

Eat, Drink and Be Metro

(or the Joy of Bureaucracy)



Cookbook Committee Report

**Resolution No. 1, FOR THE PURPOSE OF PUBLISHING
"Eat Drink and Be Metro or the Joy of Bureaucracy"**

Date: November 1990

Presented by: the Metro Employees Association Cookbook Committee

COMMITTEE RECOMMENDATION: In considering the resolution, the committee determined that publishing a cookbook with recipes from a bunch of bureaucrats would enhance the coffers of the Employees Association, boost morale and calorie intake and generally be a dandy idea. The committee voted unanimously to add a pinch of this, a dash of that and to get cookin'.

COMMITTEE DISCUSSION/ISSUES: This resolution would authorize purchasers of the cookbook to try any of the recipes and enjoy the results - whether you're a light rail or in need of waist reduction. The committee, acting in good faith that the suppliers of said recipes have indeed tried them first, makes no claims as to the worthiness of said recipes or takes any responsibility for any additional burden of weight gained in doing so.

The committees voted to acknowledge the following people for making this cookbook possible:

**Ann Brunson
Sherri Gonzalez
Michel Gregory
Lois Kaplan
Marilyn Konka
Gloria Logan
Jessica Marlitt
Karen Thackston
Cathy Thomas
John Willworth
Unette Worley
Aletta Yantis**

**With special thanks to Teri Sherman for design.
And to Janice Larson and Carol Krager for the name.**

And, of course, to all those "bureaucooks" who contributed their special dishes.

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Negotiations and other nebulous nibbles

Tsire

2 pounds meat (steak beef)
2 tablespoons roasted peanuts (ground)
1 tablespoon ginger (ground)
6 cloves (ground)
1 tablespoon pepper (ground)
10 tablespoons peanut oil
2 Maggi cubes

Trim the beef, cut into very thin slices. Wash and drain off the water. Mix all the ground spices with the pepper and Maggi cubes and salt. Sprinkle the mixture very well on the meat. Arrange the meat on Tsire sticks or skewers. Sprinkle with peanut oil and grill for about 40 minutes until cooked. Serve with a drink.

Serves 4

Gerry Uba
Planning and Development

Puff Puff

Nigerian Snacks

2 cups wheat flour (plain)
1 tablespoon dried yeast
1 tablespoon sugar
vegetable oil for deep fat frying
1 pint water

Mix yeast in 1 pint warm water and stir in 1 tablespoon sugar. Pour into a mixing bowl and allow to stand for about 15 minutes (i.e., until it forms a foam on top of the mixture). Pour this mixture into the flour and mix very well, cover and let it stand in a warm place. When you notice some air bubbles in the mixture, heat the oil for 20 minutes. Scoop a little of the mixture at a time into the oil with a spoon. Deep fry until golden brown.

Makes 20 balls

Gerry Uba
Planning and Development

Sweet and Sour Meatballs

2 pounds ground beef
1 slightly beaten egg
1 large grated yellow onion
1/2 cup bread crumbs
salt to taste

Mix all ingredients and shape into tiny meatballs.
Brown on ungreased cookie sheet at 400° for about 15 minutes, until done.

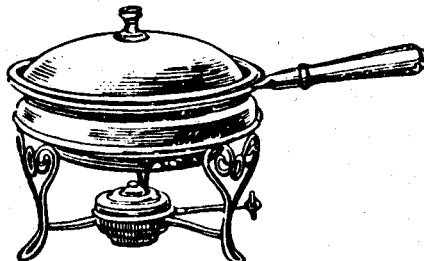
Sauce:

1 12-ounce bottle chili sauce
1 10-ounce jar grape jelly
juice of 1 lemon

Simmer sauce ingredients until blended. Add meatballs and cook on low heat for about 15 minutes.

For serving as appetizers.

Lois Kaplan
Transportation



Nacho Dip

refried beans
salsa (optional)
ground beef (optional)
3 avocados
lemon juice
sour cream
onion salt and/or garlic salt
finely chopped green onions
chopped green chillies
grated cheddar and/or jack cheese
sliced olives
tortilla chips

This is a recipe for chip dip prepared similar to nachos. Prepare the various ingredients in layers on a large flat dish. Spices are according to your preferred palate (i.e., hot or very hot).

Spread a layer of refried beans. If desired, first mix with salsa and/or ground beef. Combine 3 avocados with a small amount of lemon juice (to prevent discoloration) and enough sour cream for the desired consistency. Flavor to taste with onion salt and/or garlic salt. Spread mixture in another layer on top of the refried beans. Spread a layer of sour cream mixed with finely chopped green onions (the onion part). Spread a layer of salsa. Spread a layer of chopped green chillies. Spread grated cheddar and/or jack cheese. Top with sliced olives and green onions. Serve cold with tortilla chips.

Andy Cotugno
Transportation

Sweet Brie

1 8" round of brie (24 ounces), not fully ripened, top rind removed

1 cup chopped pecans

2 cups firmly packed brown sugar
crackers

Preheat broiler. Place brie in 10" quiche dish or pie plate and sprinkle with nuts. Cover top and sides with sugar, patting gently with fingertips (do not be concerned if sides are not fully covered). Broil on lowest rack until sugar bubbles and melts, about 3 minutes (cheese should retain its shape). Serve immediately with assorted crackers.

I have used smaller rounds and adjusted accordingly.

24 servings

Karen Thackston
Transportation

Parmesan Cheese Puffs

1/2 cup minced onion

1/2 cup grated fresh Parmesan cheese

1 cup mayonnaise

Mix ingredients and spoon onto small bread rounds. Brown in 350° oven 10-15 minutes.

Vickie Rocker
Public Affairs

Instant Homous

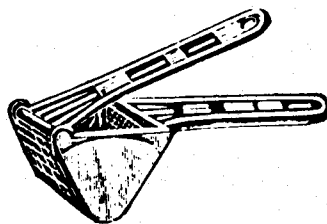
1 15-ounce can garbanzo beans
1 tablespoon tahini
1/8 cup lemon juice
1/4 cup olive oil
2 cloves garlic
salt

Drain the garbanzos. Put them in a blender and reduce them to a mush. Beat in the tahini. Then beat in the lemon juice, olive oil and garlic. Salt to taste. Serve with something to dip with or spread on. Slices of warm pita bread are the best choice.

Note: Tahini is sesame seed paste. If you don't have any, don't worry about it. If you don't have fresh garlic, garlic powder will do. A jar of chopped garlic is the best deal of all.

When you need an exotic appetizer in a hurry . . .

Larry Sprecher
Planning and Development



Salmon Dip

16 ounces softened cream cheese
2 tablespoons mayonnaise
1 teaspoon crushed dill
1 tablespoon lemon juice
6 ounces smoked salmon (or one can of salmon,
drained)

Cream mayonnaise and cream cheese together. Blend in lemon juice and dill. Crumble salmon into small pieces and add to mixture. Salt and pepper to taste.

This is a good spread for crackers or vegetable dip.

Carol Krager
Metro Washington Park Zoo

Smoked Salmon Mousse

8 ounces cream cheese
3 green onions
1 tablespoons lemon or lime juice
1 teapsoons tabasco
1 tablespons ketchup
3 tablespoons minced fresh cilantro or fresh dill
8 ounces smoked salmon, crumbled
Salt to taste, if needed

Process all ingredients except salmon in food processor until smooth. Add salmon and process just until mixed. Serve with crackers or slices or french bread.

This also makes a good pasta sauce - just add a splash of half and half, heat just until warmed in microwave or saucepan, and toss with hot drained pasta.

Michel Gregory
Public Affairs

Ann's Brussels Sprouts

2 pounds Brussels sprouts

Sauce:

1-1/2 cups mayonnaise
4 tablespoons sweet pickle relish
4 tablespoons capers, undrained
1 teaspoon sugar
1 tablespoon grated onion
salt and pepper
dash of cayenne
vinegar to thin

Steam sprouts until barely done, not soggy. Chill. Combine sauce ingredients; serve as a dip. May also be tossed as a buffet salad. Makes about 30 appetizers.

Ann Brunson
Council staff

Cookie Sheet Taco

1 large, 1 small can refried beans
3 pounds hamburger
1 onion, finely chopped
3 4-ounce cans taco sauce
1 cup each, Swiss and cheddar
1 cup olives, sliced
1 cup tomatoes, cubed

Spread refried beans on cookie sheet. Brown onion and hamburger; drain well. Mix sauce into onion and hamburger. Place on top of refried beans. Sprinkle cheeses all over and add olives. Place in 350° oven for 15 minutes. After 10 minutes, sprinkle on tomatoes.

Pam Patterson
Accounting

Artichoke Wedges

Use marinated artichokes in this baked egg and cheese dish; you serve it at room temperature or chilled.

- 1 jar (6 ounces) marinated artichoke hearts
- 4 eggs
- 1/4 cup all-purpose flour
- 1/2 teaspoon baking powder
- 1/4 teaspoon pepper
- 1 cup (8 ounces) ricotta cheese
- 2-1/2 cups (about 10 ounces) shredded jack cheese

Lift artichokes from marinade; reserve marinade. Cut the artichokes into 1/2-inch pieces and set aside.

In a large bowl, combine the eggs, marinade, flour, baking powder, and pepper. Mix with a rotary until blended. Stir in ricotta cheese, 2 cups of the jack cheese, and the artichoke pieces.

Pour mixture into a well-greased 9-inch round cake pan. Sprinkle remaining jack cheese on top.

Bake in a 350° oven until top is lightly browned and center feels firm when gently touched, about 40 minutes. Cool to room temperature and cut into wedges. Serve, or cover and chill (as long as overnight) to serve cold. Makes 12 to 16 appetizer servings, or 6 main dish servings.

Darlene Badrick
Planning and Development

Orange Julius

1/2 of 6-ounce can frozen orange juice concentrate
1/2 cup milk
1/2 cup water
1/4 cup sugar
1/2 teaspoon vanilla
5-6 ice cubes

Place on "high" setting in blender for 30 seconds.
Makes 3 cups.

Lois Kaplan
Transportation

Glîgg

2 quarts claret (or dry red wine)
5 pieces citrus peel
5 pieces stick cinnamon
10 cloves
10 cardamon
1 cup brandy
1 cup raisins
3/4 cup blanched almonds

Put spices in a cloth bag. Put in pan with claret, raisins and almonds. Cook 15 minutes. Add brandy just before serving. Serve in cups (demitasse cups are best to keep participants "out of their cups") with spoons (to eat the almonds and raisins). Gîd yule.

Sandy Stallcup
Convention Center Project



Hot Buttered Rum Mix

- 1 box powdered sugar
- 1 box brown sugar
- 1 pound butter
- 1/2 gallon vanilla ice cream (softened)
- 1 teaspoon nutmeg
- 1 teaspoon cinnamon
- 1 teaspoon vanilla
- 1 teaspoon allspice

Mix ingredients in a large bowl; use fresh or freeze.

To use: Into a cup put 1 heaping tablespoon of batter, 1 jigger rum, and fill with hot water.

Keeps a long time in the freezer.

Karen Thackston (Pat George)
Transportation

Lemon-Strawberry Punch

- 3 cans (6-ounces each) frozen lemonade concentrate
- 1 packae. (10 ounces) frozen strawberries, thawed
- 1 quart ginger ale, chilled

In large punch bowl, prepare lemonade concentrate as directed on can; stir in strawberries (with syrup). Stir in ginger ale and, if you wish, add small scoops of strawberry ice cream or ice cubes.

28 servings

Karen Thackston
Transportation

John Gregory's World

Famous Strawberry Daiquiri

1 egg white
4 shots (1-1/2) amber rum and
1 shot for the pot
1 shot of Triple Sec
1/3-1/2 shot Rose's Lime Juice
1 basket of strawberries
4 tablespoons sugar
ice

In blender, combine sugar, rum, Triple Sec, egg white (not the yolk!) and lime juice; whirl. Add ice and fruit to your taste and blend again. Taste it and add ingredients to suit if your initial tasting is not satisfactory.

Karen Thackston
Transportation

Russian Tea

2 cups Tang
1 cup sugar
1/2 cup instant tea (no sugar, no lemon)
1 30-ounce package dry lemonade mix
1 teaspoon cinnamon
1/2 teaspoon cloves

Combine all ingredients; store in an airtight container. To make: Add 2 teaspoons tea mix to 1 cup boiling water.

Makes 50 cups

Lois Kaplan
Transportation

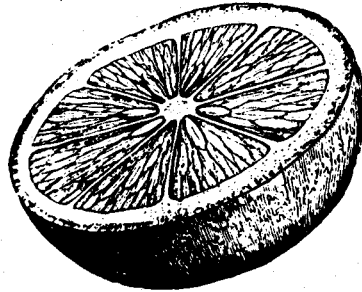
Sangría De Granada

With a vegetable peeler, thinly cut off the thin outer peel of half a medium-sized orange. In a bowl, using a spoon, bruise the peel with 1/4 cup sugar to release the flavorful oils; then stir in 2 cups freshly squeezed orange juice, 1 bottle (4/5 quart) dry red wine, and 1/2 cup Cointreau (or other orange-flavored liqueur). Cover and chill; after the first 15 minutes, remove the orange peel.

Serve sangría in a bowl or from a pitcher, garnish with 1 or 2 thin orange slices, quartered.

Add ice cubes to the individual servings of sangría, if you like. Makes 6 cups, or 12 servings of 1/2 cup each.

Darlene Badrick
Planning and Development



Dick's Clam Sauce for Pasta

1/2 cup butter (1/4 pound)
2 cloves garlic, finely chopped
1/4 cup sliced green onions
2 7-ounce cans minced clams
juice of 1 can of clams
1/4 cup chopped parsley
2 tablespoons flour
1 cup half and half
salt to taste
parmesan cheese

Melt butter, setting aside 2 tablespoons. Saute onions and garlic in remaining butter. Add clams, clam juice and parsley. Bring to a boil for 3 minutes. Make roux combining reserved butter and flour. Add half and half to roux, bring to boil and add to clam sauce. Serve over linguini noodles.

Serves 4 - 6

Dick Bolen
Transportation

Super Sauce

dill sauce for fish; dill dip

1 cup sour cream
1 cup mayonnaise
1 green onion chopped
juice of one lemon
tablespoon of dried dill (more or less to taste)
1 grated cucumber

Dick Bolen
Transportation

Salsa

16 ripe tomatoes
2 green peppers
16 jalapeno peppers (for mild salsa, remove seeds)
2 cups celery
2 cups onion
4 large garlic cloves
1 tablespoon mustard seed
1 tablespoon coriander
1 tablespoon chill powder
1 tablespoon salt
1/2 cup vinegar
1 cup oil

Put in blender for desired consistency. Simmer 20 minutes. Cool in refrigerator.

Jean McKenzie
Accounting

Salsa Fresca

2 cups well-drained canned plum tomatoes, finely chopped
1 large fresh ripe tomato, peeled and finely chopped
1/4 cup minced fresh herbs - basil, thyme, parsley or dill work well
1 tablespoons sherry vinegar or balsamic vinegar
2 tablespoons capers
1/4 cup red onion, minced
1/2 teaspoons crushed red pepper
Salt to taste

Mix all ingredients together. Toss with cooked, drained pasta to create a quick pasta salad. Use as a low calorie topping for grilled fish or chicken. Or serve with tortilla chips.

Michel Gregory
Public Affairs

Grandma's Cranberry Conserve

1 pound cranberries (fresh or frozen)
3 cups sugar
juice and rind of 1 lemon
2 oranges
1/2 cup nuts (optional)

Combine lemon, cranberries and sugar in large saucepan. Peel oranges thinly and chop, discarding pith and seed. Add to cranberries and mix well. Cook over medium heat, stirring until thick; add nuts. Pour into sterilized jars. If using right away, put in container with tight-fitting lid after cooling.

This is great on sandwiches or with poultry.

Jennifer Sims
Finance and Administration

Meat Marinade

for beef and chicken

1 tablespoon soy sauce
1 tablespoon oil
1 tablespoon cornstarch
1 teaspoon salt
1/2 teaspoon sugar
1 teaspoon cooking sherry
1 teaspoon shredded ginger root (optional)
1 pound sliced beef or chicken, 1-2' long, and 1/4' wide

Note: For beef, use flank steak or sirloin tip; for chicken, use fresh chicken breasts, skinned and deboned.

Mix thoroughly and let stand for 20 minutes at room temperature. It is now ready to be cooked in a wok.

Dick Walker (Mary)
Transportation

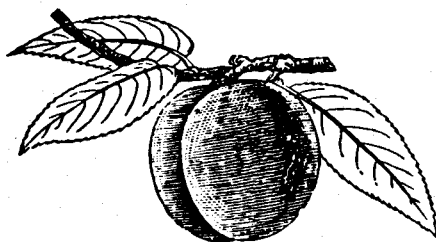
Apricot Chutney

1/2 bag dried apricots, cut in pieces
boiling water to cover apricots
ginger (hand-sized), peeled
2 heads garlic, peeled
4 dried red chillies (capsicum japonicum)
2 cups red wine vinegar
3 cups sugar
1 teaspoon salt
2 cups currants

Soak apricots in boiling water for 1 hour. Processor puree ginger, garlic and chillies. Simmer all ingredients except currants about 1 hour. Add currants and simmer until the chutney is the consistency of jam.

From the Indigine restaurant – very spicy, great with pork, lamb, poultry, fish

Jennifer Sims
Finance and Administration



Mushroom Marinade

2-1/2 cups salad oil
1 cup white vinegar
1 bunch chives, chopped
1 bunch green onions, finely chopped
2 tablespoons sugar
1-1/2 tablespoons salt
1 tablespoon fresh lemon juice
1 tablespoon finely minced garlic
2 teaspoons Worcestershire sauce
2 teaspoons bottled browning sauce
1/8 teaspoon prepared mustard
1 lb. fresh mushrooms, washed and patted dry

Whisk all ingredients except mushrooms in deep bowl until well combined. Add mushrooms. Cover and marinate in refrigerator 4 hours or, preferably, overnight. This marinade also works well with sliced zucchini, cauliflower, or broccoli.

from Bon Appetit

Pam Patterson
Accounting

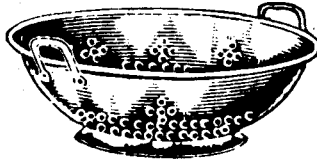
Hazelnut Pesto

2 cups fresh basil leaves, washed and dried
3 large garlic cloves
1 cup hazelnuts
1/2 cup fresh grated parmesan cheese
1 cup olive oil
Salt to taste

Process basil and garlic in food processor until finely chopped. Add remaining ingredients and process until nuts are coarsely chopped. Toss 1/2 cup pesto with 1/2 pound of not drained fresh pasta and serve. Remaining pesto can be stored in refrigerator for several weeks or frozen indefinitely.

Try spreading pesto on slices of french bread, then toast under the broiler until browned. Good alone, or place a slice of tomato on top. A great quick hors d'oeuvre.

Michel Gregory
Public Affairs



The Don's Spaghetti Sauce Fantastico

Ingredients

2 pounds extra lean ground beef
1 box (3 envelopes) Spatini spaghetti sauce mix
10-12 medium to large size mushrooms
1 red pepper
1/2 can large ripe olives
3 - 8-ounce cans tomato paste
shot or 2 of robust port Marsala or red wine
1-2 tablespoons of extra virgin olive oil

Spices (ground):

Oregano, cumin, all spice, white pepper, cayenne pepper, sage, thyme, pinch of salt.

Pinch off and brown beef in skillet. Pour off grease and place meat in large pot or kettle. Add 3 spatini sauce mix envelopes, 3 cans tomato paste, 1 1/2 cans water per can of tomato paste, sliced mushrooms, olives (sliced in rings), 1/4'x 2' long strips of red pepper, wine or port and olive oil. Stir incredibly thick and indescribably fragrant mixture with large wooden spoon or Louisville Slugger. Time to play spice chemist. Add sundry spices from list in any order. Amounts should be generous, none of this pinch-of-this pinch-of-that nambypamby stuff. Same with the cayenne pepper; to taste, but you want a bit of heat. Add water sparingly if necessary. You're not making soup here and a low simmer for at least one hour will reduce the mixture. Check and stir regularly.

To be served on spaghetti or other pasta from a separate container. No Chef Boyardee all-in-the-same can shtick. Sprinkle grated parmesan cheese if you like.

Quantity adequate to serve Sophia Loren and nine smitten Italians swains. Try to have some left over. It improves with each outing. Now you owe me a favor.

Don Rocks
Executive Management

Cranberry Butter

Whip 1 pound softened butter at high speed until it is pale yellow.

Add:

- 1/2 cup raw cranberries, coarsely chopped
- 1/4 cup brown sugar
- 1/4 cup honey
- 4 tablespoon ground walnuts
- 1/2 cup cranberry sauce
- 1 tablespoon orange marmalade

Whip at medium speed until light pink.

Add 2 tablespoon buttermilk and whip until incorporated.

You may freeze this butter and re-whip it before using. Simply thaw and add 1 tablespoon buttermilk.

Great on muffins, sweet bread, waffles, pancakes and french toast.

Cathy Thomas (with credit to Ruth Pierce)
Public Affairs

Beef Stick

Summer Sausage

5 pounds ground beef

5 rounded teaspoons Morton's Tender Quick

1 teaspoon hickory smoked salt

2-1/2 teaspoons whole mustard seed

2-1/2 teaspoons garlic salt

2-1/2 teaspoons coarsely ground black pepper

First day: Mix all ingredients together thoroughly. Refrigerate. Repeat second, third and fourth days. Fifth day: Mix well, then form into 4 or 5 rolls (about the size of a tube of Ritz crackers). Place on rack in broiler pan and bake in 150° oven for 12 hours (that's not a typo, folks, that's 12 hours – half a day). Turn every 2 hours. Can be frozen and makes great gifts.

Jean McKenzie
Accounting



Dilly Beans

6 tablespoons pickling salt
3 cups distilled white vinegar
3 cups water
4 pounds green beans with ends snapped
Dill seed or fresh dill
Mustard seeds
Black peppercorns

Bring salt, vinegar and water to a boil. Pack beans vertically into hot sterilized jars. Into each pint jar, add 1/2 teaspoons dill seed or 1 head fresh dill, 1/2 teaspoons mustard seed and 3 whole black peppercorns. Pour hot liquid over top. Top with lids. Process in boiling water bath for 5 minutes.

Yields 6 to 7 pints.

Cathy Thomas
Public Affairs (with credit to Ruth Pierce)



Benchmark breads and milestone muffins

Swedish Blueberry Pancakes

1 cup cottage cheese
1 cup sour cream
4 eggs
3/4 cup flour
1 tablespoon sugar
3/4 teaspoon salt
1 cup blueberries

Mix cottage cheese and sour cream in blender until smooth. Add eggs, one at a time, while blender is running. Dump in dry ingredients all at once. When blended smooth, turn off and stir in blueberries. Bake on a medium hot griddle. Serve with blueberry sauce or syrup.

Serves 3-4

Jane Butler
St. Johns Landfill

Zucchini Bread

1 cup oil
3 eggs, beaten
2 cups sugar
2 cups grated zucchini
3 teaspoons vanilla
3 teaspoons cinnamon
3 cups flour, sifted
1 teaspoon soda
1/4 teaspoon baking powder
1 cup chopped nuts (optional)
1 teaspoon salt

Mix oil, eggs, sugar, zucchini, vanilla, cinnamon. Add remaining ingredients. Bake at 350° for 1/2 hour. Makes 2 loaves.

Pam Patterson
Accounting

Poppy Seed Bread

- 3 cups Wondra Flour (use only Wondra)
- 3 eggs
- 2 ounces poppy seeds
- 1-1/2 cups Wesson Oil (do not use solid shortening)
- 2 cups sugar
- 1-1/2 teaspoons baking soda
- 1 cup broken walnuts
- 1 large can evaporated milk

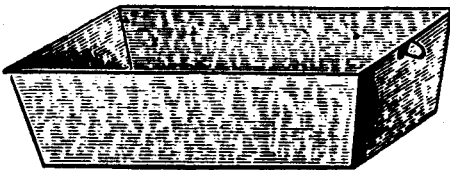
Mix eggs, sugar and oil. Add dry ingredients alternatively with canned milk. Add poppy seeds and nuts.

Grease and dust pans with flour. Fill pans between 1/2 and 2/3 full. Bake at 325° (1 hour for large loaves; approximately 45 minutes for small loaves).

Yields: (approximately)

2 large loaves and 3 small loaves
or 6 small loaves

Jean McKenzie
Accounting



Mocha Nut Muffins

1/2 cup (1/4 pound) butter or margarine
3/4 cup firmly packed brown sugar
3 tablespoons finely ground coffee
2 teaspoons vanilla
2 large eggs
1/4 cup dark rum or water
1-3/4 cups all-purpose flour
1-1/2 teaspoons baking powder
1 large bag (12 ounces) semi-sweet chocolate baking chips
1 cup coarsely chopped walnuts

With an electric mixer, beat together until fluffy the butter, brown sugar, coffee, and vanilla. Add eggs, one at a time, then rum; beat well after each addition. Mix flour with baking powder; add to batter, beating slowly to blend, then beat faster until batter is well mixed. Stir in chocolate and nuts. Fill 12 greased muffin cups (1-1/2" deep, 2-3/4" across) to the rim with batter; the mixture doesn't overflow when baked.

Bake muffins in a 350° oven until golden brown around edges, about 20 minutes. Run a thin metal spatula around pan to release muffins and transfer them to a napkin-lined basket; serve hot or warm....

Makes 1 dozen.

Dick Walker (Mary)
Transportation

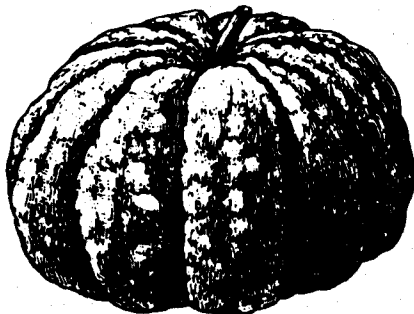
Cindy Perdue's Chocolate Pumpkin Nut Bread

- 1-2/3 cups all-purpose flour
- 1 teaspoon baking soda
- 3/4 teaspoon salt
- 1/4 teaspoon baking powder
- 1-1/2 cups granulated sugar
- 1/2 cup vegetable oil
- 2 large eggs
- 1 cup canned plain pumpkin (half a 1-pound can)
- 1 cup semi-sweet chocolate chips
- 1/2 cup toasted chopped almonds

Heat oven to 350°. Butter a 9x5x3" loaf pan. Mix flour, spice, baking soda, salt and baking powder. Beat sugar, oil and eggs in a large bowl. When well blended, beat in pumpkin and 1/3 cup water. Stir in flour mixture, then chocolate chips and almonds. Scrape into prepared pan. Bake about 1 hour, 10 minutes, or until a wooden pick inserted in the center comes out clean. Cool in pan 15 minutes. Turn out onto a wire rack and cool completely. Freezes well.

Makes about 18 slices, 238 calories each.

Dick Walker
Transportation



Dutch Babies

butter
eggs
milk
flour

For 2-3 quart sized pan, 1/4 cup butter, 3 eggs, 3/4 cup each of milk and flour.

For 3-4 quart sized pan, 1/3 cup butter, 4 eggs, 1 cup each of milk and flour.

For 4-4-1/2 quart sized pan, 1/2 cup butter, 5 eggs, 1-1/4 cups each of milk and flour.

For 4-1/2-5 quart sized pan, 1/2 cup butter, 6 eggs, 1-1/2 cups each of milk and flour.

Melt butter in pan at 425°. Put eggs in blender, run for 1 minute. With motor running, pour in milk gradually, then slowly add flour. Blend 30 seconds. Pour batter in pan with butter. Bake 20-25 minutes until well browned. Serve with yogurt (pina colada) and fruit.

Dick Walker
Transportation

Banana Walnut Muffins

1/2 cup chopped walnuts
1 cup whole wheat flour
1-1/2 cups unprocessed 100% bran
1/4 teaspoon light salt
1/2 teaspoon baking powder
1-1/2 teaspoons baking soda
2 teaspoons cinnamon
1/4 teaspoon cloves
1/4 teaspoon nutmeg
2 cups overripe bananas, mashed
2 eggs
1/2 cup buttermilk
1/4 cup dark molasses
1/2 cup raisins

Mix dry ingredients together. Mix remaining ingredients, stirring only until moist and add to dry mixture. Fold in raisins. Spray muffin tins to keep from sticking. Bake at 375° for 15-18 minutes (do not overbake). These muffins freeze well.

18 muffins, 96 calories each.

Dick Walker (Gail Lange, Billings, Mont.)
Transportation



Old Fashioned Cream Scones

2 cups all-purpose flour
3 teaspoons baking powder
2 tablespoons sugar
1/2 teaspoon salt
4 tablespoons butter or margarine
2 eggs
1/3 cup whipping cream
2 teaspoons sugar

Preheat oven to 400°. In a bowl, sift together flour, baking powder, the 2 tablespoons sugar, and salt. Using a pastry blender or 2 knives, cut butter into flour mixture until it resembles coarse meal; make a well in center. Separate 1 of the eggs; reserve egg white. Stir together egg yolk and remaining whole egg, then stir in cream. Pour into well and stir with a fork until dough cleans sides of bowl.

Sprinkle a board with about 1 tablespoon flour. With your hands, gather dough into a ball. Turn dough out onto board and knead about 10 times. Divide into 2 parts. Roll out each part into a 1" thick circle about 6" in diameter. With a knife, cut each circle into 4 wedges and arrange on an ungreased baking sheet about 1" apart. Brush tops with reserved egg white and sprinkle with the 2 teaspoons sugar.

Bake for 15 minutes or until golden brown. Serve warm with butter and jam.

Makes 8 scones.

Teri Sherman
Public Affairs

Sour Cream Coffeecake

16 tablespoons (2 sticks) sweet butter
2-3/4 cups granulated sugar
2 eggs, beaten
2 cups unbleached all-purpose flour
1 tablespoon baking powder
1/4 teaspoon salt
2 cups dairy sour cream
1 tablespoon vanilla extract
2 cups shelled pecans, chopped
1 tablespoon ground cinnamon

Preheat oven to 350°. Grease a 10" bundt pan and lightly dust the inside with flour. Cream together the butter and 2 cups of the sugar. Add eggs, blending well, then the sour cream and vanilla. Sift together the flour, baking powder and salt. Fold the dry ingredients into the creamed mixture, and beat until just blended. Do not overbeat. In a separate bowl, mix remaining 3/4 cup sugar with pecans and cinnamon. Pour half of the batter into the bundt pan. Sprinkle with half of the pecan and sugar mixture. Add remaining batter and top with the rest of the pecan mixture. Set on the middle rack of the oven and bake for about 60 minutes, or until a cake tester inserted in the center comes out clean. Serve warm.

Note: This classic is worth timing so that you can serve it 30 minutes out of the oven.

10 portions

Karen Thackston
Transportation

Cheese-Onion Spoon Bread

Basic recipe

- 1 medium onion
- 1 package Jiffy cornbread mix
- 1/4 cup milk
- 1 cup grated cheddar cheese
- 1 egg
- 2 tablespoons poppy seeds

Use 10 inch teflon frypan (inexpensive and exclusive for this).

Mix ingredients thoroughly - except for 1/4 cup cheese and poppy seeds. Spread evenly in frypan and sprinkle cheese and poppy seeds over the top. Bake according to package directions.

Cool 15 minutes and serve in wedges. Muffin tins can be used.

Variations:

- 1: add 2 strips cooked, crumbled bacon at mix stage.
- 2: omit poppy seeds
- 3: add 1 small can diced green chilies
- 4: cut milk to 2 tablespoons - add 1 can creamed corn (15 ounces)
- 5: add 1 can corn thoroughly drained (15 ounces)
- 6: add chopped bell pepper - sauted with onions

Combine any or all variations.

Serve with chili and beans, taco salad, ham, chili relleños or chicken salad.

Marcella Pettis (Bill)
Transportation

Kathie's Sour Cream Coffee Cake

2 cubes butter
2 1/2 cups sugar
2 eggs, beaten
2 cups flour
1 tablespoons baking powder
1/4 teaspoons salt
2 cups sour cream
1 teaspoons vanilla
2 cups pecans, chopped
1 tablespoons cinnamon

Cream butter and 2 cups sugar; add eggs. Blend well, then add sour cream and vanilla. Sift flour, baking powder and salt together. Fold dry ingredients into creamed mixture; just until blended (don't over beat). In a separate bowl mix 1/2 cup sugar, pecans, cinnamon. Pour half the batter into a greased and floured bundt pan. Sprinkle half pecans mix over. Add the remaining batter and top with the rest of the pecan mixture.

Place on middle rack of a preheated 350° oven for approximately 60 minutes. Great served warm.

Kathie Brodie
Metro Washington Park Zoo

Judy's 100% Whole Wheat Bread

"There's nothing like homemade bread!"

4 cups very hot water
1/4 cup butter or margarine
1/2 cup sugar or honey
1 1/2 tablespoons salt
1/2 cup powdered milk (optional)
10 cups whole wheat flour (other types of flour may be substituted)

Add 5-7 cups of flour to the hot water. The hot water will release the gluten in the flour. Stir vigorously. Add the other ingredients. Cool dough to about 100°.

1/2 cup warm water
1 teaspoon sugar
3 tablespoons yeast

Mix together and let stand for a few minutes until yeast begins to bubble. Add the yeast mixture to the flour mixture. Add the remaining flour until dough is fairly stiff. Knead on an oiled or floured board until smooth. Let dough rise in a warm place. Then shape into 2 or 3 loaves. Place in greased bread pans or sheet. Let rise until double. Then bake 40 minutes at 350°.

This makes enough to share with friends and family.

Judy Wyers
Metro councilor



Orange Buttermilk Scones

2 cups flour
4 tablespoons sugar, divided
2 teaspoons baking powder
1/4 teaspoon baking soda
1/2 cup cold butter, cut into small pieces
1/3 cup raisins
1 tablespoon grated orange peel
1/2 cup buttermilk (or milk with one tablespoon vinegar)

In large mixing bowl, combine flour, 3 tablespoons sugar, baking powder and baking soda. Add butter, rub with fingers to form fine crumbs. Add raisins and orange peel. Make a well in center of flour mixture, pour in buttermilk. Pat dough into a ball and knead 5 or 6 times.

Divide dough into 2 balls and flatten each ball into a 5-inch circle. Cut into quarters and place on ungreased baking sheet. Sprinkle with remaining 1 tablespoon sugar.

Bake at 375° for 25-30 minutes, or until golden brown.

These are easy, delicious and look pretty, too. A good treat on Saturday morning with coffee and fruit.

Makes 8 large scones.

Lauren Tissol
Public Affairs

Refrigerator Rolls

2 cubes of margerine or butter
2 cakes of yeast
1/2 cup sugar
2 eggs
6 cups flour
1/2 tsp. salt

Pour 1 cup boiling water over 2 cubes margerine to melt. Cool to lukewarm. Add 2 cakes of yeast that have been dissolved in 1 cup of warm water and 1/2 cup sugar. Beat eggs and add salt. Add eggs to yeast and margerine mixture. Add flour. Beat and store in covered bowl in refrigerator. Will last in refrigerator up to one month.

To use: roll as any other dough. Shape as desired. Let rise until double. Bake in greased pan at 350° for 15-20 minutes or until browned.

Sylvia Smith
Accounting



Honey Bran Muffins

Preheat oven to 400°.

2 cups buttermilk
1/2 cup honey
3/4 cup melted butter
3 eggs
2 cups packed brown sugar
3 cups unbleached flour
2 tablespoons baking soda
1 teaspoon salt
3 cups bran
1/2 teaspoon nutmeg

Combine buttermilk, honey, butter, eggs and brown sugar. In a large bowl mix dry ingredients. Make a well in center and add liquid mixture. Mix all at once. Stir about 10 seconds until incorporated. Do not overmix.

Spoon into lined muffin tins. Bake 20 to 25 minutes at 400°.

Variations: Add 1 tablespoon grated orange peel instead of nutmeg, or try 1/2 cup currants or raisins.

Cathy Thomas (with credit to Ruth Pierce)
Public Affairs



Marie's Famous French Toast

10 1" slices of bread
2 large eggs
1/3 cup milk
1 teaspoon ground cinnamon
1/4 teaspoon ground cloves
dash of freshly grated nutmeg (pre-grated is ok, but it won't taste the same as fresh)
4 to 6 tablespoons butter
pure maple syrup
fresh orange slices

Heat the maple syrup by placing the capped, full syrup bottle in a small saucepan. Add water to the pan until it covers at least one-third of the bottle. Simmer on low heat until syrup is pleasantly warm. Heat oven to 300°. Mix egg, milk, cinnamon and cloves together with a fork in a shallow bowl or soup plate. Heat 2 to 3 tablespoons of butter in a large, heavy skillet over medium high heat. Coat 5 slices of bread in the milk/egg mixture. Just when bubbles in the butter subside, start "french-toasting" the bread, about 2-3 minutes on each side, or until the toast is crispy on the outside and golden brown. Grate fresh nutmeg over each side of the toasting bread. Add more butter if needed. Place first batch of toast on a plate and keep it warm in the oven. Repeat step 4 to make the second batch. Place second batch of toast on another plate after it has been toasted. Serve the toast garnished with fresh orange slices and covered with warm maple syrup. Enjoy.

Note: Use good and crusty French or Italian bread for this recipe. I usually use either Bread and Ink baguettes or Tuscan whole wheat baguettes. The bread is best when it's dried out and several days old. This toast has a wonderful chewy texture.

Marie Nelson
Public Affairs

Jennifer's Sour Cream Coffee Cake

1 cup (1/2 pound) butter
1-1/4 cups sugar
2 eggs
1/2 pint (1 cup) sour cream
2 cups flour
1/2 teaspoon baking soda
1-1/2 teaspoons baking powder
1 teaspoon vanilla
3/4 cup finely chopped walnuts
1 teaspoon cinnamon
2 tablespoons sugar

In large bowl combine butter, sugar and eggs. Beat until light and fluffy. Blend in sour cream. Sift flour, measure, sift with baking powder and baking soda into cream mixture, add vanilla. Blend well. Spoon half batter into 9" tube pan (buttered and floured). Sprinkle half of cinnamon nut mix (walnuts, cinnamon and sugar) over batter. Spoon in remaining batter and top with rest of nut mix. Place in cold oven; set oven to 350° and bake about 55 minutes.

Serves 8-10

**Jennifer Sims
Finance and Administration**

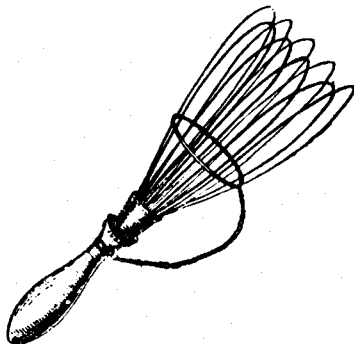
Hungarian Mushroom Soup

12 ounces mushrooms (sliced)
2 cups chopped onions
4 tablespoons butter
3 tablespoons flour
1 cup milk
1-2 teaspoons dill weed
1 tablespoon Hungarian paprika
1 tablespoon tamari sauce
1 teaspoon salt
pepper to taste
1/2 cup sour cream

Saute onion in 2 tablespoons butter. Salt lightly. Add mushrooms, dill weed, 1/2 cup stock, tamari, paprika. Cover and simmer 15 minutes.

Melt remaining butter in large sauce pan. Whisk in flour and cook: whisking a few min. Add milk. Cook, stirring frequently, over low heat approximately 10 minutes till thick. Stir in mushrooms and stock. Cover and simmer 10-15 minutes. Just before serving, add salt, pepper, lemon juice (to taste) and sour cream: extra dill if desired.

Kathie Brodie
Zoo



Nine Bean Soup

2 cups of 9 bean soup mix (below)
2 quarts of water
1 pound ham, diced
1 large onion, chopped
1 clove garlic, minced
1/2-3/4 teaspoon salt
1 (16-ounce) can tomatoes undrained and chopped
1 (10-ounce) can tomatoes and green chiles, undrained
(may need to buy green chiles separately)

Sort and wash 2 cups bean mix; place in Dutch oven. Cover with water 2 inches above beans; let soak overnight. Drain beans; add next 5 ingredients. Cover and bring to boil and simmer 1 1/2 hours or until beans are tender. Add remaining ingredients. Simmer 30 minutes, stirring occasionally.

9 Bean Soup Mix

1 pound barley pearls
1 pound black beans
1 pound red beans
1 pound pinto beans
1 pound navy beans
1 pound great northern beans
1 pound lentils
1 pound split peas
1 pound black-eyed peas

Combine all beans. Use 2 cups at a time in soup.
Yield: 10 (2 cup) packages.

16 cups soup

Danna Barker (Ray)
Solid Waste

Beer Cheese Soup

3/4 cup butter
1/2 cup each celery, carrots, white onion (chop fine in food processor)
1/2 cup flour
2 1/2 pints chicken stock or canned chicken broth
2 tablespoons parmesan cheese
1/4 teaspoon MSG or accent salt
1/2 teaspoon dry mustard
6 ounces of cheddar cheese shaved
1 - 11 ounce bottle of beer
salt and pepper to taste

Saute celery, carrots, and white onions in butter. Add flour, stir and add all the other ingredients. Simmer until thick.

Katie Dowdall
Executive Management

Clam Chowder

3 - 10-ounce cans chopped clams and juice
6 pieces of cooked bacon, dried and broken in pieces
1 onion, minced
6 cups of potatoes, diced
2 cups milk
1/2 cup flour
1 cube margarine

In large pot, empty clam juice and add 3 cups of water. Boil potatoes in the clam juice and water until soft. In separate pot, saute onions in butter, then make white sauce with flour and milk. Add lots of pepper. When potatoes are soft, add white sauce to the large pot. Stir in clams and bacon. Simmer until thick (if too thick, add more milk or if too thin, add some flour).

Katie Dowdall
Executive Management

Chicken-noodle Soup

- 2 1/2-pound broiler fryer chicken, cut up
- 1 quart chicken broth
- 4 medium carrots, cut into 1/2" slices (about two cups)
- 4 stalks celery, cut into 1/2" pieces
- 1 tablespoon salt
- 1 teaspoon sugar
- 1/4 teaspoon pepper
- 2 cups uncooked thin egg noodles

Heat all ingredients except noodles to boiling in four-quart soup pot or Dutch oven; reduce heat. Cover and simmer until chicken is done, about 45 minutes. Skim fat if necessary. Cook noodles as directed on package. Remove chicken from broth; cool slightly. Remove chicken from bones and skin. Cut chicken into 1-inch pieces. Add chicken and noodles to broth; heat until hot, about 5 minutes. 8 servings (about 1 cup each).

Teri Sherman
Public Affairs



Chicken Bisque

As served at "The Pantry"

8 cups rich chicken stock
1 cup finely chopped chicken
1/4 cup chopped green pepper
1/4 cup chopped pimentos
1/2 cup butter
1/2 cup flour
Salt and pepper to taste
Dash of Accent

Combine stock, chicken, green pepper and pimentos. Simmer for 30 minutes and season to taste.

Melt butter over low heat, then add flour a little at a time, stirring constantly to make roux. When roux is lightly browned, add a few tablespoons hot soup and blend into a smooth paste. Stir into simmering soup. Stir until thickened.

Makes 8 portions.

Sylvia Smith
Accounting

Mexican Vegetable Soup

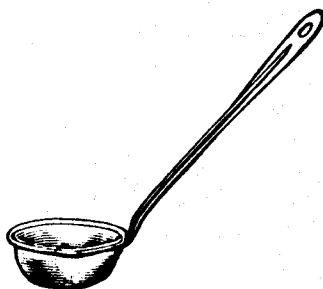
1 pound ground beef
1.25-ounce package taco seasoning mix
46-ounce can (6 cups) tomato juice
16-ounce bag frozen mixed vegetables
15-ounce can chili hot beans
12-ounce can tomato paste
2 cups crushed corn chips
8 ounce (2 cups) shredded Cheddar cheese

In 5-quart Dutch oven, brown ground beef; drain. Add taco seasoning mix, tomato juice, vegetables, chili beans and tomato paste; mix well. Bring just to a boil. Reduce heat; simmer uncovered 20 to 25 minutes or until vegetables are tender, stirring occasionally. Top each serving with corn chips and cheese.

11 (1-cup) servings

Lower sodium, calories and cholesterol by using unsalted chips and low calorie cheese.

Karen Thackston
Transportation

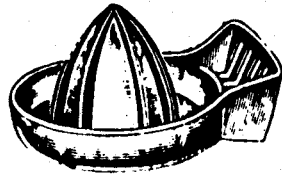


Greek Lemon Rice Soup

1 quart chicken stock
1/2 cup rice
2 egg yolks
1 tablespoon cornstarch
1 cup milk
juice of a small lemon
2 tablespoons butter
1/2 teaspoon sugar
pinch of chopped parsley
salt and pepper to taste

Bring chicken stock to a boil, add rice and cook until rice is tender (about 20 minutes). Beat egg yolks, mix with cornstarch and milk and stir into stock. When mixture is slightly thickened, remove from heat and stir in lemon juice and sugar very slowly. Add butter and parsley, season with salt and pepper. Serves 4-6.

Ann Brunson
Council staff



Caesar Salad

The Caesar Salad is among the world's classic dishes. It can make an average dinner special and a special dinner elegant. It can accompany the entree or, as I prefer, it can be a separate course allowing the dinner to linger and for you and your guests to enjoy each others' company a little longer. Or, the Caesar can be a meal in itself especially for lunch or for a warm summers' evening. The Caesar Salad can be prepared in the kitchen or, again as I prefer, prepared, tossed and served at table side. It allows for a little dramatic flair, a certain magic, in order to make a meal a memorable one.

Please be forewarned. The proportions below are approximates. Normally I hate recipes. I grew up in a family of wonderful cooks who rarely had to use a recipe. We learned to have a "feel" for the food and developed an instinct for knowing what to add, how long to cook and at what temperature. "Recipes are for those who do not know how to cook," was an axiom of my childhood kitchen.

These ingredients are for 4 to 6 people.

2 heads Romaine lettuce, chilled, washed, dried, torn to desired size

1 clove crushed garlic (or prepared garlic already crushed)

4-6 anchovy fillets, drained, chopped

1/3 cup olive oil

1 tablespoon Dijon mustard (or more to taste)

freshly ground pepper to taste

1/2 cup Parmesan cheese

1 lemon, or a couple of teaspoons of lemon juice

1 raw egg (I usually use only the yoke)

1 cup croutons, either store bought, or fry bread cubes

in 2 tablespoons garlic oil until crisp. I prefer the latter.

These are short cuts even for table side preparation. You can mix the lemon juice, garlic, mustard, olive oil and anchovies together and whisk them about. You can put this in the salad bowl first or pour the mixture on to the lettuce greens.

Regardless, take two fresh heads of Romaine lettuce, wash and remove outer leaves that are too leathery. Either cut up or tear the lettuce greens into the desired sizes. Dry the greens. Excess moisture will interfere with the oil in the dressing. Pat dry with a paper towel.

The salad bowl should be generous enough to allow room to toss the greens with serving spoons. The bowl ideally should be a wooden bowl that allows you to rub garlic on the sides prior to use.

If you are preparing the salad table side, then it is essential to have all the ingredients laid out in advance. Pour in olive oil. Toss by gently lifting the greens with serving spoons until all the greens glisten. Sprinkle with pepper, lemon juice, and add anchovies, Dijon mustard, and the egg, either the whole egg or just the yoke. If just the yoke then separate prior to preparation. Save the white for the scrambled eggs in the morning. Toss and then taste test. Make adjustments as desired. Add cheese and the crouton, toss, and you are ready to serve.

Use anchovies. The anchovies provide the salt taste to the salad. Do not let anyone talk you out of it. Anchovies are to Caesar Salad as cannons are to the 1812 Overture. Certain things are just meant to go together. And if not, it just is not complete. However, if allergies are involved, then substitute a half teaspoon or so of salt. A dry white wine, either a Chardonnay or a Fume Blanc is ideal accompaniment to this dish. Champagne, of course, is always appropriate.

Tom DeJardin
Metro Council

Five Bean Salad

Marinade:

- 1/2 cup salad oil
- 1/2 cup wine vinegar
- 1/2 cup sugar
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 cup diced onions
- 1/2 cup diced green pepper (optional)

5 cans well-drained beans:

- 1 can cut green beans
- 1 can red kidney beans
- 1 can yellow wax beans
- 1 can garbanzo beans
- 1 can bean sprouts

Combine marinade ingredients in a large tight sealable plastic container. Stir to dissolve sugar. Add well drained beans. Mix the beans and marinade. Cover the container and turn upside down several times to marinate all the beans.

Salad is best if left to marinate overnight, half the time right side up and half the time upside down. This will give all the beans more flavor.

Carol Parno
Accounting

Spinach Salad

3 bunches of spinach
2 cups mushrooms
1/2 cup Feta cheese
4-5 green onions

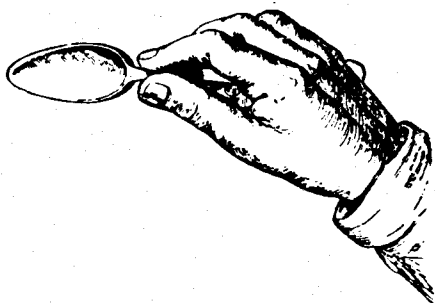
Dressing

1 cup olive oil
1/4 teaspoon lemon peel
2 tablespoons lemon juice
1 egg yolk
3 cloves minced garlic
3/4 teaspoon salt
1/2 teaspoon dry mustard
1/2 teaspoon oregano leaves
1/2 teaspoon dill weed
sugar
pepper (to taste)

Pour dressing on salad before serving.

Serves 6-8

John Cullerton (Sue)
Transportation



Overnight Shrimp Salad

1 loaf sandwich bread
4 hard boiled eggs, chopped
onion, to taste
2 cans shrimp
or
1 can shrimp and 1 can crab meat
mayonnaise
celery (optional)

Trim crust, butter and cube the bread. Blend bread cubes, eggs and onion together; refrigerate overnight. At least 3 hours before serving, mix shrimp or shrimp and crab meat, mayonnaise and celery with bread mixture. Mix well.

Serves 15-20 (1 cup servings)

Camille Bagby
Accounting

Fresh Fruit with Amaretto Dressing

Use any or all of the following fruits:

kiwi, banana, mango, pineapple, melon, strawberries, raspberries

2-3 tablespoons lemon juice
3/4 cup amaretto
1/3 cup honey

Mix all (mix bananas in just before serving) together and let stand in refrigerator 3-4 hours before serving.

Connie Kinney
Planning and Development

Vegetable-Fruit Salad

4 cups shredded cabbage
1/2 cup chopped dates
1 cup pineapple chunks or
1 cup orange sections (mandarin oranges are great)
1/2 cup diced celery
1/4 cup mayonnaise
1/4 cup sour cream
2 tablespoons pineapple syrup or orange juice
1 tablespoon vinegar
1/2 teaspoon salt
1 teaspoon sugar

Hold all ingredients at room temperature. Shred cabbage with a sharp slicing knife; hold in the refrigerator until ready to serve. Quickly toss the pineapple chunks, chopped dates and diced celery with the cabbage. Mix the mayonnaise with the next five ingredients; add to the cabbage, toss lightly and serve at once. Adding some chopped walnuts is great and put a few bits of pineapple and orange sections on top.

Serves 8-10

Camille Bagby
Accounting



Lebanese Cracked Wheat Salad

2 cups fine bulgur (cracked wheat)
water to cover
1-1/2 cups finely chopped green onions
salt
pepper
2 cups finely chopped parsley
3/4 cup chopped tomatoes
1 cup olive oil
1 cup lemon juice
salt and lemon juice, to taste
tomato sections
mint leaves

Soak bulgur in water and cover for 2 hours. Drain wheat well; squeeze out excess moisture. Put the bulgur in a salad bowl with green onions and season with salt and pepper. Add parsley, tomatoes, olive oil and lemon juice. Toss salad with 2 forks to keep grains separate. Add more salt and lemon juice to taste. Garnish with tomato sections and mint leaves

Debbie Gorham
Solid Waste Department



Shrimp and Pasta Salad

12-ounce package of small shells
1/2 pound fresh small shrimp
1/4 pound medium cheddar cheese
4 hard boiled eggs
2 stalks of celery
1 cup frozen petite peas (optional)
1 cup mayonnaise
1/2 cup thousand island dressing
1 tablespoon lemon juice

Prepare shells according to package instructions; run under cold water to cool. Cut cheddar cheese into small quadrilaterals. Dice the eggs. Slice the celery thinly. Mix salad dressing and lemon juice with mayonnaise. Combine all ingredients in a large bowl. Refrigerate.

Eat and enjoy. This is a great one-dish meal for potlucks or for those hot days when you don't really feel like cooking; prepare the eggs and pasta early in the day before the heat invades.

Aletta Yantis
Solid Waste Department

Curried Chicken Salad with Green Grapes

- 1 whole chicken fryer**
- 2 cloves garlic**
- 1 cup mayonnaise**
- 2 teaspoons curry powder**
- 1-1/2 cups seedless green grapes, cut in half**
- 2/3 cup slivered almonds**
- 2/3 cup chopped white onion**
- several clusters of whole green grapes for garnish (optional)**
- several sprigs of fresh mint leaves for garnish (optional)**

Place rinsed chicken in a large pot. Place enough cold water in the pot to cover the chicken two-thirds or more. Peel the two garlic cloves and cut each one into two pieces. Place the garlic in with the chicken. Cover the pot and cook at medium heat. Just when the water starts to boil, turn the heat to low and simmer 30 minutes. Do not overcook the chicken.

Remove the chicken from the stock. Cool to room temperature. Remove chicken meat from the carcass, discarding any skin. Coarsely chop the boned chicken and place the chopped meat into a large bowl. (To make an excellent soup base for other recipes, add your favorite herbs to the chicken stock and simmer it together with the carcass for at least two hours. Remove the carcass and skim off the fat. The stock can be frozen for later use.)

In a small bowl, mix together the mayonnaise and curry powder. Add the mayonnaise mixture, cut grapes, almonds and chopped onion to the chicken meat. Blend well. Note: Use more or less mayonnaise mixture as desired. Chill the salad at least 4 hours or overnight to let the curry flavor develop and blend. If desired, garnish serving bowl or individual salad plates with small clusters of whole grapes and/or sprigs of fresh mint leaves.

Option: This recipe can be adapted to make a very tasty appetizer to spread on crackers. Follow the directions

outlined above with the following changes: a) finely chop the chicken meat or process in a food processor; b) cut the green grapes into quarters; and c) coarsely chop the slivered almonds.

I made up this recipe, which captures the best elements of all the chicken salads I've tasted. It has a wonderful blend of flavors and textures.

Marie Nelson
Public Affairs

Oriental Surprise Salad

1 20- to 24-ounce package frozen tiny peas, thawed and drained
1 8-ounce can shrimp, lobster or crab
1 cup finely chopped celery
3/4 cup mayonnaise
1 tablespoon fresh lemon juice
1/2 teaspoon curry powder
garlic salt
1/2 cup unsalted cashews
1 5-1/2-ounce can chow mein noodles
lettuce leaves (garnish)

Combine first 7 ingredients in large bowl and toss well. Cover and refrigerate at least 30 minutes. Add cashews and noodles and toss again. Serve on lettuce. Great!

6 servings

Karen Thackston
Transportation

Pasta and Bean Salad

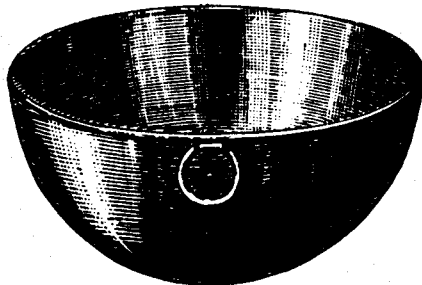
16 ounces Ronzoni rotelle
1-1/2 cup mayonnaise
2/3 cup chopped parsley
1/2 cup grated parmesan cheese
2 - 3 tabespoons lemon juice
1-1/2 - 2 teaspoons minced garlic
2 teaspoons dried basil leaves, crushed
2-2/3 cup (2 15-1/4-ounce cans) red kidney beans,
drained
2 cups whole small pea pods
2 cups carrots, cut into 1-1/2 inch strips

Cook pasta as directed on package and drain. Rinse with cold water and drain well. In small bowl, combine mayonnaise, parsley, cheese, lemon juice, garlic and basil. Stir until blended. Set aside.

In large bowl, combine past with remaining ingredients. Add mayonnaise mixture and mix well. Chill thoroughly. Store leftover salad in refrigerator.

8 servings.

Karen Larson
Personnel



Oriental Sesame Salad

Dressing:

- 1/4 cup rice vinegar
- 1/4 cup corn or peanut oil
- 1/4 cup soy sauce
- 2 teaspoons sugar
- 1 teaspoon garlic powder
- 1-1/2 teaspoon dry mustard
- 1/2 teaspoon black pepper
- 1 teaspoon sesame oil

Combine and whisk thoroughly

Salad:

- 1 can sliced water chestnuts
- 2 cups cubed smoked turkey breast (about 1 Louis Rich breast)
- 6 green onions sliced finely
- 3 stalks celery, diced small
- 3 tablespoons toasted sesame seeds

Combine with whisked dressing and chill at least one hour.

- 1 large head lettuce - 6 cups
- 10 ounces frozen petite peas
- 8-1/2 ounce container chow mein noodles

Toss lettuce and peas with marinated ingredients so lettuce is thoroughly coated with dressing. Add noodles and toss again.

Serves 12

Variations:

- 1: add 1 can drained crushed pineapple and 1 can drained mandarin oranges (can be added to marinade mix).
- 2: omit peas add pineapple and oranges.
- 3: Substitute chicken breast for smoked turkey - but marinate overnight.

Marcella Pettis (Bill)
Transportation

Asparagus Bundles with Cornichon Vinaigrette

A Martha Stewart special: A vinaigrette fortified with cream, egg yolks, and cornichon (small sour pickles) becomes a substantial and assertive sauce for pencil-thin asparagus.

4 medium shallots

3 cornichons (little sour pickles. If not available, or too expensive, substitute a good quality baby dill pickle)

1/2 cup olive oil

2 tablespoons rice-wine vinegar

2 tablespoons heavy cream

2 tablespoons Dijon-style mustard

2 egg yolks

· salt

· freshly ground green peppercorns (available at specialty shops)

1 medium leek

Peel and mince shallots. Mince cornichons. Whisk the olive oil, vinegar, heavy cream, mustard and egg yolks together in a bowl, then whisk in shallots and cornichons. Season with 1/2 teaspoon and 1/4 teaspoon pepper and adjust seasoning to taste. (Can cover and refrigerate overnight.)

For the asparagus, remove about 1 inch from the stem of each spear, then trim the spears to the same length. No need to peel thin asparagus. Trim leek and carefully remove 3 leaves. Wrap and reserve remainder of the leek for another use.

In two or three batches, blanch asparagus, simmering just until tender, about 3 minutes. After cooking and cooling the asparagus, blanch the leek leaves in the boiling water until tender and bright green, about 1 to 2 minutes; immediately dip into cold water to stop the cooking and retain the color and drain on a paper towel. (Can cover and refrigerate the vegetables overnight.)

Makes 12 servings.

To serve, cut each leek leaf lengthwise into 4 1/2 inch-wide strips (you will have 12 strips). Divide the asparagus into 12 bundles. Carefully tie each bundle with a leek strip. Transfer bundles to a serving platter. (Can cover and refrigerate up to 4 hours.) Top asparagus bundles with vinaigrette and serve immediately.

Darlene Badrick
Planning and Development

Aunt Ruth's Apple Rhubarb Mold

1 12-ounce package frozen rhubarb or 2-3 stalks of fresh
6-ounce package raspberry jello
1 12-ounce (1 1/2 cup) unsweetened pineapple juice
1/2 cup water
2 cups chopped apples

Cook rhubarb. Stir in jello and heat until it dissolves. Stir in pineapple juice and water. Chill until partially set. Stir in chopped apples. Spoon into ring mold and chill until firm. If desired, fill center of unmolded ring with crisp greens and garnish with apple slices.

Variations:

- Add nuts with apple pieces
- Replace half of rhubarb with 1 cup of canned cranberry sauce (whole berry)

Dave Given
Accounting

Creamy Yogurt Potato Salad

1/2 cup Best Foods Real Mayonnaise
1/2 cup plain yogurt
3 tablespoons cider vinegar
2 tablespoons sugar
1 teaspoon salt
2 lbs. potatoes, cooked, peeled, sliced (4 cups)
1/2 cup sliced green onions

In large bowl stir together first 5 ingredients. Add potatoes and onions; toss to coat well. Cover, chill 4 hours. If desired, sprinkle with chopped parsley. Makes about 4 cups. Recipe may be doubled.

Dick Walker
Transportation

Cranberry Stars

1 cup ground raw cranberries
1 cup sugar
1 3-ounce package lemon jello
1 cup boiling water
1 cup pineapple syrup (juice)
1 cup crushed pineapple (well-drained)
1/2 cup broken walnuts
1 cup chopped celery

Combine cranberries and sugar. Dissolve jello in hot water. Add syrup. Chill until partially set. Add cranberry mixture, pineapple, walnuts and celery. Chill until firm.

Dick Walker (from the kitchen of Mom Lange)
Transportation

Prime Rib Dressing

from the Prime Rib Restaurant

This recipe makes a great deal (about 2 quarts) – share with a friend or make 1/2 of it.

- 1 quart Best Foods mayo
- 1/4 teaspoon white pepper
- 3 teaspoon. seasoning salt
- 1 1/4 tablespoons onion salt
- 4 tablespoons dried mustard
- 2 1/2 teaspoons red wine vinegar
- 3 tablespoons of malt vinegar
- 1 1/4 tablespoon cream-style horseradish
- 1 cup sour cream
- 1 small can condensed milk
- 1/2 cup blue cheese or roquefort (break apart)

Mix well and store in refrigerator in empty quart mayo jar with a little left over for a friend.

Katie Dowdall
Executive Management



Chuck's French Roquefort Dressing

Put in blender:

1 egg
1 tablespoon sugar
1 teaspoon salt
1/4 teaspoon dry mustard
1 tablespoon paprika
2 tablespoons catsup
1 tablespoon water
1 cup oil

Slowly add:

1/8 cup vinegar
1 tablespoon wine vinegar
1 tablespoon lemon juice

Grate in (don't blend):

3 ounces roquefort cheese

Jennifer Sims

Finance and Administration

Priority matters

Babootie: A Cape Province Dish

2 pounds ground beef
2 large onions
1 slice white bread
1 cup milk
2 eggs
1 tablespoon curry powder
1 tablespoon sugar
2 teaspoons salt
1/2 teaspoon pepper
1/2 tablespoon turmeric
2 tablespoons vinegar
juice of one lemon
1/2 cup raisins
2-3 tablespoons slivered almonds
4 bay leaves
2 tablespoons chutney

(If no chutney, an approximation can be made from a mixture of apricot jam and Worcestershire sauce in equal amounts.)

Reserve 1 egg and 1/2 cup milk. Brown onions in oil, brown meat in oil. Soak bread in milk and squeeze out, break into small pieces. Mix all ingredients except reserved milk and egg and bay leaves. Put mixture in casserole dish 1-1/2 to 2' deep (9"x9"). Roll bay leaves into cylinders and insert into mixture. Bake 1 hour at 350°. Beat reserved egg and milk and pour over casserole. Cook for 1/2 hour longer. Serve with rice and chutney.

Keith Lawton
Transportation

Chicken Cashew

4 chicken breasts (as prepared in the Meat Marinade recipe)

1/2 pound mushrooms, sliced

1/2 pound fresh pea pods, cleaned

2 medium onions, cut into 1/4" slices

1/2 teaspoon salt

2 pkgs. (1-1/8-ounces each) dry roasted cashews

8 tablespoons oil

Heat wok and add 2 tablespoons oil. Fry chicken pieces until done. Remove from wok and repeat process with onions and mushrooms. Add all ingredients and toss together in wok. Mix thoroughly and serve.

Dick Walker (Mary)

Transportation

Nutburgers or Mock Meatballs

3/4 cup crushed crackers or breadcrumbs

1 small onion, diced

1 teaspoon ground sage

1 clove minced garlic or garlic salt

1/2 teaspoon Accent

1/2 cup finely chopped nuts

1/2 cup grated cheese

3 eggs, slightly beaten

2 teaspoon salt

1/2 cup milk

Combine all ingredients and mix well. Drop by spoonfulls onto hot oiled sheet skillet and flatten into patties the size of buns. Brown on both sides. For meatballs, omit milk and form into small balls. Serve with gravy.

Owen Barrett

Council staff

Praakes

(stuffed cabbage rolls)

2-1/2 lbs. ground beef

1/2 cup cooked white rice

salt

pepper

garlic salt

1 head cabbage

2 10-1/2-ounce cans tomato puree

4 8-ounce cans tomato sauce

1 quart water

4 tablespoons lemon juice or juice of 2 lemons

1-1/2 cups brown sugar

Mix ground beef and rice together, seasoning with salt, pepper and garlic salt. Parboil head of cabbage for easy removal of leaves. Place 2 tablespoons meat/rice mixture (seasoned) in center of cabbage leaf. Fold over corners, roll up, and secure with a toothpick. Place in a large roaster pan where remainder of sauce ingredients have been blended (brown sugar/puree/tomato sauce/lemon juice/water). Layer praakes and spoon over sauce. Cook at 325° 2-3 hours in oven until cabbage is tender. Be sure to look for toothpicks when eating them! Easy to remove before serving.

Lois Kaplan

Transportation



Swedish Cabbage Rolls

1 egg
1 teaspoon salt
dash of pepper
1 teaspoon Worcestershire sauce
1/4 cup chopped onion
2/3 cup milk
1/2 pound ground beef
1/2 pound ground pork
3/4 cup white rice
6 or more large cabbage leaves
1 can tomato soup
1 tablespoon brown sugar
1 tablespoon lemon juice

Combine first six ingredients in a large bowl. Mix well. Add the next three ingredients and mix thoroughly. Immerse cabbage leaves in boiling water for 3 minutes. Fill softened leaves with meat mixture. Roll the cabbage leaves around mixture and place in a baking pan. Mix the last three ingredients and pour over the rolls. Bake at 350° for 1-1/2 hours.

Carol Parno
Accounting

Savory Pepper Steak

1 8-ounce can tomatoes
1-3/4 cups water
1/2 cup chopped onion
1 small clove garlic
1-1/2 pounds round steak
flour, salt and pepper coating
1 tablespoon beef flavored gravy mix or 2 beef cubes
1-1/2 teaspoons Worcestershire sauce
2 large green peppers

Cut round steak into 1/2" strips. Coat in flour, salt and pepper. Brown in oil. Drain can of tomatoes. Add tomato liquid, water, chopped onion, garlic clove and beef flavoring. Cover and simmer for 1-1/4 hours. Stir in Worcestershire sauce and green peppers (cut in strips). Simmer 5 minutes. If gravy is desired, add a flour/water mixture to thicken. Add drained tomatoes. Cook 5 minutes more. Serve over cooked rice.

Carol Parno
Accounting



Spaghetti Pie

6 ounces spaghetti
2 tablespoons butter or margarine
1/3 cup grated parmesan cheese
2 well beaten eggs
1 cup cottage cheese (8 ozs.)
1 pound ground beef or bulk pork sausage
1/2 cup chopped onion
1/4 cup chopped green pepper
1 8-ounce can (1 cup) tomatoes, cut up
1 6-ounce can tomato paste
1 teaspoon sugar
1 teaspoon dried oregano, crushed
1/2 teaspoon garlic salt
1/2 cup shredded mozzarella cheese (2 ounces)

Cook the spaghetti according to package directions; drain (should have about 3 cups spaghetti). Stir butter or margarine into hot spaghetti. Stir in parmesan cheese and eggs. Form spaghetti mixture into a "crust" in a buttered 10" pie plate. Spread cottage cheese over bottom of spaghetti crust.

In skillet cook ground beef or pork sausage, onion, and green pepper until vegetables are tender and meat is browned. Drain off excess fat. Stir in undrained tomatoes, tomato paste, sugar, oregano and garlic salt; heat through.

Turn meat mixture into spaghetti crust. Bake, uncovered, in 350° oven for 20 minutes. Sprinkle the mozzarella cheese atop. Bake 5 minutes longer or until cheese melts.

6 servings

Camille Bagby
Accounting

Roast Wild Goose

Marinade:

1 small onion, chopped
1 bay leaf
1 clove garlic
1 cup dry red wine
1-1/2 teaspoons salt
1/2 teaspoon pepper

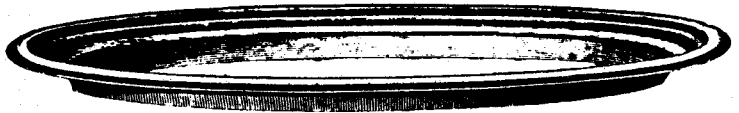
Mix all in a bowl. Marinate goose for at least two hours. Put goose in roasting pan (on a rack) and cover with a foil lid. Bake at 300° for 1-1/2 hours. Baste frequently. Bake last 15 minutes uncovered to brown.

Optional: Gravy

3/4 cup pan drippings. Stir in 3 tablespoons of flour into warm (not hot) drippings until well incorporated. Gradually add 1-3/4 cups water. Bring to a boil until thickened. Add salt and pepper to taste.

Serve with rice (1/2 wild, 1/2 long grained), fresh broccoli, cranberry salad, pumpkin pie.

Sandy Stallcup
Convention Center Project



Chicken Enchiladas

1 pound Monterey Jack cheese, shredded
1 fryer chicken
1 can olives, chopped
2 cans cream of chicken soup
12 flour tortillas
1/2 can diced green chillies
1/2 medium onion, chopped

1. Mix 2 cans of cream of chicken soup with 1 pint sour cream.
2. Set aside 1/3 of that mixture and 1/2 pound grated jack cheese.
3. Add to 2/3 mixture 1/2 pound grated jack cheese, 1/2 can diced green chillies, 1 can chopped olives, 1 fryer chicken cooked and cubed, and 1/2 medium chopped onion.
4. Using 12 flour tortillas, fill with mixture from step 3 and place in 9x13' pan. Cover enchiladas with remaining mix and cheese. Bake at 350° for 30-45 minutes.

Don Cox
Accounting

A Different Kind of Pizza

Dough

2/3 cup warm water (tap hot)
1 package dry yeast
1 egg
2-1/2 cups flour

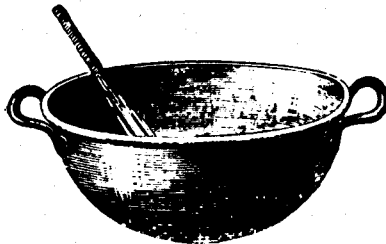
Mix water, yeast and egg in bowl. Warm bowl. Add 2 cups flour and mix with a fork. Add 1/2 cup flour by ear with hands; knead until it doesn't stick to hand and is shiny and elastic. Can't over knead. Roll in ball, stick in bowl for hour. Punch down, re-knead for 3 minutes. Roll out.

Blue Cheese and Apples

1/2 blue cheese
1/4 mozzarella
1/4 ricotta

Blend cheeses and put on pizza dough. Add sliced Granny Smith or tart apples after baking.

Jennifer Sims
Finance and Administration



Sweet and Sour Chicken

1 chicken
1/2 cup cornstarch
1 tablespoon garlic salt
egg
1/4 cup catsup
1/2 cup vinegar
3/4 cup sugar
1/4 cup soy sauce
1/2 cup chicken broth

Mix cornstarch with garlic salt. Dip chicken in egg and shake in salt mix. Fry until golden brown. Combine catsup, vinegar, sugar, soy sauce and chicken broth. Line pan with aluminum foil and place chicken in oven at 375° for 40 minutes. Turn chicken, cook an additional 20 minutes.

Pam Patterson
Accounting



Green Pepper Steak

1 pound beef chuck or round, fat trimmed
1/4 cup soy sauce
1 clove garlic
1-1/2 teaspoons grated fresh ginger or
1/2 teaspoon ground
1/4 cup salad oil
1 cup green onion, thinly sliced
1 cup red or green peppers cut into 1" squares
2 stalks celery, thinly sliced
1 tablespoon cornstarch
1 cup water
2 tomatoes, cut into wedges

With a very sharp knife, cut beef across grain into thin strips, 1/8" thick. Combine soy sauce, garlic, ginger. Add beef. Toss and set aside while preparing vegetables. Heat oil in large frying pan or wok. Add beef and toss over high heat until browned. Taste meat. If it is not tender, cover and simmer for 30 to 40 minutes over low heat. Turn heat up and add vegetables. Toss until vegetables are tender crisp, about 10 minutes. Mix cornstarch with water. Add to pan; stir and cook until thickened. Add tomatoes and heat through.

Tips: You can prepare the beef ahead and refrigerate just before adding the vegetables. Finish cooking later.

For 2 servings: Half of the ingredients. You might need to add some water.

For 8 servings: Double the ingredients but reduce the water to 1-3/4 cups. Add another 1/2 tablespoon cornstarch.

Preparation time: 20 minutes; **cooking time:** 30 to 40 minutes.

from My Great Recipes
Pam Patterson
Accounting

Lentil Curry

1 tablespoon coriander seeds
1 tablespoon poppy seeds
1 tablespoon salt
1 teaspoon red pepper
1 teaspoon turmeric
1 teaspoon powdered cumin
1 teaspoon cardamon
1 teaspoon ginger
1 teaspoon nutmeg
1 teaspoon mace
1 teaspoon curry powder
12 whole cloves
15 peppercorns
fresh parsley or coriander, chopped
1/4 cup grated coconut
1/4 cup ground almonds
2 large onions, chopped
6 large cloves of garlic, minced
4 medium tomatoes, quartered
1 pint plain yogurt
2 cups lentils or yellow split peas
water to cover lentils
oil

Mix spices, coconut and almonds in a flat pan. Bake in a 300° oven for 5 minutes. Set aside. Saute garlic and onions in oil until tender and slightly browned. Stir in spices, add tomatoes, parsley, yogurt and lentils. Cover with water and simmer loosely covered for 45 minutes to 1 hour or until the lentils are soft (split peas will take a little longer). Taste to adjust seasonings. Serve with rice with a bit of saffron. Garnish with onions, raisins, cashew nuts (1/4 cup each).

This recipe was adopted from a lamb curry recipe, so if you want lamb instead, substitute 3 lbs. of cubed lamb for the lentils, brown the lamb with the onions and garlic before adding the tomatoes, etc., reduce the amount of water used and simmer for 1-1/2 to 2 hours.

Note: The spices can be halved and this recipe will still be fairly spicy. Serves 8.

Nina Kramer
Transportation

Breast of Chicken Charente

1/4 cup all-purpose flour
1 tablespoon dry tarragon, crushed
1-1/2 tablespoons salt
1/2 teaspoon freshly ground pepper
4 skinless, boneless chicken breast halves, trimmed of any fat, etc.
4 tablespoons corn oil
1/2 cup brandy
1 cup chicken broth
3 tablespoons Dijon mustard
2 tablespoons fresh lemon juice
1/4 cup capers, drained

On a sheet of waxed paper, combine the flour, tarragon, salt and pepper. Lightly dredge the chicken breasts in the mixture, shaking off the excess.

In a large skillet, heat the butter and oil over a moderate heat. When the foam begins to subside, add the chicken and saute for three minutes on each side, or until lightly browned.

In a small saucepan, warm the brandy over moderate heat. Remove the skillet from the heat, pour the brandy over the chicken and return the skillet to the heat. If the brandy does not ignite from the heat source, light with a match. Shake the pan constantly until the flames subside. Add the chicken broth, mustard and lemon juice. Bring to a boil, cover, reduce the heat to low and simmer for 7 to 10 minutes, turning once, until the breasts are just cooked through.

Arrange the chicken on a warm platter. Boil the sauce over high heat for almost 1 minute until reduced to a coating consistency – slightly thicker than heavy cream. Season with salt and pepper to taste. Pour the sauce over the chicken and sprinkle on the capers.

Teri Sherman
Public Affairs

Vegetarian Chili with Red Onion Salsa

Chili

4 cups uncooked black turtle beans
2 tablespoons olive oil
5-6 cloves crushed garlic
2 teaspoons ground cumin
2-1/4 teaspoons salt
black pepper, to taste
2 teaspoons dried basil
1/2 teaspoon oregano
crushed dried red pepper, or cayenne, to taste
1 tablespoon fresh lime juice
2 medium sized green bell peppers, chopped
1/2 cup tomato puree
1 cup minced green chillies (canned)

Preliminary: Soak the beans in plenty of water for several hours, or overnight. Cook in boiling water, partly covered, until tender (1-1-1/2 hours). Check the water level during cooking; add more water as necessary. Transfer cooked beans to a large kettle or saucepan. Include about 2-3 cups of their cooking water.

Note: The recipe calls for black beans, but I often substitute small red kidney beans. You can use 4 cups of uncooked kidney beans, as the recipe calls for, or skip the "Preliminary" instructions by substituting 3 cans of prepared beans.

In a heavy skillet, saute garlic, seasonings and bell peppers in olive oil, with lime juice, over medium low heat until the peppers are tender (10-15 minutes).

Add saute to cooked beans, along with tomato puree and minced green chillies. Simmer, covered, over very low heat, stirring every now and then, for about 45 minutes.

Serve topped with red onion salsa (below), grated cheese, and sour cream.

Red Onion Salsa (make this while the chili simmers.)

2 cups chopped red onion
1/2 cup (packed) minced fresh cilantro
2 cups minced fresh, ripe tomato
1/2 teaspoon salt
1 cup (packed) minced parsley
black pepper, to taste

Combine all ingredients and mix well. For a finer consistency, give the mixture a brief whirl or two in a food processor or blender.

Yield: 6-8 servings

Preparation time (after beans are cooked): 1 hour.

Note: This recipe is adapted from the 1987 Mollie Katzen recipe calendar given to me by Eleanore Baxendale. I think of Eleanore every time I make it.

Marie Nelson
Public Affairs

Min Lee's Bar-B-Q Chicken

1 medium chicken
1/2 cup soy sauce
2 tablespoons sugar
1/2 teaspoon ground pepper
1/2 teaspoon Accent
1 small clove of garlic squeezed
1/2 teaspoon sesame oil
1 tablespoon chopped green pepper

Combine all ingredients except chicken. Cut up chicken. Dip in sauce and grill.

Vickie Rocker
Public Affairs

Bar-B-Que Salmon Filet

salmon filet
mayonnaise
Dijon mustard
fine herbs (i.e., green stuff)
dry white table wine (or favorite substitute)
lemon
salt/pepper

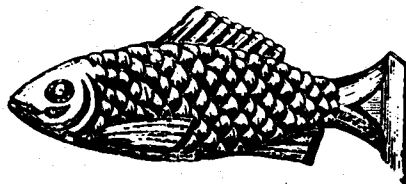
Mix approximately 4 parts mayonnaise (about one-third cup) to one part Dijon mustard, a splash and a half of white wine (for thinning), two or three sprinkles of fine herbs, a squeeze of lemon, and salt/pepper to taste.

Preparation: Coat both sides of salmon filet with sauce and refrigerate while preparing coals. When coals are ready, cover and vent the grill for a few minutes in order to reach appropriate temperature.

Cooking: Apply the filet meat side down. After 10 to 20 seconds, run a spatula between meat and grill (this will help lubricate grill with salmon's natural oils and prevent sticking). Cook three to four minutes and turn. Reapply sauce to meat side, cover, and cook with skin side down, usually 6 to 10 minutes.

A tasty, easy-to-cook method for barbecuing salmon without crumbling or sticking.

Mike Hوجلund
Transportation



Eggplant with Cheese and Nuts

1 eggplant (about 1-1/4 pounds)
4 tablespoons olive oil
1 large onion, chopped
1/2 cup dry white wine
2 tomatoes, peeled, sliced and seeded
1 teaspoon salt
1/8 teaspoon pepper
1/4 teaspoon basil
1/4 teaspoon sage
1 red bell pepper, seeds removed and thinly sliced
1 green bell pepper, seeds removed and thinly sliced
1 cup (1/4 pound) coarsely shredded sharp cheddar
cheese
1/3 cup salted roasted cashews or almonds, coarsely
chopped

Wash eggplant, trim away stem, cut in 3/4 inch cubes. Heat oil in 10-inch frying pan (have tight fitting lid) over medium heat; add onion and saute for 5 minutes. Add eggplant stirring until eggplant begins to brown (7-10 minutes). Stir in wine, tomatoes, salt, pepper, basil, and sage. Cover and cook for 5 minutes or until eggplant is translucent. Stir in peppers. Cover and simmer for 3 minutes. Remove from heat and sprinkle with cheese and cover for 1 minute. Sprinkle nuts on top of cheese and serve.

Vickie Rocker
Public Affairs

Meatless Lasagna

Sauce:

1 clove garlic, minced
1 tablespoon whole basil
1/2 teaspoon anise
1 pound tomatoes
12 ounces tomato paste

6 wheat lasagna noodles
6 spinach lasagna noodles

Ricotta mixture:

2 large eggs
3 cups ricotta cheese
1/4 cup parmesan cheese, grated
1/4 cup romano cheese, grated
2 tablespoons parsley

1 pound mozzarella cheese, sliced thinly

Combine sauce ingredients in a large pan and heat to boiling, reduce heat and simmer 30 minutes stirring occasionally. Cook noodles in a large amount of boiling water until tender drain, rinse. Beat eggs and add the remaining ricotta mixture ingredients.

Layer the wheat noodles in the bottom of a 9"x 13" baking dish, spread with half the ricotta mixture, add a layer using half of the mozzarella and top with half the sauce. Layer the spinach noodles on top of this and repeat the layers. Bake at 375° for 30 minutes or refrigerate and bake later for 45 minutes. Remove from the oven and let stand for 10 minutes before cutting. Serves 4 to 8 depending on what else is served or the appetite of the eaters.

You don't have to use the spinach noodles, you can use regular noodles for the whole thing.

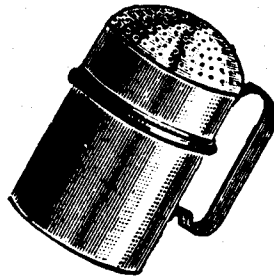
Aletta Yantis
Solid Waste Department

Moin Moin

1-1/4 cups dried hulled beans - soaked
1 medium onion
6 big red peppers
1-1/4 cups water
4 Maggi cubes (beef boullion)
10 tablespoons cooking oil
salt to taste
6-8 ounces shrimp (optional)

Put beans, chopped onion and pepper in blender. Pour in water and blend until fine. Dissolve Maggi cubes in a little hot water and add to the mixture. Add the cooking oil, shrimps and salt to taste. Mix properly and using a scoop, wrap the mixture in small portions. Place on a raised pot base. Steam until firm (about 40 minutes). Serve with fried plantain as a dinner, with jollof rice (rice cooked in sauted onions and tomato paste) for parties or alone as a snack.

Gerry Uba
Planning and Development



Spinach/Feta Pie

2 large bunches of spinach
1/4 to 1/2 pounds feta cheese
2 cups cottage cheese
1 egg
dash of salt
pie crust with top

Wash, chop and cook down spinach. Mix the spinach with grated feta cheese (1/4 to 1/2 pound depending on taste), cottage cheese, salt and beaten egg. Pour the mixture into pie crust. Cover with crust top. (Be sure to puncture the top before baking.) Bake for 50 minutes at 350°. Let stand for 10 minutes before serving.

Dave Kanner
Public Affairs

Tatertot Casserole

1 pound hamburger (lean)
1 can mushroom soup (undiluted)
1 can celery soup
1/2 sack tatertots (about 1 pound)
parsley, green pepper, and garlic to taste

Make balls of hamburger and lay on bottom of a 9"x9" pan. Add parsley, green pepper and garlic on top of meat. Cover with soups that have been mixed together; place potatoes on top. Bake at 350° for one hour.

Marilyn Given (Dave)
Accounting

Chicken Teriyaki

approximately 20 chicken wings
3/4 cup soy sauce
1/4 cup dark molasses
1/4 cup sake
2 teaspoons grated fresh ginger root
1 small clove garlic, crushed

Preheat oven to 450°. Wash the chicken. Using a meat cleaver or heavy knife cut the wings into three pieces, discard the wing tips. Place the chicken in a bowl. Blend the remaining ingredients and pour on the chicken. Cover the bowl and refrigerate for two or more hours turning occasionally. Drain the chicken reserving the marinade. Place the chicken in a single layer in a 9" x 13" baking pan. Pour 1/2 cup of marinade over the chicken. Bake at 450° for 10 minutes, turn the chicken and bake for 10 more minutes. Reduce the temperature to 350°, pour off and discard the pan liquid, add remaining marinade and continue baking for 15 minutes or until tender.

Serves 4. Serve hot with rice or let cool and use as an appetizer.

There are several substitutions that can be used with this recipe. The ingredients listed are those used by the Japanese lady who gave me the recipe. Other chicken parts that can be cut into small pieces can be used. You can use sugar instead of molasses. 1/4 cup of white wine or 2 tablespoons of wine vinegar can be substituted for the sake. One teaspoon of ground ginger and 1/4 teaspoon of garlic powder can be used also. Whatever the combination this recipe produces a delicious teriyaki chicken.

Aletta Yantis
Solid Waste Department

Spinach Enchiladas Suiza

Preheat oven to 350°

1 dozen tortilla shells
1-2 tablespoons salad oil

8 ounces sour cream
16 ounces softened cream cheese
1 chopped garlic clove
1 can diced green chillies
1 cup chopped onions
1 cup sliced olives
1 cup spinach
4 cups shredded Monterey Jack cheese
dash nutmeg

Mix together the sour cream, garlic and cream cheese and set aside. Heat oil in a frying pan and then briefly dip each tortilla just enough to soften. Spread cream cheese mixture in the center of tortilla and sprinkle with chillies, onions, olives, spinach, and 3 cups of the cheese. Roll up tortillas and arrange side by side in a baking dish. Cover with rest of the cheese and a dash of nutmeg. Bake in preheated oven 5-10 minutes until hot. Garnish with fresh tomatoes.

Carol Krager
Metro Washington Park Zoo



Eggplant Parmesan

1 large or 2 medium eggplants
flour
eggs
cooking oil
bread crumbs
spaghetti sauce
grated parmesan cheese
slice mozzarella cheese

Peel the eggplant and cut into 1/4" slices. Coat the slices in (in order) flour, beaten egg and bread crumbs, then fry over medium heat until golden brown. Drain the cooked eggplant on a paper towel.

In a 10" X 14" baking dish, layer the eggplant (slightly overlapping) until the bottom of the pan is covered. Cover the eggplant with your favorite spaghetti or red sauce. Cover with a generous layer of grated parmesan cheese; add a second eggplant/sauce/cheese layer. Cover and bake for 30 minutes at 325°. Uncover and add sliced mozzarella. Bake for five minutes. Let stand for 5 minutes before serving.

Dave Kanner
Public Affairs

Eggs Portugal

8 slices white bread (cut off crust)
3/4 pound grated cheddar cheese
1-1/2 pounds skinless sausage links
4 eggs
2-1/2 cups milk
3/4 tablespoon prepared mustard
1 can cream of mushroom soup
1/4 cup dry sherry or vermouth
1 cup sliced fresh mushrooms

Cut sausages in thirds and brown. Cube bread and put into 9x13' greased pan. Top with cheese and sausages. Mix eggs, milk, mustard and pour over bread and sausage mixture. Refrigerate overnight, covered. Before cooking, blend soup, vermouth and mushrooms. Pour over all. Bake at 300° for 1-1/2 hours. Enjoy!

Dick Walker
Transportation

Oriental Chicken

2 packages chicken thighs (Oregon grown, 12 count)
1 can cream of chicken or cream of mushroom soup
1/4 cup soy sauce
hot cooked rice

Put chicken in crock pot with the soup and soy sauce. Cook all day. Remove the bones. Serve over rice. Very good with oriental vegetables.

Dan Cooper
General Counsel

Chicken Breast Casserole

1 4-ounce jar dried beef
6 slices bacon
6 chicken breasts, skinned and boned
1 cup sour cream
1 10-1/2-ounce can cream of mushroom soup
Canned or fresh mushrooms
Dried parsley flakes
Slivered almonds

Arrange beef in buttered 9 x 13" casserole dish. Wrap 1 slice bacon around each breast and arrange on beef. Mix sour cream, soup, mushrooms and parsley and spread over breasts. Sprinkle with almonds. Bake uncovered at 275° for 2-1/2 to 3 hours.

Makes 6 servings.

Liz Cooper
Council

McMurdo's Chili

1 pound lean ground beef
1 1.2-ounce package dry onion soup mix
2 cups water
1 6-ounce can tomato paste
2 teaspoon ground chili powder
1/4 teaspoon ground cumin
2 15-ounce cans pinto beans, drained
1 4 or 5-ounce package corn chips, coarsely crumbled

In 10" skillet, brown ground beef; spoon off excess grease. Stir in remaining ingredients except corn chips. Cover; simmer 10 minutes. Spoon into individual bowls. Top with crumbled chips.

Makes 4 to 5 servings.

Greg McMurdo
Executive Management

Ethel's Stew

2 1-pound cans cut green beans
1/2 teaspoon salt
2-1/2 pounds stew meat
2 bay leaves
3 cut up carrots
1/4 cup flour
1/4 teaspoon pepper
2 onions, sliced
3 potatoes, sliced
1 can tomato soup

Drain beans. Brown meat in flour, salt, pepper and oil. Place in large casserole. Add layer of onions, bay leaves, potatoes, carrots and beans. Spread soup over beans. Cover and bake in 250° oven for 5 hours. Do not open during baking.

Ethel's Stew is good stuff, Maynard!

Owen Barrett
Council staff

Zucchini Frittata

2 onions
8 beaten eggs
salt
pepper
3-4 cloves garlic
6 cups diced zucchini
2 cups Bisquick
1 cup oil
1 cup grated Parmesan cheese

Blend together onions, eggs, salt, pepper and garlic in blender. Add zucchini, Bisquick, oil and parmesan cheese. Bake in oblong casserole dish at 350° for 30 minutes.

John Cullerton (Sue)
Transportation

Rice and Curry

1-1/2 teaspoon tumeric
1/4 teaspoon ginger
2 teaspoons curry powder
1 teaspoon cumin
1/2 teaspoon cardamon
1-1/2 teaspoon chill powder
1/2 teaspoon mustard
4-5 bay leaves
2 teaspoons salt
1/2 medium onion
1 pound stew meat
4-5 potatoes

Brown meat. Remove from heat and fry spices in grease from meat. Add vegetables and cover with water. Cook in a slow cooker, setting #3, for about 4 hours.

Alan Holsted
Transportation

Hamburger Pie

1/2 pound lean ground beef
1 medium white onion
1 box frozen green beans
1 con whole kernel corn
2 cans tomato soup
6 large potatoes (approximate)
fresh garlic to taste
salt and pepper

Brown ground beef with chopped onion and garlic in large casserole dish, drain grease off. Add beans, corn, soup. Peel, boil and mash potatoes. Spoon potatoes on top of casserole.

Bake at 350° for 45 minutes.

Tanya Collier
Metro Council

Porc au Noël

(aka Cubbon's Chops)

This dish is both elegant and simple to make. Absolutely any red or white wine works with this recipe, so don't feel you need to spend a fortune.

4 pork chops (any thickness, but big, succulent, 1" thick works the best)

Chicken bouillon (powder or broken cubes)

Dash or so of garlic powder (optional)

White or red wine, or brandy

Oil for frying

Sprinkle bouillon and garlic powder over one side of chops; using the back of a spoon, press seasoning in. Heat just enough oil to brown the chops in a frying pan (or use spray-on type to keep the sauce low-fat); brown unseasoned side first. When both sides are golden, add wine or brandy; cover and simmer until pork is tender. Remove chops to a plate and keep warm; thicken sauce with flour or cornstarch. This sauce is terrific over any type of rice or rice pilaf; at this point, you may want to add more liquid to stretch the sauce, either bouillon/water, or wine.

Note: The only trick to this recipe is keeping an eye on the liquid level. If using wine, pour in enough to cover chops half-way up. Brandy will reduce much faster and makes the chops a beautiful brown. However, you may want to add some water to the brandy in the pan to keep it from reducing completely.

Oina Behrman Cubbon

Solid Waste (department, not the recipe)

Coq au Vin

(Chicken in wine)

2-1/2 pound broiler fryer chicken

1/2 cup all purpose flour

1 teaspoon salt

1/4 teaspoon pepper

8 slices bacon

8 small onions

8 ounces mushrooms, sliced

4 carrots, cut into halves

1 cup chicken broth

1 cup dry red wine

1 clove garlic, crushed

1/2 teaspoon salt

Bouquet Gami (below)

Cut chicken into pieces; cut each breast half into halves. Mix flour, 1 teaspoon salt and the pepper. Coat chicken with flour mixture. Fry bacon in 12" skillet until crisp; drain on paper towels. Cook chicken in hot bacon fat until brown.

Push chicken to side; add onions and mushrooms. Cook and stir until mushrooms are tender. Drain fat from skillet. Crumble bacon and stir into vegetables with the remaining ingredients. Cover and simmer until thickest pieces of chicken are done, about 35 minutes. Remove Bouquet Gami; skim off excess fat. Sprinkle chicken with snipped parsley if desired.

8 servings

Bouquet Gami

Tie 1/2 teaspoon thyme leaves, 1 bay leaf and 2 large sprigs parsley in cheesecloth bag.

Teri Sherman
Public Affairs

Chicken Veronique

4 boned and skinned chicken breast halves
2 tablespoons butter, melted
1/2 teaspoon salt
1/4 teaspoon pepper
1 - 1 1/2 cups fresh or frozen seedless grapes

Sauce:

2 cups red wine
1/2 cup currant jelly
1 tablespoon chicken base
2 tablespoon cornstarch

Make the sauce by mixing 1/4 cup of the red wine with the cornstarch and set aside. Boil the remaining wine for 5 minutes to vaporize the alcohol. Add the currant jelly and the chicken base and stir until melted. Add the cornstarch mixture and cook, stirring constantly until thickened and clear.

Preheat oven to 350°. Place chicken in a shallow baking pan. Brush with butter. Sprinkle with salt and pepper. Bake for 10 minutes. Remove from oven and baste with part of the sauce. Return to oven and bake for 10 to 15 minutes. Add grapes to remaining sauce and heat. To serve, place the chicken on plates and spoon sauce with grapes over them.

Jackie Miller
Accounting

Chutney Glazed Chicken

8 boned and skinned chicken breast halves

salt

pepper

1 1/2 cups orange juice

1/2 cup raisins

1/2 cup chutney, pureed

1/2 teaspoon thyme

2 teaspoon cinnamon

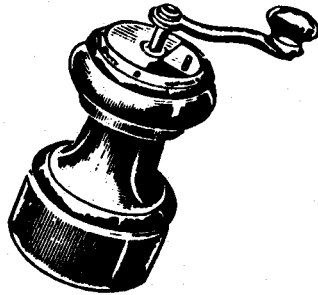
1/2 teaspoon curry

1/2 cup toasted slivered almonds

Preheat oven to 350°. Arrange chicken in 9 x 13 baking dish. Sprinkle with salt and pepper. Combine orange juice, raisins, chutney, thyme, cinnamon and curry. Pour over chicken. Bake for 30 to 35 minutes, basting occasionally. Sprinkle with almonds and serve with rice.

Serves 8.

Jackie Miller
Accounting



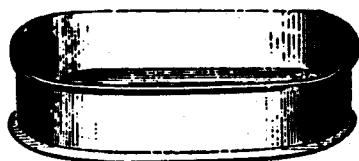
Curry Chicken Casserole

2 cups dry bread crumbs
2 teaspoons salt
1/2 teaspoon pepper
1 teaspoon paprika
1 teaspoon curry powder
1 medium-sized fryer, cut up
1 10 1/2-ounce can cream of mushroom soup
1/4 cup chicken stock
1/4 cup dry sherry

In a plastic bag mix together crumbs, salt, paprika, pepper and curry powder. Shake 2 or 3 chicken pieces in bag at a time until evenly coated. Arrange pieces in single layer in an ungreased shallow baking pan. Bake in hot, 400° oven for 20 minutes. Combine soup, chicken broth and wine. Pour a little over chicken, leaving part of the browned portion uncovered. Pour remaining mixture around sides of the chicken. Bake 20 minutes longer or until tender. Before serving, mix sauce in bottom of pan and spoon over part of chicken. Garnish with parsley and cherry tomatoes.

Yields 4 servings.

Jackie Miller
Accounting



Beef Burgundy

1 package beef stew meat for four people
1 can beef consommé
1 package dried onion soup mix
3/4 cup burgundy wine
1/4 cup flour
mushrooms, fresh or canned (optional)

Place stew meat in crock pot or baking dish. Season with salt and pepper. Sprinkle onion soup over meat. Pour consommé over meat. Stir burgundy wine and flour together so flour won't lump and pour over meat. Bake 3 hours or longer at 325° or all day on low in crock pot. Add parsley sprigs and serve with noodles. It will have a rich dark gravy and the wine makes the stew meat so tender. Double or triple for a crowd.

Katie Dowdall
Executive Management

Russian Chicken

4-6 chicken breast halves (washed and skinned)

Place in either greased or foiled baking dish; in separate bowl mix:

1 can whole cranberry sauce
1 medium size bottle of Russian salad dressing

Pour sauce over chicken. Bake at 350° for about 45 minutes. Serve with green noodles, pineapple fruit salad, French bread and white wine. It is delicious and takes only 5 minutes to get into oven.

Katie Dowdall
Executive Management

Csirke Paprikas

(Chicken Paprika)

This recipe is wonderful for a fancy dinner party. It can be made ahead of time. Just reheat with the sour cream. If you wish to cut down on the expense do not buy all the garnishes. However, use only sweet hungarian paprika. It does make a difference.

Serve with rice or noodles, nice green or spinach salad, French bread, and some form of a green vegetable so it won't look bland.

It takes a long time to bone chicken, so buy boneless chicken at Costco. If you don't have a card, call me and we can buy frozen boneless chicken breast for the year!!!

.....

This is an exceptionally tasty and attractive chicken, circled with green almond noodles and topped with sliced stuffed olives and succulent sauteed mushrooms. This reheats very well, so how can you miss?

3 large chicken breasts or 6 boneless breasts
1 onion, diced
1/2 green pepper, diced
1/4 cup olive oil
1 tablespoon flour
3/4 cup chicken broth
1 1/2 teaspoon salt
1/2 teaspoon fresh grated pepper
1 clove garlic
1/2 teaspoon thyme
2 tablespoons paprika (Sweet Hungarian is the very best for this recipe)
1/2 cup sour cream

Optional garnishes: 1/3 pound whole mushrooms sauteed in butter, 1/4 cup pimento stuffed green olives, sliced clumps of green parsley

Remove skin and bones from chicken breasts and cut into bite size pieces about 1 1/2 x 1 1/2". Shake chicken in seasoned flour just to coat lightly. In a large skillet

saute chopped onions in 2 tablespoons olive oil until transparent. Remove onions, add remaining oil and heat. Saute the chicken cubes just enough to seal in juices. Remove chicken to same bowl as onions. Cool pan slightly and add paprika and stir briefly; add flour and stir again. Slowly add chicken broth and thyme, mashed garlic, salt and pepper. Return onions and chicken to pan. Simmer very gently on low heat for 20 minutes. Add green peppers and cook 10 minutes more. Note: You may make ahead to this point. Add sour cream and cook only to heat. Taste for seasoning and add more if needed. Serve on heated platter. Garnish with mushrooms, olives and parsley. Circle chicken with green buttered noodles and almonds. Makes 6 servings.

Katie Dowdall,
Executive Management

Souper Chicken or Pork Chop Bake

1 3-pound cut-up fryer or 6 pork chops
1 1/4 cups rice
2 1/2 cups water
1 package dry onion soup mix
1 can of cream of mushroom soup

Place dry rice evenly in a buttered casserole dish. Sprinkle package of onion soup mix over the rice. Place chicken or pork chops over rice. Spoon cream of mushroom soup over chicken or pork chops. Pour water over all. Bake in a 325° oven, uncovered, for 2 hours.

Sherri Gonzalez
Finance and Administration

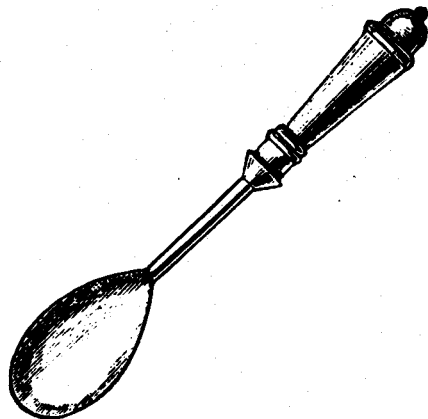
Layered Hamburger Bake

- 4 ounces medium noodles (3 cups)
- 1 pound ground beef
- 15-ounce can tomato sauce (2 cups)
- 1 teaspoon sugar
- 1/2 teaspoon salt
- 1/4 teaspoon garlic salt
- 1/8 teaspoon pepper
- 1 8-ounce package cream cheese, softened
- 1/2 cup sour cream
- 3 tablespoon milk
- 2 tablespoon chopped onion
- 1 10-ounce package frozen chopped spinach, cooked and drained
- 1/2 cup shredded cheese

Cook noodles. Brown meat; add tomato sauce, sugar, spices and noodles. Set aside. Mix cream cheese, sour cream, milk and onion. In a 2 quart casserole, layer half of the meat mixture, half of cream cheese mixture and all of the spinach. Add remaining beef and cream cheese mixture. Cover and bake at 350° for 40 minutes or until bubbly. Uncover and add cheese on top -sprinkle with cheddar. Bake 10 minutes more.

Makes 6 servings.

Dave Given (Marilyn)
Accounting



Mushroom Pasta (with Your Choice of Seafood)

1 8-ounce package cream cheese
1 pint half and half (or heavy cream)
1 stick butter
6-8 medium sized mushrooms
angel hair pasta (or what you prefer)
garlic powder to taste
1 tablespoon fines herbs

Boil pasta until tender, drain and set aside. Slice and saute mushrooms in butter in large skillet. Add remaining butter, garlic, fines herbs and cream cheese until blended. Slowly add cream to the mixture. Add pasta to the cream sauce until just heated all the way through. To this recipe you can add bay scallops or small shrimp or scampi.

Connie Kinney
Planning and Development

Cheesy Fish Bake

1 can cream of shrimp soup
1 cup shredded cheddar cheese
2-3 fillet of halibut or sole

Broil fish steak approximately 5 minutes, remove and drain liquid. Add can of cream of shrimp soup. Continue cooking until fish becomes flaky, approximately 10-15 minutes. When fish is just about cooked through, sprinkle cheddar cheese on top and return to oven until melted.

Connie Kinney
Planning and Development

Flank Steak with Sour Cream Sauce

1 flank steak, tenderized (ask your meat cutter to do this)
1 pint sour cream
1 package dried onion soup

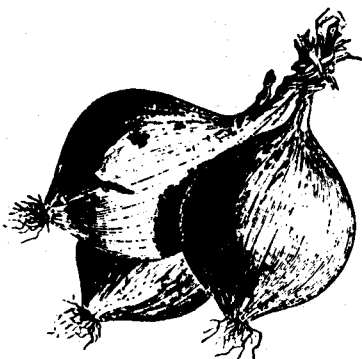
Broil flank steak until just under-done (it should still be pink inside). Retain juices.

Remove from broiler and while still warm, slice cross-wise across the grain into thin strips. Place steak strips, steak juices and pint of sour cream in large skillet and simmer over low heat until sour cream is liquid. Add package of soup.

Note: Flank steak is not particularly tender, so have your butcher put the steak through the tenderizer once or twice. Also, cutting the steak across the grain will further tenderize it.

This is an especially good dish to serve over wide egg noodles. You should have the noodles ready, however, as the steak is done as soon as the soup has mixed in with the sour cream thoroughly.

Connie Kinney
Planning and Development



**RF peas and other duties
as assigned**

Broasted Potatoes

4 baking potatoes

salad oil

Lois' Barbecue Sauce (see below)

Wash potatoes thoroughly. Cut in eighths lengthwise. Put on greased or oiled baking sheet. Bake 20 minutes in 350° oven. Baste with mixture of 1/2 salad oil and 1/2 Lois' Barbecue Sauce. Bake 20 minutes more (or until tender).

Serves 4

Lois' Barbecue Sauce:

1 cup sugar

1 cup ketchup

1 cup water

2 teaspoons dry mustard

1 teaspoon Worcestershire sauce

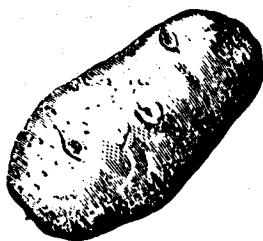
2 teaspoons chili powder

3 teaspoons garlic powder

Mix and simmer all ingredients for 10 minutes.

Jane Butler

St. Johns Landfill



Kigle or Kugel

- 1 12-oz package fine egg noodles
- 1 cup cottage cheese (small curd)
- 4 tablespoons white sugar
- 1 cube melted margarine
- 4 eggs
- 1/4 cup yellow raisins
- 1/2 cup sour cream
- 1/4 teaspoon salt for cooking noodles
- 1/4 teaspoon cinnamon

Cook noodles in salted boiling water until nearly done. Drain and set aside. Beat eggs and add remaining ingredients to noodles. Bake in a well greased 2-quart Pyrex dish or 9x12" Pyrex at 325° for about 1 to 1-1/4 hours (until firm). Serve warm with sour cream on the side. (Can also include chopped apple, cinnamon or pineapple.)

Lois Kaplan
Transportation

Broccoli Bake

- 4 beaten eggs
- 2 cups cottage cheese
- 2 cups grated American cheese
- 6 tablespoons flour
- 4 teaspoons salt
- 1/2 teaspoon onion powder
- 4 10-ounce packages frozen chopped broccoli
- 2 cans drained and chopped water chestnuts
- paprika

Beat eggs slightly. Add in cheeses, flour, salt and onion powder. Stir in water chestnuts and broccoli. Pour into greased 9x12" pan. Bake at 350° for 30-35 minutes, until firm. Add additional cheddar cheese on top to melt lastly.

Lois Kaplan
Transportation

Sweet Potato Casserole

2 large cans sweet potatoes (yams), drained
1 cup sugar
1 stick softened margarine
2 eggs

Mix together with mixer and place in 9x12' baking dish.

Topping

1 cup chopped nuts
3/4 stick softened margarine
1 cup brown sugar
1 cup flour

Combine to make crumbly topping. Spread on top of sweet potato mixture and bake in 350° oven for 30 to 35 minutes. Do not cover.

Andy Cotugno (Ruth)
Transportation

Scalloped Potatoes

8 medium red or white potatoes
2 cups grated cheddar cheese
1 bay leaf
1 can cream of chicken soup
1/4 cup melted butter
1-1/2 cups sour cream
1/4 cup crushed corn flakes
2 green onions, minced (include tops)

Cook potatoes in skins with bay leaf until almost done. Cool, peel and slice. Add butter to soup and blend until smooth. Blend in sour cream, salt and pepper to taste, add onion and all but 1/2 cup cheese. Mix with potatoes and put in casserole dish. Bake uncovered at 350° for 45 minutes. Last 15 minutes, put on cheese and corn flakes and bake 15 minutes.

Jeannie Leathers
Solid Waste

Eggplant Patrice

1 small eggplant

4 med. tomatoes, sliced

2 med. green peppers, chopped

2 med. onions, chopped

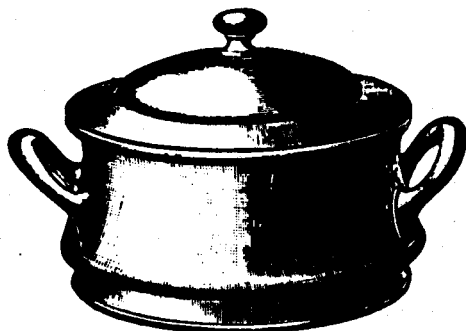
Seasoning: salt, pepper, garlic salt, sugar, monosodium glutamate

3/4 lb. sharp cheddar cheese, sliced 1/8 in. thick

Slice unpeeled eggplant about 1/4 in. thick. Parboil until partially tender. Place layer of eggplant slices in large casserole. Add a layer of sliced tomatoes. Fill spaces with a mixture of chopped green peppers and onions. Sprinkle lightly with each of the seasonings. Add a layer of cheese. Repeat until casserole is filled, ending with cheese. Cover; bake at 400° until steaming (about 1/2 hour). Remove cover, reduce heat to 350°, cook until eggplant is tender and sauce thick and golden (about 1/2 hour).

Makes 6 servings.

Jackie Miller
Accounting



Stampots

1 lb. carrots (the bigger the better)
2 lbs. potatoes
1 medium onion
2 tablespoons butter, margarine, etc.
salt

Chop up carrots, onion and boil until soft. Peel potatoes and boil until done. Mash the whole mess together. Whip in butter and salt to taste. This is best eaten with gravy. It can be accompanied by either pot roast or a great big sausage.

Boerenkool Stampot

Same as above except with kale instead of carrots. Cook the kale until tender and then chop it up real fine. This is my favorite stampot.

Sauerkool Stampot

Same as above except with sauerkraut instead of kale. Heat the sauerkraut before mixing it in.

Note: A "stampot" is essentially potatoes and a veggie mashed up together. It's a Dutch invention and is designed to provide lots of hearty food cheaply. It's really "stick-to-the-ribs" stuff and on a cold winter day there's nothing quite as satisfying.

Larry Sprecher
Planning and Development

Easy Potatoes au Gratin

2 large potatoes, peeled and sliced
1 medium onion, sliced thinly
1/2 pound grated cheddar or colby longhorn cheese
salt to taste
butter or margarine
2 cups evaporated milk

Dot the bottom of a small baking dish with butter. Add a layer of onion slices, a layer of potato slices, salt to taste and cover with cheese. Repeat layers starting with the butter and dot the last layer of cheese with butter. Pour the evaporated milk over the mixture. Bake for 90 minutes at 300°.

Dave Kanner
Public Affairs

Cornbread Dressing

6 parts cornbread
4 parts white bread
1 cup onion, chopped fine
1 cup celery
1 tablespoon sage
Black pepper to taste
1 tablespoon margarine or shortening
1 cup cooked giblets
1 cup chicken broth

Saute onion and celery until tender. Mix with bread, spices, margarine, giblets and broth. Baked covered at 350° for 30 minutes. Remove cover last 10 minutes to brown.

Karen Larson
Personnel

Potato Casserole

1 lb. frozen hash brown potatoes (thawed)
2 cups grated cheddar cheese
1 tablespoon chopped green onion
1-1/2 cups sour cream
1/2 cup margarine
1 can cream of chicken soup
Salt and pepper to taste

Topping:

2 cups crushed corn flakes added to 1/4 cup melted butter or margarine.

Mix ingredients together - put into ungreased large casserole (approximately 11" x 13"). Sprinkle topping over mixture. Bake at 350° for 1 hour.

Sylvia Smith
Accounting

Jalapeno Egg Dish

10 eggs, whipped
1/2 cup flour
1 teaspoon baking powder
1/2 teaspoon salt
1 pint small curd cottage cheese
1 lb. jack cheese, shredded
1/2 cup melted butter
8 oz. diced green chili peppers

Blend all ingredients and pour into a 9 x 11 1/2 pyrex pan. Bake at 350° for 35 minutes. Serve with salsa, sour cream and black olives.

Melissa Miesen
Recycling Information Center

Zucchini Saute

2 medium size zucchinis

4-5 slices of Swiss and/or American cheese

1/2 small sliced onion

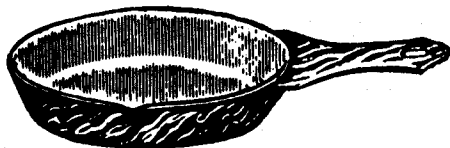
1/4 lb. fresh shrimp meat, rinsed and drained

Wash and slice zucchini about 1/4" thick. Drain for 10 minutes. Melt 4 pats butter in 12" skillet or electric frypan. Add zucchini and onion; cook until lightly browned and tender, but still firm. Add shrimp meat and mix with zucchini and onion. Add cheese in sheets. When cheese is lightly melted, add salt and pepper to taste. You can also add a little parmesan or romano cheese powder to give it a little added kick.

On occasion, I've added soy sauce just to give it a little different appeal. Also, I've found that children, who normally don't like zucchini, will eat this version due to the cheese and shrimp. This is a quick recipe and very tasty.

Joann Phillips

Finance and Administration



Quick and Delicious Macaroni and Cheese

3/4 pound elbow macaroni or your favorite noodle
3/4 pound grated sharp cheese*
1/4 pound grated mild cheese*
1/4 cup grated parmesan cheese
4 tablespoons butter or margarine
3 tablespoons flour
2 cups milk or evaporated milk

Prepare the macaroni as you normally would. Mix the cheeses together in a mixing bowl. In a 2 quart saucepan, melt the butter over low heat. Add the flour and stir until it is uniformly absorbed. Add the milk and continue to stir over low heat until mixture begins to thicken.

Grease a casserole dish with butter and layer as follows until the dish is full: macaroni, cheese, milk mixture. Cover and bake for 30 minutes at 350°. Let stand 5 minutes before serving.

(Optional: After 30 minutes, uncover, dot the top with butter and sprinkle with bread crumbs. Bake uncovered for another 5 minutes.)

* Colby longhorn and jackie havarti are an excellent combination. But experiment to find the one you like best.

Dave Kanner
Public Affairs

Zesty Carrots

Spread 8 cooked carrots, cut lengthwise, in a shallow baking dish. Mix and pour over carrots:

1/4 cup liquid from carrots
2 tablespoons grated onion
2 tablespoons horseradish
1/2 cup mayonnaise
1/2 teaspoon salt
1/4 teaspoon pepper

Top with mixture of 1 cup bread crumbs browned in 1 Tablespoon butter and a dash of paprika.

Bake in 350° oven 15-20 minutes

Dick Karnuth (Milly)
Metro Washington Park Zoo

Chinese Beets

1 can beets (or fresh, cooked beets)
1/2 cup reserved beet juice
1/3 cup sugar
1 1/2 teaspoon cornstarch
1 tablespoon catsup
1/3 cup vinegar
8 whole cloves
1 tablespoon cooking oil
dash salt
1/3 teaspoon vanilla

Combine all ingredients. Cook on medium heat until thickened. Serve cold. Best if made a day or so in advance.

Vicki Kolberg
Recycling Information Center

Stir-Fried Broccoli

Fresh broccoli

1 onion

Green onions

Fresh mushrooms

1 bell pepper

Peanut oil or grease from bacon

Bacon

Soy sauce

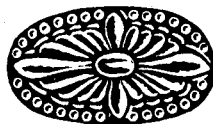
In a skillet, fry the bacon until crisp. Remove bacon and sauté onions, green onions, mushrooms, and bell pepper in bacon grease or peanut oil.

Wash and cut broccoli into 1 inch pieces. Cut at an angle. In a large skillet with bacon grease or peanut oil, stir fry broccoli. Cook until dark green. Add bacon (crumbled), onions, mushrooms and bell peppers. Cook until broccoli is at least crisp, then to your own preference. Stir continuously until flavors compliment one another.

Serve with steamed rice. Serves 4.

Mel Huie

Planning and Development



Cheesy Potatoes

2 packages frozen hash browns
3 cans cream of chicken soup
1 cup sour cream
2 cups diced onion
1 cup diced green pepper (optional)
1 large jar chopped pimento (optional)
2 cups grated cheese
1 cup corn flakes
butter

Saute onion and green pepper, add to hash brown, soup, sour cream and pimento. Mix thoroughly, add cheese and mix again. Pour into large flat baking pan. Top with crushed corn flakes and dot with butter.

Bake in 350° oven for 1 hour until lightly browned and bubbly.

This is a great dish to make ahead when you want to spend time with your guests and not in the kitchen. Keeps well and reheats well in the microwave. Great served with ham.

Rena Cusma
Executive Management

Quarterly retorts and other just desserts

Cream Puffs

1/2 cup shortening
1 cup boiling water
1 cup flour
1/2 teaspoon salt
4 eggs

Melt shortening in boiling water. Sift together flour and salt. Add to liquid ingredients all at once, stirring constantly. Cook until mixture leaves sides of pan in a smooth ball. Add eggs, one at a time, beating vigorously after each one, until mixture is smooth again. Drop by rounded tablespoonsful on greased baking sheet, 2" apart. Bake 10 minutes at 450°, then 400° for 25 minutes.

For tidbit puffs: 1/2 teaspoon batter, 1-1/2" apart. Bake at 450° 7-8 minutes, then 12-15 minutes at 400°.

Quick Cream Puff Filling:

1 pkg. instant vanilla pudding
3/4 cup cold milk
8-oz. Cool Whip, thawed

Mix instant pudding in milk. Blend into Cool Whip. Cut slits in puffs and fill, using a pastry bag.

Dust top with powdered sugar or drizzle with chocolate glaze.

Jane Butler
St. Johns Landfill

Almond Roca

1 lb. Imperial margarine
1/2 lb. butter
3 cups sugar
1 4-oz. milk chocolate bar
1 to 1-1/2 cups chopped almonds

Melt margarine and butter over low heat. Stir in sugar. Bring to a boil. Boil to 300°. Use a heavy pan to avoid scorching. Pour into a large ungreased cookie sheet. Spread crumbled or shaved chocolate bar on top. Press chopped almonds on top. Cool and break into pieces.

Carol Parno
Accounting

Quick Apple Crisp

6 apples
cinnamon
1/2 cup water
1 cup sugar
3/4 cup flour
1 stick butter

Slice apples into baking dish. Sprinkle with cinnamon and add water. Mix sugar, flour and butter and put on top of apples. Bake 40 minutes at 350° or until apples are done.

Debbie Gorham
Solid Waste Department

Brownie Pudding

Brownie:

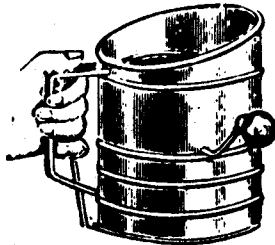
- 1 cup flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 3/4 cup sugar
- 2 tablespoons cocoa (unsweetened)
- 1/2 cup milk
- 1 teaspoon vanilla
- 2 tablespoons melted shortening
- 3/4 to 1 cup chopped nuts

Pudding:

- 3/4 cup brown sugar
- 1/4 cup cocoa (unsweetened)
- 1-3/4 cups hot water

Sift together flour, baking powder, salt, sugar and cocoa. Add milk, vanilla and shortening. Mix until smooth. Add nuts. Pour into greased 8" square cake pan. Mix brown sugar and cocoa, sprinkle over batter; pour hot water over entire batter. Bake at 350° 40 to 45 minutes.

Andy Cotugno (Ruth)
Transportation



Ginger-Pumpkin Cheesecake

Crust:

1/3 cup melted butter
1-1/4 cups ground gingersnaps
1-1/4 cups finely chopped walnuts
1 teaspoon ground cinnamon

Filling:

2 lbs. cream cheese, soft
1-1/2 cups sugar
1/3 cup flour
2 teaspoons vanilla
1 teaspoon ground cinnamon
1/2 teaspoon freshly grated nutmeg
1/4 teaspoon ground cardamon
1/4 teaspoon allspice
6 large eggs
2 cups solid pack pumpkin
pinch salt

Garnish with whipped cream

Crust: Mix ingredients in small bowl. Butter bottom and sides of 10" spring form pan. Press crumb mixture over sides and bottom of pan. Refrigerate. Heat oven to 325°.

Filling: Beat cheese in large mixer bowl until light and fluffy. Beat in sugar, flour, vanilla, cinnamon, nutmeg, cardamon, allspice and salt. Beat in eggs, one at a time, until smooth. Fold in pumpkin. Pour batter into crust in prepared pan. Bake at 325° on middle rack 1-1/2 hours, or until cake is firm around the edges yet still wiggles in the center. Turn off oven. Let cool in oven with door slightly ajar, 30 minutes. Refrigerate 2 hours, or overnight, before serving. Top with whipped cream.

Debbie Gorham
Solid Waste Department
From the Kansas City Star, 4/12/84

Chocolate Cheesecake

Crust:

2 or 3 cups crumbs of chocolate cookies
1/2 teaspoon cinnamon
1/4 cup melted butter

Filling:

3/8 cup cornstarch
3/4 cup butter
3/4 cup sugar
4 eggs
24-oz. pkg. cream cheese
8 ozs. German chocolate
2 tablespoons cocoa
1 teaspoon vanilla
2 cups heavy cream
3 tablespoons Kahlua

Topping:

Fresh whipped cream or chocolate shavings for garnish

Blend ingredients for crust and press into bottom of 9" spring form pan. Chill. To make filling: blend ingredients and pour over chilled crust. Preheat oven to 350°. Bake 45 minutes.

Debbie Gorham
Solid Waste Department
From the Kansas City Star

Wedding Cheesecake

Crust:

1 cup very fine graham crumbs
3/4 teaspoon cinnamon
6 tablespoons butter, melted
2 tablespoons butter, softened to room temperature

Filling:

24-oz. pkg. cream cheese, soft
1-1/2 cups sugar
5 egg yolks
1 pint sour cream
3 tablespoons unbleached flour
1/4 teaspoon salt
1-1/2 teaspoons vanilla extract
juice and grated rind of 1 lemon
5 egg whites

In a medium sized bowl, combine crumbs and cinnamon. Stir in melted butter, until crumbs are moistened. Using softened butter, thickly coat a spring-form pan. Pour crumb mixture into pan and press evenly against sides and bottom to make thin crust. Chill in refrigerator 30 minutes before filling.

For filling: Beat the cream cheese with electric blender until smooth. Add sugar, a quarter at a time, beating until sugar is absorbed. Add yolks one at a time, then beat in sour cream, flour, salt, vanilla, and lemon. Should have even consistency. In another bowl, beat egg whites until stiff but not dry. Fold mixtures together. Pour into crust. Bake at 325° in middle of oven for 1-1/2 hours. Cool 1 hour in turned-off oven with door open to set. Powdered sugar.

Debbie Gorham
Solid Waste Department
from Kansas City Star, 7/82

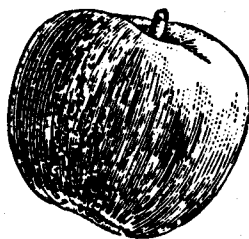
Blueberry Apple Crisp

3 cups tart apples
2 cups blueberries
5 tablespoons brown sugar
2 tablespoons flour
1 cup flour
3/4 cup sugar
1 teaspoon baking powder
1/2 teaspoon salt
1/2 teaspoon cinnamon
1 unbeaten egg
1/2 cup melted butter or margarine
cream

Grease a 6-cup baking dish or casserole. Peel, core and slice apples. Place apples in dish and add blueberries (if frozen, thawed and drained). Mix brown sugar and flour and sprinkle over fruit. Sift together flour, sugar, baking powder, salt and cinnamon. Add egg and mix with fork until crumbly. Sprinkle mixture over fruit. Don't pat it down. Pour butter or margarine evenly over top. Bake at 350° for about 1 hour, until top is golden brown. Serve warm with cream.

serve 6-8

Debbie Gorham
Solid Waste Department



Strawberry Chocolate Decadence

12 large, firm, ripe strawberries (preferably with stems)
4 ozs. (1/2 8-oz. pkg.) semi-sweet chocolate or white
chocolate chips

Wash strawberries and allow to dry thoroughly. Melt chocolate in double boiler at very low heat over a small amount of water until just melted; stir occasionally, or melt in microwave at low power until just melted. (Tip: Be gentle with chocolate!) Working quickly while chocolate remains hot, roll each strawberry 3/4 of the way up to the stem in the melted chocolate. (Tip: If chocolate starts to harden, reheat gently.) Enjoy licking your fingers and the pot! Place dipped strawberries on waxed paper to cool, then refrigerate. For an extra gourmet touch that will win you rave reviews, alternate dark and white chocolate dipped berries on serving plate. (Tip: Lining serving dish with the waxed paper eliminates cleanup and keeps all in place if driving to your eating destination.) Indulge yourself liberally with this luscious, no-bake treat! (Tip: Make sure that you get some yourself, since they disappear very quickly!)

Note: Recipe can be easily doubled, tripled, quadrupled...

Calorie Count: Don't even think about it! (Tip: Just rationalize that strawberries are low-cal and packed with vitamin C.)

**David Horowitz (with credit to Sala Horowitz)
Transportation**

Strawberry Shortcake

Sift together:

4 tablespoons instant milk powder
2 cups flour
4 teaspoons baking powder
1/3 cup sugar
1/2 teaspoon salt (optional)

Mix together:

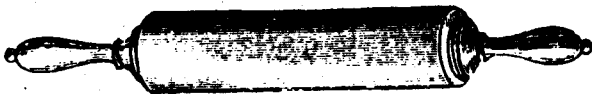
1/3 cup shortening
1/3 cup water
1 egg

Add to sifted mixture. Mix well.

Roll and cut with cookie cutter. Bake at 450° about 10 minutes or until lightly browned. Yield 8 - 2 inch biscuits. Serve with your favorite fresh sliced fruit and ice cream.

Originated in Dublin, Ohio, circa 1960

Sandy Bradley
Convention Center Project



Ann's Cream Puffs

1 cup water
1 cube butter
1 cup flour
4 eggs

Bring water and butter to a boil. Add flour all at once and stir until thick and blended. Remove from heat and let cool (about 10 minutes). Add eggs one at a time blending well after each addition. Drop on a greased cookie sheet. Bake in a 350° oven until golden brown and puffed. When cool fill with whipped cream or custard.

Ann Brunson
Council staff

Fruit Ice

2 cups sugar
2 cups water
2 large bananas, mashed
juice of 2 medium lemons
juice of 2 medium oranges
1 small can grated pineapple

Boil sugar and water about 5 minutes. Cool and add bananas, juice of lemons and oranges and the can of pineapple (with juice). Freeze. Stir when nearly frozen. Serves about 12.

Ann Brunson
Council staff



English Toffee Dessert

Cream:

1 cup butter
2 cups powdered sugar

Add:

3 well beaten eggs
2 squares melted chocolate
1 teaspoon vanilla
1/2 cup chopped nuts

Fold in: 3 beaten egg whites

Crush 1/2 pound vanilla wafers. Spread half of the crumbs on the bottom of a 9-inch square pan. Spoon filling over crumbs. Use other half of crumbs for top. Place in the refrigerator for a few hours or overnight.

Dick Karnuth (Milly)
Metro Washington Park Zoo

Dragon Droppings

10 oz. baking chocolate
4 tablespoons heavy cream
6 tablespoons sweet butter, softened
2 tablespoons liquer (Amaretto, Frangelico, Kahlua, etc.)
Cocoa powder

Break chocolate into bowl and melt in microwave for 2 minutes on medium heat or in double boiler for 20 minutes.

Stir in cream, butter and liquer. Spread on waxed paper and roll into tube form. Chill for 4 hours. Cut 1 table-spoon slices and form into balls. Roll in cocoa. Store in empty egg carton lined with tin foil.

Makes 30.

Karen Marti
Recycling Information Center

Reduce, Reuse, Recycle Trifle

REDUCE handling and packaging of Oregon's fruit. Don't can it or freeze it. Eat it! **REUSE** this recipe. Already passed down from England to Colonial Virginia to Billie Sweeney, Sandy, OR to Vicki Kolberg. **RECYCLE** leftover cake or cookies, the base of this layered dessert.

Recipe consists of cake soaked in wine or liquor, layered with jam and/or fruit, soft egg custard, whipped cream and garnish. Cake is cut into pieces, spread with jam or jelly, and soaked in sherry or liqueur. Cover soaked cake with fruit. Add layer of custard. Then another layer of cake, sherry, fruit and custard. Chill overnight, or 4 hours minimum. Top with cream whipped with sugar and vanilla to taste. Garnish with toasted almonds.

Suggested leftovers to use: **Cake:** sponge, angelfood, cookies, rich muffins. **Spirits:** sherry, madeira, port, brandy, Kirsch, orange or peach liqueur, depending on taste and fruit used. (Fruit juice or the syrup from canned fruit can be used for an alcohol free version) **Fruit:** fresh fruit in season (strawberries, raspberries, peaches, apricots, etc.), or any canned fruit combination.

Egg custard recipe:

Beat 4 eggs

Stir in 1/3 cup sugar and blend

Slowly add 2 1/4 cups rich scalded milk, or half milk and half light cream

Cook in double boiler, stirring constantly until it coats the back of spoon.

Flavor with vanilla or brandy and a dash of nutmeg

Trifle should be layered in a large glass or crystal serving bowl. English origin - Circa 1781. Also known as Topsy squire, Topsy Parson and Queens Pudding. A traditional holiday dish in Colonial America and still a favorite in Southern and British homes.

Vicki Kolberg
Recycling Information Center

Microwave Carmel Corn

3 quarts of popped popcorn
1/4 cup corn syrup
1/2 cup butter or margarine
1/2 cup brown sugar
1 teaspoon salt
1 teaspoon baking soda

Combine corn syrup, butter, sugar and salt and bring to a boil in the microwave. Remove from oven and add baking soda. This will foam; stir to blend together. Place popcorn in brown paper grocery bag and pour mixture over popcorn. Place in microwave for 1 minute. Take out and shake. Cook in microwave 1 minute more. Pour into bowl (peel off the bag) and eat.

Gina Granato
Data Processing

Chocolate Fudge Candy

Melt 2 cups chocolate chips with 1/2 cup butter in sauce pan over very low heat, stirring constantly until melted. Remove from heat and add dash of salt. Gradually add 4 cups powdered sugar, alternating with 1/2 cup evaporated milk. Blend well. Add 2 teaspoon vanilla and mix well.

Spread onto plate. Add 3/4 cup chopped nuts.

Cathy Thomas
Public Affairs

Cherry Dream Squares

- 1 pkg. white cake mix
- 1-1/4 rolled oats
- 1/2 cup butter or margarine, softened
- 1 egg
- 2 21 oz. cans cherry pie filling
- 1/2 cup chopped nuts
- 1/4 cup firmly packed brown sugar

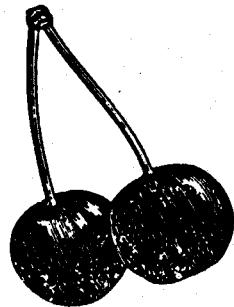
Preheat oven to 350°. Grease 13 x 9" pan.

In large bowl, combine cake mix, 6 tablespoons butter and 1 cup rolled oats. Mix until crumbly. Reserve 1 cup crumbs for topping. To remaining crumbs add 1 egg; mix until well blended. Press into prepared pan. Pour cherry pie filling over crust; spread to cover.

To reserved crumbs in large bowl add remaining 1/4 cup oats, 2 tablespoons butter, nuts and brown sugar. Beat until thoroughly mixed. Sprinkle over cherry mixture.

Bake at 350° for 30 to 40 minutes or until golden brown. Cool completely. If desired, serve with a dollop of whipped cream.

Cathy Thomas (from Marge Bussard)
Public Affairs



Cream Cheese Fruit Tart

2 8-oz. packages cream cheese, softened
1/2 cup butter or margarine
1-1/4 cups flour
1/4 teaspoon salt
1/3 cup sugar
1 tablespoon lemon juice
1 cup whipping cream, whipped
Assorted fresh fruit
1/4 cup apricot preserves
1 tablespoon water

Combine 1/2 package cream cheese and butter, mixing until well blended. Add flour and salt; mix well. Form into a ball; chill. On lightly floured surface, roll to 14-inch circle. Place in 12-inch tart or pizza pan. Prick bottom and sides with fork. Bake at 425°, 12 to 15 minutes or until golden brown.

Combine remaining cream cheese, sugar and juice, mixing until well blended. Fold in whipped cream; spoon into crust. Arrange fruit on cream cheese mixture. Brush with combined preserves and water. Chill.

10 servings.

Cathy Thomas (with credit to Ruth Pierce)
Public Affairs

Mountain Bars

2 pkgs. chocolate Alba
3/4 oz. grapenuts
3/4 oz. oatmeal
1/4 cup raisins
2 tablespoons peanut butter
2 teaspoons coconut
1/4 cup water

Mix together and shape into 8 balls. Chill. Makes two servings.

Weight Watcher exchanges:

1 bread
1 fat
1 protein
1 milk
10 optional calories

Cathy Thomas (with credit to Ruth Pierce)
Public Affairs

Apple Macaroon

4 large apples
1/2 cup sugar
1/2 teaspoon cinnamon
1/2 cup walnuts
2 eggs, well beaten
1 cup sugar
1 cup flour
1/2 cup shortening
1/2 cup butter or margarine

Peel and slice apples thinly into a large pie tin. Sprinkle with cinnamon and 1/2 cup sugar. Break nut meats and sprinkle over top. Make a batter of well beaten eggs, sugar, flour and melted shortening and butter. Pour over top of apples. Bake very slowly in 300° oven until batter makes a crisp top. Slice like pie.

Andy Cotugno (Ruth)
Transportation

Cheese Pudding

(Similar to blintzes)

Batter:

1/2 cup melted margarine
2 tablespoons sugar
2 beaten eggs
3/4 cup milk
1-1/4 cups flour
1 teaspoon baking powder
pinch of salt

Filling:

1 lb. small curd creamed cottage cheese
2 tablespoons melted margarine
2 beaten eggs
1/2 cup sugar
pinch of salt

Pour half of batter in greased 9x9" Pyrex. Top with cheese filling. Top with remainder of batter. Bake at 350° for about one hour (until light brown). Serve with sour cream (strawberry jam is also an option).

Lois Kaplan
Transportation



Lokum

Turkish Delight

Cooking time: 1-1/2 hours

Makes about 2 pounds

4 cups granulated sugar

4-1/2 cups water

1 teaspoon lemon juice

1 cup cornstarch

1 teaspoon cream of tartar

1-2 tablespoons rose water

red food coloring

1/2 cup chopped, toasted almonds, unblanched (optional)

additional 1/4 cup cornstarch

Rose water can be obtained from most middle eastern, Indian, or Greek grocery stores.

Combine sugar, 1-1/2 cups water and lemon juice in a thick-based pan. Stir over low heat until sugar dissolves, brushing sugar crystals off side of pan with a bristle brush dipped in cold water.

Bring to a boil to soft ball stage, 115°C (240°F) on a candy thermometer. Remove from heat.

In another thick-based pan blend cornstarch, cream of tartar and 1 cup cold water until smooth. Boil remaining 2 cups water and stir into cornstarch mixture, then place over heat. Stir constantly until mixture thickens and bubbles. Use a balloon whisk if lumps form.

Pour hot syrup gradually into cornstarch mixture, stirring constantly. Bring to a boil and boil gently for 1-1/4 hours. Stir occasionally with a wooden spoon and cook until mixture is a pale golden color. Stirring is essential.

Stir in rose water to taste and a few drops of red food coloring to tinge it a pale pink. Blend in nuts if used, and remove from heat.

Pour into an oiled 9-inch square cake tin and leave for 12 hours to set.

Combine icing sugar and 1/4 cup cornstarch in a flat dish.

Cut Turkish Delight into squares with an oiled knife and toss in sugar mixture. Store in a sealed container with remaining sugar mixture sprinkled between layers.

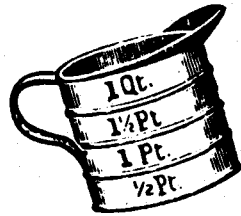
Variations:

Crème de Menthe Lokum: Replace rose water and red food coloring with 2 tablespoons Crème de Menthe liqueur and a little green food coloring. Omit nuts.

Orange Lokum: Use 1-2 tablespoons orange flower water instead of rose water; use orange food coloring.

Vanilla Lokum: Use 2 teaspoons of vanilla essence instead of rose water and coloring, and stir in 1/2 cup toasted chopped almonds or chopped walnuts. Do not blanch almonds.

**Amy Norris
Transportation**



Fudge Pecan Pie

1/2 cup butter or margarine
3 tablespoons cocoa
3/4 cup hot water
2 cups sugar
1/2 cup flour
1/8 teaspoon salt
1 teaspoon vanilla
1 small can evaporated milk
1 cup pecan halves
1 deep dish pie crush shell
1 cup non-dairy whipped topping, thawed

Preheat oven and cookie sheet to 350°. In medium sauce pan, melt butter. Add cocoa and stir until dissolved. Add hot water and stir again. With wire whisk, blend in sugar, flour, salt, extract and evaporated milk. Stir until batter is smooth. Mix in pecans and pour into pie shell. Bake on preheated cookie sheet for 50 minutes or until a knife inserted 1 inch from the edge comes out clean. Serve cooked pie with whipped topping.

Cathy Thomas
Public Affairs



Peanut Butter Cookie Pie

Pat chocolate chip cookie dough (use your favorite recipe) into pie tin to form crust and bake approximately 10 minutes at 350°. Cool. Mix 1 quart softened vanilla (or chocolate) ice cream and 1 cup chunky peanut butter together and pour in crust. Cover and freeze at least 2 hours. Garnish by drizzling chocolate sauce over and a sprinkle of peanuts.

The crust puffs up and kind of flattens out so don't expect it to look like real pie crust.

Also, for regular pie size, use recipe for 6-ounce package chocolate chips but it doesn't take the full amount. Bake cookies with the rest.

Karen Thackston
Transportation

Peanut Butter Cream Cheese Pie

1 cup sugar
1 cup peanut butter, any style
1 8-ounce package cream cheese, softened
2 tablespoons melted butter
1 cup whipping cream, whipped
1 teaspoon vanilla
1 10" graham cracker crust
chocolate topping, if desired

Cream together the sugar, peanut butter, cream cheese and butter. Whip the cream, adding vanilla. Fold into peanut butter mixture and pour into crust. Chill overnight. Serve with a chocolate topping, if desired.

Will yield 12 small, rich servings.

Dick Walker
Transportation

Fudge Sundae Pie

**1 cup evaporated milk
6-ounce package semi-sweet chocolate morsels
1 cup Kraft mini-marshmallows
1/4 teaspoon salt**

Place ingredients into a heavy saucepan. Stir over medium heat until chocolate and marshmallows melt completely and mixture thickens. Remove from heat and cool to room temperature.

In the meantime, prepare a crust made of 16 crushed Oreo cookies and about 1/2 cube melted margarine (for 9" pie pan). Spoon half of one-quart vanilla ice cream over crust. Cover with half of chocolate/marshmallow mixture. Repeat with rest of ice cream and top with balance of chocolate/marshmallow mixture. Sprinkle with cut up pecans or walnuts (1/4 to 1/2 cup nuts). Freeze 3-5 hours.

May also use vanilla wafer cookies to line pie pan instead of above crust, but it's not as good!

**Lois Kaplan
Transportation**

Blueberry Pie

3/4 cup sugar
2-1/2 tablespoons cornstarch
1/4 teaspoon salt
2/3 cup water
1 cup frozen blueberries
2 tablespoons butter
1-1/2 tablespoons lemon juice
2 to 2-1/2 cups blueberries or more

In saucepan combine sugar, cornstarch and salt. Blend in water and 1 cup blueberries. Bring to a boil, stirring continually until very thick. Stir in butter and lemon juice. Let cool. Fold in remaining blueberries. Spread in baked pastry shell to set.

Good pie for those persons who don't particularly care for baked 2-crust berry pies.

Linda Pang-Wright
Solid Waste



Florida Cream Cheese Pie

1-1/2 cups orange sections
1/2 cup fresh orange juice
1 envelope unflavored gelatin
8 ounces cream cheese, room temperature
1/2 cup granulated sugar
1/2 cup milk
1 cup heavy cream
1 extra deep 9" pie shell

Drain orange sections; set aside. Place the orange juice in custard cup, sprinkle gelatin over it and let stand 3-5 minutes. Then place cup in a little hot water in a small pan over low heat. Let stand a few minutes until the gelatin is dissolved. Remove from water and set aside. Meanwhile, place cheese in large bowl of electric mixer and beat until smooth and soft. Add sugar and then milk and beat well. Stir gelatin mixture and gradually add to cheese mixture, beating until perfectly smooth.

In a small chilled bowl, with chilled beaters, whip the cream until it holds a shape when beaters are raised but not until it is really stiff. Set aside. Put some ice and water in a large bowl. Place the bowl of cream cheese mixture in ice and water. Stir with a rubber spatula until the mixture thickens just so that it barely mounds - when dropped from the spatula. Remove from ice water, saving the ice water.

Immediately fold about half of the cheese mixture into the whipped cream. Then fold whipped cream into remaining cheese mixture. Put bowl in ice water, stirring gently until it begins to take shape. Gently fold orange sections in and turn it all into pie shell, mounding high in middle. Refrigerate. Serve 2-3 hours later or next day.

Debbie Gorham
Solid Waste Department

My Mother's Fresh Red Raspberry Pie

4 cups red raspberries
1 cup sugar
3/4 cup water
3 tablespoons com starch

Mash 1 cup berries, add sugar. Stir 3 tablespoons comstarch into water and stir into sugar and berries. Cook until thick and shiny. Put 3 cup berries in baked 9-inch pie shell. Cover with glaze and top with whipped cream.

Vickie Rocker
Public Affairs

Vinegar Pastry

1-14 cup shortening
3 cups all purpose flour
1 teaspoon salt
1 egg
1 tablespoon vinegar
5 tablespoons water

Cut shortening into flour and salt until pieces are the size of peas. Beat egg well. Mix in vinegar and water. Drizzle into flour a little at a time and combine well. Yields 2 large 2-crust pies.

Ann Brunson
Council staff

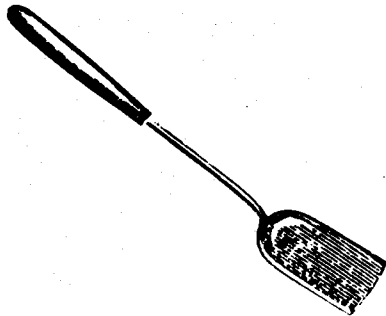
Plain Pastry

For 10" double crust pie:

2 cups flour
1 teaspoon salt
2/3 cup shortening
6 tablespoons cold water

Sift flour and salt; cut in shortening to pea size; add water, stir and knead by hand until well-mixed. Divide for lower and upper crust. Butter pie pan(s); roll out on floured surface with floured roller; use spatula to lift crust free from rolling surface. For sweet crust add sugar and slightly decrease flour; feel free to add herbs and spices.

Ethan Seltzer
Planning and Development



Rum Torte Cake

2/3 cup semi-sweet chocolate chips
2 tablespoons dark rum
1/2 cup butter
2/3 cup sugar
3 egg yolks
3 egg whites
1/8 teaspoon cream of tartar
2 tablespoons sugar
1/3 cup blanched almonds
1/4 teaspoon almond extract
3/4 cup cake flour

First step: Melt semi-sweet chocolate chips, rum. Simmer over hot water. Cream butter and sugar. Beat in egg yolks.

Second step: In a separate bowl, beat stiff egg whites, cream of tartar and 2 tablespoons of sugar.

Third step: Add chocolate mixture to egg yolks. Stir in flour mix (almonds, extract and cake flour). Add 1/4 of egg whites, then the rest of egg whites. Bake in 8" pan at 350° for 25 minutes. Cake is done when center is still soft. Do not overbake.

Icing

1/2 cup semi-sweet chocolate chips
2 tablespoons dark rum
6 tablespoons butter

Melt chips. Add butter and rum. Spread on cake. Can garnish with ground almonds.

Dick Bolen
Transportation

Chocolate Zucchini Cake

1/2 cup soft margarine or butter
1/2 cup oil
1-3/4 cups sugar
2 eggs
1 teaspoon vanilla
1/2 cup sour milk
2-1/2 cups flour
4 tablespoons cocoa
1 teaspoon soda
1/2 teaspoon cinnamon
1/2 teaspoon cloves (ground)
1/2 teaspoon salt
2 cups finely diced zucchini
1/4 cup semi-sweet chocolate chips
1/4 cup chopped nuts

Cream margarine, oil and sugar together. Add eggs, vanilla and sour milk. Blend thoroughly. Sift together flour, cocoa, soda, cinnamon, cloves and salt. Blend with creamed mixture. Stir in zucchini. Spoon into greased and floured 9x13x2" baking pan. Sprinkle with chocolate chips and nuts. Bake in preheated oven at 325° 45 minutes or until done.

Jean McKenzie
Accounting

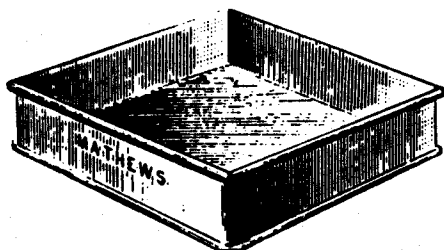
Apple Cake

3 cups sugar
3/4 cups shortening
3 eggs
3 cups flour
1-1/2 teaspoons baking soda
1-1/4 teaspoons nutmeg
3/4 teaspoon salt
1-1/4 teaspoons cinnamon
3 cups cut up raw apples
1-1/2 cups walnuts (optional)

Combine shortening and sugar in a large bowl. Mix thoroughly. Add eggs and vanilla. Mix thoroughly. Add all dry ingredients. Mix thoroughly. Stir in apples and nuts. Grease and flour a 9x13' pan. Bake at 350° for 45 minutes. Insert a knife in center to check if done.

If this cake is left overnight, it becomes very moist. Excellent alone or topped with ice cream or whipped cream. Always a hit.

Carol Parno
Accounting



Pound Cake

Vegetable cooking spray
2-1/2 cups plus 1 teaspoon sifted cake flour, divided
2/3 cup granulated sugar
1/2 cup margarine, softened (1 cube)
3 egg whites, or 1/2 cup frozen egg substitute, thawed
1 tablespoon vanilla
1 teaspoon almond extract
3/4 teaspoon baking soda
1/4 teaspoon salt
1 8-oz. carton low-fat vanilla yogurt

Coat bottom and sides of an 8-1/2x4-1/2x3" loaf pan with cooking spray; dust with 1 teaspoon flour, and set aside. Cream sugar and margarine at medium speed of an electric mixer until light and fluffy. Add egg whites; beat 4 minutes at medium speed or until well blended. Add vanilla and almond extract; beat at low speed until well blended. Combine remaining 2-1/2 cups flour, baking soda and salt. With mixer running at low speed, add to creamed mixture alternately with yogurt, beginning and ending with flour mixture. Pour batter into prepared pan. Bake at 350° for 65 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 10 minutes; remove from pan, and cool on a wire rack. Serve plain or topped with fruit.

Makes 16 servings.

Per serving: 147 calories (7 percent from protein, 56 percent from carbohydrate, 37 percent from fat), 2 grams protein, 21 grams carbohydrate, 6 grams fat, 1 milligram cholesterol, 158 milligrams sodium. Exchanges: 1/2 bread, 1 fat.

from Cooking Light magazine, January/February 1989

Note: I use non-fat yogurt. It's a good dessert for those watching their cholesterol. This is a great recipe to use served with fresh fruit such as strawberries, raspberries, etc., and/or ice cream or frozen yogurt.

Linda Pang-Wright
Solid Waste Department

Dutch Cream Cake

2 cups sifted flour
1 cup butter
1 cup sugar
1 egg

Cream butter. Add sugar and cream. Add egg and cream. Add flour and mix thoroughly. Shape into pie tin. Bake 25-30 minutes at 350°. Remove when light brown.

Debbie Gorham
Solid Waste Department

Chocolate Chip Cake

1 pkg. dark chocolate cake mix
1 3 oz. pkg. instant chocolate pudding mix
1 8 oz. carton sour cream
1/2 cup oil
1/2 cup warm water
4 eggs
1 large bag chocolate chips

Mix all ingredients except chocolate chips with electric mixer. Add chips and mix in with spoon. Bake in greased bundt pan for 50-55 minutes at 350 degrees. Sprinkle with powdered sugar.

Neil McFarlane
Convention Center Project

Mounds Cake

(just like a Mounds bar, if it were cake!)

6 eggs, separated
1 cup shortening
1/2 cup butter (not margarine)
3 cups sugar
1 teaspoon coconut extract or flavoring
1/2 teaspoon vanilla extract
1 teaspoon baking powder
3 cups cake flour
1 cup milk
2 cups grated coconut

Preheat oven to 300°. Put egg whites in large bowl, yolks in another large bowl. Beat yolks with butter and shortening until well blended. Use food processor or mixer. Gradually add sugar. Beat until light and fluffy.

Add both extracts. Beat until blended. Add flour, a quarter of the amount at a time, and milk, a third at a time, alternately. Start and end with flour. Add grated coconut. Beat until well mixed. Beat whites until stiff. Gently fold into butter. Turn into 10" greased and floured tube pan. Bake 2 hours or until cake tester comes out clean. Cool in pan about 15 minutes. Turn out of pan. Cool. Frost with chocolate frosting (a recipe follows) or dust with confectioner's sugar.

Serves about 20

Easy Chocolate Frosting

6 ozs. chocolate bits
1/2 cup heavy cream

Bring cream to a boil. Take off heat. Add chocolate and stir until melted and smooth. Drizzle over cake, letting it drip down the sides.

Mark Turpel
Planning and Development

Poppyseed Cake

1/2 cup poppyseeds
1/2 cup evaporated milk
1/2 cup water
1/2 margarine or butter
1-1/2 cup sugar
1/8 teaspoon salt
1 teaspoon vanilla
2 cup flour
2 teaspoon baking powder
4 egg whites

Soak poppy seeds in milk/water for 1 hour. Cream butter and sugar. Add poppyseeds, salt and vanilla. Sift flour and baking powder and add to poppyseed mixture. Beat egg white until fluffy and fold into other mixture. Pour into greased bundt pan and bake 55 minutes at 375°.

Karen Larson
Personnel

7-Up Cake

3 cups cake flour
3/4 cup 7-Up
5 eggs
3 cups sugar
1-1/2 cups butter
2 teaspoon lemon, vanilla or almond extract
Pinch of salt

Cream butter and sugar until light and fluffy. Add eggs one at a time and beat well. Add extract, flour and 7-Up. Mix well. Bake at 325° for 1 hour and 10 minutes in bundt pan.

Cameron Williams
Personnel

Fresh Apple Cake

4 cups coarsely diced fresh apples
2 cups sugar
1 cup chopped nuts, any kind
2 eggs, well beaten
1/2 cup Wesson oil
2 teaspoon vanilla
2 cups flour
2 teaspoon cinnamon
2 teaspoon soda
1 teaspoon salt

Mix apples and sugar thoroughly. Add nuts, eggs, oil and vanilla. Then stir in remaining ingredients.

Put in greased 9x13x2 pan and bake at 350° for one hour or until it shrinks from sides of pan.

Sylvia Smith
Accounting

Raw Rhubarb Cake

1 1/2 cup sugar (1/2 may be brown sugar)
1/2 cup shortening or margarine (I have also used oil)
1-2 eggs
1 cup buttermilk or sour milk
1 teaspoon soda (make sure no lumps)
1 teaspoon cinnamon
1/2 teaspoon salt
1 1/2 cups rhubarb, cut in pieces
2 cups flour

Mix all of the ingredients together. Pour into 13"x9" greased pan. Sprinkle top with 1/4 cup sugar and 1/2 tsp. cinnamon before baking. Bake in 350° oven for 30 minutes or until toothpick inserted in the middle comes out clean.

Dave Given (Marilyn)
Accounting

Unette's Rum Cake

Chop 1 cup walnut or pecans, sprinkle in greased and floured bundt pan or 10 in. tube pan. Beat following ingredient for 4 min. Pour over nuts carefully.

- 1 yellow cake mix
- 1 pkg. instant vanilla pudding mix. (3 3/4 oz. size)
- 4 eggs
- 1/2 cup cold water
- 1/2 cup vegetable oil
- 1/2 cup white rum.

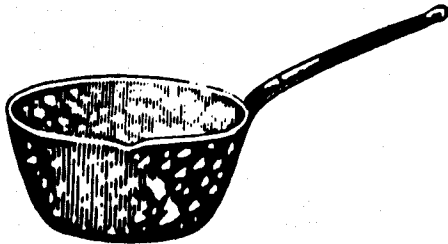
Bake 350° for 1 hour. Cool in pan when done.

Glaze

- 1/4 cup butter
- 1/4 cup water
- 1/4 cup sugar
- 1/2 cup white rum

Boil 5 minutes, stirring constantly. Remove from heat and pour over cake slowly. When glaze has been absorbed turn out of pan about 15 minutes to 1/2 hour.

Unette Worley
Executive Management



Poppy Seed Pound Cake

1 cup butter, softened, no substitutes

1 cup sugar

5 eggs

1/2 teaspoon vanilla

1/4 teaspoon mace

4-6 drops lemon juice

3 teaspoons poppy seeds

2 dashes ground cinnamon

2 cups unbleached cake flour

1/4 tsp. cream of tartar

Preheat oven to 325°. Use an electric mixer to make your life easier and to ensure a smooth, consistent batter. Have all ingredients at room temperature – butter softened by setting out for about 1 hour. Cream the butter and slowly add the sugar; cream well until thoroughly mixed and smooth. Beat in 1 egg at a time and mix well after addition. After all eggs are added, mix at medium speed until somewhat frothy. Add the vanilla, mace, lemon juice, poppy seeds and cinnamon. Mix all for a few minutes at medium to high speed until thoroughly blended. Slowly add the flour and cream of tartar and mix only until thoroughly blended; a short time at medium speed. The batter will be thick but should pour. Pour the batter into a buttered and floured 9' x 5' loaf pan. Bake for 60 to 65 minutes in 325 degree oven, until light brown on top and a toothpick inserted in the middle comes out clean. Do not overbake as cake will quickly dry out. Makes one filling – but not too heavy – loaf cake.

Jessica Marlitt

Council staff

Carrot Cake

Cake:

2 cups sugar
2 cups flour
2 teaspoons baking soda
1 teaspoon salt
2 teaspoon cinnamon
1 cup vegetable oil
4 eggs
3 cups grated carrots

Frosting:

1 8-oz. package cream cheese
1/2 cup butter
1 lb. box powdered sugar
1 teaspoon vanilla
1 cup chopped nuts (optional)

To make cake: Sift and mix dry ingredients. Combine oil and eggs. Add moist ingredients to dry, beating well. Stir in carrots. Pour into greased pans and bake at 350° for 35 minutes.

To make frosting: Beat together all ingredients except nuts. Stir in nuts. Spread on cake and decorate with additional nuts if desired.

Sherri Gonzalez
Finance and Administration



Melt-In-Your-Mouth Apple Drop Cookies

- 1/4 cup soft shortening
- 1 1/3 cup brown sugar (packed)
- 1/2 teaspoon salt
- 1 teaspoon cinnamon
- 1 teaspoon ground cloves
- 1/2 teaspoon nutmeg
- 1 large egg
- 1 cup sifted flour
- 1 teaspoon baking soda
- 1 cup chopped walnuts
- 1 cup finely chopped apples
- 1 cup seedless raisins
- 1/4 cup apple juice or milk

Preheat oven to 350°. Lightly grease cookie sheets.

Combine shortening, sugar, salt, spices and egg. Beat well. Sift together flour and baking soda. Stir into egg mixture. Stir in nuts, apples and raisins. Blend in apple juice or milk. Drop batter by tablespoons onto greased cookie sheets. Bake 11 to 14 minutes until light brown. Remove from sheets. Spread while hot with the white glaze frosting given below.

Glaze

- 1 1/2 cup powdered sugar
- 1 tablespoon melted butter
- 1/2 teaspoon vanilla
- 1/8 teaspoon salt
- 2 1/2 tablespoon light cream

Lindsey Ray
Council staff

Cream Cheese Brownies

2-1/2 squares unsweetened baking chocolate
1 cup shortening
4 eggs
1 cup brown sugar, packed
1 cup white sugar
1 teaspoon vanilla
1 cup flour
1 teaspoon baking powder
1/2 teaspoon salt
1 cup chopped nuts

Melt baking chocolate and shortening. Cool slightly. Add eggs. Mix well. Add sugar and vanilla. Beat well. Add flour, baking powder, and salt. Beat. Add chopped nuts. Bake at 325° for 45 minutes.

Cream Cheese Filling:

1 8-oz. cream cheese, softened
1/3 cup sugar
1 egg
1 teaspoon vanilla

Beat until smooth. Spread 1/2 of batter in greased 13 x 9 x 2 pan. Spread cream cheese filling over batter. Top with rest of batter, spread with spoon to cover cream cheese.

2nd Place - 1988 Metro Bake-Off

This recipe was shared with me by my dear friend Agnes Hughes, who always believed dessert should be first.

**Karen Thackston
Transportation**

Lemon Squares

(Willow's Lemon Bars)

Crust:

2 cups flour
3/4 cup butter or margarine

Mix the flour and butter. Spread in an ungreased 9 x 13 inch pan. Bake 10 minutes at 350.

Filling:

1/2 cup coconut
1/2 cup walnuts, chopped
1-1/2 cups brown sugar
1/2 teaspoon salt
2 eggs
2 tablespoons flour
1 tablespoon vanilla

Combine and mix all the filling ingredients; spread on crust. Bake 20 minutes at 350°. Cool.

Frosting:

2 cups powdered sugar
1/2 cup butter or margarine, melted
juice of 1/2 lemon or more to taste
rind of 1/2 lemon, grated

Combine and mix all of the frosting ingredients. This should have a tart, lemon flavor. Spread mixture on the cooled filling. Cut into squares.

Mix together. Let rest in refrigerator for a few hours before serving. Keeps in refrigerator.

Dick Bolen
Transportation

Coconut Meringue Cookies

3 egg whites
1 cup sugar
1/8 teaspoon salt
1 teaspoon vanilla
1-1/4 cups coconut

Beat egg whites until stiff. Add sugar and salt very slowly. Fold in vanilla and coconut. Drop by teaspoon onto greased and floured baking sheet. Bake at 300° for about 30 minutes.

Jean McKenzie
Accounting

Peanut Butter Balls

1/2 cup butter
1 cup peanut butter
2 cups powdered sugar
1 teaspoon vanilla
2 tablespoons parafin
6 oz. chocolate chips

Cream together butter, peanut butter, powdered sugar and vanilla. Shape into balls about the size of a walnut. Chill in refrigerator for 2-4 hours.

Melt parafin and chocolate chips over hot water. Dip chilled peanut butter balls into melted mixture. Place on waxed paper and chill. Store in refrigerator.

Sylvia Smith
Accounting

Mrs. Field's Cookie Recipe

2 cups butter
2 cups sugar
2 cups brown sugar (light or dark)
4 eggs
2 teaspoons vanilla
4 cups flour
5 cups oatmeal (put small amounts into blender until it turns to powder. Measure first, then blend.)
1 teaspoon salt
2 teaspoons baking powder
2 teaspoons baking soda

Cream together butter, sugar and brown sugar. Add eggs and vanilla. Mix together flour, oatmeal, salt, baking powder and baking soda.

Mix all ingredients and add a 24-oz. bag of chocolate chips, one 9-oz. Hershey bar (grated), and 3 cups chopped nuts (of your choice). Bake on ungreased cookie sheets. Make golf ball sized cookies, place 2" apart, and bake at 375° for 6 minutes.

Note: To make flatter cookies, flatten with a spatula after 5 minutes, then bake an additional 3-5 minutes depending on your oven.

Yield: 100 - 115 cookies

(This recipe's original cost is \$250)

An O.R. nurse (who shall remain nameless) at Sibly Hospital in Washington, D.C., noticed an ad for "Mrs. Field's Cookie Recipe" and decided to call the listed number. The person answering her call said, yes, it was the authentic recipe and there would be a 250 charge for it and that she could pay for it by check or, to make it a lot simpler, just use her credit card. She charged it, only to find out, when her credit card statement arrived, the price of this recipe was \$250!!!! Irate, she called the advertised number again, demanding a refund, charging misleading information and deceitful practice, but to no avail. Because of this, you are the recipient of "Mrs. Field's Cookie Recipe," and as this

nurse promised the person on the phone that very day that she would see to it that the entire population of the United States, and possibly the world, would receive a copy of her recipe. This recipe has come to you free of charge, and as fair and due consideration, you are asked to take this recipe, go to the nearest copy center (or copier), make lots of copies, and send them to all your friends and enemies. It's a small price to pay for this truly expensive recipe.

Dick Walker
Transportation

Texas Bon Bons

1 can Eagle brand milk
1-1/2 cubes margarine, melted
2 lbs. powdered sugar
1 lb. pkg. angel flake coconut
3 cups chopped walnuts

Mix all together (hard to do). Roll into balls. Chill. Melt 2 large packages of chocolate chips and 1/4 lb. paraffin together. Place a toothpick in each ball, then dip in chocolate mixture. Place on waxed paper. Take out toothpick, then dip top again to close hole.

Serves 12 (12 dozen)

Steve Miller
Solid Waste Department

Paul's Pumpkin Bars

2 cups all-purpose flour
2 teaspoons baking powder
2 teaspoons ground cinnamon
1 teaspoon baking soda
1/2 teaspoon salt
4 eggs
1 16-oz. can pumpkin (2 cups)
1-2/3 cups granulated sugar
1 cup vegetable oil
1 cup chopped pecans or walnuts

cream cheese frosting (recipe follows)
chopped pecans

In a bowl stir together flour, baking powder, cinnamon, soda and salt; set aside. In a mixer bowl beat together eggs, pumpkin, sugar and oil. Add the flour mixture; beat well. Stir in pecans. Spread in ungreased 15x10x1" baking pan.

Bake in 350° oven for 25 to 30 minutes or until toothpick inserted in center comes out clean. Cool on wire rack. Frost with cream cheese frosting. Sprinkle with additional chopped pecans. Cut into 1-1/2x2" bars.

Yields 50 bars

Cream Cheese Frosting:

In a bowl beat together 1 3-oz. package cream cheese, softened, 1/4 cup butter or margarine, and 1 teaspoon vanilla until fluffy. Gradually add 2 cups sifted powdered sugar, beating until smooth.

Per Bar: 134 calories (4 percent from protein, 45 percent from carbohydrate, 51 percent from fat), 1 gram protein, 16 grams carbohydrate, 8 grams fat, 24 milligrams cholesterol, 71 milligrams sodium.

Exchanges: 1-1/2 fat.

3rd Place - 1988 Christmas Bake-Off

Marilyn Matteson
Public Affairs

4-H Brownies

1/2 cup shortening
2 squares baking chocolate
1 cup sugar
2 eggs
1 teaspoon vanilla
1/2 cup chopped walnuts
3/4 cup flour
1/2 teaspoon baking powder
1/2 teaspoon salt

Preheat oven to 350°. Melt shortening and chocolate in pan. Remove from heat and add to sugar, mix well. Add one egg, mix well; then add other egg and mix well. Add vanilla and nuts. Sift together flour, baking powder and salt. Add flour mixture. Bake in 8" square greased pan at 350° for 25 or 30 minutes.

Andy Cotugno (Ruth)
Transportation

Ginger Snaps

3 cups flour
1-1/4 tablespoons ground ginger
3 teaspoons baking soda
1-1/2 teaspoons cinnamon
3/4 teaspoon salt
1 cup + 2 tablespoons shortening
1-1/2 cups sugar
2 eggs
1/3 cup molasses

Cream shortening, add sugar. Beat in egg and molasses. Sift dry ingredients over creamed mixture. Form teaspoon of dough into small ball. Roll in granulated sugar. Place 2" apart on ungreased cookie sheet. Bake at 350° 12-15 minutes.

Debbie Gorham (Jean Applegate, 4/88)
Solid Waste Department

Marble Squares

8 ozs. cream cheese
1/3 cup sugar
1 egg
1/2 cup margarine
3/4 cup water
1-1/2 1-oz. squares unsweetened chocolate
2 cups flour
2 cups sugar
2 eggs
1/2 cup dairy sour cream
1 teaspoon soda
1/2 teaspoon salt
6-oz. pkg. semi-sweet chocolate pieces

Combine softened cream cheese and sugar, mixing until well blended. Add egg; mix well. Combine margarine, water and chocolate in saucepan; bring to boil. Remove from heat. Stir in combined flour and sugar. Add eggs, sour cream, soda and salt; mix well. Pour into greased and floured 15-1/2x10-1/2" jelly roll pan. Spoon cheese mixture over chocolate batter. Cut through batter with knife several times for marble effect. Sprinkle with chocolate pieces. Bake at 375° 25 to 30 minutes or until wooden pick inserted in center comes out clean.

1st Place 1988 Christmas Bake-Off

Jeannie Leathers
Solid Waste

Mrs. Ohrn's Swedish Brownies

Mix together:

1 cup sugar
1/2 cup flour
2 eggs
lots of vanilla

Melt together:

1 stick of butter
1/2 cup unsweetened cocoa

Mix two mixtures together; butter pan; bake at 325° for 25 minutes for dry brownies, 15 - 20 minutes for chewy brownies. Add nuts, raisins, etc. if you want...for chewier thicker brownies use more eggs and cocoa.

A very fast and forgiving recipe.

Ethan Seltzer
Planning and Development



Apricot Almond Squares

Base

1 pkg. Pillsbury Plus Yellow or White Cake Mix
1/2 cup margarine or butter, melted
1/2 cup finely chopped almonds
1 cup apricot preserves

Filling

8-oz. pkg. cream cheese, softened
1/4 cup sugar
2 tablespoons flour
1/8 teaspoon salt
1 teaspoon vanilla
1 egg
1/3 cup apricot preserves
1/2 cup coconut

Heat oven to 350°. Generously grease 13x9" pan. In large bowl, combine cake mix and margarine; mix at low speed until crumbly. Stir in almonds. Reserve 1 cup mixture for filling. Press remaining base mixture in bottom of prepared pan. Carefully spread 1 cup preserves over base. (Tip: For ease in spreading, preserves can be warmed slightly.)

In same bowl, beat cream cheese, sugar, flour, salt, vanilla and egg until well blended. Stir in 1/3 cup preserves at low speed. Carefully spread filling mixture over base. Combine reserved 1 cup base mixture and coconut; sprinkle over filling.

Bake at 350° for 30 to 40 minutes or until golden brown and center is set. Cool completely. Store in refrigerator.

36 bars

Summer 1990 Bake-Off Winner

Karen Thackston
Transportation

Carrot Cookies

Preheat oven to 375°

- 1 cup sugar
- 3/4 cup shortening
- 1 egg
- 1 teaspoon vanilla
- 1 cup cooked, mashed carrots
- 1/2 teaspoon salt
- 2 cups flour
- 1 teaspoon baking powder
- 1 cup chopped walnuts

Cream shortening and sugar. Add egg, vanilla and carrots. Sift together salt, flour and baking powder and add to sugar mixture. Add walnuts and mix well. Drop by teaspoonful onto greased cookie sheet. Bake for 13-15 minutes at 375°. Ice while hot with icing.

Icing:

- grate rind of 1 orange
- 1 cup powdered sugar
- 3 tablespoons orange juice

Beat until creamy and spread onto hot cookies.

Carol Krager
Metro Washington Park Zoo



Skillet Cookies

- 1 beaten egg
- 1 cup sugar
- 1/2 cup butter
- 1 cup chopped dates
- 1 teaspoon vanilla
- 1/2 cup chopped nuts
- 3 cups Rice Krispies

Mix egg, sugar, butter and dates together in an electric or cast iron skillet. Cook until mixture pulls away from the sides of the pan. It will be dark brown, with a thick consistency. Add vanilla, nuts and Rice Krispies - mix well.

Grease hands with butter to keep mixture from sticking to your hands and roll mixture into small (1 inch) balls. (The date mixture is extremely hot, so use caution when you first start to roll the balls. But don't let it cool too much or it will become too stiff to roll.) Roll the balls in powdered sugar.

This is one of my family's favorite Christmas recipes.

Oina Granato
Data Processing



Double Dark Decadent Brownies

1/2 cup KARO Syrup
1/2 cup butter
5 squares (5 oz.) BAKER'S Semi-Sweet Chocolate
3/4 cup sugar
3 eggs
1 teaspoon vanilla
1 cup unsifted flour
1 cup chopped walnuts
Chocolate Glaze (below)

Grease and flour 9-inch layer cake pan. In large saucepan bring corn syrup and butter to a boil, stirring occasionally, remove from heat. Add chocolate; stir until melted. Add sugar; stir in eggs, one at a time, then vanilla, flour and nuts. Pour into pan. Bake in 350° oven 30 minutes or until cake tester inserted in center comes out clean. Cool in pan 10 minutes. Remove; cool completely on rack. Prepare glaze; pour on top and spread on sides. Let stand 1 hour.

Chocolate Glaze: in small saucepan melt 3 squares (3 oz.) Baker's Semi-Sweet Chocolate with 1 tablespoon butter over low heat, stirring often. Remove from heat. Stir in 2 tablespoons KARO syrup and 1 teaspoon milk.

Serves 8, 223 calories per serving.

Gloria Logan
Office of General Counsel

Jaime's Finger Cookies

One cup sweetened whipped cream that stands well in peaks

One grandparent, aunt or uncle-sized hand full of semi-sweet Nestle's chocolate chips

Wash your hands really well with soap and warm water.

Be really nice and say please and hold out your hand. Your grandparent or aunt or uncle will put a big glob of whipped cream on each finger. They will count out five chocolate chips and put one in each glob of whipped cream. Eat and repeat as often as you can get away with.

**Kathy Swarthout (Jaime, age 4)
Public Affairs**

Another favorite recipe:

from:

date:

Another favorite recipe:

from:

date:

Another favorite recipe:

from:

date:

Another favorite recipe:

from:

date:

Cooking shortcuts

- When making bread or cracker crumbs, place in a plastic bag and roll with a rolling pin to prevent a mess. Better yet, process them in a food processor until fine.
- To give pies a golden sheen, brush with cream, milk or egg whites and water before baking. Sprinkle with granulated sugar for sparkle.
- Before heating milk or making cream-based sauces, rinse pan with cold water to prevent scorching.
- Adding a teaspoon of salad oil when cooking pasta or rice will prevent it from sticking and boiling over.
- Coat both sides of a knife with butter before cutting meringue pies.
- Keep icings moist and prevent cracking by adding a pinch of baking soda to the icing.
- If soups taste too salty, simmer with a raw piece of potato to absorb salt.
- Molded dishes such as gelatin salads will unmold easier if you rinse the mold with water before adding the mixture to be chilled.
- When rolling cookie dough, sprinkle board with powdered sugar instead of flour. Too much flour makes the dough heavy.
- To freeze frosted cookies, place them in freezer unwrapped for a few hours before packaging to prevent them from sticking together.
- To make sour milk from fresh milk, add 1 tablespoon vinegar or lemon juice to 1 cup fresh milk.
- Before grating soft cheeses such as cheddar, place cheese in freezer for an hour. Freezer will firm up cheese so it is easier to grate.
- Pour homemade stocks into ice cube trays and freeze. Store frozen cubes in a plastic bag and use as needed for sauces and soups.
- Cut leftover bread into cubes, then season and toss with olive oil and store in freezer for use as croutons. Toast as needed in 350° oven until browned.

Cooking tips

Eliminating spattering and sticking

- When pan frying or sauteeing, always heat your pan before adding the butter or oil. Not even eggs stick with this method.
- Sprinkle salt into the frying pan to prevent spattering.
- Vinegar brought to a boil in a new frying pan will prevent foods from sticking.
- When frying, turn a metal colander upside down over the skillet. This allows steam to escape, but keeps the fat from spattering.
- Meat loaf will not stick if you place a slice of bacon on the bottom of the pan.
- If muffins are sticking to the tin pan, place the hot pan on a wet towel. They will slide right out.

Prevent boil-overs

- Add a lump of butter or a few teaspoons of cooking oil to the water. Rice, noodles or spaghetti will not boil over or stick together.

Preparing cut fruit ahead of time

- Toss the freshly cut fruit in lemon juice and it will not darken. The juice of half a lemon is enough for a quart or two of cut fruits.
- Or, cover with 1 cup syrup made of equal parts of water and sugar cooked until syrupy.

Softening butter

- Grating a stick of butter softens it quickly.
- Soften for spreading by inverting a small heated pan over the butter dish for a while.

Measuring sticky liquids

- Before measuring honey or other syrup, oil the cup with cooking oil and rinse in hot water.

Weights and measures

Liquid measure equivalents

3 teaspoons - 1 tablespoon
2 tablespoons - 1 fluid ounce
4 tablespoons - 1/4 cup
5 tablespoons + 1 teaspoon - 1/3 cup
8 tablespoons - 1/2 cup - 4 fluid ounces
10 tablespoons + 2 teaspoons - 2/3 cup
12 tablespoons - 3/4 cup
16 tablespoons - 1 cup - 8 fluid ounces
1/4 cup + 2 tablespoons - 3/8 cup
1/2 cup + 2 tablespoons - 5/8 cup
3/4 cup + 2 tablespoons - 7/8 cup
2 cups - 16 fluid ounces - 1 pint
4 cups - 2 pints - 1 quart
1 quart - .946 liters
1 liter - 1.06 quarts
4 quarts - 1 gallon

Dry measure equivalents

2 pints - 1 quart

Note: Dry measure pints and quarts are approximately 1/6 larger than liquid measure pints and quarts. Dry measure is used for raw fruits and vegetables when measured in large amounts.

Keeping food fresh and other ideas

Bananas

- Toss freshly peeled bananas in lemon juice and they will not darken.
- Freeze bananas that are on the verge of going bad. They also make delicious popsicles.
- If they've darkened, peel and beat slightly. Put into a plastic container and freeze until it's time to bake bread or cake.

Broccoli

Broccoli stems can be cooked in the same length of time as the flowers if you make X incisions from top to bottom through stems.

Corn

- To keep sweet corn yellow add 1 teaspoon lemon juice to the cooking water, a minute before you remove it from the stove.
- Salted cooking water only toughens corn.

Cranberries

- Cranberries will grind very neatly when frozen. Wash the berries, pat dry and freeze in plastic bag until ready for use.

Garlic

- Garlic cloves can be kept in the freezer. When ready to use, peel and chop before thawing.
- Or, garlic cloves will never dry out if you store them in a bottle of cooking oil. After the garlic is used up, you can use the garlic-flavored oil for salad dressing.

Lemons

- Store whole lemons in a tightly sealed jar of water in the refrigerator. They will yield much more juice than when first purchased.
- Submerging a lemon in hot water for 15 minutes before squeezing will yield almost twice the amount of juice.

Potatoes

- A leftover baked potato can be rebaked if you dip it in water and bake in 350-degree oven for about 20 minutes.

Handy substitutions

1 c. whole milk

1/2 c. evaporated milk and 1/2 c. water

1/2 c. condensed milk and 1/2 c. water (reduce sugar in recipe)

4 T. powdered milk and 1 c. water

4 T. nonfat dry milk plus 2 t. shortening and 1 c. water

1 c. sour milk

1 c. sweet milk and 1 T. lemon juice or vinegar

1 c. sweet milk mixed with 1 T. lemon juice or 1 T. vinegar or

1 3/4 t. cream of tartar

1 c. sweet milk

1 c. sour milk or buttermilk plus 1/2 t. baking soda

1 c. sour, heavy cream (for sour milk recipe)

1/3 c. butter and 2/3 c. milk

1 c. sour, thin cream

3 T. butter and 3/4 c. milk

1 c. butter or margarine (for shortening)

4/5 c. bacon fat (clarified), increase liquid in recipe 1/4 c.

2/3 c. chickenfat (clarified), increase liquid in recipe 1/4 c.

7/8 c. cottonseed, corn, nut oil (solid or liquid)

1 1-oz. square unsweetened chocolate

3. T. cocoa plus 1/2 T. shortening

1 T. cornstarch (for thickening)

2 T. flour (approx)

1 T. flour (for thickening)

1/2 to 1/3 T. cornstarch or 1 T. minute tapioca or 1 whole egg, 2

egg whites or 2 egg yolks

1 c. sifted cake flour

1 c. minus 2 T. sifted all purpose flour

1 c. sifted all-purpose flour

1 c. plus 2 T. sifted cake flour

1 whole egg

2 egg yolks, plus 1 T. water (in cookies, etc.) or 2 egg yolks (in custards, etc.)

1 c. molasses

1 c. honey

1 c. honey

3/4 c. sugar plus 1/4 c. liquid

1 c. granulated sugar

1 1/3 c. brown sugar or 1 1/2 c. powdered sugar

1 t. baking powder

1/4 t. baking soda plus 1/2 t. cream of tartar

1 lb. cornmeal - 3 cups

1 lb. cornstarch - 3 cups

1 lemon rind - 1 T. grated

3-4 med. oranges - 1 cup

1 orange rind - 2 T. grated

23 soda crackers - 1 cup crumbs

15 graham crackers - 1 cup crumbs