

The background features a stylized illustration of a recipe book with a yellow cover and a blue bicycle. The book is open, showing a page with the word 'Recipes' written in a cursive font. The bicycle is positioned in the lower right corner. The entire scene is set against a light blue circular backdrop with orange and yellow accents.

# COOKING WITH ENERGY

## Appetizers

## EQUIVALENTS

EQUIVALENT	AMOUNT BEFORE PREPARATION	YIELD
<b>CEREALS:</b>		
Cornmeal	1 cup	5 cups cooked
Macaroni	3 1/2 ounces	2 cups cooked
Noodles	4 ounces	3 cups cooked
Rice, long grain	1 cup	3 cups cooked
Rice, packaged, precooked	1 cup	2 cups cooked
Spaghetti	7 ounces	4 cups cooked
<b>CRUMBS:</b>		
Bread, fresh	1 1/2 slices	1 cup soft crumbs
Bread, dry	1 slice	1/4 cup dry crumbs
Chocolate Wafers	19 wafers	1 cup crumbs
Graham Crackers	14 squares (2 1/2" sq.)	1 cup crumbs
Potato Chips	4 ounces	2 cups coarsely crushed
Saltine Crackers	28 crackers	1 cup finely crushed
Vanilla Wafers	22 wafers	1 cup finely crushed
<b>DAIRY PRODUCTS:</b>		
Butter	1 stick	1/2 cup
Cheese	1 pound Cheddar	4 cups, grated
	1 pound Cottage	2 cups
	4 ounces Blue	1 cup, crumbled
Cheese, cream	2 ounce package	6 tablespoons
	2 ounce package	1 cup
Cream, whipping	1 cup	2 cups, whipped
<b>FRUITS &amp; VEGETABLES:</b>		
Bananas, whole	1 pound (3 to 4)	1 1/3 cups, mashed
		3 tablespoons juice
Lemons	1 medium	1 tablespoon grated rind
Oranges	1 medium	1/3 cup juice
		1 to 3 tablespoon grated rind
Onions	1 medium	1/2 cup chopped
<b>FLOUR:</b>		
All-purpose, unsifted	1 pound	4 cups
Cake	1 pound	4 3/4 cups
<b>SUGAR:</b>		
White, granulated	1 pound	2 1/4 cups
Confectioner's	1 pound	3 1/2 cups
Brown, firmly packed	1 pound	2 1/2 cups

FRIED GRITS

Leftover grits                      1/2 teaspoon salt  
2 eggs                                  Dash pepper

Cut cold grits into 1/4-inch slices. Beat eggs with salt and pepper. Dip slices of grits into egg mixture; brown in lightly buttered skillet over low heat, about 10 minutes.

SESAME SEED STICKS

3/4 cup (1 1/2 sticks) butter    4 - 6 tablespoons iced water  
2 cups flour                        2 tablespoons melted butter  
1 teaspoon salt                    1/2 cup sesame seeds  
1/4 teaspoon cayenne

With a pastry blender, cut butter into sifted dry ingredients. Add water, a tablespoon at a time, until flour is moistened, as for pastry. Roll out on floured board to 1/8 inch thickness and cut into strips 1 x 3 inches. Brush with melted butter; sprinkle generously with sesame seeds. Place on ungreased cookie sheet; bake in 375° F. oven for 15 minutes. Before removing from pan and while still hot, sprinkle with a little salt. Yield: 8 dozen.

SWEDISH MEAT BALLS

2 slices toasted bread            Dash allspice  
1/4 cup plus                         1/2 clove garlic, minced  
2 tablespoons milk                1/8 teaspoon pepper  
1 1/4 pounds ground beef        1 egg, slightly beaten  
1/2 onion, finely chopped        1 cup bouillon  
1 teaspoon salt                     Dash nutmeg

Crumble bread into small bowl, add milk. Stir to blend until of paste-like consistency. Pour mixture over meat in large bowl. Add onion, salt, nutmeg, allspice, garlic, pepper, and egg. Beat with wooden spoon until stiff. Spoon out rounded teaspoons of meat mixture and roll into balls. Melt shortening in electric skillet at 350° F.; brown meat balls. Heat bouillon for 5 minutes and pour over meat balls. Cover and lower temperature to 210° F. for 30 minutes or until bouillon is absorbed. Serve in electric skillet set on "keep warm." Yield: 30 meatballs. If cooking on stovetop, follow directions as above with the following changes: Melt shortening in a large frying pan on medium-high heat, brown meatballs. Pour heated bouillon over meatballs, cover and lower temperature to low-medium heat for 30 minutes or until bouillon is absorbed. Serve in crock pot or chafing dish.

BROILED PARTY LOAF

1 loaf French bread                1/4 cup brown sugar  
2 tablespoons prepared         1/2 cup chopped onion  
mustard                              2 cups grated American  
5 tablespoons soft butter        cheese  
1 can (#303) pork & beans,    4 wieners, halved  
drained

Cut bread in half lengthwise. Spread with combined mustard and butter. Combine beans, sugar and onion; spread on buttered surface. Top with grated cheese. Broil 4 inches from heat for 4 minutes. Add wieners; broil for 4 more minutes.

CHEESE STRAWS

1/2 cup (1 stick) butter         1 1/2 cups sifted flour  
2 cups finely grated             1 teaspoon salt  
sharp Cheddar cheese         1/2 teaspoon cayenne

Cream butter and cheese thoroughly. Add sifted dry ingredients and blend well. Press mixture through cookie press onto ungreased baking sheet. Bake in 400° F. oven for 10 to 15 minutes. Yield 9 dozen straws.

CHEESE WAFERS

1/2 cup (1 stick) butter         1/8 to 1/4 teaspoon  
1 cup shredded sharp            cayenne  
Cheddar cheese                 1 cup crisp rice cereal  
1 cup flour

Cream butter and cheese until smooth. Mix in flour and cayenne; stir in cereal. Roll out between 2 sheets of waxed paper. Cut with small cutter. Arrange on ungreased cookie sheet. Bake in 350° F. oven for 10 to 12 minutes. Yield: 3 dozen.

SAUSAGE-CHEESE BALLS

1/2 pound hot pork sausage    1/2 pound sharp cheese,  
1 1/2 cups biscuit mix            grated

Cook sausage; remove from skillet and place on paper towel to remove excess grease. Combine cheese and biscuit mix in a bowl; stir in sausage. Shape heaping teaspoons of mixture into small balls. Bake in a 450° F. oven for 10 minutes or until brown. Yield: 75 to 100 balls. *To Freeze:* Place sausage balls on a cookie sheet; freeze and then transfer to freezer bags. Bake when ready to serve.

### MYSTERY CHEESE BALL

1 package (8 ounces) cream cheese	2 teaspoons Worcestershire sauce
1/4 pound Cheddar cheese, grated	2 teaspoons onion juice
3 jars (5 oz. each) blue cheese	1/2 cup chopped nuts
	1/2 cup chopped parsley
	Chopped pimiento

Have cheeses at room temperature. In electric mixer, cream the cheeses with Worcestershire sauce and onion juice; store in the refrigerator overnight. Shape into a ball and roll in nuts, parsley and pimiento. Place in center of tray on platter and arrange assorted crackers and chips around it. *To Store:* Wrap in waxed paper and refrigerate or wrap in freezer paper to freeze for future use.

### SWISS CHEESE FONDUE

1/4 cup (1/2 stick) butter	1 pound Swiss cheese, grated
4 tablespoons flour	
1 tablespoon salt	1/2 cup dry white wine
3 cups milk	

Melt butter in fondue pot; blend in flour and salt. Stir until smooth; gradually add milk, stirring constantly until thick and smooth. Add cheese and stir until melted. Stir in wine; keep warm on low setting. Serve with French bread cubes. Yield: 6 servings.

### DRIED FIGS

Select perfect, ripe figs. Add 2 tablespoons of slaked lime to each gallon water. Soak figs in lime solution 1 hour. Drain. Soak in fresh water 30 minutes. Drain again. Combine 4 cups sugar and 4 cups water; boil in syrup for 10 minutes. Drop in figs and cook rapidly until clear, about 40 to 50 minutes. Drain. Place in single layer on trays, cover with cheesecloth, and place in sun several days, turning each day. Bring indoors at night. If weather is damp, place in warm oven, 200° F., until weather clears. Continue to dry until figs are clear.

### COCKTAIL PIZZAS

1 package hot roll mix	1/4 teaspoon dried oregano
1/2 cup minced onion	1/4 teaspoon garlic salt
1 tablespoon cooking oil	1/4 pound Mozzarella cheese, grated
2 cans (8 ounces each) tomato sauce	

Prepare roll mix according to package directions; let rise. Sauté onion in oil until tender, add tomato sauce and seasonings. Simmer 10 to 15 minutes. Punch down dough on lightly floured board and divide into 4 equal parts. Roll each part to 1/4-inch thickness; cut into circles with floured 2-inch cookie cutter. Snip edge of each circle about every 1/4 inch with scissors and pinch edge to make a rim. Brush center of each circle with additional oil, sprinkle with 1/2 teaspoon Mozzarella cheese, then 1/2 teaspoon tomato sauce mixture, then 1/2 teaspoon processed cheese. Top some with sliced stuffed olives, some with green or ripe olives or halved cooked shrimp. The hors d'oeuvres can be frozen at this time. To serve: place on cookie sheet and bake in 450° F. oven 10 to 12 minutes. Yield: 40 pizzas.

### CORN DOGS

1 cup pancake mix	2/3 cup water
2 tablespoons cornmeal	8 wieners
1 tablespoon sugar	8 wooden skewers

Combine pancake mix, cornmeal, sugar and water. Beat until smooth. Let stand 10 minutes to thicken. Dip wieners in batter to coat. Heat oil 1-inch deep in skillet. Fry coated wieners in hot oil a few at a time, for 2 to 3 minutes or until crisp and brown. Drain. Insert wooden skewer in one end. Yield: 4 servings.

### HOME ROASTED PEANUTS

Place peanuts on a cookie sheet. Bake in a 350° F. oven for 30 to 35 minutes; shake pan occasionally. To test peanuts; crack shell and if red skin slips easily, peanuts are roasted.

### SALTED PECANS

Spread 1 cup pecan halves in shallow pan. Coat with 1 teaspoon oil. Bake in 350° F. oven for 10 minutes. Sprinkle with 1/2 teaspoon salt.

TOASTED PECANS

Spread unshelled nuts on baking sheet; roast in 400° F. oven for 20 minutes. Cool; crack and shell.

TOASTED PUMPKIN SEEDS

Remove fiber from 2 cups unwashed seeds. Combine with 1 1/2 teaspoon melted butter or oil and 1 1/4 teaspoons salt. Mix well. Spread in shallow pan. Toast in 250° F. oven for 30-40 minutes until browned and crisp, stirring often, to brown evenly.

APPETIZER EGG ROLLS

*Egg Roll Skins:*

6 eggs	2 cups sifted flour
2 1/4 cups water	1 1/2 teaspoons salt

Beat eggs and water until light and foamy. Sift dry ingredients into egg mixture and beat until smooth. Reserve 1/2 cup batter for sealing rolls. For each skin, spoon 2 tablespoons batter into heated greased skillet and quickly spread with back of spoon to form a 4-inch round. Fry on one side only until edge begins to curl. Remove with spatula; place on flat surface, cooked side down, and cool until skins can be handled.

*Filling:*

1 tablespoon cooking oil	1 can (1 pound) bean sprouts, drained and minced
2 teaspoons sesame seed	3 green onions, minced
1/2 pound lean cooked pork or ham, minced	1 1/2 teaspoons salt
1/2 pound cooked shrimp, minced	1 teaspoon monosodium glutamate
1 medium onion, grated	1 teaspoon sugar
1 can (3 ounces) mushrooms, minced	

Combine oil and seeds. Cook over low heat until seeds are brown. Add remaining ingredients and heat, stirring gently, 5 minutes. Remove from heat and cool. Place 1 heaping tablespoon of filling in center of cooked side of each egg roll skin. Roll, tuck in ends envelope fashion, and seal with reserved batter. Cover with damp cloth; chill overnight. When ready to serve, fry in deep hot fat (375°F.) for 10 to 15 minutes, turning occasionally. Serve hot. Yield: 26 rolls.

HARD-COOKED EGGS

Place eggs in saucepan and cover with cold water to at least one inch above the eggs. Cover saucepan and bring to a rolling boil. Turn heat on low and simmer 15 to 20 minutes. Immediately place eggs in cold water and peel.

SOFT-COOKED EGGS

Place eggs in saucepan and cover with cold water to at least one inch above the eggs. Cover saucepan and bring to a rolling boil. Remove from heat and let stand 1 to 4 minutes, depending on individual taste. Cool eggs for several seconds in cold water to make them easier to handle.

EGG BECHAMEL

6 hard-cooked eggs	1 teaspoon prepared mustard
1 tablespoon vinegar	1 can (2 ounces) deviled ham
1 tablespoon mayonnaise	Paprika
1 tablespoon butter, softened	
1/8 teaspoon turmeric	

Cut eggs into halves lengthwise; remove yolks. Mash yolks; stir in remaining ingredients. Fill egg whites with yolk mixture; arrange in greased shallow baking dish. Pour Bechamel Sauce (recipe below) over eggs; bake in 350° F. oven 15 minutes, or until heated thoroughly. Sprinkle with paprika before serving. Yield: 6 servings.

*Bechamel Sauce*

1 1/2 tablespoons butter	5 bay leaves in 1/2 cup hot water
2 tablespoons flour	6 tablespoons milk
1/8 teaspoon pepper	1/2 cup grated American cheese
1/8 teaspoon paprika	
1 bouillon cube dissolved	

Melt butter; add flour, pepper, and paprika. Blend well. Add bouillon and milk gradually, stirring constantly. Cook over low heat until thick, about 5 minutes. Remove from heat; add cheese and stir until cheese is melted.

## STUFFED EGGS

6 hard-cooked eggs, halved	1/2 teaspoon dry mustard
1/2 teaspoon salt	3 tablespoons mayonnaise, vinegar or enough cream to moisten
1/4 teaspoon pepper	

Remove yolks and mash with fork; add remaining ingredients. Mix well. Refill whites with egg yolk mixture, heaping it lightly.

*Variation:* Add to egg yolk mixture any of the following: 2 tablespoons minced cooked ham, chicken, crisp bacon, dried beef, minced veal, liverwurst, grated cheese, minced pickle, chopped olives, flaked tuna, lobster, salmon, shrimp, crab meat, anchovies, or sardines.

## BREAD AND BUTTER PICKLES

3 quarts sliced cucumbers	1 teaspoon cinnamon
3 onions, sliced	1/2 teaspoon ginger
1/2 cup salt	2 tablespoons mustard seed
3 cups vinegar	1 teaspoon turmeric
1 cup water	1/2 teaspoon celery seed
3 cups brown sugar	1 pod hot red pepper
1 piece horseradish	

Mix cucumbers, onions and salt. Let stand 5 hours. Drain. Boil vinegar, water, sugar, and seasonings 3 minutes. Add cucumbers and onions; simmer 10 to 20 minutes. Do not boil. Pack into hot jars and seal at once. Process in boiling-water bath for 5 minutes. Yield: about 8 pints.

## CHERRY TOMATO PICKLES

3 cups sugar	2 tablespoons celery seed
3 cups vinegar	2 teaspoons mustard seed
1 tablespoon whole allspice	2 1-inch cinnamon sticks
1 tablespoon whole cloves	4 pints cherry tomatoes, stemmed
5 bay leaves	

Combine sugar, vinegar and spices (tied in cheesecloth bag). Bring to boil; reduce heat and simmer, uncovered, 10 minutes. Remove spice bag. Add tomatoes; bring to boil and immediately remove from heat. Pack in hot jars; add bay leaf to each jar. Fill with boiling hot vinegar mixture to within 1/2-inch of top. Seal. Process in boiling-water bath for 10 minutes. Yield: 5 pints.

## CHOW CHOW

1 quart chopped cabbage, about 1 small head	1 quart vinegar
2 cups chopped green tomatoes, about 4	1 cup sugar
3 onions, chopped	2 tablespoons ground mustard
1 1/2 sweet green peppers, chopped	1 1/2 tablespoons white mustard seed
1 1/2 sweet red peppers, chopped	2 1/4 teaspoon celery seed
3 tablespoons salt	3/4 teaspoon whole cloves (tied in bag)

Combine chopped vegetables in an enameled pan or glass jar and sprinkle with salt; let stand overnight in a cool place. Drain well. In a saucepan, bring to a boil the remaining ingredients; add well drained vegetables and cook slowly until tender, about 30 minutes. Pack into hot jars and process 10 minutes at simmering temperature. Yield: about 4 pints.

## DILL PICKLES

35 to 40 cucumbers	Dill, green or dry
3 tablespoons mixed pickling spices	1/2 cup salt
3/4 cup sugar	1 quart vinegar
	1 quart water

Wash, dry and cut cucumbers in half lengthwise. Add spices (tied in a cheesecloth bag), sugar, salt and vinegar to water. Simmer 15 minutes. Pack cucumbers into hot jars, leaving 1/4-inch head space. Process in boiling-water bath for 15 minutes. Yield: about 7 pints.

*Note:* Substitute 3 tablespoons dill seed to each quart for head of dill.

*Kosher Dill Pickles:* Follow recipe for Dill Pickles. When packing cucumbers into hot jars, add 1 clove garlic, 1 bay leaf, 1/2 teaspoon mustard seed and 1 piece red pepper to each jar.

## SOUR PICKLES

Medium cucumbers	1 cup salt
1 gallon cider vinegar	1 cup sugar
1 quart water	1 cup white mustard seed

Wash cucumbers and pack into sterilized jars. Combine remaining ingredients and bring to boil. Pour boiling solution over cucumbers. Seal. Process in boiling-water bath for 5 minutes.

FIG PICKLES

- |                     |                             |
|---------------------|-----------------------------|
| 1 gallon fresh figs | 3 cups vinegar              |
| 5 cups sugar        | 1 tablespoon whole cloves   |
| 2 quarts water      | 1 tablespoon whole allspice |
| 2 sticks cinnamon   |                             |

Peel figs. (If unpeeled are preferred, pour boiling water over figs and let stand until cool). Add 3 cups sugar to water; boil until sugar dissolves. Add figs and cook slowly for 30 minutes. Add remaining sugar, vinegar and spices, tied in bag. Boil until figs are clear. Let stand 12 to 24 hours in cool place. Heat to simmering; pack immediately into hot sterilized jars. Process pints or quarts in water bath 30 minutes at simmering temperature. Yield: about 6 pints.

MIRLITON PICKLES

- |                           |                             |
|---------------------------|-----------------------------|
| 8 medium mirlitons        | 2 1/2 cups sugar            |
| 1 tablespoon mustard seed | 1/4 teaspoon ground cloves  |
| 4 teaspoons salt          | 2 teaspoons ground turmeric |
| 2 1/2 cups cider vinegar  |                             |
| 4 medium onions           |                             |

Peel and slice mirlitons and onions. Sprinkle with salt; let stand 2 hours. Drain and wash. Combine mirliton mixture with remaining ingredients; bring to a boil, but do not allow mixture to boil. Pack in hot jars; seal and process in boiling-water bath for 10 minutes. Yield: 5 pints.

PICCALILLI

- |                                     |                       |
|-------------------------------------|-----------------------|
| 1 1/2 cups chopped green peppers    | 2 tablespoons mustard |
|                                     | 2 teaspoons salt      |
| 1 1/2 cups chopped red bell peppers | 1 cup sugar           |
|                                     | 2/3 cup cider vinegar |
| 1 1/2 cups chopped onions           | 1 tablespoon celery   |

Cover vegetables with water; add salt and boil 2 minutes; drain. Mix remaining ingredients and bring to boil. Add vegetables; boil 2 minutes. Pour into hot sterilized jars. Seal. Process in boiling-water bath for 5 minutes. Yield: 2 pints.

PICKLED CAULIFLOWER

- |                                 |                             |
|---------------------------------|-----------------------------|
| 4 pounds cauliflower, (2 large) | 1 tablespoon whole allspice |
| 2 cups coarse salt              | 2 teaspoons mustard seed    |
| 1 gallon water                  | 4 bay leaves                |
| 1 quart vinegar                 | 2 sticks cinnamon           |
| 2 cups sugar                    | 1 tablespoon whole cloves   |

Wash cauliflower; separate into flowerets. Place in brine made of salt and water. Let stand for 1 hour. Make syrup of vinegar, sugar and spices (tied in cheesecloth bag). Boil 3 to 5 minutes. Add drained cauliflower; cook 3 to 4 minutes. Pack in sterilized jars. Cover with hot syrup and seal at once. Yield: 4 pints.

PICKLED EGGS

- |                                  |                                   |
|----------------------------------|-----------------------------------|
| 2 tablespoons sugar              | 2 cups white vinegar              |
| 1 teaspoon salt                  | 1 medium onion, sliced            |
| 1 teaspoon mixed pickling spices | 12 to 16 hard-cooked eggs, peeled |

Combine sugar, salt, spices, vinegar and onion; simmer about 8 minutes. Strain and pour over eggs in jar. Seal and let stand 2 days before serving. If desired, add sprig of dill, a clove, a few caraway seeds, a slice of garlic, or onion to the brine.

PICKLED OKRA

- |                            |                               |
|----------------------------|-------------------------------|
| 2 cups cider vinegar       | 2 tablespoons dill seed       |
| 2 cups water               | 2 tablespoons celery seed     |
| 1 tablespoon salt          | 1/2 teaspoon hot pepper sauce |
| 2 tablespoons mustard seed |                               |
| 1 pound small okra pods    | 2 cloves garlic               |

In a saucepan, simmer vinegar, water, salt, seed and pepper sauce for 10 minutes. Cut stem ends off okra and place pods in hot sterilized jars. Put a clove of garlic in each jar. Pour hot pickling liquid in jars. Seal and process in boiling-water bath for 10 minutes. Let ripen at least 3 weeks before opening. Yield: 2 pints.

PICKLED ONIONS

1 gallon small white onions	1 1/2 quarts white vinegar
1 cup salt	1 1/2 cups sugar
Small red peppers	3 tablespoons whole pepper
Bay leaves	3 tablespoons grated horseradish
3 tablespoons white mustard seed	

Cover onions with boiling water. Let stand 2 minutes. Dip in cold water; then remove outer skins. Sprinkle with salt. Cover with water and let stand overnight. Rinse and drain. Pack into hot jars. Garnish with pepper pod and bay leaf. Simmer vinegar, sugar and spices 15 minutes. Boil 3 minutes. Pour over onions. Process pints in boiling-water bath for 10 minutes. Yield: about 9 pints.

PICKLED PEACHES

3 pounds (6 3/4 cups) sugar	1 teaspoon whole allspice
2 cups vinegar	2 (3-inch each) sticks cinnamon
2 tablespoons whole mace	
6 pounds peaches, peeled	1 teaspoon whole cloves

Combine sugar, vinegar and spices, tied in cheesecloth bag. Bring to boil; add peaches, a few at a time, to boiling syrup. Simmer until tender. Remove peaches; pack into hot jars. Boil syrup until thick; pour over fruit. Seal. Process 20 minutes in water bath at simmering temperature. Yield: 2 1/2 quarts.

PICKLED PEPPERS

1 gallon long red, green or yellow peppers (Hungarian, Banana or other varieties)	2 cups water
1 1/2 cups salt	1/4 cup sugar
1 gallon water	2 cloves garlic
	2 tablespoons prepared horseradish
	2 1/2 quarts vinegar

Cut 2 small slits in each pepper. Wear rubber gloves to prevent burning hands. Dissolve salt in water. Pour over peppers and let stand 12 to 18 hours in cool place. Drain; rinse and drain thoroughly. Combine remaining ingredients; simmer 15 minutes. Remove garlic. Pack peppers into hot jars and pour boiling hot pickling liquid over peppers, leaving 1/4-inch head space. Adjust caps. Process in boiling-water bath for 10 minutes. Yield: 8 pints. *Note:* For extra crisp peppers, add 1/2 teaspoon alum to each jar.

PICKLED VEGETABLE SALAD

4 cups white wine vinegar	7 cups shredded cabbage
1 cup sugar	3 cups shredded carrots
1 tablespoon salt	3 cups green pepper slices
1/2 cup mixed pickling spices	2 cups onion slices

Boil vinegar, sugar, salt and spices, tied in cheesecloth, for 10 minutes. Add vegetables; boil for 5 minutes. Remove spice bag and pack vegetables in jars. Fill to within 1 inch of top of jar and add syrup to within 1/2 inch of top. Seal; process in boiling-water bath for 30 minutes. Yield: 4 pints.

SWEET ICICLE PICKLES

20 cucumbers, 4 to 6-inches long, cut into quarters, lengthwise	2 teaspoons powdered alum
1 cup salt	1 1/2 tablespoons mixed pickling spices
1/2 gallon water	5 cups sugar
	5 cups vinegar

Put cucumber strips in stone jar or stainless steel container. Add salt to water and bring to a boil. Pour over cucumbers. Cover with plate and weight down to keep cucumbers under brine. Cover and let stand 1 week in cool place. Remove scum each day. Drain, discarding brine; rinse cucumbers thoroughly. Cover with boiling water; let stand 24 hours. Drain. Add alum to cucumbers; cover with boiling water. Cover; let stand 24 hours. Drain. Add spices (tied in cheesecloth bag) to sugar and vinegar; bring to a boil. Pour over cucumbers; cover and let stand 24 hours. Drain syrup; bring to a boil and pour over cucumbers. Repeat this step each day for 4 days. Pack pickles into hot jars. Heat syrup to boiling; pour boiling hot over pickles, leaving 1/4-inch head space. Adjust caps. Process in boiling-water bath for 10 minutes. Yield: about 6 pints.

WATERMELON RIND PICKLES

- |   |                        |
|---|------------------------|
| 4 quarts prepared watermelon rind       | 1 quart white vinegar  |
| 3 tablespoons slaked lime or 1 cup salt | 3 sticks cinnamon      |
| 2 quarts cold water                     | 2 pieces ginger root   |
| 2 tablespoons whole cloves              | 1 lemon, thinly sliced |
|   | 8 cups sugar           |
|   | 1 quart water          |

Trim dark skin and pink flesh from thick watermelon rind; cut in 1-inch pieces. Dissolve lime in 2 quarts water; pour over rind. If needed, add additional water to cover rind. Let stand 2 hours in lime solution; 6 hours, if salt is used. Drain; rinse and cover rind with cold water. Cook until just tender; drain. Tie spices in cheesecloth bag and combine with remaining ingredients; simmer 10 minutes. Add watermelon rind and simmer until rind is clear; add boiling water if syrup becomes too thick. Remove spice bag. Pack, boiling hot, into hot jars. Process in boiling-water bath for 10 minutes. Yield: 7 pints.

SQUASH PICKLES

- |                        |                         |
|------------------------|-------------------------|
| 2 pounds yellow squash | 1 teaspoon celery salt  |
| 2 small onions         | 1 teaspoon turmeric     |
| 1/4 cup pickling salt  | 2 teaspoon mustard seed |
| 2 cups sugar           | 3 cups cider vinegar    |

Thinly slice squash and onions; cover with 1-inch of water. Add pickling salt and let stand 2 hours. Drain. Combine remaining ingredients and bring to a boil. Pour over squash and onions; let stand 2 hours. Bring all ingredients to a boil. Pack into jars and process at simmering temperature for 15 minutes. Yield: 5 half pints.

POPCORN

- |                   |                 |
|-------------------|-----------------|
| 2 tablespoons oil | 1/3 cup popcorn |
|-------------------|-----------------|

Place oil and popcorn in a 10-inch skillet. Cover tightly. Place on controlled top burner set at 375° F. (or in electric skillet) and heat for 3 minutes or until popping stops. Do not shake skillet. Pour into serving bowl. Yield: 1 1/2 quarts. For electric popcorn popper, follow manufacturer's directions.

POPCORN SNACK

Mix garlic salt, chili or curry powder or barbecue seasoning into melted butter. Drizzle the flavored butter over the popped corn and mix well.

CHICKEN LIVER PATE

- |                                   |                               |
|-----------------------------------|-------------------------------|
| 3/4 cup (1 1/2 sticks) butter     | 1 teaspoon lemon juice        |
| 1/2 cup chopped onion             | 1/8 teaspoon pepper           |
| 1/4 pound fresh mushrooms, sliced | 1/8 teaspoon cayenne          |
| 1/4 pound chicken livers          | 2 hard-cooked eggs, quartered |
| 1 1/2 teaspoons seasoned salt     | 1/4 cup chopped pecans        |

In 1 stick of butter, sauté onion until soft, about 5 minutes. Add mushrooms and chicken livers; cook until liver is just tender, about 5 minutes. Remove from heat; add remaining butter, seasoned salt, lemon juice, pepper and cayenne; stir until butter melts. Divide mixture into four parts. In electric blender, at high speed, blend the mixture one part at a time, adding 2 of the egg quarters to each part. Empty into a bowl as each part is blended. Stir nuts into entire mixture and refrigerate for about 30 minutes. Shape into ball on sheet of waxed paper or foil. Wrap well and refrigerate overnight. Serve with crackers. Yield: 2 1/2 cups, or enough for about 50 crackers.

CHICKEN WING STICKS

- |   |                      |
|---|----------------------|
| 3 pounds chicken wings (approximately 18) | 1 teaspoon salt      |
| 1/2 cup flour                             | 1 teaspoon paprika   |
| 1/2 cup grated Parmesan cheese            | 1/8 teaspoon pepper  |
|   | 1/2 teaspoon oregano |
|   | 3/4 cup buttermilk   |

Cut wings in half; use "drumstick" half for frying. Use remaining half for soup, stock or remove bone and fry as directed. Combine dry ingredients in a shallow dish. Dip chicken pieces in buttermilk; shake to remove excess. Roll in dry ingredients. Fry in deep hot fat (365° F.) for 5 minutes or until golden brown. Drain on absorbent paper. Yield: 18 hors d'oeuvres.

*To Bake:* Place in a 9 x 13 inch well greased baking pan. Bake in a 400° F. oven for 45 minutes or until crisp and tender.

### RUMAKI (POLYNESIAN APPETIZER)

1 can (8 ounces) water chestnuts, halved	8 bacon slices, cut crosswise into halves
1/3 pound chicken livers, cut into thirds or halves	1/2 cup soy sauce
1/4 teaspoon ginger	1/4 teaspoon curry powder

Wrap chestnut half and piece of chicken liver with 1/2 slice bacon; secure with foodpick. Combine remaining ingredients and marinate appetizers for 1 hour. Place on broiler rack and broil until bacon is crisp, about 15 minutes. Turn once during broiling.

Yield: 16 appetizers.

### TURKEY REUBEN

1/4 cup sauerkraut	1 slice American or Swiss cheese
1 tablespoon sour cream	4 thin slices turkey
2 slices pumpernickel or rye bread	1 tablespoon butter
1 tablespoon salad dressing	

Combine sauerkraut and sour cream. Spread each bread slice with salad dressing; top with cheese, sauerkraut and 4 slices of turkey. Butter outside of sandwich; grill until cheese melts. Yield: 1 sandwich.

### DEEP-FRIED CALAS

1 1/2 cups cooked rice, very soft	1 1/4 cups sifted flour
1/2 package yeast	1/4 cup sugar
1/2 cup warm water	1/2 teaspoon salt
3 eggs, beaten	1/4 teaspoon nutmeg

Mash hot rice and cool to lukewarm. Soften yeast in warm water and stir into lukewarm rice; mix well. Cover and let rise several hours or overnight. Add eggs, flour, sugar, salt and nutmeg. Beat only until smooth. Let stand in warm place for 30 minutes. Drop by tablespoons into deep hot fat (360° F.) and fry until golden, about 3 minutes. Serve sprinkled with confectioners sugar or sugar mixed with cinnamon. Yield: 2 dozen.

### BACON WRAP-AROUNDS

10 strips bacon, cut in half    20 raw oysters

Partially cook bacon. Wrap each bacon slice around a raw oyster and broil until bacon is crisp. Serve with toothpicks. Makes 20 appetizers.

### BROILED OYSTERS AND CHICKEN LIVERS

1 pint large oysters	1 tablespoon lemon juice
1 pound chicken livers	1 tablespoon Worcestershire sauce
Salt and pepper	
Flour	1/4 cup dry white wine
1/2 cup (1 stick) butter	

Drain oysters and livers; dust lightly in seasoned flour. Pan-broil in 2 tablespoons butter until oysters curl. Make sauce with remaining butter and ingredients; pour over oysters and livers. Serve hot on foodpicks.

### COLD CRAB CANAPÉ

1 can (7 1/2 ounces) crab meat	4 sweet pickles, minced
Juice of 1 lime	1/4 cup mayonnaise

Mix crab, pickles and lime juice. Add mayonnaise to moisten. Serve on crackers. Makes 24 appetizers.

### CRAB MEAT CHEESE BUNS

1 cup finely grated Cheddar cheese	1 can (7 1/2 ounces) crab meat, drained and flaked
1/4 cup butter, softened	24 cocktail buns

Mix together cheese and butter; add crab meat. Spread mixture between bun halves; wrap in foil. Place sandwiches on grill over slow coals and heat 10 to 15 minutes, turning frequently, until sandwiches are heated through and cheese begins to melt. Sandwiches can also be heated in a 350° F. oven for 15 minutes. Makes 24 appetizers.

## CRAB MEAT PATTIES

1 tablespoon butter	1 cup cooked crab meat
2 tablespoons flour	1/2 teaspoon salt
2 tablespoons grated Parmesan cheese	Dash black pepper
3/4 cup light cream	Dash cayenne pepper
48 miniature patty shells	1 egg yolk, beaten

In a saucepan, melt butter over low heat. Add flour and stir until smooth. Add cheese and cream. Cook, stirring constantly, until thickened. Remove from heat. Stir in crab meat, salt, pepper, and egg yolk. Spoon into patty shells and broil 3 inches from source of heat for 3 minutes or until hot. Yield: 48 patties.

## CRAB PUFFS

1 stalk celery, minced	1/2 cup cracker meal
1 medium onion, minced	1/2 cup thick white sauce
1 tablespoon cooking oil	2 eggs, well beaten
2 cans (7 ounces each) crab meat	1/2 teaspoon pepper
	1/2 teaspoon seasoned salt

Sauté onion and celery in oil on Controlled Surface Heat set at 250° F. Drain on absorbent paper. Combine with crab meat, white sauce, eggs, seasonings and cracker crumbs. Chill; shape into balls by using additional cracker meal. Fry in deep hot shortening (375° F.) until golden brown. Drain and serve. Yield: 3 dozen puffs.

## CRAB SANDWICHES

1 large package cream cheese	slices American cheese
1 can crab meat	Mayonnaise
1 teaspoon Worcestershire sauce	1 medium onion, finely minced
8 Holland Rusks	Salt to taste
	8 slices tomato

Combine cream cheese, enough mayonnaise to blend crab, onion, Worcestershire sauce and salt. Spread on rounds of Holland Rusks. Place a tomato slice on top of each open-faced sandwich. Place slices of American cheese on tomato. Place under broiler until cheese is slightly melted and browned. Yield: 4 servings.

## CRAB SUPREME

1 cup diced celery	2 tablespoons Worcestershire sauce
1 onion, chopped	1/4 teaspoon pepper
2 cloves garlic, crushed	1 bay leaf
1/4 cup olive oil	1/4 cup soy sauce
1 cup chicken broth	3 cups crab meat
1 cup tomato juice	

Sauté celery, onion, and garlic in olive oil. Stir in chicken broth, tomato juice, Worcestershire sauce, pepper and bay leaf. Cover and cook over low heat for 40 minutes. Remove bay leaf; add soy sauce and crab meat and simmer for 20 minutes. Serve hot with crackers or in miniature patty shells. Yield: 4 cups.

## HOT CRAB APPETIZERS

1 can (6 ounces) crab meat, drained	2 tablespoons sherry
1 teaspoon salt	Dash of white pepper
1 tablespoon marjoram	2 tablespoons butter
2 tablespoons flour	1 egg yolk
1 cup light cream	6 slices white bread

Combine crabmeat, salt, marjoram, sherry and white pepper; set aside. In saucepan, melt butter; remove from heat and stir in flour. Beat egg yolk into cream. Stir cream into the butter-flour mixture and heat until thickened, stirring constantly. Mixture will be very thick. Pour sauce on crab mixture and toss. Using a small cookie cutter, cut 4 rounds from each slice of bread. Toast rounds on one side only. Mound crab mixture on untoasted side of each round. Place under broiler until lightly browned. Serve hot. Yield: 24 appetizers.

## CRAB-CHEESE BURGERS

1 small can crab meat	6 hamburger buns
1/2 cup processed cheese, diced	1 cup celery, chopped fine
1/4 cup prepared mustard	1/2 cup onion, chopped
	Salt and pepper to taste

Mix all ingredients. Place between hamburger buns. Wrap in aluminum foil. Heat at 350° F. for 15 minutes. Yield: 6 servings.

CRAB MEAT PATTIES

- |   |                        |
|---|------------------------|
| 1 tablespoon butter                     | 1 cup cooked crab meat |
| 2 tablespoons flour                     | 1/2 teaspoon salt      |
| 2 tablespoons grated<br>Parmesan cheese | Dash black pepper      |
| 3/4 cup light cream                     | Dash cayenne pepper    |
| 48 miniature patty shells               | 1 egg yolk, beaten     |

In a saucepan, melt butter over low heat. Add flour and stir until smooth. Add cheese and cream. Cook, stirring constantly, until thickened. Remove from heat. Stir in crab meat, salt, pepper, and egg yolk. Spoon into patty shells and broil 3 inches from source of heat for 3 minutes or until hot. Yield: 48 patties.

CRAB SUPREME

- |                          |                                       |
|--------------------------|---------------------------------------|
| 1 cup diced celery       | 2 tablespoons<br>Worcestershire sauce |
| 1 onion, chopped         | 1/4 teaspoon pepper                   |
| 2 cloves garlic, crushed | 1 bay leaf                            |
| 1/4 cup olive oil        | 1/4 cup soy sauce                     |
| 1 cup chicken broth      | 3 cups crab meat                      |
| 1 cup tomato juice       |                                       |

Sauté celery, onion, and garlic in olive oil. Stir in chicken broth, tomato juice, Worcestershire sauce, pepper and bay leaf. Cover and cook over low heat for 40 minutes. Remove bay leaf; add soy sauce and crab meat and simmer for 20 minutes. Serve hot with crackers or in miniature patty shells. Yield: 4 cups.

CRAB PUFFS

- |                                     |                            |
|-------------------------------------|----------------------------|
| 1 stalk celery, minced              | 1/2 cup cracker meal       |
| 1 medium onion, minced              | 1/2 cup thick white sauce  |
| 1 tablespoon cooking oil            | 2 eggs, well beaten        |
| 2 cans (7 ounces each)<br>crab meat | 1/2 teaspoon pepper        |
|                                     | 1/2 teaspoon seasoned salt |

Sauté onion and celery in oil on Controlled Surface Heat set at 250° F. Drain on absorbent paper. Combine with crab meat, white sauce, eggs, seasonings and cracker crumbs. Chill; shape into balls by using additional cracker meal. Fry in deep hot shortening (375° F.) until golden brown. Drain and serve. Yield: 3 dozen puffs.

CRAB SANDWICHES

- |                                    |                                  |
|------------------------------------|----------------------------------|
| 1 large package cream<br>cheese    | slices American cheese           |
| 1 can crab meat                    | Mayonnaise                       |
| 1 teaspoon Worcestershire<br>sauce | 1 medium onion,<br>finely minced |
| 8 Holland Rusks                    | Salt to taste                    |
|                                    | 8 slices tomato                  |

Combine cream cheese, enough mayonnaise to blend crab, onion, Worcestershire sauce and salt. Spread on rounds of Holland Rusks. Place a tomato slice on top of each open-faced sandwich. Place slices of American cheese on tomato. Place under broiler until cheese is slightly melted and browned. Yield: 4 servings.

HOT CRAB APPETIZERS

- |  |                      |
|--|----------------------|
| 1 can (6 ounces) crab meat,<br>drained | 2 tablespoons sherry |
| 1 teaspoon salt                        | Dash of white pepper |
| 1 tablespoon marjoram                  | 2 tablespoons butter |
| 2 tablespoons flour                    | 1 egg yolk           |
| 1 cup light cream                      | 6 slices white bread |

Combine crabmeat, salt, marjoram, sherry and white pepper; set aside. In saucepan, melt butter; remove from heat and stir in flour. Beat egg yolk into cream. Stir cream into the butter-flour mixture and heat until thickened, stirring constantly. Mixture will be very thick. Pour sauce on crab mixture and toss. Using a small cookie cutter, cut 4 rounds from each slice of bread. Toast rounds on one side only. Mound crab mixture on untoasted side of each round. Place under broiler until lightly browned. Serve hot. Yield: 24 appetizers.

CRAB-CHEESE BURGERS

- |                                    |                            |
|------------------------------------|----------------------------|
| 1 small can crab meat              | 6 hamburger buns           |
| 1/2 cup processed cheese,<br>diced | 1 cup celery, chopped fine |
| 1/4 cup prepared mustard           | 1/2 cup onion, chopped     |
|                                    | Salt and pepper to taste   |

Mix all ingredients. Place between hamburger buns. Wrap in aluminum foil. Heat at 350° F. for 15 minutes. Yield: 6 servings.

OYSTERS WITH COCKTAIL SAUCE

3/4 cup tomato catsup	2 teaspoons
1/3 cup lemon juice	Worcestershire sauce
4 teaspoons prepared horseradish	1/4 teaspoon onion salt
1/4 teaspoon hot sauce	1/4 teaspoon celery salt
	3 dozen small oysters

Combine all ingredients except oysters; chill several hours. Place 6 oysters in each of 6 custard cups and pour about 3 tablespoons of sauce over each serving. Nest each custard cup in small bowl filled with crushed ice. Yield: 4 servings.

OYSTERS ROCKEFELLER

1/2 package frozen chopped spinach	1 tablespoon
6 small green onions	Worcestershire sauce
2 stalks celery	1/8 teaspoon hot sauce
1/3 bunch parsley	1 1/2 tablespoons absinthe flavored liqueur
1/3 head lettuce	1/4 teaspoon salt
1/2 cup (1 stick) butter, softened	3 dozen oysters, drained
3/4 cup bread crumbs	1/4 cup grated Parmesan cheese
1 teaspoon anchovy paste	

Place spinach, green onions, celery, parsley and lettuce in blender container. Blend thoroughly to puree. Add to butter and 1/4 cup bread crumbs. Add Worcestershire, anchovy paste, hot sauce, absinthe and salt; mix thoroughly. Place oysters on half shell; set in pan of rock salt that has been heated in 450°F oven 20 minutes. Spread 2 tablespoons sauce over each oyster. Top with 1 teaspoon combined cheese and remaining crumbs. Bake in 450°F oven 30 minutes. Broil, 3 inches from heat, until brown. Yield: 6 servings.

QUICK SHRIMP STICKS

4 slices whole wheat bread	1/2 lb. shrimp, cooked
1/2 small onion	1 small piece ginger
1 teaspoon sugar	Dash of salt and pepper
2 egg whites	Bread crumbs

Cut each bread slice into 4 strips. Combine shrimp, onion and ginger in blender to chop. In medium-size bowl, mix shrimp with seasonings; add egg whites and beat until stiff. Spread on bread strips; sprinkle with bread crumbs. Fry in deep fat until golden brown. Yield: 16 appetizers.

SHRIMP BALLS

1 cup raw diced shrimp	1 egg, well beaten
3 tablespoons minced onion	Salt and pepper
2 tablespoons butter	1 clove garlic, minced
2 1/2 cups mashed potatoes	1 tablespoon minced parsley

Sauté shrimp and onion in butter. Stir in remaining ingredients. Chill. Roll into small balls; coat with flour. Fry in deep hot fat (375°F) until golden brown, about 3 minutes. Yield: 4 servings.

SHRIMP NEWBURG

1/4 cup (1/2 stick) butter, melted	1 1/2 cups breakfast cream
2 tablespoons flour	1/8 teaspoon hot sauce
3/4 teaspoon salt	2 egg yolks, beaten
1/8 teaspoon cayenne	1 pound cooked shrimp, halved
2 tablespoons sherry wine	

Combine butter, flour and seasoning. Add cream gradually and cook until thick, stirring constantly. Stir small amount of hot sauce into yolks; add to remaining sauce, stirring constantly. Add shrimp; heat. Remove from heat and slowly stir in sherry. Serve on toast points. Yield: 6 servings.

SHRIMP OR OYSTER PO BOY

1 pound cleaned shrimp or 1 quart oysters	Oil
Po Boy buns	1 package Seasoned Fish Fry

Dip shrimp or oysters in Fish Fry; fry in deep fat at 375° F. until golden brown. Drain. Place on buns and enjoy.

SHRIMP LOAF

- |                            |                             |
|----------------------------|-----------------------------|
| 3 tablespoons lemon juice  | 1 large can shrimp or fresh |
| 3 packages (3 ounces each) | cooked shrimp               |
| Philadelphia cream cheese  | 1 can tomato soup           |
| 1 1/2 cups fresh boiled    | 2 envelopes unflavored      |
| shrimp, chopped fine       | gelatin                     |
| 3/4 cup finely chopped     | Salt and pepper to taste    |
| parsley or celery          | 3/4 cup finely chopped      |
| 1 cup mayonnaise           | green onions                |

You may use both the fresh shrimp and 1 can shrimp or 2 1/2 cups of the fresh boiled shrimp.

Soak gelatin in 1/4 cup cold water. Heat soup to boiling point. Dissolve cream cheese thoroughly with the soup and gelatin. Cool. Add mayonnaise, celery or parsley, seasonings and onions. Fold in crumbled shrimp; pour into buttered mold. Chill. Serve with crackers.

SHRIMP ROCKEFELLER

- |                             |                              |
|-----------------------------|------------------------------|
| 2 packages (10 ounces each) | 1/4 cup grated Parmesan      |
| frozen spinach              | cheese                       |
| 1/2 cup (1 stick) butter,   | 1/2 cup chopped parsley      |
| melted                      | 2/3 head lettuce, chopped    |
| 1 1/2 teaspoons             | 3 slices white bread, crusts |
| Worcestershire sauce        | removed                      |
| 2 teaspoons anchovy paste   | 1 pound shrimp, cleaned      |
| 1/2 teaspoon salt           | 3/4 cup water                |
| 1/4 teaspoon hot sauce      | 2 tablespoons butter,        |
| 1 teaspoon celery salt      | melted                       |
| 2 cloves garlic             | 1/2 cup dry bread crumbs     |
| 12 green onions             |                              |

Cook spinach according to package directions, reserving liquid. In blender container, blend 1 stick butter, spinach liquid and seasonings. Gradually add the greens. Add bread moistened in water. Place 4 shrimp in each of 6 greased ramekins, pour sauce over each. Mix butter with crumbs; sprinkle on shrimp. Top with cheese. Bake 15 minutes or until brown. Yield: 6 servings.

SHRIMP REMOULADE

- |                              |                 |
|------------------------------|-----------------|
| 2 lbs. boiled shrimp, peeled | Lettuce         |
| and deveined                 | Remoulade sauce |

Let shrimp cool after boiling. Mix shrimp with Remoulade Sauce and place in small covered bowl; store in refrigerator at least 24 hours. When ready to serve, stir and use in salad bowl over chopped lettuce. Shrimp Remoulade prepared this way will last a week in the refrigerator. Sauce alone can be stored in refrigerator up to 2 months.

*Remoulade Sauce*

- |                          |                       |
|--------------------------|-----------------------|
| 1 pint tomato catsup     | 1/2 pint olive oil    |
| 1/2 can tomato paste     | 1/2 pint mayonnaise   |
| 1 large dill pickle      | 1 sprig green onion   |
| 1 sprig parsley          | 1 bell pepper         |
| 1 egg white              | 1 tablespoon powdered |
| 1 tablespoon A-1 sauce   | horseradish           |
| 1/2 teaspoon hot pepper  | 1 tablespoon          |
| sauce                    | Worcestershire sauce  |
| 1 level teaspoon melted  | 8 or 9 green olives   |
| butter                   | 1 tablespoon prepared |
| 3 cloves garlic, pressed | mustard               |
| 1/2 teaspoon salt        | 1/2 teaspoon sugar    |

Grind very fine in food chopper the dill pickle, garlic, green onion, parsley, bell pepper and green olives. Add tomato catsup, olive oil, tomato paste, mayonnaise, A-1 sauce, Worcestershire sauce, horseradish, sugar, salt, hot sauce, butter and mustard. Mix well. Add egg white, which has been beaten 2 minutes. Makes 1 quart.

BUYING GUIDE  
FOR 50 FULL-SIZED SANDWICHES:

- |                             |                 |              |
|-----------------------------|-----------------|--------------|
| (1 slice per sandwich)      |                 |              |
| Ham (canned)                | 1/8 inch slice  | 10 pounds    |
| Roast beef or veal          | 1/8 inch slice  | 20-25        |
| (bone-in weight)            |                 | pounds       |
| Turkey                      | 1/8 inch slice  | 17 pounds    |
| Cheese                      | 1/8 inch slice  | 3 pounds     |
| Ready-to-serve sliced meats | 1/16 inch slice | 7-9 pounds   |
| White sandwich loaf         | 8 pounds        |              |
| Whole wheat                 | 6 pounds        |              |
| Rye                         | 4 pounds        |              |
| Butter                      | 2 teaspoons     | 1 1/2 pounds |
|                             | per sandwich    |              |
| Mayonnaise                  | 2 teaspoons     | 1 quart      |
|                             | per sandwich    |              |

FILLING FOR SANDWICHES

One cup of spread or finely chopped filling will make about 8 full-sized sandwiches. Allow 2 rounded tablespoons of filling per sandwich.

BUTTER SPREAD FOR SANDWICHES

Always spread both slices of bread to the edge with softened butter to keep soft fillings from soaking in, yet avoiding any dry bites. For a variation, add 2 teaspoons prepared mustard to 1/2 cup (1 stick) butter.

FREEZING SANDWICHES

Sandwiches can be prepared in advance and frozen. Any bread will freeze well, but some fillings do not. It is best to omit crisp salad-type vegetables, because they lose their crispness.

Hard-cooked egg whites should not be frozen, as they turn rubbery.

Salad dressings and mayonnaise should be used sparingly, since both tend to separate, making sandwiches soggy. Bottled salad dressings, such as Russian, French and Italian, work well as binders and add flavor to fillings. To check a filling, freeze a small amount in a custard cup, covered, overnight. Then, thaw and look for any separation or watering.

*Storage Time:* 1 to 2 months.

Thaw party sandwiches at room temperature for 30 minutes. Unwrap open-faced sandwiches for thawing. Whole sandwiches should be individually wrapped. Allow 2 to 3 hours for thawing at room temperature. Frosted sandwich loaf will thaw in about 3 hours, unwrapped.

AVOCADO FILLING

2 cups mashed avocado (about 3)	1 tablespoon lemon juice
1/2 cup mayonnaise	1 teaspoon salt
	1/4 cup minced parsley

Combine ingredients and chill. Sufficient spread for two ribbon loaves or 48 finger sandwiches.

CHECKERBOARD SANDWICHES

Cut 3 slices each of whole wheat and white bread, 1/2-inch thick. Remove crusts. Spread a slice of white bread with softened butter or cream cheese and place a slice of whole wheat on it. Spread this with creamed mixture. Place on it a slice of white bread, making whole wheat bread the middle layer. Repeat this process beginning with a slice of whole wheat so that a slice of white bread is the middle layer this time. Trim each pile evenly, and cut each pile in 3 one-inch strips. Spread these strips with creamed mixture and put together in such a way that a white block will alternate with a whole wheat one, forming a checkerboard at ends. There will be two "checkered" loaves. Wrap each loaf in waxed paper and place in refrigerator. When ready to serve, slice about 1/4-inch thick.

BANANA-PEANUT BUTTER SPREAD

1/2 cup peanut butter	1/4 cup orange juice
1/4 cup mashed banana	

Combine ingredients until well blended. Yield: 8 sandwiches.

CHEESE FILLING

1 pound (4 cups) grated Cheddar cheese	1 tablespoon minced onion
1/2 cup mayonnaise or salad dressing	1/4 cup prepared mustard
	1/2 cup chopped stuffed olives

Combine cheese, mayonnaise and mustard. Mix until blended. Add olives and onion. Yield: 48 finger sandwiches.

CHEESE-OLIVE SPREAD

1 cup stuffed olives	1/4 pound (1 cup) process cheese, cubed
4 strips bacon, cooked	

Place all ingredients in blender or food processor, blend to smooth spread. Add cream or liquid from olives if mixture is too thick. Yield: 6 full-sized sandwiches.

### CHICKEN OR HAM SALAD

4 1/2 cups finely chopped or ground cooked chicken* or ham	1 cup mayonnaise 3/4 teaspoon salt 6 tablespoons chopped stuffed olives or pickle
1 1/2 cups minced celery	

Thoroughly combine all ingredients. Yield: filling for approximately 4 1/2 cups cooked meat.

\*One 5-pound chicken yields approximately 4 cups cooked meat.

### CUCUMBER SANDWICHES

1 large cucumber	1 teaspoon grated onion
3 tablespoons vinegar	4 packages (3 ounces each) cream cheese
1 tablespoon lemon juice	1 to 2 drops green food coloring
1 tablespoon sugar	
1/4 teaspoon salt	
Dash pepper	

Peel cucumber, remove seeds and grate coarsely. Soak pulp 15 minutes in vinegar, lemon juice, sugar, salt and pepper. Drain. Blend onion with cream cheese; add drained cucumber and food coloring. Mix well. Spread 1 dozen open-faced sandwiches; cut into fingers or squares. Garnish with parsley.

### EGG SALAD

4 hard-cooked eggs	1/4 teaspoon onion salt
1/2 stalk celery, minced	1/2 teaspoon salt
1/4 cup mayonnaise	1/8 teaspoon pepper

Combine yolks with celery, mayonnaise, salt and pepper. Stir in minced whites. Yield: 12 full-sized sandwiches.

### EGG-OLIVE FILLING

1 cup pecans	1/2 cup mayonnaise
2 hard-cooked eggs	1 medium onion, minced
1 bottle (7 ounces) stuffed olives	Salt Pepper

Put pecans, eggs, olives and onion through meat chopper or chop finely. Season to taste with salt and pepper. Add just enough mayonnaise for spreading consistency. Yield: 6 full-sized sandwiches.

### MEAT SPREAD

Blend 1/4 cup mayonnaise, 1 teaspoon prepared horseradish, 1/2 teaspoon salt, 1/2 stalk celery cut into 1-inch pieces, 1 cup cubed cooked meat and 1 slice of onion. Yield: 1 cup.

### ONION-BACON FILLING

4 bunches green onion	1/2 to 1 pound cooked bacon
2 cups mayonnaise	

Chop tops and bottoms of onions very fine; stir in mayonnaise. Crumble bacon finely; add to onion mixture. Mix well. Spread on thin bread. Remove crust from sandwiches. Yield: 25 full-sized sandwiches.

### PINWHEEL SANDWICHES

Remove crusts from all sides of a fresh, unsliced loaf of bread with the exception of the bottom crust. With a sharp knife, cut bread lengthwise in slices 1/8 to 1/4-inch thick. Spread the long slices with a cheese spread or any smooth filling. Beginning at one end, roll the bread as for a jelly roll. Spread melted butter on the last lap of the bread to seal it. Wrap the small rolls in waxed paper and place in refrigerator. When ready to serve, slice about 1/4-inch thick.

### RIBBON SANDWICHES

Put three or more slices of bread together with prepared filling. Wrap tightly in waxed paper. Chill. Cut in 1/4-inch slices just before serving. Use alternate slices of white and dark bread.

### ROLLED SANDWICHES

Trim crusts from fresh bread. Put slices between 2 damp towels and roll lightly with rolling pin. Spread slices with desired filling. Roll up and seal edges with melted butter. Roll each sandwich in waxed paper; twist ends tightly. Store in refrigerator.

SANDWICH LOAF

1 small loaf unsliced sandwich bread	3-4 tablespoons cream
Softened butter	3 packages (3 ounces each) cream cheese
3 recipes of fillings	

Cut crust from the bread and slice lengthwise in 4 slices. Spread butter over each center slice. Spread the top of the bottom slice with one of the fillings. Place the next slice over and spread with another filling, pressing firmly. Spread last filling on third slice and top with fourth slice. Press firmly. Blend cheese and cream, adding a pinch of salt. Spread over top and sides of the loaf. Chill several hours. When ready to serve, slice into 3/4 to 1-inch slices.

SHRIMP SPREAD

1 package (3 ounces) cream cheese	1 teaspoon prepared mustard
Dash garlic salt	2/3 cup minced shrimp
1 stalk celery, minced	2 tablespoons mayonnaise
1 tablespoon catsup	

Combine softened cheese and garlic salt. Stir in remaining ingredients. Yield: 8 full-sized sandwiches.

TUNA FILLING

2 cans (7 ounces each) tuna, drained	3/4 cup minced celery
2 hard-cooked eggs, minced	1/2 cup chopped sweet pickle chips
1/4 cup minced onion	1/2 cup mayonnaise

Combine tuna, eggs, celery, pickle and onion. Add mayonnaise; mix well. Yield: 8 sandwiches or 4 generous salads.

CANDIED CUSHAW

1 cushaw	1/2 cup (1 stick) butter
1 1/2 cups sugar	

Cut neck of cushaw into small rounds about 1/4-inch thick. Remove rind; place in large saucepan. Cover with water; add butter and sugar. Cook over low heat, carefully turning once, until syrup thickens and looks crystallized. The large end of the cushaw can be coarsely grated and prepared in the same manner. Yield: 6 servings.

ARTICHOKE BALLS

2 cans artichoke hearts	1/2 cup Italian bread crumbs
1 large clove garlic, minced	2 to 4 tablespoons olive oil
1/2 cup Parmesan cheese	
Salt and pepper	

Drain artichoke hearts and mince finely. Combine with remaining ingredients until mixture can be molded into small balls. Bake in 350° F. oven for 15 minutes. Yield: about 4 dozen.

*To Freeze:* Arrange artichoke balls on a cookie sheet; freeze, and then transfer to freezer bags. To serve, place frozen balls on cookie sheet and bake in 350° F. oven for 15 minutes or until golden brown.

HOT OLIVE CHEESE PUFFS

1 cup grated sharp cheese	1/2 teaspoon paprika
3 tablespoons soft butter	24 small stuffed olives, well drained
1/2 cup sifted flour	
1/4 teaspoon salt	

With electric mixer, cream butter and cheese. Stir sifted dry ingredients. Mix well. Wrap 1 teaspoon cheese dough around each stuffed olive, completely covering. Place wrapped olives on heavy sheet of cardboard and wrap securely for freezing. Freeze. To serve: unwrap desired number of frozen puffs; arrange on ungreased cookie sheet; bake in 400° F. oven 10 to 15 minutes or until brown. Serve warm. Yield: 24 puffs.

PARTY SWEET POTATOES

6 yams, cooked and sliced	2 cups brown sugar
1/2 cup (1 stick) butter, melted	1 cup pecans
1 can (1 pound 4 ounces) crushed pineapple, well drained	1/2 cup dry vermouth
	1/8 teaspoon cinnamon
	1/8 teaspoon nutmeg

Layer yam slices in 2-quart greased casserole with other ingredients, ending with brown sugar. Bake in 375° F. oven until sauce thickens, about 1 hour. Yield: 8 servings.

