipe for Chicken A La King substituting chicken broth for milk and cream and omitting mushrooms, green pepper and pimento.

CHICKEN FRICASSE

$\frac{1}{2}$ cup all-purpose flour
1 tablespoon salt
 $\frac{1}{8}$ teaspoon pepper
1 4-5 pound stewing chicken
cut in serving pieces

$\frac{1}{2}$ cup shortening

3 cups water
1 teaspoon salt
1 teaspoon celery salt

Mix together flour, salt and pepper. Dredge pieces of chicken with this mixture.

Melt shortening in 6-quart utensil on HI. Switch to SECOND. Add pieces of chicken and brown on all sides. Pour off fat; measure 3 tablespoons back into utensil.

Add water, salt, and celery salt; switch to HI. Cover utensil and cook until steam escapes freely. Switch to LO and cook until chicken is tender (about 3 hours).

DUMPLINGS

$1\frac{1}{2}$ cups sifted all-purpose flour
2 teaspoons baking powder
 $\frac{3}{4}$ teaspoon salt
 $\frac{1}{8}$ teaspoon sage
1 tablespoon chopped parsley
 $\frac{3}{4}$ cup milk

$\frac{1}{2}$ cup water
 $\frac{1}{4}$ cup all-purpose flour

Measure ingredients for DUMPLINGS and combine all ingredients except milk as follows. Sift flour, baking powder and salt together into mixing bowl. Add sage and parsley and mix thoroughly. Reserve milk and add to this mixture just before adding dumpling dough to chicken.

When chicken is done, gradually add water to flour, mixing well with a fork to make a smooth paste. Add to chicken in utensil and bring to boil on HI.

Add milk to dry ingredients for DUMPLINGS and mix until blended (batter is still lumpy). Drop dumpling dough in 6 to 8 portions onto chicken in utensil. Switch to THIRD. Cook uncovered 10 minutes. Cover utensil and cook 10 minutes longer. Serve immediately.

Makes 6-8 servings

FRIED CHICKEN SOUTHERN STYLE

1 frying chicken, about 2-3
pounds, disjointed
1 teaspoon salt

$1\frac{1}{2}$ cups shortening

$\frac{1}{2}$ cup all-purpose flour
2 teaspoons salt

Wash chicken, remove pin feathers and singe if necessary. Wipe off excess moisture, lay pieces out and sprinkle all chicken with $\frac{1}{2}$ teaspoon salt, turn chicken and sprinkle second side with $\frac{1}{2}$ teaspoon of salt.

Melt shortening in large skillet on 8-inch unit on HI, heat shortening 2-3 minutes, switch to SECOND.

Mix flour and salt. Coat chicken with this mixture. (Tossing in paper bag is an easy way.) Shake off excess flour and place chicken in skillet.

Brown one side, turn, brown on other side. Cover skillet, switch to LO and cook, 15 minutes. Uncover skillet, turn chicken and cook 5-15 minutes longer depending on thickness of pieces. Drain a few minutes on absorbent paper, then keep warm until serving time.

Makes 4 servings

CHICKEN PIE

- ½ cup chicken fat, butter or margarine
 - ½ cup all-purpose flour
 - 1-1½ teaspoons salt
 - ¼ teaspoon paprika
 - 3 cups rich chicken broth
- 4-5 cups cooked cubed chicken (cut from 4-5 pound fowl or stewing hen)

1 recipe PASTRY FOR PIE SHELL (Page 47)

Melt chicken fat in 2-quart saucepan on Hi. Stir in flour, salt and paprika until smooth. Stir in chicken broth. Bring to boil on Hi, stirring constantly. Remove from unit, add additional seasoning if desired.

Place meat in 10 x 6 x 2-inch baking dish, pour thickened broth over meat, mix well.

Make pastry and roll out ¼-inch thick, in oblong ½-inch larger on all sides than top of baking dish. Moisten edge of baking dish, trim pastry to ¼-inch of dish, fold pastry back and make a stand-up decorative edge. Make slits in pastry to allow steam to escape.

Bake in oven 400°F for 35-45 minutes.

Makes 6 servings

STEWED CHICKEN

- 1 4-5 pound stewing chicken, cut up
- 5-6 celery tops or stalks
- 6-8 peppercorns
- 3 bay leaves
- 1 small onion, sliced
- 2 teaspoons salt

Wash chicken pieces and place with celery, peppercorns, bay leaves, onion and salt, in 4-6 quart utensil.

Add enough water to just cover chicken. Cover utensil, bring to boil on Hi, switch to Lo and cook 2½-3 hours or until meat on legs can be easily pierced with a fork.

Remove meat from broth and cool meat and broth separately, and as quickly as possible.

Broth may be cooked longer to develop richer flavor. Remove meat from bones and use for chicken pie, creamed chicken, chicken a la king or chicken salad.

Makes 4-6 servings

SWEET-SOUR SPARERIBS

- 1½ pounds spareribs
 - ½ cup all-purpose flour
 - ½ teaspoon salt
 - ¼ teaspoon pepper
 - 1 egg
 - 1 tablespoon water
 - ⅓ cup shortening
- ¼ cup chopped sweet pickle mixture
- 1½ cups BARBECUE SAUCE (Page 55)
- ½ cup water

Wipe meat with a damp cloth and cut into 8 serving pieces. Roll spareribs in flour seasoned with salt and pepper. Break egg into flat plate, add water and beat slightly. Dip spareribs in egg, then roll in flour mixture again. Melt shortening in large skillet on Hi. Add spareribs, switch to SECOND and brown on both sides. Pour all fat from skillet.

Combine pickle, BARBECUE SAUCE and water. Switch to Lo and add sauce to skillet. Cover and cook 40-45 minutes or until meat is tender, turning meat once during cooking.

Makes 4 servings

HAM LOAF

½ cup firmly packed brown sugar
2 slices canned pineapple

1 pound ham, ground
½ pound pork, ground
1 cup fine soft bread crumbs
1 egg, unbeaten
1 cup milk
¼ cup minced onion
¼ cup minced celery
½ teaspoon salt
¼ teaspoon pepper

Spread brown sugar in bottom of greased 9½ x 5¼ x 2¾-inch loaf pan. Arrange pineapple slices on brown sugar.

Mix ham, pork, bread crumbs, egg, milk, onion, celery, salt, and pepper. Pack meat mixture firmly in loaf pan over pineapple slices.

Bake in oven 350°F for 1½ hours.

Makes 4-6 servings

BAKED NEW ENGLAND STYLE BEANS

2½ cups dried pea beans

¼ pound fat salt pork
1 medium onion, peeled

3-4 tablespoons brown sugar
3-4 tablespoons molasses
½ teaspoon dry mustard
2-2½ teaspoons salt

Boiling water

Wash and pick over beans. Cover with water and soak overnight or 7-8 hours. Bring to boil on Hi, switch to Lo and cook 30 minutes. Remove from unit.

Wash salt pork and cut gashes at 1-inch intervals in pork, but not through rind. Place in 3-quart casserole or bean pot, with onion.

Mix brown sugar, molasses, dry mustard and salt until well blended, pour over salt pork in baking dish.

Pour beans and enough bean liquor into baking dish to cover beans. Stir just enough to mix ingredients. Bake, covered, in oven 300°F for 6-8 hours uncovering baking dish during the last 2-3 hours of baking. Add more boiling water during baking if necessary to keep baking dish about ½-¾ full depending upon amount of juiciness desired in finished beans.

Makes 6-8 servings

TO COOK ON SURFACE: Place unsoaked beans, water, molasses, brown sugar, onion, dry mustard, salt and salt pork in 4-6 quart utensil. Cover the utensil and cook on Lo for 6-8 hours.

BARBECUED SPARERIBS

2 pounds fresh spareribs

2 cups BARBECUE SAUCE
(page 55)

Cut spareribs in serving pieces and arrange in single layer in 13 x 9½ x 2-inch baking pan. Cook in oven 350°F for 1 hour. Remove from oven and pour fat from bottom of pan.

Pour Barbecue Sauce over meat. Return to oven and cook ½ hour longer. Turn meat and baste with sauce. Cook ½ hour longer.

Makes 4 servings

CHINESE CHOP SUEY

- 2 tablespoons shortening, fat or salad oil
1 pound chuck beef or shoulder pork cut in 1/2-inch cubes
1/2 cup water
- 6 medium onions, cut in thin slices
2 cups coarsely chopped celery
1 teaspoon salt
Liquor from 1 No. 2 can bean sprouts
- 1 No. 2 can bean sprouts, drained
- 4 teaspoons cornstarch
2 tablespoons water
2 tablespoons soy sauce
2 teaspoons bottled brown seasoning sauce
- 1 can chow mein noodles
- Melt shortening in 3-qt. saucepan on Hi. Switch to SECOND. Add meat; brown well. Add water and stir to make a thin stock.
- Add onions, celery, salt and bean sprout liquor to meat in saucepan. Cover. Cook until mixture begins to boil, switch to Lo. Cook 35-40 minutes or until meat is tender.
- Add bean sprouts; cook 5 minutes longer.
- Mix cornstarch, water, soy sauce and bottled brown seasoning sauce. Add to vegetable mixture. Stir until thickened.
- Serve on chow mein noodles.
- Makes 6 servings*
-

INDIVIDUAL MEAT LOAVES WITH BARBECUE SAUCE

- 1 1/2 pounds chuck beef, ground
2 tablespoons minced onion
1 1/2 tablespoons chopped green pepper
1 1/3 cups fine soft bread crumbs
1/2 teaspoon salt
1 egg, unbeaten
3 tablespoons catchup
2 1/2 teaspoons prepared horseradish
1/2 teaspoon dry mustard
1/2 cup milk
- Mix together beef, onion, green pepper, bread crumbs, salt, egg, catchup, horseradish, mustard and milk; blend well. Shape into 6 small loaves; place in greased 10 x 6 x 1 1/2-inch baking dish. Bake in oven 350°F for 1 hour.
- 1 cup BARBECUE SAUCE, (page 55) heated
- Serve with BARBECUE SAUCE.
- Makes 6 servings*
-

ZESTY MEAT LOAF: Follow recipe for INDIVIDUAL MEAT LOAVES. Pack all mixture firmly into 9 1/2 x 5 1/4 x 2 3/4-inch loaf pan. Spread 1/3 cup catchup over top of loaf. Bake in oven 350°F for 1 1/2 hours. Makes 6 servings.

AMERICAN CHILI CON CARNE

- 2 tablespoons shortening,
fat or salad oil
- 1 pound chuck beef, ground
- $\frac{1}{3}$ cup chopped onion
- $\frac{1}{2}$ cup chopped green pepper
- 1 No. 2 $\frac{1}{2}$ can tomatoes, drained
- 2 No. 2 cans kidney beans,
drained
- 1 tablespoon salt
- 1 tablespoon chili powder
- Tomato juice*
- Melt shortening in 6-qt. utensil on HI. Switch to SECOND. Add meat and brown, stirring occasionally.
- Add onion, green pepper, tomatoes, beans and salt to browned meat. Cover and bring to boil; switch to LO. Cook 25 minutes.
- Stir in chili powder; cook 5 minutes longer.
- Makes 6 servings*

*NOTE: If thinner consistency is desired, add tomato juice.

SWISS STEAK

- 1 $\frac{1}{2}$ pounds round steak 1-inch
thick
- $\frac{1}{4}$ cup all-purpose flour
- 1 $\frac{1}{2}$ teaspoons salt
- $\frac{1}{8}$ teaspoon pepper
- 2 tablespoons shortening
- 1 medium onion, sliced
- 1 No. 2 can tomatoes
(2 $\frac{1}{2}$ cups)
- Wipe steak with damp cloth and cut in serving pieces. Combine flour, salt and pepper, and dip meat on both sides into flour mixture. With large sharp knife, lightly tap flour into meat. Repeat dipping meat and tapping until half the amount of flour is used. Reserve remaining flour.
- Melt shortening in large skillet on 8-inch unit on HI. Switch to SECOND, add meat and brown on both sides. Add onion and cook until slightly yellow.
- Add about $\frac{1}{4}$ cup of tomato juice to remaining seasoning flour, stir until smooth. Add with remaining tomatoes to meat, bring to boil, switch to LO. Cover and cook 1 $\frac{1}{2}$ -2 hours or until steak is easily pierced with fork. Cover may be removed during last $\frac{1}{4}$ hour of cooking to evaporate some of the liquid for a richer gravy.
- Makes 4-6 servings*
-

MEAT STEW

- 1 $\frac{1}{2}$ pounds chuck beef or
lamb or veal shoulder
- $\frac{1}{4}$ cup all-purpose flour
- 3 tablespoons fat
- 2 $\frac{1}{2}$ cups water
- 1 tablespoon Worcestershire
sauce
- 1 tablespoon salt
- $\frac{1}{4}$ teaspoon pepper
- 6 medium carrots
- 6 medium potatoes
- 6 medium onions
- Cut meat in 1-inch cubes; dredge with flour.
- Heat fat in 6-qt. utensil on HI. Switch to SECOND. Add meat and brown on all sides.
- Add water, Worcestershire sauce, salt and pepper; cover, bring to boil, switch to LO. Cook 1 $\frac{1}{2}$ hours.
- Scrape carrots and pare potatoes, cut in halves. Peel onions, leave whole. Add to utensils. Bring to boil on HI; switch to LO. Cook 30-40 minutes.
- Makes 6 servings*

VEAL CUTLET SUPREME

- 1 pound veal steak ($\frac{1}{2}$ - $\frac{3}{4}$ inch thick)
Sifted bread crumbs (about 1 cup)
1 egg, beaten with 1 tablespoon water
- $\frac{1}{4}$ cup shortening
1 medium onion, sliced
- 1 teaspoon paprika
 $1\frac{1}{2}$ teaspoons salt
 $\frac{1}{4}$ teaspoon pepper
1 cup sour cream

Cut veal into 6 pieces for serving. Dip in crumbs, then in beaten egg and again in crumbs.

Melt shortening in large skillet on 8-inch unit on Hi. Switch to SECOND. Cook onions in skillet until yellow, stirring occasionally; remove from skillet. Place veal in skillet and brown on both sides. Place veal and onion in greased 2-quart casserole.

Combine paprika, salt, pepper and sour cream. Pour over veal. Cover tightly. Bake in oven 325°F for $1\frac{1}{2}$ -hours.

Makes 6 servings

MEAT PIE WITH LATTICE BISCUIT TOPPING

- 2 tablespoons shortening, fat or salad oil
2 cups cooked meat, cut in $\frac{3}{4}$ -inch cubes
2 tablespoons all-purpose flour
 $\frac{1}{2}$ teaspoon salt
- 2 cups thin leftover gravy
 $\frac{1}{2}$ teaspoon dried rosemary
- 1 cup cooked carrots, cut in 1-inch strips
1 cup cooked peas
8 very small cooked onions
- 1 recipe FIESTA BISCUITS (page 26)

Melt shortening in large skillet on 8-inch unit on Hi. Switch to SECOND; add meat and brown slightly. Add flour and salt and blend.

Add gravy and rosemary to skillet. Stir constantly until mixture begins to thicken. Switch to Lo.

Add carrots, peas and onions to first mixture. Cover and heat thoroughly while making biscuit topping.

Roll $\frac{1}{2}$ of dough into oblong about $\frac{1}{4}$ -inch thick. Cut with fancy pastry cutter or knife in strips $\frac{1}{2}$ -inch wide.

Pour hot meat mixture into 10 x 6 x $1\frac{1}{2}$ -inch baking dish. Arrange biscuit strips in lattice top design.

Roll remaining dough in $\frac{1}{2}$ -inch thick square. Cut in triangles, squares or diamonds; place on greased baking sheet. Bake with MEAT PIE.

Bake in oven 450°F for 10-15 minutes.

Makes 4-6 servings

MEAT PIE WITH PASTRY TOPPING: Follow directions for making meat pie except make 1 recipe PASTRY FOR PIE SHELL pg. 47. Roll pastry $\frac{1}{4}$ -inch thick, in oblong $\frac{1}{2}$ -inch larger on all sides than baking dish. Moisten edge of baking dish and place pastry over meat mixture. Press pastry to moistened edge of dish, then trim pastry to $\frac{1}{4}$ -inch of edge of baking dish. Fold pastry back and make a stand-up decorative edge. Make slits in pastry to allow steam to escape. Bake as for meat pie with lattice biscuit topping.

MEAT PIE WITH MASHED POTATO TOPPING: Follow directions for making meat pie except prepare WHIPPED POTATOES as on pg. 23 and spread evenly over top of meat mixture in baking dish. Bake (as for meat pie with lattice biscuit topping) for recommended time or slightly longer if necessary, to brown.



SHRIMP BISQUE

- | | |
|---|--|
| 3 tablespoons butter
or margarine | Melt butter in 3-quart saucepan on Hi. Switch to SECOND. Add onion, and cook until onion is yellow, stirring occasionally. |
| 1 small onion, grated
(3 tablespoons) | |
| 3 tablespoons all-purpose
flour | Add flour and seasonings; blend thoroughly. |
| $\frac{3}{4}$ teaspoon salt
Dash of pepper
Dash of mace | |
| $3\frac{3}{4}$ cups milk | Add milk and broth gradually while stirring constantly. Cook until mixture thickens, stirring constantly. Switch to Lo. |
| 1 $\frac{1}{3}$ cups chicken broth | |
| $\frac{3}{4}$ cup cooked shrimp,
minced | Add shrimp and parsley. Cook 10 minutes. |
| 1 tablespoon parsley,
minced | Add cream and lemon rind, and reheat. |
| $\frac{2}{3}$ cup light cream or top
milk | |
| $\frac{1}{2}$ teaspoon lemon rind,
grated | Makes 6 servings |

BAKED FISH FILETS WITH MUSHROOM SAUCE: Prepare sauce of 1 cup canned condensed cream of mushroom soup, $\frac{1}{4}$ cup milk, $\frac{1}{2}$ teaspoon salt, $\frac{1}{4}$ teaspoon paprika, $\frac{1}{8}$ teaspoon thyme and 1 tablespoon diced pimento. Follow recipe on page 13 (FAR EAST FISH FILLETS) for placing fish in water and baking, substituting mushroom sauce for tomato sauce and bread crumbs.

FAR EAST FISH FILLETS

- 1 1-pound package frozen cod or haddock fillets Unwrap and place unfrozen cod in greased 11 x 7 x 1½-inch baking pan.
- 1 8-ounce can prepared tomato sauce (about ⅞ cup) Combine tomato sauce, water, curry powder, salt and onion. Pour over fish. Sprinkle with bread crumbs and dot with butter.
- 2 tablespoons water
- 1 teaspoon curry powder
- 1 teaspoon salt
- ¼ cup finely chopped onion (1 small) Bake in oven 400°F for 40-45 minutes.
- 2 tablespoons fine dry bread crumbs
- 2 tablespoons butter or margarine *Makes 4 servings*
-

SCALLOPED TUNA AND CHIPS

- ¼ cup shortening Melt shortening in 1-quart saucepan on rear unit on SECOND; add flour, salt and pepper, blend well.
- ¼ cup all-purpose flour
- 1 teaspoon salt
- ⅛ teaspoon pepper
- 2 cups milk (or liquid from 4-ounce can of mushrooms, and milk to make 2 cups) Add milk, stirring constantly and continue stirring while cooking until thickened. Remove from unit.
- 2 tablespoons grated onion Add onion and parsley. Mix well.
- 1 tablespoon chopped parsley
- 8-ounces package potato chips, finely crushed (3 cups) Place 1 cup potato chips in greased 1½-quart baking dish. Cover with layer of tuna fish, mushrooms and sauce. Repeat and top with potato chips.
- 2 (7-ounce) cans tuna fish, drained and flaked (2 cups)
- 1 (4-ounce) can mushrooms, drained (⅔ cup) Bake in oven 350°F for 1 hour.
- Makes 6 servings*
-

SALMON LOAF

- 2 eggs Break eggs into small bowl and beat until light.
- 1 1-pound can red salmon Drain salmon, remove skin and bones, and flake.
- 3 slices soft bread, cut in small cubes Add to eggs with bread, salt and butter.
- 1 teaspoon salt
- ¼ cup butter or margarine, melted
- 1½ cups milk Heat milk to lukewarm; add to first mixture. Mix thoroughly.
- Place in greased 7 x 3 x 2½-inch loaf pan. Bake in oven 350°F for 1 hour. *Makes 6 servings*

SCALLOPED OYSTERS

- 1 cup soft bread crumbs
- 1½ cups fine brown unsalted cracker crumbs
- ¾ cup melted butter or margarine

- 1 quart shucked oysters
- 1 teaspoon salt
- ⅛ teaspoon nutmeg
- Speck of pepper

- ¼ cup oyster liquor
- ¼ cup milk
- ¼ cup chopped parsley

Makes 4-6 servings

Combine bread crumbs, cracker crumbs and butter, mix until well blended. Spread half of the mixture in greased 1½-quart baking dish.

Drain liquor from oysters and reserve. Pick over oysters and remove any pieces of shell. Place half the oysters in baking dish over crumbs. Combine salt, nutmeg and pepper and sprinkle half of these seasonings over oysters. Spread half of remaining cracker crumb mixture over oysters, then remaining oysters and seasonings.

Combine oyster liquor and milk and pour over oysters, making hole with knife in 3 or 4 places to allow some of liquid to go down to the lower layer. Spread remaining crumb mixture over top and sprinkle parsley over crumbs. Bake in oven 350°F for 50-55 minutes.

PLAIN OMELET

- 6 eggs
- 6 tablespoons milk
- ½ teaspoon salt
- Speck of pepper

- 2 tablespoons butter or margarine

Makes 4-6 servings

Break eggs and place in small mixing bowl. Break up eggs with fork and mix slightly, add milk, salt and pepper and blend.

Melt butter in large skillet on 8-inch unit on Hi. Spread over entire bottom surface and part way on sides of skillet. Cook on Hi until butter is light brown. Switch to Lo. Add egg mixture to skillet and stir vigorously with fork until well mixed with butter in pan. As omelet begins to cook on bottom and sides, lift edges with a spatula tipping skillet so uncooked mixture flows under cooked mixture. When cooked fold over in thirds.

Invert serving platter over skillet and turn omelet out of skillet. (If desired spread with tart jelly, or sprinkle with grated cheese or chopped cooked ham before folding.) Serve immediately.

BARBECUED FRANKFURTERS

- 8 frankfurters

- ¼ cup chopped onion
- 2 teaspoons sugar
- ¾ teaspoon paprika
- ¼ teaspoon salt
- ¼ teaspoon pepper
- ⅓ cup catchup
- ⅓ cup water
- 3 tablespoons vinegar
- 2 teaspoons Worcestershire sauce
- Few drops tabasco sauce

Place frankfurters in greased 11 x 7 x 1½-inch baking pan.

Combine onion, sugar, paprika, salt, pepper, catchup, water, vinegar, Worcestershire sauce and tabasco sauce. Pour over frankfurters.

Bake in oven 400°F for 30 minutes.

Makes 4 servings

CHEESE SOUFFLE

- 4 tablespoons butter or margarine
- 4 tablespoons all-purpose flour
- 1½ cups milk
- 1 teaspoon salt
- Dash cayenne pepper
- ½ pound sharp processed cheese, coarsely grated (about 2 cups)
- 6 egg yolks, well beaten

- 6 egg whites

Makes 6 servings

Melt butter in 1-quart saucepan on rear unit on **SECOND**. Add flour and blend. Gradually add milk, salt and cayenne pepper. Cook, stirring occasionally, until thickened and smooth. Remove from unit. Add grated cheese and stir until cheese is melted.

Add egg yolks to cooked mixture; blend well. Cool slightly.

Beat egg whites in large bowl with a clean beater until glossy and stiff. Add egg yolk mixture in portions to beaten egg whites folding lightly and thoroughly after each addition. Pour into 2-quart ungreased baking dish. Cut around the mixture (about 2 inches from the edge) with a knife.

Bake in oven 300°F for 1¼ hours. Serve immediately.

CORN SOUFFLE: Follow recipe for CHEESE SOUFFLE substituting for cheese 1 cup drained whole kernel corn, 2 tablespoons pimento, 1½ teaspoons Worcestershire sauce, ½ teaspoon prepared mustard and 1 teaspoon onion juice.

TUNA FISH SOUFFLE: Follow recipe for CHEESE SOUFFLE substituting for cheese 1 cup grated, drained tuna fish, 1 tablespoon chopped parsley and 1½ teaspoons grated onion.

GRILLED MEAT TOASTIES WITH CREAMED ASPARAGUS

- 1 cup ground, cooked, beef or lamb tongue
- 2 tablespoons chopped sweet pickle
- 2 teaspoons sweet pickle juice
- ½ teaspoon prepared mustard
- 2 tablespoons mayonnaise or salad dressing
- ¼ teaspoon salt
- 8 stale or fresh bread slices

- 1½ tablespoons butter or margarine

- 1 egg, slightly beaten
- ¼ teaspoon salt
- ¼ cup milk

- 1½ cups hot medium **WHITE SAUCE** (page 55)
- 1 cup cooked asparagus cuts

Combine tongue, pickle, pickle juice, mustard, mayonnaise and salt. Mix thoroughly. Spread mixture on 4 bread slices and cover with remaining slices.

Place butter in large skillet or on griddle on 8-inch unit; heat on **H1** 2-3 minutes.

Combine egg, salt and milk. Dip sandwiches into mixture quickly, being careful to moisten only the bread.

Place sandwiches in skillet; switch to **THIRD**. Brown sandwiches on each side.

Combine **WHITE SAUCE** and asparagus cuts. Serve sandwiches topped with creamed asparagus. *Makes 4 servings*

MACARONI AND CHEESE

- 1 package (7-8 ounces) elbow macaroni Cook macaroni according to directions on package, drain well. Place in greased 2-quart baking dish.
- 2 tablespoons butter or margarine Melt butter in 1-quart saucepan on rear unit on SECOND. Add flour and seasonings and blend. Add milk and stir constantly until mixture just starts to thicken. Remove from unit.
- 2 tablespoons all-purpose flour
- 1 teaspoon salt
- $\frac{1}{2}$ teaspoon onion salt
- $\frac{1}{4}$ teaspoon Worcestershire sauce
- dash of pepper
- 2 $\frac{1}{2}$ cups milk Stir cheese into sauce and pour over macaroni in baking dish. Mix slightly to distribute evenly.
- 2 cups grated sharp processed cheese ($\frac{1}{2}$ pound)
- $\frac{1}{4}$ cup small bread cubes
- $\frac{1}{4}$ teaspoon paprika
- 1 tablespoon melted butter Mix bread cubes and paprika with butter. Spread over macaroni mixture. Bake in oven 350°F for 45-50 minutes.
- Makes 6 servings*
-

SPAGHETTI SPECIAL

- 1 6-8 ounce package thin spaghetti Cook spaghetti according to directions on package until tender. Drain, then place in 3-quart baking dish.
- 1 tablespoon shortening
- 2 cloves garlic, minced
- 1 pound chuck beef, ground Melt shortening in large skillet on 8-inch unit on HI; switch to SECOND. Add garlic and saute 1 minute. Add meat, break up in small pieces and brown.
- 1 $\frac{1}{2}$ -2 teaspoons salt
- $\frac{1}{8}$ - $\frac{1}{4}$ teaspoon pepper
- $\frac{1}{4}$ - $\frac{1}{2}$ teaspoon chili powder
- 1 teaspoon Worcestershire sauce
- 3 8-ounce cans tomato sauce
- 1 cup sliced ripe olives
- $\frac{1}{4}$ cup grated parmesan cheese
- $\frac{1}{4}$ cup catsup Add seasonings, tomato sauce, olives, cheese and catsup to meat mixture, mix well and bring to boil. Remove from unit and add to spaghetti; mix well.
- 2 tablespoons melted butter or margarine
- $\frac{1}{2}$ cup fine dry bread crumbs Mix butter and bread crumbs. Distribute evenly over mixture in baking dish. Bake in oven 350°F for 1 hour.
- Makes 6-8 servings*
-

SOUP STOCK

- Leftover bones from poultry, roast, steaks, chops, etc.
- Water
- 2 celery stalks and leaves
- 1 small onion, peeled and coarsely chopped
- 2 bay leaves
- 6 peppercorns
- 1 $\frac{1}{2}$ teaspoons salt Place bones in 4-6 quart utensil, cover bones with water (at least 2 quarts). Add vegetables and seasonings. Cover utensil. Bring to boil on HI. Switch to Lo and cook 2-3 hours or until amount of water added has been reduced to $\frac{1}{2}$ the original amount. Strain, add additional seasonings if desired. Use immediately or cool quickly by placing utensil in cold water, then store in refrigerator. Use stock in soups, sauces, and gravy.

VEGETABLE SOUP

- 1/4 cup butter or margarine
- 1 green pepper chopped (1/2 cup)
- 1 small onion, peeled and chopped (1/4-1/3 cup)
- 2 stalks celery

- 2 cups cubed mixed raw vegetables (such as carrots, potatoes, etc.)
- 1 No. 2 can tomatoes
- 1 quart soup stock
- 2 teaspoons salt
- 1/8 teaspoon pepper

Melt butter in 4-6 quart utensil on Hi. Switch to SECOND, add green pepper, onion and celery and sauté 10 minutes.

Add raw vegetables, tomatoes, soup stock, and salt and pepper. Switch to Hi and bring to boil. Switch to Lo and cook 25-30 minutes or until vegetables are tender. Add more seasonings as desired.

Makes 6 servings

CHICKEN SOUP

- 1 quart rich chicken broth
- 1/4-1/2 cup washed raw rice
- salt
- pepper

Bring broth to boil in 3-quart saucepan on Hi. Add rice to boiling broth, switch to Lo and cook 25-30 minutes. Add seasonings as desired and serve.

Makes 4-6 servings

NOTE: A variation of rice is given to allow for thin or thick soup as desired.

OYSTER STEW

- 1 12-ounce package frozen oysters

- Milk
- Evaporated milk, undiluted

- 1/4 cup butter or margarine
- 1/2 teaspoon salt
- Dash of pepper
- Dash of thyme

- Parsley

Place package of frozen oysters in 2-quart saucepan. Heat covered on Hi until block can be broken apart with fork or until edges of oysters begin to curl. Remove from unit. Drain oysters, reserving liquor.

Measure oyster liquor; add milk and evaporated milk in equal parts to make a total of 4 cups of liquid. Return oysters and liquid to 2-quart saucepan on range.

Add butter, salt, pepper and thyme. Heat on Lo until liquid begins to bubble at edges of pan.

Serve garnished with parsley.
Makes 4-6 servings

NOTE: For more pronounced oyster flavor, cover and hold on WARM for 5-10 minutes.

FRENCH ONION SOUP

- 1/4 cup butter or margarine
- 3 cups thinly sliced onions
- 3/4 teaspoon salt
- Speck of pepper

- 1 1/2 quarts warm water
- 1/4 teaspoon bottled brown seasoning sauce
- 5 beef bouillon cubes

Melt butter in 3-quart saucepan on Hi. Switch to SECOND, add onions and sauté until golden brown. Sprinkle with salt and pepper.

Add water, seasoning sauce and bouillon cubes; cover. Bring to boil; switch to Lo; cook for 45-50 minutes. Serve immediately in soup bowls.

Makes 6 servings

NOTE: See variation on next page.

VARIATION:

- 6 2-inch rounds of crisp toast
or toasted French bread
- Grated Parmesan cheese

Place a round of toast on soup in each bowl.
Sprinkle with cheese.

Makes 6 servings

SPLIT PEA SOUP

- 1½ cups dried split peas
- 2 cups warm water

- 2 tablespoons butter or
margarine
- 1 medium onion, sliced
- 1 ham bone (about 4-5 inches
long)
- ½ teaspoon celery salt
- 1 teaspoon salt
- ¼ teaspoon pepper

- 2 cups milk

Wash and pick over peas. Soak in water for 1 hour. Drain, reserving liquor. Add additional water to make 6 cups.

Melt butter in 4-6 quart utensil on Hi. Switch to SECOND. Add onion and sauté until yellow in color. Add ham bone, celery salt, salt, pepper, drained peas and 6 cups liquid. Cover, bring to boil. Switch to Lo and cook until peas are tender (about 2½ hours).

Remove ham bone and all surface fat. Strain soup if desired. Add milk and heat to serving temperature.

Makes 6-8 servings

CORN CHOWDER

- ¼ cup butter or margarine
- ¼ cup chopped onion
(1 medium)
- ¼ cup chopped green pepper

- 3 cups diced potatoes
(4 medium)
- 2 cups water
- 2 teaspoons salt
- ¼ teaspoon pepper

- 1 No. 2 can cream-style corn
- 2 cups milk
- 1 cup evaporated milk,
undiluted

Melt butter in 3-quart saucepan on Hi. Switch to SECOND. Add onion and green pepper. Sauté until onion is yellow, stirring occasionally.

Add potatoes, water, salt and pepper. Cover, bring to boil again; switch to Lo. Cook until potatoes are tender; switch to THIRD.

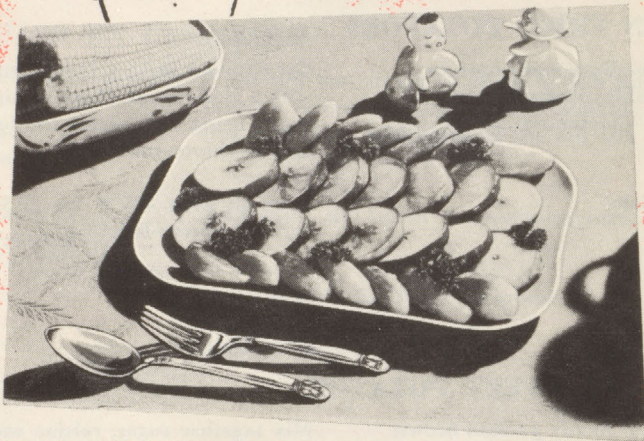
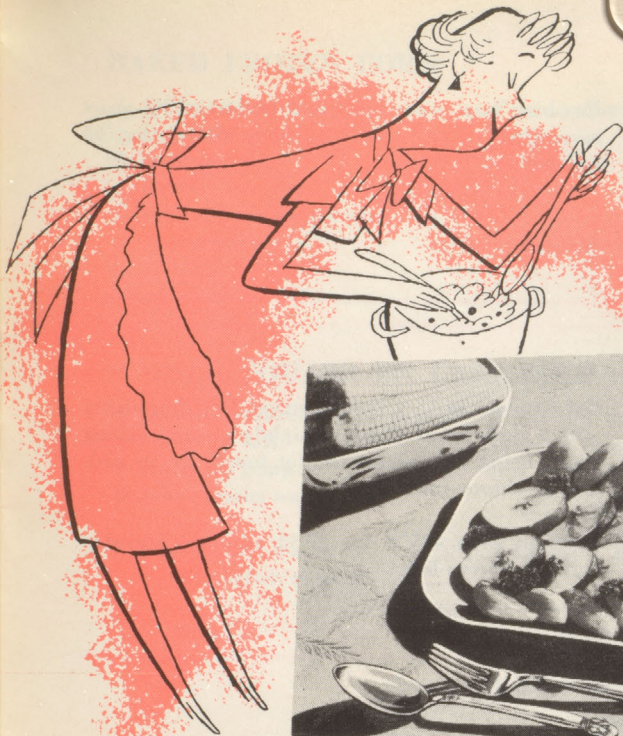
Add corn, milk, and evaporated milk. Heat, stirring frequently, until chowder bubbles slightly. Serve immediately.

Chopped parsley
Paprika

Garnish each serving with chopped parsley or paprika, if desired.

Makes 6 servings

Vegetables and Fruits



CARROTS AND ONIONS

- 3 cups sliced raw carrots,
¼-inch thick
- 3 medium onions, peeled and
quartered
- 1 teaspoon salt

Combine carrots, onions and salt. Place in greased 1½-quart casserole.

- ½ cup water
- 2 tablespoons butter or
margarine

Add water; dot with butter. Cover. Bake in oven 350°F for 1 hour.
Makes 6 servings

NOTE: Use large carrots and a special corrugated slicer for a more attractive dish.

SPANISH ONIONS

- 6 medium onions, peeled
- 1 No. 2 can tomatoes
(2½ cups)
- ⅛ teaspoon celery seed
- ⅛ teaspoon thyme
- 1 teaspoon salt
- ¼ teaspoon pepper
- 1 tablespoon butter or
margarine

Place onions in greased 1-quart casserole. Combine tomatoes, celery seed, thyme, salt and pepper; pour over onions. Dot with butter. Cover.

Bake in oven 350°F for 2 hours.
Makes 6 servings

JIFFY BAKED RICE

- 1 cup precooked or converted rice
- 2 cups hot water
- 1 teaspoon salt
- 3 tablespoons butter or margarine

Combine rice, water, salt and butter in 1½-quart casserole; cover. Bake in oven 400°F for 30 minutes.

Makes 6 servings

OVEN FRIED POTATOES

- 3 medium raw potatoes
- 2-3 tablespoons melted shortening

Salt

Cut potatoes in ¼ x ¼-inch strips. Dry thoroughly with a cloth towel. Place on lightly greased baking sheet, being sure pieces do not touch. Brush with melted shortening.

Bake in oven 425°F for 20-30 minutes. Sprinkle with salt. Serve hot.

Makes 3 servings

ORANGE SWEET POTATOES

- ¼ cup firmly packed brown sugar
- ¼ cup seedless raisins
- ⅛ teaspoon salt
- 2 pounds sweet potatoes
- 1 cup membrane-free orange sections

- ¼ cup orange juice
- 2 tablespoons butter or margarine

Mix together sugar, raisins and salt. Pare and cut sweet potatoes in ¼-inch lengthwise slices. Place alternate layers of potatoes, orange sections and sugar mixture in greased 1½-quart casserole.

Pour in orange juice. Dot with butter. Cover. Bake in oven 325° for 1½ hours.

Makes 6 servings

SCALLOPED POTATOES

- 6 small potatoes pared and thinly sliced (about 3 cups)
- ¼ cup minced onion
- ¼ cup minced parsley
- 3 tablespoons butter or margarine
- 2 tablespoons all-purpose flour
- 2 teaspoons salt
- ⅛ teaspoon pepper
- 1¾ cups milk

Place half of potatoes in greased 1½-quart casserole. Sprinkle half of onion and parsley over potatoes.

Melt butter on SECOND in 1-quart saucepan on rear unit. Add flour, salt and pepper, blend; add milk. Stir constantly and bring almost to the boiling point. Remove from unit and pour half of mixture over ingredients in casserole.

Repeat with remaining potatoes, onion, parsley and sauce. Cover. Bake in oven 350°F for 1 hour.

Makes 6 servings

BAKED FROZEN CORN

- 1 package frozen corn
- ¼ cup light cream
- ¼ teaspoon salt
- Dash of pepper
- 2 tablespoons butter or margarine

Place unthawed block of corn, cream, salt and pepper in 1-quart casserole. Dot with butter; cover. Bake in oven 400°F for 30 minutes.

Makes 4 servings

SUMMER SQUASH EN CASSEROLE

- 2 pounds crooked neck squash
- 1 teaspoon salt
- ⅛ teaspoon pepper
- 2 tablespoons water

- 3 tablespoons butter or margarine, melted

Wash and cut squash in slices ⅛-inch thick. Lay slices in layers in greased 2-quart casserole, sprinkling each layer with some of the salt and pepper.

Add water and butter to casserole; cover.

Bake in oven 325°F for 45 minutes.

Makes 6 servings

GREEN PEPPER CUPS

- 2 large green peppers

- ½ cup water
- 1 teaspoon salt

- 1 package frozen kernel corn, cooked and seasoned

Cut peppers in half, lengthwise. Carefully remove stem, seeds and any white membrane.

Place water and salt in 2-quart saucepan, cover, bring to boil on Hi. Place green peppers on bottom of pan with cut side down. Cover, bring to boil again, switch to Lo. Cook 5-7 minutes. Drain.

Fill green pepper cups with corn and serve.

Makes 4 servings

APPLE RINGS SAUTE

- 1 tablespoon butter or margarine
- 6 half-inch red apple rings
- ¼ cup firmly packed brown sugar

Melt butter in large skillet on 8-inch unit on Hi. Switch to THIRD. Dip apple rings in brown sugar. Place in skillet. Cook on both sides until glazed and lightly browned.

Makes 6 servings

NOTE: Small, ¾-inch-thick cutouts of firm jellied cranberry cause can be added to skillet during last few minutes of cooking. Use as a garnish for center of APPLE RINGS SAUTE.

JIFFY FRIED POTATOES

6 medium, raw potatoes, pared
 $\frac{1}{2}$ cup shortening
Salt

Cut potatoes in $\frac{1}{2}$ -inch cubes; dry well on a towel. Melt shortening in large skillet on 8-inch unit on HI. Add potatoes; switch to SECOND. Cook about two minutes before turning. Then turn only occasionally until done (about 15-20 minutes). Drain on absorbent paper. Sprinkle potatoes with salt.

Makes 6 servings

FRENCH FRIED POTATOES

6 medium, raw potatoes
Water

2-2 $\frac{1}{2}$ pounds shortening or fat

Wash and pare potatoes; cut into $\frac{3}{8}$ -inch slices, then cut into strips $\frac{3}{8}$ -inch wide. Drop into water in bowl.

Melt enough shortening in 4-6 quart deep utensil on HI to make $\frac{1}{2}$ -inch depth. Heat until deep fat frying thermometer registers 365°F-375°F.

Remove potatoes from water and dry *thoroughly* with a cloth towel. Divide into 3 portions of about 2 cups each. Cook 1 portion of potatoes at a time until they are tender and just begin to lose their white color. Remove from fat and drain on absorbent paper. Fry remaining 2 portions of potatoes, heating fat to 365°F-375°F again between the fryings.

After last portion of potatoes is removed, heat fat to 390°-400°F. Divide potatoes as above in 3 portions and brown each portion, heating the fat to 390°-400°F again between the fryings. Drain on absorbent paper.

Salt

Salt lightly before serving.

Makes 6 servings

HORSERADISH BEETS

1 No. 2 can beets (Julienne style or diced), drained

1 tablespoon cornstarch

3 tablespoons sugar

$\frac{1}{2}$ teaspoon salt

$\frac{3}{4}$ cup beet juice or water

1 $\frac{1}{2}$ tablespoons vinegar

2 tablespoons prepared horseradish

1 tablespoon butter or margarine

Place beets in greased 1-quart casserole.

Blend cornstarch, sugar, salt, beet juice and vinegar thoroughly in small saucepan. Add horseradish and butter. Bring to boil on rear surface unit on SECOND, stirring constantly. Pour sauce over beets in casserole. Cover.

Bake in oven 350°F for 1 hour.

Makes 6 servings

CANDIED YAM SLICES

2 tablespoons butter or
margarine

6 small cooked yams
 $\frac{1}{4}$ cup orange or pineapple juice
 $\frac{1}{3}$ cup firmly packed brown
sugar

Melt butter in large skillet on 8-inch unit on HI, switch to THIRD.

Halve yams lengthwise. Dip slices in orange juice then in sugar. Sauté slices in butter 3-4 minutes on each side or until glazed and lightly browned.

Makes 6 servings

SPICED PRUNES

1 cup dried prunes (about 24)

$\frac{3}{4}$ cup water
2 tablespoons sugar
 $\frac{1}{4}$ teaspoon cinnamon
 $\frac{1}{4}$ teaspoon cloves
 $\frac{1}{4}$ teaspoon dry mustard
1 teaspoon vinegar
1 teaspoon finely grated lemon
rind

Place prunes in 1-quart casserole.

Combine water, sugar, cinnamon, cloves, mustard, vinegar, lemon rind in small saucepan and cook on SECOND on rear unit until sugar and spices are dissolved. Pour over prunes in casserole, cover.

Bake in oven 350°F for 1 hour.

Makes 6 servings

WHIPPED POTATOES

2 pounds white potatoes
 $\frac{1}{2}$ cup water
1 teaspoon salt

$\frac{1}{3}$ - $\frac{1}{2}$ cup milk
 $\frac{1}{4}$ cup butter or margarine

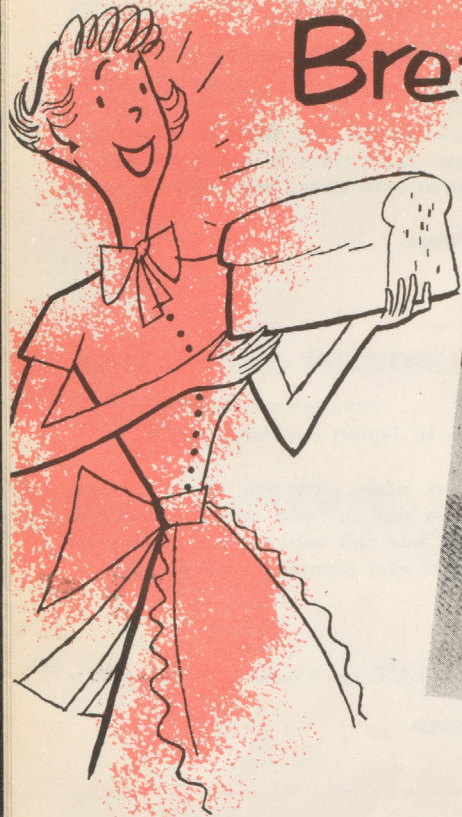
Pare and quarter potatoes. Place in 3-quart saucepan with water and salt. Cook on HI until steaming freely, switch to LO. Cook 20-25 minutes, or until tender. Drain thoroughly. Return potatoes in saucepan to unit on WARM. Using electric mixer (at a slow speed) or hand masher, beat until potatoes are broken up (about 1 minute).

Heat milk and butter together in small saucepan on LO. Add to potatoes, add salt and pepper to taste. Beat well, until fluffy. (Use a medium speed if using electric mixer.)

Makes 6 servings

WHIPPED TURNIPS OR BUTTERNUT SQUASH: Follow recipe for WHIPPED POTATOES using 3 pounds turnips or squash, and cutting vegetables into pieces before cooking.

Bread and Rolls



BRAN NUT MUFFINS

2 cups sifted all-purpose flour
5 teaspoons baking powder
1 cup sugar
1½ teaspoons salt
½ cup shortening
2 cups bran

1 cup chopped nuts
2 eggs, beaten
1½ cups milk

Sift flour, baking powder, sugar and salt together into mixing bowl. Cut in shortening with pastry blender or two knives until mixture resembles fine meal. Add bran and nuts and mix well.

Add eggs and milk to dry ingredients stirring until all flour is dampened. Do not overmix.

Bake in greased 3 x 1½-inch muffin pans in oven 425°F for 20-25 minutes.

*Makes 18 large muffins**

*To make 12 muffins, use one-half the amount of each ingredient above. Place butter in greased 2½ x 1¼-inch muffin pans. Bake in oven 425°F for 15-20 minutes.

BRAN DATE NUT MUFFINS: Follow recipe for BRAN NUT MUFFINS adding ½ cup chopped dates and ¾ cup (instead of 1 cup) nuts, coarsely chopped.

REFRIGERATOR ROLLS

- 1/4 cup sugar
- 3 teaspoons salt
- 6 tablespoons shortening
- 1 cup milk, scalded

3/4 cup water

- 1 egg, well beaten
- 2 cakes compressed yeast*, dissolved in 1/4 cup lukewarm water

6 cups sifted all-purpose flour (about)

Combine sugar, salt, shortening, and milk in large bowl, stirring until shortening is melted.

Add water to first mixture and cool to lukewarm.

Add egg and dissolved yeast and mix well.

Add flour gradually beating well after each addition, mixing to a soft dough. Knead on a lightly floured board 3-5 minutes until dough is smooth and satiny. Shape into ball; place in greased bowl, grease top of dough. Cover tightly and store in refrigerator.

When ready to use, remove from refrigerator and shape according to directions given below**. Cover; let rise in warm place until double in bulk. Bake in oven 425°F for 10-12 minutes.

Makes 4 dozen rolls

*If granulated yeast is used, follow directions on yeast package for dissolving.

BUTTER FLAKE ROLLS

**Roll out dough into a very thin oblong on lightly-floured board; brush with melted butter or margarine. Cut in strips 1-inch wide; place 6 strips together in layers. Cut in pieces 1 1/2-inches in length. Place cut ends up in greased muffin pan. Continue until all strips are used. Finish as above.

CLOVERLEAF ROLLS

**Form dough in balls 1-inch in diameter. Place 3 balls in each section of greased muffin pans, brush with melted butter or margarine. Finish as above.

PARKER HOUSE ROLLS

**Roll dough 1/4-inch thick on lightly floured board. Cut with 2-inch biscuit cutter. Brush with melted butter or margarine. Make a crease with back of knife across each round, just off center. Fold so top slightly overlaps to keep them from springing open. Press edges together at end of crease. Place fairly close together on greased baking sheet. Finish as above.

BAKING POWDER BISCUITS

- 2 cups sifted all-purpose flour
- 3 teaspoons baking powder
- ½ teaspoon salt
- * ¼ cup shortening
- ¾ cup milk

Sift flour, baking powder and salt together into mixing bowl.

Cut in shortening with pastry blender or 2 knives until mixture resembles fine meal.

Add milk, all at once and mix with a fork to a soft dough. Let stand about a minute while preparing lightly floured pastry cloth or board.

Turn dough out on pastry cloth. Knead lightly 20 times. For thick biscuits roll dough ½-inch thick. For thin biscuits roll dough ¼-inch thick.

Cut with 1½ or 2-inch biscuit cutter; place on ungreased baking sheet.

Bake thin or thick biscuits in oven 450°F for 10-15 minutes. Thin biscuits can be baked in oven 475°F for 10-12 minutes.

Serve immediately.

*Makes 12-18 thick biscuits or
24-36 thin biscuits*

*For more tender crisp biscuits use ⅓-½ cup shortening.

FIESTA BISCUITS: Follow recipe for BAKING POWDER BISCUITS adding ½ cup grated sharp processed cheese, 2 tablespoons minced green pepper and 2 tablespoons chopped pimento to biscuit mixture and mixing well before adding milk. Roll into 8-inch square, cut in triangles, squares, or diamonds. Place on greased baking sheet. Bake as above.

BUTTERMILK BISCUITS: Follow recipe for Baking Powder Biscuits above, using 2 teaspoons baking powder and ¼ teaspoon soda instead of all baking powder, and buttermilk for liquid. Roll ¼-inch thick, cut and bake in oven 475°F for 10-12 minutes.

POPOVERS

- 2 eggs
- 1 cup milk
- 1 cup sifted all-purpose flour
- ½ teaspoon salt
- 1 tablespoon melted shortening or salad oil

Beat eggs in small bowl until light and frothy. Add milk, flour, salt and melted shortening. Beat until completely blended and bubbly. Using very well greased custard cups or 3 x 1½-inch-deep muffin pans, fill slightly less than one-half full.

Bake in oven 400°F for 40-45 minutes. Serve immediately.

Makes 1 dozen popovers

NO-KNEAD ROLLS

- 1/4 cup shortening
- 1 tablespoon sugar
- 1 1/4 teaspoons salt
- 1 cup milk, scalded

- 1 egg
- 1 egg compressed yeast*, dissolved in 1/4 cup lukewarm water

- 3 1/2-4 cups sifted all-purpose flour

Melted butter or margarine

Place shortening, sugar and salt in large mixing bowl. Add scalded milk. Stir until shortening is melted. Cook to lukewarm.

Add egg and dissolved yeast. Beat until bubbly.

Add 1 1/2 cups flour. Beat until flour is blended and mixture is very bubbly. Add 1 cup flour gradually and continue beating until flour is blended. Stir in remaining 1-1 1/2 cups flour. Add only enough flour to prevent dough from sticking to fingers.

Grease hands and roll dough into 1-inch balls between the palms of hands. Place in greased 2 1/2 x 1 1/4-inch muffin pans using 2 balls for each roll. Brush with melted butter. Set in a warm place and let rise until doubled in bulk (about 1 1/2 hours).

Bake in oven 425°F for 15-20 minutes. Brush with melted butter.

Makes about 2 dozen rolls

*If granulated dry yeast is used, follow directions on yeast package for dissolving.

MUFFINS

- 1 egg, unbeaten
- 1 cup milk
- 1/4 cup melted shortening

- 2 cups sifted all-purpose flour
- 2 tablespoons sugar
- 3 teaspoons baking powder
- 1/2 teaspoon salt

Place egg, milk and melted shortening in medium mixing bowl. Beat with fork until thoroughly blended (about 100 strokes).

Sift flour, sugar, baking powder and salt evenly over surface of liquid ingredients. Using gentle strokes, carefully mix until ingredients are just blended (about 25 strokes). Place in greased 2 1/2 x 1 1/4-inch muffin pans.

Bake in oven 425°F for 20-25 minutes.*

*With an oven meal, muffins may be baked at 400°F for 25-30 minutes.

CORN MEAL MUFFINS: Follow recipe for MUFFINS, substituting 1 cup yellow corn meal for 1 cup flour.

DATE CHEESE MUFFINS: Follow recipe for MUFFINS, adding 1/4 cup grated Canadian cheese and 1/4 cup finely chopped pitted dates to liquid ingredients with flour mixture.

FRUIT LOAF

- 2 cups sifted all-purpose flour
- $\frac{1}{2}$ cup sugar
- $2\frac{1}{2}$ teaspoons baking powder
- $\frac{1}{2}$ teaspoon salt
- 1 egg, unbeaten
- 1 cup milk
- 2 tablespoons melted shortening or salad oil
- $\frac{3}{4}$ cup chopped mixed candied fruit
- $\frac{1}{2}$ cup chopped nuts

Sift dry ingredients together into small mixing bowl. Add egg, milk and shortening. Beat vigorously for about 30 seconds or until just blended (on mixer at a low speed).

Fold candied fruit and nuts into batter, being careful not to overmix the batter.

Pour into greased $9\frac{1}{2} \times 5\frac{1}{4} \times 2\frac{3}{4}$ -inch loaf pan. Bake in oven 350°F for 55-60 minutes. Remove from pan and cool before cutting.

Makes 1 loaf

NOTE: To make 3 loaves at one time, multiply ingredients by three. Sift ingredients into large mixing bowl and follow directions for making as above. Pour into 3 greased $9\frac{1}{2} \times 5\frac{1}{4} \times 2\frac{3}{4}$ -inch loaf pans. Bake as above. Three loaves of bread will require about 1 pound of chopped candied fruit.

APRICOT LOAF: Make recipe as for FRUIT LOAF using 1-2 cups washed and drained dried apricots and 1 tablespoon grated orange rind instead of candied fruit and nuts.

Make recipe as for FRUIT LOAF using 1 cup drained pitted cooked prunes (about $\frac{1}{2}$ pound) and 2 tablespoons grated orange rind instead of candied fruit and nuts.

CELERY SEED BREAD

- $\frac{1}{4}$ teaspoon salt
- Dash of cayenne pepper
- $\frac{1}{4}$ teaspoon paprika
- $\frac{1}{2}$ teaspoon celery seed
- $\frac{1}{2}$ cup butter or margarine, softened
- 1 large loaf unsliced bread

Add salt, cayenne pepper, paprika and celery seed to butter; blend well.

Remove all crust from bread. Cut down the middle lengthwise a little more than $\frac{1}{2}$ through the loaf. Cut loaf crosswise a little more than $\frac{1}{2}$ through at about 2-inch intervals. Spread butter mixture over the entire surface and in cuts of loaf. Place on baking sheet.

Makes 6 servings

Bake in oven 375°F for 20 minutes. Serve hot.

BANANA BREAD:

- 2 eggs
- 3 medium, ripe bananas peeled
- $\frac{2}{3}$ cup sugar
- $\frac{1}{3}$ cup salad oil or melted shortening
- $\frac{1}{2}$ cup chopped nuts
- $1\frac{3}{4}$ cups sifted all-purpose flour
- 2 teaspoons baking powder
- $\frac{1}{4}$ teaspoon baking soda
- $\frac{1}{2}$ teaspoon salt

Break eggs into medium mixing bowl and beat until well blended. Cut bananas in 1-inch pieces into bowl with eggs. Mash with fork and mix with egg.

Add sugar, salad oil and nuts to banana mixture and beat until well mixed.

Sift flour, baking powder, baking soda and salt together into banana mixture. Add nuts and mix until dry ingredients are just blended. Pour into greased $9\frac{1}{2} \times 5\frac{1}{4} \times 2\frac{3}{4}$ -inch loaf pan.

Bake in oven 350°F for 55-60 minutes. Cool before cutting.

Makes 1 loaf

YEAST BREAD

$\frac{1}{4}$ cup sugar
2 tablespoons salt
 $\frac{1}{3}$ cup shortening

$2\frac{1}{2}$ cups milk
2 cups water

2 packages dry or
compressed yeast
 $\frac{1}{2}$ cup lukewarm water

12-14 cups sifted all-purpose
flour
Melted shortening

Melted butter or
margarine

Makes 4 loaves

Place sugar, salt, and shortening in large mixing bowl.

Scald milk in 1-quart saucepan on rear unit on SECOND. Pour over ingredients in mixing bowl and stir until shortening is melted. Add water and cool to lukewarm.

Sprinkle or crumble yeast into water; let stand until dissolved, stir. Add to lukewarm milk mixture.

Add and stir in 6 cups of flour; beat until smooth. Add 4 more cups of flour in 1-2 cup amounts, beating thoroughly after each addition. Add more flour, stirring in until dough is stiff and not sticky.

Turn dough onto a lightly floured board. Knead dough, using enough flour on board to keep from sticking, until dough is smooth and satiny and springs back when pressed lightly with fingers. Place dough in greased bowl, brush lightly with melted shortening. Cover with clean cloth and let rise in warm place, free from draft, until double in bulk. ($1\frac{1}{4}$ - $1\frac{1}{2}$ hours).

Punch dough down, remove from bowl and smooth into a smooth round ball. Divide into 4 parts. Shape each part into an oblong ball, and place in greased $9\frac{1}{2}$ x $5\frac{1}{4}$ x $2\frac{3}{4}$ -inch baking pans. Cover with clean cloth and let rise in warm place, free from draft, until double in bulk, about 45 minutes.

Bake in oven 375°F for 45-60 minutes. Turn bread from pans immediately, brush with butter, if desired, and cool on cake racks.

BOSTON BROWN BREAD

$\frac{1}{2}$ cup unsifted whole wheat
flour
 $\frac{1}{2}$ cup unsifted rye flour
 $\frac{1}{2}$ cup yellow cornmeal
 $\frac{3}{4}$ teaspoon baking soda
 $\frac{3}{4}$ teaspoon salt
 $\frac{1}{3}$ cup molasses
1 cup sour milk or buttermilk
 $\frac{1}{3}$ cup raisins

2 cups water

Makes 2 small loaves or
1 large loaf

Combine dry ingredients. Add molasses and sour milk and blend thoroughly. Add raisins and mix. Pour into 2 greased 1-pint molds or 1 greased $1\frac{1}{2}$ -pint mold. Cover with 3 thicknesses of waxed paper; tie securely.

Place rack in 4-6 quart utensil; pour in water. Set prepared molds on rack. Cover utensil. Switch to Hi. When steam escapes, switch to Lo. Cook $1\frac{3}{4}$ hours. Remove molds from utensil and let stand 5 minutes. Loosen bread with spatula from sides of mold and unmold. Serve warm or cold.

SOUTHERN CORN STICKS

- 3 tablespoons fat
- 1 egg
- 2 cups buttermilk
- 1 3/4 cups white cornmeal
- 1 teaspoon salt
- 1 teaspoon baking soda

Place fat in heavy corn stick pans in oven. Set oven temperature control at 450°F and switch oven on.

Beat egg slightly in medium mixing bowl, add buttermilk and blend.

Sift cornmeal, salt and baking soda together into buttermilk mixture. Mix very thoroughly.

When oven is preheated, remove corn sticks pans, pour hot fat into cornmeal mixture. Mix thoroughly and pour cornmeal mixture immediately into pans.

Bake in oven for 20-26 minutes.

Makes 18 corn sticks

GRIDDLE CAKES

- 1 1/4 cups sifted all-purpose flour
- 2 1/2 teaspoons baking powder
- 1 tablespoon sugar
- 3/4 teaspoon salt
- 1 egg
- 1 cup milk
- 3 tablespoons melted shortening or salad oil

Sift dry ingredients together.

Beat egg; add milk and shortening. Add to flour mixture and blend. Do not overmix.

Heat griddle on 8-inch unit on HI for 2-3 minutes. Switch to THIRD. Drop batter by spoonfuls on griddle. When mixture bubbles, turn griddle cakes and bake second side until brown.

Makes 16-18 cakes, 3 inches in diameter

DOUGHNUTS

- 4 egg yolks
- 2 tablespoons shortening
- 1 cup sugar
- 7/8 cup milk (1 cup less 2 tablespoons)
- 1/2 teaspoon vanilla extract
- 3 3/4 cups sifted all-purpose flour
- 1 1/4 teaspoons salt
- 3 1/2 teaspoons double-action baking powder
- 1 3/4 teaspoons nutmeg
- 3/4 teaspoon cinnamon
- 2-2 1/2 pounds shortening

Put eggs in bowl and beat until light. Add shortening. Beat in sugar gradually, creaming shortening at the same time. Add milk and vanilla extract and blend.

Sift together flour, baking powder, nutmeg and cinnamon. Add to first mixture and mix until smooth. If dough seems very soft, let stand 15-20 minutes before rolling. With as little handling as possible, roll dough on floured board to 3/8-inch thickness. Cut with 2 1/2-inch doughnut cutter.

Heat shortening in deep utensil on HI to 370°F on a deep fat thermometer. Switch to SECOND.

Drop 4 doughnuts at a time into fat and fry until brown, turning when first cracks appear (about 1 minute on each side). Drain on absorbent paper.

Makes 2 dozen doughnuts

NOTE: Frying temperature will be maintained at 370°-375°F when SECOND is used.

Cakes, Frostings and Candies



ANGEL FOOD CAKE

- 1 cup sifted cake flour
- ½ cup sifted sugar
- 1¼ cups (10-12) egg whites
(at room temperature)
- 1¼ teaspoons cream of tartar
- ¼ teaspoon salt
- 1 teaspoon vanilla extract
- ¼ teaspoon almond extract
- 1 cup sifted sugar

Sift flour and sugar together 3 times.

Place egg whites in large mixing bowl. Beat until all egg whites are foamy (on mixer at a high speed). Add cream of tartar, salt and flavorings. Beat until stiff enough to hold up in definite peaks but not dry. Add sugar, 2 tablespoons at a time, while continuing to beat until sugar is just blended (on mixer at a high speed).

Sift flour-sugar mixture over egg white mixture about ¼ cup at a time. With rubber scraper or wide spatula, fold in lightly but thoroughly after each addition. Pour into ungreased 10 x 4-inch tube pan. Smooth top of batter carefully in pan. Bake in oven 350°F for 40-45 minutes. Invert pan and cool cake in pan for 1 hour or until cold before removing.

Makes one 10-inch tube cake

LADY BALTIMORE CAKE

- 1/2 cup shortening
- 1 3/4 cups sugar
- 1/2 cup water
- 1 teaspoon vanilla extract
- 1/4 teaspoon almond extract
- 3 cups sifted cake flour
- 3 teaspoons double-action baking powder
- 1/4 teaspoon salt
- 3/4 cup milk
- 3 egg whites

Place shortening in large mixing bowl. Gradually add sugar, creaming well after each addition.

Combine water, vanilla and almond extracts. Add in 2 portions to first mixture. Mix well after each addition. (Mixture will look curdled.)

Sift together flour, baking powder and salt. Add flour mixture and milk alternately, blending thoroughly after each addition.

Beat egg whites until stiff but not dry. Add to batter and fold in lightly and thoroughly. Pour into 2 greased and floured 9 x 1 1/2-inch layer pans.

Bake in oven 375°F for 20-25 minutes. Frost with LADY BALTIMORE FROSTING (page 38).

Makes two 9-inch layers

CHOCOLATE FUDGE CAKE

- 4 squares (4 ounces) unsweetened chocolate
- 1 1/4 cups milk
- 3/4 cup firmly packed brown sugar
- 3/8 cup shortening
- 3/4 teaspoon salt
- 1 teaspoon baking soda
- 1 teaspoon vanilla extract
- 1 cup granulated sugar
- 3 eggs, unbeaten
- 2 1/4 cups sifted cake flour

Melt chocolate in milk in small saucepan on Lo. Add brown sugar and beat until blended; cool.

Place shortening, salt, baking soda and vanilla extract in large mixing bowl. Gradually add sugar, creaming until light and fluffy.

Add eggs and beat until completely blended.

Add flour and chocolate mixture alternately, beating thoroughly after each addition until smooth. Pour into 2 greased and floured 9 x 1 1/2-inch layer pans.

Bake in oven 325°F for 45-50 minutes. Frost with FLUFFY FROSTING (page 38).

Makes two 9-inch cake layers

CHOCOLATE FUDGE CUPCAKES: Follow recipe for CHOCOLATE FUDGE CAKE pouring batter into 18 greased 3 x 1 1/2 muffin pans. Bake in oven 325°F for 20-25 minutes. Frost with SOFT VANILLA FROSTING (page 36).

ONE-EGG CAKE

1¼ cups sifted cake flour
¾ cup sugar
2 teaspoons double-action
baking powder
½ teaspoon salt
⅓ cup shortening
½ cup milk
1 teaspoon vanilla extract

1 egg, unbeaten

Sift flour, sugar, baking powder and salt into medium mixing bowl.

Add shortening, milk and vanilla extract. Beat vigorously for 1½ minutes (on mixer at a low speed) scraping sides and bottom of bowl occasionally with rubber scraper.

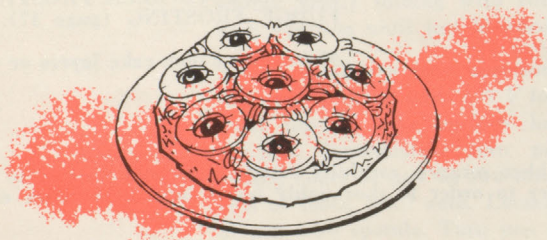
Add egg. Beat vigorously for 1½ minutes (on mixer at a low speed), scraping sides and bottom of bowl occasionally with rubber scraper. Pour into greased and floured 8 x 8 x 2-inch baking pan and bake in oven 375°F for 25-30 minutes. Cool 5 minutes before removing from pan.

Makes one 8 x 8 x 2-inch cake

VARIATIONS:

PINEAPPLE UPSIDE DOWN CAKE: Melt ¼ cup butter or margarine in 8 x 8 x 2-inch pan on 6-inch unit on Hi. Remove from unit, add ⅓ cup light brown sugar and stir until well blended. Add 1½ cups well drained crushed pineapple (No. 2 can) and distribute evenly over the brown sugar mixture. Pour batter from ONE EGG CAKE over the fruit. Bake in oven 350°F for 25-30 minutes. Loosen cake from sides of pan, invert cake pan on serving platter and let pan stay on cake 5 minutes before attempting to remove. *Makes 6-9 servings.*

CRANBERRY UPSIDE DOWN CAKE: Combine 2 cups fresh or frozen cranberries, ⅔ cup sugar and ⅓ cup water in 8 x 8 x 2-inch baking pan on 6-inch unit. Bring to boil on Hi, switch to Lo and cook, stirring occasionally until most of the cranberries burst, about 2-3 minutes. Remove from unit, spread mixture evenly in pan and cool while making ONE EGG CAKE. Pour cake batter carefully and evenly over cranberry mixture in baking pan. Bake in oven 350°F for 25-30 minutes. Loosen cake from sides of pan, invert cake on serving plate and let pan stay on cake 5 minutes before attempting to remove. *Makes 6-9 servings.*



SPONGE CAKE

1 cup sifted cake flour

6 egg whites
1/4 teaspoon salt
1 cup sugar

6 egg yolks
1 teaspoon finely grated
lemon rind
1 1/2 tablespoons lemon juice

Makes one 9-inch tube cake

Sift flour two times.

Beat egg whites in large mixing bowl until frothy (on mixer at a high speed). Add salt and gradually add sugar a tablespoon at a time, continuing to beat until mixture is stiff and will stand in definite peaks (on mixer at a high speed).

Beat egg yolks in another mixing bowl until thick and light in color (on mixer at a high speed). Add lemon rind and juice. Beat until well blended and thick (on mixer at a high speed).

With rubber scraper or wide flexible metal spatula, gently fold egg yolk mixture into egg white mixture. Sift 1/4 cup flour at a time over mixture, folding in after each addition.

Pour batter into ungreased 9 x 3 1/2-inch tube pan. Bake in oven 325°F for 1 hour. Invert pan and cool cake before removing from pan.

TWO-EGG CONVENTIONAL CAKE

1/2 cup shortening
1/2 teaspoon salt
1 teaspoon vanilla extract
1 cup sugar
2 eggs, unbeaten

2 cups sifted cake flour
2 1/2 teaspoons double-action
baking powder
3/4 cup milk

Place shortening, salt, and vanilla extract in medium mixing bowl. Add sugar in thirds creaming thoroughly with wooden spoon 70 strokes after each addition. Add eggs, one at a time, beating 100 vigorous round-the-bowl strokes after each addition.*

Sift together flour and baking powder. Add dry ingredients in fourths alternately with milk in thirds beating 70 vigorous strokes after each addition of flour and 25 strokes after each addition of milk.*

Pour batter into 2 greased and waxpaper lined 8 x 1 1/4-inch layer pans or greased 9 x 9 x 2-inch pan. Spread evenly.

Bake in oven 375°F. For layers, bake 25-30 minutes, for loaf, cook 35-40 minutes. Cool 5 minutes before removing from pan to cake rack. Frost with **SOFT VANILLA FROSTING** (page 36) or **FUDGE FROSTING** (page 37).

Makes two 8-inch cake layers or one 9-inch square loaf.

*NOTE: Using rubber scraper, carefully scrape sides and bottom of bowl and spoon when necessary in order to thoroughly blend ingredients after each mixing operation.

GINGERBREAD

- ¼ cup shortening
- ¼ cup sugar
- 1 egg
- ½ cup sour milk or buttermilk
- ½ cup dark molasses
- 1¾ cups sifted all-purpose flour
- ½ teaspoon baking soda
- ½ teaspoon baking powder
- ½ teaspoon salt
- ½ teaspoon cloves
- ½ teaspoon cinnamon
- 1 teaspoon ginger

Makes 9-16 servings

Place shortening, sugar and egg in mixing bowl. Beat until smooth and well blended.

Combine milk and molasses.

Sift together all dry ingredients. Add alternately with liquid to first mixture, beating until smooth after each addition. Place batter in greased 8 x 8 x 2-inch baking pan.

Bake in oven 350°F for 35-45 minutes. Serve warm.

CHIFFON CAKE (LOAF)

- 1⅛ cups (1 cup plus 2 tablespoons) sifted cake flour
- ¾ cup sugar
- 1½ teaspoons double-action baking powder
- ½ teaspoon salt
- ¼ cup salad oil
- 2 medium egg yolks, unbeaten
- ¾ cup (¼ cup plus 2 tablespoons) cold water
- 1 teaspoon vanilla extract
- 1 teaspoon grated lemon rind
- ½ cup egg whites (4 medium)
- ¼ teaspoon cream of tartar

Makes one 8 x 8 x 2-inch cake

Sift flour, sugar, baking powder and salt together into small mixing bowl.

Make a well in dry ingredients and add in order salad oil, egg yolks, water, vanilla extract and lemon rind. Beat until smooth (on mixer at a low speed). Wash and dry beater thoroughly. (Egg whites may not whip if any moisture is left on beater.)

Place egg whites and cream of tartar in a large mixing bowl. Using a clean beater, beat until very stiff peaks are formed (on mixer at a high speed). Peaks should be much stiffer than for Angel Food or meringue. DO NOT UNDERBEAT.

Pour egg yolk mixture in thirds over whipped egg whites, gently folding with rubber scraper after each addition until just blended. DO NOT STIR.

Pour immediately into ungreased 8 x 8 x 2-inch cake pan. Bake in oven 350°F for 30-35 minutes or until top of cake springs back when lightly touched. Immediately turn pan upside down, resting edges of pan on two other pans. Let hang, free of table, until cold. Loosen cake from sides of pan with spatula. Turn pan over and hit edge on table to loosen.

SOFT VANILLA FROSTING

- 3 tablespoons butter or margarine, softened
- 1/2 cup sifted confectioner's sugar
- 3/4 teaspoon vanilla extract
- 1/4 teaspoon salt
- 1 1/2 cups sifted confectioner's sugar
- About 3 tablespoons light cream, scalded

Cream batter in small bowl, add sugar, vanilla extract and salt. Mix until well blended.

Add sugar and hot cream, alternately beating until mixture is smooth and of spreading consistency (on mixer at a low speed).

Makes enough frosting to cover the tops of two 8-inch cake layers, top of 12 x 8-inch cake, or tops of 18 cupcakes.

CHOCOLATE FROSTING: Follow recipe for SOFT VANILLA FROSTING adding 2 squares (2 ounces) melted unsweetened chocolate with the addition of sugar and cream.

ORANGE FROSTING: Follow recipe for SOFT VANILLA FROSTING substituting 1/2 teaspoon grated orange rind for vanilla extract and adding a few drops of yellow food coloring.

PEANUT BUTTER FROSTING: Follow recipe for SOFT VANILLA FROSTING adding 4 tablespoons peanut butter to softened butter with the addition of sugar, vanilla extract and salt. Nut-style peanut butter may be used, if desired.

COFFEE RAISIN FROSTING: Follow recipe for SOFT VANILLA FROSTING substituting hot coffee for light cream, omitting vanilla extract and adding 1/4 cup chopped raisins.

BROILED TOFFEE ICING

- 1/3 cup butter or margarine
- 3 tablespoons milk
- 3/4 cup firmly packed brown sugar
- 1 1/2 cups shredded coconut
- 2 tablespoons chopped candied cherries
- 2 tablespoons coarsely chopped nuts
- 3/4 teaspoon vanilla extract

Place butter, milk and brown sugar in 1-quart saucepan. Bring to boil on SECOND, stirring occasionally. Remove from unit.

Add coconut, cherries, nuts and vanilla extract, mix until well blended. Spread on warm or cold cake. Place on shelf under broiler unit, so top of icing is 3-4 inches from unit. Broil until bubbly and golden brown, about 1-3 minutes.

Makes enough frosting for two 8-inch layer cakes or 11 x 7-inch loaf cake.

NOTE: Icing may be placed on warm cake in pan to broil. Let frosting cool enough to set, then remove cake from pan in usual way. Icing will remain intact.

PENUCHE FROSTING

- 1 cup firmly packed
light brown sugar
- $\frac{1}{2}$ cup sugar
- $\frac{1}{2}$ cup milk
- $\frac{1}{4}$ cup butter
- 1 tablespoon corn sirup
- $\frac{1}{4}$ teaspoon salt

- 1 teaspoon vanilla extract

Combine sugars, milk, butter, corn sirup and salt in medium saucepan. Bring slowly to a full rolling boil on HI, stirring constantly. Boil for 1 minute on THIRD; cool to 112°-115°F or until lukewarm.

Add vanilla extract. Beat until mixture is thick enough to spread (on mixer at a medium speed). Makes enough frosting to cover tops of two 8-inch cake layers or top of 12 x 8 x 2-inch cake.

PENUCHE

- 3 cups firmly packed
light brown sugar
 - 1 cup milk
 - $\frac{1}{4}$ cup butter
 - 2 tablespoons light
corn sirup
 - $\frac{1}{2}$ teaspoon salt

 - 2 teaspoons vanilla extract
 - 1 cup coarsely chopped nuts
- Makes 50 1-inch pieces*

Combine brown sugar, milk, butter, corn sirup and salt in large saucepan. Bring to rolling boil on HI, stirring constantly. Continue boiling on THIRD to 236°-238°F or until a small amount of mixture forms a soft ball in cold water. Cool to 112°-115°F or until lukewarm.

Add vanilla extract. Beat until mixture will just hold its shape (on mixer at a medium speed). Add nuts during last few minutes of beating period. Immediately pour into buttered pan.

FUDGE FROSTING

- 2 cups confectioner's
sugar, sifted
- $\frac{1}{8}$ teaspoon salt
- 1 teaspoon vanilla extract
- $\frac{1}{4}$ cup milk, scalded

- 2 squares (2 ounces)
unsweetened chocolate
- 3 tablespoons butter or
margarine

Place sugar, salt and vanilla extract in small mixing bowl. Add milk and mix until sugar is dissolved.

Melt chocolate and butter together in saucepan on Lo. Add to first mixture and beat to spreading consistency (on mixer at a medium speed). Spread on tops and sides of two 8-inch round cake layers, or tops of 18 cupcakes.

FUDGE

- 2 squares (2 ounces) un-
sweetened chocolate,
finely cut
- 2 cups sugar
- $\frac{3}{4}$ cup milk
- $\frac{1}{4}$ cup butter
- $\frac{1}{8}$ teaspoon salt

- 1 teaspoon vanilla extract
- $\frac{1}{2}$ cup coarsely chopped nuts

Combine chocolate, sugar, milk, butter and salt in medium saucepan. Bring to rolling boil on HI, stirring constantly. Continue boiling on THIRD to 236°F or until a small amount of mixture forms a soft ball in cold water. Cool to 112°-115°F or until lukewarm.

Add vanilla and nuts. Beat until mixture will just hold its shape (on mixer at a medium speed). Immediately pour into buttered pan.
Makes 30 1-inch pieces

NOTE: Fudge will set up quickly in pan. It will look shiny when poured from pan.

FLUFFY FROSTING

1 $\frac{2}{3}$ cups sugar
1/2 cup hot water
1/4 teaspoon cream of tartar
1/4 teaspoon salt

4 egg whites (about 1/2 cup)
1 teaspoon vanilla extract

Combine sugar, water, cream of tartar and salt in 2-quart saucepan. Bring to boil on Hi. Switch to Lo; cook uncovered to 260°F or until a small amount of the mixture forms a hard ball in cold water.

Place egg whites in medium mixing bowl. Beat until stiff but not dry (on mixer at a high speed). Add vanilla extract and then sirup gradually, beating until frosting forms stiff peaks (on mixer at a high speed).

Makes enough frosting to cover tops and sides of two 9-inch cake layers or three 8-inch cake layers.

MARBLE FROSTING: Follow recipe for FLUFFY FROSTING. Sprinkle on top of frosted cake 1 square (1 ounce) melted unsweetened chocolate. Work chocolate into frosting with spatula for marbled effect.

CHOCOLATE FLUFFY FROSTING: Follow recipe for FLUFFY FROSTING and just before frosting cakes, lightly fold into frosting with a spoon or rubber scraper 3 squares (3 ounces) melted unsweetened chocolate.

LADY BALTIMORE FROSTING: Follow recipe for FLUFFY FROSTING. Combine 1/4 teaspoon almond extract, 1/2 cup finely chopped figs, 1/4 cup chopped raisins and 1/4 cup finely chopped pecans. Fold into one-fourth of the frosting. Use this amount as a filling between cake layers. Frost sides and top of cakes with remaining FLUFFY FROSTING.

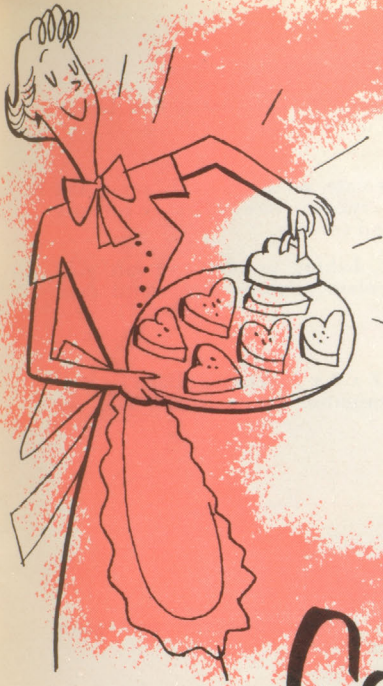
GLAZED ALMONDS

1 cup shelled almonds
1 cup sifted confectioner's sugar
2 tablespoons water

Place almonds, confectioner's sugar and water in large skillet and mix until all sugar is moistened. Heat on 8-inch unit on Hi, turning almonds over with wide spatula until most of moisture has evaporated. Switch to Lo. Continue to turn almonds constantly until almonds are glazed.

Remove from skillet and place on very lightly greased baking sheet. Separate almonds with two forks while still hot. Cool and store in an airtight container.

Makes 7 ounces



Cookies

CHOCOLATE DROP COOKIES

- ½ cup shortening
- 1 cup firmly packed brown sugar
- 1 egg, unbeaten
- 2 squares (2 ounces) unsweetened chocolate, melted
- 1 teaspoon vanilla extract
- 1¼ cups sifted all-purpose flour
- ¼ teaspoon baking soda
- ½ teaspoon salt
- ½ cup thick sour milk or buttermilk
- 1 cup coarsely chopped nuts

Place shortening, sugar, egg, chocolate and vanilla extract in medium mixing bowl. Beat until well blended (on mixer at a medium speed for 1 minute).

Sift flour, soda and salt together into chocolate mixture. Add sour milk and ¾ cup nuts. Beat until well blended (on mixer at a low speed for about 1 minute). Drop mixture by level tablespoonfuls on greased baking sheets. Sprinkle with remaining ¼ cup nuts.

Bake in oven 350°F for 12-15 minutes.

Makes about 4 dozen cookies



BROWNIES

- 1/2 cup shortening
- 2 squares (2 ounces)
unsweetened chocolate
- 2 eggs
- 1 cup sugar
- 1 teaspoon vanilla extract
- 3/4 cup sifted all-purpose
flour
- 1/2 teaspoon baking powder
- 3/4 teaspoon salt
- 1 cup coarsely chopped walnuts

Makes 16 brownies

Melt shortening and chocolate together in 1-quart saucepan on Lo. Cool slightly.

Place cooled chocolate mixture, eggs, sugar and vanilla extract in mixing bowl. Beat vigorously until well mixed and smooth.

Sift together flour, baking powder and salt. Add with nuts to chocolate mixture. Beat until thoroughly blended.

Pour into greased 8 x 8 x 2-inch pan. Bake in oven 350°F for 25-30 minutes. Cool in pan and cut into squares.

OATMEAL RAISIN COOKIES

- 1 cup sifted all-purpose flour
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 teaspoon cinnamon
- 1/4 teaspoon cloves
- 1 cup firmly packed
brown sugar
- 1/2 cup shortening
- 1 egg, unbeaten
- 2 tablespoons milk
- 1 1/2 cups rolled oats
- 1/2 cup raisins

Makes 3 dozen cookies

Sift together flour, baking soda, salt and spices into medium mixing bowl.

Add sugar, shortening, egg and milk to first mixture. Beat until smooth.

Add oats and raisins; mix well.

Shape dough into 1-inch balls; place on greased baking sheets; flatten with fork.

Bake in oven 350°F for 12-15 minutes.

TEA COOKIES

- 1/2 cup butter or margarine
- 1/2 cup shortening
- 2/3 cup sugar
- 1 egg, unbeaten
- 2 1/2 cups sifted all-purpose
flour
- 1/2 teaspoon baking powder
- 1 teaspoon vanilla extract

Makes about 60 cookies

Cream butter, sugar and shortening thoroughly. Add egg and blend well.

Sift together flour and baking powder. Add with vanilla extract to first mixture, blend thoroughly. Press dough through a cookie press.* Place cookies of same thickness on ungreased baking sheet.

Bake in oven 400°F for 6-10 minutes depending on thickness of cookie.

*If desired, drop by level teaspoonfuls on ungreased baking sheet. Press to 1/8-inch thickness. Bake as above.

BUTTERSCOTCH SLICES

$\frac{3}{4}$ cup shortening
1 teaspoon vanilla extract
1 cup firmly packed
brown sugar
1 egg

$\frac{1}{2}$ cup nuts, very finely
chopped

2 cups sifted all-purpose
flour
 $\frac{1}{2}$ teaspoon baking soda
 $\frac{1}{2}$ teaspoon cream of tartar
 $\frac{1}{2}$ teaspoon salt

Place shortening, vanilla extract, brown sugar and egg in medium mixing bowl. Beat thoroughly.

Add nuts and mix.

Sift together flour, baking soda, cream of tartar, and salt. Divide into 2 portions. Add $\frac{1}{2}$ to first mixture, mix well. Add remaining half; beat thoroughly.

Knead dough with hands until smooth. Pack very firmly and shape in 2 bars (2 x 2 inches square). Wrap in wax paper. Chill in refrigerator until firm. Cut in $\frac{1}{8}$ -inch slices; place on greased baking sheet. Bake in oven 400°F for 6-8 minutes.

Makes 60 cookies

FRUITY MACAROON COOKIES

$\frac{3}{4}$ cup shortening
 $\frac{3}{4}$ cup sugar
 $\frac{1}{2}$ teaspoon salt
 $\frac{3}{4}$ teaspoon almond extract
 $\frac{1}{2}$ teaspoon grated lemon rind
1 egg, unbeaten

1 $\frac{3}{4}$ cups sifted all-purpose
flour
1 teaspoon baking powder
 $\frac{1}{2}$ teaspoon baking soda

$\frac{1}{2}$ cup maraschino cherries
or candied fruit cut
in pieces
 $\frac{3}{4}$ cup shredded coconut

Combine shortening, sugar, salt, almond extract, lemon rind, and egg and beat until well blended.

Sift flour, baking powder and baking soda into bowl with first mixture and mix until thoroughly blended.

Add cherries and coconut and mix.

Makes about 3 dozen cookies

Drop by level tablespoons on greased baking sheets. Bake in oven 375°F for 10-12 minutes.

VANILLA WAFERS

$\frac{1}{2}$ cup shortening
 $1\frac{1}{2}$ teaspoons vanilla extract
1 cup sugar
2 eggs, unbeaten
2 tablespoons milk

$2\frac{3}{4}$ cups sifted all-purpose flour
2 teaspoons baking powder
1 teaspoon salt

1 egg, well beaten
Shredded coconut
Chopped walnuts

Makes about 60 cookies

Blend shortening and vanilla extract. Gradually add sugar, creaming until light and fluffy. Add eggs singly, beating well after each addition. Add milk and blend.

Sift dry ingredients together into first mixture. Blend thoroughly. Chill in refrigerator until firm.

Roll dough on lightly floured pastry cloth or board to $\frac{1}{8}$ -inch thickness. Cut with 2-inch or fancy cookie cutter, and place on greased baking sheets. Brush cookies with egg and sprinkle with coconut or walnuts.

Bake in oven 400°F for 7-12 minutes.

DATE AND NUT BARS

$\frac{1}{2}$ cup boiling water
2 cups pitted chopped dates

$\frac{1}{2}$ cup shortening
1 cup sugar
 $\frac{3}{4}$ teaspoon salt
 $\frac{1}{8}$ teaspoon cinnamon
 $\frac{1}{8}$ teaspoon nutmeg
2 eggs, unbeaten

1 cup sifted all-purpose flour
 $\frac{1}{4}$ teaspoon baking soda
 $\frac{1}{2}$ cup coarsely chopped nuts

Powdered sugar

Makes 24 bars

Pour boiling water over dates and cool.

Place shortening, sugar, salt, spices, eggs and cooled date mixture in large mixing bowl. Beat until thoroughly blended.

Sift together flour and baking soda. Add with nuts to first mixture. Beat until blended.

Place mixture in greased 9 x 9 x 2-inch pan. Spread evenly. Bake in oven 350°F for 40-45 minutes. Cool in pan and cut into bars. Roll in powdered sugar, if desired, before serving.

GINGERSNAPS

$\frac{1}{2}$ cup shortening
 $\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ teaspoon salt
2 teaspoons ginger
1 egg, unbeaten
 $\frac{1}{2}$ cup molasses

2 cups sifted all-purpose flour
1 teaspoon baking soda

Makes about 4 dozen cookies

Place shortening, sugar, salt, ginger, egg and molasses in medium mixing bowl. Beat until blended.

Sift together flour and baking soda; add to first mixture. Beat until flour is blended. Drop by level tablespoons on greased baking sheets. Flatten by stamping cookies with flat-bottomed glass covered with a damp cloth. Bake in oven 350°F for 12-15 minutes.

Pies, other Desserts



COCONUT CREAM PIE

- $\frac{2}{3}$ cup sugar
- 5 tablespoons all-purpose flour
- $\frac{1}{4}$ teaspoon salt
- 2 cups milk
- 2 egg yolks, slightly beaten

- $\frac{2}{3}$ cup moist shredded coconut (chop slightly if shreds are long)
- 1 teaspoon vanilla extract
- 1 baked and cooled 9-inch PIE SHELL (page 47)

- 2 egg whites
- $\frac{1}{4}$ cup sugar
- $\frac{1}{3}$ cup moist shredded coconut

Makes 1 9-inch pie

Combine sugar, flour and salt in 2-quart saucepan; stir in milk gradually. Cook on HI until mixture starts to steam; switch to THIRD and cook until thick, stirring constantly. Switch to LO.

Stir a little of the hot mixture into slightly beaten egg yolks; slowly stir into remaining hot mixture. Cook for 2 minutes, stirring constantly. Cool and chill in refrigerator.

Add coconut and vanilla extract. Pour into baked PIE SHELL.

Beat egg whites until foamy. Add sugar gradually, beating until stiff. Spread evenly on pie, carefully sealing at edge of pastry. Sprinkle coconut over meringue.

Bake in oven 325°F for 25-30 minutes. Cool before serving.

PASTRY FOR TWO-CRUST PIE

- 2 cups sifted all-purpose flour
- 1 teaspoon salt
- ½ cup shortening
- ¼ cup shortening

- ¼ cup water

Mix flour and salt in small mixing bowl. Cut in shortening thoroughly with pastry blender or two knives until mixture resembles fine meal.

Cut in this portion of shortening to about the size of large peas.

Sprinkle all water over different parts of mixture. Then, mix thoroughly with a fork until all particles cling together and form a ball of dough. Take up in hands and form into a smooth round of dough.

Roll out half of pastry on lightly floured pastry cloth or board and with lightly floured rolling pin roll from center to edge with successive light strokes keeping dough round while rolling. Roll into circle ⅛-inch thick and 2 inches larger than pie plate.

Fit pastry into pie plate being careful not to stretch pastry. Trim pastry even with edge of pie plate. Put filling in pie plate and spread out evenly. Moisten edge of pastry with water.

Roll remaining pastry dough to ⅛-inch thickness and 1 inch larger than pie plate. Cut a few slits in pastry to permit steam to escape and put pastry in place over filling. Press two crusts together on edge of pie plate. Trim top crust to ½-inch of edge. Lift bottom crust from edge of pie plate, fold overhanging top crust under bottom crust forming a seal, and gently press both layers of pastry to edge of pie plate again. Continue around pie plate. Make desired decorative edge.

Makes enough pastry for one 9-inch two-crust pie; or 2 9-inch one-crust pies, or 9 turnovers

TURNOVERS: Make pastry as above and roll into 15-inch square, ⅛-inch thick. Make two cuts in pastry each way, dividing into nine 5-inch squares. Using ¾ cup filling, place 1½ tablespoons on each square. Moisten edges of each square with water and fold over half of square, forming a triangle. Seal edges tightly, being sure they are not pressed too thin. Pick top of triangle with a fork to allow steam to escape, and brush top of pastry with milk, being sure edges are *not* brushed. Place on ungreased baking sheet. Bake in oven 425°F for 15-20 minutes. *Makes 9 turnovers.*

APPLE PIE

- 5 large tart apples
- 1 cup sugar
- ¾ teaspoon cinnamon
- 1 teaspoon lemon juice
- ½ teaspoon salt

Pare and core apples, cut in thin slices (about ⅛-inch thick). Combine apples in a bowl with sugar, cinnamon, lemon juice and salt.

1 recipe PASTRY FOR TWO-CRUST PIE (see above)

- 1 tablespoon butter or margarine

Follow directions for rolling pastry and completing pie according to directions in pastry recipe, dotting filling with butter before putting top crust in place.

Makes one 9-inch pie

Bake in oven 400°F for 40-50 minutes.

CHERRY PIE

- 2½ cups pitted red sour
canned cherries, drained
- ¾ cup canned cherry juice
- 1 cup sugar
- 2 tablespoons quick-cooking
tapioca
- ¼ teaspoon salt
- ¼ teaspoon almond extract
- 1 tablespoon melted butter
or margarine
- 3 drops red food coloring,
if desired
- 1 recipe PASTRY FOR TWO-
CRUST PIE (page 44)

Makes one 9-inch pie

Combine cherries, juice, sugar, tapioca, salt, almond extract, butter and food coloring. Let stand 15 minutes or while making and rolling pastry.

Follow directions for rolling pastry and completing pie according to directions in pastry recipe.

Bake in oven 400°F for 40-50 minutes.

BLUEBERRY PIE

- 4 cups blueberries
- 1½-2 tablespoons quick-cooking
tapioca
- 1 cup sugar
- 1 tablespoon lemon juice
- ¼ teaspoon nutmeg
- ⅛ teaspoon salt
- 1 recipe PASTRY FOR
TWO-CRUST PIE
(page 44)
- 1 tablespoon butter or
margarine

Makes one 9-inch pie

Pick over blueberries, wash and drain thoroughly.

Combine tapioca, sugar, lemon juice, nutmeg and salt.

Roll pastry according to directions in pastry recipe. Place blueberries on bottom crust; spread sugar mixture evenly over berries. Dot with butter, moisten edge of pastry with water and put top crust in place.

Bake in oven 425°F for 40-50 minutes.

PUMPKIN PIE

- 3 eggs
- 1½ cups canned (or cooked
and strained) pumpkin
- 1 cup firmly packed light
brown sugar
- 2 teaspoons cinnamon
- 1 teaspoon ginger
- ½ teaspoon salt
- 1 cup undiluted evaporated
milk
- 2 tablespoons molasses,
if desired
- 1 unbaked 9-inch PIE-SHELL
(page 47)

Makes one 9-inch pie

Break eggs into mixing bowl, beat slightly. Add pumpkin, sugar, cinnamon, ginger and salt, blend thoroughly.

Add milk and molasses, blend thoroughly. Pour into pie shell.

Bake in oven 400°F for 35-45 minutes.

CUSTARD PIE. (*slip method*)

- 4 medium eggs
- ½ cup sugar
- 2 cups milk
- ½ teaspoon salt
- 1 teaspoon vanilla extract

¼ teaspoon nutmeg

1 baked and cooled 9-inch pie shell

Break eggs into medium bowl or pitcher and beat just enough to break up yolks and blend with whites. Add sugar, milk, salt and vanilla extract; blend thoroughly.

Place a well-buttered 9-inch pie plate in 9 x 9 x 2-inch baking pan (or any pan which does not allow pie plate to touch bottom of pan). Add about 1 quart or water to pan so it comes up around bottom and sides of pie plate.

Stir custard well and strain into pie plate. Sprinkle with nutmeg. Bake in oven 350°F for 35-40 minutes or until knife inserted in center of custard comes out clean. (Custard need not look firm as it continues to cook after removal from oven.) Remove pie plate from pan and place on cake rack to cool custard completely at room temperature.

When custard is completely cool, thoroughly loosen custard from sides of pie plate with knife. Place pie plate on flat surface and shake gently back and forth to loosen custard thoroughly from bottom of plate. With both hands, hold plate of custard over pie shell with far edge of custard just above and close to far edge of shell. Shake custard gently and as custard starts to slip out of plate, pull plate back towards you until all custard has slipped intact into shell. Let custard settle 5 minutes then serve immediately.

Makes one 9-inch pie



PECAN PIE

- 1¼ cups sugar
- ½ cup light corn sirup
- ¼ cup butter or margarine
- 3 eggs, slightly beaten

1 cup unsalted pecans

1 teaspoon vanilla extract
1 9-inch unbaked pie shell

Combine sugar, corn sirup, and butter in 2-quart saucepan. Bring to boil on HI, stirring constantly until butter is melted. Remove from unit and gradually add hot sirup to beaten eggs, stirring constantly.

Add pecans to first mixture and cool to lukewarm.

Add vanilla extract to filling. Pour filling into pie shell.

Bake in oven 350°F for 40-45 minutes.

Makes one 9-inch pie

PASTRY FOR PIE SHELL

- 1 1/4 cups sifted all-purpose flour
- 1/2 teaspoon salt
- 1/2 cup shortening

- 2 1/2 tablespoons water

Place flour and salt in small mixing bowl; mix.

Add about 2/3 of the shortening and cut in with pastry blender or two knives until mixture resembles fine meal. Add remaining shortening and cut into the size of large peas.

Sprinkle all water over different parts of mixture. Then mix thoroughly with fork until all particles cling together and form a ball of dough. Take up in hands and form into a smooth flat round of dough. Place on lightly floured pastry cloth or board and with lightly floured rolling pin roll from center to edge with successive light strokes keeping dough round while rolling. Roll into circle 1/8-inch thick and 2 inches larger than pie plate.

Fit pastry into pie plate, easing it in, being careful not to stretch it. Trim pastry 1 inch larger than pie plate and fold cut edge on to edge of pie plate to form a rim. Flute rim with desired decorative edge.

For baked shell—prick pastry with fork on bottom and sides of pie plate. Bake in oven 450°F for 10-15 minutes.

Makes enough pastry for one 9-inch pie shell; or one 8-inch pie shell, and two 4-inch turnovers; or 6 tart shells

For unbaked pie shell—do not prick pastry. Place filling in pastry and bake according to directions in recipe.

DEEP DISH APPLE PIE

- 6 cups pared and thinly sliced tart apples
- 1/2 cup granulated sugar
- 1/2 cup firmly packed light brown sugar
- 1/8 teaspoon allspice
- 3/4 teaspoon cinnamon
- 1/8 teaspoon salt
- 1 tablespoon lemon juice
- 2 tablespoons butter or margarine

- 1 recipe PASTRY FOR PIE SHELL (above)
- Milk
- 1 teaspoon sugar

Mix apples, sugars, spices, salt and lemon juice. Spread evenly in 10 x 6 x 2-inch baking dish. Dot with butter.

Roll out pastry 1/4-inch thick, in oblong 1/2-inch larger on all sides than top of baking dish. Moisten edge of baking dish, and place pastry over apples. Press pastry to moistened edge of baking dish, trim pastry to 1/4-inch of edge of baking dish, fold pastry back and make a stand-up decorative edge. Make slits in pastry to allow steam to escape. Brush top of pastry with milk, being sure *not* to put milk on decorative edge. Sprinkle sugar evenly over pastry.

Makes 6 servings

Bake in oven 400°F for 35-45 minutes. Serve warm with cream.

HAWAIIAN LEMON PIE

- 7 tablespoons cornstarch
- 1 cup sugar
- $\frac{1}{4}$ teaspoon salt
- 2 cups unsweetened pineapple juice

3 egg yolks, slightly beaten

- 1 tablespoon butter
- 1 teaspoon grated lemon rind
- 2 tablespoons lemon juice

1 baked 9-inch PIE SHELL
(page 47)

- 3 egg whites, stiffly beaten
- 6 tablespoons sugar
- 8 marshmallow, cut in halves

Makes one 9-inch pie

Mix cornstarch, sugar and salt in 1-quart saucepan. Add pineapple juice slowly and stir until smooth. Place saucepan on rear unit; cook on SECOND until mixture is thick, stirring constantly. Switch to Lo; cook until mixture is very thick and smooth, stirring occasionally.

Stir small amount of cornstarch mixture into egg yolks. Return to saucepan and cook 3-5 minutes longer, stirring constantly. Remove from unit.

Add butter, lemon rind and juice; blend. Cool to room temperature.

Pour pie filling into shell.

Beat egg whites until stiff. Beat in sugar gradually and continue beating until stiff. Pile lightly on pie filling in shell. Spread meringue out to edge of pie shell to make a complete seal, and be sure meringue is spread to an even thickness over the whole pie. Press marshmallow halves, cut side up, into meringue.

Bake in oven 325°F for 25 minutes. Cool before serving.

CREAM PUFFS

- $\frac{1}{2}$ cup shortening
- $\frac{1}{4}$ teaspoon salt
- 1 cup water
- 1 cup sifted all-purpose flour

4 large eggs (about 1 cup)

*Makes 18 puffs,
3-3 $\frac{1}{2}$ inches in diameter*

Place shortening, salt and water in 3-quart saucepan. Heat on Hi stirring until shortening is melted, then bring to a rolling boil. Switch to Lo.

Add flour. Beat vigorously, continuing to cook, until mixture is thick and smooth and comes away from sides of pan. Remove from unit.

Add eggs one at a time. Beat until mixture is smooth and blended after the addition of each egg. Drop mixture by spoonfuls 2 inches apart on greased baking sheets.

Bake in oven 450°F for 10 minutes; reduce heat to 400°F and bake 25 minutes longer.

Serving Suggestions: Fill with a chocolate or vanilla pudding or ice cream topped with a chocolate sauce.

APPLE FLAKE CRUNCH

- 5 medium apples, pared, cored and thinly sliced (about 6 cups)
- 2 tablespoons brown sugar
- $\frac{1}{3}$ cup orange juice
- 3 tablespoons butter or margarine
- $\frac{1}{3}$ cup firmly packed brown sugar
- $\frac{1}{2}$ cup sifted all-purpose flour
- $\frac{1}{2}$ teaspoon cinnamon
- 1 tablespoon finely grated orange rind
- $\frac{1}{2}$ cup corn flakes

Makes 6 servings

Arrange sliced apples in greased 10 x 8 x 2-inch baking dish.

Combine brown sugar and orange juice and pour over apples.

Cream butter and sugar together. Add flour, cinnamon, orange rind and corn flakes and mix until crumbly. Spread on top of apples.

Bake in oven 350°F for 1 hour. Serve warm or cold with cream.

BAKED RICE PUDDING

- 1 $\frac{1}{2}$ cups cooked rice
- 2 eggs
- $\frac{1}{2}$ cup sugar
- $\frac{1}{2}$ teaspoon salt
- 2 cups milk, scalded
- 1 teaspoon vanilla extract
- Nutmeg

Makes 6 servings

Place rice in greased 8 x 8 x 2-inch baking dish.

Beat eggs until light; add sugar and salt and blend.

Add milk and vanilla extract; blend. Pour over rice; mix.

Sprinkle nutmeg in desired amount over top of mixture in baking dish. Bake in oven 325°F for 1 $\frac{1}{2}$ hours.

Makes 6 servings

MERINGUES

- 2 egg whites
- Dash of salt
- Dash of cream of tartar
- $\frac{1}{2}$ cup sugar
- $\frac{1}{4}$ teaspoon vanilla

Makes 6 meringues

Place egg whites in a small mixing bowl. Beat until foamy. Add salt and cream of tartar. Beat until stiff but not dry. Add sugar 1 tablespoon at a time, continue beating until completely blended and egg whites stand in peaks. Add vanilla with last addition of sugar. Shape with spoon on baking sheet covered with brown paper in 4-inch rounds about 1-inch thick, leaving hollow in center for ease in serving.

Bake in oven 275°F for 60-70 minutes. Remove from paper while warm. Cool and serve with ice cream or crushed fruit.

VANILLA CUSTARD

1½ cups milk

2 eggs, unbeaten
¼ cup sugar
¼ teaspoon salt
1 teaspoon vanilla

¼ teaspoon nutmeg
Water

Makes 4 servings

Scald milk in saucepan on SECOND, remove from unit.

Break eggs into 1-pint measuring cup or small pitcher; beat slightly with a fork. Add sugar, salt and vanilla extract; blend.

Add scalded milk slowly to egg mixture while stirring constantly, mix well. Strain mixture into four 6½-ounce custard cups.

Sprinkle nutmeg over top of custards. Place custards in deep baking pan. Pour water in baking pan around custard cups to depth of ½-inch.

Bake in oven 350°F for 30-35 minutes. Remove custards from baking pan.

CHERRY COBBLER

2 cups canned red pitted
cherries, drained
No. 2 can
1 tablespoon quick-cooking
tapioca

⅓ cup sugar
⅛ teaspoon salt
¾ cup cherry juice
½ teaspoon almond extract

¾ cup sifted all-purpose flour
1 teaspoon baking powder
¼ teaspoon salt
3 tablespoons shortening
¼ cup almonds, chopped
and toasted to a deep
brown color
6 tablespoons milk

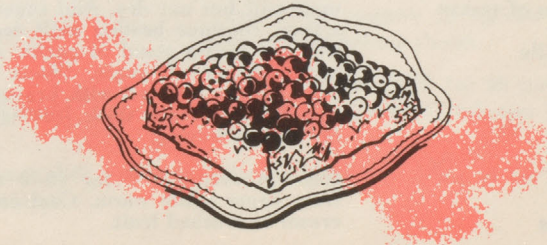
Makes 6 servings

Place cherries in greased 8 x 8 x 2-inch baking dish. Sprinkle tapioca over cherries.

Combine sugar, salt, cherry juice and almond extract; pour over cherries.

Sift flour with baking powder and salt. Cut in shortening until mixture looks like fine meal. Add almonds and mix well. Add milk and mix thoroughly with fork.

Drop dough by small spoonfuls on cherry mixture and spread slightly. Bake in oven 425°F for 25-30 minutes. Serve hot or cold.



DATE TORTE

- 2 eggs
- 1 cup firmly packed brown sugar
- 1 cup sifted all-purpose flour
- $\frac{1}{4}$ teaspoon double-action baking powder
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{2}$ teaspoon vanilla extract
- $\frac{1}{2}$ cup chopped pitted dates
- 1 cup coarsely chopped nuts

Makes 12 servings

Break eggs into medium bowl and beat until well blended. Gradually add sugar while beating until light.

Sift together flour, baking powder and salt into first mixture. Mix until thoroughly blended.

Add vanilla extract, dates and nuts, mix well. Spread evenly in greased 11 x 7 x $1\frac{1}{2}$ -inch baking pan.

Bake in oven 350°F for 20-25 minutes. Cut in 12 squares while hot and serve hot or cold with whipped cream.

FESTIVE FRUIT PUDDING

- 4 eggs
- 1 cup sugar
- 1 teaspoon vanilla extract
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon nutmeg
- $1\frac{1}{4}$ cups candied fruit
- 1 teaspoon cinnamon
- $\frac{3}{4}$ cup coarsely chopped nuts
- 2 cups graham cracker crumbs
- 2 teaspoons baking soda
- 1 cup hot water
- 1 cup water

Break eggs into mixing bowl; beat well. Add sugar, vanilla extract, salt, nutmeg, cinnamon, fruit, nuts and graham cracker crumbs. Mix well.

Dissolve soda in hot water; add to egg mixture and mix well. Divide mixture equally into 3 well-greased 1-pint pudding molds. Cover with 3 thicknesses of waxed paper; tie securely.

Place a rack in 4-6 quart utensil and pour in water. Place prepared pudding molds on rack. Cover utensil. Cook on HI until steaming freely; switch to THIRD and cook 45 minutes.

Remove molds from utensil and let stand 5 minutes. Loosen sides of pudding from mold with a spatula, remove, and serve warm with a sweet sauce.

Makes 3 puddings

CHOCOLATE DATE PUDDING

- ¼ cup shortening
- ¼ cup sugar
- 1 one-ounce square unsweetened chocolate, melted
- 1 cup sifted all-purpose flour
- 2½ teaspoons baking powder
- 1 teaspoon cinnamon
- ½ teaspoon salt
- ½ cup milk
- ½ cup chopped, pitted dates
- ½ cup nuts, chopped
- ½ cup sugar
- 1 one-ounce square unsweetened chocolate, finely chopped
- 2 cups water

Cream shortening, add sugar gradually, creaming until light and fluffy. Add chocolate and blend.

Sift together dry ingredients. Add alternately with milk to creamed mixture, blending well after each addition.

Add dates and nuts; mix.

Place sugar, chocolate and water in 3-quart saucepan. Bring to boiling point on HI, stirring until chocolate is dissolved. Drop batter by heaping tablespoons into hot chocolate mixture; cover. Switch to LO; cook 25-30 minutes. Serve immediately.

Makes 6 servings

MARMALADE PUDDING

- ¼ cup shortening
- ¼ teaspoon orange extract
- ½ cup sugar
- 1 egg, unbeaten
- 1 cup sifted, all-purpose flour
- 1½ teaspoons baking powder
- ⅛ teaspoon salt
- ¼ cup milk
- ½ cup marmalade
- 1 cup water

Blend together shortening and orange extract. Gradually add sugar, creaming until light and fluffy. Add egg; beat well.

Sift together flour, baking powder and salt. Add alternately with milk to first mixture, mixing well after each addition.

Spread marmalade in bottom of greased 1-pint pudding pan or mold. Pour batter on marmalade. Cover tightly.

Place a rack in 4-6 quart utensil and pour in water. Place pudding pan on rack and cover utensil. Cook on HI until steam escapes freely; switch to LO and cook 1½ hours. Remove pudding pan from utensil and let stand 5 minutes. Remove pudding and serve immediately with a sweet sauce.

Makes 6 servings

APRICOT APPLE BETTY

- 4 cups thinly sliced cooking apples*
- 1 cup firmly packed brown sugar
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{2}$ teaspoon cinnamon
- $\frac{1}{4}$ cup chopped nuts, if desired
- 1 $\frac{1}{4}$ cups dried pre-treated apricot halves, washed and drained

- $\frac{1}{4}$ cup melted butter or margarine
- 3 slices toasted bread, cut in small cubes (1 $\frac{1}{2}$ cups)

- $\frac{2}{3}$ cup water
- 2 tablespoons lemon juice

Mix apples, sugar, salt, cinnamon and nuts. Place half of this mixture in a greased 1 $\frac{1}{2}$ -quart baking dish. Place half the apricots in a layer over the apple mixture.

Pour butter over bread cubes and mix lightly. Place half of bread cubes over apricots.

Using remainder of apples, apricots, and bread cubes, repeat layers as above.

Combine water and lemon juice and pour over layers. Cover baking dish.

Bake in oven 350°F for 45 minutes, remove cover and bake 15 minutes longer. Serve warm with or without thin cream.

Makes 6 servings

*NOTE: If desired, canned sliced apples may be used instead of raw apples. Use 3 $\frac{1}{2}$ -cups (one and one-half No. 2 cans) apples drained, and sliced, if necessary, $\frac{1}{4}$ -inch thick. Follow recipe as above, omitting water, and leaving baking dish uncovered.

PEAR STREUSEL DESSERT

- 1 No. 2 $\frac{1}{2}$ -can pear halves
- 2 tablespoons sugar
- $\frac{1}{8}$ teaspoon salt
- $\frac{1}{4}$ teaspoon ginger

- 2 tablespoons softened butter or margarine
- $\frac{1}{4}$ cup sugar
- $\frac{1}{2}$ teaspoon cinnamon
- 1 tablespoon molasses
- $\frac{1}{2}$ cup sifted all-purpose flour

Drain and place pears in greased 1 $\frac{1}{2}$ -quart baking dish. Sprinkle with sugar, salt and ginger.

Cream together butter, sugar, cinnamon and molasses in small bowl. Add flour gradually, mixing to a crumbly mixture. Spread mixture evenly over pears in baking dish. Bake in oven 350°F for 35-45 minutes.*

Makes 4-6 servings

*NOTE: With an oven meal, baking time can be increased 5-10 minutes.



Sauces

CHOCOLATE SAUCE

- 2 squares unsweetened chocolate (2 ounces)
- $\frac{2}{3}$ cup sweetened condensed milk
- $\frac{1}{8}$ teaspoon salt
- 2-4 tablespoons hot water

Melt chocolate in saucepan on Lo. Add milk, blend; continue to cook on Lo for 1 minute stirring constantly. Remove from unit.

Add salt. Add water gradually to obtain desired thickness.

Makes 1 cup

NOTE: This may be stored several days in the refrigerator. Serve hot or cold.

BUTTERSCOTCH SAUCE

- 1 cup firmly packed dark brown sugar
- $\frac{1}{2}$ cup granulated sugar
- $\frac{1}{3}$ cup milk
- 2 tablespoons shortening
- 2 tablespoons butter
- 1 tablespoon light corn sirup
- $\frac{1}{4}$ teaspoon salt
- 1 teaspoon vanilla extract

Place sugars, milk, shortening, butter, corn sirup and salt in 2-quart saucepan. Bring to a rolling boil on Hi, stirring constantly. Boil only 1 minute. Remove from unit.

Cool slightly. Add vanilla extract; blend.

Makes 1 $\frac{1}{2}$ cups

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BROWN GRAVY

- 3 tablespoons fat
- 3 tablespoons flour

Pour all but 3 tablespoons fat from roasting pan, leaving meat juices in pan. Add flour to fat and juices, stirring carefully. Cook on **THIRD**, stirring constantly to a smooth brown paste.

- 2 cups cold water

Add cold water gradually, stirring constantly. Continue stirring until gravy boils gently and thickens. Season if desired.

Makes 2 cups gravy

WHITE SAUCE

- 2 tablespoons butter or margarine
- 2 tablespoons all-purpose flour
- 1 teaspoon salt
- 1 cup milk

Melt butter in 1-quart saucepan on right rear unit on **SECOND**, add flour and salt; blend. Add milk and stir constantly until mixture thickens. Cook one minute.

Makes 1 cup medium WHITE SAUCE

CHEESE SAUCE: Follow recipe for **WHITE SAUCE** adding $\frac{1}{4}$ cup grated sharp processed cheese and $\frac{1}{2}$ teaspoon prepared mustard to warm **WHITE SAUCE**. Heat on **Lo** until cheese is melted.

MUSTARD SAUCE: Follow recipe for **WHITE SAUCE**, substituting 1 cup beef bouillon for milk. When sauce is thickened, add 3 tablespoons prepared mustard and 1 tablespoon Worcestershire sauce. Blend thoroughly and heat to serving temperature. Serve with meat or vegetables.

BARBECUE SAUCE

- 2 $\frac{1}{4}$ cups catchup
- 2 $\frac{1}{2}$ tablespoons Worcestershire sauce
- $\frac{3}{4}$ teaspoon cayenne pepper
- $\frac{3}{4}$ teaspoon chili powder
- $\frac{1}{2}$ cup tarragon vinegar
- 1 cup salt pork liquor*
- 1 cup sugar
- 6-8 cloves garlic, scored
- 1 tablespoon minced onion

Combine all ingredients in saucepan. Bring to boil on **Hr**. Remove pieces of garlic.
Makes about 1 quart

*NOTE: Salt pork is made by boiling 2 strips (1 $\frac{1}{2}$ x 5 x $\frac{1}{8}$ -inches) salt pork in 1 $\frac{1}{2}$ cups water for about 5 minutes. Drain off 1 cup liquor.



APPLIANCES

MAJOR APPLIANCE DEPARTMENT - MONTREAL

CANADIAN GENERAL ELECTRIC COMPANY LIMITED

OFFICES FROM COAST TO COAST