

Holiday Cookbook

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Chapter 1: Side Dish

Apple Stuffed Acorn Squash

Makes 6 servings

3 squash acorn

3 apples tart red

1 cup cashew nuts broken

1/2 cup maple syrup

1/4 cup butter or margarine, melted

Wash squash; cut in half lengthwise. Scoop out seeds and stringy substance. Wash, core and dice unpared apples. Combine with remaining ingredients. Fill squash halves with apple mixture. Brush surface with additional melted butter or margarine. Put in baking dish and pour in boiling water to depth of 1/2 inch. Cover dish with foil and bake in a preheated 400° F oven for 45 minutes. Uncover and bake an additional 10 minutes. Test squash with a fork to be sure it is tender.

Nutrition Facts

Amount per Serving

Calories 422

Calories from Fat 67

% Daily Value*

Total Fat 10g

15%

Saturated Fat 0g

0%

Cholesterol 20mg

7%

Sodium 259mg

11%

Total Carbohydrate 81g

27%

Dietary Fiber 14g

57%

Sugars 13g

Protein 6g

Vitamin A 5%

Vitamin C 3%

Calcium 0%

Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Braised Cucumber With Dilled Sour Cream

Makes 4 servings

6 cucumbers small, peeled

Salt

6 tablespoons butter or margarine

1 onion small, minced

1/4 cup sour cream

2 tablespoons dill weed chopped fresh or 2
teaspoons dried dill weed

Salt and freshly ground white pepper to taste

1/4 teaspoon nutmeg ground

Halve cucumbers lengthwise, sprinkle with salt and let stand for 20 minutes. Pat dry. Melt 4 tablespoons butter or margarine in saucepan, add cucumbers and simmer, covered, for 10 minutes or until tender, over low heat. Remove cucumbers to plate. Add remaining 2 tablespoons butter or margarine and onion to pan; simmer for 5 minutes. Remove from heat; stir in sour cream and dill weed. Check seasoning and add salt and pepper to taste; stir in nutmeg. Return cucumber to sauce in pan and bring to simmer. Serve hot.

Nutrition Facts

Amount per Serving

Calories 267

Calories from Fat 172

% Daily Value*

Total Fat 19g

29%

Saturated Fat 2g

8%

Cholesterol 52mg

18%

Sodium 163mg

7%

Total Carbohydrate 16g

5%

Dietary Fiber 0g

2%

Sugars 0g

Protein 5g

Vitamin A 31%

Vitamin C 32%

Calcium 10%

Iron 9%

* Percent Daily Values are based on a 2,000 calorie diet.

Broccoli Spears With Lemon Butter

Makes 8 servings

3 10 1/2-ounce packages frozen broccoli spears
1/2 cup butter real

2 tablespoons lemon juice fresh
Few drops Tabasco® pepper sauce

Cook broccoli spears according to package directions and drain well. Return to saucepan to keep hot. In small saucepan, melt butter; add lemon juice and Tabasco® pepper sauce to taste; bring to boil. Immediately remove from heat and pour over broccoli spears.

Nutrition Facts

Amount per Serving

Calories 131

Calories from Fat 100

% Daily Value*

Total Fat 11g

17%

Saturated Fat 0g

0%

Cholesterol 30mg

10%

Sodium 121mg

5%

Total Carbohydrate 5g

2%

Dietary Fiber 2g

10%

Sugars 1g

Protein 4g

Vitamin A 20%

Vitamin C 74%

Calcium 2%

Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet.

Broccoli With Lemon Sauce

Makes 8 servings

2 pounds broccoli fresh broccoli, cooked or
3 10 1/2 -ounce packages frozen spears,
cooked

Lemon Sauce:

1 cup mayonnaise real

2 eggs

3 tablespoons lemon juice fresh

1/2 teaspoon salt

1/2 teaspoon dry mustard

1/4 cup sour cream

1/2 teaspoon paprika

In small saucepan, mix all sauce ingredients; stir with whisk and cook over medium-low heat until thick and smooth. Do not boil. Place hot, cooked broccoli on serving platter and drizzle sauce over the top. Dust with additional paprika. Makes 1 1/2 cups sauce.

Nutrition Facts

Amount per Serving

Calories 256

Calories from Fat 218

% Daily Value*

Total Fat 24g

37%

Saturated Fat 4g

20%

Cholesterol 50mg

17%

Sodium 409mg

17%

Total Carbohydrate 4g

1%

Dietary Fiber 4g

15%

Sugars 0g

Protein 5g

Vitamin A 11%

Vitamin C 175%

Calcium 5%

Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.

Candied Sweet Potatoes Or Yams

Makes 10 servings

2 cups water
2 cups sugar
1/4 cup butter real

1/2 teaspoon nutmeg ground
1 slice lemons
8 to 10 sweet potatoes raw or yams

Bring water and sugar to a boil; add butter, nutmeg and lemon slice, then add raw potatoes sliced 1/2 to 3/4 -inch thick; return to a boil. Reduce heat, cover and simmer until sweet potatoes are tender and cooked through, about 35 to 40 minutes.

Nutrition Facts

Amount per Serving

Calories 384

Calories from Fat 40

% Daily Value*

Total Fat 4g

7%

Saturated Fat 0g

0%

Cholesterol 12mg

4%

Sodium 105mg

4%

Total Carbohydrate 89g

30%

Dietary Fiber 6g

25%

Sugars 49g

Protein 3g

Vitamin A 677%

Vitamin C 47%

Calcium 3%

Iron 3%

* Percent Daily Values are based on a 2,000 calorie diet.

Carrots And Mushrooms

Makes 6 servings

1 pound carrots	8 mushrooms fresh, sliced
2 tablespoons butter or margarine	Salt and freshly ground pepper to taste
1 tablespoon olive oil	1/4 teaspoon rosemary dried, crushed
1 onion small, minced	1/4 teaspoon cardamon ground cardamom
1 clove garlic minced	2 to 4 tablespoons cream

Scrape and slice carrots diagonally into thin slices. Combine butter or margarine, olive oil, onion and garlic in saucepan and sauté for 1 minute. Add carrots, mushrooms and seasonings and simmer, covered, over low heat for 15 minutes or until crisp-tender. Stir in cream and check seasoning.

Nutrition Facts

Amount per Serving

Calories	135	Calories from Fat	68
		% Daily Value*	
Total Fat	8g		12%
Saturated Fat	1g		7%
Cholesterol	17mg		6%
Sodium	57mg		2%
Total Carbohydrate	12g		4%
Dietary Fiber	2g		10%
Sugars	0g		
Protein	5g		
Vitamin A	318%	Vitamin C	14%
Calcium	2%	Iron	0%

* Percent Daily Values are based on a 2,000 calorie diet.

Celery Supreme

Makes 6 servings

1 celery medium stalk cut in 1-inch pieces
(about 5 cups)
1 cup water boiling salted
1 10 1/2-ounce can cream of mushroom
soup undiluted

1 8-ounce can water chestnuts drained and
sliced
1 4-ounce can pimiento chopped
1 cup cheddar cheese, grated

Add celery pieces to 1 cup boiling salted water; simmer for 10 minutes and drain. Combine drained celery with remaining ingredients except cheese. Turn into baking dish; sprinkle with grated cheese. Bake in a preheated 350° F oven for 25 to 30 minutes or until bubbly and cheese is melted.

Note: Be careful to cook celery until just barely tender-it should be slightly crisp in the finished dish.

Nutrition Facts

Amount per Serving

Calories 37

Calories from Fat 12

% Daily Value*

Total Fat 1g

2%

Saturated Fat 0g

2%

Cholesterol 0mg

0%

Sodium 167mg

7%

Total Carbohydrate 7g

2%

Dietary Fiber 2g

7%

Sugars 0g

Protein 0g

Vitamin A 0%

Vitamin C 0%

Calcium 0%

Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Corn, Cheese And Chili Pie

Makes 8 servings

3 eggs	1 cup sour cream
1 1-pound can cream style corn	4 ounces monterey jack cheese, cut in 1/2
1 10 1/2-ounce package frozen corn thawed	-inch cubes
and drained	1 4-ounce can green chilies diced
1/2 cup butter or margarine, melted	1/2 teaspoon salt
1/2 cup yellow cornmeal	1/2 teaspoon worcestershire sauce

Beat eggs in large mixing bowl. Add all remaining ingredients and stir until thoroughly blended. Grease 2 9-inch round pie pans or 1 shallow oven casserole; pour in mixture and bake in a preheated 350° F oven for 50 to 60 minutes, depending on size of pan. Pie should be firm to touch in center and golden on top.

Note: May be frozen before baking; bring to room temperature before baking. Pie will keep in refrigerator for 2 to 3 days before cooking.

Nutrition Facts

Amount per Serving		Calories from Fat 163
Calories 273		% Daily Value*
Total Fat 18g		28%
Saturated Fat 3g		17%
Cholesterol 99mg		33%
Sodium 647mg		27%
Total Carbohydrate 24g		8%
Dietary Fiber 2g		9%
Sugars 6g		
Protein 5g		
Vitamin A 12%		Vitamin C 6%
Calcium 2%		Iron 3%

* Percent Daily Values are based on a 2,000 calorie diet.

Dressing For Turkey (used with Roast Turkey)

Makes 10 servings

1/2 cup butter or margarine	1 1/2 teaspoons salt
1 cup onions chopped	1 teaspoon paprika
2 cups mushrooms cleaned and sliced fresh	1/4 teaspoon nutmeg ground
1 cup celery chopped	8 cups bread crumbs corn bread crumbs
1/2 cup parsley chopped fresh	1/2 cup milk or stock
2 teaspoons basil dried, crushed	4 eggs lightly beaten
1 teaspoon sage dried, rubbed	

In skillet, melt butter or margarine and sauté chopped onion and sliced mushrooms. Add celery and sauté for 5 to 7 minutes; add parsley, basil, sage, salt, paprika and nutmeg. Mix this into bread cubes or cornbread crumbs. Add milk or stock to beaten eggs and mix into stuffing. Add additional moisture if needed. Taste for seasoning.

Nutrition Facts

Amount per Serving

Calories 459

Calories from Fat 139

% Daily Value*

Total Fat 15g

23%

Saturated Fat 0g

2%

Cholesterol 82mg

27%

Sodium 1836mg

77%

Total Carbohydrate 66g

22%

Dietary Fiber 4g

15%

Sugars 4g

Protein 15g

Vitamin A 12%

Vitamin C 7%

Calcium 16%

Iron 27%

* Percent Daily Values are based on a 2,000 calorie diet.

Green Bean Casserole

Makes 6 servings

2 10 1/2-ounce packages frozen green beans
 1/4 cup butter or margarine
 1 cup celery sliced
 1 onion small, minced
 1 tablespoon flour
 1 cup milk
 1/2 cup half and half

Dash hot sauce
 2 teaspoons soy sauce
 1 teaspoon salt
 1/4 teaspoon black pepper freshly ground
 4 ounces sharp cheddar cheese grated
 1/2 cup almonds toasted chopped

Prepare frozen green beans according to package directions. Melt butter or margarine in saucepan and add celery and onion; sauté until crisp-tender. Add flour; whisking slowly add milk and half-and-half. Continue cooking until thickened. Add Tabasco® pepper sauce, soy sauce, salt and pepper. Combine cooked green beans with sauce mixture in casserole. Sprinkle with grated cheese and chopped almonds. Bake in a preheated 375° F oven for 20 minutes or until hot and bubbly.

Nutrition Facts

Amount per Serving

Calories 453

Calories from Fat 277

% Daily Value*

Total Fat 31g

48%

Saturated Fat 11g

55%

Cholesterol 48mg

16%

Sodium 1195mg

50%

Total Carbohydrate 17g

6%

Dietary Fiber 4g

16%

Sugars 5g

Protein 10g

Vitamin A 20%

Vitamin C 19%

Calcium 28%

Iron 7%

* Percent Daily Values are based on a 2,000 calorie diet.

Holiday Chutney

Makes 3 servings

* See note below.

1 16-ounce bag cranberries fresh or frozen
 1 pear large such as Bosc or Anjou, peeled,
 cored, and chopped
 1 1/4 cups brown sugar packed
 3/4 cup orange juice concentrate

1/2 cup onions chopped
 1/2 cup raisins golden
 2 tablespoons ginger crystallized
 2 tablespoons cider vinegar
 1/2 teaspoon allspice ground

* "Tie gold metallic cord around top of jar. Attach a tag with suggested uses." In a large saucepan, combine all ingredients. Bring to a boil. Reduce heat to low and simmer, uncovered, 30 to 35 minutes until very thick, stirring frequently to avoid sticking. Cool.

Spoon chutney into one or two decorative jars. Cover and refrigerate up to 1 month. Chutney can be frozen in freezer containers for longer storage. Serve with poultry, pork, or lamb.

Nutrition Facts

Amount per Serving

Calories 1033

Calories from Fat 0

% Daily Value*

Total Fat 0g

1%

Saturated Fat 0g

0%

Cholesterol 0mg

0%

Sodium 28mg

1%

Total Carbohydrate 256g

85%

Dietary Fiber 10g

42%

Sugars 243g

Protein 2g

Vitamin A 0%

Vitamin C 108%

Calcium 3%

Iron 5%

* Percent Daily Values are based on a 2,000 calorie diet.

Spinach And Celery Mix

Makes 8 servings

2 10 1/2-ounce packages spinach chopped
 2 1/2 cups celery thinly sliced
 1/2 cup water
 1/2 teaspoon salt
 3 tablespoons butter or margarine

1 tablespoon flour
 1/4 teaspoon black pepper freshly ground
 1/2 cup half and half
 2 tablespoons cream style horseradish
 1/4 cup parmesan cheese, grated

Cook spinach according to package directions; drain well. Set aside. Combine celery, water and salt in saucepan; cover, cook rapidly 5 minutes. Remove cover and cook rapidly until liquid is absorbed. Add butter or margarine, blend in flour and pepper; add half-and-half and cook, stirring until sauce is thick and begins to bubble. Stir in horseradish and spinach; pour into greased 1 1/2 -quart casserole. Sprinkle with cheese. Bake in a preheated 375° F oven for 20 minutes or until heated through.

Nutrition Facts

Amount per Serving		Calories from Fat 56
Calories 86		% Daily Value*
Total Fat 6g		10%
Saturated Fat 1g		5%
Cholesterol 16mg		5%
Sodium 292mg		12%
Total Carbohydrate 5g		2%
Dietary Fiber 3g		11%
Sugars 0g		
Protein 2g		
Vitamin A 4%		Vitamin C 15%
Calcium 4%		Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Tomato Orange Salsa

Makes 3 servings

* See note below.

1 28-ounce can tomatoes peeled drained and chopped

2 oranges medium, peeled, sectioned, and chopped

3/4 cup red onions chopped

1 4-ounce can green chilies diced, drained

1/4 cup lemon juice

2 tablespoons cilantro finely chopped fresh leaves

2 cloves garlic minced

Salt to taste

* "Place container of salsa and a small serving bowl in a large chips bowl." In a medium bowl, mix all ingredients. Cover and refrigerate at least 2 hours to allow flavors to blend. Keep refrigerated up to 1 week.

Serve with fish or poultry, or with chips.

Nutrition Facts

Amount per Serving

Calories 117

Calories from Fat 0

% Daily Value*

Total Fat 0g

0%

Saturated Fat 0g

0%

Cholesterol 0mg

0%

Sodium 465mg

19%

Total Carbohydrate 24g

8%

Dietary Fiber 7g

27%

Sugars 0g

Protein 4g

Vitamin A 35%

Vitamin C 142%

Calcium 3%

Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.

Yam And Apple Casserole

Makes 10 servings

4 yams large	1 tablespoon lemon juice fresh
3 apples large cooking	2 cups apple juice hot
3 tablespoons butter or margarine	1/2 teaspoon allspice ground
1 tablespoon cornstarch	1/2 teaspoon cinnamon ground
1/2 cup brown sugar	1/2 cup raisins

Parboil the yams for 40 minutes; peel and slice 1/3 -inch thick. Peel, core and thinly slice apples. In small saucepan melt butter or margarine; add cornstarch and sugar. Mix in lemon juice, hot apple juice, allspice and cinnamon; continue to cook for 5 to 6 minutes. In a shallow greased casserole, alternate layers of sliced yams and apples. Sprinkle raisins over top. Pour over the hot apple juice mixture, cover with foil and bake in a preheated 375° F oven for 1 hour. Remove foil and continue baking for an additional 30 minutes, basting frequently.

Nutrition Facts

Amount per Serving		Calories from Fat 30
Calories 231		% Daily Value*
Total Fat 4g		5%
Saturated Fat 0g		0%
Cholesterol 9mg		3%
Sodium 30mg		1%
Total Carbohydrate 46g		15%
Dietary Fiber 3g		11%
Sugars 31g		
Protein 0g		
Vitamin A 2%		Vitamin C 4%
Calcium 1%		Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet.

Zucchini Flan

Makes 6 servings

2 tablespoons butter or margarine
 3 tablespoons onions chopped
 1 tablespoon scallion finely chopped
 6 zucchini small firm, stemmed, sliced
 1 cup cream

3 eggs
 1/4 teaspoon nutmeg ground
 Salt and freshly ground pepper to taste
 1/2 cup swiss cheese, grated natural or
 Cheddar cheese

Melt butter or margarine in saucepan, add onion and scallions and sauté 4 to 5 minutes. Add zucchini; sauté 5 minutes, turning over frequently. Spoon into greased, shallow oven casserole; beat together cream, eggs, nutmeg, salt and pepper to taste and pour over zucchini. Bake in a preheated 350° F oven for 20 minutes, covered. Uncover, sprinkle with cheese and bake 15 to 20 minutes more or until set. Let cool 10 minutes before serving.

Nutrition Facts

Amount per Serving		Calories from Fat 167
Calories 187		% Daily Value*
Total Fat 19g		29%
Saturated Fat 8g		42%
Cholesterol 135mg		45%
Sodium 68mg		3%
Total Carbohydrate 5g		2%
Dietary Fiber 1g		4%
Sugars 3g		
Protein 3g		
Vitamin A 10%		Vitamin C 1%
Calcium 1%		Iron 1%

* Percent Daily Values are based on a 2,000 calorie diet.

Chapter 2: Salad

Apple Coleslaw

Makes 8 servings

4 cups red cabbage finely shredded or white cabbage or 2 cups eac	3 tablespoons white wine vinegar
1 apple Red Delicious, cored and finely shredded	2 teaspoons sugar
1 4-ounce can pineapple tidbits drained	1/4 teaspoon salt
1/2 cup cream	1/8 teaspoon white peppers freshly ground
1/2 cup sour cream	1 apple Red Delicious cored and thinly sliced, vertically
	1 1/2 tablespoons lemon juice fresh

In large bowl place shredded cabbage, shredded apple and pineapple tidbits. Toss to mix well. In small bowl, whip cream; fold in sour cream, vinegar, sugar, salt and white pepper. Toss with cabbage mixture and chill up to 8 hours before serving. Just before serving dip the pieces of thinly sliced apple in lemon juice and arrange as garnish over the salad.

Nutrition Facts

Amount per Serving		Calories from Fat 68
Calories 164		% Daily Value*
Total Fat 8g		12%
Saturated Fat 4g		22%
Cholesterol 28mg		9%
Sodium 745mg		31%
Total Carbohydrate 21g		7%
Dietary Fiber 1g		5%
Sugars 12g		
Protein 0g		
Vitamin A 3%		Vitamin C 12%
Calcium 1%		Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Artichokes Vinaigrette

Makes 6 servings

6 fresh artichokes fresh
 6 tablespoons olive oil
 3 tablespoons cider vinegar or wine vinegar
 1 clove garlic minced
 1 tablespoon salt
 6 peppercorns white
 1 bay leaf
 1/4 teaspoon thyme dried, crushed

*** Part two.**
 1/2 cup olive oil or peanut oil
 1/4 cup cider vinegar or wine vinegar
 1/2 teaspoon salt
 Freshly ground pepper to taste
 1/2 clove garlic minced
 1 teaspoon dijon style mustard
 2 teaspoons capers

Salt and freshly ground pepper to taste

Wash artichokes well, cut off stem of each at base. Trim off top 1/3 of each leaf with scissors; place in large enamel covered pot. Cover with water, add oil, vinegar and spices. Cook over high heat until base of artichokes can be easily pierced with a fork, or a bottom leaf can be easily removed-about 40 to 60 minutes depending on size of artichoke. Drain well, upside down, squeezing a bit to remove moisture. Spread leaves apart and remove choke with a spoon. Season with salt and pepper to taste. Prepare following vinaigrette sauce to serve in separate little saucers with the artichokes.

Vinaigrette:

*Put all ingredients except capers in blender and blend well. Add capers and refrigerate in covered jar until ready to serve.

Nutrition Facts

Amount per Serving		Calories from Fat 280
Calories 341		% Daily Value*
Total Fat 35g		54%
Saturated Fat 5g		23%
Cholesterol 0mg		0%
Sodium 2248mg		94%
Total Carbohydrate 7g		2%
Dietary Fiber 0g		0%
Sugars 0g		
Protein 3g		
Vitamin A 0%		Vitamin C 0%
Calcium 0%		Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Borscht Salad

Makes 8 servings

1 1-pound 4-ounce can crushed pineapple	1 teaspoon dill weed dried
1 6-ounce package raspberry jello	Dash salt
1 1/2 cups water boiling	1 cup celery chopped
1 1-pound can beets cubed	Sour cream Dairy
3 tablespoons cider vinegar	Dill weed for garnish

Drain pineapple, reserving syrup. Dissolve gelatin in boiling water. Stir in beets with liquid, vinegar, dill, salt and reserved pineapple liquid. Chill until syrupy. Fold in celery and pineapple. Pour into 2-quart mold. Chill until firm. Top with sour cream and a sprinkle of dill weed.

Nutrition Facts

Amount per Serving

Calories 227	Calories from Fat 27
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 1g	4%
Cholesterol 44mg	15%
Sodium 2620mg	109%
Total Carbohydrate 32g	11%
Dietary Fiber 1g	3%
Sugars 31g	
Protein 17g	
Vitamin A 0%	Vitamin C 16%
Calcium 1%	Iron 8%

* Percent Daily Values are based on a 2,000 calorie diet.

Holly Green Salad

Makes 6 servings

1 6-ounce package lime jello	1/2 teaspoon dill weed dried
1 1/4 cups water	1/2 cup vermouth
1 1-pound 4-ounce can crushed pineapple	2 cups sour cream
1/4 teaspoon salt	Green food coloring
1 teaspoon lime rinds grated or lemon rind	Crisp salad greens

In saucepan, mix gelatin and water. Drain pineapple well, reserving juice. Add juice to gelatin with salt, lime or lemon rind and dill weed. Bring to boil stirring constantly to dissolve gelatin. Cool. Stir in vermouth and chill until gelatin is consistency of unbeaten egg white. Blend in sour cream, pineapple and a few drops of green food coloring to intensify color. Pour into 1 1/2 -quart ring mold. Chill until firm. Unmold onto crisp salad greens before serving.

Nutrition Facts

Amount per Serving		Calories from Fat 120
Calories 345		% Daily Value*
Total Fat 13g		21%
Saturated Fat 8g		40%
Cholesterol 40mg		13%
Sodium 360mg		15%
Total Carbohydrate 45g		15%
Dietary Fiber 1g		3%
Sugars 39g		
Protein 6g		
Vitamin A 5%		Vitamin C 15%
Calcium 5%		Iron 1%

* Percent Daily Values are based on a 2,000 calorie diet.

Marinated Vegetable Salad

Makes 8 servings

1 1-pound can shoe peg corn	1/2 cup white vinegar
1 1-pound can green beans sliced	1/3 cup vegetable oil
1 1-pound can petite peas very	3/4 cup sugar
1 cup celery chopped	Salt and freshly ground pepper to taste
1/3 cup onions minced	

Drain all canned vegetables; add celery and onion and mix in a bowl. Heat vinegar, vegetable oil and sugar until sugar is dissolved; add salt and pepper to taste. Pour over vegetables and refrigerate for 24 hours before serving.

Nutrition Facts

Amount per Serving

Calories 250	Calories from Fat 84
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 1g	7%
Cholesterol 0mg	0%
Sodium 497mg	21%
Total Carbohydrate 38g	13%
Dietary Fiber 4g	16%
Sugars 23g	
Protein 4g	
Vitamin A 8%	Vitamin C 19%
Calcium 3%	Iron 5%

* Percent Daily Values are based on a 2,000 calorie diet.

Molded Avocado-Grapefruit Salad

Makes 12 servings

1 6-ounce package lime jello
3 1/2 cups water boiling
1/4 cup lemon juice fresh
2 tablespoons cream style horseradish
2 teaspoons onions grated
2 avocados ripe, sliced
2 grapefruit sectioned
Real mayonnaise
Half and half

Pour boiling water over gelatin in large bowl. Stir until dissolved. Add lemon juice, horseradish and grated onion. Refrigerate until gelatin begins to set. With electric beater, beat until light and fluffy. Put a thin layer of gelatin in a 6 1/2 -cup mold. Layer in fruits and cover with remaining gelatin. Refrigerate until completely set. Unmold and garnish with salad greens. Serve drizzled with mayonnaise thinned with half-and-half.

Nutrition Facts

Amount per Serving		Calories from Fat 2
Calories 71		% Daily Value*
Total Fat 0g		0%
Saturated Fat 0g		0%
Cholesterol 0mg		0%
Sodium 68mg		3%
Total Carbohydrate 16g		5%
Dietary Fiber 2g		6%
Sugars 13g		
Protein 2g		
Vitamin A 2%		Vitamin C 25%
Calcium 1%		Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Molded Cranberry Salad

Makes 8 servings

2 cups cranberries washed and picked over
 1 orange small
 1 3-ounce package lemon jello
 1 cup sugar
 1/4 cup water boiling
 1 cup orange juice concentrate

1/2 cup nuts chopped
Dressing:
 1/2 cup mayonnaise real
 1 teaspoon lemon peels
 2 tablespoons orange juice concentrate

Coarsely grind cranberries. Quarter and seed unpeeled orange and grind; add to cranberries. Mix gelatin and sugar together; add to boiling water, stirring until dissolved. Stir in orange juice. Refrigerate until slightly jelled. Add cranberry-orange mixture and chopped nuts; mix well. Pour into decorative 6 1/2 -cup ring mold; let set for 4 hours or overnight. Unmold on lettuce leaves. Serve with a dressing of mayonnaise and lemon rind mixed and thinned with orange juice. Garnish with fresh or preserved kumquats, if desired.

Nutrition Facts

Amount per Serving		Calories from Fat 140
Calories 455		% Daily Value*
Total Fat 16g		24%
Saturated Fat 2g		9%
Cholesterol 5mg		2%
Sodium 150mg		6%
Total Carbohydrate 78g		26%
Dietary Fiber 3g		12%
Sugars 72g		
Protein 3g		
Vitamin A 0%		Vitamin C 69%
Calcium 3%		Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet.

Red And Green Aspic Mold

Makes 8 servings

Green (avocado) Aspic:
 1 envelope unflavored jello
 1/4 cup water cold
 1 cup water boiling
 1 teaspoon sugar
 3 tablespoons lemon juice fresh
 1 cup avocados mashed *
 1/2 cup sour cream
 1/2 cup mayonnaise real
 1 teaspoon salt

1/8 teaspoon white peppers freshly ground
 1/8 teaspoon cayenne pepper
 * Part two.
 1 envelope unflavored jello
 1/4 cup water cold
 1 cup water boiling
 2 tablespoons sugar
 1 10-ounce can tomato soup
 1 tablespoon lemon juice fresh
 1/4 teaspoon salt

Soften gelatin in cold water; pour into boiling water and stir until dissolved. Add sugar and 1 tablespoon of lemon juice. Chill until slightly thickened. Mash avocado (if fresh); add remaining 2 tablespoons lemon juice, sour cream, mayonnaise, salt, pepper and cayenne. Mix thoroughly with slightly thickened gelatin. Pour into a 1 1/2 or 2-quart mold. Chill until set.

* Frozen avocado dip may be used if you can't find ripe, fresh avocados. Add a drop or two of green food coloring to avocado mix if desired.

Tomato Aspic:

*Soften gelatin in cold water; dissolve in boiling water. Add sugar, soup, lemon juice and salt. Cool to room temperature. Pour over firm avocado aspic. Chill for 4 hours or until set. Unmold on salad greens.

Nutrition Facts

Amount per Serving

Calories 172

Calories from Fat 122

% Daily Value*

Total Fat 14g

21%

Saturated Fat 3g

15%

Cholesterol 12mg

4%

Sodium 691mg

29%

Total Carbohydrate 10g

3%

Dietary Fiber 1g

2%

Sugars 7g

Protein 1g

Vitamin A 4%

Vitamin C 1%

Calcium 2%

Iron 1%

* Percent Daily Values are based on a 2,000 calorie diet.

Red Onion And Sliced Orange Salad

Makes 6 servings

4 onions large	1/2 teaspoon dry mustard
1 red onion medium	1/2 teaspoon paprika
Salad greens	1 1/2 teaspoons worcestershire sauce
Dressing:	1/2 teaspoon salt
1/2 cup vegetable oil	1/8 teaspoon black pepper freshly ground
1/4 cup white vinegar	1/2 teaspoon celery seeds
3 tablespoons sugar	

Peel oranges through to fruit; horizontally slice evenly; allow 3 to 4 nice slices for each serving. Slice onion thinly and if strong, soak in cold water for a few minutes. Arrange salad greens on serving plates; place orange slices topped with onion rings. Blend all ingredients of dressing well. Spoon on dressing just before serving.

Nutrition Facts

Amount per Serving

Calories 204	Calories from Fat 160
	% Daily Value*
Total Fat 19g	29%
Saturated Fat 3g	13%
Cholesterol 0mg	0%
Sodium 209mg	9%
Total Carbohydrate 11g	4%
Dietary Fiber 1g	6%
Sugars 6g	
Protein 1g	
Vitamin A 3%	Vitamin C 15%
Calcium 0%	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Tomato Aspic

Makes 8 servings

2 tablespoons unflavored jello
 1/2 cup chicken broth cool (your own or
 canned)
 4 cups tomato juice
 1/2 cup celery chopped
 1/4 cup scallion chopped
 2 tablespoons worcestershire sauce
 1 teaspoon celery seeds
 1 teaspoon salt

1/2 teaspoon sugar
 Freshly ground white pepper to taste
 3 tomatoes peeled, seeded and cut into fine
 strips
 * Part two.
 1/2 cup mayonnaise real
 1 tablespoon lemon juice fresh
 2 tablespoons sour cream
 1/2 teaspoon dill weed dried

In small bowl, sprinkle gelatin over chicken broth and soften for 10 minutes. In saucepan combine tomato juice, celery, scallions, Worcestershire sauce, celery seed, salt, sugar and white pepper. Simmer for 5 minutes. Add softened gelatin and stir until gelatin is dissolved. Set saucepan in cold water and stir to cool. Fold in tomatoes. Rinse a decorative 2-quart ring mold with cold water, pour in tomato mixture and chill, covered, for at least 4 hours or overnight. Unmold and serve on lettuce leaves with the following dressing.

Dill-Mayonnaise Dressing:

*Blend all ingredients well and let stand for an hour to develop flavors.

Nutrition Facts

Amount per Serving

Calories 168

Calories from Fat 108

% Daily Value*

Total Fat 12g 18%

Saturated Fat 2g 10%

Cholesterol 7mg 2%

Sodium 721mg 30%

Total Carbohydrate 5g 2%

Dietary Fiber 1g 3%

Sugars 2g

Protein 1g

Vitamin A 11%

Vitamin C 25%

Calcium 1%

Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet.

Winter Fruit Salad

Makes 8 servings

2 cups celery coarsely diced
3 cups apples coarsely diced, unpeeled Red Delicious
1 8-ounce can pineapple tidbits canned in their own juice, well drained
2 11-ounce cans mandarin orange segments well drained
3/4 cup almonds salted, toasted
1 banana sliced (optional)

Toss the above ingredients in a bowl. Just before serving add one or the other of the following dressings and serve on crisp greens.

(The two dressings in Holiday Cookbook for Winter Fruit Salad are Tart Dressing and Cream And Mayonnaise Dressing.)

Nutrition Facts

Amount per Serving		Calories from Fat 56
Calories 155		% Daily Value*
Total Fat 7g		11%
Saturated Fat 1g		3%
Cholesterol 0mg		0%
Sodium 32mg		1%
Total Carbohydrate 22g		7%
Dietary Fiber 3g		10%
Sugars 14g		
Protein 3g		
Vitamin A 0%		Vitamin C 39%
Calcium 6%		Iron 5%

* Percent Daily Values are based on a 2,000 calorie diet.

Chapter 3: Preserve

Apricot Chutney

Makes 4 servings

2 15-ounce cans apricot halves
 2 cups brown sugar
 2 cups white vinegar
 1 cup onions chopped
 1 cup raisins golden
 2 apples finely chopped

1/2 cup ginger diced crystallized
 1 tablespoon mustard seeds
 1 teaspoon chili powder
 1 teaspoon cloves ground
 1 teaspoon salt
 1 clove garlic minced

Drain and chop apricots; reserve syrup. Heat apricot syrup and remaining ingredients, except apricots, in a large saucepan. Simmer, covered, for 45 minutes. Add apricots; simmer, uncovered, an additional 45 minutes. Pour into sterilized jars; seal with paraffin.

Nutrition Facts

Amount per Serving

Calories 731

Calories from Fat 0

% Daily Value*

Total Fat 1g

2%

Saturated Fat 0g

0%

Cholesterol 0mg

0%

Sodium 731mg

30%

Total Carbohydrate 183g

61%

Dietary Fiber 7g

28%

Sugars 163g

Protein 4g

Vitamin A 61%

Vitamin C 190%

Calcium 5%

Iron 13%

* Percent Daily Values are based on a 2,000 calorie diet.

Herbed Vinegar

**1 cup lightly packed, fresh herbs, crushed,
or 1/2 cup dried herbs (rosemary, thyme,
tarragon, oregano, basil, dill, chives, mint
or a combination)**

**1 clove garlic crushed (optional)
1/2 teaspoon peppercorns whole (optional)
1 quart cider vinegar of your choice**

If using fresh herbs, place herbs in bottle or jar; add optional garlic and vinegar. Tightly cap and seal. Corks can be purchased in hardware departments or where wine-making supplies are sold. Let stand in a warm place for about 10 days to develop flavors; shake occasionally. Store in a cool, dark place.

If using dried herbs, place herbs in a large bottle or jar (at least 5-cup size). Add optional garlic, peppercorns, and vinegar. Tightly cap. Let stand in a warm place for about 10 days to develop flavors; shake occasionally. If desired, strain to remove herbs. Bottle in sterilized container; tightly cap and seal. Store in a cool, dark place.

Note: Herbed vinegars give special flavors to salad dressings and marinades. Use within 3 months for best flavor. A basic vinaigrette can be made using 1 part vinegar to 3 parts oil plus salt and pepper to taste.

Fruited Vinegars:

Substitute berries, peeled and sliced peaches, pitted cherries or apricots, or a combination for the herbs. Omit garlic.

Experiment by combining fruit with an herb, such as raspberries with sprigs of rosemary or mint.

Place in interesting shapes of bottles and seal with a cork or tight lid for attractive hostess gifts.

Nutrition Facts

Amount per Serving		Calories from Fat 0
Calories 10		% Daily Value*
Total Fat 0g		1%
Saturated Fat 0g		0%
Cholesterol 0mg		0%
Sodium 88mg		4%
Total Carbohydrate 2g		1%
Dietary Fiber 0g		0%
Sugars 0g		
Protein 2g		
Vitamin A 0%		Vitamin C 0%
Calcium 0%		Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Raspberry Port Jelly

Makes 5 servings

**2 10-ounce packages raspberries in syrup,
thawed**
2 cups port wine

1 1 3/4-ounce package powdered pectin
3 cups sugar

Place raspberries with syrup in a blender container or a food processor bowl. Cover and blend or process until pureed. Press mixture through a sieve with a wooden spoon to remove seeds (you should have 2 cups puree).

In a large kettle, combine raspberry puree, port wine and pectin. Over high heat, bring to a boil. Stir in sugar all at once. Bring to a full boil and boil for 1 minute. Remove from heat. Skim off foam. Pour into hot sterilized jars, leaving 1/2 -inch headspace. Cool, cover and refrigerate. Serve at room temperature as a spread or as an accompaniment for poultry or pork roast.

Nutrition Facts

Amount per Serving

Calories 588

Calories from Fat 0

% Daily Value*

Total Fat 0g

0%

Saturated Fat 0g

0%

Cholesterol 0mg

0%

Sodium 0mg

0%

Total Carbohydrate 149g

50%

Dietary Fiber 11g

45%

Sugars 123g

Protein 2g

Vitamin A 8%

Vitamin C 50%

Calcium 3%

Iron 8%

* Percent Daily Values are based on a 2,000 calorie diet.

Sangria Citrus Jelly

* See note below.

3 cups sugar

1 1/2 cups white Zinfandel or other blush wine

Grated peel of 1/2 orange or tangerine

Grated peel of 1/2 lemon

1/4 cup oranges or tangerine juice

3 tablespoons lemon juice

3 tablespoons orange liqueur

1 3-ounce pouch liquid pectin

* "Fill a small tray with jelly, a package of English muffins or bagels, and a box of herb or fruit tea. Add a silk flower for additional color." In a large saucepan, combine sugar, wine, orange and lemon peel, orange and lemon juices, and orange liqueur. Bring to a full rolling boil over high heat, stirring occasionally. Stir in pectin. Return to a full rolling boil and boil 30 seconds, stirring constantly. Skim off any foam. Pour into hot sterilized 8-ounce jelly jars, filling to within 1/4 -inch of top. Wipe rims with a damp cloth; seal with lids and bands, following manufacturer's instructions. Process 10 minutes in a boiling water bath.

Nutrition Facts

Amount per Serving

Calories 2170

Calories from Fat 0

% Daily Value*

Total Fat 0g

0%

Saturated Fat 0g

0%

Cholesterol 0mg

0%

Sodium 0mg

0%

Total Carbohydrate 579g

193%

Dietary Fiber 1g

5%

Sugars 576g

Protein 0g

Vitamin A 0%

Vitamin C 25%

Calcium 1%

Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Sugarless Fruit Spreads

Makes 2 servings

* See note below.

6 cups frozen fruit unsweetened of your choice, such as strawberries, peaches

1 envelope unflavored jello

1/2 teaspoon vanilla extract

5 packages artificial sweetener (about 2 1/2 teaspoons total) or to taste

* "Recycle pretty or unusual jars for giving these fruit spreads. Cover lids with squares of a favorite fabric or use beautiful pieces of handmade paper; tie with ribbon, silk cord, or raffia. Add decorative labels." In a large saucepan over medium heat, bring fruit to a boil. Reduce heat to low and simmer 35 minutes or until fruit is reduced to 2 cups, stirring occasionally.

In a small bowl, mix gelatin with vanilla and 2 tablespoons of the hot fruit, stirring until gelatin is dissolved. Stir into remaining fruit, mixing well. Stir in sweetener to taste. Cover and refrigerate at least 4 hours before using.

Store in the refrigerator and use within 2 weeks.

Variations

Strawberry-Rhubarb Spread: Use 4 cups frozen strawberries and 2 cups frozen sliced rhubarb.

Blueberry-Orange Spread: Use 6 cups frozen blueberries and stir in 1 teaspoon grated orange peel with sweetener.

Spiced Peach Spread: Use 6 cups frozen peaches and stir in 1/2 teaspoon pumpkin pie or apple pie spice with sweetener.

Nutrition Facts

Amount per Serving

Calories 12

Calories from Fat 0

% Daily Value*

Total Fat 0g

0%

Saturated Fat 0g

0%

Cholesterol 0mg

0%

Sodium 8mg

0%

Total Carbohydrate 0g

0%

Dietary Fiber 0g

0%

Sugars 0g

Protein 0g

Vitamin A 0%

Vitamin C 0%

Calcium 0%

Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Chapter 4: Cake

Apricot Refrigerator Cake

Makes 10 servings

1 angel food cake 10-inch
 1 tablespoon unflavored jello
 1/4 cup water cold
 12 ounces dried apricots halves
 1 1/2 cups water
 3/4 cup sugar
 1 cup water

1 teaspoon lemon peels grated
 2 eggs yolk slightly beaten
 1/8 teaspoon cream of tartar
 2 eggs white stiffly beaten
 2 cups cream whipped
 3 tablespoons powdered sugar

Soften gelatin in 1/4 cup cold water. Cook apricots in 1 1/2 cups water about 30 minutes. Reserve 6 apricots and purée remainder in blender or food processor. Put purée in saucepan with 3/4 cup sugar, 1 cup water and lemon rind. Heat to boiling, stirring. Add some of the hot mixture to the egg yolks; return egg mixture to saucepan, stirring constantly; simmer 3 to 4 minutes. Remove from heat; add gelatin and stir until dissolved. Cool; chill until slightly thickened. Add cream of tartar to egg whites and beat until stiff peaks form; fold into apricot mixture. Slice cake horizontally in 4 to 5 layers. Spread mixture between layers and on top. Chill overnight. Frost with whipped cream to which the confectioners' sugar has been added. Decorate with reserved apricot halves, cut in strips.

Nutrition Facts

Amount per Serving

Calories 314	Calories from Fat 155
	% Daily Value*
Total Fat 17g	26%
Saturated Fat 10g	50%
Cholesterol 121mg	40%
Sodium 33mg	1%
Total Carbohydrate 40g	13%
Dietary Fiber 2g	6%
Sugars 33g	
Protein 2g	
Vitamin A 14%	Vitamin C 8%
Calcium 2%	Iron 7%

* Percent Daily Values are based on a 2,000 calorie diet.

Cranberry Upside Down Cake With Creme Chantilly

4 cups cranberries fresh, picked over and washed
 1 1/3 cups sugar
 1 cup eggs white (7 or 8 eggs)
 1/2 teaspoon cream of tartar
 2 cups flour
 1 1/2 cups sugar
 1 tablespoon baking powder
 1 teaspoon salt
 1/2 cup vegetable oil

5 eggs yolk
 3/4 cup water cold
 2 teaspoons vanilla extract
 2 teaspoons lemon peels grated or orange rind
 * Part two.
 1 pint cream
 2 tablespoons sugar
 2 teaspoons vanilla extract

Preheat oven to 325° F. Grease and dust with sugar, 2 8-inch square baking pans. Evenly distribute 2 cups cranberries in bottom of each; evenly sprinkle 2/3 cup sugar over each. Tightly cover with foil and bake for 30 minutes; cool after removing foil.

In large bowl of mixer, beat egg whites and cream of tartar until soft peaks form. Set aside. Sift dry ingredients into large bowl. Add oil, yolks, water, vanilla and rind; beat until smooth. Fold in whites. Pour batter over cooled cranberries. Bake at 325° F for 30 minutes then increase to 350° F for 5 to 10 minutes. Let cakes sit for 10 minutes. Turn out onto cake racks to finish cooling. Prepare the following frosting:

Cream Chantilly:

*For Creme Chantilly: Beat cream, sugar and vanilla in a chilled bowl until soft peaks form. Frost cakes separately or join as one 2-layer cake. If desired use a pastry bag to pipe a few rosettes around the top and base of the cake(s).

Note: This cake does not need any adjustments for high altitude.

Nutrition Facts

Amount per Serving

Calories 6890	Calories from Fat 2400
	% Daily Value*
Total Fat 272g	418%
Saturated Fat 112g	560%
Cholesterol 640mg	213%
Sodium 4200mg	175%
Total Carbohydrate 1173g	391%
Dietary Fiber 24g	98%
Sugars 972g	
Protein 0g	
Vitamin A 64%	Vitamin C 0%
Calcium 0%	Iron 48%

* Percent Daily Values are based on a 2,000 calorie diet.

Gingerbread Boy Cake Pan

Buttercream Frosting Makes about 2 1/4 cups

4 cups powdered sugar
 1/4 cup butter softened
 1/4 cup vegetable shortening solid
 1/4 cup milk
 1 teaspoon vanilla extract
 1/4 teaspoon almond extract

Food color (optional)

* See note below.

* Part two.

2 14 1/2-ounce packages gingerbread mix or
 1 package (2-layer) cake mix
 Eggs, vegetable oil and water as needed

* In a large mixer bowl at low speed, beat powdered sugar, butter, shortening, milk, vanilla and almond extract until blended. At medium-high speed, beat until light and fluffy. If coloring frosting, place small amounts of frosting in separate bowls and beat in desired food color, a drop at a time. Frost cake and serve or cover and refrigerate cake and any leftover frosting. Let refrigerated cake stand at room temperature for 1 hour before serving. Chocolate Buttercream: Add 2 tablespoons unsweetened cocoa powder to 3/4 cup frosting. To Bake The Cake

*Preheat oven to 350° or temperature listed on package directions. Grease sides and bottom of gingerbread boy cake pan with solid vegetable shortening (do not use butter, margarine or oil), covering all indentations. Sprinkle about 2 tablespoons flour in pan, shaking to cover all surfaces. Turn pan over and tap to remove excess flour.

Prepare batter according to package directions and spread evenly in pan. Bake cake in middle of oven for 25 to 35 minutes or until cake tests done according to directions.

Cool cake in pan on a wire rack for 15 minutes. If desired, while cake is still in pan, carefully slice off raised portion above cake pan for a more level cake and to prevent breakage of arms and legs. Holding wire rack against cake, turn both over. Carefully remove pan and cool cake completely, at least 1 hour. Brush off loose crumbs.

Carefully transfer cake to a serving platter or foil-covered cake board. Frost and decorate as desired (see illustrations for ideas).

Caution: Washing the cake pan in a dishwasher will cause future cakes to stick and the finish of the pan to discolor. Cleaning with an abrasive pad will scratch the finish also.

Nutrition Facts

Amount per Serving

Calories 6300

Calories from Fat 1800

% Daily Value*

Total Fat 188g

289%

Saturated Fat 12g

60%

Cholesterol 121mg

40%

Sodium 6151mg

256%

Total Carbohydrate 1091g

364%

Dietary Fiber 0g

0%

Sugars 787g

Protein 2g

Vitamin A 34%

Vitamin C 1%

Calcium 8%

Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Glazed Almond Cake

1 cup almonds chopped blanched
 1 package yellow (lemon) cake mix with
 pudding (2-layer size)
 1 cup water
 1/2 cup vegetable oil
 4 eggs

1/2 teaspoon almond extract

Glaze:

1 cup light corn syrup
 1/4 cup butter or margarine
 1/2 cup almond liqueur*

Heat oven to 350° F. Grease and flour a 10-inch fluted tube pan. Place almonds in a shallow baking dish and toast in the oven until lightly browned, about 5 minutes. Set aside.

In a large mixer bowl, place cake mix, water, oil, eggs and almond extract. On low speed, blend just until ingredients are moistened. Beat on high speed for 2 minutes, scraping bowl. Fold in toasted nuts. Pour into the prepared pan, spreading batter evenly.

Bake for 50 to 60 minutes or until cake tests done. Remove from oven and cool in pan or on wire rack for 15 minutes.

Meanwhile, prepare glaze. In a small saucepan, bring corn syrup and butter or margarine to a boil, stirring until butter or margarine melts. Remove from heat. Stir in liqueur. Keep warm over low heat.

Invert cake onto a serving plate. Gently slip narrow strips of waxed paper just under the outer edge of cake to protect plate while glazing cake. Poke warm cake with skewer or long-tined fork. Brush on half the glaze mixture, poke and glaze again using remaining glaze. Let set about 15 minutes; remove waxed paper strips. When cooled, lightly cover with foil and store in a cool place. To serve, lightly sweeten whipped cream and flavor with almond extract. Pipe onto cake or serve dollops on each slice.

* If desired, substitute 2 tablespoons water, 4 teaspoons almond extract and 1 1/2 teaspoons vanilla extract for the liqueur.

Packaging Suggestions: Package your cake on a purchased stand or a heavy duty paper plate. To make your gift even more attractive, dust the cake with powdered sugar or attach marzipan fruit (purchased or homemade) with small pieces of toothpicks while the glaze is still wet. Be sure to write the directions for serving on a recipe card and include with the cake.

Nutrition Facts

Amount per Serving

Calories 3307

Calories from Fat 2067

% Daily Value*

Total Fat 240g

369%

Saturated Fat 26g

130%

Cholesterol 693mg

231%

Sodium 813mg

34%

Total Carbohydrate 265g

88%

Dietary Fiber 16g

64%

Sugars 244g

Protein 44g

Vitamin A 48%

Vitamin C 0%

Calcium 53%

Iron 43%

* Percent Daily Values are based on a 2,000 calorie diet.

Holiday Almond Cakes

Makes 4 servings

3 cups flour	1 2/3 cups sugar
3/4 teaspoon baking powder	3/4 cup butter or margarine, softened
1/2 teaspoon salt	5 eggs large
3/4 cup almonds slivered or sliced	2 teaspoons almond extract
3/4 cup red glaceed cherries chopped	1 cup milk

Heat oven to 350°. Grease and flour four small loaf pans.

In a medium bowl, stir together flour, baking powder, and salt.

In a small bowl, combine almonds and cherries. Sprinkle 3 tablespoons of the flour mixture over almonds and cherries and toss until well coated.

In a large mixer bowl at low speed, beat sugar, butter, eggs, and almond extract. Increase speed to high and beat for 5 minutes, scraping bowl occasionally. Reduce speed to low and beat in flour mixture alternately with milk, beginning and ending with flour mixture. Fold in almonds and cherries until evenly distributed (batter may look slightly curdled). Spoon mixture into small loaf pans, spreading evenly.

Bake 50 to 55 minutes until a wooden pick inserted in center comes out clean. Cool in pans on wire racks for 10 minutes. Remove if desired. Cool cakes completely. See "Wrapping And Storing Tips" on reverse side of sheet.

High Altitude Adjustments: At 6,000 feet, no adjustments needed.

Nutrition Facts

Amount per Serving		Calories from Fat 446
Calories 1128		% Daily Value*
Total Fat 50g		77%
Saturated Fat 2g		12%
Cholesterol 270mg		90%
Sodium 755mg		31%
Total Carbohydrate 154g		51%
Dietary Fiber 3g		12%
Sugars 83g		
Protein 12g		
Vitamin A 32%		Vitamin C 1%
Calcium 15%		Iron 27%

* Percent Daily Values are based on a 2,000 calorie diet.

Icing Glaze

4 cups powdered sugar sifted
3 tablespoons light corn syrup

2 to 4 tablespoons milk
Food colors

Mix powdered sugar, corn syrup, and 2 tablespoons of the milk in a small bowl. Add remaining milk, one teaspoon at a time, until of spreading consistency. Add less milk if glaze is to be piped. Divide into portions and color as directed above. Use to decorate figures. Keep tightly covered when not being used.

Nutrition Facts

Amount per Serving

Calories 2110

Calories from Fat 0

% Daily Value*

Total Fat 0g

0%

Saturated Fat 0g

0%

Cholesterol 1mg

0%

Sodium 68mg

3%

Total Carbohydrate 526g

176%

Dietary Fiber 0g

0%

Sugars 510g

Protein 1g

Vitamin A 1%

Vitamin C 0%

Calcium 7%

Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Orange Cake

Makes 6 servings

Juice and grated rind of 1 orange
 1/2 cup sugar
 1/2 cup butter real
 2 eggs
 1 cup flour less 2 tablespoons
 1 teaspoon baking powder
 1/2 cup powdered sugar

* Part two.
 6 tablespoons butter or margarine
 1 2/3 cups sugar
 2 eggs + 2 egg yolks
 Orange rind Grated
 1/4 cup orange juice concentrate
 1 tablespoon grand marnier

In bowl of mixer, cream sugar and butter together until light and fluffy; add grated rind. Add eggs one at a time, beating well after each addition. Sift flour and baking powder together; fold into creamed mixture just until well blended. Do not beat or cake will be tough. Butter and flour an 8-inch cake pan. Pour in batter, pushing batter out from middle, leaving a slight indentation in center. (This makes cake bake evenly without peak in center.) Bake in a preheated 350° F oven for 25 minutes. Allow to cool for 10 minutes; turn out onto cake rack.

For glaze: Mix reserved orange juice and confectioners' sugar together. Spoon this mixture over warm cake, a little at a time. Repeat until all glaze is used up. If filling is desired, cake can be split in two when cold and filled with the following:

Orange Filling:

*In small saucepan, mix all ingredients except Grand Marnier. Constantly whisk over low heat until mixture thickens and coats a metal spoon, about 5 minutes. Take care: don't let mixture boil or cook without stirring or the eggs might scramble. Remove from heat, whisking to cool. Stir in Grand Marnier. Split cake in half horizontally and fill with this orange filling. Spoon glaze over top.

Note: This cake does not need any adjustments for high altitude.

Nutrition Facts

Amount per Serving

Calories 651

Calories from Fat 251

% Daily Value*

Total Fat 28g

43%

Saturated Fat 1g

3%

Cholesterol 166mg

55%

Sodium 332mg

14%

Total Carbohydrate 99g

33%

Dietary Fiber 0g

0%

Sugars 84g

Protein 3g

Vitamin A 21%

Vitamin C 17%

Calcium 1%

Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.

Plum Pudding Cake Mix

* See note below.

2 1/2 cups flour

2 cups golden raisins total dried cranberries,
dried cherries, and/or chopped dried figs

1/2 cup pecans chopped or walnuts

1/4 cup dry buttermilk powder plus 2
tablespoons

2 teaspoons baking powder

2 teaspoons cinnamon ground

1/2 teaspoon baking soda

1/2 teaspoon salt

1/2 teaspoon allspice ground

1/2 teaspoon nutmeg ground

1/2 teaspoon ginger ground

1 cup brown sugar packed

1/2 cup butter or margarine, softened

2 eggs large

1 1/2 cups water

Sour Cream Sauce

1 cup sour cream

1/2 cup brown sugar packed

1 teaspoon rum extract

1/2 teaspoon orange rinds grated

* "Place decorated plastic bags of mix and brown sugar in a 12-cup fluted tube pan, along with a recipe card containing the baking directions. Add a pretty hot mitt or wire cooling rack to complete the baking kit. Give a container of Sour Cream Sauce or include the recipe." Dry Mix In a large bowl, combine all dry mix ingredients and mix well. Package in a reclosable plastic bag. Package brown sugar in a second bag.

Baking Directions

Preheat oven to 325°. Generously grease and flour a 12-cup fluted tube pan or 10-inch tube pan.

In a large mixer bowl at medium speed, beat brown sugar with 1/2 cup softened butter until well blended. Beat in 2 eggs. Alternately beat in dry cake mix with 1 1/2 cups water until well blended. Spoon batter into prepared pan.

Bake 1 hour or until a wooden pick comes out clean. Cool 15 minutes. Remove cake from pan and serve warm with Sour Cream Sauce.

Wrap any leftovers in foil. Store at room temperature.

HIGH ALTITUDE ADJUSTMENTS: At 6,000 feet, bake 60 to 70 minutes.

Sour Cream Sauce

Combine all ingredients in a small bowl and mix well. Store in the refrigerator, but serve at room temperature. Makes about 1 1/4 cups.

Nutrition Facts

Amount per Serving

Calories 4917

Calories from Fat 1536

% Daily Value*

Total Fat 170g

262%

Saturated Fat 29g

143%

Cholesterol 651mg

217%

Sodium 4237mg

177%

Total Carbohydrate 794g

265%

Dietary Fiber 22g

89%

Sugars 542g

Protein 33g

Vitamin A 93%

Vitamin C 3%

Calcium 60%

Iron 121%

** Percent Daily Values are based on a 2,000 calorie diet.*

Chapter 5: Cookie

Almond Shortbreads

Makes 3 servings

3/4 cup butter real
1/2 cup powdered sugar
1 cup flour
1/2 cup cornstarch

1 teaspoon almond extract
1/2 teaspoon vanilla extract
1/2 cup almonds finely chopped blanched
Granulated sugar

Heat oven to 375° F. In a small mixer bowl, cream softened butter and powdered sugar until light and fluffy. Add flour, cornstarch, extracts and nuts. On low speed, mix until blended well, scraping bowl.

Or, in a food processor bowl using steel blade, combine powdered sugar, flour, cornstarch and nuts. Butter should be very cold. Cut butter into 1-inch pieces, add to flour mixture. Process, adding extracts through tube, until mixture forms a ball around the blade, about 15 seconds.

Shape dough into 1-inch balls. Place on ungreased baking sheets and flatten with a fork dipped in granulated sugar. Bake for 10 to 12 minutes or until edges are lightly browned. Remove shortbreads to wire racks. Cool and store in an airtight container. Will freeze well up to 3 months.

Packaging Suggestions: Arrange the shortbreads on a sturdy red or green paper plate and cover tightly with plastic wrap or cellophane. Tie with some ribbon or yard and trim with greenery, holly or pine cones. For a Victorian touch, arrange in a cookie tin lined with paper doilies.

Nutrition Facts

Amount per Serving

Calories 853

Calories from Fat 500

% Daily Value*

Total Fat 56g	86%
Saturated Fat 1g	5%
Cholesterol 120mg	40%
Sodium 360mg	15%
Total Carbohydrate 80g	27%
Dietary Fiber 3g	11%
Sugars 20g	
Protein 5g	

Vitamin A 32%

Vitamin C 0%

Calcium 5%

Iron 13%

* Percent Daily Values are based on a 2,000 calorie diet.

Butter Crescents

Makes 4 servings

1 cup butter
 1/3 cup sugar
 1 tablespoon water
 1 teaspoon vanilla extract
 2 cups flour

1 cup almonds finely chopped
 Almonds blanched
 1/2 teaspoon salt
 About 3/4 cup powdered sugar

Preheat oven to 350°. In a large mixer bowl at high speed, beat butter and sugar until light and fluffy. Beat in water and vanilla.

At low speed, beat in flour, nuts and salt until well blended, (If dough is too soft, chill for easier handling.) To form cookies, roll 1 tablespoon of the dough in palms of hands to make a 3-inch rope. Curve dough in shape of a crescent or half moon. Place on ungreased baking sheets.

Bake for 12 to 15 minutes or until set but not browned. Remove from baking sheets and cool cookies on wire racks for 5 minutes.

Roll in powdered sugar; cool completely.

Nutrition Facts

Amount per Serving

Calories 860

Calories from Fat 550

% Daily Value*

Total Fat 62g 95%

Saturated Fat 2g 8%

Cholesterol 120mg 40%

Sodium 655mg 27%

Total Carbohydrate 66g 22%

Dietary Fiber 4g 16%

Sugars 17g

Protein 7g

Vitamin A 32%

Vitamin C 0%

Calcium 8%

Iron 20%

* Percent Daily Values are based on a 2,000 calorie diet.

Cherry Oatmeal Cookies

Makes 2 servings

* See note below.

2 1/4 cups flour

1 teaspoon salt

1 teaspoon baking soda

1 cup sugar

1 cup brown sugar packed

1/2 cup vegetable shortening solid

1/2 cup butter or margarine, softened

2 eggs large

1/4 cup milk

1 teaspoon vanilla extract

1 teaspoon almond extract

2 1/4 cups oats or old-fashioned oats

1 cup mini chocolate chips

1/2 cup red maraschino cherries chopped

1/2 cup almonds chopped slivered

* "Stack 6 cookies, with a paper doily between each, on top of each other. Wrap with colored plastic wrap and tie top with ribbon." In a small bowl, mix flour, salt, and baking soda; set aside.

In a large mixer bowl at medium speed, beat sugar, brown sugar, shortening, and butter until well blended. Add eggs, milk, vanilla, and almond extract and beat until well blended. At low speed, beat in flour mixture until well blended. Beat in oats, chips, cherries, and almonds. Cover and refrigerate at least 1 hour.

Preheat oven to 375°. Generously grease baking sheets. Place scant 1/4 -cupfuls of dough 4 inches apart on baking sheets. Flatten dough slightly with the floured back of a spoon. Keep remaining dough refrigerated until ready to bake.

Bake 10 to 12 minutes until lightly browned. Cool 5 minutes on baking sheets before removing to wire racks to cool.

Store in an airtight container.

Nutrition Facts

Amount per Serving

Calories 3164

Calories from Fat 1393

% Daily Value*

Total Fat 152g

233%

Saturated Fat 32g

158%

Cholesterol 264mg

88%

Sodium 2075mg

86%

Total Carbohydrate 432g

144%

Dietary Fiber 29g

116%

Sugars 253g

Protein 23g

Vitamin A 37%

Vitamin C 0%

Calcium 13%

Iron 60%

* Percent Daily Values are based on a 2,000 calorie diet.

Chocolate Cinnamon Cutouts

Makes 4 servings

* See note below.

2 1/2 cups flour

3/4 cup unsweetened cocoa

2 teaspoons cinnamon ground

1/2 teaspoon baking soda

1/4 teaspoon salt

1 cup sugar

3/4 cup butter or margarine, softened

1/2 cup light corn syrup

1 egg large

1 teaspoon vanilla extract

Decorator icings (store-bought or your favorite recipe) in white and various colors

Nonpareils or colored sprinkles

Tiny silver balls

* "Fill a handled flat basket with excelsior or Easter grass. Nestle wrapped cookies into basket. Cover with colored plastic wrap and tie a bow on the handle." In a small bowl, mix flour, cocoa powder, cinnamon, baking soda, and salt; set aside.

In a large mixer bowl at medium speed, beat sugar and butter until well blended. Beat in corn syrup, egg, and vanilla. At low speed, gradually beat in flour mixture until well blended. Cover and refrigerate at least 30 minutes.

Preheat oven to 350°. Grease baking sheets. On a lightly floured surface, roll one fourth of the dough at a time to 1/4 -inch thickness. Cut with desired cookie cutters. Place on baking sheets. Keep remaining dough in refrigerator until ready to roll and bake.

Bake 9 to 10 minutes until edges feel firm to the touch. Cool on wire racks. Decorate as desired with icing, nonpareils, and silver balls.

When set, wrap individually or store in a covered container.

Nutrition Facts

Amount per Serving

Calories 922

Calories from Fat 322

% Daily Value*

Total Fat 35g

54%

Saturated Fat 0g

1%

Cholesterol 126mg

42%

Sodium 582mg

24%

Total Carbohydrate 142g

47%

Dietary Fiber 3g

12%

Sugars 78g

Protein 4g

Vitamin A 25%

Vitamin C 0%

Calcium 2%

Iron 28%

* Percent Daily Values are based on a 2,000 calorie diet.

Chocolate Snow Top Cookies

Makes 4 servings

2 ounces unsweetened baking chocolate
 1/2 cup butter or margarine
 1 2/3 cups granulated sugar
 2 teaspoons vanilla extract
 2 eggs
 2 cups flour

2 teaspoons baking powder
 1/2 teaspoon salt
 1/3 cup milk
 3/4 cup nuts chopped
 1/2 cup powdered sugar sifted

Melt chocolate in double boiler; cool. Thoroughly cream butter or margarine, sugar and vanilla together. Beat in eggs, then chocolate. Sift together dry ingredients; blend into egg and butter or margarine mixture alternately with milk. Add nuts. Chill 2 hours or longer. Form into 1-inch balls. Roll in confectioners' sugar. Place on greased baking sheets 2 to 3 inches apart. Bake in a preheated 350° F oven about 15 minutes or until done. Cool slightly, remove from pan to paper towels until cold. Should be stored in airtight tin.

Nutrition Facts

Amount per Serving
Calories 1044

Calories from Fat 392

% Daily Value*
Total Fat 44g

68%

Saturated Fat 6g

30%

Cholesterol 132mg

44%

Sodium 787mg

33%

Total Carbohydrate 150g

50%

Dietary Fiber 5g

19%

Sugars 95g

Protein 10g

Vitamin A 19%

Vitamin C 0%

Calcium 10%

Iron 24%

* Percent Daily Values are based on a 2,000 calorie diet.

Date Kisses

Makes 24 servings

2 eggs white
 1/2 cup sugar
 1 cup dates quartered
 1 cup pecans chopped

4 wheat biscuits large shredded, rolled fine
 1 teaspoon vanilla extract
 1/2 teaspoon salt

Beat egg whites until soft peaks form; add sugar gradually, beating until all sugar is added. Fold in remaining ingredients and drop by teaspoonfuls onto greased baking sheet. Bake in a preheated 350° F oven for 15 minutes. Remove from oven; let stand until cookies are set, about 10 to 15 minutes.

Nutrition Facts

Amount per Serving

Calories 67

Calories from Fat 28

% Daily Value*

Total Fat 3g 5%

Saturated Fat 0g 2%

Cholesterol 12mg 4%

Sodium 54mg 2%

Total Carbohydrate 10g 3%

Dietary Fiber 1g 4%

Sugars 9g

Protein 1g

Vitamin A 1%

Vitamin C 0%

Calcium 1%

Iron 1%

* Percent Daily Values are based on a 2,000 calorie diet.

Date Swirls

Makes 6 servings

Date Swirls

1 12-ounce package dates pitted, cut up
 1/3 cup sugar
 1/3 cup water
 1/2 teaspoon cinnamon ground
 1/4 teaspoon cloves ground
 1/2 cup nuts chopped

1 cup brown sugar packed
 1/4 cup butter or margarine, softened
 1/4 cup vegetable shortening solid
 1 egg
 1/2 teaspoon vanilla extract
 1 3/4 cups flour
 1/4 teaspoon salt

In a small saucepan, stir dates, sugar, water, cinnamon and cloves. Stirring over low heat, bring to a boil and cook until slightly thickened. Remove from heat.

Stir in nuts; set aside and keep warm.

In a large mixer bowl at medium speed, beat brown sugar, butter or margarine, shortening, egg and vanilla until smooth. At low speed, beat in flour and salt. On a piece of waxed paper lightly dusted with flour, roll half of the dough at a time to a 1/4 -inch thickness, about 11 x 7 inches. Spread half of the date filling over rectangle. Starting with the long side, roll tightly as for a jelly roll. Pinch edges to seal. Wrap in plastic wrap and chill at least 4 hours or up to 2 weeks. Repeat with remaining dough and filling.

Preheat oven to 400°. Lightly grease baking sheets. Unwrap rolls of dough and slice 1/4 inch thick. Place about 1 inch apart on baking sheets.

Bake for 10 to 12 minutes or until light brown. Cool cookies on wire racks. Store in an airtight container with waxed paper between layers of cookies.

Nutrition Facts

Amount per Serving

Calories 677

Calories from Fat 197

% Daily Value*

Total Fat 22g

34%

Saturated Fat 3g

13%

Cholesterol 44mg

15%

Sodium 181mg

8%

Total Carbohydrate 120g

40%

Dietary Fiber 6g

23%

Sugars 85g

Protein 5g

Vitamin A 6%

Vitamin C 0%

Calcium 6%

Iron 13%

* Percent Daily Values are based on a 2,000 calorie diet.

Florentine Lace Cookies

Makes 3 servings

* See note below.

1/4 cup brown sugar packed

1/4 cup butter or margarine

1/4 cup light corn syrup

1/2 cup flour

1/4 cup pecans very finely chopped or almonds

2 tablespoons coffee or almond-flavored liqueur

Melted semisweet or white chocolate

Buttercream Frosting

4 cups powdered sugar

1/4 cup butter softened

1/4 cup vegetable shortening solid

1/4 cup milk

1 teaspoon vanilla extract

1/4 teaspoon almond extract

Food color (optional)

* "Lay these crispy cookies in a square wooden or tin box lined with a pretty lace doily or openwork hand towel." Preheat oven to 350°. Grease and flour baking sheets.

In a medium saucepan over medium heat, combine brown sugar, butter, and corn syrup. Bring mixture to a boil, stirring constantly. Remove from heat.

Stir in flour, nuts, and liqueur. Drop scant teaspoonfuls of batter 4 inches apart on baking sheets.

Bake 6 to 8 minutes until golden. Cool 1 to 2 minutes on baking sheets until cookies can be removed, but are still warm and pliable. Remove one at a time with a spatula and curl around the handle of a wooden spoon; slide off when crisp. If cookies harden before they are curled, return to oven for several seconds to soften. Drizzle with melted chocolate of your choice or pipe buttercream into ends of cookies.

Cover and store in a cool place.

Buttercream Frosting

Beat powdered sugar, butter, shortening, milk, vanilla, and almond extract in a small mixer bowl at low speed until blended. At medium-high speed, beat until light and fluffy. If desired, beat in food color, a drop at a time. Leftover frosting can be kept covered in the refrigerator for several weeks. Makes about 1 cup.

Chocolate Buttercream Frosting

Sift together powdered sugar and 1/3 cup unsweetened cocoa powder. Prepare as above.

Nutrition Facts

Amount per Serving

Calories 1324

Calories from Fat 466

% Daily Value*

Total Fat 51g

79%

Saturated Fat 4g

22%

Cholesterol 80mg

27%

Sodium 274mg

11%

Total Carbohydrate 213g

71%

Dietary Fiber 1g

4%

Sugars 192g

Protein 1g

Vitamin A 23%

Vitamin C 1%

Calcium 4%

Iron 5%

* Percent Daily Values are based on a 2,000 calorie diet.

Ginger Cookies

Makes 3 servings

1 cup sugar	1/2 teaspoon salt
1 cup butter or margarine	4 1/2 cups flour
2 eggs	* Part two.
1 cup molasses light	1/4 cup butter or margarine
2 tablespoons cider vinegar	1/4 cup vegetable shortening solid
2 teaspoons ginger each, ground ginger and cinnamon	1/4 cup water or milk
2 teaspoons baking soda	1 teaspoon vanilla extract or other flavoring
	1 pound powdered sugar

Cream sugar and butter or margarine together, add eggs, beat well; add molasses and vinegar. Mix ginger, cinnamon, baking soda and salt into flour. Stir into creamed mixture, mixing well. Wrap dough in floured aluminum foil. Place in freezer for 1 hour. Remove; divide in fourths. Roll each piece of dough on well-floured board to 1/8 -inch thick for plain cookies and 1/4 -inch thick for gingerbread men or other shapes. Bake in a preheated 350° F oven for 10 minutes. Remove to cake rack to cool. Repeat until all dough is used.

Note: If making gingerbread men, use currants for eyes, nose and mouth and red hot candies for buttons, or use following frosting for decorating.

Buttercream Frosting:

*Beat all the above ingredients together until very smooth and creamy. You can tint portions of frosting with food coloring according to your decorating scheme.

Nutrition Facts

Amount per Serving		
Calories 2607		Calories from Fat 831
		% Daily Value*
Total Fat 91g		141%
Saturated Fat 5g		23%
Cholesterol 296mg		99%
Sodium 1769mg		74%
Total Carbohydrate 416g		139%
Dietary Fiber 0g		0%
Sugars 209g		
Protein 8g		
Vitamin A 56%		Vitamin C 0%
Calcium 1%		Iron 38%

* Percent Daily Values are based on a 2,000 calorie diet.

Golden Ruffle Cookies

Makes 24 servings

2 eggs white

2 cups powdered sugar

1 teaspoon white vinegar

1 teaspoon vanilla extract

2 cups almonds toasted or pecans broken into bits

Beat egg whites until stiff in medium-size bowl. Add sugar gradually, continuing to beat until stiff peaks form. Fold in remaining ingredients. Drop by teaspoonfuls onto greased baking sheet. Bake in a preheated 350° F oven for 15 minutes or until barely golden.

Nutrition Facts

Amount per Serving

Calories 111

Calories from Fat 52

% Daily Value*

Total Fat 6g

10%

Saturated Fat 1g

3%

Cholesterol 12mg

4%

Sodium 4mg

0%

Total Carbohydrate 12g

4%

Dietary Fiber 1g

5%

Sugars 10g

Protein 3g

Vitamin A 0%

Vitamin C 0%

Calcium 3%

Iron 3%

* Percent Daily Values are based on a 2,000 calorie diet.

Holiday Fruit Cookies

Makes 4 servings

1 cup pecans chopped
 1 cup candied cherries chopped
 1 cup dates pitted chopped
 1/4 cup flour
 1/2 cup butter or margarine
 1 cup brown sugar
 1 egg

2 teaspoons lemon peels grated
 1 1/2 cups flour
 1/2 teaspoon salt
 1/2 teaspoon baking soda
 1/4 cup milk + 1 teaspoon cider vinegar; mix
 and let stand

Combine pecans, cherries, dates and 1/4 cup flour; mix lightly and set aside. Cream butter or margarine and brown sugar; add egg and lemon rind; mix well. Sift together 1 1/2 cups flour, salt and baking soda; add to creamed mixture alternately with sour milk; blend well. Stir in fruit-nut mixture. Drop by teaspoonfuls onto greased baking sheet. Bake in a preheated 375° F oven for 10 to 12 minutes.

Nutrition Facts

Amount per Serving

Calories 861

Calories from Fat 358

% Daily Value*

Total Fat 41g

62%

Saturated Fat 2g

8%

Cholesterol 96mg

32%

Sodium 623mg

26%

Total Carbohydrate 124g

41%

Dietary Fiber 6g

23%

Sugars 77g

Protein 5g

Vitamin A 19%

Vitamin C 0%

Calcium 6%

Iron 17%

* Percent Daily Values are based on a 2,000 calorie diet.

Little Wreaths (Berlinerkranser)

Makes 4 servings

1/2 cup sugar
1/2 cup butter or margarine, softened
1/4 cup vegetable shortening + 2
tablespoons solid
1 egg yolk
1 teaspoon orange rinds grated

1 teaspoon lemon peels grated
1 1/2 cups flour
1/2 cup walnuts ground
1 egg white
2 tablespoons sugar
Candied green and red cherries

Preheat oven to 400°. In a large bowl, mix sugar, butter or margarine, shortening, egg yolk, orange and lemon rinds.

Stir in flour and nuts until well blended. Using a rounded teaspoonful of dough, shape into 6-inch long ropes. Form ropes into circles, crossing ends. Keep bowl covered with a damp towel as you work. If mixture is too crumbly, add a few drops of water. Place wreaths on ungreased baking sheets.

In a small bowl with a fork, beat egg white and sugar until foamy; brush over tops of cookies. Decorate with pieces of candied cherries.

Bake for 10 to 12 minutes or until set but not browned. Remove immediately from baking sheets and cool cookies on wire racks.

Nutrition Facts

Amount per Serving

Calories 695

Calories from Fat 408

% Daily Value*

Total Fat 45g 69%

Saturated Fat 4g 21%

Cholesterol 132mg 44%

Sodium 202mg 8%

Total Carbohydrate 65g 22%

Dietary Fiber 1g 6%

Sugars 30g

Protein 4g

Vitamin A 18%

Vitamin C 0%

Calcium 2%

Iron 13%

* Percent Daily Values are based on a 2,000 calorie diet.

Melt-Away Snowballs

Makes 4 servings

* See note below.

1 cup butter softened

1/3 cup sugar

1 tablespoon water

1 1/2 teaspoons vanilla extract

2 cups flour

1 cup pecans finely chopped or blanched almonds

1/4 teaspoon salt

Powdered sugar

Glaze or frosting of your choice (optional)

* "These delicate cookies deserve a special tin. Line tin with iridescent mylar tissue. Snowball-shaped cookies can be set in foil petit four cups before nesting in tin." Preheat oven to 350°.

In a large mixer bowl at medium speed, beat butter and sugar until fluffy. Beat in water and extract. At low speed, beat in flour, nuts, and salt until well blended. If dough is too soft, chill until firm enough to handle.

To form snowballs, shape 1 tablespoon of the dough at a time into balls. Place balls 1 inch apart on ungreased baking sheets.

Bake 12 to 15 minutes until set, but not browned. Remove cookies immediately from baking sheets and cool 5 minutes on wire racks, then roll in powdered sugar. Or, cool and glaze or frost.

Store in an airtight container in a cool place.

If glazed or frosted, place cookies in a container with wax paper between layers. Store loosely covered. If using powdered sugar, lightly sprinkle tops with additional powdered sugar before serving.

* If desired, omit vanilla extract and use 1 teaspoon anise extract, or 1 1/2 teaspoons almond extract, or 2 teaspoons rum extract.

Nutrition Facts

Amount per Serving

Calories 830

Calories from Fat 552

% Daily Value*

Total Fat 62g

95%

Saturated Fat 1g

7%

Cholesterol 120mg

40%

Sodium 508mg

21%

Total Carbohydrate 64g

21%

Dietary Fiber 3g

11%

Sugars 16g

Protein 3g

Vitamin A 34%

Vitamin C 0%

Calcium 2%

Iron 16%

* Percent Daily Values are based on a 2,000 calorie diet.

Meringue Bars

Makes 4 servings

1 cup butter or margarine
 1/2 cup brown sugar
 1/2 cup granulated sugar
 4 eggs yolk
 2 cups flour
 1 teaspoon baking powder
 1/2 teaspoon baking soda

1 12-ounce package semi-sweet chocolate chips
 1 cup nuts chopped
 4 eggs white
 1/4 teaspoon cream of tartar
 1/2 cup powdered sugar

Cream butter or margarine, brown sugar and granulated sugar together, beating well. Add egg yolks, continuing to beat. Sift together flour, baking powder and soda; add to creamed mixture. Evenly spread into a well-greased 17 x 11-inch jelly roll pan. Sprinkle chocolate bits and nuts over mixture. Beat egg whites with cream of tartar; when soft peaks form, start adding confectioners' sugar a tablespoon at a time, beating well after each addition. Spread this over the batter in an even layer. Bake in a preheated 325° F oven for 35 minutes or until lightly browned. Remove from oven and score into 1 1/2 -inch squares while still warm. Cut into squares when cold.

Nutrition Facts

Amount per Serving

Calories 1550	Calories from Fat 782
	% Daily Value*
Total Fat 91g	140%
Saturated Fat 15g	73%
Cholesterol 463mg	154%
Sodium 706mg	29%
Total Carbohydrate 172g	57%
Dietary Fiber 9g	37%
Sugars 114g	
Protein 21g	
Vitamin A 40%	Vitamin C 0%
Calcium 12%	Iron 37%

* Percent Daily Values are based on a 2,000 calorie diet.

Mint Chocolate Kisses

Makes 60 servings

2 eggs white large

1 tablespoon white vinegar

1 teaspoon vanilla extract

1/4 teaspoon salt

2/3 cup sugar

1 cup pecans finely chopped

1 cup mint chocolate chips

Preheat oven to 275°. Grease baking sheets. In a large mixer bowl at high speed, beat egg whites, vinegar, vanilla and salt until soft peaks form.

Add sugar and beat until very stiff and glossy and sugar is almost dissolved. Fold in pecans and chips. Drop by well-rounded teaspoonfuls about 1 inch apart on baking sheets.

Bake for 20 to 25 minutes or until set and dry to the touch. Cool cookies on wire racks. Store in an airtight container.

Nutrition Facts

Amount per Serving

Calories 40

Calories from Fat 20

% Daily Value*

Total Fat 2g

4%

Saturated Fat 1g

4%

Cholesterol 5mg

2%

Sodium 11mg

0%

Total Carbohydrate 5g

2%

Dietary Fiber 0g

1%

Sugars 4g

Protein 0g

Vitamin A 0%

Vitamin C 0%

Calcium 0%

Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Pecan Tarts

Makes 2 servings

* See note below.

1 cup flour

1/2 cup butter softened

1 3-ounce package cream cheese softened

Pecan Filling

3/4 cup brown sugar packed

1 egg large

1 tablespoon butter softened

1 teaspoon vanilla extract

Dash salt

1/4 cup pecans finely chopped

24 pecans whole for garnish

* "Set cooled tarts in a foil or glass pie plate lined with paper doilies or colored tissue. Tuck in sprigs of fresh or dried flowers before covering with plastic wrap." Crust To make crust, place flour, butter, and cream cheese in a food processor bowl. Process until crumbly. Or, place flour in a medium bowl and using a pastry blender or two knives, cut in butter and cream cheese until mixture is crumbly. Chill 1 hour.

Shape into 2 dozen 1-inch balls. Using 1 3/4 x 3/4 -inch deep muffin pans, press each ball of dough into a muffin pan cup, pressing evenly against bottom and up sides to form a shell. Place in freezer 10 minutes.

To make pecan filling, beat together brown sugar, egg, and butter until blended. Add vanilla and salt; beat until smooth. Sprinkle a scant 1/2 teaspoon chopped pecans in each tart shell, add 1 1/2 teaspoons of the egg mixture, and top with a pecan half.

Bake in a preheated 325° oven 25 minutes or until filling is set. Cool before removing from pans.

Wrap and give the same day. Cover and refrigerate for longer storage.

Nutrition Facts

Amount per Serving

Calories 1179

Calories from Fat 677

% Daily Value*

Total Fat 75g

115%

Saturated Fat 10g

51%

Cholesterol 252mg

84%

Sodium 956mg

40%

Total Carbohydrate 124g

41%

Dietary Fiber 2g

6%

Sugars 72g

Protein 6g

Vitamin A 48%

Vitamin C 0%

Calcium 2%

Iron 15%

* Percent Daily Values are based on a 2,000 calorie diet.

Pineapple-Nut Cookies

1/2 cup butter or margarine

1/2 cup brown sugar

1/2 cup granulated sugar

1 egg

1 8-ounce can crushed pineapple well drained

1/4 teaspoon baking powder

1/4 teaspoon baking soda

1/4 teaspoon salt

2 cups unbleached flour

1 teaspoon vanilla extract

1/2 cup almonds slivered, toasted

Cream butter or margarine with sugars. Add egg and pineapple and mix well.

Mix together baking powder, baking soda and salt with flour; add to pineapple mixture. Mix well; add vanilla. Fold in nuts. Drop batter by teaspoonfuls onto greased cookie sheet and bake in a preheated 350° F oven for 10 to 12 minutes.

Note: These are good frosted. Use powdered sugar and enough pineapple juice to moisten to spreading consistency.

Nutrition Facts

Amount per Serving

Calories 2987

Calories from Fat 1127

% Daily Value*

Total Fat 127g

195%

Saturated Fat 4g

20%

Cholesterol 383mg

128%

Sodium 1751mg

73%

Total Carbohydrate 422g

141%

Dietary Fiber 10g

40%

Sugars 224g

Protein 44g

Vitamin A 68%

Vitamin C 40%

Calcium 17%

Iron 87%

* Percent Daily Values are based on a 2,000 calorie diet.

Snowy Almond Cookies

Makes 4 servings

2/3 cup butter or margarine
1/3 cup sugar
1 1/3 cups flour
1/8 teaspoon salt

1 teaspoon vanilla extract
1 cup almonds toasted, coarsely chopped
Powdered sugar

Cream butter or margarine and sugar until light and fluffy. Add flour, salt, vanilla and almonds; work lightly with finger tips. Shape into small balls; place on greased baking sheet and flatten carefully with a dinner fork. Bake 25 minutes in a preheated 300° F oven. After they have cooled, roll in confectioners' sugar.

Nutrition Facts

Amount per Serving

Calories 660

Calories from Fat 417

% Daily Value*

Total Fat 47g

73%

Saturated Fat 2g

8%

Cholesterol 80mg

27%

Sodium 314mg

13%

Total Carbohydrate 51g

17%

Dietary Fiber 4g

16%

Sugars 17g

Protein 7g

Vitamin A 21%

Vitamin C 0%

Calcium 8%

Iron 16%

* Percent Daily Values are based on a 2,000 calorie diet.

Tea Cookies In Two Parts

Makes 4 servings

Part 1:

1/2 cup butter real
1/2 cup brown sugar
1 cup flour

Part 2:

2 eggs beaten

3/4 cup brown sugar

1 teaspoon vanilla extract

1 1/2 cups coconut flaked

2 tablespoons flour

1/2 teaspoon baking powder

1 cup walnuts chopped

Grease a 9 x 13-inch baking pan. Combine all ingredients of part 1 and mix well. Press this into an even layer on bottom of baking pan. For part 2, beat eggs well; gradually add brown sugar and vanilla. Mix coconut, flour, baking powder and nuts; add to egg mixture. Mix well and carefully spoon and smooth over bottom layer. Bake in a preheated 350° F oven for 20 minutes. Let cool slightly; cut into squares.

Nutrition Facts

Amount per Serving

Calories 969

Calories from Fat 519

% Daily Value*

Total Fat 57g

88%

Saturated Fat 17g

85%

Cholesterol 132mg

44%

Sodium 407mg

17%

Total Carbohydrate 106g

35%

Dietary Fiber 6g

23%

Sugars 75g

Protein 10g

Vitamin A 18%

Vitamin C 0%

Calcium 3%

Iron 14%

* Percent Daily Values are based on a 2,000 calorie diet.

Chapter 6: Dessert

Baked Plum Pudding With Sauce

Makes 10 servings

1 1/2 cups raisins golden
 1 1/2 cups currants
 1 1/2 cups pecans
 1/4 cup rum dark rum
 1/2 cup butter or margarine
 1 cup sugar

6 eggs
 3 cups corn flakes crumbs
 2 teaspoons cinnamon ground
 1/2 teaspoon cloves ground
 1/2 teaspoon mace ground
 1/2 teaspoon allspice ground

Two hours or longer before baking (even the night before), place raisins, currants, pecans and rum or brandy in jar with cover. Shake from time to time so fruit and nuts will be in contact with rum or brandy.

Beat butter or margarine in large bowl of electric mixer until creamy; gradually add sugar; add eggs one at a time, beating well after each addition. Combine cornflake crumbs with spices; stir in fruit and nut mixture. Carefully mix this into the creamed butter or margarine mixture being sure that fruits are well distributed. Spoon into a 10-inch angel food tin or a Bundt pan which has been well greased and dusted with flour. Place a round of greased wax paper over top of batter. Bake in a preheated 375° F oven for 30 to 40 minutes. Cool for 10 minutes in pan. Turn out onto cake rack and remove wax paper. Serve either warm or at room temperature with one of the following sauces.

(The sauces that followed this recipe in Holiday Cookbook were Spicy Butter Sauce and Hard Sauce.)

Nutrition Facts

Amount per Serving

Calories 438

Calories from Fat 187

% Daily Value*

Total Fat 21g

33%

Saturated Fat 1g

7%

Cholesterol 110mg

37%

Sodium 110mg

5%

Total Carbohydrate 59g

20%

Dietary Fiber 4g

16%

Sugars 54g

Protein 5g

Vitamin A 10%

Vitamin C 0%

Calcium 4%

Iron 11%

* Percent Daily Values are based on a 2,000 calorie diet.

Chocolate Cherry Cordial Muffins

Makes 12 servings

* See note below.

2 cups flour

1 11-ounce package milk chocolate chips

1/4 cup sugar

1/4 cup brown sugar packed

2 teaspoons baking powder

1/2 teaspoon baking soda

1/2 teaspoon salt

1/2 cup raisins or chopped candied cherries

3/4 cup milk

1/3 cup vegetable oil

1 egg large

* "Place muffins in a ceramic quiche dish or pie plate lined with a Christmas tea towel. Tie with a raffia bow and add a gift card." Preheat oven to 375°. Grease 12 muffin-pan cups or line with paper liners.

In a large bowl, combine flour, 1 3/4 cups of the chips, sugar, brown sugar, baking powder, baking soda, and salt. Stir in cherries; set aside.

In a small bowl, combine milk, oil, and egg until well blended. Add liquid ingredients to dry ingredients; stir just until moistened. Spoon batter into muffin cups; muffin cups will be full. Sprinkle with remaining 1/4 cup chips.

Bake 18 to 20 minutes until golden. Cool 5 minutes. Remove from pan. Serve warm or cool completely on a wire rack.

Cover and store at room temperature.

HIGH ALTITUDE ADJUSTMENTS: At 6,000 feet, bake 20 to 25 minutes.

Nutrition Facts

Amount per Serving

Calories 315

Calories from Fat 123

% Daily Value*

Total Fat 14g

22%

Saturated Fat 5g

26%

Cholesterol 12mg

4%

Sodium 261mg

11%

Total Carbohydrate 44g

15%

Dietary Fiber 0g

1%

Sugars 27g

Protein 3g

Vitamin A 1%

Vitamin C 0%

Calcium 6%

Iron 5%

* Percent Daily Values are based on a 2,000 calorie diet.

Chocolate Torte

Makes 10 servings

3/4 cup butter or margarine

1 1/2 cups sugar

3 eggs separated

3/4 cup milk

Pinch salt

1 1/2 ounces unsweetened baking chocolate

1 1/2 teaspoons vanilla extract

1 1/2 cups flour

*** Part two.**

2 tablespoons butter or margarine

2 ounces unsweetened baking chocolate

2 tablespoons cream

2 cups powdered sugar

Cream butter or margarine and sugar together until light and fluffy. Beat in egg yolks. Put milk and salt in small saucepan, add chocolate cut in bits and heat until melted, stirring. Cool. Add vanilla. Fold in flour alternately with milk mixture, ending with flour. Beat egg whites until stiff, but not dry. Fold into batter. Grease 3 8-inch round pans and smooth batter into pans. Bake in a preheated 350° F oven for 25 to 30 minutes. Cool for 10 minutes before turning out onto cake rack to cool completely. When cold frost with the following:

Frosting:

*For frosting: Melt together butter or margarine, chocolate and cream; mix in confectioners' sugar with enough additional cream to make spreading consistency. Frost bottom layers; spread remainder on top and sprinkle with sieved powdered sugar.

Nutrition Facts

Amount per Serving

Calories 496

Calories from Fat 199

% Daily Value*

Total Fat 22g

34%

Saturated Fat 4g

20%

Cholesterol 89mg

30%

Sodium 149mg

6%

Total Carbohydrate 70g

23%

Dietary Fiber 1g

6%

Sugars 53g

Protein 3g

Vitamin A 14%

Vitamin C 0%

Calcium 3%

Iron 7%

* Percent Daily Values are based on a 2,000 calorie diet.

Coffee Torte

Makes 8 servings

6 eggs white at room temperature
 1/4 teaspoon cream of tartar
 1 cup sugar
 1 1/2 cups powdered sugar sifted
 1 teaspoon almond extract
 1/4 teaspoon allspice ground
 1/4 teaspoon mace ground

6 eggs yolk
 1/2 cup sugar
 1/2 cup coffee cold strong
 1 tablespoon flour
 1/2 cup butter real, softened
 2 cups cream whipped
 2 teaspoons unsweetened cocoa

*** Part two.**

Beat egg whites until foamy; add cream of tartar, beat until whites hold a stiff peak. Continue beating and slowly add sugars, beating well between each addition. Add extract, allspice and mace and beat 2 minutes longer. Cut 4 8-inch circles from heavy paper. Divide meringue into 4 equal parts and spread evenly with spatula on circles. Place on baking sheets; bake in a preheated 250° F oven for 1 hour 15 minutes. Remove from oven; cool, then carefully remove paper from meringues.

Filling:

*For filling: Combine egg yolks, sugar, coffee and flour in double boiler. Cook over boiling water, stirring constantly until mixture thickens. Cool to lukewarm. Add butter by spoonfuls and beat until smooth and satiny. Spread filling over top of 3 meringue layers; stack layers ending with unfilled layer. Spread whipped cream over top and sides. Sieve cocoa over the top in a light dusting. Chill 4 hours or overnight before serving.

Nutrition Facts

Amount per Serving

Calories 580

Calories from Fat 320

% Daily Value*

Total Fat 36g

55%

Saturated Fat 14g

68%

Cholesterol 325mg

108%

Sodium 175mg

7%

Total Carbohydrate 64g

21%

Dietary Fiber 0g

0%

Sugars 62g

Protein 6g

Vitamin A 22%

Vitamin C 0%

Calcium 2%

Iron 5%

* Percent Daily Values are based on a 2,000 calorie diet.

Cranberry Pudding

Makes 6 servings

1 cup flour
 1 teaspoon baking powder
 1/2 cup sugar
 1/2 cup milk
 2 tablespoons butter or margarine, melted

1 1/2 cups cranberries whole raw, picked
 over and washed
 * Part two.
 Sugar
 Nutmeg Ground
 1 cup half and half

Mix together flour, baking powder and sugar; add milk, melted butter or margarine and cranberries. Pour into greased 8-inch round or square baking dish and bake in a 350° F preheated oven for 30 minutes or until tester comes out clean. Prepare following sauce:

Sauce:

*Add sugar and nutmeg to half-and-half to taste. Serve pudding warm topped with sauce.

Nutrition Facts

Amount per Serving

Calories 311

Calories from Fat 73

% Daily Value*

Total Fat 8g

12%

Saturated Fat 3g

13%

Cholesterol 24mg

8%

Sodium 167mg

7%

Total Carbohydrate 58g

19%

Dietary Fiber 2g

6%

Sugars 41g

Protein 1g

Vitamin A 6%

Vitamin C 0%

Calcium 5%

Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.

Date-Nut Pudding

Makes 8 servings

6 eggs separated

1 cup sugar

2/3 cup crackers fine crumbs

1 tablespoon baking powder

1 1/2 cups dates pitted chopped

1 cup walnuts english walnuts broken

1 cup cream

2 tablespoons sugar

Beat egg whites until stiff, but not dry; set aside. Beat egg yolks; add sugar and beat well. Mix in cracker crumbs, baking powder, dates and walnuts. Fold in egg whites. Bake in greased 8-inch square pan in a preheated 375° F oven for 45 minutes. Beat cream with sugar until soft peaks form. Cut pudding into squares and serve with a dollop of sweetened whipped cream.

Nutrition Facts

Amount per Serving

Calories 451

Calories from Fat 204

% Daily Value*

Total Fat 23g

35%

Saturated Fat 7g

37%

Cholesterol 148mg

49%

Sodium 367mg

15%

Total Carbohydrate 61g

20%

Dietary Fiber 4g

15%

Sugars 50g

Protein 7g

Vitamin A 7%

Vitamin C 0%

Calcium 5%

Iron 9%

* Percent Daily Values are based on a 2,000 calorie diet.

Easy Rumtopf

Makes 3 servings

1 20-ounce can pineapple chunks drained	1 1/2 cups rum dark
1 16-ounce can peaches sliced, drained	1 cup sugar
1 16-ounce can pears halves, drained	2 3-inch cinnamon sticks, broken
1 11-ounce can mandarin orange segments drained	1 teaspoon whole cloves (optional)
1/3 cup maraschino cherries, drained (optional)	1 teaspoon orange rinds grated (optional)

In a sterilized large jar or crock, gently combine all ingredients. Cover and store in a cool place, stirring once a day for the first week. Rumtopf can be used at this time or for improved flavor, let age one month before serving.

Ladle Rumtopf into clean sterilized jars, cover and label, or bring mixture to a boil and pack in sterilized jars leaving 1/2 -inch headspace. Wipe rims and adjust lids according to manufacturers' directions. Process in a boiling water bath for 30 minutes. Cool jars away from drafts and label. Store in a cool, dry place.

Serve over ice cream, pound cake, puddings, custards or crepes.

Note: As Rumtopf is used, add more fruit and rum to syrup in jar. Taste for spices. Avoid adding bananas and too many citrus fruits. Refrigerate to prevent fermentation or process as above.

Packaging Suggestions: Ladle the fruit and syrup into a crock or covered container such as an apothecary jar. Write the recipe on a card and attach it with Christmas tape or stickers. Or punch a hole in the card, thread it onto ribbon or yarn, then tie it to the container.

Nutrition Facts

Amount per Serving		Calories from Fat 0
Calories 543		% Daily Value*
Total Fat 1g		1%
Saturated Fat 0g		0%
Cholesterol 0mg		0%
Sodium 32mg		1%
Total Carbohydrate 106g		35%
Dietary Fiber 6g		24%
Sugars 97g		
Protein 2g		
Vitamin A 18%		Vitamin C 91%
Calcium 2%		Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.

Frozen French Mints

Makes 24 servings

1 cup butter real
2 cups powdered sugar sifted
4 ounces unsweetened baking chocolate
4 eggs
2 teaspoons vanilla extract
1 teaspoon peppermint extract
1/4 cup graham crackers finely crushed

Cream butter and sugar together. Melt chocolate over boiling water and add to creamed mixture. Add eggs, one at a time, beating well. Add vanilla and peppermint. Continue to beat for 3 to 4 minutes. Use cupcake liners (about 2 dozen) or use small candy cups. Spoon or pipe chocolate mixture into liners. Sprinkle top with a tiny pinch of graham cracker crumbs. Freeze 5 hours before using. Will keep frozen for at least 2 weeks.

Note: If serving in cupcake liners top with a dollop of whipped cream and a tiny pinch of graham cracker crumbs.

Nutrition Facts

Amount per Serving		Calories from Fat 91
Calories 144		% Daily Value*
Total Fat 10g		16%
Saturated Fat 2g		8%
Cholesterol 44mg		15%
Sodium 67mg		3%
Total Carbohydrate 11g		4%
Dietary Fiber 1g		3%
Sugars 10g		
Protein 1g		
Vitamin A 6%		Vitamin C 0%
Calcium 0%		Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet.

Ginger-Pumpkin Dessert

Makes 6 servings

1 cup pumpkins cooked
 1/2 cup sugar
 1/4 teaspoon salt
 1/2 teaspoon ginger ground
 1/2 teaspoon cinnamon ground

1/4 teaspoon nutmeg ground
 1/2 cup pecans chopped
 1 quart vanilla ice cream best, softened
 16 ginger snaps crushed

Combine pumpkin, sugar, salt, spices and nuts. Stir into softened ice cream. Grease a 10 x 6 x 1 1/2-inch dish. Line bottom with piece of wax paper cut to fit. Grease wax paper. Sprinkle with 1/2 of crushed ginger snaps and smooth ice cream mixture on top. Top with remaining ginger snaps. Freeze. Before serving, loosen sides with spatula and turn out onto plate. Peel off wax paper and cut into serving pieces.

Nutrition Facts

Amount per Serving

Calories 331

Calories from Fat 174

% Daily Value*

Total Fat 19g

30%

Saturated Fat 8g

42%

Cholesterol 47mg

16%

Sodium 141mg

6%

Total Carbohydrate 39g

13%

Dietary Fiber 3g

11%

Sugars 32g

Protein 3g

Vitamin A 128%

Vitamin C 0%

Calcium 9%

Iron 3%

* Percent Daily Values are based on a 2,000 calorie diet.

Grasshopper Dessert Soufflé

Makes 8 servings

1 package unflavored jello

1/2 cup water

1/2 cup sugar

1/8 teaspoon salt

3 eggs yolk

1/4 cup green creme de menthe

1/4 cup white creme de cacao

1 cup cream

3 eggs white at room temperature

Grated chocolate, chopped pistachio nuts or maraschino cherries

Fold a sheet of aluminum foil into a strip about 6 inches wide and long enough to go around a 1-quart soufflé dish. Press foil around dish, extending it above top of dish to make a "collar" about 2 inches high. Secure foil with tape.

Sprinkle gelatin over water. Let stand until gelatin is softened. Add 1/4 cup sugar, salt and egg yolks. Mix well. Cook over moderate heat, stirring constantly, about 5 minutes or until mixture thickens slightly. Remove from heat. Add creme de menthe and creme de cacao. Mix well. Refrigerate, stirring occasionally, until it is barely thickened. Whip cream until stiff peaks form. Beat egg whites until foamy then gradually add remaining 1/4 cup sugar. Continue to beat until stiff peaks form. Fold into gelatin mixture. Fold in whipped cream, lightly but thoroughly. Spoon mixture into soufflé dish. Refrigerate until firm. Remove foil collar to serve. Decorate with grated chocolate, chopped pistachio nuts or maraschino cherries.

Nutrition Facts

Amount per Serving

Calories 170

Calories from Fat 110

% Daily Value*

Total Fat 12g 19%

Saturated Fat 7g 34%

Cholesterol 148mg 49%

Sodium 79mg 3%

Total Carbohydrate 14g 5%

Dietary Fiber 0g 0%

Sugars 14g

Protein 3g

Vitamin A 7%

Vitamin C 0%

Calcium 1%

Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet.

Heavenly Hash

Makes 8 servings

1 3-ounce package strawberry jello
 1 3-ounce package lemon jello
 1 cup cream whipped

1 cup miniature marshmallows
 2 bananas large, sliced
 1 cup coconut flaked

Prepare gelatins according to package instructions and pour each flavor into an 8-inch square pan to set. When set cut into 1-inch cubes. Whip cream in large bowl and fold in marshmallows and sliced bananas, fold in cubes of gelatin and coconut. Chill until serving time.

Nutrition Facts

Amount per Serving

Calories 267

Calories from Fat 135

% Daily Value*

Total Fat 15g

23%

Saturated Fat 11g

55%

Cholesterol 40mg

13%

Sodium 165mg

7%

Total Carbohydrate 38g

13%

Dietary Fiber 2g

7%

Sugars 30g

Protein 3g

Vitamin A 4%

Vitamin C 3%

Calcium 0%

Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Lemon Ice With Raspberry Purée

Makes 8 servings

3/4 cup sugar or to taste
 3/4 cup lemon juice fresh
 Grated rind of 2 lemons
 Dash salt
 2 cups half and half
 1 or 2 drops food colors yellow
 4 eggs white
 1/4 teaspoon cream of tartar

8 tablespoons sugar
 * Part two.
 2 10 1/2-ounce packages raspberries
 drained, reserve juice
 1/2 strawberries frozen, drained, reserve
 juice
 Additional sugar (optional)
 1 tablespoon kirsch (optional)

For Lemon Ice: Place sugar in bowl and add lemon juice, lemon rind and salt; stir until sugar is dissolved. Pour in half-and-half and food coloring; mix well. Put in shallow container and freeze until mixture begins to solidify. Turn into food processor or blender and beat until light and frothy. Beat egg whites, adding cream of tartar when frothy. Add sugar by spoonfuls; continue beating until stiff peaks are formed and whites are glossy. Fold whites into partially frozen mixture and return to freezer. Freeze until mixture begins to solidify. Return to processor or blender and beat until light. Spoon back into the container. Freeze. Remove from freezer a few minutes before serving.

Raspberry Purée:

*For Raspberry Purée: Put raspberries and strawberries in blender or food processor and add about 1/4 cup reserved fruit juice. Add additional sugar if desired. When proper consistency, blend in optional kirsch. Spoon over each serving of Lemon Ice.

Nutrition Facts

Amount per Serving		Calories from Fat 73
Calories 276		% Daily Value*
Total Fat 8g		12%
Saturated Fat 4g		22%
Cholesterol 92mg		31%
Sodium 170mg		7%
Total Carbohydrate 48g		16%
Dietary Fiber 1g		4%
Sugars 37g		
Protein 3g		
Vitamin A 11%		Vitamin C 32%
Calcium 7%		Iron 7%

* Percent Daily Values are based on a 2,000 calorie diet.

Orange Blossom Bowl

Makes 8 servings

2 tablespoons honey
6 tablespoons frozen orange juice concentrate thawed, undiluted
1 teaspoon orange rinds grated
2 cups cream whipped
12 lady fingers double ladyfingers split
2 oranges peeled and sectioned
1/2 cup coconut shredded, toasted

Fold honey, orange juice and rind into whipped cream. Line bottom and sides of glass serving bowl with ladyfingers. Pour in orange cream and chill at least 4 hours or overnight. Decorate with fresh orange sections and toasted coconut sprinkled over the top.

Nutrition Facts

Amount per Serving

Calories 240		Calories from Fat 202
		% Daily Value*
Total Fat 23g		35%
Saturated Fat 14g		72%
Cholesterol 80mg		27%
Sodium 42mg		2%
Total Carbohydrate 14g		5%
Dietary Fiber 2g		7%
Sugars 10g		
Protein 1g		
Vitamin A 8%		Vitamin C 25%
Calcium 1%		Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Rainbow Bombe

Makes 8 servings

2 quarts orange sherbet

1/4 cup curacao

2 1/2 tablespoons orange rinds grated

1 teaspoon lemon peels grated

1 quart raspberry sherbet

2 tablespoons kirsch

1 pint lemon sherbet

2 to 3 tablespoons white creme de menthe

Soften orange sherbet to room temperature; beat in Curacao, orange and lemon rinds. Spoon sherbet into a large chilled mold to within 4 inches of top. Freeze. When orange sherbet is hard, spread a 2-inch layer of softened raspberry sherbet beaten with kirsch over orange sherbet leaving space for lemon sherbet. Freeze again. When raspberry sherbet is hard, fill remaining layer with lemon sherbet beaten with creme de menthe. Smooth top of mold and cover with foil. Refreeze.

Note: To serve, remove from freezer and dip into hot water for a second; unmold onto a serving dish and slice to serve. Return remaining servings to freezer for another time.

Nutrition Facts

Amount per Serving

Calories 300

Calories from Fat 30

% Daily Value*

Total Fat 3g

5%

Saturated Fat 2g

8%

Cholesterol 9mg

3%

Sodium 75mg

3%

Total Carbohydrate 67g

22%

Dietary Fiber 0g

0%

Sugars 27g

Protein 0g

Vitamin A 0%

Vitamin C 0%

Calcium 6%

Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Steamed Holiday Pudding

Makes 8 servings

1 cup dates pitted chopped
 1/2 cup pecans chopped or walnuts
 2 cups flour (reserve 2 tablespoons)
 1/2 cup brown sugar
 1/2 cup granulated sugar
 1 teaspoon baking soda
 1 teaspoon baking powder

1 egg lightly beaten
 1 cup milk
 2 teaspoons vanilla extract
 Powdered sugar
 Sweetened whipped cream
 Red or green cherries (optional)
 * See note below.

* In a small bowl, coat dates and nuts with the reserved 2 tablespoons flour; set aside. In a large bowl, combine remaining 2 cups flour, sugars, baking soda and baking powder; set aside. In a separate bowl, combine egg, milk and vanilla; add to dry ingredients, stirring until moistened. Fold in dates and nuts. Pour mixture into a well-greased 1 1/2 -quart pudding mold and cover tightly with lid; or use a well-greased ovenproof 1 1/2 -quart bowl and cover with two thicknesses of well-greased foil; tie securely with string. Place mold on a rack in a large kettle*; add boiling water to cover bottom third of mold. Cover and steam over low heat for 2 1/4 to 2 1/2 hours or until tests done when wooden pick inserted 1 inch from edge comes out clean, or pudding pulls away from sides of mold. Add more boiling water during steaming, if needed.

Remove pudding mold from kettle; let rest 5 minutes. Carefully remove lid and let steam escape. Gently loosen pudding from sides of mold or bowl and invert on a serving plate. Serve hot or cold dusted with powdered sugar and topped with whipped cream. Garnish with optional red or green cherries. Can be cooled, wrapped in foil and stored in the refrigerator for 1 week or in the freezer up to 3 months.

To reheat: Keep wrapped in foil; thaw, if frozen. Place on rack in deep kettle*; pour in 1-inch boiling water, cover and simmer until heated through, about 30 minutes. Add more boiling water, if needed.

* To make your own rack, place several canning jar rings in the bottom of a kettle or use inverted custard cups.

Packaging Suggestions: If frozen, keep the pudding wrapped in foil, then rewrap in colorful gift paper or cellophane with a ribbon and some greenery in the center. If at room temperature or from the refrigerator, place the pudding on a decorative plate or a plastic-coated paper plate; rewrap with plastic wrap and cellophane, and attach a sprig of holly or pine. Be sure to write the directions for storing and heating on recipe card and attach. The pudding could be given in a pudding mold used for baking with a copy of the recipe included.

Nutrition Facts

Amount per Serving

Amount per Serving	Calories from Fat 43
Calories 309	% Daily Value*
Total Fat 5g	7%
Saturated Fat 0g	2%
Cholesterol 19mg	6%
Sodium 216mg	9%
Total Carbohydrate 65g	22%
Dietary Fiber 2g	9%
Sugars 40g	
Protein 3g	
Vitamin A 2%	Vitamin C 1%

Calcium 5%

81
Iron 8%

** Percent Daily Values are based on a 2,000 calorie diet.*

Steamed Plum Pudding

Makes 12 servings

1 1/2 cups flour	1 1/2 cups bread crumbs dry
1 teaspoon baking soda	1 cup nuts chopped
1 teaspoon salt	1 cup ground suet finely ground
1 teaspoon cinnamon ground	1 cup candied fruit chopped mixed
1/2 teaspoon nutmeg ground	2 cups seedless raisins
1/2 teaspoon cloves ground	3 eggs lightly beaten
1/4 teaspoon ginger ground	1/3 cup molasses dark
2/3 cup brown sugar	3/4 cup milk

In a large mixing bowl, sift together flour, soda, salt, cinnamon, nutmeg, cloves and ginger; add brown sugar, bread crumbs, nuts, suet, candied fruit and raisins. Blend in eggs, molasses and milk. Pour batter into a well-greased 2-quart pudding mold and cover tightly. Or use any 2-quart mold, covered tightly and secured with string. Place the mold on a rack over 2 inches of boiling water in a large kettle. Cover kettle and steam pudding for 1 1/2 hours or until the pudding springs back when touched with finger and a tester inserted in the pudding comes out clean. Serve with Hard Sauce or the following sauce.

(The following sauce in Holiday Cookbook is Lemon Sauce.)

Nutrition Facts

Amount per Serving		Calories from Fat 67
Calories 348		% Daily Value*
Total Fat 8g		12%
Saturated Fat 1g		3%
Cholesterol 36mg		12%
Sodium 525mg		22%
Total Carbohydrate 61g		20%
Dietary Fiber 3g		12%
Sugars 31g		
Protein 7g		
Vitamin A 2%		Vitamin C 0%
Calcium 9%		Iron 15%

* Percent Daily Values are based on a 2,000 calorie diet.

Toasting Coconut

To toast coconut in a skillet: Place amount of desired coconut in a thin layer in skillet (non-stick works best). Stirring constantly over medium low heat, cook until desired color.

To toast coconut in a standard oven: Place amount of desired coconut in a thin layer in a baking pan. Bake in a preheated 350° oven for 6 to 8 minutes, stirring frequently, until desired color.

To toast coconut in a microwave oven: Place about 1/3 cup coconut in a microwavable dish. Microwave at 100% power (700 watts) for 2 to 3 minutes, stirring frequently, until desired color.

Nutrition Facts

Amount per Serving

Calories 0	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Your Nativity Bake Set

*** See note below.**

* The enclosed items will enable you to make the nativity scene as pictured on the front of the box year after year. Read all instructions carefully before beginning.

Metal Cutters The metal cutters included are a large triangle for stable, manger/baby Jesus, Mary, Joseph, wiseman, star, camel, donkey, and sheep. Wash cutters in warm, soapy water after each use. Do not use abrasives or scouring pads. Carefully bend cutters to reshape if needed. Dry thoroughly with a soft towel before storing.

Reusable Decorating Bag The plastic-lined bag holds colored icing of your choice. To assemble bag with the two-piece coupler and tip, see next paragraph. To fill the decorating bag after assembling, fold down the top of the bag to form a 2- to 3-inch cuff over your hand. Spoon icing into the bag, making sure that it is never more than half full. Unfold the cuff and twist top of bag tightly, forcing a small amount of icing out of the tip to remove air bubbles. For dots, stars, and beads, hold the bag perpendicular to the decorating surface. For lines and borders, hold the bag at a 45° angle to the surface. Wash bag in warm, soapy water to eliminate all traces of grease and dry thoroughly after each use. For additional colors, small plastic storage bags can be used by cutting off the tip of one corner and inserting a decorating tip. Then fill the bag with about one-third cup of the desired color of icing and twist top of bag to close.

Two-Piece Coupler The coupler allows you to change decorating tips on the reusable decorating bag without emptying the bag. Insert the larger piece into the empty decorating bag with the smaller end and threads protruding from the small end of the bag. Place the desired tip over the end of the coupler and screw the ring into place over the tip. To change tips, unscrew the ring, replace the tip, and screw the ring into place. Wash coupler in warm, soapy water after each use. Dry thoroughly before storing.

Decorating Tips
The round tip allows you to make lines and dots. The star tip makes stars, borders, and beads of icing for assembling the stable. Wash tips immediately after use to prevent icing from hardening in the tip. Dry thoroughly before storing.

Making and Decorating the Pieces

Bake figures and 2 stable backs using the Gingerbread recipe below. Cool completely before decorating. Prepare Icing Glaze (see below). Divide glaze into as many portions as you need colors and tint with liquid or paste food colors as desired, using the picture on the top of the box as a guide. Liquid food colors will create subtle colors. For more intense coloring, use paste colors which can be purchased where cake decorating supplies are sold. Spread glaze on figures. Flaked coconut sprinkled on wet glaze makes wooly coats for the sheep. Try toasted coconut (see below) for variety. Add silver decorating balls to the star and wisemen for accents while glaze is wet. After the glaze has dried for at least 8 hours, use the decorating bag and tips to add outlines, features, and trim.

Assembling the Scene

Select an appropriate base on which to assemble your nativity scene, such as a 15 x 20-inch piece of foil-covered plywood, formica, masonite, or sturdy cardboard. Construct the stable by piping large beads of white Royal Icing (see below) along one side of each stable back (A); pipe a row of large beads along the bottom edge of each stable back (B); butt two sides together (C); place on the rear center of the base, allowing space in front for the figures. Stable backs should support each other until the icing sets. Hold in place until set, then attach the star to the peak of the stable with beads of Royal Icing.

Pipe large beads of Royal Icing on the bottom of each figure, setting it in place as you go. Prop upright if necessary until the icing sets. Scatter granulated raw sugar or toasted flaked coconut around the figures and stable for a finishing touch.

Nutrition Facts

Amount per Serving

Calories 0

Calories from Fat 0

% Daily Value*

Total Fat 0g

0%

Saturated Fat	0g	85	0%
Cholesterol	0mg		0%
Sodium	0mg		0%
Total Carbohydrate	0g		0%
Dietary Fiber	0g		0%
Sugars	0g		
Protein	0g		
Vitamin A	0%	Vitamin C	0%
Calcium	0%	Iron	0%

* Percent Daily Values are based on a 2,000 calorie diet.

Chapter 7: Bread

Bubble Bread

1 cup milk scalded
 1/2 cup vegetable shortening
 1 teaspoon salt
 1/2 cup sugar
 2 packages yeast active dry
 2 eggs beaten
 4 1/2 cups flour
 * Part two.
 2 tablespoons butter or margarine

1/2 cup brown sugar
 2 tablespoons light corn syrup
 1/2 cup candied cherries
 * Part two.
 1/2 cup butter or margarine, melted
 1 1/2 cups sugar
 1 1/2 teaspoons cinnamon ground
 1/2 cup nuts finely chopped
 1/2 cup raisins (optional)

Mix milk, shortening, salt and sugar together in medium-size bowl and stir until sugar is dissolved. When milk mixture is 98° to 105° F, add yeast and stir until dissolved. Add beaten eggs and flour; mix to make a soft dough. Turn out onto floured board and knead until double in size. Punch dough down and let rise 10 minutes.

Sugar-Fruit Topping:

*For Sugar-Fruit Topping: Combine 2 tablespoons butter or margarine, brown sugar and light corn syrup. Spread in greased Bundt or tube pan and place candied cherries with cut side up in pan.

Coating:

*For coating: Put 1/2 cup melted butter or margarine in a shallow dish; in another bowl mix sugar, cinnamon, nuts and optional raisins. Make dough into balls the size of walnuts. Dip each in butter or margarine and then roll in cinnamon-nut mixture. Place in pan. Stagger in rows and layers. Let rise 45 minutes or until double in bulk and bake in a preheated 350° F oven for 45 minutes or until done. Turn out of pan immediately.

Nutrition Facts

Amount per Serving

Calories 6471

Calories from Fat 2250

% Daily Value*

Total Fat 248g

382%

Saturated Fat 28g

142%

Cholesterol 592mg

197%

Sodium 3527mg

147%

Total Carbohydrate 995g

332%

Dietary Fiber 11g

45%

Sugars 579g

Protein 33g

Vitamin A 98%

Vitamin C 4%

Calcium 58%

Iron 142%

* Percent Daily Values are based on a 2,000 calorie diet.

Christmas Stollen

Makes 2 servings

1 cup milk	1/2 teaspoon cardamon grated
1/2 cup sugar	1/2 teaspoon cinnamon each, ground
3/4 teaspoon salt	cinnamon, nutmeg and cloves
1/2 cup butter real	2 eggs + 1 egg yolk
2 packages yeast active dry	1/4 cup each, candied citron, orange peel,
1/4 cup water lukewarm	lemon peel
1 tablespoon sugar	5 to 6 cups unbleached flour
1 cup unbleached flour	1 tablespoon butter real, melted
1 cup currants or 1/2 cup each, currants and raisins	Candied fruit for decorating
1 tablespoon rum or brandy	Glaze:
1 tablespoon lemon juice fresh	1 cup powdered sugar sifted
2 teaspoons lemon peels grated	1/4 teaspoon vanilla extract
	1 1/2 tablespoons milk

* Mix together adding a bit more milk if necessary to make good consistency for spreading. Coat loaves with glaze and decorate with a few pieces of candied fruit before glaze sets. In small saucepan, mix together milk, 1/2 cup sugar, salt and butter; bring to boil, stirring. Remove from heat; cool to lukewarm.

In large bowl of electric mixer combine dry yeast, lukewarm water and 1 tablespoon sugar mixing to dissolve; let stand 5 minutes. Stir in 1 cup unbleached flour and cooled milk-sugar mixture. Let stand in warm place until bubbly, about 1/2 hour.

Meanwhile, mix currants (or currants and raisins) with rum or brandy, lemon juice and rind; add the 4 spices. Let stand, stirring from time to time.

When yeast mixture is bubbly, stir in eggs and yolk, currants (or currants and raisins), candied fruits and 5 of the 6 cups of flour. If using a dough hook on electric mixer, beat at low speed for 5 to 6 minutes or blend by hand. Dough will be sticky and rather soft; turn dough out onto well floured board. Knead in the last cup of flour by hand and continue kneading for 4 to 5 minutes. Place dough in well oiled bowl and turn dough over to cover with oil. Cover with a dampened dish towel and let rise in a warm place until double in bulk, about 1 1/2 hours.

Punch dough down, knead for 1 minute, divide in half and shape into long oval loaves. Brush top with melted butter and place on well oiled baking sheet. Cover with a dampened dish towel, let rise in warm place until double in bulk, about 1 hour.

Bake in a preheated 375° F oven for 50 minutes or until lightly brown and hollow sounding when tapped. When cold, prepare glaze.

Note: This sounds like a complicated recipe but it isn't. It's fun to knead bread, but the work is shortened with a dough hook attachment of an electric mixer. These loaves make lovely Christmas presents, too!

Nutrition Facts

Amount per Serving		
Calories 2563		Calories from Fat 477
		% Daily Value*
Total Fat 53g		81%
Saturated Fat 1g		5%
Cholesterol 281mg		94%
Sodium 1422mg		59%
Total Carbohydrate 459g		153%

Dietary Fiber 4g

89
17%

Sugars 176g

Protein 46g

Vitamin A 45%

Vitamin C 2%

Calcium 22%

Iron 111%

* Percent Daily Values are based on a 2,000 calorie diet.

Coconut-Pumpkin Loaf

Makes 2 servings

2 cups sugar	2/3 cup coconut flaked
2 cups flour	2 3 1/2-ounce packages coconut pie filling (regular)
1 teaspoon baking soda	5 eggs
1 teaspoon salt	1 1/2 cups vegetable oil
1 teaspoon cinnamon ground	2 cups pumpkins cooked (about 1 pound)
1 teaspoon nutmeg ground	

Mix together the first 8 ingredients in a large mixing bowl. In another bowl, mix together eggs, vegetable oil and cooked pumpkin, blending well. Add egg mixture to dry ingredients; mix well. Grease 2 8 1/2 x 4 1/2 x 2 1/2 -inch loaf pans and cover bottoms with greased wax paper. Divide batter evenly between pans and place on middle rack of a preheated 350° F oven. Bake for 50 minutes to 1 hour and 10 minutes. Tester should come out clean. Cool in pan for 10 minutes. Carefully turn out onto cake rack and remove wax paper; cool completely.

Note: This bread freezes well.

Nutrition Facts

Amount per Serving		Calories from Fat 1637
Calories 2943		% Daily Value*
Total Fat 190g		292%
Saturated Fat 40g		199%
Cholesterol 358mg		119%
Sodium 1894mg		79%
Total Carbohydrate 315g		105%
Dietary Fiber 13g		51%
Sugars 213g		
Protein 13g		
Vitamin A 710%		Vitamin C 0%
Calcium 7%		Iron 39%

* Percent Daily Values are based on a 2,000 calorie diet.

Cranberry-Orange-Nut Bread

Makes 3 servings

4 cups flour	1 cup walnuts or pecans, chopped
1 1/2 cups sugar	2 teaspoons orange rinds grated
1 tablespoon baking powder	2 eggs beaten
1 teaspoon salt	1 1/2 cups orange juice concentrate
1 teaspoon baking soda	1/2 cup vegetable oil
2 cups cranberries washed, picked over, cut in halves	

Sift together dry ingredients. Stir in cranberries, nuts and orange rind. Combine eggs, orange juice and vegetable oil. Add to dry ingredients, stirring until just moistened. Divide batter into 3 lightly greased and floured 7 1/2 x 3 1/2 x 3 1/4 -inch loaf pans. Bake in a preheated 375° F oven for 45 to 50 minutes or until done.

Nutrition Facts

Amount per Serving		Calories from Fat 565
Calories 2009		% Daily Value*
Total Fat 65g		99%
Saturated Fat 8g		39%
Cholesterol 96mg		32%
Sodium 1693mg		71%
Total Carbohydrate 342g		114%
Dietary Fiber 8g		31%
Sugars 214g		
Protein 11g		
Vitamin A 3%		Vitamin C 200%
Calcium 3%		Iron 41%

* Percent Daily Values are based on a 2,000 calorie diet.

Danish Aebleskiver

Makes 6 servings

3 eggs
 1 tablespoon sugar
 1/2 teaspoon cardamom ground cardamom
 4 cups flour
 3 1/2 cups buttermilk

1 tablespoon baking soda
 Butter or margarine for frying
 Preserves maple syrup or applesauce
 Powdered sugar

Beat eggs, sugar and cardamom. Add flour and 3 cups buttermilk and blend until smooth. Dissolve baking soda in remaining 1/2 cup buttermilk; stir into batter. Put about 1/2 teaspoon butter or margarine in each cavity of the Aebleskiver iron. When bubbly hot, drop in about a level tablespoon of dough. When browned and puffed, turn over with a skewer and brown other side. Serve these little browned puffs of dough with either preserves, maple syrup or applesauce and a dusting of confectioners' sugar. If you like, add a little grated sharp cheese to the dough for a different taste treat.

Note: An Aebleskiver iron is of Danish origin, made of heavy metal, in which a small amount of batter is placed in each of several round indentations. The resultant little muffins are garnished in several ways and served for breakfast or dessert. These are obtainable in most kitchen or Scandinavian shops.

Nutrition Facts

Amount per Serving		Calories from Fat 25
Calories 356		% Daily Value*
Total Fat 3g		5%
Saturated Fat 1g		7%
Cholesterol 78mg		26%
Sodium 667mg		28%
Total Carbohydrate 68g		23%
Dietary Fiber 0g		0%
Sugars 8g		
Protein 7g		
Vitamin A 2%		Vitamin C 0%
Calcium 18%		Iron 17%

* Percent Daily Values are based on a 2,000 calorie diet.

Date-Nut Bread

4 to 5 cups flour
 1/2 cup sugar
 2 teaspoons salt
 2 packages yeast active dry
 1 cup orange juice concentrate
 1 cup milk
 1/4 cup vegetable oil
 1 egg

2 tablespoons lemon peels grated or orange rind
 1 cup dates chopped
 1/2 cup pecans coarsely chopped
 * Part two.
 1 cup powdered sugar
 1 tablespoon lemon juice fresh
 1 tablespoon water (approximately)

In large mixer bowl, combine 2 cups flour, sugar, salt and yeast. In saucepan, heat orange juice, milk and vegetable oil to 120° to 130° F. Add warm liquid mixture and egg to flour mixture and blend at low speed until moistened; beat for 4 minutes at medium speed. Blend in lemon or orange rind. Blend in 2 to 3 cups flour with pastry hook or blend in by hand. Dough will be stiff. Cover and let rise in warm place until light and doubled in size, about 40 to 60 minutes. Meanwhile, grease a 10-inch tube pan using solid shortening or margarine. Arrange chopped dates and nuts on bottom of greased pan. Punch dough down and place in prepared pan. Bake 50 to 60 minutes in a preheated 350° F oven or until golden brown and loaf sounds hollow when tapped. Remove from pan. Cool for 20 minutes; prepare following glaze.

Glaze:

*Mix sugar, lemon juice and water until proper consistency; spoon over fruit side of loaf.

Note: This batter rises only once and can be mixed partially or totally in an electric mixer. If this bread is not eaten straight out of the oven, reheat wrapped in foil.

Nutrition Facts

Amount per Serving

Calories 4349

Calories from Fat 823

% Daily Value*

Total Fat 94g

145%

Saturated Fat 12g

58%

Cholesterol 148mg

49%

Sodium 4933mg

206%

Total Carbohydrate 838g

279%

Dietary Fiber 19g

78%

Sugars 449g

Protein 25g

Vitamin A 18%

Vitamin C 406%

Calcium 43%

Iron 114%

* Percent Daily Values are based on a 2,000 calorie diet.

Dinner Muffins

Makes 12 servings

1 1/2 cups flour

1/2 cup sugar

1 1/2 teaspoons baking powder

1/2 teaspoon salt

1/4 cup butter or margarine, melted

1/2 cup milk

2 eggs

In bowl, mix together flour, sugar, baking powder and salt. Add butter or margarine, milk and eggs. Beat until all ingredients are just moistened. Grease a 12-cup muffin pan and fill 2/3 full with batter. Bake for 15 to 18 minutes in a preheated 400° F oven.

Nutrition Facts

Amount per Serving

Calories 124

Calories from Fat 38

% Daily Value*

Total Fat 4g

6%

Saturated Fat 0g

1%

Cholesterol 34mg

11%

Sodium 211mg

9%

Total Carbohydrate 20g

7%

Dietary Fiber 0g

0%

Sugars 8g

Protein 1g

Vitamin A 4%

Vitamin C 0%

Calcium 1%

Iron 3%

* Percent Daily Values are based on a 2,000 calorie diet.

Easy Christmas Tree Bread

* See note below.

Red and green maraschino cherries

2 11-ounce cans refrigerated cinnamon rolls

* "Place bread on a large wooden or plastic cutting board and include a small crock or bowl of flavored whipped butter. Cover tightly." Preheat oven to 400°. Grease a 17 x 14-inch baking sheet or slide 2 sheets together.

Open cans of rolls; separate rolls and set glaze aside. Arrange rolls, touching each other, in a tree pattern on baking sheet, beginning with one roll for top of tree and building two rolls under that, then three, etc. End with a base of five rolls. Place last roll below base of tree in center to form the trunk.

Bake 16 to 18 minutes until golden brown, covering top and base loosely with foil if browning too quickly. Cool bread 10 minutes, then spread with glaze. Decorate with cherries as desired.

Tightly wrap bread and store at room temperature. Best eaten the same day.

To reheat, place bread on baking sheet. Warm in a preheated 350° oven 10 to 15 minutes until hot.

Nutrition Facts

Amount per Serving

Calories 0

Calories from Fat 0

% Daily Value*

Total Fat 0g

0%

Saturated Fat 0g

0%

Cholesterol 0mg

0%

Sodium 0mg

0%

Total Carbohydrate 0g

0%

Dietary Fiber 0g

0%

Sugars 0g

Protein 0g

Vitamin A 0%

Vitamin C 0%

Calcium 0%

Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Favorite Holiday Bread

Makes 2 servings

2 cups flour	2 7 1/2-ounce jars carrots junior-sized (baby food)
2 teaspoons baking soda	1/2 cup vegetable oil
2 teaspoons cinnamon ground	4 eggs well beaten
1 1/2 cups sugar	1/2 cup pecans chopped or walnuts
2 teaspoons salt	

Mix dry ingredients; add carrots, oil, beaten eggs and nuts. Mix and bake in 2 greased and floured 7 1/2 x 3 1/2 x 3 1/4 -inch loaf pans in a preheated 375° F oven for 45 to 50 minutes or until done.

Note: This batter is rather thin.

Nutrition Facts

Amount per Serving

Calories 1743

Calories from Fat 691

% Daily Value*

Total Fat 80g

123%

Saturated Fat 11g

57%

Cholesterol 287mg

96%

Sodium 3448mg

144%

Total Carbohydrate 250g

83%

Dietary Fiber 7g

29%

Sugars 145g

Protein 12g

Vitamin A 629%

Vitamin C 16%

Calcium 8%

Iron 33%

* Percent Daily Values are based on a 2,000 calorie diet.

French Breakfast Puffs

Makes 12 servings

1/2 cup sugar
 1/3 cup butter or margarine
 1 egg
 1 1/2 cups flour
 1 1/2 teaspoons baking powder
 1/2 teaspoon salt

1/4 teaspoon nutmeg ground
 1/2 cup milk
 6 tablespoons butter or margarine
 1/2 cup sugar
 1 teaspoon cinnamon ground

In large mixing bowl, cream together 1/2 cup sugar, 1/3 cup butter or margarine and egg. In a separate bowl, sift together flour, baking powder, salt and nutmeg. Add to creamed mixture alternately with milk, beating well after each addition. Spoon into a greased muffin pan about 2/3 full. Bake in a preheated 350° F oven for 20 to 25 minutes. In small saucepan, melt butter or margarine. Combine 1/2 cup sugar and cinnamon in saucer. Remove muffins from oven; immediately dip tops in melted butter or margarine, then in cinnamon-sugar mixture to coat the tops. Serve warm.

Note: Muffins may be reheated wrapped in foil.

Nutrition Facts

Amount per Serving

Calories 212

Calories from Fat 97

% Daily Value*

Total Fat 11g

16%

Saturated Fat 0g

0%

Cholesterol 40mg

13%

Sodium 262mg

11%

Total Carbohydrate 28g

9%

Dietary Fiber 0g

0%

Sugars 16g

Protein 1g

Vitamin A 8%

Vitamin C 0%

Calcium 1%

Iron 3%

* Percent Daily Values are based on a 2,000 calorie diet.

Gingerbread

5 cups flour
3 teaspoons ginger ground
1 teaspoon baking soda
1 teaspoon salt
1 teaspoon nutmeg ground
1 cup vegetable shortening solid
1 cup sugar
1 cup molasses unsulphured

Line a large baking sheet with aluminum foil and grease lightly. Preheat oven to 375°.

Sift together flour, ginger, baking soda, salt, and nutmeg; set aside. Melt shortening in a large saucepan over low heat. Add sugar and molasses. Stir until sugar is completely dissolved. Remove from heat. Gradually stir in 4 cups of the flour mixture; mix until well blended. Place dough on countertop or pastry board. Knead in remaining flour mixture by hand. Divide dough in half and form two balls.

Place one ball on prepared baking sheet. Roll to 1/4-inch thickness. Cut two stable sides using large triangular cutter (if triangles are not perfectly straight, trim the sides using a ruler as a guide). Cut out figures if space allows, leaving two inches between pieces. Remove excess dough.

Using second ball of dough, cut out remaining figures, flipping cutters to make figures face in opposite directions if desired. (When flipping cutters, be careful of sharp cutting edges.) Roll out scraps of dough to make additional figures.

Bake 12 minutes or until lightly browned and set. Cool completely on wire racks. Remove from foil. Decorate figures with colored Icing Glaze as directed.

Nutrition Facts

Amount per Serving

Calories 5451	Calories from Fat 1760
	% Daily Value*
Total Fat 192g	295%
Saturated Fat 48g	240%
Cholesterol 0mg	0%
Sodium 3655mg	152%
Total Carbohydrate 842g	281%
Dietary Fiber 0g	0%
Sugars 194g	
Protein 16g	
Vitamin A 1%	Vitamin C 0%
Calcium 1%	Iron 120%

* Percent Daily Values are based on a 2,000 calorie diet.

Golden Muffins

Makes 12 servings

1 8 1/2-ounce can crushed pineapple	1/4 teaspoon nutmeg ground
2 cups flour sifted	1 egg
1/4 cup sugar	1 cup milk
1 tablespoon baking powder	1 teaspoon orange rinds grated
1/4 teaspoon salt	1/4 cup butter real, melted

Drain pineapple very well, pressing against sides of sieve to remove moisture. Sift together flour, sugar, baking powder, salt and nutmeg. Beat together egg and milk; stir in pineapple and orange rind. Blend into dry ingredients by hand, along with melted butter, mixing as little as possible until all particles are moistened. Spoon into lightly greased muffin pan. Bake in a preheated 400° F oven 20 to 25 minutes, until golden. Remove to wire rack to cool 5 minutes before removing from pan. Serve warm.

Nutrition Facts

Amount per Serving		Calories from Fat 36
Calories 136		% Daily Value*
Total Fat 4g		6%
Saturated Fat 0g		0%
Cholesterol 22mg		7%
Sodium 235mg		10%
Total Carbohydrate 22g		7%
Dietary Fiber 0g		1%
Sugars 7g		
Protein 1g		
Vitamin A 4%		Vitamin C 3%
Calcium 3%		Iron 5%

* Percent Daily Values are based on a 2,000 calorie diet.

Great Big Pancake

Makes 8 servings

6 eggs
1 cup flour
1 teaspoon salt
1 cup milk

1/4 cup butter or margarine, melted
Whipped cream
Strawberries
Maple syrup

Beat eggs with whisk or electric mixer until well blended. Sift together flour and salt; add slowly to eggs, beating until smooth. Add milk and butter or margarine. Generously grease bottom and sides of unheated 8 1/2 or 9-inch skillet and pour in half the batter. Bake in preheated 450° F oven for 20 minutes, reduce heat to 350° F and bake an additional 5 to 10 minutes. Do not open oven until last 5 minutes of baking time. Serve immediately with whipped cream and strawberries, maple syrup or fruit and syrup of your choice.

Note: If you have 2 skillets, bake 2 pancakes at once. Have another batter ready to put 2 more in the oven when the first ones come out, for a hungry crowd.

Nutrition Facts

Amount per Serving

Calories 145

Calories from Fat 70

% Daily Value*

Total Fat 8g

12%

Saturated Fat 1g

4%

Cholesterol 123mg

41%

Sodium 388mg

16%

Total Carbohydrate 13g

4%

Dietary Fiber 0g

0%

Sugars 1g

Protein 4g

Vitamin A 8%

Vitamin C 0%

Calcium 5%

Iron 5%

* Percent Daily Values are based on a 2,000 calorie diet.

Herb Casserole Bread

2 packages yeast active dry
 2 cups water warm (105° to 115° F)
 2 tablespoons sugar
 1 teaspoon salt

2 tablespoons butter soft or margarine
 1 7-ounce package dry salad dressing mix
 (onion, Italian or other)
 4 1/2 cups flour

Sprinkle yeast over water in large bowl of electric mixer; let stand a few minutes; stir to dissolve. Add sugar, salt, butter or margarine, salad dressing mix and 3 cups flour. Beat at low speed until blended. Beat at high speed until smooth, about 2 minutes. Scrape down side of bowl with spatula as necessary. With wooden spoon, gradually beat in rest of flour until blended. Dough will be sticky. Cover bowl with greased wax paper, then with towel. Let rise in warm place about 1 hour or until light and bubbly and more than double in volume. With wooden spoon, stir down batter; beat vigorously 1/2 minute or 30 strokes. Turn into a well greased, round 2-quart soufflé dish. Let dough rise for 30 to 40 minutes. Bake at 375° F for 50 minutes or until nicely browned and hollow sounding when tapped with knuckle. Turn out onto wire rack; cool completely or serve slightly warm cut into wedges.

Nutrition Facts

Amount per Serving

Calories 2090

Calories from Fat 200

% Daily Value*

Total Fat 22g

34%

Saturated Fat 0g

0%

Cholesterol 60mg

20%

Sodium 2540mg

106%

Total Carbohydrate 420g

140%

Dietary Fiber 0g

0%

Sugars 24g

Protein 0g

Vitamin A 16%

Vitamin C 0%

Calcium 0%

Iron 108%

* Percent Daily Values are based on a 2,000 calorie diet.

Kugelhopf

1/2 cup raisins dark
 1/2 cup currants
 1 cup almonds blanched, finely chopped
 1 tablespoon lemon peels grated fresh
 1 tablespoon brandy
 1 cup milk
 1 cup sugar
 1 package yeast active dry

1/2 cup water warm (105° to 115° F)
 5 cups flour
 10 to 12 almonds whole blanched
 1 cup butter or margarine, softened
 1 teaspoon salt
 6 eggs
 1/4 cup butter or margarine, melted
 Powdered sugar

In small bowl, combine raisins, currants, 3/4 cup chopped almonds, lemon rind and brandy; toss lightly, set aside. In small saucepan, heat milk to scalding; remove from heat. Stir in 1/4 cup sugar; stir until dissolved; cool to lukewarm. Sprinkle yeast over warm water in large bowl; stir until dissolved; cool to lukewarm. Sprinkle yeast over warm water in large bowl; stir until dissolved. Stir in milk mixture and 3 cups flour; beat about 2 minutes until smooth. Cover bowl and let rise in warm place until light and spongy and double in bulk. Generously grease a Bundt pan. Sprinkle inside with reserved 1/4 cup finely chopped almonds, turning pan round and round to distribute evenly. Place a whole almond in each indentation in bottom of Bundt pan. Set aside.

In large bowl, with electric mixer at medium speed, beat softened butter with remaining 3/4 cup sugar and salt until light and fluffy. Beat in eggs, one at a time, until smooth. At low speed, beat in 1 cup remaining flour and the risen batter until smooth and well-blended. With wooden spoon stir in remaining flour and fruit-nut mixture. Mix until well combined. Pour into prepared mold. Cover; let rise in warm place until batter rises to top of pan, about 1 hour. Bake for 50 to 60 minutes in a preheated 350° F oven or until cake tester inserted near middle comes out clean. Let cool in pan on wire rack 20 minutes; loosen edges and turn out onto wire rack. Brush with melted butter or margarine. To store, when completely cold, wrap in wax paper, then in foil.

Serve at room temperature sprinkled lightly with confectioners' sugar.

Note: Will keep in refrigerator up to 2 weeks and in freezer indefinitely. If this bread is not eaten straight out of the oven, reheat wrapped in foil.

Nutrition Facts

Amount per Serving		Calories from Fat 2760
Calories 6400		% Daily Value*
Total Fat 310g		477%
Saturated Fat 12g		60%
Cholesterol 1465mg		488%
Sodium 4585mg		191%
Total Carbohydrate 795g		265%
Dietary Fiber 25g		99%
Sugars 323g		
Protein 64g		
Vitamin A 194%		Vitamin C 4%
Calcium 78%		Iron 192%

* Percent Daily Values are based on a 2,000 calorie diet.

Mayonnaise Muffins

Makes 12 servings

2 cups self-rising flour
1/4 cup mayonnaise real

1 cup milk
1 tablespoon sugar

Combine ingredients and spoon into a greased muffin pan. Bake in a preheated 400° F oven for 15 to 20 minutes. Should be golden in color.

Suggestion: Put a layer of batter in muffin pan; add a teaspoon of marmalade or any kind of jelly or jam, then top with another layer of batter. May be reheated wrapped in foil.

Nutrition Facts

Amount per Serving

Calories 110

Calories from Fat 33

% Daily Value*

Total Fat 4g 6%

Saturated Fat 0g 2%

Cholesterol 2mg 1%

Sodium 307mg 13%

Total Carbohydrate 17g 6%

Dietary Fiber 0g 0%

Sugars 2g

Protein 3g

Vitamin A 1%

Vitamin C 0%

Calcium 6%

Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.

Raisin Bread

Makes 2 servings

2 cups flour
 2 packages yeast active dry
 1/2 cup sugar
 1 teaspoon salt
 1/2 teaspoon cinnamon ground
 1/2 teaspoon allspice ground
 1/2 teaspoon nutmeg ground
 2 cups milk

3/4 cup water
 1/4 cup vegetable oil
 4 cups whole wheat flour
 1 cup oats rolled
 1 cup raisins
 1 cup flour
 1 tablespoon butter real, melted

In large mixing bowl, combine first 7 ingredients and blend on low speed of electric mixer or by hand. Heat milk, water and oil until very warm (120° to 130° F). Combine the warm liquid with flour mixture on low speed until moistened; beat 4 minutes at medium speed, or do the equivalent by hand. With dough hook of mixer, or by hand, stir in whole wheat flour, oats, raisins and enough white flour to make a stiff dough. On well-floured surface, knead dough until smooth and elastic, about 5 to 7 minutes.

Place in greased bowl; turn over to grease underside. Cover, let rise in warm place 30 minutes only. Grease 2 8 1/2 x 4 1/2 x 2 1/2 -inch loaf pans. Punch dough down; divide and shape into 2 loaves. Place in greased pans; brush with melted butter. Cover; let rise in warm place until doubled in size, about 45 minutes. Bake in preheated 350° F oven for 40 to 50 minutes or until loaf sounds hollow when lightly tapped. Remove from pans. If desired brush with butter and sprinkle with sugar.

Nutrition Facts

Amount per Serving

Calories 2600

Calories from Fat 315

% Daily Value*

Total Fat 36g

56%

Saturated Fat 4g

22%

Cholesterol 20mg

7%

Sodium 1370mg

57%

Total Carbohydrate 497g

166%

Dietary Fiber 16g

64%

Sugars 142g

Protein 47g

Vitamin A 14%

Vitamin C 4%

Calcium 34%

Iron 122%

* Percent Daily Values are based on a 2,000 calorie diet.

Refrigerator Biscuits

Makes 24 servings

2 cups buttermilk	1 teaspoon cream of tartar
1 package yeast active dry	2 tablespoons sugar
1 teaspoon baking soda	4 cups flour
1 teaspoon salt	1 cup butter or margarine
1 teaspoon baking powder	

Heat buttermilk to lukewarm and add yeast; stir until dissolved. Cool. Mix and sift dry ingredients into bowl. Cut in butter or margarine until size of small peas. When buttermilk is cool, mix with dry ingredients. Put in covered container and refrigerate until ready to use. Roll dough and cut into biscuits. Let rise 20 to 30 minutes before baking in a preheated 450° F oven for 10 minutes.

Note: A most unusual recipe. Dough keeps covered in the refrigerator for at least 5 days.

Nutrition Facts

Amount per Serving		Calories from Fat 68
Calories 145		% Daily Value*
Total Fat 8g		12%
Saturated Fat 0g		1%
Cholesterol 21mg		7%
Sodium 246mg		10%
Total Carbohydrate 17g		6%
Dietary Fiber 0g		0%
Sugars 2g		
Protein 1g		
Vitamin A 5%		Vitamin C 0%
Calcium 2%		Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.

Sesame Wreath

Makes 2 servings

1 1/2 cups milk	Pinch sugar
1/2 cup butter or margarine	3 eggs
1/4 cup sugar	6 cups flour
2 teaspoons salt	1 tablespoon water
1/2 cup water warm (105° to 115° F.)	2 tablespoons sesame seeds
2 packages yeast active dry	* See note below.

* In a small saucepan, combine milk, butter or margarine, 1/4 cup sugar and salt; heat and stir until sugar dissolves and butter or margarine melts. Cool to warm, about 120° F. In warm water, dissolve yeast and a pinch of sugar until foamy, 5 to 10 minutes. In a large mixer bowl, combine milk mixture, yeast mixture, 2 eggs and 3 cups flour; beat at low speed until smooth. Gradually add 3 more cups flour, mixing by hand until mixture forms a stiff dough. Turn out onto a lightly-floured surface and knead until smooth and elastic, 8 to 10 minutes.

Place in a greased bowl; turn dough to coat surface. Cover and let rise in a warm place, free from drafts, until dough is almost doubled, about 1 1/2 hours. Punch down dough, place on lightly-floured surface and knead 1 minute.

Divide dough in half with a sharp knife; cover one half with an overturned bowl and set aside. Cut other half of dough into three equal portions and roll each into a 28-inch long rope. Place the three ropes side by side and loosely braid.

Place a greased ovenproof custard cup upside down on a large greased baking sheet. Gently lift braided dough to baking sheet and form wreath around cup, (to help maintain a good circle shape), overlapping and pinching ends together. Repeat braiding with reserved portion of dough. Cover with a damp towel and let rise in a warm place, free from drafts until almost doubled, about 30 to 45 minutes. Just before baking, brush with mixture of lightly beaten egg and 1 tablespoon water; sprinkle 1 tablespoon sesame seed over each wreath.

Bake in a preheated 375° F. oven until browned about 25 to 30 minutes. Tests done when bottom of wreath is tapped with fingers and sounds hollow. If wreath browns too quickly, loosely cover with foil after 15 minutes of baking. Remove from pan and cool on wire racks. Wrap airtight in foil and store in a cool place. Can be frozen up to 3 months.

Packaging Suggestions: Wrap the wreath with plastic wrap and center it on a breadboard or cardboard covered with foil, plastic wrap or gift wrap. Make a bow from wide ribbon and tie it on the wreath. Or tie the wreath and board together with wide ribbon, adding a bow in the center with cones, bells or fresh pine.

Nutrition Facts

Amount per Serving		Calories from Fat 440
Calories 1820		% Daily Value*
Total Fat 48g		75%
Saturated Fat 2g		8%
Cholesterol 339mg		113%
Sodium 2879mg		120%
Total Carbohydrate 298g		99%
Dietary Fiber 0g		0%
Sugars 32g		
Protein 12g		

Vitamin A 46%
Calcium 24%

107
Vitamin C 3%
Iron 76%

** Percent Daily Values are based on a 2,000 calorie diet.*

Swedish Coffee Ring

Makes 2 servings

1 package yeast active dry
 1/4 cup water lukewarm (105° to 115° F)
 1/3 cup sugar + 1/2 teaspoon
 1/3 cup butter or margarine
 1/2 teaspoon salt
 1/2 cup milk scalded
 1 egg beaten
 1/2 cup potatoes cold mashed
 3 cups flour
 2 tablespoons butter or margarine, melted
 * See note below.
 * Part two.

1 cup nuts chopped
 1 cup sugar
 1 teaspoon cardamom ground cardamom
 1 teaspoon cinnamon ground
 1/2 cup currants or raisins soaked in 1/4 cup
 rum or fruit-flavored liqueur (optional)
 * Part two.
 2 cups powdered sugar
 2 tablespoons butter or margarine, softened
 1/4 cup milk
 1/2 teaspoon almond extract

* Soften yeast in warm water; stir in 1/2 teaspoon sugar. In large mixing bowl, combine 1/3 cup sugar, butter or margarine, salt and scalded milk; cool to lukewarm. Blend in egg, mashed potatoes and yeast. Gradually add flour to form a stiff dough, beating well after each addition. Knead on floured surface 3 to 5 minutes. Place in greased bowl, turning dough to grease all sides. Cover; let rise in warm place (85° to 90° F) until doubled, about 1 hour. Punch dough down. Cover. Store in refrigerator at least 2 hours (not over 3 days). When ready to bake, punch dough down, divide in 2 portions and mold into balls; roll out each portion into an 18 x 10-inch rectangle. Brush each with 1 tablespoon melted butter or margarine. Prepare following filling. Filling:

*Sprinkle each rectangle with filling. Place a sheet of wax paper over the sprinkled dough; roll with rolling pin over the paper to push the filling into the dough. Remove wax paper. Roll as for a jelly roll, starting with 18-inch side. Place each roll on a greased baking sheet; shape into a ring, overlapping the ends. Snip sections with kitchen scissors 1 1/2 inches apart, cutting each to within 1 inch of center. Turn each cut section slightly to one side to form a wreath. Let rise in warm place until doubled, about 45 minutes. Bake in a preheated 350° F oven for 25 to 30 minutes, until golden brown. When cool prepare Almond Glaze, below:

Almond Glaze:

*Combine all ingredients and blend until smooth. Dribble over coffee ring.

Note: This can also be made in 2 greased 6 1/2 -cup ring molds and the top snipped with scissors.

Nutrition Facts

Amount per Serving

Calories 2670

Calories from Fat 796

	% Daily Value*
Total Fat 89g	137%
Saturated Fat 3g	15%
Cholesterol 214mg	71%
Sodium 1090mg	45%
Total Carbohydrate 435g	145%
Dietary Fiber 10g	39%
Sugars 277g	
Protein 21g	

Vitamin A 43%

Vitamin C 5%

Calcium 34%

Iron 61%

* Percent Daily Values are based on a 2,000 calorie diet.

Chapter 8: Sauce

Candied Cranberries

Makes 2 servings

2 cups cranberries raw, picked over and washed

1 cup sugar

Spread cranberries in an even layer in a shallow baking dish. Sprinkle berries with sugar and cover dish securely with foil. Bake in a preheated 350° F oven for one hour, stirring occasionally. Chill cranberries and serve with poultry or pork, as a condiment.

Note: This may be made ahead and frozen to use as desired.

Nutrition Facts

Amount per Serving

Calories 750		Calories from Fat 0
		% Daily Value*
Total Fat 0g		0%
Saturated Fat 0g		0%
Cholesterol 0mg		0%
Sodium 0mg		0%
Total Carbohydrate 195g		65%
Dietary Fiber 6g		24%
Sugars 189g		
Protein 0g		
Vitamin A 0%		Vitamin C 0%
Calcium 0%		Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Easy Hollandaise Sauce

Makes 2 servings

1 cup sour cream

2 teaspoons dijon style mustard

1 cup mayonnaise real

1 tablespoon lemon juice fresh

Combine all ingredients in small saucepan; cook, stirring, over low heat until heated through. May be kept hot using double boiler.

Nutrition Facts

Amount per Serving
Calories 1040

Calories from Fat 980

% Daily Value***Total Fat** 108g

166%

Saturated Fat 24g

120%

Cholesterol 100mg

33%

Sodium 920mg

38%

Total Carbohydrate 8g

3%

Dietary Fiber 0g

0%

Sugars 4g

Protein 4g

Vitamin A 8%

Vitamin C 0%

Calcium 8%

Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Hard Sauce (used with Baked Plum Pudding)

1/2 cup butter real

2 cups powdered sugar sifted

1 teaspoon vanilla extract

1 egg separated

Thoroughly cream butter and confectioners' sugar together. Add vanilla and well beaten egg yolk. Beat egg white until stiff; fold into the creamed mixture. Chill.

Nutrition Facts

Amount per Serving

Calories 1807

Calories from Fat 827

% Daily Value*

Total Fat 91g

140%

Saturated Fat 1g

5%

Cholesterol 383mg

128%

Sodium 763mg

32%

Total Carbohydrate 240g

80%

Dietary Fiber 0g

0%

Sugars 232g

Protein 4g

Vitamin A 68%

Vitamin C 0%

Calcium 1%

Iron 3%

* Percent Daily Values are based on a 2,000 calorie diet.

Honeyed Chocolate Sauce

Makes 2 servings

4 ounces unsweetened baking chocolate
chopped
6 tablespoons butter
1 cup honey

1/2 cup half and half
1 teaspoon vanilla extract
1/8 teaspoon salt

In a medium heavy saucepan over low heat, melt chocolate and butter.

Stir in honey, half-and-half, vanilla and salt until smooth. Stirring over medium-low heat, cook for 5 minutes or until thickened. Serve warm over ice cream. Cover and refrigerate leftovers. To reheat before serving, place jar in a saucepan half filled with water over medium heat.

Nutrition Facts

Amount per Serving

Calories 1210

Calories from Fat 600

% Daily Value*

Total Fat 67g 103%

Saturated Fat 22g 110%

Cholesterol 110mg 37%

Sodium 468mg 19%

Total Carbohydrate 154g 51%

Dietary Fiber 8g 32%

Sugars 130g

Protein 8g

Vitamin A 28%

Vitamin C 0%

Calcium 4%

Iron 16%

* Percent Daily Values are based on a 2,000 calorie diet.

Hot Fudge Sauce

3 tablespoons butter real, cut into small pieces

1/3 cup granulated sugar

1/3 cup brown sugar firmly packed

1/2 cup unsweetened cocoa

1/3 cup half and half

Pinch salt

Place all ingredients in a heavy saucepan or double boiler. Stir over moderate heat until butter is melted. Reduce heat; continue to stir and scrape bottom and sides of pan with rubber spatula until sugar is melted. Bring sauce to boiling point; do not boil. Serve warm or hot.

Note: May be kept in refrigerator in covered jar. Reheat slowly in top of double boiler before serving. If it becomes too thick, thin with a little milk.

Nutrition Facts

Amount per Serving

Calories 1033

Calories from Fat 420

% Daily Value*

Total Fat 45g

69%

Saturated Fat 5g

27%

Cholesterol 117mg

39%

Sodium 337mg

14%

Total Carbohydrate 155g

52%

Dietary Fiber 8g

32%

Sugars 131g

Protein 8g

Vitamin A 29%

Vitamin C 0%

Calcium 5%

Iron 32%

* Percent Daily Values are based on a 2,000 calorie diet.

Lemon Sauce

Makes 2 servings

1 cup sugar

2 1/2 tablespoons cornstarch

2 cups water

2 eggs yolk beaten

1/2 cup lemon juice fresh

1 tablespoon lemon peels grated

2 tablespoons butter or margarine

Combine sugar and cornstarch in saucepan; gradually add water, blending until smooth. Cook over medium heat, stirring constantly until mixture becomes thick and clear; remove from heat. Stir small amount of hot mixture into egg yolks; add to hot mixture in saucepan and cook 2 minutes. Add lemon juice, rind and butter or margarine, blending well.

Nutrition Facts

Amount per Serving

Calories 557

Calories from Fat 127

% Daily Value*

Total Fat 14g

22%

Saturated Fat 1g

5%

Cholesterol 173mg

58%

Sodium 133mg

6%

Total Carbohydrate 109g

36%

Dietary Fiber 0g

1%

Sugars 96g

Protein 4g

Vitamin A 12%

Vitamin C 0%

Calcium 1%

Iron 3%

* Percent Daily Values are based on a 2,000 calorie diet.

Lemon Sauce For Steamed Plum Pudding

Makes 2 servings

5 tablespoons sugar
2 tablespoons flour
1 tablespoon butter real

2 cups water boiling
Juice and grated rind of 1 lemon

Combine sugar and flour in saucepan over low heat; add butter. Gradually add 2 cups boiling water. Cook over medium heat, stirring until thick. Add juice and lemon rind and blend.

Nutrition Facts

Amount per Serving

Calories 188

Calories from Fat 50

% Daily Value*

Total Fat 6g 8%

Saturated Fat 0g 0%

Cholesterol 15mg 5%

Sodium 45mg 2%

Total Carbohydrate 36g 12%

Dietary Fiber 0g 0%

Sugars 30g

Protein 0g

Vitamin A 4%

Vitamin C 0%

Calcium 0%

Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet.

Maple-Walnut Topping

1 cup maple syrup or maple-flavored syrup
2 tablespoons butter or margarine
1/2 cup walnuts coarsely chopped

1/3 cup whipped cream
1/2 teaspoon vanilla extract
Additional whipping cream (optional)

In a small saucepan over medium heat, bring syrup to a boil and boil for 7 minutes. Remove from heat.

Stir in butter or margarine until melted. Stir in nuts, 1/3 cup cream and vanilla until well blended. For a thinner topping, add additional cream. Cool. Cover and refrigerate. Stir before serving. Serve over ice cream, cake or waffles.

Nutrition Facts

Amount per Serving

Calories 1664

Calories from Fat 807

% Daily Value*

Total Fat 92g

141%

Saturated Fat 19g

94%

Cholesterol 167mg

56%

Sodium 747mg

31%

Total Carbohydrate 218g

73%

Dietary Fiber 6g

23%

Sugars 152g

Protein 9g

Vitamin A 37%

Vitamin C 0%

Calcium 4%

Iron 11%

* Percent Daily Values are based on a 2,000 calorie diet.

Mustard Sauce

1 cup half and half

1/4 cup sugar

3 tablespoons dry mustard

2 tablespoons flour

1 1/2 teaspoons salt

3 eggs yolk

1/4 cup cider vinegar

Scald 3/4 cup half-and-half. Mix remaining half-and-half, sugar, mustard, flour, salt and egg yolks in a small bowl. Stir scalded half-and-half into mustard mixture; transfer to saucepan. Heat, stirring frequently, until thick. Remove from heat and stir in vinegar. Cool and refrigerate. Sauce can be refrigerated up to 2 months.

Note: Delicious on ham, corn beef, etc.

Nutrition Facts

Amount per Serving

Calories 740

Calories from Fat 320

% Daily Value*

Total Fat 33g

51%

Saturated Fat 19g

95%

Cholesterol 510mg

170%

Sodium 4320mg

180%

Total Carbohydrate 77g

26%

Dietary Fiber 0g

0%

Sugars 56g

Protein 12g

Vitamin A 28%

Vitamin C 0%

Calcium 20%

Iron 11%

* Percent Daily Values are based on a 2,000 calorie diet.

Salsa Verde (used with Cold Fish Mousse)

Makes 6 servings

1/2 spinach thawed	2 tablespoons scallion minced
1 egg	2 tablespoons parsley minced fresh
1/2 teaspoon dry mustard	1/2 teaspoon dill weed dried
1/2 teaspoon salt	1/2 cup vegetable oil
1 tablespoon lemon juice fresh	

Put all ingredients except oil in blender or food processor; purée. Slowly add oil while machine is running. Taste for additional seasoning. Serve warm or chilled over the mousse.

Note: This sauce is also delicious with cold meats or heated and served over pasta.

Nutrition Facts

Amount per Serving		Calories from Fat 164
Calories 169		% Daily Value*
Total Fat 19g		29%
Saturated Fat 3g		14%
Cholesterol 24mg		8%
Sodium 208mg		9%
Total Carbohydrate 0g		0%
Dietary Fiber 0g		0%
Sugars 0g		
Protein 1g		
Vitamin A 1%		Vitamin C 0%
Calcium 0%		Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Sauce Dugl  r   (used with Hot Fish Mousse)

Makes 6 servings

1 tablespoon butter or margarine
 3 tablespoons onions minced
 1 tablespoon scallion minced
 1/3 cup vermouth
 2 cups tomatoes peeled, seeded and chopped

Salt and freshly ground pepper to taste
 1 cup cream
 1/8 teaspoon anise extract or 1/4 teaspoon anise seeds (optional)

Melt butter or margarine in saucepan; add onion and scallions. Cook, stirring, until wilted. Add vermouth and simmer 5 minutes. Add tomatoes, salt and pepper; simmer 10 minutes. Add cream, stirring occasionally; cook over moderate heat until thickened, about 10 to 15 minutes. Add anise-flavored extract or anise seeds (optional). Serve this sauce hot with the Hot Fish Mousse.

Nutrition Facts

Amount per Serving

Calories 169

Calories from Fat 137

% Daily Value*

Total Fat 15g

24%

Saturated Fat 8g

40%

Cholesterol 58mg

19%

Sodium 35mg

1%

Total Carbohydrate 7g

2%

Dietary Fiber 1g

3%

Sugars 3g

Protein 1g

Vitamin A 17%

Vitamin C 21%

Calcium 0%

Iron 1%

* Percent Daily Values are based on a 2,000 calorie diet.

Smoky Barbecue Sauce

Makes 3 servings

* See note below.

1 1/2 cups ketchup

1 1/2 cups water

1/4 cup dried minced onion

1/4 cup brown sugar packed

1/4 cup white vinegar

1 tablespoon worcestershire sauce

2 teaspoons dry mustard

2 teaspoons beef bouillon

2 teaspoons chili powder

1/2 teaspoon garlic powder

1/2 teaspoon black pepper (optional)

1/2 teaspoon liquid smoke (optional)

Few drops hot pepper sauce

* "French jam jars with plastic lids (or any glass containers of your choice) are attractive containers for this sauce. Top jars with rounds of red bandana fabric and tie with twine. Attach recipe and a barbecue basting brush." Stir together all ingredients in a 2- or 3-quart saucepan. Simmer, uncovered, 15 minutes, stirring occasionally. Cool.

Store in a covered container in the refrigerator. Brush on meat, chicken, or fish when grilling or use as a steak sauce.

Nutrition Facts

Amount per Serving

Calories 194

Calories from Fat 2

% Daily Value*

Total Fat 0g

0%

Saturated Fat 0g

1%

Cholesterol 0mg

0%

Sodium 1900mg

79%

Total Carbohydrate 50g

17%

Dietary Fiber 0g

0%

Sugars 48g

Protein 0g

Vitamin A 16%

Vitamin C 0%

Calcium 0%

Iron 1%

* Percent Daily Values are based on a 2,000 calorie diet.

Spicy Butter Sauce

2/3 cup sugar

1 1/2 tablespoons cornstarch

1 cup water

1/4 cup butter real

1/2 teaspoon nutmeg ground

1 teaspoon vanilla extract

Combine sugar and cornstarch in a small saucepan; stir in water. Cook over medium heat, stirring constantly until thick and clear. Add butter, nutmeg and vanilla; blend well. Serve hot.

Note: Rum or brandy, added to taste, may be used as flavoring instead of vanilla.

(Used in Holiday Cookbook with Baked Plum Pudding.)

Nutrition Facts

Amount per Serving

Calories 940

Calories from Fat 400

% Daily Value*

Total Fat 44g 68%

Saturated Fat 0g 0%

Cholesterol 120mg 40%

Sodium 360mg 15%

Total Carbohydrate 143g 48%

Dietary Fiber 0g 0%

Sugars 128g

Protein 0g

Vitamin A 32% Vitamin C 0%

Calcium 0% Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Chapter 9: Pie

Caramel-Nut Apple Pie

Makes 8 servings

10-inch double crust pastry (see following)	1 tablespoon lemon juice fresh
1/4 cup butter or margarine, softened	1/2 cup sugar
1/2 cup brown sugar	1 tablespoon flour
2 tablespoons light corn syrup	1/2 teaspoon cinnamon ground
1/2 cup pecans halves	1/2 teaspoon nutmeg ground
5 apples large tart, pared, cored and thinly sliced	1/4 teaspoon cloves ground

Prepare pie dough and refrigerate until ready to use. Grease a 10-inch pie plate liberally with 1 tablespoon butter or margarine. In small saucepan, melt remaining 3 tablespoons butter or margarine; add brown sugar and corn syrup; stir over heat only until dissolved, 1 to 2 minutes. Pour mixture in bottom of pie plate. Arrange pecan halves on plate in decorative design, rounded side down. Roll out lower crust; carefully fit over top of nut-sugar mixture. Trim crust even with outer edge of pie plate. Sprinkle apple slices with lemon juice. In bowl, combine sugar, flour and spices; toss with apple slices. Spread apple slices evenly in pie plate, peaking slightly in center. Roll out remaining pastry; place over apple mixture. Trim top crust 1/2 inch beyond edge of bottom crust; tuck it under edge of lower crust to seal. Flute edges. Cut slits in top crust. Bake in a preheated 400° F oven for 50 minutes. Remove from oven; cool 5 minutes. Place serving plate on top of pie, invert plate and carefully remove pie plate. Serve warm with a scoop of vanilla ice cream, if desired.

Nutrition Facts

Amount per Serving		
Calories 245		Calories from Fat 89
		% Daily Value*
Total Fat 10g		16%
Saturated Fat 0g		2%
Cholesterol 15mg		5%
Sodium 50mg		2%
Total Carbohydrate 39g		13%
Dietary Fiber 4g		14%
Sugars 28g		
Protein 1g		
Vitamin A 4%		Vitamin C 4%
Calcium 1%		Iron 1%

* Percent Daily Values are based on a 2,000 calorie diet.

Quick Mincemeat Turnovers

Makes 40 servings

* See note below.

1 15-ounce package frozen pie crusts
refrigerated rolled

1/2 cup mincemeat prepared

1 tablespoon brandy (optional)

Powdered sugar

* "Make a windowed gift bag: cut out a diamond or square window from a brown lunch bag or colored gift bag. Tape a piece of clear cellophane inside. Fill with turnovers. Seal top of bag with a holiday sticker." Preheat oven to 425°.

On a lightly floured surface, using one pastry round at a time, roll pastry into a 12-inch circle. Using a 2 1/2-inch round cutter, cut out 16 circles. Re-roll pastry and cut out 4 additional circles. Repeat with remaining pastry round.

In a small bowl, mix mincemeat and brandy. Place 1/2 teaspoon of the mincemeat in center of each circle; fold in half. With tines of a fork, press edges together. Place turnovers on ungreased baking sheets.

Bake 10 to 12 minutes until lightly browned. Cool on wire racks. Roll in powdered sugar.

Store in an airtight container in a cool place. Dust with powdered sugar before serving.

Nutrition Facts

Amount per Serving

Calories 47

Calories from Fat 24

% Daily Value*

Total Fat 3g

4%

Saturated Fat 1g

6%

Cholesterol 3mg

1%

Sodium 35mg

1%

Total Carbohydrate 5g

2%

Dietary Fiber 0g

0%

Sugars 1g

Protein 1g

Vitamin A 0%

Vitamin C 0%

Calcium 0%

Iron 1%

* Percent Daily Values are based on a 2,000 calorie diet.

Chapter 10: Appetizer

Cheese Tartlets

Pastry:

1 2/3 cups flour
 1/4 teaspoon salt
 1/2 cup butter real, chilled
 1 egg yolk
 1/4 cup water cold
 1 tablespoon vegetable oil

* Part two.

1 cup swiss cheese, finely diced natural
 2 eggs
 1 cup cream
 Salt and freshly ground pepper
 1/4 teaspoon nutmeg ground
 3/4 cup swiss cheese, grated natural

Place flour and salt into mixing bowl. Cut chilled butter in pea-size bits into flour and work mixture until texture of oatmeal. (Pastry can also be made in food processor.) Beat egg yolk with cold water and oil. Make a well in center of flour-butter mixture and pour in egg. Mix with fork and press dough into ball. Wrap well and refrigerate for 1 hour. Roll on lightly floured surface to 1/8 -inch thick; fit into a 10-inch pie plate or a 24-cup (1 1/2 -inch each) muffin pan. Prick well with fork and refrigerate.

Cheese filling:

*Sprinkle a bit of Swiss cheese in uncooked shell, pressing cheese lightly into pastry. Refrigerate. Beat eggs, cream, salt, pepper and nutmeg together. Fill chilled shells and sprinkle with remaining grated Swiss cheese. Bake small shells in a preheated 400° F oven for 12 to 15 minutes or until puffed up and golden. For 10-inch shell, bake in a preheated 400° F oven for 25 to 30 minutes or until puffed and golden. Remove from oven and serve slightly warm.

Nutrition Facts

Amount per Serving

Calories 2447

Calories from Fat 1720

% Daily Value*

Total Fat 191g

294%

Saturated Fat 53g

265%

Cholesterol 990mg

330%

Sodium 1520mg

63%

Total Carbohydrate 164g

55%

Dietary Fiber 0g

0%

Sugars 16g

Protein 12g

Vitamin A 108%

Vitamin C 0%

Calcium 4%

Iron 48%

* Percent Daily Values are based on a 2,000 calorie diet.

Cold Fish Mousse With Salsa Verde

Makes 6 servings

1 1-pound package frozen flounder or sole,
defrosted

2 eggs

1 1/4 teaspoons salt

Freshly ground white pepper to taste

1/8 teaspoon nutmeg grated

1/2 teaspoon lemon juice fresh

Pinch cayenne pepper

1 1/2 cups cream

Parsley Minced fresh for garnish

Preheat oven to 350° F. Generously butter a 5-cup mold. Cut fish into 1 1/2 -inch cubes and place in a bowl of food processor or blender. Add eggs, salt, pepper, nutmeg, lemon juice and cayenne. Blend until coarsely chopped in on/off spurts. Gradually add cream while continuing to blend. When fluffy and light, pour mousse into buttered mold. Smooth over top and cover with round of buttered wax paper cut to fit. Place mold in a shallow pan 2 to 3 inches larger in diameter; add boiling water to depth of 1 inch. Return water to boil on stove top; place in oven (do not allow water to boil while in oven, simmer only) and bake mousse until set, approximately 45 minutes. Let stand until cooled; chill. Unmold onto a serving dish and serve with Salsa Verde.

Note: Spoon a ribbon of Salsa Verde down the middle of mousse and sprinkle with minced parsley before serving. Or make individual servings by placing a slice of mousse on a lettuce leaf, nap with sauce and sprinkle with parsley.

Nutrition Facts

Amount per Serving

Calories 196

Calories from Fat 189

% Daily Value*

Total Fat 21g

32%

Saturated Fat 12g

62%

Cholesterol 128mg

43%

Sodium 526mg

22%

Total Carbohydrate 4g

1%

Dietary Fiber 0g

0%

Sugars 4g

Protein 1g

Vitamin A 9%

Vitamin C 0%

Calcium 0%

Iron 1%

* Percent Daily Values are based on a 2,000 calorie diet.

Crab Quiche

Makes 6 servings

Pastry:

1 1/2 cups flour
 1/2 teaspoon salt
 1/2 cup vegetable shortening solid
 4 to 5 tablespoons water cold
 * Part two.
 1 cup swiss cheese, shredded natural
 1 7 1/2-ounce can crab meat drained, flaked,
 cartilage removed

3 scallion thinly sliced with 1 inch of greens
 4 eggs beaten
 1 1/2 cups half and half
 1/2 teaspoon salt
 1/2 teaspoon lemon peels grated
 1 teaspoon lemon juice fresh
 1/4 teaspoon dry mustard
 1/4 teaspoon mace ground
 1/4 cup almonds sliced, toasted

Sift together flour and salt; cut in shortening until pieces are size of small peas. Sprinkle with cold water, 1 tablespoon at a time, while mixing with fork, until completely moist. Form into ball; flatten on lightly floured surface. Place in foil and refrigerate for 1 hour or overnight. Roll on lightly floured surface to 1/8 -inch thick and fit into 9-inch pie plate. Make rim around edge.

Filling:

*Arrange cheese evenly over bottom of pastry shell. Top with crab meat; sprinkle with scallions. Combine eggs, half-and-half, salt, lemon rind and juice, dry mustard and mace. Pour over crab meat. Top with sliced almonds. Bake in a preheated 325° F oven for 45 minutes or until set. Remove from oven and let stand 10 minutes before serving.

Nutrition Facts

Amount per Serving

Calories 398

Calories from Fat 253

% Daily Value*

Total Fat 27g

42%

Saturated Fat 9g

45%

Cholesterol 137mg

46%

Sodium 601mg

25%

Total Carbohydrate 25g

8%

Dietary Fiber 1g

3%

Sugars 2g

Protein 7g

Vitamin A 7%

Vitamin C 0%

Calcium 7%

Iron 11%

* Percent Daily Values are based on a 2,000 calorie diet.

Escargots In Butter Sauce

Makes 4 servings

1 cup butter real, softened	1 teaspoon brandy
2 tablespoons shallots minced	1 teaspoon lemon juice fresh
2 tablespoons garlic minced	1/2 teaspoon salt
2 tablespoons vermouth	4 black pepper grinds fresh
1 tablespoon worcestershire sauce	3 dozens snails large
1 tablespoon parsley minced fresh	

Mix all ingredients except snails and heat in large skillet. Add snails and simmer over low heat 10 to 15 minutes. Serve in a chafing dish with cocktail forks and slices of crusty French bread.

Nutrition Facts

Amount per Serving

Calories 416	Calories from Fat 400
	% Daily Value*
Total Fat 44g	68%
Saturated Fat 0g	0%
Cholesterol 120mg	40%
Sodium 656mg	27%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	1%
Sugars 0g	
Protein 1g	
Vitamin A 32%	Vitamin C 0%
Calcium 0%	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Italian Stuffed Mushrooms

Makes 6 servings

24 mushrooms medium-large fresh
 2 tablespoons olive oil
 1/4 cup scallion minced or onion
 1 clove garlic minced
 1/4 cup green bell peppers minced
 1 tablespoon parsley minced fresh
 1/2 teaspoon salt

1/4 teaspoon black pepper freshly ground
 1/4 teaspoon italian seasoning
 3 tablespoons parmesan cheese, grated
 3 tablespoons capers minced
 1 tablespoon bread crumbs
 1 egg yolk + 1 teaspoon water

Wash, dry and stem mushrooms. Mince stems. Heat olive oil in skillet; add mushroom stems, scallions or onion, garlic and green pepper. Sauté, stirring for 5 minutes. Mix in parsley, salt, pepper, Italian seasoning, cheese, capers and bread crumbs. Remove from heat. Beat egg yolk with 1 teaspoon water and add to stuffing, mixing well. Stuff mushrooms, place on oiled baking sheet and bake in a preheated 375° F oven for 15 minutes.

Nutrition Facts

Amount per Serving

Calories 157

Calories from Fat 45

% Daily Value*

Total Fat 5g

8%

Saturated Fat 1g

4%

Cholesterol 24mg

8%

Sodium 397mg

17%

Total Carbohydrate 14g

5%

Dietary Fiber 0g

1%

Sugars 0g

Protein 13g

Vitamin A 1%

Vitamin C 19%

Calcium 0%

Iron 1%

* Percent Daily Values are based on a 2,000 calorie diet.

Light and Tasty Cheese Spread

Makes 2 servings

* See note below.

2 cups ricotta cheese lowfat

1 8-ounce package neufchatel cheese or
light cream cheese, softened

1/4 cup parsley tightly packed leaves

2 cloves garlic each cut in fourths

2 teaspoons dill weed dried

1 teaspoon basil dried leaves

1/2 teaspoon thyme dried

1/2 teaspoon rosemary dried

1/2 teaspoon salt or to taste

* "An old pottery crock is a perfect container for this cheese spread. Or use any decorative glass container. Give with a selection of fun or unusual crackers." Place all ingredients in a food processor bowl. Process until mixture is smooth. Pack cheese spread into a crock or bowl. Cover and store in the refrigerator.

Use within 1 week. Serve with crackers, chips, or fresh vegetables.

Tip: This spread can be used as a pasta sauce, in lasagna, or to make hors d'oeuvres.

Nutrition Facts

Amount per Serving

Calories 2084

Calories from Fat 240

% Daily Value*

Total Fat 24g

37%

Saturated Fat 16g

80%

Cholesterol 120mg

40%

Sodium 1551mg

65%

Total Carbohydrate 13g

4%

Dietary Fiber 0g

0%

Sugars 8g

Protein 42g

Vitamin A 48%

Vitamin C 0%

Calcium 88%

Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Molded Pineapple Cheese

Makes 3 servings

* See note below.

2 8-ounce packages cream cheese softened

4 ounces blue cheese crumbled, at room temperature

1 8-ounce can crushed pineapple in juice, well drained

1 cup almonds sliced or chopped walnuts

* "Look for an inexpensive bamboo tray and wooden spreader. Line tray with fresh lemon leaves (from a florist) before unmolding cheese. Surround with crackers. Cover with plastic wrap." In a large mixer bowl at medium speed, beat cream cheese, bleu cheese, and pineapple until well blended. On a serving platter or foil-covered cardboard round, form cheese into a pineapple shape. Press sliced almonds into cheese to resemble a pineapple.* Or, line a 3-cup bowl, decorative mold, or ring mold with plastic wrap. Spread half of the cheese mixture in bowl or mold and sprinkle with half of the nuts. Top with remaining cheese. Cover and refrigerate at least 1 hour. Unmold cheese. Press remaining nuts on top of cheese. Serve with crackers.

Store in the refrigerator. Use within 1 week.

*If desired, ask your produce manager for leftover fresh pineapple leaves to garnish the top of the formed cheese.

Nutrition Facts

Amount per Serving

Calories 985

Calories from Fat 781

% Daily Value*

Total Fat 89g

136%

Saturated Fat 42g

208%

Cholesterol 192mg

64%

Sodium 991mg

41%

Total Carbohydrate 41g

14%

Dietary Fiber 6g

24%

Sugars 11g

Protein 28g

Vitamin A 40%

Vitamin C 13%

Calcium 30%

Iron 12%

* Percent Daily Values are based on a 2,000 calorie diet.

Onion Stuffed Mushrooms

Makes 6 servings

24 mushrooms small fresh
 1/4 cup onions minced
 1/4 cup parmesan cheese, grated
 1/2 teaspoon salt

1/4 teaspoon black pepper freshly ground
 1/4 teaspoon paprika
 3 tablespoons olive oil

Wash, dry and stem mushrooms. Chop stems and combine with onion, cheese, salt, pepper and paprika. Add 1 tablespoon olive oil to this mixture and stuff mushrooms. Place remaining 2 tablespoons olive oil in baking dish and spread. Heat pan in a preheated 375° F oven; arrange mushrooms in pan. Bake 10 minutes. Serve on toast rounds or with cocktail forks.

Nutrition Facts

Amount per Serving

Calories	161	Calories from Fat	60
		% Daily Value*	
Total Fat	7g		11%
Saturated Fat	1g		5%
Cholesterol	0mg		0%
Sodium	197mg		8%
Total Carbohydrate	12g		4%
Dietary Fiber	0g		0%
Sugars	0g		
Protein	12g		
Vitamin A	2%	Vitamin C	9%
Calcium	0%	Iron	0%

* Percent Daily Values are based on a 2,000 calorie diet.

Savory Cheese Stuffed Mushrooms Makes 8 servings

36 mushrooms medium-size fresh, washed
 3 tablespoons butter or margarine
 1/4 cup green bell peppers minced
 2 tablespoons pimiento minced
 1/4 cup onions minced
 1 1/2 cups bread crumbs soft bread crumbs
 3 slices

3/4 cup monterey jack cheese, shredded
 1/2 teaspoon salt
 1/2 teaspoon thyme dried, crushed
 1/4 teaspoon turmeric ground
 1/4 teaspoon black pepper freshly ground
 1 tablespoon butter or margarine

Remove stems from mushrooms and mince enough to measure 1/3 cup. Melt 3 tablespoons butter or margarine in skillet; add chopped mushroom stems, green pepper, pimiento and onion. Cook and stir until tender, about 5 to 7 minutes. Remove from heat; stir in remaining ingredients except mushroom caps and 1 tablespoon butter or margarine. Melt remaining 1 tablespoon butter or margarine in a shallow baking pan. Fill mushroom caps with stuffing mixture; place in pan. Bake in a preheated 350° F oven for 15 to 20 minutes or until lightly browned.

Nutrition Facts

Amount per Serving

Calories 247

Calories from Fat 61

% Daily Value*

Total Fat 7g

10%

Saturated Fat 0g

0%

Cholesterol 15mg

5%

Sodium 516mg

21%

Total Carbohydrate 29g

10%

Dietary Fiber 1g

4%

Sugars 1g

Protein 17g

Vitamin A 4%

Vitamin C 18%

Calcium 3%

Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.

Shrimp In Port Cream

Makes 6 servings

1/4 cup butter or margarine

8 scallion chopped

**1 pound shrimp small Alaskan, shelled,
cleaned and cooked**

1/4 cup wine dry port

4 eggs yolk

1 cup cream

1/2 cup parsley coarsely chopped fresh

Salt and freshly ground pepper

Preheat oven to 325° F. Melt butter or margarine in large skillet. Add scallions and sauté 5 minutes. Add shrimp, mix carefully into butter or margarine mixture; add port and simmer 3 minutes. Transfer shrimp to a well-greased, shallow, 9-inch round ovenproof pan or 6 ramekin dishes. In bowl, beat together yolks and cream. Add parsley; season with salt and pepper. Pour custard mixture over shrimp. Bake until set, about 35 minutes.

Note: If making a single tart, let cool 10 minutes before cutting into serving wedges.

Nutrition Facts

Amount per Serving

Calories 257

Calories from Fat 207

% Daily Value*

Total Fat 23g

35%

Saturated Fat 9g

43%

Cholesterol 269mg

90%

Sodium 680mg

28%

Total Carbohydrate 3g

1%

Dietary Fiber 0g

0%

Sugars 4g

Protein 12g

Vitamin A 13%

Vitamin C 0%

Calcium 2%

Iron 3%

* Percent Daily Values are based on a 2,000 calorie diet.

Three Filling Circle Sandwich

Makes 8 servings

2 1/2 -inch crosswise slices Herb Casserole Bread

First filling:

1 8-ounce package cream cheese softened
2 tablespoons sour cream
2 ounces blue cheese crumbled
1/4 cup mayonnaise real

Second filling:

2 4 1/2-ounce cans deviled ham
2 teaspoons dijon style mustard
4 teaspoons sweet pickle relish
2 teaspoons cream style horseradish

Third filling:

3 eggs hard-cooked, minced
1 1/2 tablespoons mayonnaise real
1/4 teaspoon salt
1/4 teaspoon dill weed dried

Garnish:

1 cucumber small
2 ounces shrimp small Alaskan shelled, cleaned and cooked
Pitted ripe olives
Pimiento-stuffed green olives
Cocktail tomatoes

In small bowl, mix together cream cheese, sour cream, blue cheese and mayonnaise. Spread both slices with mixture. Mix together deviled ham, mustard, pickle relish and horseradish; spread in large circle in center of each slice of bread to within 1 1/2 inches of edge. Combine minced egg with mayonnaise, salt and dill weed; spoon into smaller circle in center of ham and smooth with spatula. Place one slice of filled bread on top of other (filling side up), pressing lightly. On top layer, complete garnish with thin slices of cucumber in large outer circle. Accent with tiny shrimp, slices of olives and cocktail tomatoes in an eye-appealing design.

* A bakery round loaf may be used in place of Herb Casserole Bread.

Nutrition Facts

Amount per Serving		Calories from Fat 273
Calories 332		% Daily Value*
Total Fat 30g		46%
Saturated Fat 12g		60%
Cholesterol 131mg		44%
Sodium 685mg		29%
Total Carbohydrate 6g		2%
Dietary Fiber 0g		0%
Sugars 1g		
Protein 11g		
Vitamin A 11%		Vitamin C 3%
Calcium 5%		Iron 5%

* Percent Daily Values are based on a 2,000 calorie diet.

Tuna Paté

Makes 8 servings

1 7-ounce can tuna with oil
 2 to 3 tablespoons brandy
 2 3-ounce packages cream cheese
 low-calorie
 2 eggs hard-cooked
 1 teaspoon lemon juice fresh

3 tablespoons pistachio nuts unsalted,
 shelled
 1 10 1/2-ounce can beef consommé (with
 gelatin) chilled until almost jelled
 Lemon slices
 Fresh parsley sprigs

Salt and freshly ground white pepper to taste

Place tuna, oil and brandy in food processor or blender and process until tuna is well broken up. Add remaining ingredients (except consommé, lemon slices and parsley), one at a time, processing until each is well mixed. Spoon mixture into 3-cup greased mold. Smooth the surface. Spread with partially jelled consommé and refrigerate until firm. Unmold. Garnish with lemon slices and parsley sprigs. Serve with crackers or raw vegetable sticks.

Nutrition Facts

Amount per Serving

Calories 145

Calories from Fat 74

% Daily Value*

Total Fat 8g

13%

Saturated Fat 5g

24%

Cholesterol 60mg

20%

Sodium 3065mg

128%

Total Carbohydrate 7g

2%

Dietary Fiber 0g

0%

Sugars 0g

Protein 3g

Vitamin A 6%

Vitamin C 6%

Calcium 1%

Iron 1%

* Percent Daily Values are based on a 2,000 calorie diet.

Chapter 11: Entrée

Chicken In The Snow

Makes 8 servings

<p>6 cups chicken broth (your own or canned) 2 celery ribs, cut in 2-inch segments 1 onion large, studded with 1 clove 1 carrot large, pared and cut in 2-inch segments 1 lemon 1/2 teaspoon salt 8 to 10 parsley fresh stems, 1/2 bay leaf, 1/2 teaspoon dried 3 1/2 pounds chicken breasts skinned, boned and cut in 1 1/2 -inch squares</p>	<p>5 tablespoons butter real 1/4 cup flour 2 tablespoons lemon juice fresh Freshly ground white pepper 3 eggs yolk 1 cup cream 24 mushrooms medium fresh caps 2 tablespoons butter real 1 10 1/2-ounce package peas cooked Salt and freshly ground pepper to taste</p>
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In large saucepan, put chicken broth, celery, onion with clove, carrot, lemon slice and salt. Bring to boil; add herbs tied in cheesecloth, lower heat and simmer 45 minutes. Add chicken pieces and gently simmer for 7 to 10 minutes. Remove chicken and set aside. Strain broth and reserve. In saucepan, melt 5 tablespoons butter and add flour; stir for 3 to 4 minutes. Add reserved broth and bring to boil; simmer over medium heat for 20 to 25 minutes or until reduced to 4 cups. Stir lemon juice and white pepper into sauce. In small bowl, mix egg yolks and heavy cream together until well blended. Blend some hot sauce into egg mixture then return to sauce; cook over low heat, stirring until sauce thickens. Do not boil.

Sauté mushroom caps in 2 tablespoons butter for 5 to 6 minutes; sprinkle very lightly with salt and pepper. Add mushroom caps and peas to sauce. Add chicken pieces.* Return sauce almost to boiling point. Add salt and pepper to taste. Serve chicken in chafing dish with rice in a separate bowl. Garnish rice with tomato wedges if desired.

* If making ahead, stop here. Cool and refrigerate. Before serving, slowly bring to boiling point in a preheated 350° F oven, about 30 minutes.

Nutrition Facts

Amount per Serving		Calories from Fat 240
Calories 879		% Daily Value*
Total Fat 26g		41%
Saturated Fat 8g		39%
Cholesterol 161mg		54%
Sodium 1956mg		82%
Total Carbohydrate 29g		10%
Dietary Fiber 3g		11%
Sugars 2g		
Protein 32g		
Vitamin A 71%		Vitamin C 17%
Calcium 2%		Iron 10%

* Percent Daily Values are based on a 2,000 calorie diet.

Chicken Or Turkey Hash

Makes 4 servings

1/4 cup butter or margarine
 2 tablespoons flour
 1 1/2 cups milk
 1 egg yolk
 1/3 pound pork sausages
 1/2 cup onions chopped

2 cups chicken diced cooked or turkey
 2 tablespoons parsley minced fresh
 1/2 cup white bread soft crumbs
 1/2 teaspoon lemon peels grated
 Salt and freshly ground pepper to taste

Melt butter or margarine in saucepan; add flour and cook 2 to 3 minutes, stirring. Add milk and stir with whisk until thickened. Add a small amount of sauce to egg yolk and blend; return to remainder of sauce. Stir and set aside. In a skillet; cook onion in drippings until soft. Thoroughly drain fat from sausage and onion; discard drippings. Combine sausage, onion, chicken or turkey, parsley, bread crumbs and lemon rind with salt and pepper to taste. Add sauce and return to skillet to heat thoroughly.

Nutrition Facts

Amount per Serving		Calories from Fat 243
Calories 392		% Daily Value*
Total Fat 27g		41%
Saturated Fat 6g		28%
Cholesterol 144mg		48%
Sodium 563mg		23%
Total Carbohydrate 8g		3%
Dietary Fiber 0g		1%
Sugars 4g		
Protein 31g		
Vitamin A 13%		Vitamin C 6%
Calcium 12%		Iron 8%

* Percent Daily Values are based on a 2,000 calorie diet.

Cornish Hens With Tarragon Stuffing

Makes 6 servings

3 cornish hen, cut in half
 Tarragon stuffing:
 2 tablespoons butter or margarine
 3 shallots or scallions, minced
 1 teaspoon tarragon dried, crushed
 1/3 cup almonds chopped toasted
 1 tablespoon parsley minced fresh
 3 cups bread crumbs soft
 Salt and freshly ground pepper to taste
 2 tablespoons chicken broth (your own or canned)

1 egg lightly beaten
 1/4 cup butter or margarine, melted
 Salt and freshly ground pepper to taste
 1 1/2 cups chicken broth (your own or canned)
 Finishing sauce:
 1 tablespoon butter or margarine, softened
 1 tablespoon flour
 Salt and freshly ground pepper to taste
 2 tablespoons brandy (optional)

To make tarragon stuffing: Melt 2 tablespoons butter or margarine in skillet; add shallots or scallions and sauté for 5 minutes. Add tarragon, almonds, parsley, bread crumbs and a sprinkle of salt and pepper. Mix well; remove from heat. Add 2 tablespoons chicken broth to lightly beaten egg; blend into hot mixture, stirring constantly. Oil shallow baking sheet large enough to hold hen halves; place 6 mounds of stuffing several inches apart. Brush each hen half with melted butter or margarine and sprinkle with salt and pepper. Place over mound of stuffing, pressing down a bit. Bake in a preheated 375° F oven for 45 minutes or until well-browned; baste occasionally with 1 1/2 cups chicken broth mixed with remaining melted butter or margarine. When cooked, remove hens and stuffing with large spatula to serving dish.

For finishing sauce: Mix together butter or margarine with flour and set aside. Pour and scrape drippings from baking sheet into skillet; add any remaining basting sauce and bring to boil. Slowly add flour mixture to skillet, whisking to keep smooth. Simmer until thickened. Season with salt and pepper to taste. Add optional brandy, stirring a minute. Serve over Cornish hen halves.

Note: You can have your butcher cut the birds in half, even though they are frozen.

Nutrition Facts

Amount per Serving

Calories 556

Calories from Fat 195

% Daily Value*

Total Fat 21g

33%

Saturated Fat 1g

4%

Cholesterol 59mg

20%

Sodium 1514mg

63%

Total Carbohydrate 43g

14%

Dietary Fiber 3g

12%

Sugars 2g

Protein 11g

Vitamin A 10%

Vitamin C 0%

Calcium 10%

Iron 18%

* Percent Daily Values are based on a 2,000 calorie diet.

Cranberry Pork Chops

Makes 6 servings

6 pork chops 1-inch thick	3/4 cup water
1/2 cup flour seasoned with salt and freshly ground pepper	3/4 cup sugar
2 tablespoons vegetable oil	1/2 cup honey
2 cups cranberries fresh, washed and picked over	1/4 teaspoon cloves ground
	1/4 teaspoon nutmeg ground
	1/4 teaspoon cinnamon ground

Dredge chops in flour mixture; brown in vegetable oil in skillet. Mix cranberries with remaining ingredients. Place chops in a shallow baking dish in a single layer; top with cranberry mixture. Cover and bake in a preheated 350° F oven for 30 minutes, remove cover and bake for an additional 30 minutes.

Nutrition Facts

Amount per Serving		Calories from Fat 134
Calories 588		% Daily Value*
Total Fat 13g		20%
Saturated Fat 7g		33%
Cholesterol 73mg		24%
Sodium 55mg		2%
Total Carbohydrate 87g		29%
Dietary Fiber 2g		8%
Sugars 76g		
Protein 0g		
Vitamin A 0%		Vitamin C 0%
Calcium 0%		Iron 11%

* Percent Daily Values are based on a 2,000 calorie diet.

Flank Steak Strognoff

Makes 6 servings

2 pounds beef flank steaks
 6 tablespoons butter or margarine
 1 clove garlic halved
 1 cup onions chopped
 1/2 pound mushrooms fresh, cleaned, and sliced
 3 tablespoons flour

Salt and freshly ground pepper to taste
 3 beef bouillon crumbled
 1 10 1/2-ounce can beef broth
 1/4 cup vermouth
 1 1/2 teaspoons dill weed dried
 1 cup sour cream

Trim fat and gristle from meat. Place in freezer for 1/2 hour. Remove and with sharp knife cut steak in half lengthwise; cut each half in paper-thin slices. Heat 2 tablespoons butter or margarine in large skillet until very hot. Add 1/3 of the steak in one layer; brown quickly, stirring. Remove and continue until all steak is browned. Remove all steak. Add remaining butter or margarine to skillet; sauté garlic, onion and mushrooms, stirring over high heat for 5 minutes. Remove from heat and discard garlic. Stir in flour, salt and pepper; add bouillon cubes and stir in broth. Bring to boil, stirring until thickened. Reduce heat; add meat and simmer 15 minutes. Over low heat, stir in vermouth, dill and sour cream. Serve with rice or buttered noodles.

Nutrition Facts

Amount per Serving

Calories 596	Calories from Fat 165
	% Daily Value*
Total Fat 38g	58%
Saturated Fat 4g	22%
Cholesterol 158mg	53%
Sodium 1217mg	51%
Total Carbohydrate 10g	3%
Dietary Fiber 0g	2%
Sugars 1g	
Protein 48g	
Vitamin A 11%	Vitamin C 6%
Calcium 3%	Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet.

Fruited Florentine Pot Roast

Makes 6 servings

1 tablespoon butter or margarine	2 teaspoons fines herbes
1 blade chuck roast 5-pound	10 pitted prunes prunes
2 teaspoons garlic salt	1/2 cup dried apricots halves
1/2 cup brandy	1 tablespoon cornstarch
1 1-pound 4-ounce can pineapple slices	2 tablespoons water
1 teaspoon beef stock base or 1 bouillon cube	1/2 cup green onions chopped

Melt butter or margarine in Dutch oven. Brown roast well on both sides. Sprinkle with garlic salt during browning. Remove from heat. Add brandy and ignite, spooning liquid over roast until flame dies. Drain pineapple, reserving all syrup. Add syrup to roast along with beef stock base or bouillon cube. Sprinkle with fines herbes. Add prunes and apricots. Cover tightly and bake in a preheated 325° F oven for 2 1/2 to 3 hours or until tender. Remove meat to platter and keep warm in oven. Remove fat from pan. Blend cornstarch into water and stir into pan juices until thickened. Add pineapple slices and green onions, spooning gravy over to heat through. Place fruits around meat and cover with sauce.

Nutrition Facts

Amount per Serving

Calories 163	Calories from Fat 17
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0g	0%
Cholesterol 5mg	2%
Sodium 778mg	32%
Total Carbohydrate 35g	12%
Dietary Fiber 2g	9%
Sugars 27g	
Protein 0g	
Vitamin A 5%	Vitamin C 54%
Calcium 1%	Iron 8%

* Percent Daily Values are based on a 2,000 calorie diet.

Ham-Spinach Roll With Tarragon-Wine Sauce

Makes 6 servings

Spinach Roll:

2/3 cup bread crumbs dried, finely crushed
 3 10 1/2-ounce packages spinach chopped
 1/2 cup butter or margarine, melted
 1 teaspoon salt
 1/4 teaspoon black pepper freshly ground
 1/4 teaspoon nutmeg ground
 5 eggs separated
 1/4 teaspoon cream of tartar
 1/4 cup parmesan cheese, grated

Wine Sauce:

1 cup white wine
 1/2 cup onions minced
 1 tablespoon tarragon dried
 1 cup chicken broth (your own or canned)
 2 tablespoons cornstarch
 1/4 cup tomato paste
 3/4 cup half and half
 2 cups ham cooked diced
 Parsley Chopped fresh

For spinach roll: Grease a 10 x 15-inch jelly roll pan; line with wax paper. Grease paper and sprinkle lightly with fine dried bread crumbs. Cook spinach according to package directions and drain well, removing as much moisture as possible. In bowl, combine spinach with butter or margarine; stir in salt, pepper and nutmeg. Beat egg yolks until light and lemon colored; fold into spinach. Beat egg whites with 1/4 teaspoon cream of tartar until stiff but not dry peaks. Fold into spinach mixture; spread evenly in jelly roll pan. Sprinkle lightly with Parmesan cheese. Bake in a preheated 350° F oven for 15 to 18 minutes or until firm. Invert onto a greased piece of foil slightly larger than pan. Carefully remove wax paper from spinach. Prepare the following wine sauce.

For wine sauce: Combine wine with onion and tarragon in saucepan; bring to boil, cover and simmer 15 minutes. Add 4 tablespoons chicken broth to cornstarch; blend well and add remaining chicken broth. Add to wine mixture; stir in tomato paste. Cook over medium heat, stirring until thickened. Add half-and-half slowly while stirring to blend well. Do not boil. Add diced ham. Spread half of wine sauce onto the baked spinach. With the aid of foil, roll baked spinach up lengthwise and onto a serving platter. Spoon remaining wine sauce over roll and garnish with a little chopped parsley.

Note: The wine sauce without the ham is good to use on baked ham, fish, chicken or green vegetables.

Nutrition Facts

Amount per Serving**Calories** 535

Calories from Fat 199

% Daily Value***Total Fat** 22g 34%

Saturated Fat 3g 15%

Cholesterol 213mg 71%**Sodium** 1526mg 64%**Total Carbohydrate** 25g 8%

Dietary Fiber 5g 21%

Sugars 3g

Protein 24g

Vitamin A 19%

Vitamin C 6%

Calcium 6%

Iron 7%

* Percent Daily Values are based on a 2,000 calorie diet.

Homemade Pork Sausage

Makes 8 servings

2 pounds pork steaks cut into 1-inch squares
1 pound pork fat cut into 1-inch squares
1/4 teaspoon cayenne pepper

2 tablespoons sage dried, crumbled or 2
teaspoons rubbed sage
1 teaspoon salt
1/4 teaspoon black pepper freshly ground

Use medium blade on meat grinder or steel blade with food processor and grind pork coarsely. Add rest of ingredients and grind or blend again. Do not process too fine. Shape into patties and sauté over low heat until browned on both sides and cooked through.

Nutrition Facts

Amount per Serving

Calories 293

Calories from Fat 173

% Daily Value*

Total Fat 19g 29%

Saturated Fat 7g 33%

Cholesterol 107mg 36%

Sodium 375mg 16%

Total Carbohydrate 0g 0%

Dietary Fiber 0g 0%

Sugars 0g

Protein 29g

Vitamin A 0%

Vitamin C 0%

Calcium 0%

Iron 8%

* Percent Daily Values are based on a 2,000 calorie diet.

Hot Fish Mousse With Sauce Dugléré

Makes 6 servings

Follow directions for Cold Fish Mousse. After baking approximately 45 minutes, let stand 10 minutes in a warm place. Unmold onto a hot serving dish. Pour a ribbon of Sauce Dugléré (following recipe) down the center and sprinkle with minced parsley. Serve rest of sauce separately.

Nutrition Facts

Amount per Serving		Calories from Fat 0
Calories 0		% Daily Value*
Total Fat 0g		0%
Saturated Fat 0g		0%
Cholesterol 0mg		0%
Sodium 0mg		0%
Total Carbohydrate 0g		0%
Dietary Fiber 0g		0%
Sugars 0g		
Protein 0g		
Vitamin A 0%		Vitamin C 0%
Calcium 0%		Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Mushroom And Sausage Pie

Makes 6 servings

1 frozen pie crust 9-inch unbaked pastry shell
1 pound pork sausages bulk pork sausage
1 pound mushrooms small, whole fresh, cleaned
1/2 cup parsley minced fresh
2 eggs
1 cup half and half
1/2 cup parmesan cheese, grated
1/4 teaspoon salt

Crumble sausage in large skillet and add mushrooms. Cook over high heat, stirring frequently, until mushrooms and meat are lightly browned and all liquid from mushrooms has evaporated. Drain off any excess grease. Stir in parsley. Beat eggs with half-and-half and Parmesan cheese; blend in mushroom mixture and salt. Pour into unbaked pastry shell. Arrange mushrooms so that any stems are turned down in liquid. Bake in a preheated 400° F oven for 25 to 30 minutes, or until crust is well browned and filling is set. Let pie stand about 10 minutes before cutting.

Nutrition Facts

Amount per Serving		Calories from Fat 309
Calories 418		% Daily Value*
Total Fat 34g		52%
Saturated Fat 14g		70%
Cholesterol 135mg		45%
Sodium 889mg		37%
Total Carbohydrate 6g		2%
Dietary Fiber 0g		0%
Sugars 1g		
Protein 16g		
Vitamin A 4%		Vitamin C 2%
Calcium 3%		Iron 9%

* Percent Daily Values are based on a 2,000 calorie diet.

Mushroom Roll With Lemon Sauce

Makes 8 servings

Vegetable oil	2 tablespoons parsley chopped fresh
1 1/2 pounds mushrooms minced fresh	* Part two.
6 eggs separated	1 cup mayonnaise real
1/2 cup butter or margarine, melted	2 eggs
1/2 teaspoon salt	3 tablespoons lemon juice fresh
1/4 teaspoon white peppers freshly ground	1 teaspoon lemon peels grated
2 tablespoons lemon juice fresh	1/2 teaspoon salt
5 mushrooms fresh for garnish, sautéed	1 teaspoon dijon style mustard

Brush a jelly roll pan with vegetable oil; line with wax paper letting paper extend 3 inches on each end. Brush paper with vegetable oil and set pan aside. Put mushrooms in food processor and mince with metal blade or mince by hand. (If using food processor, mince about 1/4 of the mushrooms at a time.) Put minced mushrooms in the corner of a dish towel, a handful at a time; wring out to remove excess moisture. Place mushrooms in a bowl. Beat egg yolks until fluffy. Add to mushrooms with melted butter or margarine, salt, pepper and lemon juice. (For a flavor change add 1 teaspoon dried tarragon or dried rosemary or 2 tablespoons fresh minced parsley to the mushroom mixture.) Beat egg whites until they form soft peaks; fold into mushroom mixture. Pour batter into prepared pan, spread evenly and bake in a preheated 350° F oven 20 to 25 minutes, or until mixture starts to pull away from sides of pan. Turn out onto 2 overlapping greased sheets of wax paper; using paper to help, roll up like a jelly roll. Prepare Lemon Sauce.

Lemon Sauce:

*In small saucepan stir together all ingredients (with wire whisk) until smooth. Stir over medium-low heat until thick but do not let boil. Drizzle Lemon Sauce over roll and garnish with 5 sautéed mushrooms and chopped parsley. Makes 1 2/3 cups.

Nutrition Facts

Amount per Serving		Calories from Fat 327
Calories 372		% Daily Value*
Total Fat 36g		55%
Saturated Fat 4g		20%
Cholesterol 183mg		61%
Sodium 608mg		25%
Total Carbohydrate 3g		1%
Dietary Fiber 0g		0%
Sugars 0g		
Protein 7g		
Vitamin A 12%		Vitamin C 2%
Calcium 1%		Iron 3%

* Percent Daily Values are based on a 2,000 calorie diet.

Mushroom Tart

Makes 6 servings

1 frozen pie crust 9-inch, baked 10 minutes
3 tablespoons butter or margarine
2 tablespoons shallots chopped
1 pound mushrooms fresh
1/4 cup madeira wine or dry sherry
2 tablespoons flour
2 cups half and half
3 eggs lightly beaten
2 tablespoons parsley chopped fresh

Prepare pie shell. Melt butter or margarine in large skillet. Add shallots and cook until soft. Wash mushrooms carefully; chop roughly in work bowl of food processor or by hand. If using processor, process in 3 batches to control size of mushroom pieces. Add mushrooms to skillet and cook until mixture looks dry. Add Madeira or sherry and cook until liquid evaporates. Sprinkle with flour and stir. Add half-and-half and heat until mixture thickens. Remove from heat and add 3 eggs, beaten lightly. Stir in chopped parsley. Pour into baked crust and bake 30 minutes in a preheated 350° F oven. Cool 10 minutes before cutting into serving wedges. Sprinkle with additional chopped parsley.

Nutrition Facts

Amount per Serving		Calories from Fat 150
Calories 213		% Daily Value*
Total Fat 16g		24%
Saturated Fat 6g		31%
Cholesterol 114mg		38%
Sodium 144mg		6%
Total Carbohydrate 9g		3%
Dietary Fiber 0g		0%
Sugars 3g		
Protein 5g		
Vitamin A 11%		Vitamin C 2%
Calcium 6%		Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet.

Party Goulash

Makes 8 servings

4 pounds boneless beef chuck trimmed, cut into bite-size pieces
 1/2 cup flour
 1/2 cup vegetable oil
 2 cloves garlic minced
 2 tablespoons paprika
 2 teaspoons salt
 1/2 teaspoon black pepper freshly ground or to taste

2 bay leaves
 1/4 cup tomato paste
 2 10 1/2-ounce cans beef broth
 2 cups onions each thickly sliced celery, green pepper and carrots
 1 cup sour cream
 1/3 cup parsley minced fresh

Sprinkle cubed beef with flour. Heat vegetable oil in Dutch oven until very hot; brown meat 1/2 pound at a time, removing browned pieces to a dish. When browning is complete, return meat to Dutch oven; add garlic, paprika, salt, pepper, bay leaves, tomato paste and beef broth. Bring to boil and stir well. Cover and place in preheated 350° F oven and cook for 1 1/2 to 2 hours or until meat is tender. For last hour of cooking time, add sliced vegetables; continue cooking. Just before removing from oven, stir in sour cream and taste for seasoning; heat through. Serve over wide noodles or rice with a sprinkling of minced parsley.

Nutrition Facts

Amount per Serving

Calories 230	Calories from Fat 165
	% Daily Value*
Total Fat 19g	29%
Saturated Fat 5g	25%
Cholesterol 15mg	5%
Sodium 1231mg	51%
Total Carbohydrate 11g	4%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 4g	
Vitamin A 34%	Vitamin C 10%
Calcium 2%	Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.

Pork Chops Veracruz

Makes 4 servings

1/4 cup bacon drippings
 2 cloves garlic minced
 4 pork chops thick
 2 teaspoons dry mustard

Salt and freshly ground pepper to taste

1/2 cup vermouth

3/4 cup orange juice concentrate fresh

1 onion medium thinly sliced

2 green bell peppers cored, seeded, cut in strips

Heat bacon fat in skillet and sauté garlic without browning. Rub pork chops with mustard, salt and pepper. Brown in bacon fat. Add vermouth and orange juice; simmer 5 minutes uncovered. Layer onion and green pepper on chops. Cover skillet; simmer until meat is tender, about 40 minutes. Serve with rice.

Nutrition Facts

Amount per Serving

Calories 361

Calories from Fat 94

% Daily Value*

Total Fat 9g 13%

Saturated Fat 6g 30%

Cholesterol 73mg 24%

Sodium 84mg 4%

Total Carbohydrate 27g 9%

Dietary Fiber 1g 3%

Sugars 21g

Protein 2g

Vitamin A 0%

Vitamin C 112%

Calcium 0%

Iron 9%

* Percent Daily Values are based on a 2,000 calorie diet.

Roast Turkey

1 turkey for roasting, fresh or frozen (if frozen, use

Butter or margarine, softened

Salt and freshly ground pepper

3 cups hot turkey broth (made from giblets and neck)

1/2 cup butter or margarine, melted

Pat thawed bird dry with paper towels. Rub skin areas liberally with softened butter or margarine, salt and pepper. Loosely place stuffing in neck and body cavity. Close openings with skewers and foil and use string where needed. Preheat oven to 450° F. Place bird directly into oven and reduce heat to 325° F. After first 1/2 hour of cooking, baste bird frequently with pan drippings and mixture of turkey broth and butter or margarine. Cook to an internal temperature of 180° to 185° F. The center of stuffing should reach at least 165° F. If not using thermometer, allow 20 to 25 minutes per pound for birds up to 6 pounds; 15 to 20 minutes per pound for birds weighing up to 16 pounds, and 13 to 15 minutes per pound for larger turkeys. After removing from oven, let sit for 20 minutes in warm place before carving.

Note: Allow 3/4 to 1 pound per person to be served.

Nutrition Facts

Amount per Serving

Calories 180

Calories from Fat 100

% Daily Value*

Total Fat 10g

15%

Saturated Fat 3g

15%

Cholesterol 60mg

20%

Sodium 1480mg

62%

Total Carbohydrate 2g

1%

Dietary Fiber 0g

0%

Sugars 0g

Protein 18g

Vitamin A 0%

Vitamin C 0%

Calcium 0%

Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.

Sloppy Joes

Makes 8 servings

3 pounds ground beef
 2 onions medium, chopped
 3/4 cup celery chopped
 1 6-ounce can tomato paste
 2 8-ounce cans tomato sauce
 3/4 cup water
 2 teaspoons salt

1 tablespoon chili powder
 2 tablespoons worcestershire sauce
 Several dashes Tabasco® pepper sauce
 3 tablespoons cider vinegar
 1/4 cup sugar
 8 hamburger buns

In large skillet, brown hamburger with onions and celery. Add next 9 ingredients and simmer for 1 hour, stirring occasionally. Serve meat over buns.

Note: Leftovers may be used to serve another time.

Nutrition Facts

Amount per Serving		Calories from Fat 87
Calories 455		% Daily Value*
Total Fat 27g		42%
Saturated Fat 16g		80%
Cholesterol 93mg		31%
Sodium 1374mg		57%
Total Carbohydrate 33g		11%
Dietary Fiber 2g		7%
Sugars 11g		
Protein 32g		
Vitamin A 17%		Vitamin C 21%
Calcium 10%		Iron 22%

* Percent Daily Values are based on a 2,000 calorie diet.

Turkey Or Chicken Velouté

Makes 8 servings

1/4 cup green bell peppers chopped	1 1/2 tablespoons lemon juice fresh
1 tablespoon green onions minced	2 to 3 tablespoons sherry (optional)
1/4 cup butter + 2 tablespoons or margarine	1 cup mushrooms thinly sliced, fresh
2 tablespoons flour	3/4 teaspoon salt or to taste
1 cup chicken broth (your own or canned)	Fresh ground white pepper to taste
2 cups half and half	Patty shells or toast
3 eggs yolk beaten	Paprika
3 cups turkeys cubed, cooked or chicken	Fresh parsley sprigs
2 tablespoons pimienta chopped	

In a saucepan sauté green pepper and onion in butter or margarine until tender but not browned. Blend in flour and cook, stirring for 2 minutes. Slowly add broth and half-and-half. Cook, stirring constantly for a few minutes. Add some of the hot sauce to egg yolks, then add yolks to rest of sauce. Cook until thickened. Add turkey or chicken, pimienta, lemon juice, optional sherry and mushrooms. Stir together; add salt and white pepper to taste. Serve on patty shells or toast. Dust with paprika and garnish with a sprig of parsley.

Nutrition Facts

Amount per Serving

Calories 220

Calories from Fat 125

% Daily Value*
Total Fat 13g

20%

Saturated Fat 4g

22%

Cholesterol 89mg

30%

Sodium 583mg

24%

Total Carbohydrate 4g

1%

Dietary Fiber 0g

0%

Sugars 2g

Protein 2g

Vitamin A 10%

Vitamin C 9%

Calcium 4%

Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet.

Chapter 12: Soup

Crab And Sweet Corn Soup

Makes 8 servings

2 slices ginger root green, 1/4 -inch thick
 1 chicken bouillon
 1 1/2 quarts chicken broth (your own or
 canned)
 2 cups corn fresh, canned or frozen sweet
 1 cup crab meat drained, flaked, cartilage
 removed

2 tablespoons cornstarch
 2 tablespoons sherry
 Salt and freshly ground pepper to taste
 2 tablespoons ham thinly shredded, boiled
 2 tablespoons chives minced fresh

Add slices of ginger root and chicken bouillon cube to broth in large saucepan. Bring to boil; simmer 10 minutes. Chop corn in blender or food processor. Add corn to broth, bring to boil and simmer 10 minutes. Add crab, cornstarch dissolved in sherry and simmer, stirring until thickened, about 10 minutes. Season with salt and pepper to taste. Remove ginger root. Serve in individual hot bowls and sprinkle with ham and chives.

Nutrition Facts

Amount per Serving

Calories 490

Calories from Fat 42

% Daily Value*

Total Fat 4g

7%

Saturated Fat 2g

9%

Cholesterol 15mg

5%

Sodium 2807mg

117%

Total Carbohydrate 5g

2%

Dietary Fiber 0g

0%

Sugars 0g

Protein 7g

Vitamin A 6%

Vitamin C 6%

Calcium 0%

Iron 1%

* Percent Daily Values are based on a 2,000 calorie diet.

Cream Of Mushroom Soup

Makes 8 servings

1 pound mushrooms fresh
4 cups chicken broth (your own or canned)
2 tablespoons butter or margarine
3 tablespoons flour
2 cups cream
2 tablespoons sherry or cognac
1 1/2 teaspoons salt
1/4 teaspoon hot sauce

Remove stems from clean mushrooms. Chop stems and add to chicken broth in large saucepan. Simmer for 45 minutes. Strain; discard stems. Mix butter or margarine and flour to paste; roll into tiny balls. Bring broth to boil; drop in balls and beat with whisk until absorbed and sauce is slightly thickened. Slice mushroom caps and add to broth; simmer 10 minutes. Heat cream in saucepan; add sherry or cognac. Add cream mixture to broth mixture; season with salt and Tabasco® pepper sauce. Heat until just hot and serve in heated bowls.

Nutrition Facts

Amount per Serving		Calories from Fat 225
Calories 531		% Daily Value*
Total Fat 25g		38%
Saturated Fat 12g		62%
Cholesterol 88mg		29%
Sodium 1488mg		62%
Total Carbohydrate 9g		3%
Dietary Fiber 0g		0%
Sugars 4g		
Protein 4g		
Vitamin A 10%		Vitamin C 1%
Calcium 0%		Iron 1%

* Percent Daily Values are based on a 2,000 calorie diet.

Old-Fashioned Tomato Soup

Makes 6 servings

2 tablespoons butter or margarine	1/4 teaspoon black pepper freshly ground
1 teaspoon onions minced	4 cups tomato juice heated
3 tablespoons flour	1/8 teaspoon baking soda
2 cups milk	1/2 bay leaf (optional)
3/4 teaspoon salt	1 avocado ripe

Melt butter or margarine in saucepan over medium-high heat and add onion; sauté 5 minutes. Add flour; stir for 5 minutes. Pour in milk; add salt and pepper. Use whisk to blend well and simmer for 5 minutes. Meanwhile, heat tomato juice to boiling, add soda, then add to cream sauce mixture. Add bay leaf and continue to simmer for 10 minutes, stirring occasionally. Remove bay leaf. Serve in hot bowls with 2 thin slices of ripe avocado floating on top of each.

Nutrition Facts

Amount per Serving		Calories from Fat 33
Calories 90		% Daily Value*
Total Fat 4g		6%
Saturated Fat 0g		0%
Cholesterol 12mg		4%
Sodium 647mg		27%
Total Carbohydrate 10g		3%
Dietary Fiber 0g		1%
Sugars 6g		
Protein 3g		
Vitamin A 13%		Vitamin C 15%
Calcium 11%		Iron 3%

* Percent Daily Values are based on a 2,000 calorie diet.

Scandinavian Fruit Soup

Makes 8 servings

3/4 cup pitted prunes
 3/4 cup dried apricots halves
 6 cups water cold
 1 cup sugar
 1/4 cup tapioca quick-cooking

3 lemons 1/4 -inch thick
 1 stick cinnamon about 2 inches long
 1 cup apples peeled, diced
 1/4 cup raisins
 1/4 cup currants

In medium-size saucepan, soak prunes and apricots in 6 cups water for 30 minutes. Add sugar, tapioca, lemon slices and cinnamon stick; bring to boil and simmer for 10 minutes. Add apples, raisins and currants. Simmer for 10 minutes more.

Nutrition Facts

Amount per Serving

Calories 190	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 4mg	0%
Total Carbohydrate 48g	16%
Dietary Fiber 2g	6%
Sugars 38g	
Protein 1g	
Vitamin A 3%	Vitamin C 22%
Calcium 2%	Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.

Chapter 13: Salad Dressing

Cream And Mayonnaise Dressing

1 cup mayonnaise real

1/2 cup cream whipped very stiff (being careful that it does not turn to butter)

Fold mayonnaise into whipped cream; add to the salad.

(This dressing is used with Winter Fruit Salad in Holiday Cookbook.)

Nutrition Facts

Amount per Serving

Calories 1960

Calories from Fat 1960

% Daily Value*

Total Fat 216g

332%

Saturated Fat 48g

240%

Cholesterol 240mg

80%

Sodium 1480mg

62%

Total Carbohydrate 8g

3%

Dietary Fiber 0g

0%

Sugars 8g

Protein 0g

Vitamin A 16%

Vitamin C 0%

Calcium 0%

Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Deluxe Blue Cheese Dressing

Makes 2 servings

1 1/2 cups mayonnaise real
 1/2 cup sour cream
 3 tablespoons white vinegar
 2 teaspoons sugar
 2 teaspoons onions grated

1/4 teaspoon dry mustard
 1/4 teaspoon garlic powder
 Hot pepper sauce to taste (optional)
 4 ounces blue cheese crumbled (about 1/2 cup)

In a medium bowl, combine mayonnaise, sour cream, vinegar, sugar, onion, mustard, garlic powder and optional hot pepper sauce. Stir in blue cheese. Cover and refrigerate several hours to blend flavors. Use within one month.

Packaging Suggestions: Use attractively shaped bottles from commercial salad dressings and vinegars which can be easily sealed and refrigerated. Etch or decorate the bottle as for Herbed Vinegar. Write the recipe on a recipe card and attach to the bottle.

Nutrition Facts

Amount per Serving

Calories 1548	Calories from Fat 361
	% Daily Value*
Total Fat 159g	245%
Saturated Fat 35g	177%
Cholesterol 137mg	46%
Sodium 1943mg	81%
Total Carbohydrate 9g	3%
Dietary Fiber 0g	0%
Sugars 6g	
Protein 13g	
Vitamin A 15%	Vitamin C 1%
Calcium 32%	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Honey Mustard Dressing

* See note below.

1/2 cup grapefruit juice

1/4 cup vegetable oil or olive oil*

1/4 cup honey

2 tablespoons dijon style mustard

1 clove garlic minced

2 tablespoons green onions chopped

1 tablespoon poppy seeds

* "Pour dressing into a glass salad cruet. Wrap in colored cellophane and tie with a ribbon. Attach a recipe for a salad." In a small bowl, whisk grapefruit juice, oil, honey, mustard, and garlic until blended. Stir in green onions and poppy seeds.

Cover and store in the refrigerator. Serve on salad greens, fruit, or sliced avocados.

*If using olive oil, remove dressing from refrigerator 15 minutes before using to allow oil to warm slightly.

Nutrition Facts

Amount per Serving

Calories 789

Calories from Fat 480

% Daily Value*

Total Fat 56g

86%

Saturated Fat 8g

40%

Cholesterol 0mg

0%

Sodium 18mg

1%

Total Carbohydrate 85g

28%

Dietary Fiber 0g

0%

Sugars 78g

Protein 2g

Vitamin A 2%

Vitamin C 64%

Calcium 0%

Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.

Mixed Herb Vinegar

* See note below.

1 cup fresh herbs lightly packed, fresh herbs, crushed, or 1/2 cup dried (rosemary, thyme, tarragon, basil, dill, or your choice)

1/4 onion small, peeled and sliced

1 sprig parsley fresh

1 clove garlic crushed (optional)

6 peppercorns whole

1 quart cider vinegar of your choice*

Several sprigs of fresh herbs (optional)

* "Beautiful, inexpensive glass bottles are perfect for herb vinegars. Include a recipe card for a favorite salad dressing using the vinegar and a packet of herb seeds for the following spring's garden." Place herbs in a large bottle or jar that will hold at least 5 cups. Add onion, parsley, garlic, peppercorns, and vinegar. Seal tightly. Let stand at room temperature 10 days to 2 weeks to develop flavors ; shake occasionally.

Strain to remove herbs and bottle in sterilized gift bottles or jars. Add a sprig of fresh herb to each container. Seal tightly.

Store in a cool, dark place, up to 3 months.

*If using distilled white vinegar, add a little red wine vinegar for color.

NOTE: Herbed vinegars give special flavors to salad dressings and marinades. A basic vinaigrette can be made using 1 part vinegar to 3 parts oil plus salt and pepper to taste.

Nutrition Facts

Amount per Serving

Calories 366

Calories from Fat 0

% Daily Value*

Total Fat 14g

22%

Saturated Fat 0g

0%

Cholesterol 0mg

0%

Sodium 4999mg

208%

Total Carbohydrate 45g

15%

Dietary Fiber 1g

2%

Sugars 0g

Protein 17g

Vitamin A 0%

Vitamin C 5%

Calcium 0%

Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Tart Dressing (used with Winter Fruit Salad)

3/4 cup mayonnaise real

1 tablespoon lemon juice fresh

1/4 cup sour cream

Mix above ingredients and add to the salad.

Nutrition Facts

Amount per Serving

Calories 1320

Calories from Fat 1290

% Daily Value*

Total Fat 142g

218%

Saturated Fat 24g

120%

Cholesterol 90mg

30%

Sodium 1180mg

49%

Total Carbohydrate 4g

1%

Dietary Fiber 0g

0%

Sugars 2g

Protein 2g

Vitamin A 4%

Vitamin C 0%

Calcium 4%

Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Chapter 14: Snack

Brandied Fruit

Makes 3 servings

* See note below.

3 16-ounce cans fruit cocktail undrained
 2 20-ounce cans pineapple chunks undrained
 1 11-ounce can mandarin orange segments undrained

1 6-ounce jar red maraschino cherries undrained
 1 1/2 cups brandy
 1 cup sugar
 5 cinnamon sticks (3 inches each)
 1 tablespoon cloves whole

* "Small glass brandy snifters are imaginative containers for this gift. Cover tightly with plastic wrap and tie a bow around the stem of the glass. Attach a recipe card containing the recipe." In a sterilized large jar or crock, gently combine all ingredients. Cover and store in a cool place, stirring once a day for the first week.

Fruit can be used at this time or for improved flavor, let age one month, stirring occasionally. Remove cinnamon sticks and cloves before serving. Serve over ice cream, pound cake, puddings, custards, or crepes.

To store, cover and refrigerate to prevent fermentation.

Nutrition Facts

Amount per Serving		Calories from Fat 0
Calories 438		% Daily Value*
Total Fat 0g		0%
Saturated Fat 0g		0%
Cholesterol 0mg		0%
Sodium 19mg		1%
Total Carbohydrate 109g		36%
Dietary Fiber 1g		5%
Sugars 107g		
Protein 0g		
Vitamin A 3%		Vitamin C 43%
Calcium 0%		Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.

Caramel Popcorn And Peanuts

Makes 7 servings

6 cups popcorn freshly popped
 1 1/2 cups peanuts Spanish
 3/4 cup brown sugar packed
 1/3 cup light corn syrup

1/4 teaspoon salt
 6 tablespoons butter cut in pieces
 3/4 teaspoon vanilla extract

Preheat oven to 250°. Mix popped corn and nuts in a 13 x 9 x 2-inch baking pan; set aside.

In a heavy 1-quart saucepan, stir brown sugar, corn syrup and salt until blended. Add butter. Stirring over low heat, bring to a boil. Increase heat to medium. Without stirring, cook for 5 minutes. Remove from heat.

Stir in vanilla. Pour over popped corn and nuts, stirring to coat. Bake for 1 hour, stirring several times. Spread mixture onto waxed paper to cool. Or, using buttered hands, form into popcorn balls.

Nutrition Facts

Amount per Serving		Calories from Fat 220
Calories 427		% Daily Value*
Total Fat 26g		39%
Saturated Fat 2g		9%
Cholesterol 26mg		9%
Sodium 361mg		15%
Total Carbohydrate 47g		16%
Dietary Fiber 2g		9%
Sugars 33g		
Protein 9g		
Vitamin A 7%		Vitamin C 0%
Calcium 3%		Iron 5%

* Percent Daily Values are based on a 2,000 calorie diet.

Crunchy Munchies

Makes 6 servings

1/2 cup butter or margarine	2 cups chow mein noodles
2 tablespoons soy sauce	2 cups bite-size cereal squares crispy corn
1/2 teaspoon onion powder	2 cups toasted oat cereal round
1/2 teaspoon lemon pepper seasoning	1 cup peanuts unsalted (optional)
1/4 teaspoon garlic powder	

In a large skillet over low heat, melt butter. Stir in soy sauce, onion powder, lemon pepper, and garlic powder until well blended.

Add noodles, corn and oat cereals, and peanuts if desired. Stir over low heat 2 to 3 minutes until moisture is absorbed. Cool on paper towels.

Store in an airtight container or in a reclosable plastic bag until ready to serve.

Nutrition Facts

Amount per Serving		Calories from Fat 267
Calories 445		% Daily Value*
Total Fat 31g		47%
Saturated Fat 2g		10%
Cholesterol 40mg		13%
Sodium 733mg		31%
Total Carbohydrate 34g		11%
Dietary Fiber 1g		4%
Sugars 6g		
Protein 10g		
Vitamin A 16%		Vitamin C 11%
Calcium 2%		Iron 26%

* Percent Daily Values are based on a 2,000 calorie diet.

Festive Caramel Popcorn And Nuts

3 quarts popcorn white
 1 cup pecans halves
 1/4 cup almonds whole
 1 1/2 cups sugar

1 cup butter real
 1/2 cup light corn syrup
 1/4 teaspoon salt
 1 teaspoon vanilla extract

Mix popped corn and nuts on a greased jelly roll pan. Combine sugar, butter, corn syrup and salt in a 2-quart pan and bring to boil over medium heat, stirring constantly. Continue to boil, stirring constantly for 15 minutes or until "caramel colored." Remove pan from heat and stir in vanilla. Pour this mixture over popped corn and nuts and immediately begin to mix. When cold, break into pieces to store.

Nutrition Facts

Amount per Serving

Calories 4597	Calories from Fat 2481
	% Daily Value*
Total Fat 278g	427%
Saturated Fat 7g	34%
Cholesterol 480mg	160%
Sodium 3908mg	163%
Total Carbohydrate 552g	184%
Dietary Fiber 46g	183%
Sugars 409g	
Protein 36g	
Vitamin A 135%	Vitamin C 0%
Calcium 23%	Iron 47%

* Percent Daily Values are based on a 2,000 calorie diet.

Festive Fruit and Nuts

Makes 5 servings

1 cup peanuts
1 cup cashew nuts
1 cup raisins golden

1 cup mixed dried fruit chopped
1/2 cup sunflower kernels (optional)
1/2 cup coconut dried chips

In a medium bowl, mix nuts, raisins, dried fruit, kernels and coconut.

Store in an airtight container in a cool, dry place. Can be made up to 1 month before using.

Nutrition Facts

Amount per Serving		Calories from Fat 213
Calories 407		% Daily Value*
Total Fat 25g		38%
Saturated Fat 6g		32%
Cholesterol 0mg		0%
Sodium 158mg		7%
Total Carbohydrate 37g		12%
Dietary Fiber 3g		13%
Sugars 28g		
Protein 12g		
Vitamin A 0%		Vitamin C 0%
Calcium 4%		Iron 11%

* Percent Daily Values are based on a 2,000 calorie diet.

Maple Honey Popcorn

Makes 9 servings

* See note below.

8 cups popcorn

1 cup peanuts or nuts of your choice

1/3 cup honey

3 tablespoons maple syrup

2 tablespoons butter or margarine

* "Place popcorn in a covered plastic container. Tie with ribbon and attach pinecones." Place popped corn and peanuts in a 13 x 9 x 2-inch baking pan. Stir to mix, then set aside.

Place honey and maple syrup in a small saucepan. Over medium-high heat, bring to a boil and boil 5 minutes, stirring every 2 minutes. Remove from heat.

Stir in butter until melted. Pour over popped corn and peanuts. Use two forks and toss mixture until all of the popped corn and peanuts are covered with the honey mixture. (Try to keep the honey mixture on the popped corn and don't let it settle to bottom of pan.)

After the snack cools, break pieces apart.

Store in an airtight container in a cool place. Eat within 1 week.

Nutrition Facts

Amount per Serving

Calories 209

Calories from Fat 96

% Daily Value*

Total Fat 11g

17%

Saturated Fat 1g

5%

Cholesterol 7mg

2%

Sodium 192mg

8%

Total Carbohydrate 27g

9%

Dietary Fiber 2g

9%

Sugars 13g

Protein 6g

Vitamin A 2%

Vitamin C 0%

Calcium 1%

Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.

Mexican Snack Mix

Makes 2 servings

* See note below.

1 1/2 cups peanuts salted

1/2 cup sunflower kernels salted, pumpkin seeds, or a combination

2 teaspoons vegetable oil

1 1/2 teaspoons chili powder

1 1/2 teaspoons onion powder

1/2 teaspoon garlic powder

1/4 teaspoon cumin ground

* "Look for some fun Southwestern or Mexican-style gift wrap and use to cover a clean coffee can. Top with a raffia bow. Or, decorate plastic food bags, fill with mix, and tie with strips of dried corn husks." In a medium skillet over medium heat, stir peanuts, sunflower kernels, oil, chili powder, onion powder, garlic powder, and cumin 5 to 7 minutes until peanuts are lightly toasted and spices adhere to peanuts.

Store in an airtight container.

Nutrition Facts

Amount per Serving

Calories 886

Calories from Fat 628

% Daily Value*

Total Fat 75g

115%

Saturated Fat 9g

45%

Cholesterol 0mg

0%

Sodium 464mg

19%

Total Carbohydrate 31g

10%

Dietary Fiber 2g

8%

Sugars 4g

Protein 34g

Vitamin A 18%

Vitamin C 0%

Calcium 8%

Iron 19%

* Percent Daily Values are based on a 2,000 calorie diet.

North Pole Granola

Makes 5 servings

1 cup dried apricots halves
2 cups granola cereal

1 cup raisins
1 cup sunflower kernels

Slice apricots into thin strips. In a medium bowl, combine apricots, granola, raisins, and sunflower kernels.

Store in an airtight container or in a reclosable plastic bag until ready to serve.

Nutrition Facts

Amount per Serving		Calories from Fat 0
Calories 360		% Daily Value*
Total Fat 2g		4%
Saturated Fat 0g		0%
Cholesterol 0mg		0%
Sodium 104mg		4%
Total Carbohydrate 79g		26%
Dietary Fiber 6g		22%
Sugars 37g		
Protein 6g		
Vitamin A 6%		Vitamin C 8%
Calcium 3%		Iron 11%

* Percent Daily Values are based on a 2,000 calorie diet.

Oats 'n' Straw

Makes 8 servings

2 cups toasted oat cereal round
2 cups bite-size cereal squares rice
2 cups chow mein noodles
1 cup peanuts
1/2 cup butter or margarine
1 1/2 teaspoons cinnamon ground
1/2 teaspoon nutmeg ground
1 cup mixed dried fruit chopped

In a large bowl, combine oat cereal, rice cereal, chow mein noodles, and peanuts; set aside.

In a large skillet over low heat, melt butter. Stir in cinnamon and nutmeg. Stir in cereal mixture until well coated. Cook for 1 minute. Stir in dried fruit. Cool on paper towels.

Store in an airtight container or in a reclosable plastic bag until ready to serve.

Nutrition Facts

Amount per Serving		Calories from Fat 200
Calories 328		% Daily Value*
Total Fat 23g		36%
Saturated Fat 2g		8%
Cholesterol 30mg		10%
Sodium 347mg		14%
Total Carbohydrate 25g		8%
Dietary Fiber 1g		3%
Sugars 4g		
Protein 7g		
Vitamin A 12%		Vitamin C 8%
Calcium 2%		Iron 19%

* Percent Daily Values are based on a 2,000 calorie diet.

Reindeer Nibbles

Makes 4 servings

1 cup peanuts
1 cup cashew nuts
1 cup raisins golden

1 cup mixed dried fruit chopped
1/2 cup sunflower kernels or dried coconut
chips

In a medium bowl, mix nuts, raisins, dried fruit, and sunflower kernels or coconut.

Store in an airtight container or in a reclosable plastic bag until ready to serve.

Nutrition Facts

Amount per Serving		Calories from Fat 221
Calories 439		% Daily Value*
Total Fat 26g		40%
Saturated Fat 3g		15%
Cholesterol 0mg		0%
Sodium 153mg		6%
Total Carbohydrate 41g		14%
Dietary Fiber 3g		12%
Sugars 31g		
Protein 13g		
Vitamin A 0%		Vitamin C 0%
Calcium 5%		Iron 13%

* Percent Daily Values are based on a 2,000 calorie diet.

Sweet Treats

Makes 6 servings

3 cups toasted oat cereal round
 1 1/2 cups peanuts
 1 1/2 cups raisins

3/4 cup jelly beans gumdrops, or
 candy-coated chocolate pieces

In a medium bowl, mix cereal, peanuts, raisins, and candy with a wooden spoon.

Store in an airtight container or in a reclosable plastic bag until ready to serve.

Nutrition Facts

Amount per Serving

Calories 399		Calories from Fat 151
		% Daily Value*
Total Fat 18g		28%
Saturated Fat 2g		10%
Cholesterol 0mg		0%
Sodium 188mg		8%
Total Carbohydrate 51g		17%
Dietary Fiber 2g		10%
Sugars 37g		
Protein 11g		
Vitamin A 8%	Vitamin C 12%	
Calcium 5%	Iron 23%	

* Percent Daily Values are based on a 2,000 calorie diet.

Chapter 15: Candy

Basic Uncooked Vanilla Fondant

2 cups powdered sugar unsifted
2 tablespoons butter melted

2 tablespoons whipped cream
1 teaspoon vanilla extract

In medium bowl, mix powdered sugar, butter, cream and vanilla until well blended.

Use immediately as filling for molded candies or shape into 3/4 -inch balls and let stand for 1 hour or until a crust forms before dipping

Flavored Fondant: To 1/2 cup basic fondant, add 1/4 teaspoon additional extract of your choice and 2 drops food color.

Chocolate Fondant: To 1/2 cup basic fondant, add 1 ounce melted unsweetened chocolate and 1 teaspoon whipping cream. Work in with a metal spatula or wooden spoon. Knead with hands if necessary.

Note: The fondants can also be used plain as a filling for dates, or the balls can be immediately rolled in sugar and pressed into plastic molds. Store in airtight containers.

Nutrition Facts

Amount per Serving

Calories 1260

Calories from Fat 300

% Daily Value*

Total Fat 34g

52%

Saturated Fat 6g

30%

Cholesterol 100mg

33%

Sodium 190mg

8%

Total Carbohydrate 240g

80%

Dietary Fiber 0g

0%

Sugars 232g

Protein 0g

Vitamin A 24%

Vitamin C 0%

Calcium 0%

Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Brown Sugar Peanut Brittle

Makes 2 servings

2 cups sugar
1 cup brown sugar packed
3/4 cup light corn syrup
3/4 cup water
1 teaspoon salt

2 cups peanuts roasted, salted Spanish
3 tablespoons butter
2 teaspoons baking soda
1 teaspoon vanilla extract

Lightly butter two baking sheets. In a heavy Dutch oven or pressure saucepan, mix sugar, brown sugar, corn syrup, water and salt. Stirring gently over medium heat, cook until sugars dissolve. To remove sugar crystals, wash down sides of saucepan with a pastry brush dipped in hot water and shaken. Place candy thermometer in mixture, being sure bulb is covered with syrup but not touching bottom of pan. Stirring occasionally, cook until temperature reaches 234° * or soft ball stage

Stir in peanuts and butter. Cook and stir occasionally (to prevent scorching of nuts) until temperature reaches 295° * or hard crack stage Remove from heat.

Immediately stir in baking soda and vanilla (mixture will foam). Pour equal amounts of mixture onto baking sheets without scraping sides of saucepan. With two forks, gently lift and stretch to desired thinness. When completely cooled, break into pieces. Store in an airtight container in a cool dry place.

** Press baking soda through a tea strainer or sieve to remove any lumps before using.

Nutrition Facts

Amount per Serving

Calories 2424

Calories from Fat 734

% Daily Value*

Total Fat 87g

134%

Saturated Fat 8g

42%

Cholesterol 45mg

15%

Sodium 2664mg

111%

Total Carbohydrate 407g

136%

Dietary Fiber 0g

0%

Sugars 382g

Protein 38g

Vitamin A 12%

Vitamin C 0%

Calcium 14%

Iron 17%

* Percent Daily Values are based on a 2,000 calorie diet.

Butterscotch Fudge

Makes 32 servings

* See note below.

1 6-ounce package semi-sweet chocolate chips

1 cup butterscotch chips

2/3 cup sweetened condensed milk

1 cup walnuts chopped

1/2 teaspoon vanilla extract

* "Decorate lid of a shallow waxed cardboard box with a holiday plaid fabric. Fill box with fudge and tie box with gold cord." Line an 8 1/2 x 4 1/2 x 3-inch loaf pan with foil so edges of foil are above the pan.

Melt chips with condensed milk in a heavy saucepan over very low heat, stirring frequently. Remove from heat.

Stir in walnuts and vanilla. Spread in foil-lined pan. Cover and refrigerate 2 hours. Remove foil and fudge from pan. Cut fudge into 1-inch squares.

Cover and store in a cool place.

Nutrition Facts

Amount per Serving

Calories 111

Calories from Fat 54

% Daily Value*

Total Fat 6g

10%

Saturated Fat 3g

15%

Cholesterol 5mg

2%

Sodium 14mg

1%

Total Carbohydrate 12g

4%

Dietary Fiber 1g

3%

Sugars 12g

Protein 1g

Vitamin A 0%

Vitamin C 0%

Calcium 2%

Iron 1%

* Percent Daily Values are based on a 2,000 calorie diet.

Candied Citrus Peel

Makes 3 servings

2 grapefruit large or 4 large oranges

Water

1 cup water

1 cup sugar

1 3-inch cinnamon stick, broken (optional)

6 whole cloves (optional)

3/4 cup sugar

Score fruit with a sharp knife and remove peel in sections. Place peel in a medium saucepan. Cover with water; bring to a boil and cook, uncovered, over medium heat for 20 minutes. Drain, rinse, cover with cold water, and boil over medium heat until tender, about 15 minutes. Drain. Scrape gently with a spoon to remove the white membrane. Cut into 1/4 -inch wide strips.

In a medium saucepan, combine 1 cup water, 1 cup sugar and optional spices. Bring to a boil, stirring until sugar is dissolved. Add peel and cook over medium heat, stirring occasionally, until most of the syrup is absorbed. Drain well in a sieve. Remove spices. Toss about half the peel with a fork in 3/4 cup sugar. Spread apart on waxed paper to dry. Repeat with remaining peel. When dry, store in an airtight container in a cool, dark place up to 3 weeks.

Packaging Suggestions: Layer the peel in an airtight container such as an apothecary or candy jar and seal with tape. Or place the peel in a decorative tin lined with plastic wrap. Attach colorful calico ribbons according to the shape of the container.

Nutrition Facts

Amount per Serving

Calories 471

Calories from Fat 0

% Daily Value*

Total Fat 0g

0%

Saturated Fat 0g

0%

Cholesterol 0mg

0%

Sodium 0mg

0%

Total Carbohydrate 126g

42%

Dietary Fiber 6g

25%

Sugars 112g

Protein 1g

Vitamin A 6%

Vitamin C 92%

Calcium 4%

Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Chewy Caramels

Makes 64 servings

1/2 cup flour**1/2 cup butter softened****2 cups half and half****1 1/2 cups sugar****2/3 cup light corn syrup****1/4 teaspoon salt****1/2 cup pecans chopped****2 teaspoons vanilla extract**

Butter an 8 x 8 x 2-inch baking pan. In a small mixer bowl at low speed, beat flour and butter until blended; set aside.

In a large heavy saucepan or Dutch oven, stir 1 cup of the half-and-half, sugar, corn syrup and salt. Stirring gently over medium heat, bring to a full boil. Slowly add remaining 1 cup half-and-half, keeping mixture boiling. To remove sugar crystals, wash down sides of saucepan with a pastry brush dipped in hot water and shaken. Place candy thermometer in mixture, being sure bulb is covered with syrup but not touching bottom of pan. Stirring frequently, cook until temperature reaches 234° * or soft ball stage. Stir in flour-butter mixture and cook until mixture thickens; reduce heat to low. Stirring, cook until temperature reaches 245° * or firm ball stage** Remove from heat.

Stir in nuts and vanilla just until blended. Pour into baking pan without scraping sides of saucepan. Cool and let stand overnight. Invert candy onto a lightly oiled cutting surface. Oil blade of knife and cut into 1-inch pieces with a sawing motion. Wrap pieces individually in plastic wrap. Store in a cool place.

** For softer caramels, cook to a slightly lower temperature; for firmer caramels, cook to a slightly higher temperature.

Nutrition Facts

Amount per Serving

Calories 57

Calories from Fat 25

% Daily Value***Total Fat** 3g

4%

Saturated Fat 1g

3%

Cholesterol 6mg

2%

Sodium 30mg

1%

Total Carbohydrate 8g

3%

Dietary Fiber 0g

0%

Sugars 7g

Protein 0g

Vitamin A 2%

Vitamin C 0%

Calcium 1%

Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Chocolate Chip Coating

1 cup semi-sweet chocolate chips real or milk

2 teaspoons vegetable shortening solid

Place chips and shortening in the top of a double boiler or in a bowl that fits snugly over a saucepan. Over hot not boiling water, stir frequently until melted and smooth. Use for dipping or molding. Makes enough for 40 to 50 chocolate-covered candies or 18 to 20 small molded candies.

Refrigerate dipped or molded candies until set. Release molded candies from molds. Store finished candies tightly covered in the refrigerator.

Nutrition Facts

Amount per Serving

Calories 867

Calories from Fat 413

% Daily Value*

Total Fat 53g 82%

Saturated Fat 25g 123%

Cholesterol 113mg 38%

Sodium 0mg 0%

Total Carbohydrate 113g 38%

Dietary Fiber 11g 45%

Sugars 102g

Protein 11g

Vitamin A 0%

Vitamin C 0%

Calcium 0%

Iron 23%

* Percent Daily Values are based on a 2,000 calorie diet.

Chocolate Cream Cups

Makes 24 servings

* See note below.

3 ounces semi-sweet chocolate chips or white chocolate baking chips (1/2 cup)

24 (1 3/4 -inch) paper petit four cups

Chocolate Filling

3 ounces semi-sweet chocolate chips mint, or white chocolate baking chips

3/4 cup butter softened

3/4 cup sugar

1/2 teaspoon vanilla extract

3 tablespoons hot water

* "A decorative foil box or a small serving tray would be a lovely way to present these special treats. Place chocolate cups in gold foil petit four cups. Fill with piped Chocolate Filling or leave empty for liqueurs. Include a small bottle of liqueur if giving empty chocolate cups." Chocolate Cups In a small saucepan over low heat or in a microwave oven, melt chocolate. Using a thin paintbrush (available at craft stores), spread chocolate thickly and evenly over inside of petit four cups (be careful to cover entire surface). Turn cups upside down on a baking sheet and refrigerate 1 hour or until set.

Meanwhile prepare Chocolate Filling. When cups are set, use the tip of a sharp paring knife to begin peeling paper away from chocolate. Gently pull paper cups off, handling lightly (the warmth of your fingers can melt the chocolate). Return chocolate cups to baking sheet.

Fill a piping bag fitted with a star tip with Chocolate Filling. Pipe into cups. Refrigerate. These should be given within 24 hours. Empty chocolate cups can be made ahead and stored in a cool, dry place.

Chocolate Filling

In a small heavy saucepan over low heat, melt chocolate, stirring frequently; cool.

In a small mixer bowl at medium speed, beat butter until fluffy. Gradually beat in sugar, scraping bowl frequently, until well blended. Beat 2 minutes longer or until mixture is very fluffy and pale.

Add vanilla. Beat in water, 1 tablespoon at a time, scraping bowl and beating well after each addition. Beat 1 to 2 minutes longer or until sugar is dissolved. Slowly add melted chocolate and beat just until well blended. Refrigerate 30 minutes or until of firm spreading consistency.

*Use mint, rum, or orange extract if you prefer.

Nutrition Facts

Amount per Serving

Calories 106

Calories from Fat 64

% Daily Value*

Total Fat 7g

11%

Saturated Fat 1g

5%

Cholesterol 20mg

7%

Sodium 45mg

2%

Total Carbohydrate 11g

4%

Dietary Fiber 0g

2%

Sugars 10g

Protein 0g

Vitamin A 4%

Vitamin C 0%

Calcium 0%

Iron 1%

* Percent Daily Values are based on a 2,000 calorie diet.

Chocolate Cream Fudge

Makes 2 servings

* See note below.

2 cups sugar

1 cup whipped cream

2 tablespoons light corn syrup

1/8 teaspoon salt

2 tablespoons butter

1 teaspoon vanilla extract

* See note below.

* Use Grand Opera Fudge (recipe below) as the base for this variation. Grand Opera Fudge: * In a heavy 2-quart saucepan, stir sugar, cream, corn syrup and salt. Stirring gently over medium heat, cook until sugar dissolves. Wash down sides of saucepan with a pastry brush, dipped in hot water and shaken, to remove sugar crystals. Place candy thermometer in mixture, being sure bulb is covered with syrup but not touching bottom of pan. Without stirring, cook until temperature reaches 238° to 240° * or soft ball stage. Wash down thermometer if necessary. Remove from heat. Add butter and vanilla but do not stir in. Cool to 110° or until bottom of pan feels lukewarm. Stir until creamy and thickened. Knead by hand on a board or counter until smooth and cool. Use immediately as filling for molded candies or shape into 3/4 -inch balls, lightly cover and let stand overnight or until a crust forms before dipping * See altitude adjustments. To 1/2 cup Grand Opera Fudge, add 1 ounce melted unsweetened chocolate. Work with a spatula on a board or baking sheet until well blended.

Note: If you do not wish to dip them, the fudges can also be used plain as a filling for dates, or the balls can be immediately rolled in sugar and pressed into plastic molds. Two cups of the Chocolate Cream Fudge can be patted into a small pan and cut into squares. Store in airtight containers.

Nutrition Facts

Amount per Serving

Calories 1280

Calories from Fat 500

% Daily Value*

Total Fat 59g

91%

Saturated Fat 24g

120%

Cholesterol 190mg

63%

Sodium 295mg

12%

Total Carbohydrate 207g

69%

Dietary Fiber 0g

0%

Sugars 207g

Protein 0g

Vitamin A 40%

Vitamin C 0%

Calcium 1%

Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Coconut Creme

1/4 cup light corn syrup

2 cups coconut shredded, finely chopped

In a small saucepan over high heat, bring corn syrup to a full boil. Remove from heat. Stir in coconut until well coated.

Use immediately as filling for molded candies or shape into ovals, using 3/4 teaspoon mixture for each and let stand for 30 minutes or until a crust forms before dipping. Or shape into 3/4 -inch balls and roll in colored sugar. Store in airtight containers.

Nutrition Facts

Amount per Serving

Calories 1360

Calories from Fat 720

% Daily Value*

Total Fat 80g

123%

Saturated Fat 80g

400%

Cholesterol 0mg

0%

Sodium 790mg

33%

Total Carbohydrate 156g

52%

Dietary Fiber 16g

64%

Sugars 140g

Protein 16g

Vitamin A 0%

Vitamin C 0%

Calcium 4%

Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Coffee Cream Fudge

Makes 2 servings

* See note below.

2 cups sugar

1 cup whipped cream

2 tablespoons light corn syrup

1/8 teaspoon salt

2 tablespoons butter

1 teaspoon vanilla extract

* See note below.

* Use Grand Opera Fudge (recipe below) as the base for this variation. Grand Opera Fudge: * In a heavy 2-quart saucepan, stir sugar, cream, corn syrup and salt. Stirring gently over medium heat, cook until sugar dissolves. Wash down sides of saucepan with a pastry brush, dipped in hot water and shaken, to remove sugar crystals. Place candy thermometer in mixture, being sure bulb is covered with syrup but not touching bottom of pan. Without stirring, cook until temperature reaches 238° to 240° * or soft ball stage. Wash down thermometer if necessary. Remove from heat. Add butter and vanilla but do not stir in. Cool to 110° or until bottom of pan feels lukewarm. Stir until creamy and thickened. Knead by hand on a board or counter until smooth and cool. Use immediately as filling for molded candies or shape into 3/4 -inch balls, lightly cover and let stand overnight or until a crust forms before dipping * See altitude adjustments. In a small saucepan over medium heat, stir 1/2 cup Grand Opera Fudge, 2 teaspoons instant coffee granules, finely crushed, and 1 teaspoon water until coffee is completely dissolved. Remove from heat and continue stirring until mixture is cool and firm again.

Note: If you do not wish to dip them, the fudges can also be used plain as a filling for dates, or the balls can be immediately rolled in sugar and pressed into plastic molds. Two cups of the Chocolate Cream Fudge can be patted into a small pan and cut into squares. Store in airtight containers.

Nutrition Facts

Amount per Serving

Calories 1280

Calories from Fat 500

% Daily Value*

Total Fat 59g

91%

Saturated Fat 24g

120%

Cholesterol 190mg

63%

Sodium 295mg

12%

Total Carbohydrate 207g

69%

Dietary Fiber 0g

0%

Sugars 207g

Protein 0g

Vitamin A 40%

Vitamin C 0%

Calcium 1%

Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Creamy Mocha Fudge

Makes 64 servings

2 cups sugar
 1 cup half and half
 2 tablespoons light corn syrup
 2 teaspoons instant coffee
 1/8 teaspoon salt

2 ounces unsweetened baking chocolate
 3 tablespoons butter
 1 teaspoon vanilla extract
 3/4 cup walnuts chopped (optional)
 Additional chopped walnuts (optional)

Butter an 8 x 8 x 2-inch baking pan. In a heavy 2-quart saucepan, stir sugar, half-and-half, corn syrup, coffee powder and salt. Add chocolate. Stirring gently over low heat, cook until sugar dissolves and chocolate melts. Bring to a boil, cover and cook for 1 to 2 minutes to wash down sides of saucepan to remove sugar crystals. Remove lid; place candy thermometer in mixture, being sure bulb is covered with syrup but not touching bottom of pan. Without stirring, cook until temperature reaches 236° to 238° * or soft ball stage. Remove from heat.

Add butter and vanilla. Without stirring, cool to 110° or until bottom of pan feels lukewarm. With a spoon, beat continuously until mixture becomes thick and begins to lose its gloss.

Quickly stir in 3/4 cup nuts. Pour into baking pan without scraping sides of saucepan. Smooth top; sprinkle with additional nuts and cool. When completely cooled, cut into squares with a sharp knife. Store in an airtight container in a cool dry place.

* See altitude adjustments.

Nutrition Facts

Amount per Serving

Calories 48

Calories from Fat 20

% Daily Value*

Total Fat 2g 3%

Saturated Fat 1g 3%

Cholesterol 3mg 1%

Sodium 12mg 1%

Total Carbohydrate 7g 2%

Dietary Fiber 0g 1%

Sugars 7g

Protein 0g

Vitamin A 1% Vitamin C 0%

Calcium 0% Iron 1%

* Percent Daily Values are based on a 2,000 calorie diet.

Fast Fudge

Makes 64 servings

1/4 cup butter
 3 1-ounce squares unsweetened baking
 chocolate
 1/3 cup light corn syrup
 3 tablespoons half and half or milk

1 teaspoon vanilla extract
 4 cups powdered sugar unsifted
 1/2 cup miniature marshmallows or chopped
 nuts

Line an 8 x 8 x 2-inch baking pan with waxed paper. In a 2-quart saucepan over low heat, melt butter and chocolate. Remove from heat.

Stir in corn syrup, half-and-half or milk, and vanilla until blended. Add powdered sugar. Stir until blended and smooth, adding marshmallows or nuts at the end. Spread in pan. Refrigerate for 30 minutes. Cut into squares. Cover and store in the refrigerator.

Nutrition Facts

Amount per Serving		Calories from Fat 13
Calories 51		% Daily Value*
Total Fat 1g		2%
Saturated Fat 0g		2%
Cholesterol 2mg		1%
Sodium 8mg		0%
Total Carbohydrate 9g		3%
Dietary Fiber 0g		1%
Sugars 9g		
Protein 0g		
Vitamin A 1%		Vitamin C 0%
Calcium 0%		Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Fruit-Nut Confections

Makes 4 servings

2/3 cup almonds slivered blanched
 1 6-ounce package dried apricots halves
 1 cup raisins
 2 cups powdered sugar
 1 2 3/8-ounce box sesame seeds lightly
 toasted

1 egg white
 1 tablespoon honey
 3/4 teaspoon cinnamon ground
 Sugar

Place almonds in a food processor bowl fitted with the metal blade; cover. Process until finely chopped. Transfer to a small bowl; set aside.

Place apricots and raisins in food processor bowl fitted with metal blade; cover. Process with on-off bursts until finely chopped. Add 1 cup of the powdered sugar, almonds, sesame seeds, egg white, honey and cinnamon; cover. Process until blended, scraping bowl. Add remaining 1 cup powdered sugar and process until well mixed.

Divide mixture into four equal portions and form each into a 4-inch roll. Or form mixture into 1-inch balls, using about 1 teaspoon for each ball. Coat rolls or balls with sugar. Dry on a wire rack overnight. Wrap rolls in plastic wrap. Place balls in an airtight container with waxed paper between layers. Store in a cool dry place. With a sharp knife, cut rolls into 1/4 -inch slices to serve.

Nutrition Facts

Amount per Serving		Calories from Fat 107
Calories 640		% Daily Value*
Total Fat 13g		20%
Saturated Fat 1g		6%
Cholesterol 36mg		12%
Sodium 21mg		1%
Total Carbohydrate 124g		41%
Dietary Fiber 7g		27%
Sugars 109g		
Protein 8g		
Vitamin A 9%		Vitamin C 10%
Calcium 10%		Iron 20%

* Percent Daily Values are based on a 2,000 calorie diet.

Fruity Lollipops

Makes 24 servings

1 cup sugar
1/2 cup water
1/3 cup light corn syrup

1 .14-ounce package unsweetened soft drink
mix, any flavor
Food color (optional)

Butter two baking sheets. Place lollipop sticks 4 inches apart on sheets. In a heavy 1-quart saucepan, stir sugar, water and corn syrup. Stirring occasionally over medium-high heat, cook until sugar dissolves. To remove sugar crystals, wash down sides of saucepan with a pastry brush dipped in hot water and shaken. Place candy thermometer in mixture, being sure bulb is covered with syrup but not touching bottom of pan. Without stirring, cook until temperature reaches 300° * or hard crack stage. Remove from heat. Let stand for 2 minutes or until bubbles are almost gone.

Stir in soft drink mix and food color. Immediately spoon about 2 teaspoons of hot candy over one end of each lollipop stick. Let stand until cool and firm. Wrap individually in plastic wrap or moisten candy with a damp cloth and dip in sugar for a frosted appearance.

* See altitude adjustments.

Nutrition Facts

Amount per Serving		Calories from Fat 0
Calories 43		% Daily Value*
Total Fat 0g		0%
Saturated Fat 0g		0%
Cholesterol 0mg		0%
Sodium 4mg		0%
Total Carbohydrate 11g		4%
Dietary Fiber 0g		0%
Sugars 11g		
Protein 0g		
Vitamin A 0%		Vitamin C 0%
Calcium 0%		Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Grand Opera Fudge

Makes 2 servings

2 cups sugar

1 cup whipped cream

2 tablespoons light corn syrup

1/8 teaspoon salt

2 tablespoons butter

1 teaspoon vanilla extract

In a heavy 2-quart saucepan, stir sugar, cream, corn syrup and salt. Stirring gently over medium heat, cook until sugar dissolves. Wash down sides of saucepan with a pastry brush, dipped in hot water and shaken, to remove sugar crystals. Place candy thermometer in mixture, being sure bulb is covered with syrup but not touching bottom of pan. Without stirring, cook until temperature reaches 238° to 240° * or soft ball stage. Wash down thermometer if necessary. Remove from heat.

Add butter and vanilla but do not stir in. Cool to 110° or until bottom of pan feels lukewarm. Stir until creamy and thickened. Knead by hand on a board or counter until smooth and cool.

Use immediately as filling for molded candies or shape into 3/4 -inch balls, lightly cover and let stand overnight or until a crust forms before dipping

* See altitude adjustments.

Note: If you do not wish to dip them, the fudges can also be used plain as a filling for dates, or the balls can be immediately rolled in sugar and pressed into plastic molds. Two cups of the Chocolate Cream Fudge can be patted into a small pan and cut into squares. Store in airtight containers.

Nutrition Facts

Amount per Serving

Calories 1280

Calories from Fat 500

% Daily Value*

Total Fat 59g

91%

Saturated Fat 24g

120%

Cholesterol 190mg

63%

Sodium 295mg

12%

Total Carbohydrate 207g

69%

Dietary Fiber 0g

0%

Sugars 207g

Protein 0g

Vitamin A 40%

Vitamin C 0%

Calcium 1%

Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Gus Gingham's Hearts

Makes 32 servings

1 egg white large

1 1/2 cups powdered sugar

1 teaspoon food colors red

1/4 teaspoon peppermint extract

1/2 cup powdered sugar

Colored sprinkles

In a medium bowl, beat egg white with a fork until foamy. Add powdered sugar, food color and peppermint extract. Stir with a wooden spoon until smooth.

Stir in small amounts of powdered sugar until mixture pulls away from sides of the bowl. With clean hands, squeeze and turn mixture until smooth (add some more powdered sugar if sticky). Roll 1 tablespoon of the mixture into a ball. Flatten the ball to make it about 1/2 inch thick. With your fingers, form a point on one end. Press the edge of a knife into the other end to form the top of the heart and round off the sides. Press heart into colored sprinkles. Place on waxed paper. Keep making hearts until all the mixture is used. Let hearts stand uncovered for 2 hours. Turn over and let stand 2 hours longer. Store in a tightly covered container.

Nutrition Facts

Amount per Serving

Amount per Serving		Calories from Fat 1
Calories 31		% Daily Value*
Total Fat 0g		0%
Saturated Fat 0g		0%
Cholesterol 4mg		1%
Sodium 1mg		0%
Total Carbohydrate 8g		3%
Dietary Fiber 0g		0%
Sugars 7g		
Protein 0g		
Vitamin A 0%		Vitamin C 0%
Calcium 0%		Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Holiday Delite

Makes 3 servings

3 cups sugar
 1 cup corn syrup white
 1 1/2 cups half and half
 1/4 teaspoon salt
 1 1/2 teaspoons vanilla extract
 1/2 pound brazil nuts sliced

1/2 pound pecans halves
 1/2 pound walnuts broken
 1/2 pound candied cherries cut in half
 1/2 pound candied pineapple chunks cut in small pieces

Combine sugar, corn syrup, half-and-half and salt in a heavy saucepan and boil to soft ball stage, 234° F. Remove from heat and start beating immediately. Add vanilla. When mixture thickens, add nuts and fruits, mixing well. Spread evenly in a well-greased 9 x 13-inch pan. When cool, cut into bite-size squares. This confection stores very well in a tightly covered container.

Note: For every 500 feet elevation over sea level, decrease end cooking point by 1 degree. For example, at 6000 feet decrease the end cooking point by 12 degrees; hence your thermometer would read 222° to 226° F.

Nutrition Facts

Amount per Serving

Calories 2533	Calories from Fat 1119
	% Daily Value*
Total Fat 123g	190%
Saturated Fat 20g	101%
Cholesterol 40mg	13%
Sodium 428mg	18%
Total Carbohydrate 356g	119%
Dietary Fiber 17g	67%
Sugars 328g	
Protein 19g	
Vitamin A 13%	Vitamin C 3%
Calcium 18%	Iron 30%

* Percent Daily Values are based on a 2,000 calorie diet.

Holiday Wreaths And Trees

Makes 3 servings

1/2 cup butter or margarine
30 marshmallows large
1 teaspoon vanilla extract

15 to 20 drops food colors green
3 1/2 cups corn flakes
1/3 cup cinnamon candies

Melt butter or margarine and marshmallows together. Blend in vanilla and food coloring. Fold in corn flakes. Form into wreaths and Christmas trees on wax paper. Decorate with red hots.

Nutrition Facts

Amount per Serving

Calories 267

Calories from Fat 267

% Daily Value*

Total Fat 29g 45%

Saturated Fat 0g 0%

Cholesterol 80mg 27%

Sodium 240mg 10%

Total Carbohydrate 0g 0%

Dietary Fiber 0g 0%

Sugars 0g

Protein 0g

Vitamin A 21%

Vitamin C 0%

Calcium 0%

Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Layered Fudgies

Makes 6 servings

1/2 cup butter
 1/4 cup sugar
 1/4 cup unsweetened cocoa
 1 tablespoon milk
 1 egg well beaten
 2 cups vanilla wafers crumbs
 1/4 cup nuts chopped
 1 teaspoon vanilla extract
 1 6-ounce package semi-sweet chocolate chips

3 tablespoons butter
 Mint Filling or Coconut Filling (see below)
 Mint Filling
 1/4 cup butter softened
 2 1/4 cups powdered sugar sifted
 2 tablespoons milk
 1 teaspoon creme de menthe extract liquid or mint flavor
 Few drops green food color
 * See note below.

* In a small mixer bowl at medium speed, beat butter until fluffy. At low speed, gradually add powdered sugar alternately with milk until well blended and creamy. Beat in liquid flavor and food color. Use as filling for Layered Fudgies. Coconut Filling: Prepare Mint Filling omitting creme de menthe flavor and food color. Stir in 3/4 cup flaked coconut, 1 teaspoon liquid coconut flavor and 1/4 teaspoon vanilla extract. Generously butter an oblong 1 1/2 -quart or a 9 x 9 x 2-inch baking dish. In a medium saucepan over low heat, melt butter. Add sugar and cocoa powder and stir until sugar dissolves. Remove from heat.

Stir in milk, then stir in egg. Stirring constantly over low heat, cook until mixture thickens slightly. Remove from heat.

Stir in crumbs, nuts and vanilla until well mixed. Pat evenly into baking dish. Chill in the freezer for 15 minutes or in the refrigerator for 1 hour or until well chilled.

Meanwhile, in a small saucepan over low heat, stir chocolate chips and butter until melted; set aside.

Spread filling over chilled base. If necessary, reheat chocolate mixture, stirring until smooth and of spreading consistency. Spread evenly over filling and lightly score with a fork, making a decorative design. Let stand at room temperature about 1 1/2 hours or until top is set. With a sharp knife, cut into small squares. Cover with foil and store in the refrigerator. Before serving, remove foil and allow to come to room temperature.

Nutrition Facts

Amount per Serving

Calories 653	Calories from Fat 341
	% Daily Value*
Total Fat 39g	60%
Saturated Fat 4g	21%
Cholesterol 118mg	39%
Sodium 236mg	10%
Total Carbohydrate 76g	25%
Dietary Fiber 3g	13%
Sugars 69g	
Protein 5g	
Vitamin A 21%	Vitamin C 0%
Calcium 3%	Iron 8%

* Percent Daily Values are based on a 2,000 calorie diet.

Making Chocolate Curls

In a small saucepan over low heat, melt 3 ounces of semisweet baking chocolate or one-half cup semisweet chocolate chips with 1 tablespoon solid vegetable shortening, stirring until well blended. Line a small bowl or custard cup with plastic wrap and pour in the melted chocolate mixture. Refrigerate until the mixture is firm. Remove the chocolate from the bowl and peel off the plastic wrap. Use a swivel-type vegetable peeler to shave off thin curls onto waxed paper. Move the finished curls into place with a wooden pick to avoid melting from the warmth of your hands. Shred or grate leftover small pieces. Use curls or shreds to garnish cakes and other desserts.

Nutrition Facts

Amount per Serving		Calories from Fat 0
Calories 0		% Daily Value*
Total Fat 0g		0%
Saturated Fat 0g		0%
Cholesterol 0mg		0%
Sodium 0mg		0%
Total Carbohydrate 0g		0%
Dietary Fiber 0g		0%
Sugars 0g		
Protein 0g		
Vitamin A 0%		Vitamin C 0%
Calcium 0%		Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Making Chocolate Leaves

Choose leaves from a non-poisonous plant such as a rose, fig or maple. Wash and dry thoroughly. Melt 1 ounce of semisweet chocolate and cool to room temperature. Using the artist's brush, "paint" the chocolate onto the back or underside of each leaf, spreading the chocolate just to the edge. The chocolate layer should be no more than 1/8 inch thick. Place on a waxed paper-lined tray or baking sheet and chill for 20 minutes or until firm.

To remove the hardened chocolate from the leaf, starting from the stem end, carefully peel the real leaf from the chocolate. Avoid handling the chocolate leaves with warm fingers. Cover and refrigerate the chocolate leaves until you are ready to use them with an assortment of candies or to decorate a favorite dessert.

Nutrition Facts

Amount per Serving		Calories from Fat 0
Calories 0		% Daily Value*
Total Fat 0g		0%
Saturated Fat 0g		0%
Cholesterol 0mg		0%
Sodium 0mg		0%
Total Carbohydrate 0g		0%
Dietary Fiber 0g		0%
Sugars 0g		
Protein 0g		
Vitamin A 0%		Vitamin C 0%
Calcium 0%		Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Maple-Nut Sea Foam

Makes 4 servings

2 cups brown sugar packed
 1/2 cup sugar
 1/4 cup water
 1/4 cup light corn syrup
 1/4 teaspoon salt

2 eggs white large, at room temperature
 1 1/2 teaspoons maple extract
 1/2 teaspoon vanilla extract
 1/2 cup walnuts chopped

In a heavy 2-quart saucepan, stir brown sugar, sugar, water, corn syrup and salt. Cover and cook over low heat, without stirring, until mixture comes to a rapid boil. Remove lid, place candy thermometer in mixture, being sure bulb is covered with syrup but not touching bottom of pan. Without stirring, cook until temperature reaches 260° * or hard ball stage. Remove from heat.

Immediately, in a large mixer bowl at high speed, beat egg whites until stiff peaks form. While beating, very slowly pour hot syrup into egg whites in a thin steady stream. Add maple flavor and vanilla. Continue beating until mixture forms soft peaks and begins to lose its gloss, about 10 minutes. Quickly stir in nuts. Let stand for 2 minutes. Drop mixture by small teaspoonfuls onto waxed paper. Cool. Store in an airtight container in a cool place.

* See altitude adjustments.

Nutrition Facts

Amount per Serving		Calories from Fat 98
Calories 633		% Daily Value*
Total Fat 11g		17%
Saturated Fat 1g		6%
Cholesterol 72mg		24%
Sodium 187mg		8%
Total Carbohydrate 137g		46%
Dietary Fiber 1g		6%
Sugars 135g		
Protein 4g		
Vitamin A 2%		Vitamin C 0%
Calcium 3%		Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.

Mexican Candy

Makes 64 servings

2 cups sugar
1 cup milk
1/2 cup butter
1/2 cup sugar

1 teaspoon vanilla extract
1 cup walnuts black walnuts chopped or pecans

Butter an 8 x 8 x 2-inch baking pan. In a small saucepan, mix sugar, milk and butter. Stirring over medium heat, cook until mixture comes to a boil. Remove from heat; set aside.

In a large heavy saucepan over medium heat, cook and stir sugar until melted and caramelized to a golden brown color. Stirring constantly, slowly add boiled mixture to caramelized sugar. Place candy thermometer in mixture, being sure bulb is covered with syrup but not touching bottom of pan. Stirring over low heat, cook until temperature reaches 236° to 238° * or soft ball stage. Remove from heat. Pour into a large metal bowl. Let cool to 110° or until bottom of bowl feels lukewarm, about 30 minutes.

Add vanilla. At high speed, beat until mixture loses its gloss and holds its shape. Add nuts. Spread evenly in pan; cool until set. Cut into 1-inch squares. Tightly cover with foil and store in a cool dry place.

Nutrition Facts

Amount per Serving

Calories 54

Calories from Fat 23

% Daily Value*

Total Fat 3g

4%

Saturated Fat 0g

0%

Cholesterol 4mg

1%

Sodium 13mg

1%

Total Carbohydrate 8g

3%

Dietary Fiber 0g

1%

Sugars 8g

Protein 0g

Vitamin A 1%

Vitamin C 0%

Calcium 1%

Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Mint Frosted Nuts

1 cup sugar

1/2 cup water

1/4 cup light corn syrup

10 marshmallows large

1 teaspoon peppermint extract

3 cups walnuts

In a 2-quart saucepan, mix sugar, water and corn syrup. Stirring constantly over medium heat, bring to a boil. Place candy thermometer in mixture, being sure bulb is covered with syrup but not touching bottom of pan. Stirring occasionally, cook until temperature reaches 238° or until a small amount of mixture dropped in cold water forms a soft ball that flattens when removed from water. Remove from heat.

Stir in marshmallows and peppermint extract until marshmallows are melted. Stir in nuts until well coated. Transfer mixture to a piece of waxed paper. With two forks, spread mixture while still warm, (Mixture will be sticky.) Cool overnight or until set. Store in a tightly covered container.

High Altitude Adjustments: Since water boils and evaporates at a lower temperature than at sea level which affects the concentration of the candy mixture, use a good quality candy thermometer. Check the boiling temperature of water each time you intend to make candy. Immerse the thermometer bulb in a saucepan of water, bring to a boil and boil for several minutes. If the temperature reads more or less than 212° F, you will have to adjust the cooking temperature up or down by that much. For example, if the temperature of the boiling water is 206° F, you will have to reduce the temperatures called for in your recipes by 6°.

Nutrition Facts

Amount per Serving

Calories 3344

Calories from Fat 2043

% Daily Value*

Total Fat 227g

349%

Saturated Fat 17g

85%

Cholesterol 0mg

0%

Sodium 70mg

3%

Total Carbohydrate 286g

95%

Dietary Fiber 34g

136%

Sugars 252g

Protein 57g

Vitamin A 0%

Vitamin C 0%

Calcium 27%

Iron 68%

* Percent Daily Values are based on a 2,000 calorie diet.

Mocha-Brandy Nut Balls

Makes 3 servings

1 cup vanilla wafers crushed (about 22)
 3/4 cup nuts finely chopped
 3/4 cup powdered sugar
 2 tablespoons unsweetened cocoa
 1 tablespoon instant coffee

2 tablespoons brandy or warm water
 1 tablespoon corn syrup
 Sugar Granulated or additional finely
 chopped nuts

In a medium bowl, combine wafer crumbs, 3/4 cup nuts, powdered sugar and cocoa. Dissolve coffee in brandy or water; add with corn syrup to dry ingredients; mix well.

With wet hands, shape into 1-inch balls. Roll balls in granulated sugar or additional nuts. Store in an airtight container in a cool place. Use within 1 week.

Packaging Suggestions: Place the nut balls in colorful bon bon papers. Arrange them in an airtight container such as a cookie tin, tall apothecary jar or clear plastic refrigerator container. Write the recipe and directions for storage on a gift tag and attach it to the container.

Nutrition Facts

Amount per Serving

Calories 372	Calories from Fat 162
	% Daily Value*
Total Fat 19g	29%
Saturated Fat 1g	6%
Cholesterol 0mg	0%
Sodium 6mg	0%
Total Carbohydrate 44g	15%
Dietary Fiber 4g	17%
Sugars 34g	
Protein 8g	
Vitamin A 0%	Vitamin C 0%
Calcium 10%	Iron 11%

* Percent Daily Values are based on a 2,000 calorie diet.

No Fuss Peanut Butter Fudge

Makes 3 servings

2 cups brown sugar packed
2/3 cup evaporated milk
1/2 teaspoon salt

1 1/2 cups semi-sweet chocolate chips
1 cup chunky peanut butter
1 teaspoon vanilla extract

Butter an 8 x 8 x 2-inch baking pan. In a 2-quart saucepan, mix brown sugar, evaporated milk and salt. Stirring over low heat, bring to a boil and boil for 3 minutes. Remove from heat.

Stir in chocolate chips, peanut butter and vanilla until chips are melted and mixture is smooth. Pour into baking pan. Refrigerate at least 4 hours or until firm. Cut into small squares.

Nutrition Facts

Amount per Serving

Calories 1454

Calories from Fat 579

% Daily Value*

Total Fat 72g

110%

Saturated Fat 23g

117%

Cholesterol 74mg

25%

Sodium 820mg

34%

Total Carbohydrate 209g

70%

Dietary Fiber 11g

44%

Sugars 192g

Protein 28g

Vitamin A 0%

Vitamin C 0%

Calcium 14%

Iron 17%

* Percent Daily Values are based on a 2,000 calorie diet.

Nut Brittle

2 cups sugar
1 cup light corn syrup
1 cup water

2 cups cashew nuts roasted, salted or mixed nuts
2 tablespoons butter or margarine
2 teaspoons baking soda

Butter two baking sheets. In a large heavy saucepan, mix sugar, corn syrup and water. Cook and stir constantly over medium heat until sugar is dissolved. Place candy thermometer in mixture, being sure bulb is covered with syrup but not touching bottom of pan. Cook and stir occasionally until temperature reaches 240° or until a small amount of mixture dropped in cold water forms a soft ball that flattens when removed from water.

Stir in nuts and continue to cook, stirring occasionally, until temperature reaches 300° or until a small amount of mixture dropped in cold water forms a hard, brittle thread that breaks. Mixture will be golden brown. Watch carefully to avoid burning. Remove from heat.

Stir in butter or margarine and baking soda, blending well. Mixture will foam. Immediately pour onto baking sheets. Cool for 1 minute, then gently stretch candy with two forks to desired thinness. When cooled, crack into pieces.

Nutrition Facts

Amount per Serving		Calories from Fat 200
Calories 2600		% Daily Value*
Total Fat 22g		34%
Saturated Fat 0g		0%
Cholesterol 60mg		20%
Sodium 2364mg		98%
Total Carbohydrate 624g		208%
Dietary Fiber 0g		0%
Sugars 624g		
Protein 0g		
Vitamin A 16%		Vitamin C 0%
Calcium 16%		Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Orin's Divinity

Makes 6 servings

3 cups sugar
3/4 cup light corn syrup
3/4 cup water
3 eggs white at room temperature
1/8 teaspoon salt

1 teaspoon vanilla extract
Food color (optional)
2 cups walnuts chopped (optional)
Chocolate and colored non-pareils (optional)

Butter a 1 1/2 -quart oblong baking dish. In a large heavy saucepan, stir sugar, corn syrup and water. Stirring gently over medium heat, cook until sugar dissolves. To remove sugar crystals, wash down sides of saucepan with a pastry brush dipped in hot water and shaken. Place candy thermometer in mixture, being sure bulb is covered with syrup but not touching bottom of pan. Without stirring, cook until temperature reaches 290° * or hard crack stage. Remove from heat.

Immediately, in a large mixer bowl at high speed, beat egg whites until just beginning to foam. Add salt; beat just until soft peaks form. Reduce speed to medium, and very slowly pour hot syrup into egg whites in a steady stream. Add vanilla and food color. Continue beating for 10 minutes or until mixture holds its shape. Quickly stir in nuts. Spread evenly in dish. Sprinkle with non-pareils and pat lightly. Cool. Cut into 1-inch squares. Store in an airtight container in a cool place.

Divinity Drops: If you prefer, drop by rounded teaspoonfuls onto waxed paper.

Nutrition Facts

Amount per Serving		Calories from Fat 240
Calories 768		% Daily Value*
Total Fat 27g		41%
Saturated Fat 2g		12%
Cholesterol 72mg		24%
Sodium 106mg		4%
Total Carbohydrate 130g		43%
Dietary Fiber 4g		15%
Sugars 126g		
Protein 8g		
Vitamin A 2%		Vitamin C 0%
Calcium 5%		Iron 9%

* Percent Daily Values are based on a 2,000 calorie diet.

Other Flavors (Fudge)

Makes 2 servings

* See note below.

2 cups sugar**1 cup whipped cream****2 tablespoons light corn syrup****1/8 teaspoon salt****2 tablespoons butter****1 teaspoon vanilla extract**

* See note below.

* Use Grand Opera Fudge (recipe below) as the base for this variation. Grand Opera Fudge: * In a heavy 2-quart saucepan, stir sugar, cream, corn syrup and salt. Stirring gently over medium heat, cook until sugar dissolves. Wash down sides of saucepan with a pastry brush, dipped in hot water and shaken, to remove sugar crystals. Place candy thermometer in mixture, being sure bulb is covered with syrup but not touching bottom of pan. Without stirring, cook until temperature reaches 238° to 240° * or soft ball stage. Wash down thermometer if necessary. Remove from heat. Add butter and vanilla but do not stir in. Cool to 110° or until bottom of pan feels lukewarm. Stir until creamy and thickened. Knead by hand on a board or counter until smooth and cool. Use immediately as filling for molded candies or shape into 3/4 -inch balls, lightly cover and let stand overnight or until a crust forms before dipping * See altitude adjustments. To 1/2 cup Grand Opera Fudge, add 1/4 teaspoon extract of your choice and paste food color if desired. (Liquid food colors may thin mixture too much to roll into balls.)

Note: If you do not wish to dip them, the fudges can also be used plain as a filling for dates, or the balls can be immediately rolled in sugar and pressed into plastic molds. Two cups of the Chocolate Cream Fudge can be patted into a small pan and cut into squares. Store in airtight containers.

Nutrition Facts

Amount per Serving

Calories 1280

Calories from Fat 500

% Daily Value*

Total Fat 59g

91%

Saturated Fat 24g

120%

Cholesterol 190mg

63%

Sodium 295mg

12%

Total Carbohydrate 207g

69%

Dietary Fiber 0g

0%

Sugars 207g

Protein 0g

Vitamin A 40%

Vitamin C 0%

Calcium 1%

Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Peanut Brittle Bowl

2 cups sugar
1 cup light corn syrup
1/2 cup water
1 1/2 cups peanuts roasted, salted, blanched

1/2 cup butter or margarine, softened
1 teaspoon baking soda
1 teaspoon vanilla extract
*** See note below.**

* Select a 1-quart bowl to use as a mold for the peanut brittle bowl. To determine size of circle of candy for peanut brittle bowl, measure width and two times the height of the mold (circle will be about 10 inches). Invert bowl to be used as mold and butter outside surface; set aside. Butter three baking sheets. On one baking sheet using a finger, trace the size of circle needed for the peanut brittle bowl. The remaining two baking sheets will be used for the brittle; set baking sheets aside. In a heavy saucepan, combine sugar, corn syrup and water. Stir constantly over medium heat until sugar dissolves. Cook, stirring occasionally, until 234° F* on a candy thermometer or until a small amount of mixture dropped into very cold water will form a soft ball. Stir in peanuts and continue cooking, stirring occasionally, until 300° F* on candy thermometer or until a small amount of mixture dropped into very cold water separates into hard brittle threads. Remove from heat; stir in butter or margarine, baking soda and vanilla, blending well. Immediately pour about a third of the mixture into prepared circle on the baking sheet and divide remaining mixture between the remaining sheets. Cool about 1 minute, then gently stretch candy with two forks into desired circle shape, keeping thickness even. Stretch candy on remaining sheets as well.

When the edges of the candy circle are still pliable and center of circle is slightly set, carefully and quickly lift circle with oiled metal spatulas over buttered mold, forming a draped or ruffled look; shape edges as desired. (You may want someone to help you lift candy over mold.) Let cool, about 5 minutes; remove from mold. Set right side up.

When candy is cooled on baking sheets, break into pieces to fill the bowl. Place in a plastic bag and store in a cool, dry place up to 2 weeks.

Note: If using raw peanuts, roast slightly in the oven and add 1/2 teaspoon salt.

* For every 500 feet above sea level, decrease by 1° F.

Packaging Suggestions: To prevent breakage, place the bowl on a sturdy decorative paper plate or foil-covered cardboard. Arrange the broken peanut brittle inside the bowl adding, if desired, small candy canes or small cookies such as Mocha-Brandy Nut Balls (see below) in colorful bon bon papers. Place the plate on a sheet of cellophane or plastic wrap, bring the corners up to the center, and tie with ribbon or cord. You can also make several bowls and fill them with mixed nuts (including lots of peanuts) and wrap as above. Or just make peanut brittle and arrange it in an airtight candy or apothecary jar. Attach ribbons and bows according to shape of container.

Nutrition Facts

Amount per Serving

Calories 4451

Calories from Fat 1676

% Daily Value*

Total Fat 194g

299%

Saturated Fat 13g

63%

Cholesterol 240mg

80%

Sodium 2390mg

100%

Total Carbohydrate 668g

223%

Dietary Fiber 0g

0%

Sugars 630g

Protein 56g

Vitamin A 64%

Vitamin C 0%

Calcium 29%

Iron 25%

* Percent Daily Values are based on a 2,000 calorie diet.

Peanut Caramel Rolls

Makes 8 servings

3 cups powdered sugar unsifted
 1 7-ounce jar marshmallow creme
 3/4 cup creamy peanut butter
 2 tablespoons whipped cream or
 half-and-half

1 teaspoon vanilla extract
 1 14-ounce package caramel candy
 2 tablespoons water
 4 cups peanuts chopped dry roasted

In a large bowl, mix powdered sugar, marshmallow creme, peanut butter, cream or half-and-half, and vanilla with a rubber scraper until partially blended. Transfer to a board and knead until smooth. Divide into eight equal portions and form each into a 4-inch roll. Wrap each roll in plastic wrap and freeze for 4 hours or until firm.

In a 1-quart saucepan over low heat, melt caramels in water, stirring until well blended.

Place nuts in a pie plate. Unwrap the frozen rolls. Using two forks, quickly dip one roll at a time into the caramel mixture; roll in nuts. Place on waxed paper. Chill for 1 hour. Wrap in plastic wrap and store in a cool dry place.

Nutrition Facts

Amount per Serving

Calories 1055

Calories from Fat 450

% Daily Value*

Total Fat 53g

82%

Saturated Fat 8g

38%

Cholesterol 5mg

2%

Sodium 424mg

18%

Total Carbohydrate 127g

42%

Dietary Fiber 2g

6%

Sugars 100g

Protein 27g

Vitamin A 1%

Vitamin C 0%

Calcium 15%

Iron 8%

* Percent Daily Values are based on a 2,000 calorie diet.

Pralines

Makes 16 servings

1 cup light brown sugar firmly packed
1 cup granulated sugar
2/3 cup evaporated milk

1/2 teaspoon vanilla extract
1 1/2 cups pecans halves

In heavy saucepan, combine sugars and milk; cook, stirring constantly with wooden spoon, over medium heat until soft ball stage is reached, 234° to 238° F. Remove from heat, stir in vanilla and pecans. Immediately drop by tablespoonfuls onto buttered cookie sheet.

Note: For every 500 feet elevation over sea level, decrease end cooking point by 1 degree. For example, at 6000 feet decrease the end cooking point by 12 degrees; hence your thermometer would read 222° to 226° F.

Nutrition Facts

Amount per Serving

Calories 167

Calories from Fat 64

% Daily Value*

Total Fat 7g 11%

 Saturated Fat 1g 5%

Cholesterol 3mg 1%

Sodium 10mg 0%

Total Carbohydrate 26g 9%

 Dietary Fiber 1g 4%

 Sugars 25g

Protein 2g

Vitamin A 1%

Vitamin C 0%

Calcium 3%

Iron 1%

* Percent Daily Values are based on a 2,000 calorie diet.

Royal Iced Nuts

2 2/3 cups powdered sugar sifted
 2 eggs white large, at room temperature
 4 teaspoons water
 2 teaspoons almond extract

1/4 teaspoon cream of tartar
 Food colors
 1 cup almonds whole blanched or pecan halves

In a large mixer bowl at low speed, beat powdered sugar, egg whites, water, almond extract and cream of tartar until well blended. Beat at high speed for 3 minutes or until thick and glossy with soft peaks.

Divide mixture into small bowls, tinting each with food color as desired. Drop about 1/4 cup of the nuts at a time into colored mixture. Stir to coat well. With a fork, remove nuts, one at a time, shaking off excess icing. Use a small knife to push nuts off fork onto waxed paper. Thin mixture with a few drops of water if necessary. Let nuts stand overnight or until completely set. Store in an airtight container.

Nutrition Facts

Amount per Serving

Calories 2173

Calories from Fat 653

% Daily Value*

Total Fat 78g 120%

Saturated Fat 8g 40%

Cholesterol 287mg 96%

Sodium 87mg 4%

Total Carbohydrate 345g 115%

Dietary Fiber 16g 64%

Sugars 313g

Protein 36g

Vitamin A 8%

Vitamin C 0%

Calcium 35%

Iron 37%

* Percent Daily Values are based on a 2,000 calorie diet.

Striped Honey Taffy

1 cup sugar
1 cup honey
1/2 cup water
2 tablespoons butter

1 teaspoon vanilla extract
1/4 teaspoon food colors yellow
Powdered sugar (optional)

Butter a jelly roll pan. In a heavy 1-quart saucepan, stir sugar, honey, water and butter. Stirring occasionally over medium heat, cook until sugar dissolves. To remove sugar crystals, wash down sides of saucepan with a pastry brush dipped in hot water and shaken. Place candy thermometer in mixture, being sure bulb is covered with syrup but not touching bottom of pan. Without stirring, cook until temperature reaches 290° * or soft crack stage. Pour into jelly roll pan; let stand for 10 minutes or until cool enough to handle.

Sprinkle with vanilla and food color. With buttered fingers, shape mixture into a ball and stretch it into a long rope; double it over and pull mixture again (A). Continue until a light auburn color and a twisted rope holds its shape. Divide in half; set one portion aside. Continue pulling other portion until a pale buff color. Twist the two strands together (B). With buttered kitchen shears or a large knife, cut into bite-size pieces (C).

Wrap pieces individually in waxed paper or toss pieces in powdered sugar. Store in an airtight container in the refrigerator.

Nutrition Facts

Amount per Serving

Calories 1880

Calories from Fat 200

% Daily Value*

Total Fat 22g

34%

Saturated Fat 0g

0%

Cholesterol 60mg

20%

Sodium 180mg

8%

Total Carbohydrate 464g

155%

Dietary Fiber 0g

0%

Sugars 448g

Protein 0g

Vitamin A 16%

Vitamin C 0%

Calcium 0%

Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Chapter 16: Beverage

Hot Cranberry Punch

Makes 16 servings

1 pound cranberries fresh, washed and picked over
2 quarts water
2 tablespoons orange rinds grated
6 cinnamon sticks about 2 inches long
12 cloves whole
4 cups orange juice concentrate
1/4 cup lemon juice fresh
1 1/2 cups sugar

In a large saucepan combine cranberries, water, orange rind, cinnamon sticks and cloves. Cook until cranberries are soft; about 10 minutes. Strain. Add orange juice, lemon juice and sugar to cranberry juice. Heat until sugar is dissolved, stirring from time to time.

Note: Vary the lemon juice and sugar amounts according to desired tartness.

Nutrition Facts

Amount per Serving		Calories from Fat 0
Calories 278		% Daily Value*
Total Fat 0g		0%
Saturated Fat 0g		0%
Cholesterol 0mg		0%
Sodium 0mg		0%
Total Carbohydrate 70g		23%
Dietary Fiber 1g		6%
Sugars 68g		
Protein 1g		
Vitamin A 0%		Vitamin C 100%
Calcium 0%		Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Hot Spiced Apple juice

Makes 8 servings

8 apples very small
2 tablespoons butter or margarine, melted
1/3 cup granulated sugar
2 quarts apple juice or cider
1/2 cup brown sugar

2 nutmeg whole
4 cinnamon sticks
16 cloves whole
16 allspice whole

Core apples and remove skin from top 1/3 of each apple, or quarter and core each apple. Place in baking pan. Brush with butter or margarine; sprinkle with granulated sugar. Roast in a preheated 350° F oven 30 to 45 minutes until tender. Baking time will depend on size and variety of apple. In large saucepan, combine apple juice or cider and brown sugar. Tie spices in cheesecloth bag; crush with hammer or mallet and add to saucepan. Bring to boil, cover, reduce heat and simmer 15 minutes. Remove spice bag; discard.

To serve, pour hot spiced apple juice into tureen or punch bowl. Float hot, roasted apples on surface. Ladle into mugs and top each serving with a roasted apple. If desired, leave apples in bowl until cider is finished. Place in dish to be eaten like a dessert, maybe with a scoop of vanilla ice cream.

Nutrition Facts

Amount per Serving

Calories 232

Calories from Fat 25

% Daily Value*

Total Fat 4g

6%

Saturated Fat 0g

0%

Cholesterol 8mg

2%

Sodium 28mg

1%

Total Carbohydrate 51g

17%

Dietary Fiber 4g

18%

Sugars 34g

Protein 0g

Vitamin A 2%

Vitamin C 16%

Calcium 1%

Iron 3%

* Percent Daily Values are based on a 2,000 calorie diet.

Peppermint Schnapps

Makes 3 servings

1 cup light corn syrup
1 cup sugar
1 pint vodka

2 teaspoons peppermint extract
1 teaspoon vanilla extract

In a small saucepan, combine corn syrup and sugar; bring to a boil, stirring until sugar dissolved. Remove from heat and cool to lukewarm, about 20 minutes. Stir in vodka and extracts. Color if desired (see below). Pour into sterilized bottles leaving 1/2-inch headspace. Tightly cap and store in a cool, dark place.

To make Almond Liqueur, substitute 5 teaspoons almond extract for the peppermint extract.

Packaging Suggestions: Pour the liqueur into an attractive clear bottle or a decanter. Decorate the lid with metallic cord, ribbon, bows, bells or a bright tree ornament. For a more festive touch, Peppermint Schnapps can be colored with green food color. Almond Liqueur can be colored with yellow food color with a speck of red to create an amber color. The entire bottle can be slipped into a decorative gift bag or wrapped in a sheet of cellophane brought to the top of the bottle, crushed together, and tied with ribbon. Trim with a candy cane!

Nutrition Facts

Amount per Serving		Calories from Fat 0
Calories 560		% Daily Value*
Total Fat 0g		0%
Saturated Fat 0g		0%
Cholesterol 0mg		0%
Sodium 93mg		4%
Total Carbohydrate 144g		48%
Dietary Fiber 0g		0%
Sugars 144g		
Protein 0g		
Vitamin A 0%		Vitamin C 0%
Calcium 5%		Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Rum Cream

Makes 5 servings

3 eggs large	1 1/2 teaspoons vanilla extract
1 14-ounce can sweetened condensed milk	1 teaspoon liquid coconut flavor
1 12-ounce can evaporated milk	1 1/2 cups rum light rum
1 tablespoon coffee instant powder or granules	

Place eggs, sweetened condensed milk, evaporated milk, coffee powder or granules, vanilla and coconut flavor in a blender container. Cover and blend at low speed just until well blended.

With motor running at low speed, gradually pour rum through opening in lid and blend until well mixed. Pour into a glass container; cover and chill at least 2 hours. Serve as an after-dinner drink. Store in the refrigerator up to 1 month.

Nutrition Facts

Amount per Serving		Calories from Fat 124
Calories 384		% Daily Value*
Total Fat 13g		19%
Saturated Fat 8g		41%
Cholesterol 130mg		43%
Sodium 178mg		7%
Total Carbohydrate 53g		18%
Dietary Fiber 0g		0%
Sugars 53g		
Protein 13g		
Vitamin A 6%		Vitamin C 0%
Calcium 40%		Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet.

Chapter 17: Sandwich

Hot Tuna Buns

Makes 8 servings

2 7-ounce cans tuna Albacore, drained
 1 cup cheddar cheese, diced
 1/2 cup green olives sliced stuffed
 4 scallion green scallions sliced

1/2 cup mayonnaise real
 1 tablespoon tomato paste
 8 hamburger buns poppyseed hamburger buns

Flake tuna and combine first 6 ingredients. Fill buns and wrap in aluminum foil. Bake in a preheated 350° F oven for 15 to 20 minutes. Serve in foil to keep good and hot.

Note: These freeze well. Bring to room temperature before baking.

Nutrition Facts

Amount per Serving

Calories 222

Calories from Fat 120

% Daily Value*

Total Fat 14g 21%

Saturated Fat 2g 8%

Cholesterol 8mg 3%

Sodium 433mg 18%

Total Carbohydrate 21g 7%

Dietary Fiber 0g 0%

Sugars 1g

Protein 5g

Vitamin A 0%

Vitamin C 1%

Calcium 8%

Iron 8%

* Percent Daily Values are based on a 2,000 calorie diet.

Land And Sea On A Bun

Makes 6 servings

8 ounces turkeys diced or chicken	2 teaspoons dijon style mustard
6 1/2 ounces crab meat canned or frozen, drained and chopped	1/4 teaspoon nutmeg ground
1/4 cup celery chopped	6 hamburger buns
1/4 cup mayonnaise real	12 slices bacon cooked crisp and halved
2 tablespoons vermouth (optional)	6 slices swiss cheese, natural, halved

Combine turkey or chicken, crab meat, celery, mayonnaise, optional vermouth, mustard and nutmeg; mix well. Split buns. Top each half with turkey or chicken mixture, bacon slices and cheese. Broil 6 inches from heat until cheese melts, 3 to 5 minutes. Serve open-faced.

Note: With a bowl of soup and/or salad, this would make a delicious and nutritious supper or luncheon. Try bran muffins for a little different flavor.

Nutrition Facts

Amount per Serving		Calories from Fat 183
Calories 328		% Daily Value*
Total Fat 19g		29%
Saturated Fat 4g		20%
Cholesterol 52mg		17%
Sodium 1117mg		47%
Total Carbohydrate 22g		7%
Dietary Fiber 0g		0%
Sugars 1g		
Protein 17g		
Vitamin A 0%		Vitamin C 2%
Calcium 9%		Iron 11%

* Percent Daily Values are based on a 2,000 calorie diet.

Chapter 18: Frosting

White Angel Cake With Almond Topping

Makes 10 servings

1 angel food cake 10-inch

Frosting:

1/2 cup sugar

2 tablespoons water

1/4 cup light corn syrup

2 eggs white

1 teaspoon vanilla extract

* Part two.

3 tablespoons butter real

1 cup powdered sugar

2 tablespoons half and half

1/2 cup almonds coarsely chopped toasted

Mix sugar, water and corn syrup in saucepan. Cover saucepan; bring to rolling boil. Remove cover and cook to 242° F or until syrup spins a 6 to 8 inch thread. Just before syrup is ready, beat egg whites until stiff enough to hold a point. Pour hot syrup very slowly in a thin stream into beaten egg whites. Continue beating until frosting hold peaks. Blend in vanilla. Spread on cake, making pretty swirls with spatula.

Note: If mixing bowl of electric mixer is too narrow, beater will sling the sugar to sides of bowl (when pouring syrup into whites).

Altitude adjustment for syrup: For every 500 feet elevation over sea level, decrease end cooking point by 1 degree. For example, at 6000 feet, decrease the end cooking point by 12 degrees; hence your thermometer would read 230° F.

Almond Topping:

*For Almond Topping: Melt butter in small skillet until quite brown, but be careful not to burn. Remove from heat and stir in confectioners' sugar and half-and-half. Stir in nuts. Topping should be consistency to drizzle. Add a bit more liquid if necessary. In a lacy design, drizzle frosting over top and down sides of frosted cake.

Nutrition Facts

Amount per Serving**Calories** 191

Calories from Fat 68

% Daily Value*

Total Fat 8g

12%

Saturated Fat 1g

3%

Cholesterol 39mg

13%

Sodium 45mg

2%

Total Carbohydrate 29g

10%

Dietary Fiber 1g

3%

Sugars 28g

Protein 2g

Vitamin A 3%

Vitamin C 0%

Calcium 2%

Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet.

Chapter 19: Mix

Bavarian Mint Coffee Mix

* See note below.

1/3 cup powdered non-dairy coffee creamer

1/3 cup sugar

1/4 cup coffee freeze-dried granules

2 tablespoons unsweetened cocoa

4 peppermint candies crushed

* "Take advantage of a large empty coffee can. Cover can with foil wrapping paper. Put coffee mix in a plastic reclosable bag. Line can with tissue, tuck in a small coffee mug with recipe for using mix, fill with small amaretti cookies (or favorite homemade treats), and add bag of coffee mix. Place lid on can and top with a bow." In a small bowl, mix coffee creamer, sugar, coffee granules, cocoa powder, and candy. Store in an airtight container.

To use, stir mixture before measuring. For each serving, place 2 1/2 to 3 tablespoons of the mix in a coffee cup. Add 6 ounces vigorously boiling water and stir well. Serve as a dessert coffee.

Nutrition Facts

Amount per Serving

Calories 680

Calories from Fat 10

% Daily Value*

Total Fat 1g

2%

Saturated Fat 0g

0%

Cholesterol 0mg

0%

Sodium 40mg

2%

Total Carbohydrate 162g

54%

Dietary Fiber 2g

8%

Sugars 96g

Protein 2g

Vitamin A 0%

Vitamin C 0%

Calcium 0%

Iron 8%

* Percent Daily Values are based on a 2,000 calorie diet.

Bean Soup Mix

Makes 22 servings

* See note below.

1 pound black beans dried
 1 pound blackeyed pea, dried
 1 pound frozen green peas split dried
 1 pound dried
 1 pound kidney beans dried
 1 pound dried small red beans
 1 pound pinto beans dried
 1 pound northern beans dried
 1 pound pink beans dried

* See note below.

* Part two.

* "Place beans in glass canisters and add decorative labels. Attach coordinated recipe card containing the soup recipe, and if desired, add a plastic bag filled with dried herbs or vegetables." Bean Soup Mix * In a very large bowl, mix all beans.* Divide into ten equal portions, about 2 1/4 cups each. Place each portion in a plastic bag with a recloseable top or in a glass jar with a lid. Include the recipe for Country-Style Bean Soup. * Or use any combination or amount you like to make 2 1/4 -cup portions.

Country-Style Bean Soup

*Rinse and pick over beans, discarding any shriveled ones. Place beans in a 5-quart saucepot or Dutch oven. Cover with 6 cups water; soak overnight. (For a quick-soak method, bring beans and water to a boil and boil 2 minutes. Remove from heat. Cover and let stand 1 hour.)

Drain beans and return to saucepot. Add 7 cups water, ham hocks, carrots, celery, onion, bouillon granules, garlic, bay leaf, thyme, and pepper. Over medium-high heat, bring to a boil; reduce heat to low, cover, and simmer, stirring occasionally, for 3 to 4 hours until beans are tender. Remove bay leaf. Remove hocks. Cut ham from hocks and dice. Return meat to soup.

In a covered jar, shake 1/3 cup water, flour, and vinegar until smooth. Stir into soup. Cover and simmer 15 minutes, stirring occasionally. Taste for seasoning. Makes about 10 cups.

Nutrition Facts

Amount per Serving

Calories 4474

Calories from Fat 518

% Daily Value*

Total Fat 57g

87%

Saturated Fat 10g

52%

Cholesterol 19mg

6%

Sodium 29083mg

1212%

Total Carbohydrate 718g

239%

Dietary Fiber 215g

859%

Sugars 23g

Protein 259g

Vitamin A 22%

Vitamin C 5%

Calcium 208%

Iron 415%

* Percent Daily Values are based on a 2,000 calorie diet.

Calypso Coffee Mix

Makes 2 servings

1 cup instant coffee
 1 cup instant chocolate drink mix*
 1/3 cup brown sugar packed
 1/2 orange medium
Water Boiling

Whipped cream
Vanilla ice cream vanilla or chocolate ice cream (optional)
 * Use a drink mix which contains no nonfat dry milk.

In a medium bowl, place coffee granules, chocolate drink mix and brown sugar. With a wire whisk or a fork, stir mixture until well blended. Transfer mixture to a 1-quart jar.

With a vegetable peeler, remove rind from orange. Place the rind in coffee mixture. Reserve orange for another use. Cover jar and shake to mix well. Store in a cool dry place for 48 hours or until orange rind is very dry, shaking once or twice a day. Remove rind when dry if desired.

For each 6-ounce serving, place 2 tablespoons of the coffee mixture in a coffee cup. Add boiling water and stir. If desired, top with a spoonful of whipped cream or ice cream.

Nutrition Facts

Amount per Serving

Calories 130	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 35g	12%
Dietary Fiber 1g	5%
Sugars 32g	
Protein 0g	
Vitamin A 0%	Vitamin C 25%
Calcium 1%	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Cheese and Herb Bread Mix

* See note below.	1 teaspoon garlic instant minced
2 1/2 cups flour or 1 1/4 cups each all-purpose and whole wheat flour	1/2 teaspoon baking soda
1 cup parmesan cheese, plus 2 tablespoons grated	1/2 teaspoon salt
1/4 cup dry buttermilk powder	1/4 teaspoon black pepper
2 teaspoons baking powder	1 1/4 cups water
1 1/2 teaspoons sage dried leaves	1/4 cup vegetable oil
	2 eggs large

* "Place bread mix in a plastic bag. Tuck into a stenciled muslin bag which has a drawstring. Attach a recipe card containing baking directions and add a serrated bread knife if desired." Dry Mix In a large bowl, mix dry ingredients, using only 1 cup of the Parmesan cheese, until well blended. Package in a reclosable plastic bag. Place remaining 2 tablespoons Parmesan cheese in a second bag.

Baking Directions

Preheat oven to 350°. Grease a 9 x 5 x 3-inch loaf pan. Place dry bread mix in a large bowl and stir in 1 1/4 cups water, 1/4 cup vegetable oil, and 2 large eggs. Stir just until dry ingredients are moistened. Spread batter into prepared pan; smooth top and sprinkle with 2 tablespoons Parmesan cheese.

Bake 55 to 60 minutes until dark golden brown. Cool 15 minutes. Remove from pan. Serve warm or cool completely on a wire rack.

Cover and store at room temperature. Best eaten the same day.

Nutrition Facts

Amount per Serving		
Calories 1655		Calories from Fat 540
		% Daily Value*
Total Fat 63g		97%
Saturated Fat 10g		50%
Cholesterol 291mg		97%
Sodium 3029mg		126%
Total Carbohydrate 234g		78%
Dietary Fiber 0g		0%
Sugars 12g		
Protein 14g		
Vitamin A 9%		Vitamin C 1%
Calcium 25%		Iron 68%

* Percent Daily Values are based on a 2,000 calorie diet.

Herb Bouquets

1/2 cup parsley dehydrated

1/4 cup thyme dried

1/4 cup celery flakes dehydrated

2 tablespoons dried marjoram leaves

5 bay leaves medium, lightly crushed

In a small bowl, stir together herbs until well mixed. Cut 16 4-inch squares of double-thickness cheesecloth. Place 1 level tablespoon herb mixture in the center of each square. Bring corners together and tie with string to make a bag. Store in an airtight container in a cool, dark place.

To use: A bouquet garni or bundle of mixed herbs is used to flavor stock for soups and sauces, and for poaching fish and chicken. Use one Herb Bouquet bag per quart of stock, removing rickrack or ribbon (see below). Simmer at least 20 minutes or according to your recipe directions.

Packaging Suggestions: Tie some colorfast rickrack or ribbon over the string on the bags. Then arrange them in foil or in a napkin-lined flowerpot, basket or recipe card box. Trim with a small kitchen utensil or a package of recipe cards. Write the directions for use and storage on a recipe card and include with the container.

Nutrition Facts

Amount per Serving

Calories 0

Calories from Fat 0

% Daily Value*

Total Fat 0g

0%

Saturated Fat 0g

0%

Cholesterol 0mg

0%

Sodium 0mg

0%

Total Carbohydrate 0g

0%

Dietary Fiber 0g

0%

Sugars 0g

Protein 0g

Vitamin A 0%

Vitamin C 0%

Calcium 0%

Iron 5%

* Percent Daily Values are based on a 2,000 calorie diet.

Hot Buttered Rum Batter

Makes 2 servings

1 cup butter real, room temperature
 1 cup brown sugar
 1/4 cup honey
 2 teaspoons cinnamon ground
 1 teaspoon nutmeg ground
 1/2 teaspoon cloves ground

Rum dark rum
 Water Boiling
 Whole cloves or freshly grated nutmeg
 (optional)
 Cinnamon sticks

In a small mixer bowl, cream butter until fluffy. Gradually add brown sugar, then honey and spices; beat well. Spoon into a covered container. Store in refrigerator up to 1 month.

To use: Bring batter to room temperature. Place 1/4 cup of batter in a warm 10-ounce mug; pour about 1/2 cup boiling water into mug and stir to dissolve batter. Add 1 1/2 ounces (3 tablespoons) dark rum and fill with boiling water; stir. Add optional whole cloves (3 to 4) or a sprinkling of nutmeg. Sweeten to taste. Stir with a cinnamon stick.

Packaging Suggestions: Spoon the batter into a covered peanut butter jar or crock. Decorate the jar lid with a large Christmas sticker or glue on a design cut from some gift wrap. Tie a ribbon around the lid and attach a recipe card with directions for use. Or include a bottle of dark rum and packages of individual spices along with the batter in a basket, individualized Christmas stocking or decorative gift bag.

Nutrition Facts

Amount per Serving		Calories from Fat 800
Calories 1280		% Daily Value*
Total Fat 88g		135%
Saturated Fat 0g		0%
Cholesterol 240mg		80%
Sodium 720mg		30%
Total Carbohydrate 130g		43%
Dietary Fiber 0g		0%
Sugars 128g		
Protein 0g		
Vitamin A 64%		Vitamin C 0%
Calcium 0%		Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Spice Bags

4 cinnamon sticks 3-inch
1/4 cup cloves whole

1/4 cup allspice whole
Cinnamon sticks

In a folded kitchen towel, coarsely crush 4 cinnamon sticks with a rolling pin or mallet.

In a small bowl, combine spices and stir to blend well. Cut eight 4-inch squares of double-thickness cheesecloth. Place 1 level tablespoon spice mixture in center of each square. Bring corners together and tie with string to make a bag. Store in an airtight container in a cool, dark place.

To use: For each quart of apple juice, cider or red wine, use one Spice Bag and simmer for 15 minutes. For a more robust flavor, use two bags. Remove bag and serve in individual mugs with a cinnamon stick as a stirrer. Sweeten to taste.

Packaging Suggestions: Arrange the bags in a covered decorative tin (e.g., from stationery or tea) and tie with a ribbon. Or enclose the spices in a plastic bag and tie to a bundle of long cinnamon sticks, a cider jug or a bottle red wine. Include a recipe card with directions for use.

Nutrition Facts

Amount per Serving		Calories from Fat 0
Calories 0		% Daily Value*
Total Fat 0g		0%
Saturated Fat 0g		0%
Cholesterol 0mg		0%
Sodium 0mg		0%
Total Carbohydrate 0g		0%
Dietary Fiber 0g		0%
Sugars 0g		
Protein 0g		
Vitamin A 0%		Vitamin C 0%
Calcium 0%		Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Spiced Tea Mix

1 tablespoon lemons grated fresh or orange rind

2 cinnamon sticks 3-inch, broken

18 cloves whole

1/2 teaspoon nutmeg ground

1 cup tea leaves

Spread lemon or orange rind on waxed paper to air dry for 20 minutes. In a kitchen towel, crush cinnamon sticks and cloves with rolling pin or mallet. In a small bowl, combine lemon or orange rind, spices and tea; mix well. Store in an airtight container in a cool, dry place.

To brew: Rinse teapot with hot water. Heat fresh water to a boil and fill teapot. Add 1 teaspoon tea mixture for each teacup of boiling water. Steep for 3 to 5 minutes or to desired strength. Strain into teacups. Sweeten to taste.

Packaging Suggestions: First, line a tea cup with plastic wrap, fill the wrap with tea mixture, and tie it shut tightly with ribbon. Attach a decoration, a tea strainer or a package of pretty paper napkins. The tea can also be packaged in a decorative tin or apothecary jar. Write the directions for use on a recipe card or large gift tag and attach to the container.

Nutrition Facts

Amount per Serving

Calories 0

Calories from Fat 0

% Daily Value*

Total Fat 0g

0%

Saturated Fat 0g

0%

Cholesterol 0mg

0%

Sodium 0mg

0%

Total Carbohydrate 0g

0%

Dietary Fiber 0g

0%

Sugars 0g

Protein 0g

Vitamin A 0%

Vitamin C 0%

Calcium 0%

Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Chapter 20: Craft

Assembling The Cottage

1. You will need 8 graham cracker squares to build the cottage. To cut the rectangular crackers into squares, carefully score each cracker along the center line with a serrated knife, then break gently at the scored line. If you try to cut all the way through the cracker, it may shatter.
2. Cover your work surface with a large piece of waxed paper. Place the small round tube in decorating bag. Fill bag with white Royal Icing. Place 1 graham cracker square on waxed paper for bottom of cottage.
3. To start building the cottage, pipe a line of icing on bottom edge of a second graham cracker and place on bottom cracker to form a wall (see Illustration A). Hold in place until icing is firm and the wall sticks to the bottom. Pipe a line of icing on two adjoining sides of another graham cracker and attach to bottom and first wall (see Illustration B). Hold in place until icing is firm. Repeat with two additional squares to form 4 walls on bottom, joining last corner with a line of icing. Don't worry if a small amount of the icing shows. Wait for 15 minutes to give the icing a chance to dry.
4. To make the upper side walls, carefully score 1 graham cracker square diagonally, then break gently at the scored line (see Illustration C). Pipe a line of icing along one cut side almost to points and attach to top of front wall. Points will extend past side walls (see Illustration D). Hold in place until icing is firm. Repeat with second triangle and attach to back wall (see Illustration E). Wait for 15 minutes.
5. To make the roof, pipe icing on 3 sides of one of the remaining graham crackers and attach to front, back and side. Hold in place until icing is firm. Repeat with remaining graham cracker, then pipe along ridge line. The roof will hang over the side walls (see Illustration F). Wait for 15 minutes to let roof become sturdy before decorating cottage.

Nutrition Facts

Amount per Serving

Calories 0	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Assembling The Decoration

1. Tie red or brown thread around each reindeer's neck, attaching small bells if desired.
2. Arrange sleigh and deer on a table top or the fireplace mantel. Surround with additional packages, curled ribbons, small pieces of artificial greenery, popped corn, or small marshmallows. Sleigh and reindeer can also be placed on a long tray. Cover surface of tray with granulated sugar "snow" and place in an area away from drafts.
3. To create "harness and reins," lace ribbon in-and-out through thread around neck of each reindeer, allowing excess ribbon to drape back into sleigh (see cover photo).
4. Fill sleigh with small packages, wrapped candies, small cookies, or Christmas cards. If sleigh is to be eaten, do not fill with fresh greenery.

Nutrition Facts

Amount per Serving

Calories 0	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Assembling The Sleigh And Reindeer

*** See note below.**

* 1. To join bottom piece and one side of sleigh, pipe a line of icing along inside of one sleigh side, 1 1/4 inches from bottom edge. Press long side of the bottom into icing. Hold in place 1 to 2 minutes until set (G). Support with a can of food and allow to dry at least 15 minutes without moving. 2. To attach front, pipe a line of icing along inside of sleigh and bottom. Press front piece into icing (H). Hold in place 1 to 2 minutes. Allow to dry 15 minutes. Support with a can if needed. 3. To attach back piece, pipe a line of icing at an angle along inside surface of sleigh side and bottom. Press back piece into icing (I). Hold in place 1 to 2 minutes. Support with a can. Allow to dry at least 30 minutes. 4. To complete the sleigh, stand assembled portion of sleigh right-side up. You will need to place a rectangular object under the bottom for support (J). Pipe a line of icing along remaining sides of bottom, front, and back pieces of sleigh. Press remaining sleigh side into icing, measuring 1 1/4 inches from bottom edge so sleigh will be level and not rock or be lopsided. Hold in place for 1 to 2 minutes. Support sides with cans. Let stand until dry, at least 45 minutes. Remove cans. Reinforce corners and seams of inside of sleigh with dots and lines of icing. Allow to dry completely before sealing underneath corners and seams. If desired, decorate upper edge and inside of sleigh with dots of icing and additional small candies. If planning to fill sleigh with small packages, candies, etc., keep the decoration simple.

5. To assemble pairs of reindeer, set Rudolph aside. Lay four reindeer cookies, decorated side down, on a flat surface. Pipe a large dot of icing on body of each reindeer. Gently press a large marshmallow onto each; hold in place until set (K). Allow to dry at least 15 minutes. Lay four reindeer cookies in the opposite direction. Pipe a large dot of icing on body of each. To create a matching pair of reindeer going in the same direction, press opposite reindeer to the marshmallow (L). Hold in place until set. Allow to dry completely. Reinforce marshmallows to cookies with dots or lines of icing as needed. Stand sets of reindeer upright to be sure that they are sturdy. Gently push the 1 red-nosed reindeer into a soft marshmallow, adjusting angle of marshmallow so deer will stand upright (see cover photo). Allow marshmallow to dry. (If needed, secure marshmallow to deer with small dots of icing.) Allow to dry completely.

Nutrition Facts

Amount per Serving	
Calories 0	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Bread Wreath or Birdseed Wreath

Makes 2 servings

* See note below.

1 package frozen white bread dough (3 lb.)
or wheat bread dough

1 egg large

1 tablespoon water

2 teaspoons sesame seeds total caraway
seeds, fennel seeds, poppy seeds, and/or
crushed oats

1 piece piece (12-inch) picture wire

2 cups birdseed

2 cups light corn syrup

* "Attach large bows made from wired floral ribbon around wreaths. The wreath for human consumption should be covered with plastic wrap." Thaw frozen dough overnight in the refrigerator. On a lightly floured board, knead the three loaves of dough together into one large smooth ball. Divide dough in half. Cover one portion with a bowl. Cut other portion of dough into three equal pieces and form each into a 24-inch rope. Place the three ropes side by side and braid loosely.

Grease the outside of an ovenproof 6-ounce custard cup. Place upside down on a large greased baking sheet or 12-inch pizza pan. Gently lift braided dough to baking sheet and form a wreath around cup, moistening end with water, overlapping, and pinching ends together. Cover with a damp towel and let rise in a warm place, free from drafts, until almost doubled, about 45 minutes. Repeat with second portion of dough. Twist piece of wire to form a 3-inch loop and insert into one wreath to form a hanger. (This wreath is for the birds.) Cover and let rise.

Preheat oven to 375°. In a small bowl, beat egg with water. In another bowl, combine 2 teaspoons of desired seeds and/or oats.

Bake wreaths 15 minutes. Remove wreath without hanger and glaze with egg mixture; sprinkle evenly with 2 teaspoons seeds-oats mixture. Continue baking 15 to 20 minutes longer until wreaths sound hollow when bottoms are tapped with fingers. If wreaths brown too quickly, cover loosely with foil. Cool on wire racks.

WREATH FOR BIRDS: Sprinkle about 1 cup of the birdseed on a clean baking sheet. In a small saucepan over low heat, bring corn syrup to a boil and boil 1 minute; remove from heat. Brush syrup on back of wreath baked with hanger; place on birdseed. Brush top and sides of wreath with syrup and generously sprinkle with remaining birdseed. Let dry on a wire rack for several days.

Nutrition Facts

Amount per Serving

Calories 983

Calories from Fat 13

% Daily Value*

Total Fat 2g

2%

Saturated Fat 0g

2%

Cholesterol 72mg

24%

Sodium 302mg

13%

Total Carbohydrate 240g

80%

Dietary Fiber 0g

0%

Sugars 240g

Protein 2g

Vitamin A 2%

Vitamin C 0%

Calcium 17%

Iron 1%

* Percent Daily Values are based on a 2,000 calorie diet.

Building The Workshop

1. Using the round tip and icing, pipe a line of icing on long bottom edge of a side wall rectangle and attach to the floor (E). Hold in place until icing is firm and the wall sticks to the floor. Pipe a line of icing on two adjoining sides of the front wall and attach to floor and first wall (F). Hold in place until icing is firm. Don't worry if a small amount of the icing shows. Pipe a line of icing along inside seams for reinforcement. Repeat until all four walls are constructed. Pipe a row of dots on each corner of workshop to cover the seams. Wait for 30 to 45 minutes to give the icing a chance to dry.

2. To give support to the upper front wall, stand a cracker rectangle at a right angle to center front of building. If cracker is taller than top of building, cut cracker to fit. Secure with a line of icing (G). Hold in place until icing is firm. Wait 15 minutes before continuing.

3. To attach the roof, pipe a generous line of icing on top edges of side walls, upper front and back walls, and vertical roof support. Gently press one roof rectangle in center position over a side wall. The roof will extend beyond the side walls (H). Hold in place until icing is firm. Repeat with second roof rectangle, being sure rectangles meet at the peak of the roof. Hold in place until icing is firm. Then, pipe a line of icing along peak of roof and where roof attaches to the walls. Wait for 30 minutes to let icing dry completely before decorating.

Nutrition Facts

Amount per Serving

Calories 0	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Candies And Sweets For Decorating

Mint wafers	Cloves whole
Candy melt wafers	Walnuts
Life Savers®	Variety of hard candies
Cinnamon candy	Jelly bean
Colored mini marshmallows	Tootsie Rolls®
Colored decorating sugar or sprinkles	Chocolate chips
Gumdrops in varying sizes, colors and shapes	Candy corn
Licorice ropes	Candy canes
	Candy-coated chocolate pieces

Nutrition Facts

Amount per Serving		
Calories 0		Calories from Fat 0
		% Daily Value*
Total Fat 0g		0%
Saturated Fat 0g		0%
Cholesterol 0mg		0%
Sodium 0mg		0%
Total Carbohydrate 0g		0%
Dietary Fiber 0g		0%
Sugars 0g		
Protein 0g		
Vitamin A 0%		Vitamin C 0%
Calcium 0%		Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Creating Santa's Sleigh And Reindeer

You Will Need:

2 8-inch red-and-white peppermint candy canes, unwrapped
 Red and green M & M's® chocolate candies
 Red hot cinnamon candies
 Green spearmint gumdrop leaves (optional)
 Small gumdrops, assorted colors (optional)

Small jelly beans, assorted colors (optional)
 Silver dragées (optional)
 1 or 2 peppermint candies unwrapped
 Marshmallows
 Red or brown thread
 Small bells (optional)
 Narrow ribbon from kit

Nutrition Facts

Amount per Serving		Calories from Fat 0
Calories 60		% Daily Value*
Total Fat 0g		0%
Saturated Fat 0g		0%
Cholesterol 0mg		0%
Sodium 10mg		0%
Total Carbohydrate 15g		5%
Dietary Fiber 0g		0%
Sugars 8g		
Protein 0g		
Vitamin A 0%		Vitamin C 0%
Calcium 0%		Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Creating The Peppermint Workshop

You Will Need:

1/2 graham crackers
 1 or 2 recipes white Royal Icing
 2 licorice twist (2" each)
 Silver dragees
 1 green Life Saver®
 Mint-filled straw candies (red and white striped candies, about 1" long)
 Red hot cinnamon candies
 2 peppermint candy canes (6" each)
 Round peppermint candies

Granulated sugar (optional)
 Red cherry-flavored licorice (3/4" long each)
 Sugar ice cream cones
 Red or green colored sugar
 Small candies resembling stones or bricks
 Flaked coconut
 Waxed paper
 Serrated knife
 Small metal spatula
 Wooden picks
 Graham crackers

Nutrition Facts

Amount per Serving

Calories 135

Calories from Fat 30

% Daily Value*

Total Fat 4g 6%

Saturated Fat 1g 4%

Cholesterol 0mg 0%

Sodium 165mg 7%

Total Carbohydrate 26g 8%

Dietary Fiber 0g 0%

Sugars 14g

Protein 2g

Vitamin A 9%

Vitamin C 15%

Calcium 0%

Iron 15%

* Percent Daily Values are based on a 2,000 calorie diet.

Creating The Rainbow Workshop

You Will Need:

1/2 graham crackers
 1 or 2 recipes white Royal Icing
 Food color green
 1 yellow waffle sandwich cookie
 Jelly bean

Small gumdrops

Red and green Tic Tacs® or tiny jelly beans
 2 (6" each) multicolor striped candy canes
 Fruit-flavored Lifesavers
 Granulated sugar (optional)

Nutrition Facts

Amount per Serving

Calories 45

Calories from Fat 10

% Daily Value*

Total Fat 1g 2%

Saturated Fat 0g 1%

Cholesterol 0mg 0%

Sodium 55mg 2%

Total Carbohydrate 8g 3%

Dietary Fiber 0g 0%

Sugars 4g

Protein 0g

Vitamin A 3%

Vitamin C 5%

Calcium 0%

Iron 5%

* Percent Daily Values are based on a 2,000 calorie diet.

Decorating Grandma's House

You will need:

White and small amounts of green and red

Royal Icing

Small gumdrops, mint wafers or candy coating wafers

Waxed paper

Wooden picks

Small spatula

1. Using the round tube and white icing, outline shapes of door and windows. Outline corners of house with small white dots.
2. Using the star tube and green icing, make garlands over the door and windows. For a wreath on the door, make a circle of small stars with icing. For the front porch, pipe large stars on each side to resemble shrubs. If desired, pipe a design around the base of the house using green or white icing.
3. Using the round tube and red icing, pipe small dots on the garland and wreath to resemble berries.
4. Using a small spatula and white icing, spread a thin layer of icing on the roof. Place rows of small gumdrops, wafers or candy coating on the roof. Wait for 15 minutes to give icing a chance to dry.
5. When designs on walls and roof are set, place pieces of waxed paper against front and back walls to protect designs. Using the round tube and white icing, make icicles
6. When arranging house on styrofoam tray (see below), place porch in front of door.

Nutrition Facts

Amount per Serving

Calories 0

Calories from Fat 0

% Daily Value*

Total Fat 0g

0%

Saturated Fat 0g

0%

Cholesterol 0mg

0%

Sodium 0mg

0%

Total Carbohydrate 0g

0%

Dietary Fiber 0g

0%

Sugars 0g

Protein 0g

Vitamin A 0%

Vitamin C 0%

Calcium 0%

Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Decorating The Church

You Will Need:
White Royal Icing
Silver dragees

Green decorating sugar
Small gumdrops

1. Using the small round tube, pipe a garland along the lower edge of one side of the tower. Repeat making rows of loops, one above the other, until the tower roof is covered with rows, letting bottom of loops from one row touch top of points from row below. Working quickly, press a silver dragee into each point. With a small spoon, sprinkle green sugar on piped lines. Repeat design on opposite side of tower. Carefully brush off any excess sugar from walls and the flat portion of roof.
2. For windows and upper part of door, slice small gumdrops into 1/4-inch slices and attach slices to walls with dots of white icing. Outline the shapes to complete windows and door.
3. Using the star tube, decorate the front of the tower and around the bell opening. Pipe along ridge of roof tower, along top of back and side walls and along corners; decorate with a row of stars if desired.

Nutrition Facts

Amount per Serving

Calories 0		Calories from Fat 0
		% Daily Value*
Total Fat 0g		0%
Saturated Fat 0g		0%
Cholesterol 0mg		0%
Sodium 0mg		0%
Total Carbohydrate 0g		0%
Dietary Fiber 0g		0%
Sugars 0g		
Protein 0g		
Vitamin A 0%		Vitamin C 0%
Calcium 0%		Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Decorating The Cottage

You Will Need:

White and a small amount of red Royal Icing
Small candies for roof and window boxes

Large green gumdrop for wreath
Red licorice sticks or small candy canes for corner posts

1. Using the small round tube, pipe a row of white dots on the roof and attach small candies. Using the star tube, pipe stars around the edges of roof.
2. Using the star tube, attach licorice sticks or candy canes to corners of cottage.
3. Using the small round tube, outline shapes of door, windows, window boxes and shutters on cottage. Decorate window boxes and around the door with small candies.
4. For a wreath, slice a green gumdrop in half and attach one slice to center of door with a dot of icing. Using small round tube and red icing, pipe a small bow onto a piece of waxed paper and let dry. When set, attach to wreath with a dot of icing. The bow is easier to attach if it is made separately.
5. Using the star tube and red icing, pipe small flowers in window boxes.

Nutrition Facts

Amount per Serving

Calories 0	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Decorating The Roof

1. Using the star tip and icing, pipe a thick line of icing along the front edges of the roof. Press candy canes into the icing. Pipe a large star at peak of roof where candy canes join. Let dry for 15 minutes.
2. Using a small spatula and icing, spread a layer of icing on one side of the roof. Place overlapping rows of peppermint candies on the roof, starting with bottom row and pressing into icing. Immediately sprinkle roof with sugar to add a "sparkle" if desired. Decorate other side of roof. Brush off excess sugar in areas where you wish to add the "Santa's Workshop" sign and icicles. Wait 15 minutes to let icing set.
3. To make the "Santa's Workshop" sign, cut a piece of a graham cracker the same size as the paper sign. Spread one side of the cracker with a thin layer of white icing. Place paper design on icing and gently smooth surface. Attach to roof with several dots of icing. Hold in place until set. Allow to dry.
4. To decorate the ridge of the roof, brush off excess sugar. Use the star tip to pipe a line of icing along the ridge. Place a row of red licorice candies in icing on ridge. Allow to dry.
5. To make icicles, use the round tip and icing. Place pieces of waxed paper against walls of workshop to protect designs while making icicles.

Nutrition Facts

Amount per Serving

Calories 0	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Decorating The Sleigh And Reindeer

*** See note below.**

* 1. Cover your work surface with a large piece of wax paper. Place the round tip in the decorating bag. Fill bag with 1/2 cup white Royal Icing. Cover bag and tip with a damp towel. (Do not refrigerate.) 2. Organize the candy decorations in muffin pan cups or individual custard cups before you begin decorating. 3. To decorate the sleigh sides, place sides in opposite directions on a sheet of wax paper. To create sleigh runners, spread icing on one side of one 8-inch candy cane, and on other side of second candy cane. Place 1/4 inch from the bottom of each sleigh side so the rounded edge of the candy cane curves up along the front of the sleigh. Hold in place for 1 minute to be sure candy is securely attached. Pipe a line of icing above each candy cane. Press green M & M's and red cinnamon candies into the icing. Pipe dots of icing along outer edge of sleigh and top of back sleigh runner; press red cinnamon candies into icing (A). Allow to dry on a flat surface at least 1 hour. To create "holly" decorations, slice 2 or 3 green spearmint gumdrop leaves in half lengthwise (use only top surface with leaf vein design). Attach "leaves" to side of sleigh with dots of icing. Attach red cinnamon candies to resemble berries (B). Allow to dry on a flat surface at least 1 hour. To create "bells," cut small red and green gumdrops in half lengthwise. Cut green gumdrops in half crosswise. Attach green pieces to upper edge of sleigh with dots of icing. Attach red "bells" and silver dragées with dots of icing (C). Allow to dry on a flat surface at least 1 hour. 4. To decorate outside of sleigh back, pipe decorative curved lines of icing. Keep piped icing at least 1/4 inch from edges for easier assembly of sleigh. Attach red cinnamon candies (D). Allow to dry on a flat surface at least 1 hour.

5. To decorate outside of sleigh front, pipe a large dot of icing on the center front. Attach a round peppermint candy. Pipe dots of icing and attach green M & M's and red cinnamon candies in a decorative design (E). Allow to dry on a flat surface at least 1 hour.

6. To decorate the reindeer, pipe dots of icing around the outside body of each reindeer to create a "harness" design. Attach a red cinnamon candy to the nose of one reindeer. If desired, pipe dots of icing for "eyes" (F). Allow to dry on a flat surface at least 1 hour.

Nutrition Facts

Amount per Serving

Calories 0	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Decorating With Icing

Outlining: Using the round tube, glide the tube at a 45° angle allowing the tip just to gently touch the surface. Be certain all loops and openings are definite so outlines are distinct. Stop squeezing and touch the tip to the surface to end a line.

Dots and Balls: Using the round tube, hold the bag at a 90° angle with the tip slightly above the surface. Squeeze the bag, keeping the tip of the tube in the icing until the dot is the desired size. Stop squeezing and pull away. Remove point with tip of tube or a wooden pick.

Garland or Drop Strings: Using the round tube, hold the bag at a 90° angle with the large end of the bag facing you and slightly to the right. Touch the tip to the surface and squeeze to attach the string. While squeezing steadily, pull bag straight away from the surface and toward you, letting the string drape from its own weight. Touch the tip to the surface to attach the string. Stop squeezing and pull away. Repeat to form a border.

Icicles: Using the round tube, pipe a row of thick dots along lower edge of roof. Pull down strings of icing with a wooden pick, forming icicles. Pipe with additional icing to make more icicles if needed.

Stars and Star Borders: Using the star tube, hold the bag at a 90° angle with the tip almost touching the surface. Squeeze to form a star, lifting slightly. Stop squeezing and pull away. Increase or decrease pressure for different size stars. Connect stars in a series to form a border.

Rosettes: Using the star tube, pipe as for a star except move the tip in a very small circle. Stop squeezing and pull away.

Nutrition Facts

Amount per Serving

Calories 0		Calories from Fat 0
		% Daily Value*
Total Fat 0g		0%
Saturated Fat 0g		0%
Cholesterol 0mg		0%
Sodium 0mg		0%
Total Carbohydrate 0g		0%
Dietary Fiber 0g		0%
Sugars 0g		
Protein 0g		
Vitamin A 0%		Vitamin C 0%
Calcium 0%		Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Homespun Lunch Box

Spray-paint an old-fashioned metal lunch box or decorate with decoupage. Stock it with a cheese log, crackers, or bread sticks and a split of champagne. Festive napkins complete the package.

Nutrition Facts

Amount per Serving
Calories 0

Calories from Fat 0

% Daily Value*
Total Fat 0g

0%

Saturated Fat 0g

0%

Cholesterol 0mg

0%

Sodium 0mg

0%

Total Carbohydrate 0g

0%

Dietary Fiber 0g

0%

Sugars 0g

Protein 0g

Vitamin A 0%

Vitamin C 0%

Calcium 0%

Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

How To Wrap And Decorate

Take a look at the containers you've saved. Should they be sprayed, wrapped, lined, etched or simply labeled and tied with a piece of colorful ribbon or yarn? Acrylic spray paint works well on metal cans and is quick and easy to use. Self-adhesive decorative paper is a good alternative. Or you can cut out shapes from felt or last year's greeting cards to make stick-on designs.

Line a flower pot with foil and fill it with Herb Bouquets and some herb seed packets, but be sure to recommend that the Herb Bouquets be transferred to a jar or can within a few days.

Spice Bags can be attached to a small Styrofoam® circle to form a wreath, then wrapped with clear plastic. But remember, this is not airtight and also needs storage instructions.

A recipe card box is a good container for Sugar 'n' Spice Nuts or Spiced Tea Mix, with a plastic bag for a liner, of course. Attach the recipe card inside the lid.

Check at the end of each recipe in this book for individual wrapping ideas. Here are some more suggestions that can be used for gift combinations.

Nutrition Facts

Amount per Serving

Calories 0	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Making Gingerbread Shapes

4 1/4 cups flour

1 teaspoon allspice ground

1 teaspoon cinnamon ground

1 teaspoon ginger ground

1/4 teaspoon salt

2/3 cup molasses

1/2 cup brown sugar packed

1/2 cup butter or margarine, softened

2 eggs large

*** See note below.**

* 1. To prepare dough, stir together flour, allspice, cinnamon, ginger, and salt. Beat molasses, brown sugar, butter, and eggs in a large bowl with electric mixer at medium speed until well blended. At low speed, gradually beat in flour mixture until blended, scraping bowl frequently. Divide dough into two equal portions. Cover and refrigerate 2 hours or overnight (or place in freezer for about 1 hour). 2. Trace sleigh patterns onto plain paper; cut out.

3. Heat oven to 325°. Moisten top of a baking sheet and line with aluminum foil. Spray foil with non-stick coating or brush lightly with vegetable oil.

4. To cut and bake gingerbread shapes, knead one portion of the chilled dough until smooth. (Keep remaining dough in refrigerator until ready to use.) Place dough in center of foil-lined baking sheet. Roll into a 10 x 12 x 1/4 -inch rectangle with a lightly floured rolling pin. Place paper patterns for one sleigh side and sleigh bottom at least 1 inch apart on rolled dough. Dip point of a small knife with a sharp point into flour to prevent sticking and cut out pieces. Remove trimmings and roll into a ball; cover and refrigerate. Bake 18 to 22 minutes until edges are lightly browned and center is firm. Let stand on baking sheet to cool or gently remove cookie with foil onto a flat surface. When cool, remove foil. Air dry on a wire rack.

5. Repeat with second portion of dough and foil-lined baking sheet, cutting one sleigh back, one sleigh front, and second sleigh side (flip sleigh pattern over). Bake and cool as directed.

6. Knead trimmings until smooth and roll 1/4 inch thick. Cut reindeer with cookie cutter, dipping cutter into flour to prevent sticking. Place about 1 inch apart on baking sheet. When the reindeer are decorated, you will assemble them as pairs. Therefore, if you are using the decoration on a fireplace mantel, you should bake all the reindeer going in the same direction. If using as a table decoration, you will need to turn over 4 or 5 reindeer so they are going the opposite direction and will have a smooth "outer finish" when assembled as pairs. Bake 18 to 20 minutes. Cool on wire racks. Remove all foil.

Note: For softer cookies for eating, bake only 14 to 16 minutes. For sweeter cookies, sprinkle with sugar before baking.

Nutrition Facts

Amount per Serving

Calories 3597

Calories from Fat 853

% Daily Value*

Total Fat 94g

145%

Saturated Fat 2g

10%

Cholesterol 527mg

176%

Sodium 1618mg

67%

Total Carbohydrate 610g

203%

Dietary Fiber 0g

0%

Sugars 97g

Protein 19g

Vitamin A 72%
Calcium 3%

255
Vitamin C 0%
Iron 107%

** Percent Daily Values are based on a 2,000 calorie diet.*

Making Graham Cracker Houses

You Will Need:

1 box graham crackers
 Royal Icing
 Decorating bag with decorating tips
 Waxed paper

Serrated knife
 Small metal spatula
 Wooden picks
 Graham crackers
 Styrofoam trays

Nutrition Facts

Amount per Serving

Calories 0	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Making Snow-Topped Trees

Use sugar ice cream cones. Stand each upside down on a sheet of waxed paper. If white icing is very stiff, thin about 1/3 cup of icing. Using a small spatula or back of a small spoon, spread icing generously over the sides of each cone, swirling surface of icing. If desired, decorate with small candies to resemble lights or balls. Immediately sprinkle with red or green colored sugar. Allow about 15 minutes for icing to dry before moving.

Nutrition Facts

Amount per Serving		Calories from Fat 0
Calories 0		% Daily Value*
Total Fat 0g		0%
Saturated Fat 0g		0%
Cholesterol 0mg		0%
Sodium 0mg		0%
Total Carbohydrate 0g		0%
Dietary Fiber 0g		0%
Sugars 0g		
Protein 0g		
Vitamin A 0%		Vitamin C 0%
Calcium 0%		Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Making Tray Scenes

1. To make snow-topped trees, use green spearmint gumdrop leaves (available in bags in the candy section of your supermarket). Stand on the stem end to resemble trees. Using a small spatula or spoon, drizzle white Royal Icing over the top, smoothing surface of icing as needed. Allow about 15 minutes for icing to dry before using.
2. Place decorated cottage, church or house on a Styrofoam tray.
3. Make a path to the cottage using small candies that resemble stones.
4. Sprinkle the ground with flaked coconut and arrange snow-topped trees in the snow.
5. Add people as desired.

Nutrition Facts

Amount per Serving		Calories from Fat 0
Calories 0		% Daily Value*
Total Fat 0g		0%
Saturated Fat 0g		0%
Cholesterol 0mg		0%
Sodium 0mg		0%
Total Carbohydrate 0g		0%
Dietary Fiber 0g		0%
Sugars 0g		
Protein 0g		
Vitamin A 0%		Vitamin C 0%
Calcium 0%		Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Pet Treats

Makes 4 servings

* See note below.

2 cups whole wheat flour

1/2 cup wheat germ

1/2 cup dry milk powder

1/2 cup water

1/3 cup vegetable oil

1 egg large

2 tablespoons beef bouillon

1 tablespoon brown sugar

* "Package these treats with a special toy or rawhide bone in a basket. Or, twist a metallic star garland around bone-shaped treats for hanging along a mantel or high on the Christmas tree. Be sure to include a recipe, pattern for cutout or a bone-shaped cookie cutter, and storage directions." Preheat oven to 300°.

In a large mixer bowl at low speed, beat flour, wheat germ, milk powder, water, oil, egg, bouillon granules, and brown sugar until blended.

On a lightly floured surface, knead dough 1 to 2 minutes.

Dog Treats

Roll dough to 1/4 -inch thickness. Make a dog bone-shaped pattern or use a dog bone-shaped cookie cutter. Cut out dog bones.

Bake on ungreased baking sheets 45 minutes or until brown and crisp. Cool treats on wire racks.

Cat Treats

Roll to 1/8 -inch thickness. Bake about 30 minutes or until brown and crisp. Break into pieces before giving to cats.

Store treats in an airtight container in a cool, dry place. Will keep up to 3 months.

Nutrition Facts

Amount per Serving

Calories 530

Calories from Fat 182

% Daily Value*

Total Fat 21g

32%

Saturated Fat 3g

17%

Cholesterol 36mg

12%

Sodium 628mg

26%

Total Carbohydrate 68g

23%

Dietary Fiber 4g

16%

Sugars 14g

Protein 16g

Vitamin A 5%

Vitamin C 8%

Calcium 12%

Iron 23%

* Percent Daily Values are based on a 2,000 calorie diet.

Picnic Assortment

Line a wicker basket with a pretty napkin or two. Fill with nuts, cookies, candies in clear plastic boxes and your special preserves. A small thermos is a nice addition.

As you go about your pleasant task of cooking and baking for others, don't forget yourself! Doubling your ingredients adds only a few moments to the project and can save you lots of time during the busy holiday season.

Nutrition Facts

Amount per Serving

Calories 0	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

Preparing The Walls And Roof

* See note below.

* 1. Cover your work surface with a large piece of waxed paper. Place the round tip in the decorating bag. Fill bag with 1/2 cup white Royal Icing. Place the star tip in the second decorating bag and fill with 1/2 cup white Royal Icing. Cover both bags, tips and remaining icing with a damp towel. 2. To make the front and back walls, carefully score two graham cracker squares diagonally with a serrated knife, then gently break at the scored line (A). Neatly join two of the triangles with a line of icing to form a larger triangle (B); let dry on waxed paper. Repeat with remaining two triangles. To form front wall, pipe a line of icing along bottom of one large triangle and attach to long side of a large rectangle (C). Hold in place until icing is firm. Let dry flat on waxed paper for 15 minutes. Repeat to form the back wall. 3. To decorate the front wall, spread the back of two (2 inch each) red licorice twists with icing and attach to the center of the front wall to create a door. Using the round tip and icing, outline the shape of the door. Pipe dots of icing above the door and press in silver dragees. For a wreath, use the round tip to pipe a dot of icing on the center of the door and attach a green Life Saver. Using the star tip, pipe a star in the center of the Life Saver. To create windows, use the round tip and pipe lines of icing on either side of the door. Attach two mint-filled straw candies for each window. Pipe a row of dots across the top. Using the star tip, pipe a star border under the windows; attach red hot cinnamon candies on the corners. To decorate the upper front wall, use the round tip and pipe a decorative curved line along right and left sides of triangle. Pipe dots of icing between curves and down center of triangle to cover the seam. Using the star tip, pipe a star border over seam at the base of the triangle. Press in silver dragees and cinnamon candies as desired.

Decorate back and side walls as desired with additional icing and candies.

Allow all walls to dry on a flat surface for 1 to 2 hours. Meanwhile, assemble floor and roof.

4. To form the floor of the workshop, place the long sides of two graham cracker rectangles side-by-side on waxed paper. Using the round tip and icing, pipe a line of icing over the seam; hold in place until icing is firm (D).

5. To make the roof, use six graham cracker rectangles (three for each side of the roof). Place the long sides of three rectangles side-by-side. Using the round tip and icing, pipe a generous line of icing over the seams and hold in place until icing is firm. Repeat with remaining three rectangles to form the other side of the roof. Allow to dry at least 30 minutes.

Nutrition Facts

Amount per Serving		Calories from Fat 0
Calories 0		% Daily Value*
Total Fat 0g		0%
Saturated Fat 0g		0%
Cholesterol 0mg		0%
Sodium 0mg		0%
Total Carbohydrate 0g		0%
Dietary Fiber 0g		0%
Sugars 0g		
Protein 0g		
Vitamin A 0%		Vitamin C 0%
Calcium 0%		Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

What To Save

Start early! Look twice at every container that comes into your home. Visualize each one fancied up with ribbons and stickers. Look for tight-fitting lids, corks, caps that reseal and for surfaces that can be decorated. Then find a private place to store your collection undisturbed.

Here are some suggestions to get you started saving:

- Nut jars
- Berry baskets
- Foil frozen food containers
- Spice jars
- Margarine tubs
- Wine bottles
- Plastic flower pots
- Peanut butter jars
- Shortening cans
- Styrofoam® trays from produce packages
- All sizes of coffee cans
- Baby and junior food jars
- Pimiento jars
- Instant coffee jars

Nutrition Facts

Amount per Serving		Calories from Fat 0
Calories 0		% Daily Value*
Total Fat 0g		0%
Saturated Fat 0g		0%
Cholesterol 0mg		0%
Sodium 0mg		0%
Total Carbohydrate 0g		0%
Dietary Fiber 0g		0%
Sugars 0g		
Protein 0g		
Vitamin A 0%		Vitamin C 0%
Calcium 0%		Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

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