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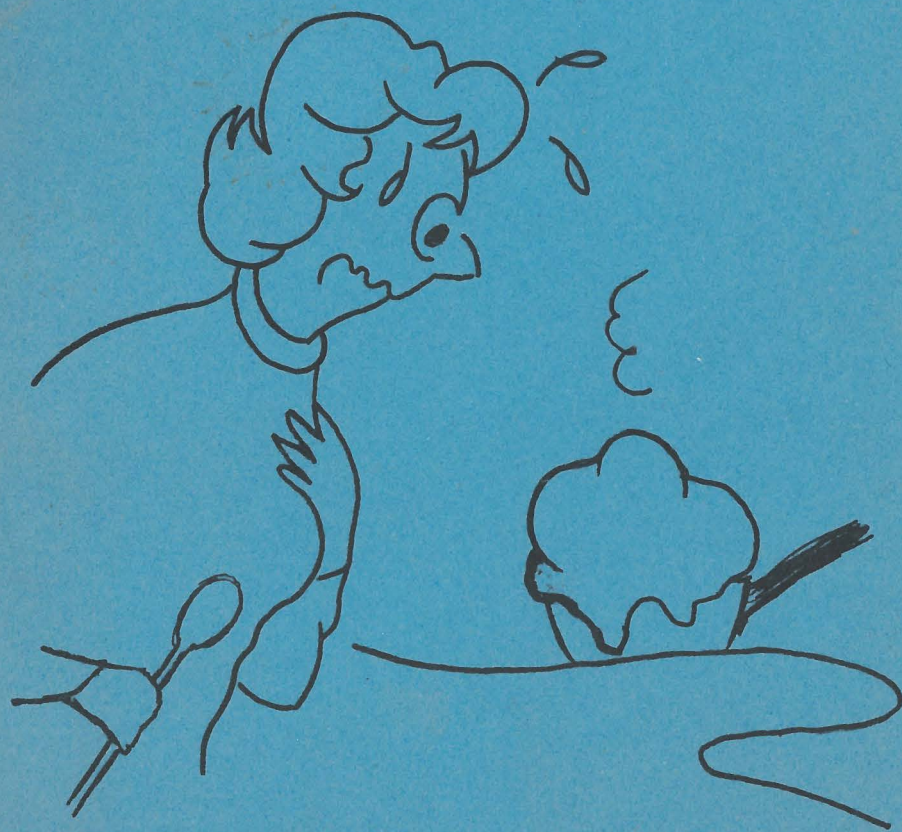
### The Uptight Cook

Advocate Aurora Health

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# the uptight cook





## The First Step

The purpose of this book is to share the satisfaction and pleasure of preparing and serving good food.

All recipes have been tried and tested by our own panel of experts, the patients and professional staff of the psychiatric unit, St. Luke's Hospital. All the food has been successfully prepared and served in the kitchen and dining room of this unit.

The selections here included have brought us a feeling of worthwhile accomplishment. We hope you will want to try our adventures in cooking.

It is true that our recipes are all available in other sources and some may be familiar to you, but we feel that our selections represent unusual and exciting excursions into the possibility of cooking under duress and accomplishing the outstanding.

If we can do it - so can you.

In the cooking effort, the patient often starts the first wobbly step toward rehabilitation in technical and social skills. Here in the kitchen

can be found one outlet for expression of creative abilities.

Assembling fruit kabobs on colorful picks requires concentration and dexterity, but what a triumph when the fruit jewels are all threaded and a host of admirers voices their enthusiastic approval and compliments the cooks by eating them all with obvious pleasure. Everyone's self-esteem and morale has had a good boost.

Some grow it from the soil.

In this book we give you our experiences; we tell you of our successes so you may in your own way take our ideas, and add to them, and know something of our special pride.

Some breathe it into music.

Some mold it into art.

Some shape it into breadloaves.

Some hold it in their hearts.



## THE BEAUTIFUL IN LIFE .....

Some talk of it in poetry .

Some grow it from the soil .

Some build it in a steeple .

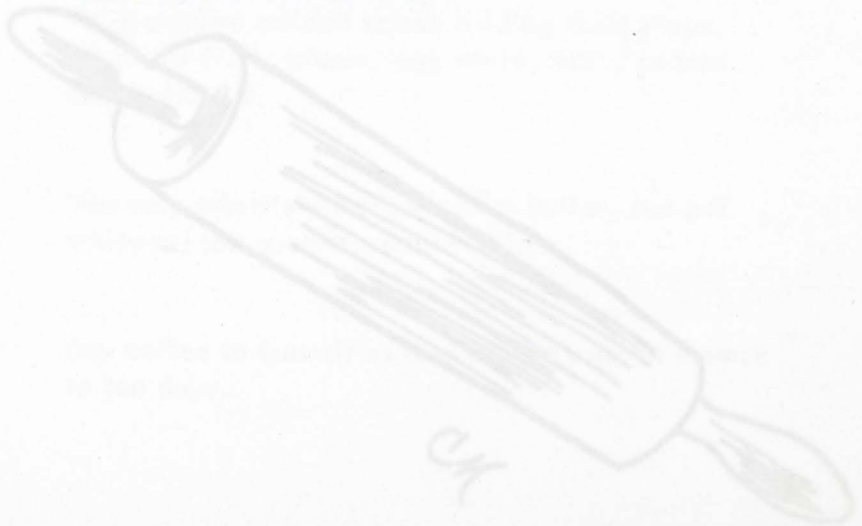
Some show it through their toil .

Some breathe it into music .

Some mold it into art .

Some shape it into breadloaves .

Some hold it in their hearts .



HELPFUL HINTS

TABLE OF CONTENTS

APPETIZERS

CAKES

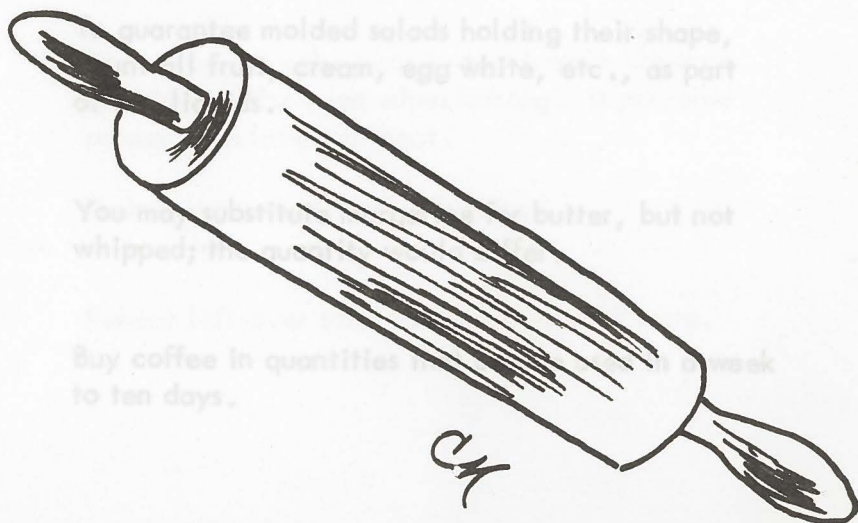
CANDY

COOKIES

DESSERTS

PIES AND PASTRIES

FOODS FOR ENTERTAINING





## HELPFUL HINTS

Herbs and spices should be used discreetly. The intent is to improve and enhance the flavor, not to cover up or dominate.

Keep herbs and spices in a cool, dry, dark place.

Buy herbs and spices in small quantities. They are very fragile and quickly lose their flavor.

When serving cheese, remove from the refrigerator several hours before using. Cheese is better at room temperature.

To guarantee molded salads holding their shape, count all fruit, cream, egg white, etc., as part of the liquids.

You may substitute margarine for butter, but not whipped; the quantity would differ.

Buy coffee in quantities that can be used in a week to ten days.

## WEIGHTS AND MEASURES

Paint washed green leaves with melted semi-sweet chocolate. Refrigerate. Remove leaf from chocolate. A professional-looking decoration.

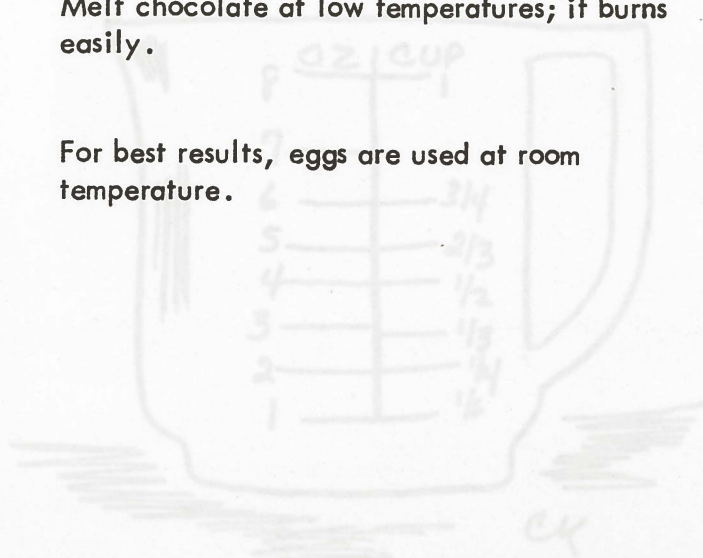
For ease in handling pie crust, cookie dough or biscuits, use a floured heavy canvas and a stocking cover on your rolling pin.

When measuring molasses, honey, or syrups, grease the measuring cup; the liquids will pour more freely.

Always pack brown sugar when measuring.

Melt chocolate at low temperatures; it burns easily.

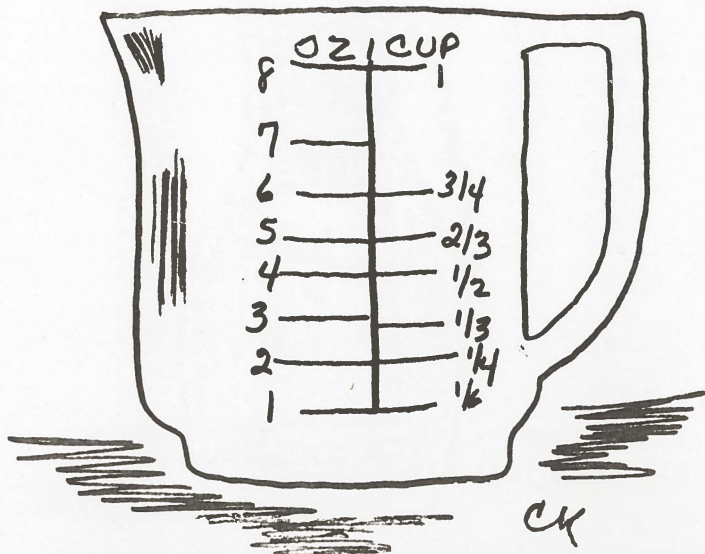
For best results, eggs are used at room temperature.



## WEIGHTS AND MEASURES

3 teaspoons . . . . .	1 tablespoon
1/4 pound . . . . .	1/2 cup solid shortening
4 tablespoons . . . . .	1/4 cup
8 tablespoons . . . . .	1/2 cup
16 tablespoons . . . . .	1 cup

All weights and measures used in these recipes are level and standard.



## ACKNOWLEDGMENTS

Judy Stemper, O.T.R. . . . . Advisor

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Phyllis Schwartz . . . . . Editor





## APPETIZERS



## QUICK QUICHE

### ELEGANT FOR LUNCH OR SUPPER

- 8 ounce can refrigerated crescent rolls
- 2 eggs
- 1 cup evaporated milk
- 1/2 teaspoon salt
- 1/2 teaspoon worcestershire sauce
- 1 cup shredded swiss cheese
- 3 ounce can french fried onions
- 1/2 cup bacon bits

Preheat oven to 325 degrees. Separate dough and press into greased quiche pan or large pie pan. Seal seams well. Combine eggs, milk, salt, and worcestershire sauce. Stir in cheese. Sprinkle half of onions and bacon over crust, pour in egg mixture, sprinkle with remaining bacon and onions. Bake 40-45 minutes until golden brown around edge. Cool 5 minutes before cutting. Refrigerate leftovers.

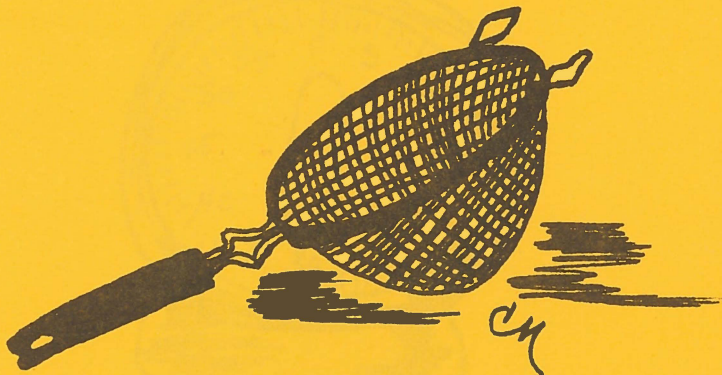
Mini-quiche may be made by using biscuits, separating into layers and lining greased muffin pans with dough. Baking time will be shorter. These make excellent appetizers. They can be made ahead, refrigerated and reheated.



## CHERRY TOMATO APPETIZERS

### WELL WORTH THE TROUBLE

Wash cherry tomatoes. Carefully remove centers and turn upside down to drain. Fill with ham salad, seasoned tuna, crab or lobster, cream cheese softened with cream or milk, and seasoned, or any other filling that captures your imagination. Garnish with a feather of parsley and refrigerate until serving time.



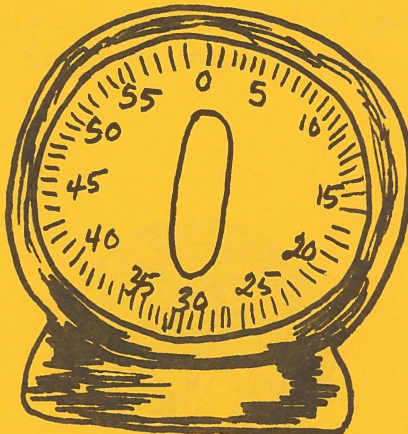


## HIDDEN TREASURES

### A SURPRISE IN EVERY BITE

Separate refrigerated biscuits into two or more layers. Wrap around a stuffed olive, pickled onion, cube of cheese, or whatever else your imagination dictates. Bake as directed on package.

These may be baked ahead and reheated at 350 degrees for a few minutes.



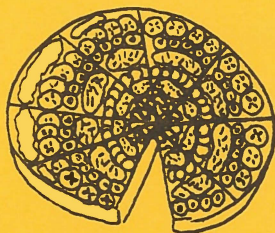
CH



## HORS' D' OEUVRES PIE

### SCENE-STEALER FOR ELEGANT ENTERTAINING

Remove a thin slice from the bottom and top of a round loaf of bread. Rye bread is particularly tasty. Slice the rest crosswise into 1" slices. Butter generously. Arrange concentric circles of your favorite fillings: tuna salad, minced ham, cucumber slices, radish circles, sliced stuffed olives, well-drained coleslaw. Separate fillings with a rim of cheese from an aerosol can of cheese spread. Be an artist and alternate color and textures. Use paprika, dill weed, minced parsley, or sieved egg yolk or white for garnish. Wrap in wax paper and a well wrung-out wet towel and refrigerate until serving. Cut in pie-shaped wedges.



## STUFFED CUCUMBERS

### A REFRESHING AND COLORFUL ADDITION TO ANY BUFFET

Wash and peel firm medium-sized cucumbers. Remove centers the full length with an apple corer. Firmly stuff cavity with minced ham salad, or softened flavored cream cheese (chive or pimiento). Wrap in wax paper and refrigerate until serving time. Cut with serrated-edged cutter in 1" slices.





## BAMBINOS

### APPETIZER PIZZAS

Cut out favorite pastry into small circles.  
Spread with tomato paste. Arrange small bits  
of salami on top of tomato paste. Sprinkle with  
grated parmesan cheese or grated cheddar.

Bake at 400 degrees until pastry is delicately  
browned.

Miniature rye bread slices may be used the same  
way but will require a shorter baking time.

A garnish of a slice of stuffed olive is attractive.

A sprinkle of oregano or garlic salt may be used  
to enhance the pizza flavor.



## ZIPPY HOT DOGS

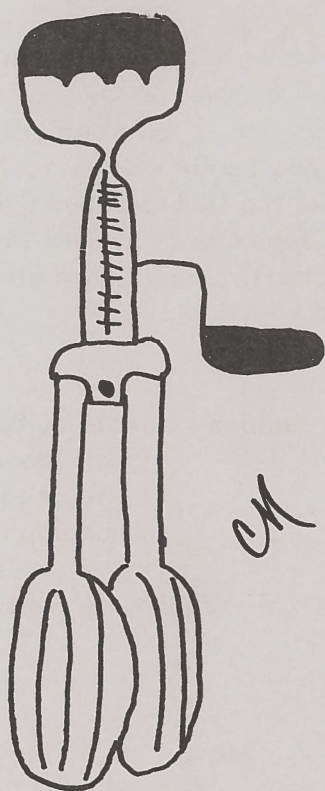
### MINIATURE SAUSAGES ON A STICK

Use cocktail size weiners. Skewer each hot dog on an extra long toothpick. Dip the sausage in catsup; arrange in a single layer in an aluminum foil lined shallow pan. Bake at 350 degrees until lightly browned, about 12-15 minutes. Arrange spoke fashion in a head of cabbage that has had a hollow carved in center, foil lined, and filled with more catsup or chili sauce for dunking.





# CAKES



## GLAZED APPLE CAKE

3 cups flour  
1/2 teaspoon salt  
3 tablespoons sugar  
1 teaspoon baking powder  
1 cup soft shortening  
2 egg yolks  
8 tablespoons water

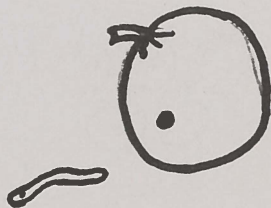
Mix dry ingredients. Cut in shortening. Mix water and egg yolks. Add to flour. Form into a ball. Divide in half. Roll out one ball to cover bottom of 15 x 10 x 1 pan. Arrange fruit filling over it. Roll out second ball. Cover fruit filling. Seal edges. Bake at 350 degrees one hour. Cool. Frost.

### Filling:

14-16 medium size tart apples  
2 tablespoons flour  
1 1/2 cups sugar  
1 teaspoon cinnamon  
2 tablespoons butter  
2 tablespoons lemon juice

### Glaze:

2 cups confectioner's sugar  
1 tablespoon butter  
4 teaspoon warm water



## "NO PEEL" APPLE CAKE

### A TIME SAVER

4 cups diced unpeeled apples  
2 cups flour  
2 cups sugar  
1 cup chopped walnuts  
1/2 cup cooking oil  
2 eggs  
2 teaspoons baking soda  
2 teaspoons cinnamon  
3/4 teaspoon salt

Cut apples into large bowl. Break eggs over apples. Add sugar, oil, cinnamon, nuts; mix. Add flour, soda, salt and mix well. Pour into ungreased 9 x 13 pan. Bake at 350 degrees for 55 minutes. Do not open door of oven.

### Frosting:

2 to 3 cups confectioner's sugar  
1/4 pound butter  
1/2 cup sour cream  
vanilla

Mix well.



## DANISH PUFF COFFEE CAKE

### TWO LAYERS AND DOUBLY DELICIOUS

1 cup flour  
1/2 cup butter or margarine  
2 tablespoons water

Put flour in bowl. Work in shortening with finger tips or pastry blender until mixture resembles coarse crumbs. Sprinkle with water. Work into a ball. Divide into two parts. Roll or pat into two long strips about 3" wide, 1/4" thick on ungreased cooky sheet.

1 cup water  
1/2 cup butter or margarine  
1 teaspoon almond extract  
1 cup flour  
3 eggs

Combine water and shortening in sauce pan. Bring to a boil. Add almond extract and flour all at once. Remove from heat and stir until a ball is formed and mixture leaves sides of pan. Add eggs one at a time stirring vigorously after each addition. Spread dough evenly over pastry strips all the way to edge.



Bake at 350 degrees 55-60 minutes or until delicately brown. When cool, drizzle tops with a thin confectioner's icing and sprinkle with toasted salted almonds.

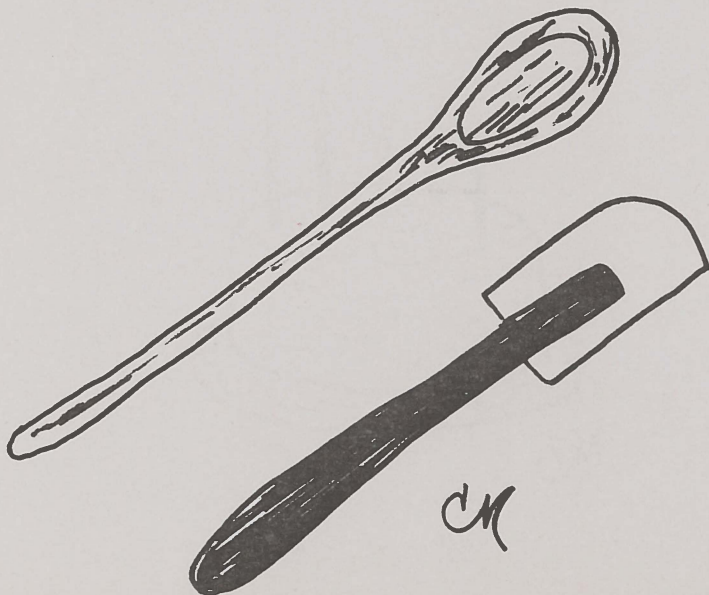
Icing:

1 cup confectioner's sugar

1 teaspoon butter

1/2 teaspoon vanilla

Enough water to thin



## CREME FROSTING

### A LUSCIOUS TOPPING

1 cup milk  
1/4 cup flour

Cook until thickened. Then cool.

1 cup butter  
1 cup sugar

Cream well - about 10 minutes. Add cooled cooked mixture to beaten butter and sugar mixture. Add 1 teaspoon vanilla.

Frosts two-layer 8" cake or 9 x 13 x 2 pan.



## OATMEAL CAKE

- 1 1/2 cup boiling water
- 1 cup quick cooking oats
- 1/2 cup butter or oleo
- 1 cup brown sugar (packed)
- 1 cup white sugar
- 2 eggs
- 1 1/2 cup sifted flour
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- 1 teaspoon nutmeg
- 1/2 teaspoon salt

Pour boiling water over oats. Mix well. Cream butter and sugar. Beat in eggs. Stir in soaked oatmeal. Sift together flour and remaining dry ingredients. Stir into oatmeal mixture. Turn into greased 13 x 9 x 2 pan. Bake at 350 degrees for 30-35 minutes. Spread with topping and broil 3-4 minutes or until golden brown.

See next page for topping recipe.

BROILED TOPPING FOR  
OATMEAL CAKE

1/4 cup brown sugar  
1/2 cup white sugar  
1 cup flaked coconut  
1 cup chopped nuts  
6 tablespoons butter or margarine  
1/4 cup light cream or evaporated milk  
1/4 teaspoon vanilla extract

Combine first six ingredients. Heat until bubbly. Stir in vanilla. Spread on cake.



## TOM THUMB FRUIT CAKES

### A DIFFERENT APPROACH

- 2 cups moist mincemeat
- 2 cups candied fruit mix
- 3 1/2 cups flour
- 1 1/2 teaspoons soda
- 3 eggs, beaten
- 2 teaspoons vanilla
- 1 1/2 cups chopped pecans
- 3/4 cup cut dates
- 1 cup sugar
- 1 teaspoon salt
- 3/4 cup cooking oil

Mix mincemeat, pecans, and fruit. Combine flour, sugar, soda, and salt. Add to fruit mixture. Combine eggs, oil and vanilla. Blend into fruit mixture. Fill paper-lined muffin pans 2/3 full. Bake at 300 degrees 20-25 minutes or until firm to touch. Decorate with hard sauce and cherries.

#### Hard sauce:

- 1/2 cup butter
- 1 cup confectioner's sugar
- 1 teaspoon vanilla

Beat together until fluffy.



## APPLE CAKE

Stir in a large bowl until blended:

2/3 cup cooking oil

1 teaspoon vanilla

2 eggs

Add:

2 cups flour

1 teaspoon salt

1/2 teaspoon cinnamon

1 cup sugar

1 1/2 teaspoon soda

1 can apple pie filling (#21 ounce size)

1/2 cup chopped nuts

Pour into buttered and floured 9 x 13 pan. Bake at 350 degrees 25-35 minutes. While hot, prick cake all over with toothpick or fork. Pour hot glaze on hot cake.

### Glaze:

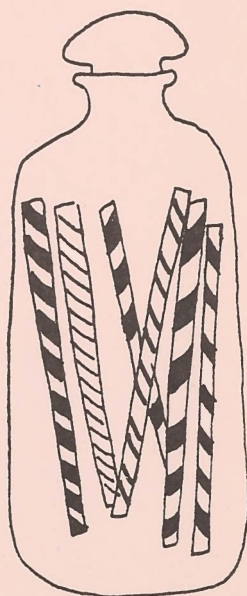
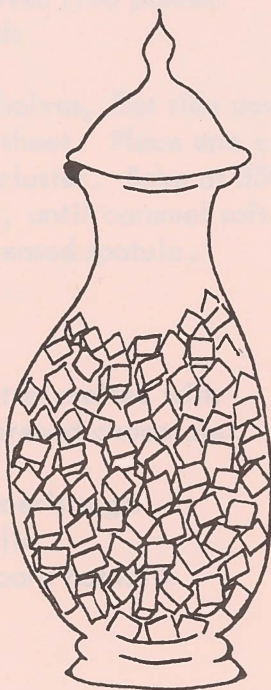
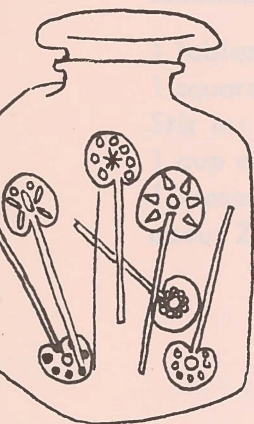
1/2 cup sugar

1/2 cup sour cream

1/4 teaspoon soda

Boil together until light and foamy. Sprinkle with 1/4 cup chopped nuts.

## CANDY



## PECAN TURTLES

### A DELIGHTFUL CONFECTION

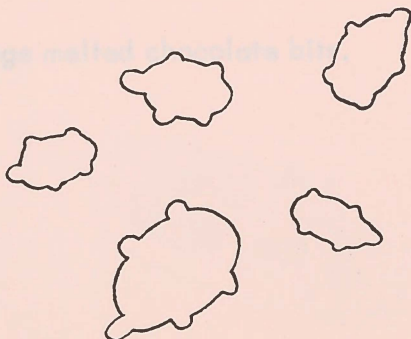
1 cup pecan halves (108 pieces)  
36 light caramels

Arrange pecan halves, flat side down, on greased cookie sheet. Place one caramel in center of each cluster. Bake at 350 degrees about 4 minutes, until caramel softens. Flatten caramel with greased spatula.

#### Frost with:

1 tablespoon butter melted with  
1 square unsweetened chocolate  
Stir in:

1 cup confectioner's sugar  
1 teaspoon vanilla  
about 2 tablespoons hot milk





## O HENRY CANDY

QUICK. . . .

1 cup dark Karo

1 cup sugar

Boil  $1\frac{1}{2}$  minute

Add

1  $\frac{1}{3}$  cup chunky peanut butter

1 tablespoon butter

Pour over

6 cups Special K

Press into greased 13 x 9 x 2 pan.

Spread with

1 package melted chocolate bits.

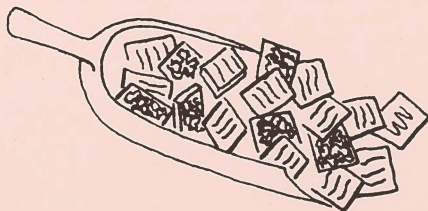
## TOFFEE SQUARES

### A CANDY COOKIE

- 1 cup butter
- 1 cup brown sugar, packed
- 1 egg yolk
- 1 teaspoon vanilla
- 1/4 teaspoon salt
- 2 cups flour
- 1/2 pound sweet chocolate
- 1/2 cup chopped nuts

Cream butter. Add sugar. Blend in egg yolk, vanilla, salt, and flour. Spread in greased 10 x 15 x 1 pan. Bake at 350 degrees 20 minutes. Spread while hot with melted chocolate. Sprinkle with nuts. Cut into small squares.

Makes 6 dozen.

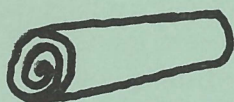


## ICED ALMONDS

1 cup whole almonds  
1/2 cup white sugar  
2 tablespoons butter

Cook over medium to low heat in a skillet until delicately browned. Add 1 teaspoon vanilla. Pour onto foil or greased pan. Sprinkle with salt.

# COOKIES





## SOUTHERN BROWNIES

### HIDDEN RICHNESS

1/2 cup shortening  
1/2 cup brown sugar, packed  
1/2 cup white sugar  
2 egg yolks  
1 teaspoon vanilla  
1 tablespoon cold water  
2 cups flour  
1/2 teaspoon baking soda

Cream shortening with sugars. Add egg yolks, vanilla, water. Stir in dry ingredients. Press into greased 13 x 9 x 2 pan. Sprinkle with 12 ounces of chocolate bits. Beat 2 egg whites with 1 cup light brown sugar until very stiff. Spread over dough.

Bake at 350 degrees until a delicate brown about 30 minutes.



## FROSTED CASHEW COOKIES

### A DIFFERENT CRUNCH

1/2 cup shortening  
1 cup brown sugar  
1 egg  
1 teaspoon vanilla  
2 cups flour  
3/4 teaspoon baking powder  
3/4 teaspoon baking soda  
1/4 teaspoon salt  
1/3 cup sour cream  
1 cup chopped cashews

Mix all ingredients. Drop by teaspoonful on cookie sheet. Bake at 325 degrees about 10 minutes.

#### Frosting:

1/2 cup butter  
3 tablespoons light cream or Half and Half  
1/4 teaspoon vanilla  
2 cups confectioner's sugar

Brown butter. Add rest of ingredients. Beat until smooth. Frost cookies. Decorate with cashew halves.

### SPRITZ

1 cup butter  
1/2 cup plus 2 tablespoons sugar  
1 egg  
1/8 teaspoon salt  
1 teaspoon vanilla  
2 1/2 cups flour

Cream butter. Add sugar. Blend in egg, salt, extract and flour. Knead dough by hand until pliable. Press through cookie press into shapes. Bake at 400 degrees 8-10 minutes until delicately browned. Decorate as desired with colored sugar or candies before baking; or frost afterward.



## PEANUT-DIPPED SPRITZ

### PRETTY FOR PARTIES

- 1/2 cup soft shortening
- 1/2 cup peanut butter
- 1/2 cup sugar
- 1/2 cup light brown sugar, packed
- 1 egg
- 1 1/4 cups flour
- 1/2 teaspoon baking powder
- 3/4 teaspoon baking soda
- 1/4 teaspoon salt
- 1 package chocolate bits for dipping
- 3/4 cup crushed salted peanuts

Mix thoroughly shortening, sugars, peanut butter and egg. Stir in dry ingredients. Put through star tip plate of cookie press onto ungreased pan. Cut into two-inch strips or make S curves.\*

Bake at 375 degrees 8-10 minutes. Remove from pan and cool. Dip one end of cookie in melted chocolate. Then into crushed nuts. Cool on foil or waxed paper until chocolate sets. Makes about 6 dozen. Stores well.

\*If dough is too soft to form good shapes, chill slightly before putting through press.





## CANDY BAR PILLOWS

1 cup butter  
2/3 cup sugar  
1 egg  
2 1/2 cups flour  
1/2 teaspoon salt  
1 teaspoon vanilla  
Milk chocolate candy bars

Cream butter. Add sugar and cream thoroughly. Add egg and extract and mix well. Add flour and salt. Use cookie press with saw tooth blade and press out strips onto cookie sheet. Press squares of candy lightly into dough 1/2" apart. Press another strip of dough over candy. Cut between candy. Bake at 375 degrees until light brown - about 8 minutes.

Makes 5 dozen.

## PRALINE BARS

### RICH CANDY ON A CRUNCHY CRACKER

24 - 36 graham crackers  
1 cup butter  
1 cup light brown sugar, packed  
1 cup chopped pecans

Arrange graham crackers on ungreased baking sheet, 10 x 15 x 1. Number used will depend on how generously you spread filling. Place butter and sugar in saucepan and boil 2 minutes. Stir in pecans. Spread over crackers. Bake at 350 degrees about 10 minutes or until candy bubbles. Watch carefully. The topping should be a delicate brown. Cut in half while warm.

Makes 48 - 72.



## GUM DROP JUMBOS

### CATSUP IN A COOKIE

- 1 cup soft shortening
- 1/2 cup sugar
- 1/2 cup light brown sugar, packed
- 2 eggs
- 1 teaspoon vanilla
- 1/4 cup catsup
- 2 3/4 cups flour
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1 package small gum drops - no black ones

Mix thoroughly shortening, sugars, eggs, vanilla and catsup. Stir in dry ingredients, fold in gum drops. Drop by extra large spoonful, 2 inches apart on greased cookie sheet. Bake 15 - 17 minutes at 375 degrees until light brown. Remove carefully with pancake turner or spatula. Makes 3 dozen extra large cookies.



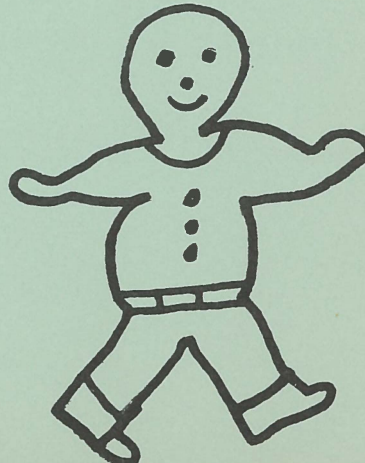


## GIANT GINGER COOKIES

### GREAT FOR GIFTS

- 1/3 cup shortening
- 1 cup brown sugar, packed
- 1 1/2 cups molasses
- 2/3 cup cold water
- 6 cups flour
- 2 teaspoons soda
- 1 teaspoon salt
- 1 teaspoon each - allspice, ginger, cloves  
and cinnamon

Mix shortening, sugar and molasses well. Blend in all dry ingredients. Chill. Heat oven to 350 degrees. Roll dough 1/2" thick on floured board. Cut with large cutters, or using sharp knife make original shapes. The dough is sturdy and handles well. Place far apart on lightly greased cookie sheet. Bake about 15 minutes or until no imprint remains when lightly touched. Cool. Decorate elaborately.





## RASPBERRY MERINGUE KISSES

### A PASTEL BIT FOR YOUR COOKIE PLATE

- 3 egg whites
- 1/8 teaspoon salt
- 3 1/2 tablespoons raspberry gelatin
- 3/4 cup sugar
- 1 teaspoon vinegar
- 1 cup miniature chocolate bits

Beat egg whites with salt until foamy. Add raspberry gelatin and sugar gradually. Beat until stiff peaks form and sugar is dissolved. Mix in vinegar. Fold in chocolate bits. Drop by teaspoon on ungreased cookie sheet covered with brown paper.

Bake at 250 degrees 25 minutes. Turn oven off. Leave cookies in oven 20 minutes longer.

## CRACKER JILLS

- 1/2 cup butter
- 1 package (3 ounce) cream cheese
- 1 1/4 cup light brown sugar, packed
- 1 egg
- 1/4 cup dark corn syrup
- 2 cups flour
- 1/2 teaspoon baking soda
- 1 cup salted Spanish peanuts
- 2 cups coarsely crushed soda crackers

Cream butter and cheese. Add sugar. Beat in egg. Add flour, soda, and syrup. Stir in nuts and crackers. Chill. Shape in balls. Roll in powdered sugar. Place on cookie sheet. Bake at 350 degrees about 12 minutes.

Makes 9 dozen.

## CHOCOLATE CHIP OATMEAL COOKIES

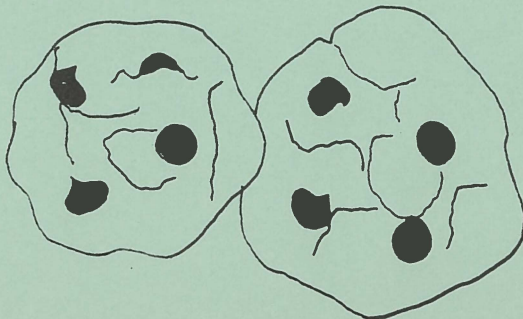
### POLKA DOTS

- 1/2 cup shortening
- 1/2 cup white sugar
- 1/4 cup brown sugar
- 1 egg
- 2/3 cup unsifted flour
- 1/2 teaspoon soda
- 1/2 teaspoon salt
- 1 cup chocolate chips
- 1 cup quick cooking oatmeal

Mix shortening, sugar, eggs and vanilla until light and fluffy. Blend in flour and soda and salt. Stir in chocolate chips and oatmeal. Drop by teaspoonsful onto baking sheets placing cookies about 2 inches apart.

Bake in moderate oven at 375 degrees 8-10 minutes or until cookies are lightly browned.

Makes about 4 dozen small cookies or 2 dozen larger.



## M AND M COOKIES

### COLORFUL FOR KIDS

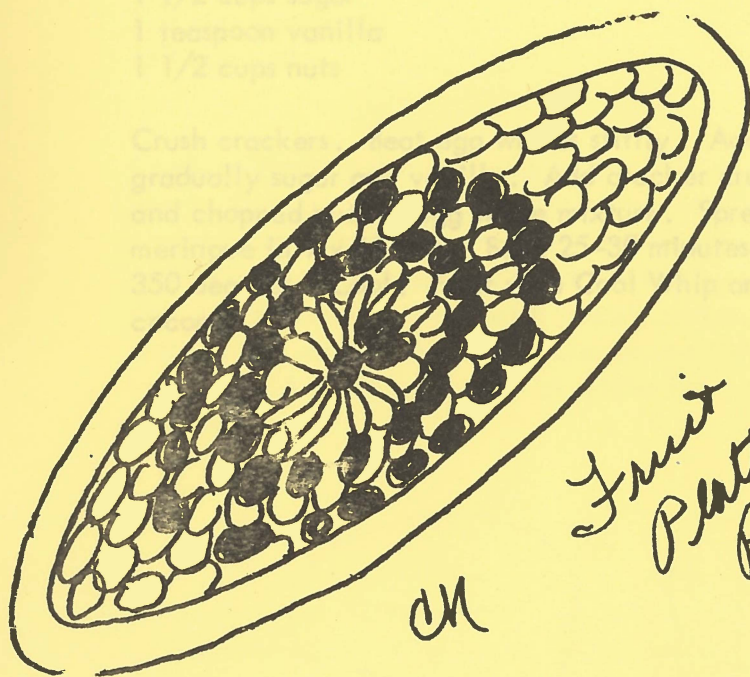
- 1 cup shortening
- 1 cup brown sugar
- 1/2 cup granulated sugar
- 2 eggs
- 2 teaspoons vanilla
- 2 1/4 cups flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- 3/4 pound M and M's

Cream shortening and sugars. Add eggs and vanilla. Then flour which has been sifted with soda and salt. Fold in M and M's (1/2 cup). Drop by teaspoonfuls on baking sheet. Use rest of M and M's to decorate tops.

Bake at 375 degrees 10-12 minutes.



DESSERTS



CH

Fruit  
Platter  
Pie

## BAKING RITZ COOKIES

### A MERINGUE DELIGHT

50 Ritz crackers  
6 egg whites  
1 1/2 cups sugar  
1 teaspoon vanilla  
1 1/2 cups nuts

Crush crackers. Beat egg whites stiffly. Add gradually sugar and vanilla. Add cracker crumbs and chopped nuts to egg white mixture. Spread meringue in 9 x 13 pan. Bake 25-30 minutes at 350 degrees. Cool. Frost with Cool Whip and coconut.

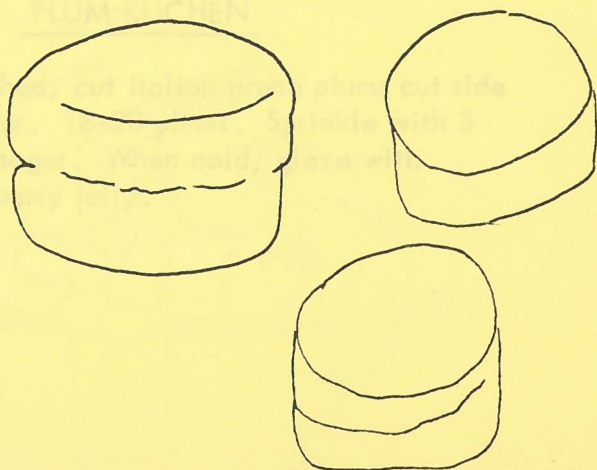


## BAKING POWDER BISCUITS

### A GOOD OLE STANDBY

2 cups flour  
1 tablespoon baking powder  
1/2 teaspoon salt  
1/3 cup shortening  
2/3 cup milk

Combine flour, baking powder and salt in mixing bowl. Cut in shortening until mixture resembles coarse meal. Add milk until mixture clings. Toss on lightly floured board. Knead 12-15 times. Roll 1/2 inch thick. Cut with biscuit cutter. Bake at 425 degrees 10-12 minutes or until lightly browned. A little sugar may be added for shortcake.



## BUTTER KUCHEN

### TOPPING CAN BE VARIED

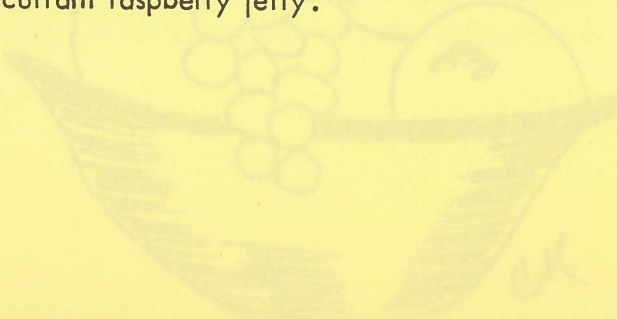
1/2 cup butter  
1/2 cup sugar  
3 eggs  
1/2 teaspoon vanilla  
1 cup flour

Fruit topping and additional flavors or glaze.

Cream butter and sugar until light. Beat in eggs one at a time. Stir in flour and vanilla. Butter and flour a large, round, shallow pan, preferably with a removable bottom. Spread batter evenly. Top with fruit and sugar. Bake at 375 degrees 40 minutes or until lightly brown. Let cool. Remove ring. Serves 12-16.

## PLUM KUCHEN

Arrange washed, cut Italian prune plums cut side up over batter. 18-20 plums. Sprinkle with 3 tablespoons sugar. When cold, glaze with currant raspberry jelly.





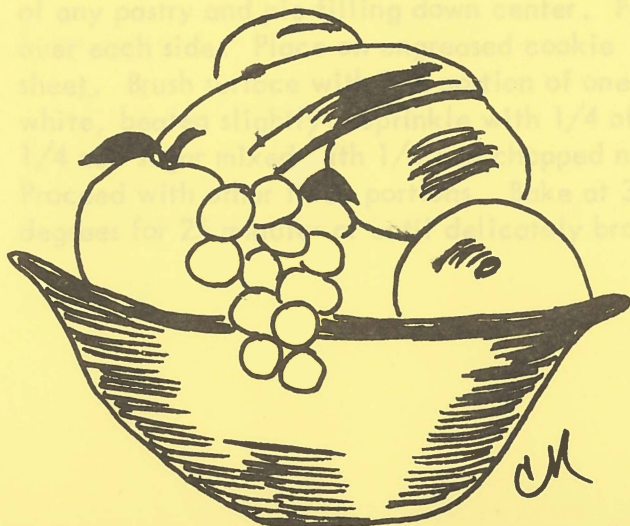
## NECTARINE KUCHEN

Arrange slices of nectarines over batter .  
Sprinkle with 3 tablespoons sugar and a little  
nutmeg. Glaze with warm orange marmalade.

## PEAR KUCHEN

Prepare butter kuchen but add 1 teaspoon grated  
lemon rind and 1 teaspoon anise extract.

Pour batter into pan as directed. Arrange cored  
and peeled Bartlett pear slices in an attractive  
pattern on batter. Sprinkle with 2 tablespoons  
lemon juice and 2 to 3 tablespoons sugar. Bake  
as directed. Glaze with jelly, jam, or marmalade.



## QUICK KRINGLE

SENSATIONAL FOR BREAKFAST,  
BRUNCH, AND LEFTOVERS  
WILL REHEAT WELL

- 1 cup butter (or part margarine)
- 2 cups flour
- 1/2 teaspoon salt
- 1 cup cultured sour cream
- 1 teaspoon vanilla

Put flour and salt in a large bowl; work in shortening with fingertips or a pastry blender until mixture resembles coarse meal. Stir in sour cream and vanilla. Work into a ball. Divide into four parts. Flatten into patties. Refrigerate overnight.

Roll out one portion at a time into a 15 x 9 rectangle. Spread one-half can of your choice of any pastry and pie filling down center. Fold over each side. Place on ungreased cookie sheet. Brush surface with 1/4 portion of one egg white, beaten slightly. Sprinkle with 1/4 of 1/4 cup sugar mixed with 1/4 cup chopped nuts. Proceed with other three portions. Bake at 350 degrees for 25 minutes or until delicately brown.

Serves 34

## DANISH PUFFS

1 cup flour  
1/2 cup butter  
2 tablespoons water

Cut butter into flour. Add water. Mix with fork. Round into a ball. Pinch off pieces size of walnut. Pat into circle on ungreased cookie sheet.

1/2 cup butter  
1 cup water  
1 teaspoon almond flavoring  
1 cup flour  
3 eggs

Bring butter and water to a rolling boil. Add flour and almond extract. Stir until smooth. Add eggs one at a time, beating each time until smooth. Heap generously on pastry rounds. Bake at 350 deg degrees 30 minutes or until brown. Cool.

### Frost with:

1 1/2 cup confectioner's sugar  
2 tablespoons soft butter  
1 1/2 teaspoon vanilla  
1 - 2 tablespoons warm water.

Serves 34.

## RASPBERRY TWISTS

### JUST PLAIN DELICIOUS

4 cups flour  
6 teaspoons baking powder  
1 teaspoon salt  
1 cup butter or margarine  
2 eggs  
1 cup milk  
1 can solo filling

Sift together dry ingredients. Cut in butter as for pie crust. Beat eggs and milk together. Add to flour mixture. Blend well. Divide into three parts. Roll each into 12 x 10 rectangle. Spread with 1/3 can of filling. Fold into thirds. Cut into 1" strips. Twist each strip. Place on baking sheet about 1" apart. Bake at 400 degrees about 15 minutes until delicately browned. Cool. Frost with vanilla icing. Serves 36.



## FRUIT PLATTER PIE

### PRETTY AS A PICTURE

Heat oven at 450 degrees. Ease pastry into pizza pan. Prick bottom and sides with fork. Bake at 450 degrees until light brown. Cool.

Arrange fresh fruits around pastry in circles. Spoon orange sauce over top. Refrigerate up to four hours. Otherwise fruit will soak through crust.

#### Orange sauce:

1 cup sugar  
1/4 teaspoon salt  
2 tablespoons cornstarch  
1 cup orange juice  
1/4 cup lemon juice  
3/4 cup water  
Grated lemon and orange peel

Blend dry ingredients. Gradually stir in liquids. Cook, stirring constantly until thick. Boil 1 minute. Stir in peels. Cool. Pour over fruits.

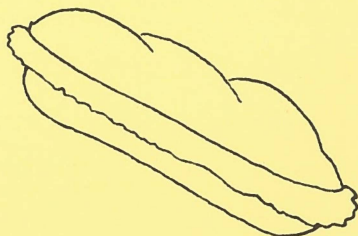


## MINIATURE CREAM PUFFS AND ECLAIRS

1 cup water  
1/2 cup butter or margarine  
1 cup flour  
4 eggs

Heat water and butter to rolling boil. Stir in flour. Stir vigorously until mixture forms a ball. Remove from heat. Beat in eggs one at a time until smooth. Drop by teaspoonful on ungreased sheet.

Bake at 400 degrees 25-30 minutes until puffed and golden brown. Cool. Fill cream puffs with cream and dust with confectioner's sugar. Fill eclairs with pudding and frost.



## BOHEMIAN JAM SQUARES

RICH. . . . DELICIOUS. . . .

1 cup milk  
1 ounce yeast  
1 teaspoon sugar

Scald milk and cool. Add yeast and sugar. Let stand 10 minutes.

4 1/2 cups flour  
2 tablespoons sugar  
1 cup butter  
2 eggs  
Canned fruit pie filling

Cut butter into dry ingredients. Add beaten eggs and yeast mixture. Mix until ball is formed. Divide into thirds. Roll 1/3 dough to fit jelly roll pan which is well greased. Spread with one can filling. Roll second 1/3. Place over filling. Spread with one can filling. Roll last third and cover filling. Let rise one hour. Bake at 375 degrees 30-35 minutes. Cool. Frost. Serves 48.

## CHOCOLATE CHERRY BARS

- 1 can (21 ounce) cherry filling
- 1 package fudge cake mix
- 1 teaspoon almond extract
- 2 eggs, beaten

Preheat oven to 350 degrees. Use solid shortening to grease 15 x 10 pan. Combine ingredients by hand. Pour into pan. Bake at 350 degrees 25-30 minutes.

### Frosting:

- 1 cup sugar
- 5 tablespoons butter
- 1/3 cup milk

Boil 1 minute. Remove from heat and stir in 6 ounce package chocolate bits. Pour over bars. Serves 36.



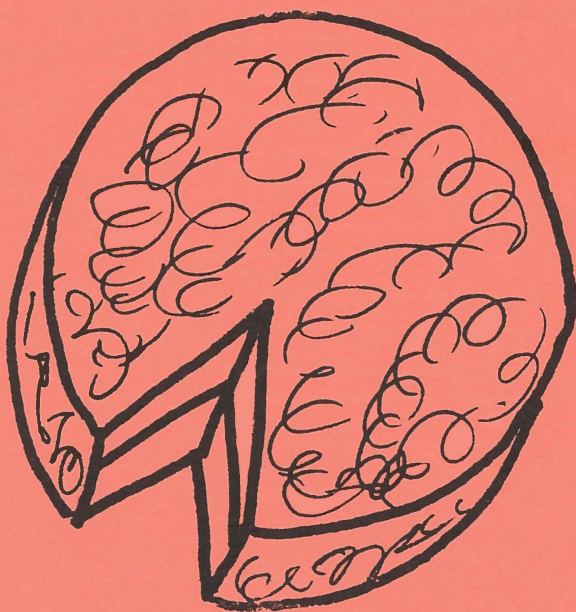
## FRENCH PUFFS

### YOU'LL SAY OOO LA LA

1/3 cup shortening  
1/2 cup sugar  
1 egg  
1 1/2 cups flour  
1 1/2 teaspoons baking powder  
1/2 teaspoon salt  
1 teaspoon vanilla  
1/4 teaspoon nutmeg  
1/2 cup milk

Heat oven to 350 degrees. Grease well 12 muffin cups. Cream shortening, add sugar and egg. Stir in dry ingredients alternately with milk. Add vanilla. Fill muffin pans 1/2 to 2/3 full. Bake 20-25 minutes. Mix 1/2 cup sugar with 1 teaspoon cinnamon. While muffins are warm, dip into 1/2 cup melted butter. Roll in cinnamon sugar mixture. Serves 12.

## PIES AND PASTRIES



## DATE MARMALADE PASTRIES

### GLORIFIED RICHNESS

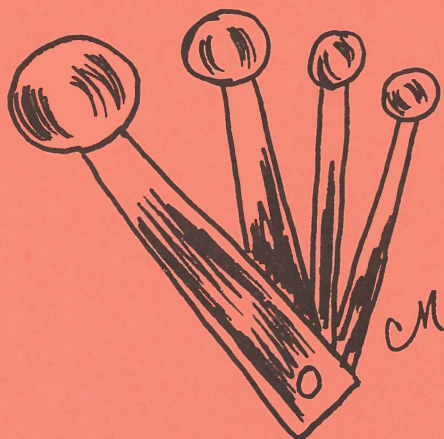
5 dozen pitted dates stuffed with  
1/4 teaspoon orange marmalade  
1 package (11 ounce) pie crust mix  
1 package (3 ounce) cream cheese  
1 tablespoon milk

Blend pie crust mix with cheese and milk. Roll out 1/2 at a time. Cut into 2" squares. Place date in center of square. Bring up two opposite corners. Seal. Bake at 400 degrees 10 minutes. Dust with confectioner's sugar.

## SWEET 'H' TARTS

### FOR SPECIAL OCCASIONS

Roll out your favorite pastry. Cut into 3-inch circles. Place 1 tablespoon of any fruit ready-prepared pastry or pie filling or 1 tablespoon very thick jam or marmalade in center of circle. Moisten edges. Seal with tines of fork. Prick tops and brush with a little milk. Bake at 425-450 degrees until delicately browned. Watch carefully.





## CHEESE DAINTIES

3/4 cup butter

1 1/2 cups cottage cheese (dry or Bakers)

2 1/2 cups flour

1/3 to 1/2 cup cold water

Vanilla

Canned fruit pie filling

Combine all ingredients as for pie crust (except pie filling). Form into four parts. Chill one hour. Roll 1/4" thick. Cut in circles or squares. Put small amount of fruit filling in center. Seal.

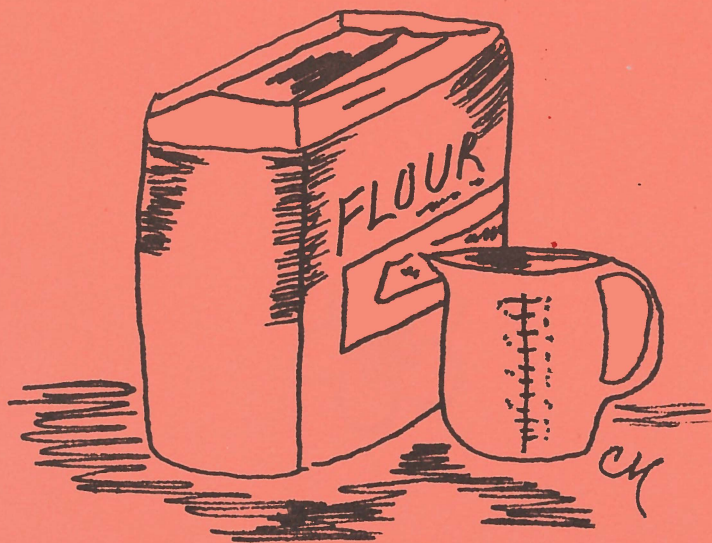
Bake at 400 degrees 15-20 minutes. Frost or sprinkle with confectioner's sugar. Makes 60.

## PERFECT PIE CRUST MIX

6 cups flour  
1 pound lard  
1/8 pound butter  
1 tablespoon salt

Put flour and salt in large bowl. Mix in shortening with finger tips or pastry blender until it resembles coarse meal. Store in refrigerator. Keeps up to six weeks.

When ready to use, add 3 tablespoons cold water for each 1 cup of mix.



## MINCE MEAT PIE FACES

CHANGE THE EXPRESSION  
TO SUIT YOUR MOOD

Roll out your favorite pastry and cut into circles. Place generous amount of prepared mince meat in center of one circle, cover with another. Moisten edges. Seal. Cut a face in top crust with a sharp knife. Brush surface with milk. Bake at 425 - 450 degrees until light brown.





## FRESH BERRY TARTS

1 large package cream cheese  
1/4 cup sugar  
2 tablespoons orange juice concentrate  
1/2 cup heavy cream

With an electric mixer, beat cream cheese, sugar and concentrate until smooth. Gradually add cream and beat until light and fluffy. Spoon small amount into baked tart shells. Place several washed, hulled berries on top. Spoon melted raspberry currant jelly over berries. Refrigerate for at least two hours.



## FRUIT CAKE TARTS

- 1 1/2 cups sugar
- 1/2 cup butter
- 1/2 cup shortening
- 1 1/2 teaspoon baking powder
- 1 teaspoon vanilla
- 1 teaspoon almond extract
- 4 eggs
- 3 cups flour
- 1 can (21 ounce) cherry pie filling

Heat oven to 350 degrees. Generously grease 15 x 10 1/2 x 1 1/2 pan. Blend sugar, butter, shortening, baking powder, vanilla, almond extract, and eggs in large mixer bowl on low speed. Scrape often. Beat three minutes on high speed. Remove. Stir in flour. Spread in pan. Mark into 24 squares. Place about 1 tablespoon cherry filling in center of each square. Bake at 350 degrees about 45 minutes. Cool. Frost if desired, or sprinkle with confectioner's sugar.

## TOM THUMB TARTS

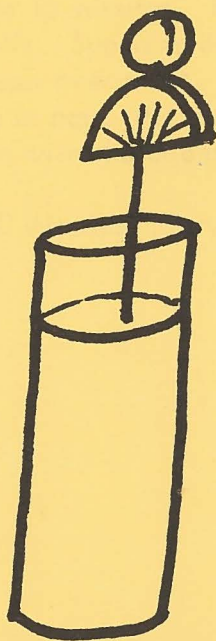
1 cup butter  
2 packages (3 ounce size) cream cheese  
2 cups flour

Soften butter and cheese. Cream well. Add flour  $1/2$  cup at a time. Work until a smooth dough is formed. Shape into balls. Press to line bottom and sides of small muffin pans.

2 eggs  
1  $1/2$  cups brown sugar  
1 tablespoon instant coffee  
Dash salt  
2 tablespoons melted butter  
1 teaspoon vanilla  
 $3/4$  cup chopped pecans

Beat eggs. Add sugar, coffee, salt and beat. Add butter and vanilla. Sprinkle nuts in pastry cup. Spoon over filling almost to top of cup. Bake at 350 degrees 20 minutes or until crust is golden and filling set. Makes 32-40.

FOODS  
for  
ENTERTAINING



## TACO PIE

- 1 1/4 pound ground beef
- 1 can crescent rolls
- 2 cups crushed Fritos
- 1 package taco seasoning mix
- 1/3 cup stuffed chopped olives
- 1 cup water
- 1/2 pint sour cream (more if desired)
- 1 package shredded cheddar cheese
- 1 package mozzarella cheese

Line greased pie pan with crescent rolls. Brown hamburger and drain. Add olives, water, and seasoning mix. Simmer for 15 minutes. Put 1 cup crushed Fritos over rolls. Spoon meat mixture over Fritos. Pour sour cream over meat. Sprinkle both cheeses over mixture in pan. Put rest of Fritos on top - or put them with the cheeses.

Bake at 375 degrees 20-40 minutes. Serves 4-6.



## RUSSIAN TEA

1 cup Tang  
1 cup instant tea  
1 cup granulated sugar  
1/4 teaspoon cinnamon  
1/8 teaspoon cloves

Blend well. Stir again each time before using.  
Use 2 teaspoons per cup of hot water.



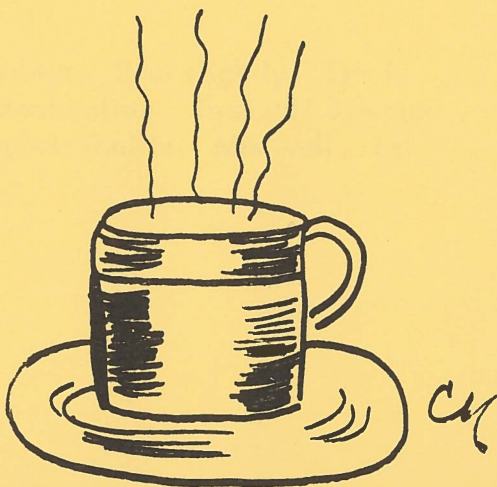
## WASSAIL OR MULLED CIDER

### A WINTER PEP-UP

- 1 gallon apple cider
- 1 cup brown sugar
- 1 can undiluted frozen lemonade concentrate
- 1 can undiluted frozen orange juice concentrate
- 1 bag whole spices, tied in cheese cloth
- 1 tablespoon whole cloves
- 1 tablespoon whole allspice
- 1 tablespoon whole cinnamon sticks

In a large kettle, combine all ingredients. Bring to a boil. Simmer at least 30 minutes. Remove spice bag.

Serve hot. Serves 24.



## BLACK RUSSIAN CAKE

MAKE THE KAHLUA  
TWO WEEKS AHEAD!!

1 package yellow cake mix (regular size)  
1 package instant chocolate pudding  
1/2 cup salad oil  
4 eggs  
1/2 cup coffee  
1 cup kahlua

Combine all ingredients in large mixer bowl.  
Blend, then beat at medium speed 2-3 minutes.  
Bake in angel food pan, greased on bottom, at  
350 degrees for 50-55 minutes. Cool in pan  
10 minutes. Remove to rack.

## KAHLUA

1/2 cup brown sugar  
1/4 cup plus 1 tablespoon granulated sugar  
2/3 cup water

Boil rapidly 5 minutes. Cool slightly. Stir in  
2 tablespoons instant coffee. Then add 3/4 cup  
vodka and 1 teaspoon vanilla. Mix well. Let  
stand two weeks.

## ELEPHANT EARS

1 package dry yeast  
1/4 cup water  
Soften yeast in water.

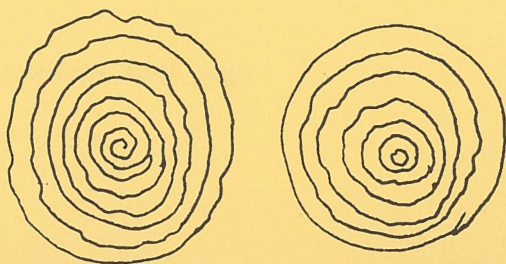
2 1/4 cups flour  
2 tablespoons sugar  
1/2 teaspoon salt  
Combine and cut in  
1/3 cup butter

1/3 cup milk, scalded and cooled  
1 egg, beaten

Beat all ingredients together. Roll on a floured canvas to 10 x 16. Cream 1/3 cup butter with 3/4 cup brown sugar.

Spread rectangle with 1/2 of it. Sprinkle with 1/2 cup chopped pecans. Roll. Cut into 16 1" slices. Put only four on buttered pan. Sprinkle each with 1 teaspoon sugar and butter and 1 tablespoon nuts.

Let rise. Bake at 425 degrees 10 minutes.





## BANANA SPLIT CAKE

Use 9 x 13 pan. Chill eight hours before serving.

### First layer:

2 cups crushed graham crackers or vanilla wafers.  
Mix with  $\frac{2}{3}$  cup butter or margarine, melted.

### Second layer:

2 sticks butter, softened, blended with 2 eggs,  
2 cups powdered sugar, and 1 teaspoon vanilla.

### Third layer:

3 large bananas, sliced, which have been dipped  
in pineapple juice.

### Fourth layer:

1 can (16 ounce or larger) crushed pineapple,  
well drained.

### Fifth layer:

Fresh strawberries (pint or more) cleaned and  
sliced.

Continued on next page

Sixth layer:

1 large container of whipping cream or substitute.

Seventh layer:

Sprinkle with chopped nuts and maraschino cherries.

Add to pan layer by layer.





*The caduceus represents the medical profession. The sphere represents the world-wide scope of medical practice, and the winged calf with the halo is the accepted ecclesiastical symbol of the sacrificial nature of St. Luke, the Apostle Physician. Thus, the mobile personifies St. Luke's Hospital.*