

The
world famous
★ Atheist ★
★ COOK ★
★ BOOK ★

Published by the
Freedom From Religion Foundation

Compiled by
Anne Nicol Gaylor

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PO Box 750

Madison, Wisconsin 53701-0750

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ISBN 1-877733-10-5

Cover art and frontispiece illustration by Jo Kotula



Two nineteenth century freethinkers collaborate. Pictured are the “Great Agnostic” orator Robert Green Ingersoll with his contemporary Elizabeth Cady Stanton, the famous feminist and bible critic. *Illustration by Jo Kotula.*

Robert Green Ingersoll was fond of observing that “a good dinner missed was gone forever.” His great respect and affection for food was chronicled in a freethought journal of his time, *The Truth Seeker*, which printed a story of Ingersoll and a hurricane at Virginia Beach.

“The Scene is laid at Virginia Beach, Virginia when a storm came up. The hotel where Ingersoll was staying was rocking in the hurricane, and the other guests had gathered in the lobby, after midnight. Some were praying audibly. While the terror of the guests was at its greatest, Ingersoll came down. ‘Are you going to pray?’ asked a frightened guest. ‘No,’ replied the Agnostic. ‘I came down to see if breakfast was ready.’ ”



Introduction

If atheists were to approach the Wizard of Oz with their story of lack of social acceptance in certain quarters because of their intellectual views, the Wizard would have a solution.

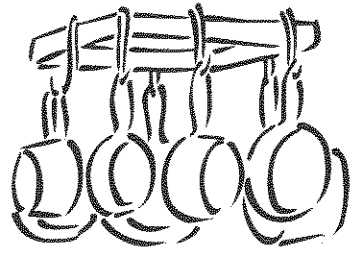
“You atheists,” he would say, “have so much going for you—intelligence, integrity, courage, erudition. But what you don’t have, what you should have, what so many other groups possess, is: a *cookbook!*”

So, dear freethinkers, we hereby scale the ramparts of social respectability with our World Famous Atheist Cookbook.

Recipes are the contributed favorites of members from Maine to California, with a sprinkling of offerings from other countries. May you enjoy them.

Anne Nicol Gaylor

President, Freedom From Religion Foundation



Food for Freethought

Breads 1

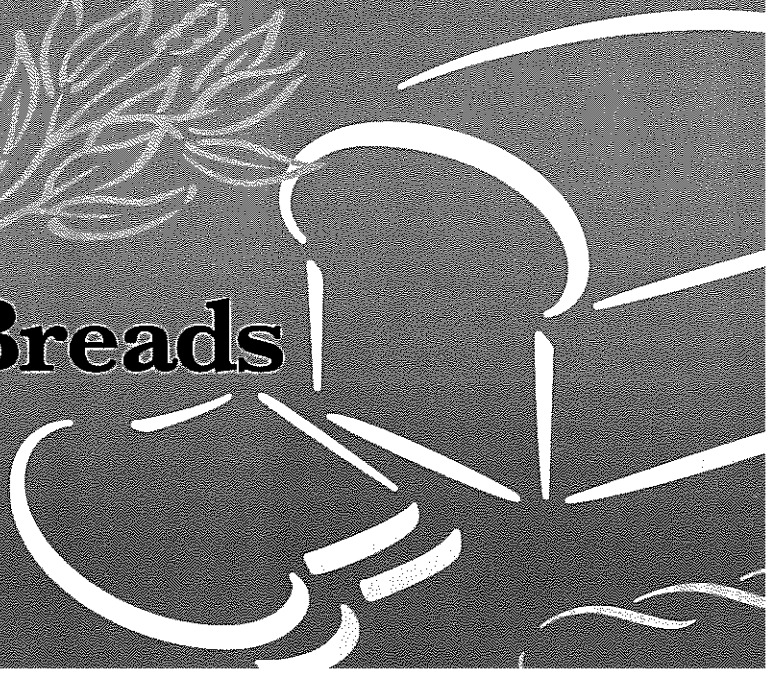
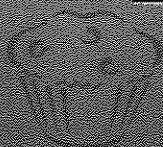
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Breads



Giant Cinnamon Buns *Paul Gaylor*

Dough

- 4 cups all-purpose flour
- 1 package yeast
- 1 1/4 cups milk
- 1/4 cup butter
- 1/4 cup sugar
- 1 large egg
- 1 tsp salt

Filling

- 1/4 cup sugar
- 2 Tbsp brown sugar
- 1 Tbsp cinnamon
- 5 Tbsp melted butter

Glaze

- 1 cup powdered sugar
- 1/2 tsp vanilla
- Half and half

Mix yeast and 1 1/2 cups of the flour in large bowl. Heat milk, 1/4 cup butter, salt, sugar until butter is almost melted. Be sure that it is warm, not hot. Hot liquid kills yeast. Beat into dry ingredients for two minutes or so. Beat in egg. Mix in the rest of the flour and knead until barely sticky. Let rise in buttered bowl until doubled in volume. While rising, mix the 1/4 cup sugar, 2 tablespoons brown sugar and the tablespoon of cinnamon. Melt the 5 tablespoons butter and use part to coat a 9 × 13 glass baking dish.

After the dough has doubled, punch it down and let it rest 10 minutes. Then roll out to a 12 by 20 rectangle. Brush on melted butter and sprinkle with the cinnamon/sugars mix. Roll up the narrow side and cut into 6–8 rolls using thread or a buttered knife. Put rolls cut-side down in buttered dish and drizzle with any remaining butter. Sprinkle the remaining cinnamon/sugar mix on top. Cover with a dish towel and let rise for 20 minutes or so. Then bake on low-middle shelf in a 350° oven for 25 to 30 minutes until

puffed and brown. While baking, prepare the glaze by moistening the powdered sugar with the vanilla and cream to a runny/thick consistency. When the rolls are done, remove and let cool for one minute or two, then glaze. After 10 minutes, remove from dish to wire coolers. Fight for at least one for yourself!



Backsliders' Black Skillet Cornbread *Pat Cleveland*

- 1½ cup self rising cornmeal
- 2 medium eggs, beaten
- 3 Tbsp vegetable oil
- 1¼ cup milk
- 1 Tbsp self rising flour

Grease 12-inch skillet with generous coating of Crisco shortening. Mix together dry ingredients, add beaten eggs, oil and milk. Use only one cup milk until batter is mixed well, slowly add other ¼ cup milk. Bake in 450° oven for 20–25 minutes. Serve hot with butter/margarine if desired.

Deluxe Banana Bread *Amy Scherneck*



- 1/2 cup shortening
- 1 1/2 cups sugar
- 2 eggs
- 2 cups flour, sifted
- 1 tsp soda
- 3/4 tsp salt
- 1/2 cup buttermilk
- 1 cup ripe banana, mashed
- 1/2 cup chopped black walnuts

Cream shortening and sugar, add eggs one at a time, beating well after each addition. Add sifted dry ingredients alternately with buttermilk and banana. Stir in black walnuts. Bake in a 9 × 5 paper lined loaf pan at 350°. Takes about 65 minutes.

Apostates' Apricot Nut Bread *Marcia Gascho*

The recipe won second place prize at the Indiana State Fair in the fruit bread category.

- 1/2 cup dried apricots, diced
- 1 cup water
- 1 egg, well-beaten
- 1 cup sugar
- 2 Tbsp butter, melted
- 2 cups flour, sifted
- 1 Tbsp baking powder
- 1/4 tsp soda
- 3/4 cup fresh orange juice, strained
- 1/4 cup water
- 1 cup chopped nuts

Soak apricots in one cup of water for 30 minutes. Drain and dice. Beat egg until light, add sugar and blend well. Add melted butter. Sift flour with baking powder, soda and salt. Add alternately with orange juice and 1/4 cup water. Add nuts and drained apricots and blend well. Bake in moderate preheated oven in greased loaf pan. Check after one hour; some ovens take longer.

Out-of-the-Closet Orange Bread *Betty Bell*

- Juice from one orange
- 1 cup dates
- 2 Tbsp melted butter
- 1 egg, beaten
- 1 tsp vanilla
- 2 cups flour
- $\frac{1}{4}$ tsp salt
- 1 tsp baking powder
- $\frac{1}{2}$ tsp soda
- 1 cup sugar
- $\frac{1}{2}$ -1 cup nut meats

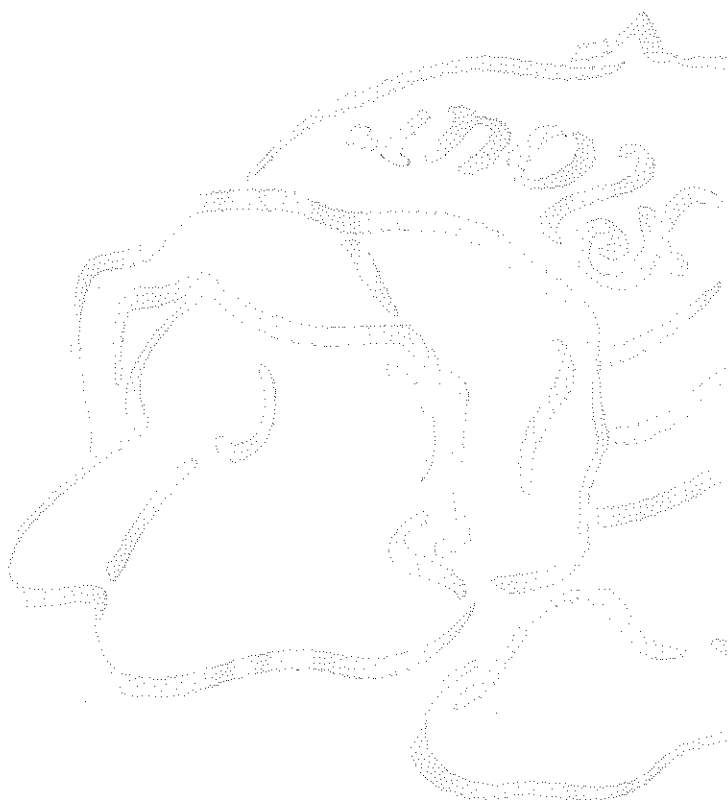
Put juice from orange in cup and add hot water to make one full cup of liquid. Cut up dates or, if you have a food chopper, put dates through that using coarse blade. Add diluted juice, melted butter, egg and vanilla to ground dates. Mix in dry ingredients and nuts and bake in waxed paper lined loaf pan at 350°, about an hour.

Unbeliever's Beer Bread *Brenda Donoho*

Preparation takes five minutes; no kneading and waiting for dough to rise. Makes an old-fashioned country loaf not unlike Irish Soda Bread. Be sure to use only self-rising flour and room temperature beer.

- 3 cups self-rising flour
- 3 Tbsp sugar
- 12 oz beer (room temperature)

Mix the ingredients well. Place in a well-greased bread tin. Bake in a preheated 350° oven 45 minutes or until lightly browned. Brush top with vegetable oil last 10 minutes if browner, crispier crust is desired.



The Rational Recycler's Bread *Brenda Donoho*

This usually takes a ribbon at the County Fair every year. I think the judges like the unique shape of the loaves as well as the down-home flavor.

- 1 cup seedless raisins
- 2 cups water
- 1 cup granulated sugar
- 1 rounded Tbsp butter
- 1 egg, beaten
- 2 Tbsp molasses
- 3 cups all-purpose flour (whole wheat or regular)
- 1½ tsp baking soda
- 1½ cup chopped pecans or walnuts (optional)

Remove labels from 5 or 6 cans (soup size to 14- to 16-oz vegetable size); wash, rinse, dry. Combine raisins and water. Simmer 10 minutes; set aside to cool. Cream sugar and butter/oleo. Add egg, molasses, and the cooled raisins and water. Mix. Add flour and soda (and nuts, if desired). Mix well. Fill greased tin cans ½ full. Bake 30–45 minutes at 350°. (Soup cans take 30–35 min.) Bread will rise to top of can. Cool on wire rack.

Robert Ingersoll Coffee Loaf *Flo Ninelles*

“May there be many more of these,” was my cousin’s posssslq’s toast at lunch. A posssslq (pronounced PAHSS-ell-kew) is a person of opposite or same sex sharing same living quarters.

- Grated rind of two oranges
- 1 cup fresh orange juice
- 1½ cups sugar
- 1 egg, beaten
- 1 cup milk
- 2 cups flour
- 1 cup oat flour, available in health food stores,
or whir old-fashioned Quaker Oats briefly
in blender
- ½ tsp salt
- 1 Tbsp baking powder

Combine rind and orange juice in a saucepan and simmer for 5 minutes. Add sugar and boil to a syrup that spins a thin thread when dropped from a wooden spoon. Cool. After thorough cooling, add beaten egg and milk. Mix flours, salt and baking powder, and add to syrup. Pour into an oiled baking pan and bake 50 minutes at 350°. Serve with coffee or spread with marmalade for tea.

Oatmeal Bread *Jane Baxter*

2 cups quick oatmeal
4 cups boiling water
2 packages dry yeast
 $\frac{1}{2}$ cup shortening
 $2\frac{1}{2}$ tsp salt
 $\frac{1}{3}$ cup sugar
2 Tbsp molasses
6-7 cups flour

Put all of the ingredients, except yeast, in a large bowl and cover with boiling water. Mix well and cool to lukewarm. Add yeast following instructions on packet and stir in flour, about 7 cups. Knead on floured board. Dough has a tendency to be sticky. Let rise until doubled in bulk. Shape in loaves and let rise again. Bake at 375° for 45 minutes.

Makes 4 loaves, enough for family and friends.

Whole Wheat Molasses Bread *Terri Crowley*

I developed this recipe after experimenting to capture the flavor of a local commercial bakery's "Canadian Loaf." It is the closest I could get.

- 2³/₄ cups whole wheat flour
- 3¹/₂–4 cups white flour
- 2 packets or 2 Tbsp dry yeast
- 2 Tbsp caraway seeds
- 1³/₄ cups water
- ¹/₄ cup dark molasses
- ¹/₄ cup honey
- ¹/₄ cup light brown sugar, packed
- 2 Tbsp shortening
- 1 Tbsp salt

In large bowl, combine wheat flour, white flour, caraway seeds and salt. In saucepan, combine water, molasses, honey and sugar until melted. Dissolve yeast in ¹/₂ cup warm water.

Combine liquids and dry ingredients and mix thoroughly. Add more white flour if necessary to make a workable dough. Turn out on well floured surface and knead until smooth and elastic. Put into greased bowl. Cover and let rise until doubled in bulk, for 1¹/₂ to 2 hours. Turn out risen dough on floured surface. Let rest for 10 minutes. Shape into two loaves and put into greased loaf pans. Bake at 375° for 35–45 minutes. For crusty loaves, spray with cold water several times during last 15 minutes of baking.

To prove yeast if of dubious age: Sprinkle dry yeast over water in small bowl. Let dissolve and add a pinch of flour and a pinch of sugar. After 5 minutes, stir and let set for a few seconds. Yeast should be bubbly and "active." Proceed with recipe and add yeast where indicated as usual.

Common Sense Coffee Can Bread *Marcia Gascho*

- 1 package active dry yeast
- $\frac{1}{2}$ cup warm water
- $\frac{1}{8}$ tsp nutmeg
- $\frac{1}{3}$ cup sugar, divided
- 1 can (13-oz) evaporated milk
- $\frac{1}{2}$ tsp salt
- 2 Tbsp vegetable oil
- 4 to 5 cups all-purpose flour

Dissolve yeast in warm water in a large mixing bowl. Blend in nutmeg and one tablespoon sugar. Let stand in a warm place until mixture is bubbly, about 15 minutes. Stir in remaining sugar, evaporated milk, salt and oil. With mixer on low speed, beat flour in one cup at a time, beating well after each addition. Beat until dough is very heavy and stiff but too sticky to knead.

Place dough in a well-greased 2 lb coffee can. Cover with well-greased plastic can lid or cloth. Let stand in a warm place until lid pops off or dough goes to top of can, about one to 1 $\frac{1}{2}$ hours. Remove lid. Bake in a 350° oven 55 to 60 minutes. The crust will be brown; brush top lightly with butter. Let cool 5 to 10 minutes on a rack. Loosen crust around edge of can with a thin knife blade, slide bread from can, cool in an upright position.

Makes 1 large loaf.

Nothing is Forever Bran Muffins *Terri Crowley*

The origin of this recipe is unclear—it has been going around for a long time in various versions—but this is the one that seems to work out best. The quality of the baked muffin seems to improve the longer the batter stays in the refrigerator. I have never been able to keep it for the whole six weeks—it gets used up in two or three weeks!

- 1 package (15-oz) Raisin Bran cereal
- 2½ cups sugar
- 5 cups all purpose flour
- 5 tsp baking soda
- 2 tsp salt

Mix all of the above ingredients in a large bowl. Then add:

- 1 cup vegetable oil
- 4 beaten eggs
- 1 quart buttermilk or soured milk

Mix all thoroughly; cover and put in refrigerator for a day or two to develop flavor. Lasts up to six weeks in refrigerator. Very handy for quick muffins for breakfast, coffeetime, etc. (For smaller version, see following.)

Set oven to 400° to 425°. Bake for 20 min.

To sour regular milk: Mix in 4 tablespoons white vinegar to one quart milk and let stand a few minutes to thicken. I find this a very good substitute for buttermilk which is hard to find in my area.



Bran Muffins *Terri Crowley*

Good morning eye opener with coffee.

- 3 cups Bran Buds
- 1 cup boiling water
- 1½ cup sugar
- ½ cup butter, melted
- 2 eggs, beaten
- 2½ tsp baking soda
- 2½ cups flour
- 1 tsp salt
- ½ quart buttermilk

Pour boiling water on bran buds and let stand. Mix remaining ingredients, adding bran mixture last. Store in covered bowl in refrigerator up to 6 weeks. Bake at 350° for 20 min.

Virginia Spoon Bread *Sara Bryant*

- ¾ cup fine water-ground cornmeal
- 1⅓ cups boiling water
- 1 tsp salt
- 1¼ tsp baking powder
- 1 Tbsp sugar
- 2 Tbsp butter or margarine
- 4 eggs
- 2 cups milk

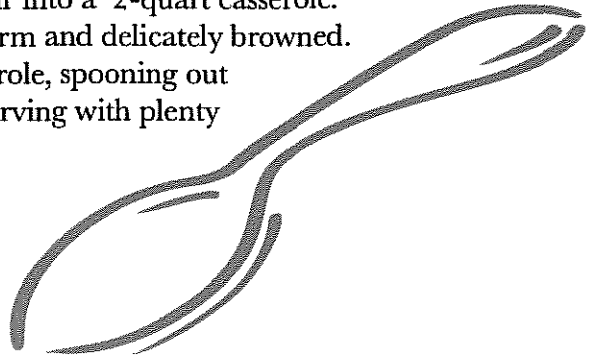
Heat oven to 375°F. Place corn meal in large mixing bowl; add boiling water, stirring until all meal is thoroughly scalded. Add butter, salt, sugar, and baking powder. Mix well. Add eggs and milk, mix thoroughly and blend well, using a rotary beater.

Mixture will be thin. Pour into a 2-quart casserole.

Bake one hour or until firm and delicately browned.

Serve at once from casserole, spooning out the servings. Top each serving with plenty of butter.

Makes 5 to 6 servings.



Blasphemous Bran Waffles *Anonymous*

- 2²/₃ cups white flour
- 1¹/₂ cups All-Bran
- 1/2 cup sugar
- 1 Tbsp baking powder
- 1 tsp salt
- 4 eggs, separated
- 3¹/₂ cups milk
- 2 Tbsp vegetable oil

In mixing bowl, mix flour, All-Bran, sugar, baking powder and salt; set aside. In another bowl beat together yolks, milk, and oil. Add dry ingredients to liquid ingredients. Stir until just moistened.

Do not beat. Let stand 3 minutes.

In small bowl, beat egg whites until stiff; fold in. Pour one cup of the mixture on heated, greased waffle iron. Cook until steam stops rising from waffle iron (approximately 6 minutes).

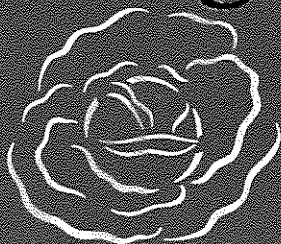
Uses 9 × 9 waffle iron at 1100 watts.

Yields 7 waffles.





**Vegetables,
Salad
&
Vegetable
Soups**



Fried Green Tomatoes *Pat Cleveland*

For those who prefer to do their frying in the here and now. Great covered dish item. Freethinkers love these.

- 6 fresh green tomatoes, sliced
- ¼ cup cooking oil
- ½ cup flour
- ½ cup white corn meal

Dip slices in mixture of flour and white corn meal. Heat non-stick frying pan to 325–350°. Add cooking oil. Drop coated tomato slices into frying pan. Cook until golden brown, then flip and cook other side. Tomatoes are done when pricking with a fork feels softened. If you wish more crunch, increase heat, but be careful not to burn.

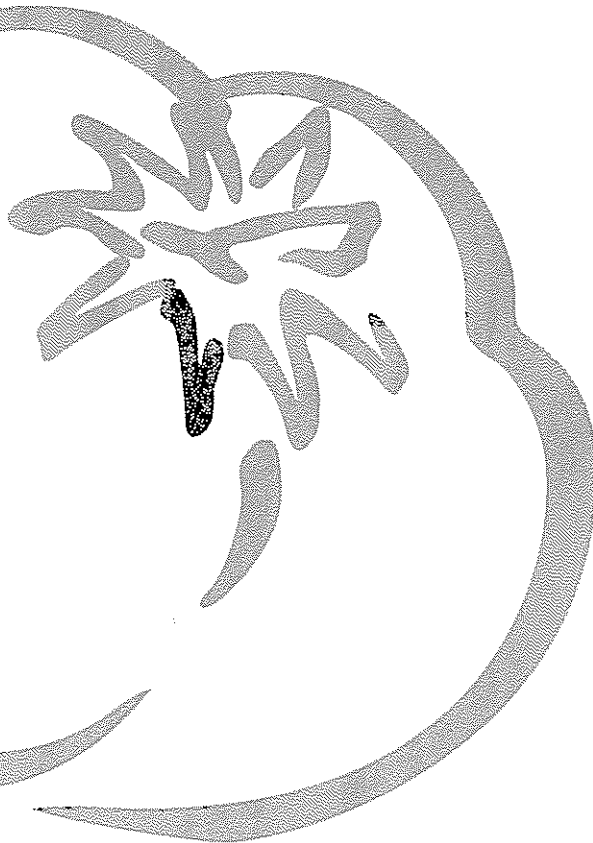


Overstuffed Tomatoes *Shelly Johnson*

- 6 medium tomatoes
- $\frac{1}{4}$ cup finely chopped green pepper
- $\frac{1}{4}$ cup parmesan cheese
- $\frac{1}{3}$ cup croutons
- 1 tsp salt (less if croutons are seasoned)
- 2–3 bacon slices, crumbly crisp

Wash tomatoes and removed center pulp, discarding stem ends. Chop pulp and use about $\frac{1}{3}$ cup with remaining ingredients. Fill tomatoes with mixture and bake for 20–25 minutes.

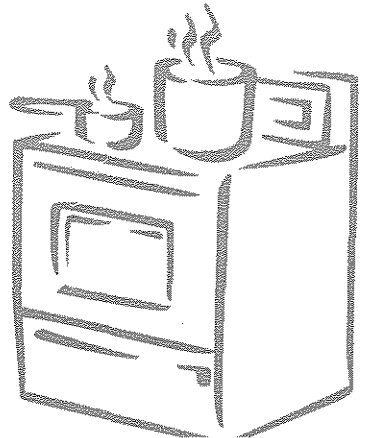
6 servings.



Zucchini Casserole *Terri Crowley*

- 2 medium zucchini, sliced
- 1 green pepper, sliced
- 1 medium onion, sliced
- 2 medium tomatoes, sliced
- 1 cup mozzarella or swiss cheese
- Croutons

Sauté zucchini, pepper, onion in saucepan with 2 tablespoons. butter until tender. Remove to casserole dish, mixing tomato and cheese into vegetables. Sprinkle top with croutons. Bake at 350° for 30 minutes or until cheese melts. Yum Yum!



Charline's Zucchini Concoction *Charline Kotula*

- 3 young zucchinis, about 6 inches,
cut into eighths lengthwise
- 4 carrots, cut lengthwise, as thin as you can
- 4 celery stalks, cut the same way (If outer stalks
are used, string them)
- 1/2 lb string beans

This makes all the vegetables approximately the same length. Each should be the same amount, cut up as with the zucchini. Blanch each of the above separately, until adente.

Sauce

- 1/4 lb butter . . . heat and add:
- 1 large clove garlic, chopped . . . cook 1 minute,
then add:
- 6 anchovy filets, which will disintegrate

Take off heat and set aside. Then layer vegetables in casserole, starting with string beans, then celery, carrots, and then zucchini. Add a Tbsp of sauce between layers; finish with last of sauce on top. Sprinkle generously with parmesan cheese. Bake in 350° oven until cheese is light brown and sides are bubbling . . . vegetables should be well done.

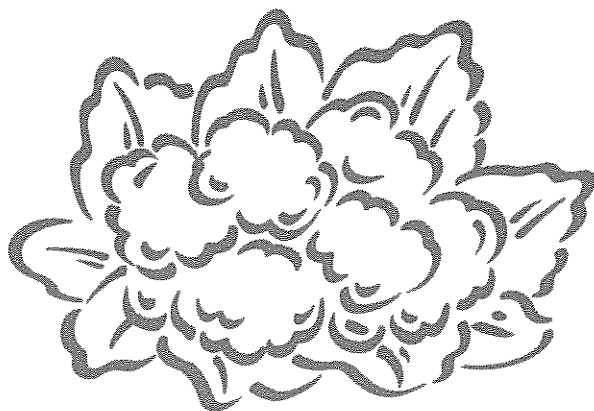
Sweet Basil Vegetable Casserole *Ed and Maria Susterich*

- 2 medium zucchini, cut into quarter-inch slices
- 2 medium onions, cut into thin rings
- 1 small eggplant, peeled and cut into one-inch cubes
- 1 cup cauliflower florets
- 1 cup fresh green beans, cut diagonal
- $\frac{1}{4}$ cup olive oil or salad oil
- 1 Tbsp sweet basil (opal or green)
- 1 tsp oregano flakes
- 1 tsp parsley flakes
- $\frac{1}{2}$ tsp sugar
- $\frac{1}{2}$ tsp salt
- $\frac{1}{8}$ tsp ground pepper
- $\frac{1}{2}$ tsp garlic powder
- 1 can (16-oz) whole tomatoes, drained and cut in half

In a $3\frac{1}{2}$ quart casserole combine all ingredients except tomatoes. Gently stir in tomatoes. Cover and simmer over medium heat 20 minutes or until vegetables are tender, stirring occasionally.

Add one tablespoon parmesan cheese if desired.

Serves 6 to 8.



Cranberry Yam Bake *Harry Zarse*

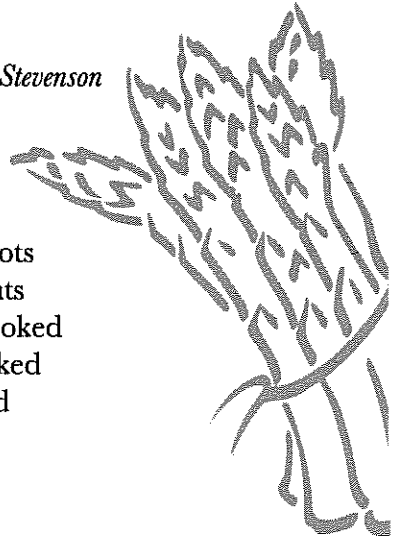
- 1/2 cup flour
- 1/2 cup brown sugar, packed
- 1/2 cup quick oats, uncooked
- 1/3 cup butter or margarine
- 2 cans (17-oz) of yams, well drained
- 2 cups of cranberries, fresh or frozen
- 1 1/2 cups miniature marshmallows

Combine flour, brown sugar, quick oats and butter or margarine to resemble coarse crumbs. Then mix one cup of this mixture with yams and cranberries. Place in 1 1/2 quart casserole and top with remaining crumb mixture.

Bake at 350° for 35 minutes. Then sprinkle with marshmallows and broil until lightly browned. Yum, yummy with turkey, ham or pork roast, or you may be vegetarian and love it as is!

Thomas Jefferson's Chartreuse *Emily Stevenson*
(Vegetable mold)

- 1 bunch asparagus
- 1 bunch tender young carrots
- 1 pint young brussels sprouts
- 3 cups strained spinach, cooked
- 1 cup strained carrots, cooked
- 1 cup strained peas, cooked
- 2 eggs whole
- 3 egg whites, beaten
- $\frac{1}{3}$ cup sour cream
- Salt and pepper
- Butter



Boil asparagus tips in salted water until tender. Boil peeled carrots in salted water until tender, and cut into thin round slices. Boil brussels sprouts in salt water until tender and cut in half. Drain, and allow vegetables to cool.

Butter a two-pound pyrex oblong bread loaf dish. Line the dish alternately with the carrots, asparagus tips and brussels sprouts.

Fill the lined dish with a mixture of strained spinach, strained carrots and strained peas, mixed with two whole eggs plus the egg whites, sour cream, salt and pepper.

Cover with a piece of buttered paper. Stand in pan with a little water in it and put in a 350° oven for one hour or until just firm to the touch. Remove and allow to stand five minutes before turning out onto hot serving dish.

Lima Bean Bake *Isabel Walker*

- 3 Tbsp butter
- $\frac{1}{4}$ cup chopped onion
- 1 $\frac{1}{2}$ cups tomatoes, fresh or canned
- $\frac{1}{8}$ tsp salt
- $\frac{1}{8}$ tsp pepper
- 1 tsp sugar
- 2 cups lima beans, fresh or frozen
- $\frac{1}{4}$ cup dried bread crumbs
- 3 Tbsp cheddar cheese

Heat butter in a one-quart pan. Sauté the onion until it is golden. Add cut tomatoes, salt and pepper to taste, the sugar, lima beans and, if fresh, cook 7 minutes until tender. Stir well and pour into a one-quart casserole, sprinkle the top with crumbs and cheese. Bake in a 400° oven for 15 minutes or until the cheese is melted and top is brown.

Serves 6.

Skeptics' Scalloped Corn *Anne Nicol Gaylor*

- 1 can cream style corn
- 2 eggs, separate yolks from whites
- 4 Tbsp soda cracker crumbs
- 1 cup milk
- 3 Tbsp butter
- 4 Tbsp flour
- Salt and pepper to taste



Make a white sauce of butter, flour, milk, salt and pepper. Add cream style corn, two well-beaten egg yolks, 4 tablespoons cracker crumbs and lastly, the two egg whites, stiffly beaten. Bake at 350° for 45 minutes.

I Think, Therefore I Yam Casserole *Irma Fairman*

- 2-3 cups hot mashed yams or sweet potatoes, seasoned with salt and pepper
- 1½ cups tart applesauce
- ⅛ cup brown sugar
- 2 Tbsp butter, melted

Combine potatoes, applesauce, brown sugar and melted butter. Beat until fluffy. Pile in casserole and bake at 350° for 20 to 30 minutes.

Cooked sausage links or cooked sausage patties may be placed on top before baking. If meat is used, skip the butter.

Spinach Casserole *Andy Gaylor*

- 2 packages of frozen spinach
- 1 tsp salt
- 1/8 tsp pepper
- 3 or 4 eggs, hard boiled, sliced
- 2 cups cream sauce
- 3 Tbsp buttered crumbs

Cook spinach, being careful not to overcook; drain. Season with salt and pepper and place half in a casserole. Add a layer of thinly sliced eggs and one cup of cream sauce. Top with remainder of spinach, egg slices and cream sauce. Sprinkle with butter crumbs and bake at 375° about 20 to 25 minutes.

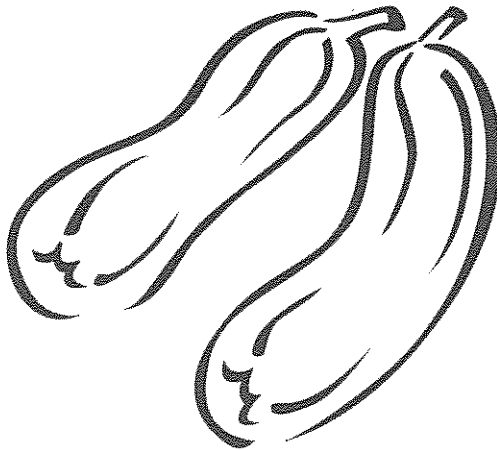
Serves 8 spinach tolerators or 6 spinach fans.

Tomato and Eggplant Casserole *Isabel Walker*

- 1 fresh eggplant (1½ lb)
- 2 fresh tomatoes, large, peeled
- 1 egg
- ¾ cup bread crumbs
- ⅛ tsp basil
- ⅛ tsp marjoram
- ⅛ tsp salt
- ⅛ tsp pepper
- Olive oil as needed

Wash and dry eggplant then slice in quarter-inch slices with skin left on. Place 2 tablespoons oil in bottom of a large skillet to heat. Beat the egg, season with salt and pepper. Take a slice of eggplant, dip it into the egg mixture, then into the crumbs and into the hot oil. Cook a minute or two until crust is lightly brown and set aside. When all slices are sauteed, cut the fresh tomatoes in half and then in thin slices. Place a row of eggplant in deep casserole, then a layer of tomato slices until all are used. Season well with the herbs between the layers. Place in 400° oven for 10 minutes to be heated through before serving.

Serves 8.

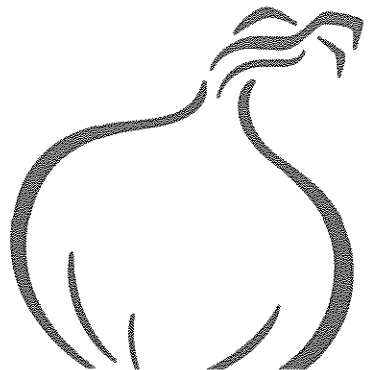


Roasted Vegetables *Nora Cusack*

Amount and type of ingredients can vary depending on availability and size of pan used.

Potatoes, unpeeled; small ones cut in half;
bigger ones cut in quarters, or more
Carrots, peeled, cut into one-half to one-inch chunks
Onions, peeled, cut in half
Garlic, cloves, peeled
Green beans, tips cut off
Canola oil
Balsamic vinegar
Salt
Pepper

Place washed and prepared vegetables in large baking dish. Add oil and balsamic vinegar to coat vegetables and toss. (You want to add enough oil so that the vegetables won't stick but not so much that they drown—a subjective task at best.) Add salt and pepper—more than you would normally use. Place in upper third of hot oven (475°F). Usually takes 25–30 minutes to finish—every 5–10 minutes of cooking time, pull out of oven and stir vegetables. Done when vegetables have turned brown and crusty and tender. Delicious as vegetarian meal with couscous on side, or with grilled chicken.



Avocado Mousse *Catherine Fahringer*

- 2 envelopes unflavored gelatin
- $\frac{1}{4}$ cup cold water
- 1 cup chicken broth
- $1\frac{1}{2}$ tsp Worcestershire
- $1\frac{1}{2}$ Tbsp lemon juice
- 2-3 Tbsp green onion
- $\frac{1}{2}$ tsp sugar
- 1 tsp salt
- $\frac{3}{4}$ cup sour cream
- $\frac{3}{4}$ cup mayonnaise
- 2 large or 3 small avocados

Dissolve gelatin in cold water; heat broth, and add gelatin. Add Worcestershire, lemon juice, sugar and salt. Chill. Puree avocado, green onions, mayonnaise, and sour cream in blender. Mix well. Add to gelatin mixture, and place in oiled ring mold or 8 individual $\frac{1}{2}$ cup molds. Fabulous! I add a dash of hot sauce.

Serves 8.

Secular Squash Casserole *Harold Mann*

This dish has a wonderful taste and texture hot or as a refrigerated leftover.

Yellow summer squash—enough small ones whole or larger ones cut into big chunks to fill a 1 $\frac{3}{4}$ quart casserole dish after cooking.

- 1 $\frac{1}{2}$ cups seasoned breadcrumbs
- 4 Tbsp ($\frac{1}{2}$ stick) butter or margarine
- 1 carton (8-oz) sour cream
- 1 can (10 $\frac{3}{4}$ -oz) cream of chicken soup
- 2 Tbsp finely chopped onion

Boil or steam squash a few minutes in a saucepan until barely tender. Drain. Brown breadcrumbs in a skillet with the butter or margarine, stirring often so as not to scorch.

Spread half the browned breadcrumbs over the bottom of a greased or sprayed 1 $\frac{3}{4}$ quart casserole dish. Place cooked squash loosely into casserole dish leaving some spaces for the filling mixture.

Mix undiluted soup, sour cream, and finely chopped onion. Pour this mixture around and over the squash. Top the casserole with the remaining half of the browned breadcrumbs.

Put into 350° oven, uncovered, until bubbly.

Vegetarian 'Crabmeat' Salad *Alice Fredericksen*

- 2 cups raw parsnips, grated
- 1 cup chopped celery
- 12 pimento-stuffed green olives
- ½ cup onion, grated
- 2 Tbsp finely chopped parsley
- Salt and pepper to taste
- Thousand Island dressing (no substitute)
in the amount necessary for proper consistency

Mix all together, chill, and serve on torn lettuce pieces.

Bewitching Broccoli Salad *Jean Gams*

- 1 bunch of broccoli, cut small
- 1 bunch of green onions, chopped
- ½ cup white raisins (or any raisins will do)
- 12 oz bacon, fried and crumbled

Dressing

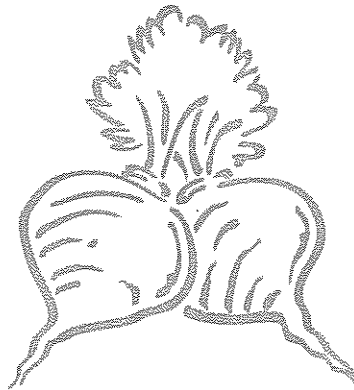
- 1 cup mayonnaise
- 2 tsp vinegar
- ¼–½ cup sugar

Toss all ingredients except bacon with the dressing and refrigerate. Add bacon just before serving, so it is crunchy. Very good!

Nippy Celery & Beet Salad *Jean Gams*

- 1 package (3-oz) lemon jello
- 1 cup beet juice, drained from canned beets
- $\frac{1}{2}$ cup cold water
- 1 $\frac{1}{2}$ Tbsp horseradish
- 3 Tbsp wine vinegar
- 1 tsp grated onion
- $\frac{1}{4}$ tsp salt
- 1 cup finely cut celery
- 1 $\frac{1}{2}$ cups shoestring beets, drained
- Scraping or two of garlic

Heat beet juice to boil and dissolve jello in it. Add all ingredients except beets and celery. Chill until partly set, and then fold in veggies. Chill until firm. Delicious!

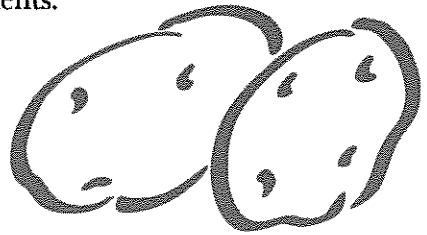


Potato Salad Isadora Duncan *Flo Ninelles*

Safe to take to a picnic on a hot day. It won't spoil while you dance under the trees.

- 6 potatoes
- ½ cup white wine
- 2 apples
- 4 eggs, hard-boiled
- 1 cup sour cream
- 2 Tbsp chopped scallions or chives
- 3 Tbsp olive oil
- 1½ tsp Dijon mustard
- 1 Tbsp vinegar or lemon juice
- Anchovies and ripe olives, optional as garnish

Boil potatoes in their skins, peel and slice. Place in refrigerator dish, pour wine on top. Cover and chill. Chill eggs after boiling, and slice. Peel and cube the apples. Drain potatoes, saving wine for future cooking. Mix all ingredients.



Curried Zucchini, Rice and Walnut Salad *Nora Cusack*

- 1 cup basmati brown rice, uncooked
- 2 cups chicken stock *or* water
- 1 cup zucchini, thinly sliced
- 2 tsp curry powder
- 1 Tbsp canola *or* olive oil
- $\frac{1}{3}$ cup onions, diced (vidalia, scallions, red or white)
- $\frac{1}{3}$ cup raisins
- $\frac{1}{2}$ cup chopped walnuts
- Juice of one lemon or to taste
- Salt and pepper to taste

Heat chicken stock or water to boiling. Add uncooked rice. Lower heat and cook, covered, for 40 minutes, set aside. In a *dry* skillet toast curry powder over low heat 2–3 minutes, stirring constantly. Add oil, then sliced zucchini. Increase heat to medium and sauté, stirring constantly 3–4 minutes. Transfer rice to glass bowl. Add zucchini, (scraping pan to get curry and oil also) onions, raisins, lemon juice, salt and pepper. Cover and chill several hours. Add walnuts before serving.

Serves 4 as main course, or 6 to 8 as a side dish.

Carrots Epicurus *Flo Ninelles*

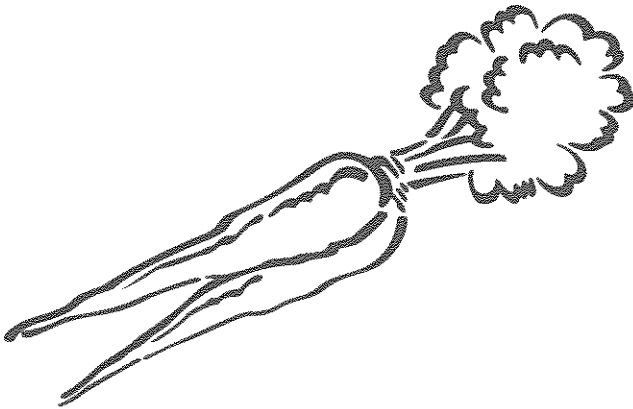
Epicurus praised simple feasts and the art of friendship, here represented by the honey and ginger. The religionists destroyed most of his writings and every word of the most eloquent contemporary writer of his school, Leontion, a woman.

Carrots

Honey

Ginger

Leave carrots whole, merely cutting them in three-inch slices if large. Steam or cook in a little water, removing from heat when half cooked and still firm. Drain. Roll in honey, add $\frac{1}{2}$ teaspoon grated ginger root or $\frac{1}{4}$ teaspoon powdered ginger, and cook in covered saucepan 10 or 15 minutes until slightly caramelized.



Eggplant for People Who Don't Like It *Harold Statore*

- 1 large eggplant
- 1 can (28-oz) whole, peeled tomatoes
- $\frac{1}{2}$ lb mozzarella
- 4 oz fresh parmesan, grated
- 4 oz fresh romano, grated
- 1 medium onion
- 4 cloves garlic
- 1 tsp basil
- $\frac{1}{2}$ tsp oregano
- $\frac{1}{2}$ tsp parsley
- $\frac{1}{4}$ tsp fennel seed
- $\frac{1}{4}$ tsp rosemary
- $\frac{1}{4}$ tsp marjoram
- $\frac{1}{2}$ tsp salt
- 1 tsp sugar
- 1 bell pepper
- $\frac{1}{4}$ tsp black pepper
- 3 bay leaves
- Olive oil

Peel eggplant and slice into rounds about $\frac{1}{3}$ -inch thick. Heat a heavy non-stick skillet and fry the eggplant slices with just a little bit of olive oil (adding oil just before placing eggplant slices in pan) until they just start to turn golden on each side. Put eggplant on paper towels to drain.

Chop onions, garlic, and bell pepper. Heat 3 tablespoons olive oil in skillet. When oil is hot, put in fennel seeds. As soon as the fennel seeds begin to darken, add the bay leaves and bell pepper. Sauté about 3 minutes and add the onion and garlic. Sauté another 2 minutes and add all of the herbs. Stir a few times and add tomatoes, salt, sugar, and black pepper along with $\frac{1}{4}$ cup water. Cover and simmer about 20 minutes, stirring occasionally. Sprinkle parmesan and romano over the sauce, cover, and simmer another 20 minutes, again stirring occasionally, but only in the last 10 minutes.

Butter a 9 × 11 pan and place a layer of eggplant in the bottom. Spoon half the sauce over the eggplant and sprinkle half the mozzarella over the sauce. Repeat to form 2 layers, ending with cheese.

Bake in 325° oven about 35–45 minutes, until cheese just starts to brown. Let stand 5 minutes before serving.

Hell-of-a-Yell Yam Pone *Flo Ninelles*

An heirloom soulfood almost-dessert which can be served room temperature at buffets, high teas and potluck suppers. Good with pork and ham dishes and canapes. It is supposed to be thick, gelatinous and browned.

- 4 cups (4 medium) yams or sweet potatoes,
grated medium fine
- 1 cup butter, melted, or $\frac{1}{2}$ cup melted butter
and 6 Tbsp bacon grease
- 2 eggs, slightly beaten
- $1\frac{1}{2}$ cups white or brown sugar (or mix)
- $\frac{1}{4}$ cup light or dark molasses
- 2 cups milk
- 2 tsp vanilla
- 1 cup flour
- 1 tsp salt
- 1 tsp cinnamon
- 1 tsp grated nutmeg

Mix yams and butter. Beat in eggs, sugar, molasses, milk and vanilla. Mix flour, salt, cinnamon and nutmeg. Beat into the yam mixture. Pour into an oblong cake pan. Bake one hour at 325° , stirring several times. Bake an additional $1\frac{1}{2}$ hours at 300° .

Greek Pasta Salad *Nora Cusack*

- 2 cups short pasta, uncooked (elbows, tortiglioni, rotini, etc.)
- Lots of water
- 1 red onion, chopped
- 1 cup spinach, cleaned, de-stemmed, ripped in pieces
- 1 red pepper, fresh or roasted, chopped
- ½ cup black olives, pitted—whole or cut in half
(can use kalmata or similar olives)
- 1–2 tomatoes, fresh, chopped
- ¼ cup parmesan cheese, fresh, grated
- ½ cup feta cheese, crumbled
- ¼ cup pine nuts

Dressing

- 1 clove garlic, peeled
- ¼ tsp salt (or to taste)
- 2 Tbsp canola *or* olive oil
- 2 Tbsp balsamic vinegar
- 2 Tbsp red wine vinegar
- ¼ tsp pepper (or to taste)
- 2–3 dashes worcestershire sauce
- 2 tsp dijon mustard

Cook pasta in water according to package instructions. Cool under running water, drain and place in glass bowl. Add all ingredients, except pine nuts.

Dressing

In mortar, pound garlic with salt into a paste. Add to rest of dressing ingredients in a small jar with a lid. Shake vigorously. (Can be made ahead). Add dressing to salad, toss, cover and chill for several hours. Toast pine nuts briefly over low heat in a non-stick pan, stirring constantly until lightly browned. Set aside and add to salad just before serving.

Serves 4 as a main dish, or 6 to 8 as a side dish.

Pretty Pink Salad *Anne Nicol Gaylor*

Children like to make this salad. The many steps give them a feeling of "really cooking" although the risk of failure is slight.

- 1 package strawberry gelatin
- 1 package orange gelatin
- 2 cups boiling water
- 1 cup cold water
- 2 Tbsp fresh lemon juice
- 1 cup whipping cream
- 1 Tbsp sugar
- 8 oz cream cheese
- 1 cup crushed pineapple, drained
- Juice from can (8-oz) of crushed pineapple

Dissolve the gelatins in hot water. Add cold water and fruit juices. Pour about one-fourth of this mixture in an oiled salad mold and refrigerate (if you don't have a mold any dish will do). Chill remaining liquid until it starts to set and then beat until fluffy. Whip the cheese, adding a little of the gelatin mixture to speed the process. Then add cheese and the cream, whipped with sugar added, to the gelatin mixture. Pour into salad mold over the firm gelatin. This can be garnished with fresh fruit.



"Gouda" Vegetable Soup *Amy Cox*

- ¼ cup (half stick) butter
- 1½ lb russet potatoes, peeled, diced
- 1½ lb cauliflower, cut into florets
- 1 lb carrots, sliced
- 1 large onion, chopped
- 4 cans vegetable broth
- 6 or more one-inch-thick slices of French bread
- 12 oz Gouda cheese, sliced

Melt butter in heavy large Dutch oven over medium-high. Add all vegetables; sauté until onion is golden-brown (about 7 minutes). Add broth; bring to boil. Reduce heat. Simmer vegetables until tender, about 30 minutes. Season with salt and pepper.

Preheat broiler. Put soup in individual broilerproof soup bowls with bread on top and cheese slices over bread to cover. Broil about 2 minutes. Very good-a!

Serves 6.



Succotash Chowder *Paul Gaylor*

- 3 cups water in 6- to 8-quart soup kettle
- $\frac{1}{2}$ cup diced celery
- $\frac{3}{4}$ cup minced onions
- $\frac{3}{4}$ cup diced carrots
- 1 package frozen baby lima beans
- 1 cup diced potatoes
- 1 can cream-style or regular corn
- 1 can tomatoes
- $\frac{1}{4}$ tsp baking soda
- 1 Tbsp sugar
- 1 tsp salt
- 4 Tbsp butter (or two of butter, two of Canola oil)
- 4 Tbsp flour
- 2 cups milk
- $\frac{1}{2}$ tsp dry mustard
- $\frac{1}{4}$ lb sharp cheddar cheese, grated
- 1 Tbsp fresh parsley
- Dash of pepper

Add celery, onion, carrots and lima beans to boiling water. Boil gently until limas are done. Add potatoes and cook until potatoes are just done, not soggy. Stir in cream-style corn. Make a white sauce with the butter, mustard, flour and milk and add. Finely chop tomatoes in their juice, thoroughly mix in soda, sugar, salt and pepper and add this tomato mixture slowly to the soup, stirring until thick and creamy. Add grated cheese, stir until melted. Garnish with parsley.

Serves 6 as soup. Makes a hearty meal for 4 with crusty bread.

Butternut Squash Soup *Nora Cusack*

- 1 lb butternut squash (one small), peeled, cut in cubes
- 1½ cup onion, chopped
- 1 Tbsp canola oil
- 1 apple, peeled, cored, chopped
- 1 Tbsp curry powder
- 1 tsp grated ginger root
- 2 cups chicken stock
- 1 bay leaf
- 1 cup buttermilk
- Pepper and salt to taste

Heat oil in medium saucepan, add onions and apple. Cook, stirring over medium heat for a few minutes until onions start to wilt. Add broth, squash, curry powder, ginger and bay leaf. Reduce heat and simmer, covered for 30 minutes or until squash is tender. Discard bay leaf. In blender or food processor, puree the broth mixture with the buttermilk, in batches. Adjust seasoning and reheat soup but do not boil.

3 to 4 servings.

Quick & Simple Vegetable Soup *Annie Laurie Gaylor*

- 1 lb canned tomatoes, if fresh, peel and seed
- 2 Tbsp butter
- 1 medium onion, chopped
- 3 cans (14-oz) reduced-salt chicken broth
(or equivalent in condensed cans with water added)
- 1 cup water
- 1 bay leaf
- 2 Tbsp dried parsley
- $\frac{1}{2}$ tsp oregano
- 5 carrots, thinly sliced
- 1 lb cubed, unpeeled new potatoes
- 1 cup diced celery
- 1 ear corn (or half of a small bag frozen corn)
- $\frac{1}{4}$ lb fresh green beans, trimmed and cut in half
- $\frac{1}{2}$ cup zucchini, sliced (if in season)
- $\frac{1}{2}$ tsp salt
- Pepper

Prepare and dice fresh tomatoes or dice canned tomatoes in food processor. Set aside. Sauté butter and onion in large saucepan 3–4 min. Add chicken broth, water, oregano and parsley, along with tomatoes, carrots, potatoes, celery. Simmer over medium, reduce to low, cover and cook 20 minutes.

Add fresh corn kernels (if frozen, add at end), fresh green beans and zucchini. Simmer, covered, 15 minutes. (Add frozen corn last 5 minutes.) Salt and pepper to taste. Can play with proportions, add favorite veggies.

Creamy Vegetable Soup *Gina Billington & John Sigwald*

- 1/2 cup chopped carrots
- 1/2 cup chopped celery
- 1/2 cup chopped onion
- 1/4 cup butter/margarine blend
- 4 tsp instant chicken bouillon
- 3 1/2 cups water
- 1 2/3 cups instant potato buds
- 1 cup milk
- 2 Tbsp sour cream
- 1/2 tsp lemon juice
- 1 can (8 1/2-oz) small peas, drained
- 1/2 tsp dried dill
- Dash of Tabasco sauce

Sauté vegetables until crisply tender. Add bouillon and water. Bring to a boil. Reduce heat and simmer 15 minutes. Stir in potato buds and milk. Add remaining ingredients; heat through.

Serves 6.



Cauliflower Cheese Soup *Terri Crowley*

- 1 medium head cauliflower, cooked
- 2 Tbsp chopped onion
- $\frac{1}{4}$ cup butter
- 2 Tbsp flour
- 1 quart milk
- 1 tsp salt
- 1 cup sharp cheddar cheese, shredded
- Dash of pepper
- Parsley

Cook cauliflower and chop fine or put in blender. Sauté onion in butter until transparent. Blend in flour. Add milk and cauliflower stirring constantly. Add seasonings and cook until smooth and thickened.

Add $\frac{2}{3}$ cup of the cheese and stir until cheese is melted. Serve and garnish with remaining cheese and parsley.

Cream of Corn Soup *Paul Gaylor*

- 1 can of cream style corn
- 2 cups milk of choice (the richer the better)
- 1 Tbsp grated onion
- 3 Tbsp butter
- 3 Tbsp flour
- $\frac{3}{4}$ cup milk
- $\frac{1}{4}$ tsp salt
- $\frac{1}{4}$ tsp sugar
- Pepper to taste

Heat the 2 cups of milk with the cream-style corn. Bring just to a simmer. Melt the butter in a small pan and sauté the onion briefly. Add the flour and mix until smooth, then add $\frac{3}{4}$ cup of milk, heat and stir until thickened. Add this white sauce and the salt, sugar and pepper to the hot milk and corn mixture and stir until blended. Strain this through a sieve, using a spoon to press all the good stuff through. Reheat. Top with a bit of chopped parsley or a dash of paprika.

Serves 4.

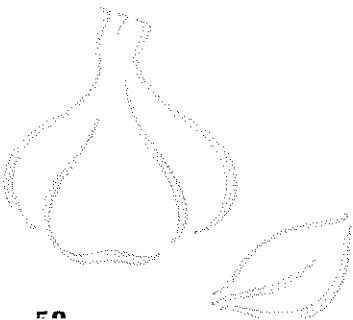


Main Dishes

Chicken to Keep the Gods at Bay *Jeanie Gillespie*

- 1 chicken cut-up, or use any pieces you like
- 1 cup dry vermouth
- 4–5 large heads of garlic, separated into cloves,
but don't peel cloves, just remove papery outside
- Pinch of tarragon and pepper

Brown chicken pieces. Add wine, tarragon and pepper. Bring to boil, then add garlic. Cover and cook for 45 minutes to an hour. When done, serve with bread and squeeze garlic out on it and eat. Chicken is almost incidental.



Pagan Cornish Pasties *Annie Laurie Gaylor*

Filling

- 6 cups potatoes, cut in small wedges
- 2 cups diced rutabaga
- 1½ lb sirloin tip, cubed, or round steak
- ½ cup chopped onion
- 3 Tbsp butter (or more)
- 1 Tbsp salt
- 1 tsp black pepper

Crust

- 3 cups flour
- 1 cup butter-flavored vegetable shortening
- 1 egg
- 1 tsp salt
- 1 cup ice water

Make crust by mixing flour, salt, cutting in shortening. Lightly beat egg, add enough water to make one cup, add to mixture. Chill in plastic wrap one or more hours. Preheat oven to 400°.

Mix all ingredients for filling (except butter). To make 6 extremely generous pasties, divide dough into six equal parts. (Or make up to 12 petite pasties by dividing into 12 portions.) Roll out each portion on floured surface to a circle about 8 inches. Apportion filling by placing on top half of each circle of dough. Dot half a tablespoon of butter over each portion, and fold dough over it, pressing to seal like you seal a pie. Bake on cookie sheets for 15 minutes at 400°, then reduce heat to 375° and bake about half an hour. Yum! Kids will eat this with ketchup; grown-ups prefer a sweet salsa or chili sauce. Don't skimp on butter when preparing or it may be dry. Left-over filling can be cooked in covered dish alongside pasties.

Hungarian Archbishop's Creole *Bette Chambers*

Heretically simple and tasty.

Steal two young fryers from the Archbishop's backyard coop. In a very large skillet (15- to 20-inch), sauté the breast meat until browned. (Use other edible parts in a later recipe.) Add $\frac{1}{2}$ to $\frac{2}{3}$ cups water, cover, and simmer for 40 minutes until very tender. Remove breast meats, set aside to cool. Then remove bone and skin, and separate meat into strips for later use.

In the same skillet, add to the drippings and sauté:

- 1 or 2 large, sweet onions, cubed
- 2 green peppers, chopped
- A handful of fresh bean sprouts
- 3 large Bok Choy leaves and stems, chopped

In a separate pan, prepare $1\frac{1}{2}$ cups of any variety of rice. Add saffron if desired for color. Add to sauteed ingredients in the skillet:

- 1 can (15-oz) okra, drained
- 1 can (12- to 15-oz) artichoke halves or quarters, drained
- 1 can (15-oz) spiced stewed tomatoes
- 1 can (15-oz) tomato sauce,
or 1 can (8-oz) tomato paste
- 10–20 ripe black olives

Stir and add seasonings:

- 2–3 heaping Tbsp Madras curry powder, or your own curry mixture
- A pinch of black pepper. (Salt is unnecessary, as canned veggies have enough)

When skillet mixture is thoroughly heated and has simmered for ten minutes, stir, then top with strips of the cooked breast meat.

Without saying “Grace,” or permitting anyone else to, serve at table by spooning directly onto mounds of the cooked rice on heated plates. Top each serving with a teaspoon of East Indian Chutney.

Alternative: Add cooked rice to final cooking in skillet, place in insulated “Thermos” type carrier, and take to a Freethinkers’ picnic. Don’t forget the chutney!

Serves 8 atheists.

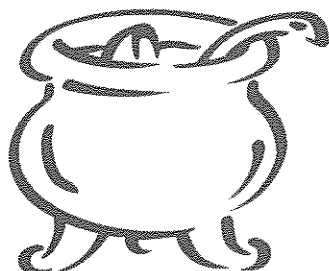


Boom Boom Knale *Flo Ninelles*
(pronounced keh-NAIL)

This heirloom recipe was brought from Bromberg by a Roman Catholic Austrian who settled in Ohio. When her daughter eloped with a German Lutheran, she banned the daughter from her home. After she relented ten years later, her daughter chose to remember her recipe for knale and to forget her recipe for religion.

- 1½ lb chuck beef, finely ground
- 1 small onion, minced
- 2 medium garlic cloves, minced
- 2–3 eggs
- 2 small potatoes, boiled and chopped with a knife
- 2 cups flour
- Milk
- Broth made from piece of lean boiling beef
or beef soup bone

With a light, freethinkers' touch mix ground chuck, onion, potatoes, garlic and a little salt and pepper. Add a small amount of milk, enough to make small balls of dough. Drop balls into boiling broth, and boil for 20 minutes. Serve in soup bowl, ladling broth over like a sauce. Traditionally accompanied by gherkins or sweet pickles, and coleslaw.



Tourtiere *Annie Laurie Gaylor*
(Pork Pie)

This Quebecois classic came to me courtesy of Blodwyn Piercy, editor of the Humanist In Canada.

- 1 lb raw pork, minced
- 1 small onion, diced
- 1 small garlic clove (optional)
- $\frac{1}{2}$ tsp savory
- $\frac{1}{2}$ tsp salt
- $\frac{1}{4}$ tsp celery salt
- $\frac{1}{8}$ tsp pepper
- $\frac{1}{4}$ tsp cloves
- $\frac{1}{2}$ cup water
- Breadcrumbs ($\frac{1}{2}$ cup dried or 1–2 cups fresh)
if necessary

Combine ingredients. Bring to boil in heavy pot. Cook uncovered 20 minutes or long enough to remove pink, and reduce water, stirring frequently. Mixture should be damp, not watery. Add breadcrumbs if needed. Cool. Place in uncooked double pie shell. Bake 400° for 20 to 25 minutes.

Chicken or Veal Picata *Jo Kotula*

- 4 chicken breast halves or 4 pieces of thin veal
- 1 egg, beaten
- 1 cup chicken broth
- 3 Tbsp capers
- ½ stick sweet butter
- Juice of ½ lemon
- Flour for dredging
- Salt and pepper to taste
- Lemon or lime slices
- Parsley for garnish

Pound the meat until it is relatively thin. Salt and pepper to taste. Dip in flour and then in beaten egg. Sauté slowly in butter, or use olive oil. After both sides are nicely browned, and the meat is done, place on a platter in a warm oven.

In the same skillet simmer one cup chicken broth until about ⅔ cup remains. Add capers, lemon juice and pour over meat. You may garnish with thin slices of lemon or lime and add parsley.

As an alternative for chicken broth, dissolve 2 cubes of bouillon in white wine.

Sweet & Sour Atheist Chicken *Paul Gaylor* (All chickens are Atheists)

Cut one pound or so of boneless chicken breast into one-inch chunks. Marinate 1–3 hours in one cup orange juice mixed with 2 tablespoons of soy sauce. Drain, salt lightly, and flour. Brown in a skillet in a mixture of butter and shortening over medium heat. Continue cooking for 15 minutes in a baking dish in a 325° oven. While chicken bakes, make sauce:

- 1 can pineapple chunks
- ¼ cup pineapple juice (or water)
- ⅓ cup light brown sugar
- ¼ cup wine vinegar
- 1 Tbsp soy sauce
- 2 Tbsp cornstarch
- 1 medium onion, sliced

Cook together in saucepan on medium-low until mixture thickens, stirring often. Add several strips of green pepper and pour over chicken in baking dish. After 10–15 minutes add one large tomato cut in 10–12 pieces. Bake for another 10–15 minutes and serve over rice.

Rice

Mix one cup long grain white rice with 2 cups water, a dollop of butter or olive oil and a heaping teaspoon of Herb Ox chicken granules. Bring to a boil, turn down to simmer, cook and cover 15 minutes. Remove from heat and let stand 10 minutes with cover on.

If it's a hot day you can skip the oven and do the whole dish on top of stove.



Wisconsin Spaghetti *Paul Gaylor*
(Sabrina's Favorite, Non-garlic)

- 4 large fresh tomatoes, peeled
- 1 rib celery, sans leaves
- 1 carrot, peeled
- 2 small onions, peeled
- 1 parsnip, peeled (nice, if you have it)
- 1 tsp salt
- 3 tsp sugar



Liquefy above in electric blender. Place in large sauce pan, bring almost to boil, reduce heat to simmer and cover.

- 1½ lb ground round or very lean ground beef
- 1 onion, finely chopped
- 1 rib celery, chopped
- 1 can (8-oz) tomato sauce
- ½ cup water
- 1 Tbsp wine vinegar
- Sugar to taste
- 1 tsp basil
- 1 cup fresh mushrooms, sliced
- 1 small green pepper
- Salt and pepper to taste

Brown meat, chopped onion and chopped celery in a frying pan. When browned season lightly with salt and pepper. Add to ingredients in sauce pan. After simmering together an hour, add vinegar, sugar, basil, finely chopped green pepper and canned tomato sauce to sauce pan. Bring back to simmer and simmer one-half hour. Add a little water, if needed.

Sauté one cup sliced fresh mushrooms in lemon-butter. Add to sauce pan and simmer one-half hour more. Add salt and pepper to taste. Serve with one pound cooked spaghetti or pasta of your choice.

Serves 6.

Chicken Salad with Rice and Cashews *Catherine Fahringer*

- 3 cups chicken, cooked
- 3 cups rice, cooked, cooled
- 1½ cups celery, sliced
- ½ cup green onions, sliced
- ¾ cup coarsely chopped cashew nuts
- 1 tsp curry powder
- ½ tsp white pepper
- 1 cup mayonnaise
- 1 can (15½-oz) sliced pineapple; drain and reserve
one-fourth cup of the syrup
- 2 tsp lime juice
- Salt to taste
- Lettuce

Mix chicken, rice, celery, onions and cashews in a large bowl. Set aside. Blend seasonings with mayonnaise, ¼ cup pineapple syrup and lime juice. Pour over chicken mixture and toss lightly; chill. Arrange pineapple slices on a bed of lettuce and top each with a mound of salad. If desired, garnish with tomato wedges. Sour cream may be substituted for about ⅓ of the mayo, if you like.

Serves 6.

Chicken Salad With No Religious Nuts *Dan Barker*

- 2–3 cups chicken, cooked, bite-size pieces
- 1 large apple, tart, peeled, diced
- 1 cup seedless red grapes, cut in half
(substitute: peach, nectarine)
- 1 cup chopped celery
- ½ cup chopped nuts (almonds or walnuts)
- ¼ cup mayonnaise
- 1 Tbsp lime juice
- 1 Tbsp honey
- Salt
- Pepper

Combine chicken, apple, grapes, celery, nuts in a bowl. Combine mayonnaise, lime juice, honey in small bowl, blend well. Add salt and pepper to taste. Mix into salad and toss until evenly coated.

Suggestion: Serve on a bed of lettuce, or on cantaloupe.

Serves about 4 people.



Asian Salad *Kelly Dennis*

*The preparation for this salad takes about one hour, give or take.
Everyone seems to like it.*

Dressing

- $\frac{3}{4}$ cup oil
- $\frac{1}{4}$ cup rice wine vinegar or white vinegar
- 2 Tbsp soy sauce
- 2 Tbsp peanut butter
- $\frac{1}{4}$ – $\frac{1}{2}$ tsp pepper
- 2 garlic cloves, minced

Salad

- 2 Tbsp oil
- 2 whole chicken breasts, cut into small strips
- $\frac{1}{4}$ tsp garlic salt (or fresh cloves)
- 4 or 5 fresh carrots, peeled, sliced, and steamed 3–4 min
- $\frac{1}{2}$ cup fresh bean sprouts (optional)
- $\frac{1}{3}$ cup thinly sliced green onions
- Stalk of broccoli, washed, sliced, and steamed
3–4 minutes
- Lettuce torn, as much as desired to make salad
- Tomato wedges
- Fresh cilantro (optional)

Use blender or processor to mix dressing. Cook chicken strips in oil with garlic salt. Prepare ingredients separately and then combine. Serve with dressing on the side.

Penne Gorgonzola *Shelly Johnson*

- 1/4 cup olive oil
- 2 Tbsp garlic, chopped
- 1/4 cup chopped red onion
- 1 Tbsp basil /oregano mix
- 2 tomatoes, chopped
- 1 cup sliced mushrooms
- 6–8 oz pasta, cooked
- 1/4 cup liquid from cooked pasta
- 1/3 cup romano cheese, crumbled
- 1/3 cup gorgonzola, crumbled
- Salt and pepper

Sauté chopped garlic in olive oil for 3–5 minutes. Add onion and basil /oregano mix and cook 3–4 minutes longer. Add chopped tomatoes and cook 3–5 minutes more. Add sliced mushrooms, pasta liquid, salt and pepper and simmer 5 minutes.

Toss sauteed ingredients in large bowl with penne noodles. Mix in cheeses until slightly melted.

Convalescent's Casserole *Sara Bryant*

This dish is bland and digestible, but very nutritious.

- 3 cups chicken, diced, cooked
- 1 cup cooked rice
- 2 cups soft bread crumbs
- $\frac{1}{3}$ cup diced celery
- $\frac{1}{4}$ cup chopped pimento
- 4 eggs, beaten
- $\frac{1}{4}$ tsp poultry seasoning
- 2 cups chicken broth
- Mushroom sauce
- Salt to taste

Combine chicken, rice, bread crumbs, celery and pimento. To beaten eggs add salt, poultry seasoning and chicken broth. (A substitute for fresh broth is two bouillon cubes dissolved in two cups of hot water.) Stir into chicken mixture. Bake in a buttered baking dish (9 × 9) in moderate oven about 55 minutes. Cut into squares and serve with mushroom sauce.

Add sauteed fresh mushrooms to a cream sauce, or condensed mushroom soup diluted with one-third cup of milk and heated will do if fresh mushrooms are absent. Peas may be added to the sauce.

Szechwan Beef With Broccoli *Bob Nentwich*

- 1 lb flank steak, shredded to the size of wooden matches
- 1 egg white
- 1 Tbsp cornstarch
- 1/2 cup shredded green pepper
- 1 cup fresh broccoli, cut into bite-size pieces
- 2 Tbsp fresh ginger root, chopped very fine

Sauce

- 2 Tbsp soy sauce
- 2 Tbsp sherry wine
- 1 tsp chili paste with garlic (available in Oriental markets)
- 1 tsp sugar
- 1/4 cup beef or chicken stock

Blend sauce ingredients together with wire whisk. Set aside.

Combine beef with cornstarch and egg white. Mix with hand.

Heat one cup oil to 400° in wok or frying pan. Stir-fry beef one minute. Remove by draining through strainer. Reheat oil and stir-fry beef for one more minute. Drain again and set aside.

Clean residue from wok. Heat 2 tablespoons oil to 400°. Stir-fry vegetables and ginger root for one minute. Add beef. Increase heat to 425°. Add sauce mix and stir fry one more minute.



Infidel Enchiladas *Ed and Maria Susterich*

- 1 lb of ground lean beef
- 1 package. (10-oz) corn tortillas
(approximately 12 tortillas)
- 1 can (11-oz) mild enchilada sauce
- 1 medium onion, chopped into small pieces
- ½ cup chopped green peppers
- 2 cups cheddar cheese, shredded
- ¼ tsp cumin
- ¼ tsp oregano
- ½ tsp garlic, more if desired
- Salt and pepper to taste

Tortillas

In a pan heat 2 tablespoons cooking oil and dip tortillas to soften, a few seconds on each side, one at a time.

Sauce

In a medium size pan, heat enchilada sauce with added ⅔ cup of water. Salt and pepper to taste, and add a dash of cumin and garlic.

Beef Filling

In a separate pan put ground beef and remainder of all ingredients (except cheese). Cook until well done.

Filling the Tortilla

In a plate, spread a few tablespoons of the prepared sauce. Then spread a tortilla and top it with a tablespoon or two of the meat mixture, one tablespoon of the sauce, and about one tablespoon of cheese.

Next, roll up the filled tortilla and place it seam side down in a 13 × 8 × 2 pan. Repeat this procedure until all the rolled-up, filled tortillas are placed in the pan. Pour over the rest of the enchilada sauce and top with rest of cheese.

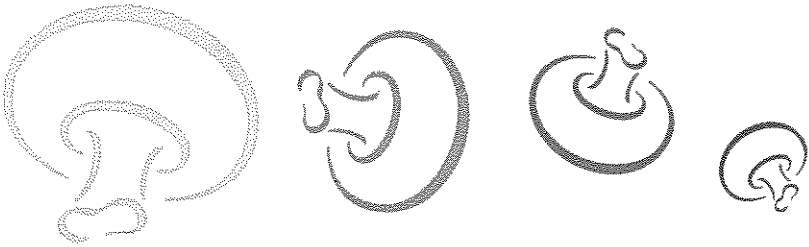
Bake

Bake at 350° about 20 minutes, or longer. Top each serving with sunny side-up egg or sour cream, as desired.

Baked Chicken in Sour Cream *Terri Crowley*

- 4 chicken breasts
- 1 cup fresh mushrooms
- 1 can mushroom soup
- ½ cup of sherry
- 1 cup sour cream
- Paprika

Arrange chicken in shallow baking dish so pieces do not overlap. Cover with mushrooms. Combine soup, sherry, and sour cream, stirring until blended. Pour over chicken, covering it. Dust with paprika. Bake at 350° for 1½ hours. Oh Boy!



Harold's Famous Lasagna *Harold Slatore*

- 1 1/4 lb very lean ground chuck
- 3 cans (15-oz) tomato sauce
- 2 medium onions, chopped
- 6 cloves garlic, minced
- 1 bell pepper, chopped
- 4 Tbsp olive oil
- 1/2 tsp marjoram
- 2 tsp oregano
- 3 bay leaves
- 1 Tbsp basil
- 2 tsp parsley flakes
- 1/4 tsp whole rosemary
- 1/4 tsp whole thyme
- 1 tsp dijon mustard
- 1 tsp worcestershire sauce
- 2 tsp sugar
- 1 tsp salt
- 1 tsp grated sapsago cheese
- 1/4 tsp ground cumin
- 1/4 tsp ground allspice
- 1/4 tsp ground nutmeg
- 1 cup water
- 8 oz mushrooms, quartered
- 8 oz lasagna noodles
- 1 1/2 lb shredded mozzarella cheese
- 1 lb ricotta cheese
- 4 oz grated parmesan cheese

Brown meat in olive oil. Add bell pepper, onion, and garlic. Sauté until onion is limp, stirring occasionally. Add mustard, worcestershire, marjoram, oregano, bay leaves, basil, parsley, rosemary, thyme, cumin, allspice, nutmeg, and mushrooms. Brown one or 2 minutes. Stir in tomato sauce, water, sugar, salt, and sapsago. Simmer 4 1/2 hours.

While sauce simmers, grate mozzarella. Cook noodles in 6 quarts boiling, salted water and drain. Rinse noodles in cold water to prevent sticking.

In buttered, 13 × 9 pan layer as follows: Sauce, noodles, spoons of ricotta, sprinkle of parmesan. Repeat to form 3 layers, ending with cheese. Bake at 350° about 45 minutes, until cheese just starts to brown. Let stand 10 minutes before serving.

Pygmalion Cabbage Pie *Annie Laurie Gaylor*

This is reputed to have been one of George Bernard Shaw's favorite dishes!

- 1 medium white cabbage
- 3 Tbsp butter
- 2 eggs, hard-boiled
- ½ cup cheddar cheese, grated
- 2 Tbsp milk
- 1 egg yolk
- Double pie-crust

Melt butter in large saucepan. Add finely shredded cabbage to butter, and sauté gently for 5 minutes. Line 9-inch pie dish with pastry. Put one layer of sliced hard-boiled egg, then layer of cabbage, salt and pepper, then layer of cheese. Repeat layers once more. Cover pie with remaining pastry. Brush top with a little milk mixed with egg yolk. Bake at 350° for 25–30 minutes.



Mulligatawny *Eva Jackson*

From the Tamil word, "milakutawni" (pepper-water)

- 1 cup (8-oz) yellow peas
- 5 cups stock
- 1 parsnip, finely chopped
- 1 large onion, finely chopped
- 4 peppercorns
- 1 Tbsp olive oil
- 1 bay leaf
- 1 tsp curry powder
- 1 Tbsp soy sauce
- 1 Tbsp fresh lemon juice
- Garam masala (below)

Sauté parsnip and onion until onion is browned in the oil. Mix in the garam masala and curry, and cook for a few minutes more, stirring constantly, being careful it doesn't burn.

Slowly pour in the stock and peas. Add peppercorns and bay leaf, and bring to a boil. Simmer gently one hour. When peas have reduced to a puree, remove bay leaf and season with lemon juice and soy sauce. Beat lightly with a fork to give a light/smooth texture.

Serve over rice. Serve relishes on side: raisins, chopped apple, coconut. Serve like curry.

Garam Masala (homemade curry)

- 4 tsp finely chopped onion
- 1 tsp ground turmeric
- $\frac{1}{4}$ –1 tsp cayenne pepper
- $\frac{1}{2}$ tsp ground ginger
- $\frac{1}{4}$ tsp finely chopped garlic
- $\frac{1}{2}$ tsp ground coriander
- $\frac{1}{4}$ tsp ground cumin

Pound all ingredients together to a paste.

Easy Hamburger Quiche *Terri Crowley*

- 1 pastry shell (9-inch), unbaked
- ½ lb ground beef
- ½ cup real mayo
- ½ cup milk
- 2 eggs
- 1 Tbsp cornstarch
- 1½ cup chopped cheddar or swiss cheese
- ⅓ cup sliced green onion
- Dash pepper

Brown meat. Drain, set aside. Blend next four ingredients until smooth. Stir in meat, cheese, onion, and pepper. Turn into pastry shell. Bake at 350° for 35–40 mins or until golden brown on top and knife inserted in center comes out clean.

Add mushrooms to this, too!

Hearty Bean Bake *Betty Bell*



- 4 cups canned baked beans
- 1 apple, chopped fine
- ¼ cup raisins
- ¼ cup chopped onion
- ¼ cup brown sugar
- ¼ cup sweet relish
- 1 Tbsp prepared mustard
- ¼ cup catsup

Mix altogether and bake in a covered casserole in a slow oven (250°) about 1½ hours. Meat eaters may add a few strips of bacon, fried and crumbled, or bits of leftover ham.



Epicurean Stir-fry *Helen Hakeem*

- 1 can (20-oz) chunk pineapple
- 2 large cloves garlic
- 1 tsp ginger
- 2 Tbsp oil
- 1 chicken breast, split, skinned, boned
- 2 carrots, sliced
- 1 green pepper, sliced
- 4 oz spaghetti, cooked
- 3 green onions, chunked

Sauce

- $\frac{1}{3}$ cup reserved pineapple juice
- $\frac{1}{3}$ cup soy sauce
- 1 Tbsp cornstarch
- 1 Tbsp sesame oil

Drain pineapple reserving $\frac{1}{3}$ cup juice. Cut chicken into chunks. In large skillet, stir-fry chicken with garlic and ginger in oil for 2 minutes. Add pineapple, carrots, and bell pepper. Cover, steam 2 to 3 minutes until vegetables are tender-crisp. Stir in spaghetti. Combine sauce ingredients, pour into skillet along with green onions. Toss until all is mixed and heated through.

Melody's Meat Loaf *Melody Cleveland*

- 2 lb ground chuck
- 1½ cups bread crumbs
- 2 eggs, beaten
- 16 oz tomato sauce
- ⅓ cup chopped onion
- ¼ cup chopped bell pepper
- ¼ cup chopped mushrooms
- 1½ tsp salt
- ¼ tsp pepper
- ¼ tsp garlic powder

Sauté last 6 ingredients in small amount of oil, mix in tomato sauce. Combine $\frac{3}{4}$ of the above tomato sauce mixture with all remaining ingredients. Shape into loaf and bake in preheated (350°) one hour.

Pour remainder of tomato sauce mixture over loaf and bake additional 15 minutes. Let stand 10 minutes before serving.

Makes about 8 servings.



Sauerbraten *Catherine Fahringer*

- 4–5 lb beef pot roast (top sirloin or bottom round)
- 2 cups water
- 2 cups cider vinegar
- 1 cup white wine
- 1 Tbsp salt
- $\frac{1}{2}$ tsp pepper
- 2 Tbsp white or brown sugar
- 2 medium onions, sliced
- 1 clove garlic
- 6 cloves
- 2 bayleaves
- 3 or 4 celery tops
- 12 gingersnaps

Place meat in large earthenware or glass bowl; do not use metal.

Heat vinegar and water; dissolve salt, pepper, and sugar in it. Top meat with sliced onions; pour vinegar mixture and wine over it. Add remaining ingredients except old-fashion gingersnaps to vinegar around meat. Cover and refrigerate 2 to 3 days, turning meat twice daily. Remove meat and drain well. Strain liquid and save.

Dredge meat with flour; brown in hot fat in heavy pan. Add $\frac{1}{2}$ cup of the strained liquid, cover and cook over low heat until meat is tender (3 to 4 hours). Add more liquid as needed.

Remove meat and keep hot. To make gravy, add more strained vinegar mixture to juice in the pan to make 3 cups liquid. Bring to boil and stir to dissolve all brown drippings. Add 12 gingersnaps, simmer and stir until gravy is thickened and smooth. Be sure to crush gingersnaps to fine crumbs before adding to gravy.

Note: See suggested accompaniment, next page.

Serves 8 to 10.

Kartoffelkloesse *Bob Nentwich*

Dumplings go very well with Sauerbraten or instead of potatoes or noodles in any dish with plenty of thick gravy

- 6 medium sized, mature baking potatoes
- 2 eggs, large
- $\frac{3}{4}$ cup flour
- $\frac{1}{2}$ cup bread crumbs
- $\frac{1}{4}$ tsp nutmeg
- 1 tsp salt
- 2 Tbsp fresh parsley, chopped fine

Peel potatoes, cut in quarters, and cook until tender. Put through a potato ricer, and spread on a kitchen towel. Allow riced potatoes to dry on the towel 4–8 hours.

Place potatoes in a large bowl, add remaining ingredients, and mix with hands until firm. Form 2-inch diameter balls, and drop into boiling salted water. Cook only 3 or 4 dumplings at a time. Dumplings should sink to bottom, then rise to surface. Cook for eight minutes after dumplings rise to surface. If they fall apart during cooking add a little flour to the mix.

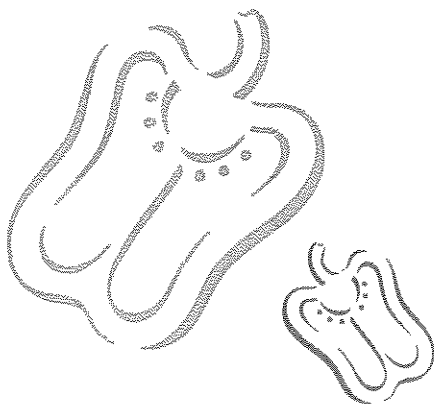
Note: Leftover dumplings can be refrigerated and sliced, then fried and served with leftover Sauerbraten gravy.

Mexicali Meat Loaf *Richard Gagnon*

- 1½ lb ground beef
- ¾ cup quick or old-fashioned oats, uncooked
- ½ cup tomato juice
- 1 egg, beaten
- 1 tsp salt
- ¼ tsp pepper
- 1 tsp chili powder
- 2 tsp minced onion
- 3 Tbsp butter
- 3 Tbsp all-purpose flour
- 1 tsp salt
- 1½ cups milk
- 8 slices (¼ lb package) process American Cheese, cut in pieces
- 1 can (12-oz) Mexican-style whole kernel corn, drained
- 2 small green peppers, cut into 8 rings

Combine first 8 ingredients thoroughly. Pack in bottom of 9-inch square baking pan or 2-quart oblong baking dish. Bake at 350° for 20 minutes. Drain off excess juice. Meanwhile melt butter in saucepan, blend in flour and salt until smooth. Add milk, bring to boil, cook for one minute. Add cheese, stir until melted. Stir in corn. Pour over partially cooked meat loaf. Top with green pepper rings. Return meat loaf with topping to oven. Bake an additional 20 minutes. Cool 10 minutes before cutting.

Serves 8.



Speedy Shrimp Supreme *Richard Gagnon*

- 2 cans (4¹/₄-oz each) shrimp
- 1 cup elbow macaroni
- 1 can cream of mushroom soup
- ³/₄ cup milk
- 2 oz sharp cheddar cheese, shredded
- ¹/₄ tsp pepper
- ¹/₂ tsp thyme



Cook elbow macaroni in salted boiling water approximately 15 minutes. Drain. Put cooked macaroni in buttered ovenproof casserole. Drain shrimp and rinse in cold water. Add shrimp, milk and mushroom soup to macaroni. Then add cheese, leaving a small portion for topping. Add spices. Mix well and top with cheese. Bake in 350° oven for 20 minutes.

Bean Bake with Meatballs *Jane Baxter*

Beans have always been a budget-stretcher, but they sure aren't as cheap as they used to be. About 150 years ago at the famous Delmonico's restaurant in New York the menu offered pork and beans for four cents, while bean soup could be had for two cents!

- 2 cups navy beans
- 1 tsp salt
- 1/2 lb lean bacon
- 1 tsp dry mustard
- 1 tsp ginger
- 1/3-1/2 cup honey
- 1 Tbsp chopped onion
- 2 slices bread
- 1/4 cup milk
- 1/2 lb ground chuck
- 1/2 lb ground smoked ham
- 2 tsp chopped onion
- 2 tsp brown sugar
- 1 egg, beaten
- 3 Tbsp soy sauce
- Salt and pepper to taste

Wash beans, cover with cold water and soak overnight. Cook over low heat with salt until tender. Drain, but reserve liquid. Fry bacon to remove most of the fat and place half of the bacon in a casserole. Add beans, then remaining ingredients combined with 1 1/2 cups of the bean liquid.

Heat milk, pour over bread slices and mix well. Add ground chuck and ground ham. Mix in brown sugar, chopped onion, soy sauce, well-beaten egg and salt and pepper to your taste. Form small balls and brown lightly.

Press down into beans in casserole and arrange remaining bacon on top. Cover and bake at 300°, up to two hours. Remove cover for the last 15 minutes, if needed to brown bacon.

Hell Fire and Damnation Chili *Leonard Weiss*

- 2 lb cooked pinto beans
- 2 lb lean beef, cut to half-inch cubes
- 1 large can tomatoes
- 1 small can tomato paste
- 2 sticks celery, cut to half-inch lengths
- ½ green bell pepper, cut up
- 1½ cup chopped onions
- 1 small can mushrooms
- 1½ cup brown sugar
- ¼ cup vinegar
- 1 tsp salt
- 1 tsp KCl salt
- 1 tsp ground cloves
- ¼ cup molasses
- 2 tsp ground dry mustard

Optional additives

- ¼ tsp cayenne pepper
- ¼ tsp cinnamon
- ¼ tsp black pepper
- 1 tsp MSG powder

For additional fire

- 1 drop Tabasco sauce to an amount sufficient to produce damnation desired.

In large kettle or pot cover beef cubes with water and bring to a boil. Skim all that comes to the surface. Continue low boil for one hour. Then add all other ingredients with water to liquidity desired and boil another hour at low heat. Fifteen minutes before serving add 3 tablespoons chili powder plus any of the additional optionals desired. Serve with soda crackers. Have plenty of ice water available.



Kentucky Chili *Dill Henderson*

This is Chili Kentucky style from my kin there.

- 2 lb ground beef
- 1 large onion
- 1 can (14- to 16-oz) chili hot beans
- 1 can (14- to 16-oz) stewed tomatoes
- 1 can (46-oz) of tomato juice
- 1 package McCormick chili seasoning
- 1 can (17- to 18-oz) spaghetti
- 3 small cans of V-8 tomato juice

Take 2 lb ground beef, crumble. Chop onion, add to ground beef. Cook meat and onion together until meat changes color. Drain off fat, discard. Place into a large kettle: chili hot beans, stewed tomatoes, $\frac{1}{2}$ to $\frac{3}{4}$ of tomato juice, meat and onion mixture, McCormick chili seasoning. Mix well, turn heat down to simmer for about 30 minutes, stir occasionally. Cover kettle while simmering. Add can of spaghetti after about (30) min to the above. Add tomato juice to desired consistency.

Add 3 small cans of V-8 juice; now cook just long enough to heat spaghetti and additional juices.

Liberal Linguini *Dale Hagen*

This is less a recipe than a process. The results are delicious but different each time, in fact, if it turns out the same, it is not being done right.

Fresh vegetables should always be used. Not being a vegetarian myself, I have not tried this without meat, but I would think the outcome would be just fine if meat was not used.

Brown a ¼ pound or so of diced bacon in a heavy fry pan over medium high heat. Add any or all of the following ingredients to the bacon and drippings. The quantity of vegetables should suit your taste, appetite, and the capacity of your fry pan. I usually cut the vegetables coarsely and add them in the order shown below, allowing them to cook briefly between additions.

Onion
Tomato, peeled and chopped
Garlic
Zucchini, sliced
Celery
Mushrooms
Green bell pepper
Red bell pepper
. . . or any other vegetable you like

Stir and fry until tender but slightly crunchy. Add any or all of these seasonings to taste.

Red pepper
Allspice
Black pepper
Seasoned salt
Salt
Basil
Oregano
Bay leaf
Thyme
Anise

Parsley
Parmesan cheese
... or any others that suit your fancy

Pour on enough tomato sauce to coat the mixture, $\frac{1}{2}$ cup or so. Do not overdo this step, the sauce should not resemble a marinara sauce. Cut the heat and bring to a simmer. Add any or all of these meats and heat through.

Pepperoni, sliced
Shrimp
Italian sausage, cooked
Ham, diced
Chicken, diced, cooked
Meatballs, cooked
... or any other of your favorites

Top with any or all of these garnishes, to your taste.

Black olives, pitted
Fresh parsley, chopped
Scallions, chopped
Green olives, stuffed
Fresh parmesan cheese, grated
... or, you guessed it, any of your choice

This concoction can be served over, under, or mixed into cooked linguini, al dente, of course, or any other pasta shape you like. Serve with garlic bread, tossed salad and red wine. ... if you want to.



Angelic Lasagna *Angela Poe*

It's surprising to me how many people still continue to cook the noodles when preparing lasagna. Believe me folks, it is not necessary to wrestle with those slippery things ever again! This recipe makes a large amount and leftovers can always be served later by simply popping into microwave. I usually make the sauce a day in advance just to save time.

- 1 large jar favorite spaghetti sauce
- 1 quart tomato juice
- 1 lb ground beef
- 1 large onion, chopped
- 10–12 lasagna noodles, straight from the box
- 2 large packs mozzarella cheese, shredded
- 2 Tbsp dry Italian seasoning
- 1 tsp salt
- 1/2 tsp pepper

Brown ground beef and onion, breaking into small pieces while cooking. Drain off most of the fat. In large cooker, combine spaghetti sauce, tomato juice, and seasonings. Add meat and onion mixture, stirring well. Simmer for several hours. Grease deep loaf pan (9¼ × 13 × 2). Using ladle, generously cover bottom of pan with sauce mixture. Then a layer of dry noodles and a good sprinkling of mozzarella. Repeat this process until pan is nearly full, ending with the cheese. Lay a strip of aluminum foil loosely on top and bake at 350° for 1½ hours, removing foil for the final 15–20 minutes, allowing to brown.

Serve and listen to the compliments! So easy you'll love it and it works like a charm every time!

Open-Minded Open Faced Sandwich *Gina Billington & John Sigwald*

- 4–6 mushrooms, sliced, sauteed in butter
- 1 ripe avocado, mashed, with a dash of lemon juice and another of garlic powder
- 2–4 slices of a fairly dense whole wheat bread, preferably one with a hint of honey
- Monterey Jack cheese, grated (cheddar is okay too)

Toast bread. Spread avocado mixture over toast. Place mushrooms on avocado mixture; sprinkle with grated cheese. Broil sandwiches until cheese melts.

Makes 2 thick sandwiches or 4 thin ones. (We prefer them generously endowed.)

Toasty Tuna Sandwiches *Terri Crowley*

- 1 can tuna (6½-oz) drained
- ½ cup cooked peas
- ¼ cup finely chopped celery
- ¼ cup finely chopped onion
- 2 hard-cooked eggs, chopped
- 2 Tbsp pickle relish
- 1½ tsp dijon-style mustard
- ¾ tsp salt
- ⅛ tsp pepper
- ⅓ cup sour cream
- 4 large English muffins split, toasted, and buttered

Preheat oven to 350°. Combine tuna, peas, celery, onion, eggs, pickle relish, mustard, salt and pepper. Gently fold in sour cream. Divide mixture evenly on four English muffin halves. Cover with top halves. Bake 12–15 minutes until heated through.

Sweets



Solstice Sugar Cookies *Annie Laurie Gaylor*

Recipe from my friend Celia Klehr.

- 1 lb real butter
- 2 eggs
- 5 cups flour
- 2 cups sugar
- 1 Tbsp vanilla
- 1 tsp baking soda dissolved in 3 Tbsp milk
- A pinch salt

Put all ingredients in bowl and mix with hands (children enjoy this!) until smooth dough is formed. No amount of mixing bothers it. Form into ball, dust with flour, chill thoroughly. Break into convenient-sized pieces, probably dust with a bit more flour. Roll thin, cut out shapes, dust with colored sugar if desired. Bake at 350° for 12 minutes (until light brown, brings out the butter flavor).

Warning: With frosting and decorating, this recipe is an all-afternoon or all-evening project!

Favorite Cookie Frosting

- ¼ cup (half stick) butter
- ¼ cup milk
- 2 cups powdered sugar
- 1 capful vanilla extract

Heat the butter and milk together in small saucepan over low heat. Put the powdered sugar in a bowl, and pour hot milk mixture over. Add vanilla and beat well to remove lumps. (Add small amounts of milk if it thickens during the evening; heated milk works better.) Add food coloring.

Note: One frosting recipe may not be enough if you frost all of the above cookies generously.

Makes 5 or 6 dozen cookies.

Empire Biscuits *Nancy McClements*

- 1 cup butter
- $\frac{3}{4}$ cup sugar
- 1 egg
- 3 cups flour
- 1 tsp cream of tartar
- 1 tsp baking soda
- 1 tsp lemon rind
- Currant jelly
- Almond flavored icing
- Maraschino cherries

Cream butter and sugar. Beat in egg. Stir in dry ingredients and lemon rind. Roll out to one-eighth-inch thick. Cut into rounds. Bake at 350° for 10 min. Sandwich together with jelly. Frost and decorate with cherries.



Butterscotch Bars *Anne Nicol Gaylor*

A quick dessert utilizing Wisconsin's butter.

- 1/3 cup butter
- 2 cups of brown sugar
- 2 eggs
- 1 tsp vanilla
- 1 cup flour
- 1 tsp baking powder
- 1/2 tsp salt
- 1 cup broken nut meats

Melt butter over very low heat and stir in sugar. After it cools add eggs and vanilla. Mix flour with baking powder and salt and stir into the butter mixture. For a thin bar, bake in a 9 × 13 pan. For a fatter bar, use an 8 × 8. Bake at 325° for about half an hour. Check after 25 minutes to be sure they don't get too brown. Cut in small square; they are very rich, almost like candy. They will disappear!

Heathen Honey Crinkles *Marcia Gascho*
(also known as 'Electricity Cookies')

When I was a little girl, about age 4, I thought these cookies tasted like electricity (?!), and my family has called them this name ever since.

- $\frac{2}{3}$ cup salad oil
- 1 cup granulated sugar
- 1 egg, unbeaten
- $\frac{1}{4}$ cup honey

Mix these 4 ingredients together. Then sift together:

- 2 cups all-purpose flour
- 1 tsp baking soda
- $\frac{3}{4}$ tsp ground mace (this adds distinctive flavor)

Combine and mix dough well. Chill dough for several hours, then shape into balls and dip into granulated sugar. Bake on ungreased cookie sheet at 350° until light golden brown.

Who-Needs-Heaven Mint Chocolate Brownies *Catherine Fahringer*

- 2 squares (1-oz each) unsweetened chocolate
- ½ cup butter
- 2 eggs
- 1 cup sugar
- 1 tsp vanilla
- ½ cup flour
- ⅛ tsp salt
- ½ cup chopped pecans
- ½ cup chopped mint chocolates

Melt chocolate squares and butter. Cool. Beat eggs until thick and lemon-colored. Gradually add sugar, beating thoroughly until batter is smooth and light. Stir in melted chocolate and butter mixture. Add vanilla. Mix well.

Blend in flour and salt. Fold in nuts and chopped mint chocolates. Pour batter into greased 8-inch pan. Bake at 350° for 20 to 25 minutes, until top is shiny and crust has formed. Avoid overbaking—brownies should be fudgelike. Cool completely. Cut into bars.

Temptation Brownies *Viola S. Anderson*

These gooey, fudgy, glorious brownies are absolutely THE best!!

- $\frac{3}{4}$ lb butter
- 6 oz unsweetened chocolate
- $\frac{1}{4}$ cup water
- 3 cups sugar
- 6 eggs beaten
- $1\frac{1}{2}$ cups flour
- 1 Tbsp vanilla
- 1 cup chopped walnuts or pecans

Preheat oven to 350°, melt butter, chocolate and water in heavy pan over low heat. Remove from heat, add sugar and beat well. Add eggs and beat well again. Add flour and stir until completely blended. Stir in vanilla and nuts. Pour batter into greased 9 × 13 pan and bake for 40 minutes (don't overbake).

Cool in pan about 20 minutes, then cover pan tightly with foil and wait at least 12 hours before cutting and eating. They need the time to fudge up properly.



Peanut Butter Bars *Anonymous Freethinker*

- 1/2 cup butter
- 1/2 cup sugar
- 1/2 cup brown sugar
- 1 egg
- 1/3 cup peanut butter
- 1/2 tsp baking soda
- 1/4 tsp salt
- 1/2 tsp vanilla
- 1 cup flour
- 1 cup quick-cooking rolled oats
- 1 package (6-oz) semi-sweet chocolate chips

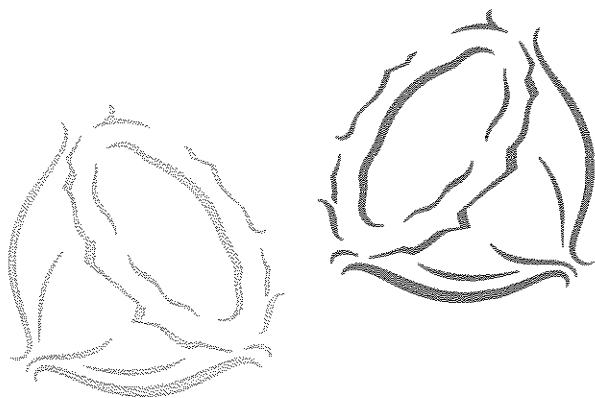
Cream butter; add white and brown sugars and cream well. Blend in egg, peanut butter, baking soda, salt and vanilla. Stir in flour and rolled oats. Spread in greased 9 × 13 pan. Bake at 350° for 20–25 minutes. Sprinkle with chocolate chips and let stand for 5 minutes until melted, then spread evenly.

Best Coconut Macaroons *Jennifer Molenaar*

- ½ cup finely chopped walnuts
- 2 eggs
- ⅛ tsp salt
- ¾ cup granulated sugar
- 2 tsp vanilla
- ⅓ cup all-purpose flour
- 2 cups flaked coconut

Beat eggs and salt until light. Beating constantly at a medium speed, add sugar ¼ cup at a time, beating well after each addition. Increase speed to high and continue beating until mixture is thick and ribbons form when beaters are lifted, 5–10 minutes. Fold in vanilla and flour, then coconut and walnuts.

Drop dough by rounded tablespoonfuls, 1½ inches apart, on prepared baking sheets. Bake 15–19 minutes at 325° F. or until golden brown on the tips. Cool on racks. Store in air-tight container.



Best Oatmeal Cookies *Jennifer Molenaar*

- $\frac{2}{3}$ cup shortening
- 1 cup brown sugar
- 1 egg, unbeaten
- 1 cup all-purpose flour, sifted
- 1 tsp salt
- 1 tsp baking powder
- 1 tsp vanilla
- 2 cups rolled oats, uncooked
- 1 cup seedless raisins

Melt shortening. Add brown sugar and mix well. Add unbeaten egg to shortening mixture. Beat until well blended. Sift together sifted flour, salt and baking powder. Stir into shortening mixture. Blend vanilla, rolled oats, and raisins into batter.

Drop by teaspoonfuls onto greased baking sheet. Bake in oven 350°. 15 to 20 minutes. Remove to wire rack to cool.

Makes about 5 dozen cookies.

Pecan Crisps *Irma Fairman*

- 1½ cups flour
- 1 cup sugar
- $\frac{3}{4}$ tsp salt
- $\frac{1}{2}$ cup vegetable shortening
- 1 egg, separated
- 3 Tbsp milk
- 1 tsp vanilla
- 1 cup pecans, chopped

Sift flour, sugar and salt in bowl. Mix in thoroughly with a fork shortening, egg yolk, milk and vanilla. Form into balls the size of a walnut. Place on ungreased baking sheet. Dip bottom of glass in sugar and flatten cookies. Brush with slightly beaten egg white. Sprinkle with pecans. Bake 8–10 minutes at 375°.

Best Chocolate Chip Cookies *Jennifer Molenaar*

- 1 cup butter, softened
- 1 cup brown sugar
- 1½ cups white sugar
- 1 Tbsp milk
- 1½ tsp vanilla
- 2 eggs
- 1 cup fresh corn flakes, crumbled
- 3 cups oatmeal
- 1½ cups flour
- 1¼ tsp baking soda
- 1 tsp salt
- ¼ tsp mace
- 1½ tsp cinnamon
- ¼ tsp nutmeg
- ⅛ tsp powdered cloves
- 4 oz coconut
- 2 cups milk chocolate chips
- 1 cup chopped walnuts

Cream together butter, brown and white sugar. Add milk and vanilla. Beat and add eggs. Stir in corn flakes and oatmeal. Sift together and add flour, baking soda, salt, mace, cinnamon, nutmeg, and cloves. Stir in coconut, chips, and walnuts.

Drop batter by well rounded teaspoon onto greased cookie sheets. Bake 10 minutes at 350° F.

Makes about 8 dozen cookies.

Crunchy Almond Strips *Jennifer Molenaar*

- 2 cups all-purpose flour
- 1 cup + 2 Tbsp granulated sugar
- $\frac{1}{4}$ tsp salt
- 4 hard-cooked egg yolks, sieved
- 1 cup butter, cut into 16 pieces and softened
- 1 tsp vanilla extract
- $\frac{1}{4}$ tsp almond extract
- 1 egg, lightly beaten
- 1 cup sliced almonds

In a large bowl, combine flour, one cup sugar, salt and egg yolks. Add butter and extracts. Rub butter into flour mixture with your fingers until well combined. Use your fingers or the back of a wooden spoon to press dough in an even layer over bottom of 10 × 15 jelly roll pan, flouring fingers or spoon lightly if necessary to prevent sticking. Pour beaten egg over dough. Spread evenly with the back of a spoon. Sprinkle with almonds. Use the back of a spoon to press almonds lightly into surface of dough. Sprinkle with remaining 2 tablespoons sugar.

Bake 35 to 40 minutes at 350° F. or until golden brown. Cut warm cookies into 1 × 1½ inch strips. Cool on racks. Store in airtight container.

Molasses Cookies *Anne Nicol Gaylor*

So tasty, so easy, and only one pan to wash!

- 1/3 cup butter (gives flavor)
- 1/3 cup vegetable shortening
- 1 cup white sugar
- 1/4 cup light molasses
- 1 egg
- 2 cups flour
- 2 tsp soda
- 1/2 tsp cloves
- 1/2 tsp ginger
- 1 tsp cinnamon
- 1/2 tsp salt

Melt butter and shortening over very low heat. Remove. Add sugar, molasses and egg. Mix in dry ingredients and refrigerate until chilled. Roll into balls, dip in sugar, flatten slightly with bottom of glass, criss-cross flattened cookies with fork, and bake at 375° for 8–10 minutes.

My Mother Lulu Belle's Sour Cream Devil's Food Cake
(Or, How to Get Elected to Congress) *Phyllis Stevenson Grams*

Editor's Note: When Phyllis' father conducted his successful race for the U.S. Congress from La Crosse, Wisconsin, he handed out this recipe of her mother's.

- 2 cups Baker's unsweetened chocolate
- 1/2 cup hot water

Boil the above ingredients together to make a smooth paste, stirring constantly. Allow to cool.

- 2 eggs
- 1 cup sugar
- 1/2 cup thick sour cream
- 1 level tsp baking soda in the sour cream (stir well)
- 1 cup cake flour
- 1/2 tsp baking powder and 1/4 tsp salt sifted in flour
- 2 tsp vanilla

Mix in order given and lastly beat in chocolate paste. Bake 35 minutes in 350° oven. Frost with a cooked 7-minute icing or buttercream frosting.



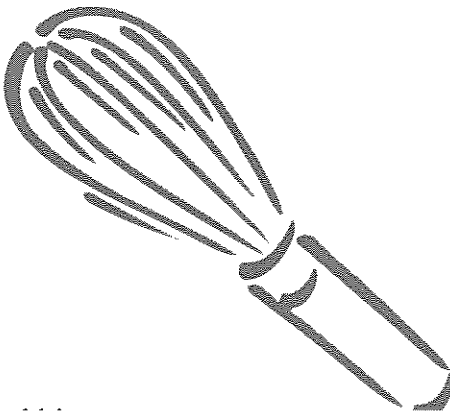
Sinfully Delicious German Nut Cake *Terri Crowley*

This recipe is really from Germany. A friend of ours brought it back with her and it has become a favorite. I have won several "cooking contests" with this one including a newspaper contest in Littleton, N.H. It really is a beautiful and delicious cake.

- 1/2 lb butter or margarine
- 4 whole eggs
- 2 cups sugar
- 1/2 pint sour cream
- 1 cup chopped walnuts
- 1 jar (10-oz) maraschino cherries, drained
- 1 tsp baking powder
- 1 tsp vanilla
- 2 cups all purpose flour, do not sift

Cream shortening, sugar and eggs. Add sour cream and beat until smooth. Add vanilla. Put in dry ingredients. Beat again until smooth. Add nuts and cherries (coarsely chopped). Pour into greased tubed pan.

Bake at 350° for one hour or until nicely golden brown. This makes a very festive cake when put into a fluted tubed pan.



Pagan Pound Cake *Melody Cleveland*

- 1 cup vegetable shortening
- 3 cups sugar
- 3 cups plain flour
- 6 eggs
- 2 tsp vanilla
- 1 carton whipping cream

Cream shortening and sugar. Add eggs one at a time, beat well after each one. Alternate flour and cream, beat well, add vanilla. Pour into tube pan and bake in preheated (350°) oven one hour or until done.

Banana Cake *Ian Gaylor*

A caramel frosting is very good with this cake, or choose your favorite.

- 1/2 cup shortening
- 1 1/2 cups white sugar
- 2 eggs, beaten
- 1 cup buttermilk
- 1 tsp soda
- 2 cups (slightly rounded) flour, unsifted
- 1/2 tsp salt
- 1 1/2 tsp baking powder
- 1 cup bananas, mashed
- 1 tsp vanilla
- Butterscotch Frosting

Stir soda into buttermilk and set aside. Cream sugar and shortening, and add beaten eggs. Add milk and soda mixture all at once and beat well. Mix baking powder and salt with flour and add gradually to batter, beating well with each addition. Do not sift flour. Add mashed banana and vanilla and mix well.

Bake in well greased layer pans (two) or one 13 × 9 1/2 × 2-inch pan at 325° F. for 30 to 35 minutes, or until cake tester comes out clean.

Butterscotch Pound Cake *Robyn Bagley*

- 1½ cups shortening
- 1 lb dark brown sugar, firmly packed
- ½ cup white sugar
- 5 egg yolks, beaten
- 3 cups flour
- ½ tsp baking powder
- 1 cup milk
- 1 cup chopped nuts (cashews are especially good)
- 1 tsp vanilla
- 5 egg whites, stiffly beaten

Use large bowl. Cream shortening and sugars until smooth. Stir in egg yolks. Sift flour and baking powder together. Add alternately with milk to creamed mixture. Add nuts and vanilla. Fold in egg whites. Pour into two greased and floured loaf pans. Bake at 325° for one hour and 30 minutes.

Freethinkers Carrot Cake *Jennifer Molenaar*

- 3 cups grated carrots (set aside)
- 2 cups plus 2 Tbsp flour
- 2 tsp baking soda
- 4 eggs
- $\frac{1}{2}$ tsp salt
- 2 cups sugar
- 2 tsp cinnamon
- 1 cup Mazola oil

Mix $\frac{1}{4}$ cup flour with soda and set aside. Mix rest of flour and dry ingredients in a large bowl. Add oil and mix. Add eggs one at a time, beating after each one. Fold in carrots, then add flour and soda mixture last. Bake at 350° for 40 minutes in 9×13 cake pan (or two 8-inch layers). Cool and frost.

Frosting For Carrot Cake

Cream one 8-oz package of cream cheese with $\frac{1}{2}$ cup butter. Add one box powdered sugar gradually, beating constantly until light and fluffy. Add 2 teaspoons vanilla and, if desired, chopped nut meats.



Poppy Seed Cake *Robyn Bagley*

- 1 box (2½-oz) poppy seeds
- 1 cup milk
- 2 eggs
- ¾ cup oil
- ¾ cup sugar
- ½ tsp vanilla or almond extract
- 2 cups whole wheat flour
- ¼ cup non-fat dry milk
- 2½ tsp baking powder
- A dash of cinnamon and/or nutmeg

Soak the poppy seeds in cup of milk for one hour. Beat together eggs, oil, sugar, and vanilla and add to poppy seed mixture. Mix the dry ingredients separately before adding to wet. Bake in greased and floured cake pan (13 × 9) at 350° for about 45 minutes.

Frost with cream cheese frosting.

Devilishly Good Chocolate Cake *Paul Gaylor*

This reliable recipe is almost as easy as a mix and just may produce the best chocolate cake you've ever tasted.

Mix together:

- 1³/₄ cups flour
- 2 cups sugar
- ³/₄ cup cocoa (I use a 'generic' brand)
- 1¹/₂ tsp baking powder
- 1¹/₂ tsp baking soda

Add:

- 1 cup milk
- ¹/₂ cup salad oil
- 2 whole eggs
- 1 tsp vanilla

Using electric mixer, mix together on low for a half minute and on medium for three minutes. Then hand mix in:

- 1 cup boiling water

Bake in greased and floured 9 × 13 inch glass baking pan for 35 to 40 minutes. Toothpick test works. (Time slightly less for metal pan or two layer pans.)

Note: See icing recipe, next page.

Sure Fire Chocolate Infidel Icing *Paul Gaylor*

In a sauce pan, stir together:

- $\frac{1}{3}$ cup condensed milk
- 1 cup sugar
- 6-7 large marshmallows



Stir on medium heat until marshmallows are dissolved. Reduce to low heat and stir for two more minutes. Remove from heat and add:

- 1 cup semi-sweet chocolate chips

Stir until completely dissolved. Then add:

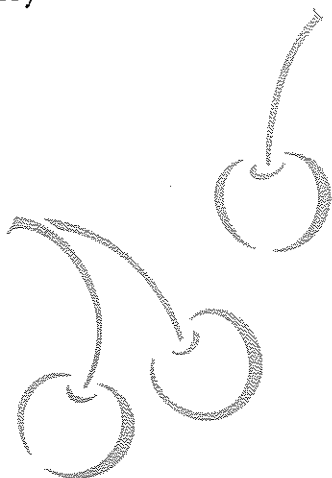
- 3-4 Tbsp butter
- 1 capful of vanilla

Stir and then let stand for a few minutes and it will be ready to put on the cake. Enjoy its richness with the knowledge that you may have knocked a few minutes off your life span, but what the hell!

Fruit Cake *Charline Kirkpatrick Kotula*

Jo Kotula wrote: This recipe came from Charline's mother, a truly fine cook; this cake is one of the gems of her repertoire. It is also known as English Wedding Cake and will keep for years if moistened periodically with brandy.

- 1 lb seeded raisins, halved
- 2 lb sultana raisins
- ½ lb currants
- 1 cup rum, brandy or sherry
- 1 lb pitted dates
- ¼ lb candied orange peel
- ¼ lb candied lemon peel
- 1 lb candied pineapple
- ½ lb candied citron
- 1 lb candied cherries
- ½ lb chopped almonds
- ½ lb chopped walnuts
- Four cups sifted flour
- 1 tsp cinnamon
- 1 tsp cloves or mace
- 1 tsp baking soda
- 2 cups white sugar
- 2 cups brown sugar
- ½ lb butter, creamed
- 10–12 eggs
- 2 Tbsp orange juice
- 2 tsp almond extract



Oven set at 275° F. Baking time approximately three hours.

Prepare the fruits and nuts the day before—soak raisins and currants in the rum, brandy or sherry; set aside. Cut dates, peels, pineapple and citron into paper-thin strips; halve the cherries. Mix the prepared fruits and nuts; sprinkle with one cup of the flour, mix well. To the remaining flour add the spices and soda. Add the sugars gradually to the butter; beat until creamy and smooth. Add eggs one at a time, beating well after each addition. Mix in the sifted dry ingredients alternately with the combined juice, extract and raisins. Blend in thoroughly the fruits and nuts.

Pack the batter into two oiled and paper-lined tube pans (9 inches), filling them $\frac{2}{3}$ full. Bake in a very slow oven; invert upon a cake rack; do not remove the paper.

For Small Cakes

Fill bonbon cases with batter; set on baking sheets, bake 45 minutes. Cool on racks—do not remove from cases.

To Store

When cold, wrap the large cakes in aluminum foil, place in a can or crock; cover tightly. Keep in a cool place to ripen. Every four weeks, sprinkle each cake with one-half cup of rum, sherry or brandy. For the small cakes, set them in a crock or tin, with a few slices of raw apple, covering them with cheesecloth wrung out in rum, sherry, brandy. Repeat the process each week.

Should yield two cakes of 6 lb each.

Forbidden Fruit Cobbler *Pat Cleveland*

- 2 cups fruit
- 1½ stick margarine
- 1 cup flour
- 1 pinch salt
- 1 cup whole or reduced fat milk
- 1 tsp powdered dry milk
- 1 cup sugar
- 1 pinch allspice

Melt margarine in 9 × 14 glass dish. Mix dry ingredients then add liquid to make batter. Pour batter over melted margarine in hot glass dish. Add fruit on top. Batter will rise through fruit. Sprinkle additional ⅛ cup sugar if desired.

Bake in 425° oven for 40 to 50 minutes. Serve hot.

Grandma's Date Pudding *Paul Gaylor*

- 1 lb dates
- 1 cup sugar
- 1 cup water

Gently boil these ingredients together for a few minutes and cool.
Then add:

- 2 beaten egg yolks
- 8 Tbsp flour
- 2 tsp baking powder
- 1 cup nuts
- Pinch salt
- 2 beaten egg whites

Bake in a 9-inch square pan at 350°. Serve with whipped cream.



Huckleberry Go-To-Hell Pudding *Flo Ninelles*

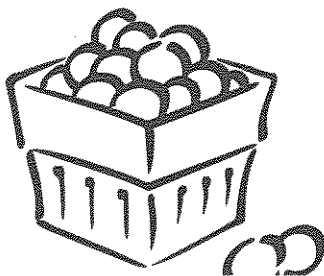
"I was a-trembling because I'd got to decide forever betwixt two things. . . . I studied for a minute, sort of holding my breath, and then I says to myself, All right, then I'll go to hell!" (Huckleberry Finn by freethinker Mark Twain). *The orange cake of this pudding floats on a huckleberry Mississippi.*

- 2 cups huckleberries or blueberries
- 1 Tbsp butter
- 1/2 cup dark brown sugar
- 1/8 tsp salt
- 3/8 cup shortening
- 3/4 cup sugar
- 1 1/2 eggs (see directions)
- 3/8 cup orange juice
- 1 1/2 cups flour
- 1/4 tsp salt
- 1 1/4 tsp baking powder
- 1 1/2 tsp grated orange rind

Melt butter, add dark brown sugar, salt and berries. Cook on medium-low heat for 10 minutes. Add a little water if necessary during cooking.

Cream shortening and sugar. Beat 2 eggs, remove approximately 1/4 of the volume, and add the 1 1/2 beaten eggs to sugar mixture. Sift flour, salt and baking powder together. Add gently to sugar mixture alternately with orange juice.

Pour berry sauce into a buttered baking dish. Cover with the cake batter. Bake at 350° for 45 minutes. Serve warm with heavy cream flavored with a few drops of almond extract.



Cranberry Pudding a la Anne's Aunt Minnie *Anne Nicol Gaylor*

- 1½ cups bread flour
- ½ cup mild molasses
- ½ cup hot water
- 2 cups halved or chopped cranberries
- 2 tsp soda
- Pinch salt

Steam slowly two hours. (Consult your commercial cookbook for various steaming methods.)

Sauce

- ⅓ cup butter
- ½ cup top milk or cream
- 1 cup sugar
- 1 tsp vanilla

Let sauce come to slow boil and boil for five minutes.

The pudding will look like a dirty sponge when done (expression a la Jody), but even that critical man thinks it's lickin' good. The sauce is an essential since the pudding itself is rather tart and needs the richness. My aunt used ½ cup butter in her sauce, but I found the smaller measurement is adequate. Pudding and sauce should be served real hot.

February Eve Tart *Flo Ninelles*

Especially enjoyable to celebrate spring's imminence. February Eve is the cross-quarter day between the Winter Solstice and the Vernal Equinox. The superstitious call it Groundhog Day and sometimes poke groundhogs around because of their beliefs.

Sliced oranges
Sliced bananas
Diced figs or dates
Candied pineapple
Diced soaked dried prunes
Diced soaked dried apricots
Orange juice
Sugar

Line a deep pie plate with rich pastry from your fat cookbook. Fill with fruits. Moisten with orange juice and sprinkle generously with sugar. Bake 15 minutes at 375°.

1 egg well-beaten
1 cup milk
1 Tbsp sugar
½ tsp lemon peel, grated
½ tsp orange peel, grated
¼ tsp salt
2 drops almond extract

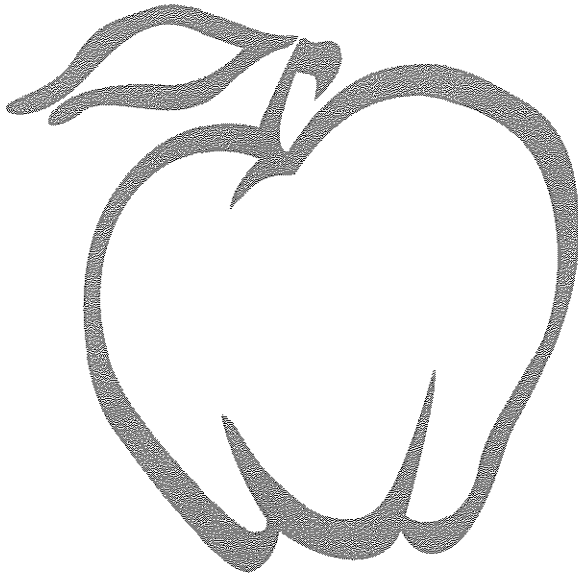
Make the custard by adding remaining ingredients to the well-beaten egg. Pour over fruit, place in 300° oven, bake until custard is set. Serve after slightly cooled, or serve at room temperature. Pass whipped cream slightly sweetened with sugar and sherry.

Atheist Apple Crisp *Anne Nicol Gaylor*

Best served warm with ice cream.

- 4 cups sliced apples (tart apples are best)
- $\frac{1}{4}$ cup white sugar
- $\frac{1}{4}$ cup water
- 1 tsp cinnamon
- $\frac{3}{4}$ cup flour
- 1 cup brown sugar
- $\frac{1}{3}$ cup butter

Arrange apples in buttered baking dish. Add water and sprinkle with $\frac{1}{4}$ cup white sugar mixed with cinnamon. Spread a mixture of the brown sugar and flour and butter over apples. Bake at 350° until apples are tender, about 30 minutes.



Peach Crunch *Isabel Walker*

- 1/2 cup flour
- 1 1/2 cups oatmeal
- 2/3 cup brown sugar
- 1 tsp cinnamon
- 1/2 tsp salt
- 1/2 cup butter, melted
- 4 cups fresh sliced peaches

Combine flour, oatmeal, brown sugar, cinnamon and salt. Add the melted butter and press mixture into 9-inch pie pan. Reserve some for topping. Add peeled, sliced peaches and top with remaining crumbs. Bake at 375° about 30 minutes. Serve as is or with cream or ice cream.

Fresh Pear French Toast a la Shelly *Shelly Johnson*

- ¼ cup brown sugar
- 2 Tbsp butter
- ¼ tsp cinnamon
- 3 pears, peeled and sliced
- 3 eggs
- ¼ cup milk
- 1 tsp vanilla
- 3 Tbsp brown sugar
- 1 tsp cinnamon
- ¼ tsp nutmeg
- 6 thick slices French bread
- 2 Tbsp butter
- Vanilla ice cream

Combine ¼ cup brown sugar, 2 tablespoons butter and ¼ teaspoon cinnamon over low heat until sugar is dissolved. Add sliced pears, cook about 5 minutes, stirring carefully.

Beat eggs with milk, vanilla, 3 tablespoons brown sugar, one teaspoon cinnamon and nutmeg. Dip bread slices in egg mixture and brown in butter on both sides. Top each slice of French toast with pear mixture and ice cream.

Serves 6.



Freethinker's Manna From Heaven *Alice Shiver*
(Banana Pudding by Sister Chastity)

Our most requested dessert at Lake Hypatia Freethought Hall.

- 2 cups sugar plus 10 tsp sugar for meringue
- $\frac{3}{4}$ cup flour
- 6 eggs, divide yolks and whites
- $\frac{1}{2}$ gallon milk
- 1 stick butter or margarine
- 1 tsp vanilla extract
- Cream of tartar (optional)
- 2 boxes vanilla wafers
- 6 golden ripe bananas

Put 2 quarts of water in the bottom of a 4 quart double-boiler. Combine 2 cups sugar with flour in top of double-boiler. Add egg yolks and $\frac{1}{2}$ cup milk, mix well. Turn on heat, and slowly stir in remainder of milk. Cook until mixture thickens. Remove from heat, stir in butter and vanilla.

Using a large pan (10 × 16 × 2), layer wafers and thinly sliced bananas. Pour on custard and use a knife to allow custard to seep through layers to the bottom of the pan.

Meringue

Beat the six egg whites, adding one teaspoon cream of tartar (optional) and 10 teaspoons sugar, gradually. When egg whites hold a peak, add $\frac{1}{4}$ teaspoon vanilla. Spread meringue on pudding and brown in 400° oven (about 10 minutes).

Variations: For chocolate pudding, add 3 tablespoons cocoa to flour and sugar mixture before cooking. For lemon pudding, add the juice of three lemons after cooking. For rice pudding, add 2 cups cooked rice. These quick variations can be served warm or chilled with no baking.

This dessert will serve about 35 people.

Bachelor's Bread Pudding *Ian Gaylor*

- 2 Tbsp butter
- 3 cups milk
- 2 whole eggs
- 2 eggs, separated
- $\frac{1}{4}$ cup sugar
- 2 cups cubed dry bread
- 2 tsp vanilla
- 3–4 Tbsp your favorite jelly, jam or marmalade

Melt butter over low heat. Add milk and heat until warm, but do not scald or boil. Beat 2 whole eggs and 2 egg yolks until light and fluffy. Keep the two egg whites separate for the meringue. Cut the old bread into small cubes and add to the beaten eggs, adding warm milk and vanilla. Pour into a buttered one-quart baking dish.

Bake in a moderate oven (350–375°) for half an hour. While this bakes, beat the remaining two egg whites with 2 tablespoons sugar until they hold peaks. Remove pudding from oven, spread with jelly or jam, and top with meringue. Place back in oven for 2–3 minutes until meringue is light brown. Watch carefully since it browns fast.

Midsummer Dream Pudding *Flo Ninelles*

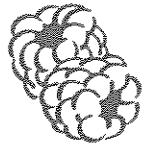
- 4 cups raspberries (or currants or other berries)
- 1 cup sugar, or up to 2 cups if berries are tart
- 10 or more slices homemade-type white bread

Rinse the berries gently. Put in a saucepan, add sugar and simmer, stirring occasionally until the sugar has dissolved, but no longer.

Remove crusts from the bread. Butter a one-quart mold. Line the bottom and sides with bread slices, overlapping them and trimming them so that there are no cracks for the berry mixture to escape through.

Pour the berry mixture gently into the bread casing and cover the top with bread slices, trimming and fitting so that there are no cracks. Cover the mold with a plate that fits inside the rim. Put a weight on top of the plate, and refrigerate overnight.

To serve, remove covers and run a knife rinsed in hot water around the inside of the mold. Turn the pudding upside down onto a platter. Accompany with whipped cream or custard sauce.



Custard Sauce *Flo Ninelles*

- 3 egg yolks
- $\frac{1}{4}$ cup sugar
- Pinch of salt
- 2 cups milk, scalded

Lightly beat egg yolks. Add sugar and salt. Stir hot milk in, starting with 2 additions of $\frac{1}{4}$ cup each so as not to “surprise” the egg yolks. Place over hot water or on burner pad and stir constantly over low heat until thickened. Strain and cool. Add one teaspoon vanilla. Chill.

Lemon Lust Pudding *Jean and Velma Bertolette*

Guaranteed not to put on weight, almost.

“The proof of the pudding is in the eating.”

- 1 cup butter
- 2 cups flour
- 1 cup finely chopped nuts
- 2 (8-oz) packages. softened cream cheese
- 2 cups powdered sugar
- 2 cups whipped topping
- 4 packages. (3³/₄-oz) instant lemon pudding
- 5 cups cold milk

Mix together butter, flour and nuts until evenly blended. Press into 9 × 13 pan and bake 350° for 20–25 min. Cool. Beat cream cheese with powdered sugar. Fold in whipped topping. Spread mix on cool crust. Beat lemon pudding mix with cold milk. Let stand several minutes until thickened. Spread over cream cheese layer. Top with remaining whipped topping. Chill to set until serving. Cut into squares.



Wisconsin Cheese Cake *Isabel Walker*

- 2 cups graham cracker crumbs
- ¼ cup melted butter
- Dash of cinnamon

Mix these ingredients with fork and then pat into 8- or 9-inch cake tin. Chill until needed.

- 2 eggs
- ½ cup sugar
- 2 packages (8-oz each) cream cheese
- 1 tsp vanilla

Beat eggs well with beater and add the cream cheese which should be at room temperature. Beat until creamy, add sugar and vanilla and continue beating until smooth.

Pour into chilled crust and bake at 350° for 25 minutes. Remove from oven, and allow to cool for 15 minutes.

Top with mixture of:

- 1 cup sour cream
- 1 tsp vanilla
- 1 Tbsp sugar

Pour over filling and bake at 400° for 10 minutes. Cool and chill.

Cracker Torte *Anne Nicol Gaylor*

This dessert is so simple a grade schooler can bake it, and yet it's good enough for company fare. If you have never tried one of these tortes with a cracker base, don't let the idea of soda crackers deter you. It's good.

- 3 egg whites, beaten
- $\frac{7}{8}$ cup sugar
- 1 tsp vanilla
- $\frac{3}{4}$ cup crushed soda cracker crumbs
- $\frac{3}{4}$ tsp baking powder
- $\frac{1}{2}$ cup broken nut meats

Combine three beaten egg whites with sugar. Add vanilla. Next, crush soda crackers into coarse crumbs and mix them with $\frac{3}{4}$ teaspoon baking powder and $\frac{1}{2}$ cup nut meats. (Nut lovers may wish to use more.) Mix together and bake in a pie pan at 325° for about half an hour. It will be a pale brown when done. Serve warm with sweetened whipped cream.

Baked Custard With Cream Topping *Irma Fairman*

- 4 eggs
- 1/2 cup sugar
- 1/4 tsp salt
- 3 cups scalded milk
- 1 tsp vanilla
- 1/2 tsp nutmeg

Beat eggs very thoroughly, add sugar and salt and beat again. Pour hot milk very, very slowly over the egg mixture, beating to keep it smooth. Add vanilla, pour into custard cups which have been buttered. Sprinkle tops with nutmeg.

Place cups in a pan with one inch of water around them, and bake in a moderate oven for about 45 minutes to an hour depending on the size of the baking cups. To check for doneness, use a knife blade. When the custard is done the knife blade will come out clean.

Mix one cup of sour cream with two tablespoons of powdered sugar and 1/2 teaspoon of vanilla. Spread the mixture over the baked custard and return to oven for additional five minutes. Serve cool.



Ozark Pudding *Paul Gaylor*

- 2 eggs
- $\frac{1}{2}$ cup sugar
- 1 tsp vanilla
- 3 Tbsp flour
- 2 tsp baking powder
- $\frac{1}{8}$ tsp salt
- $\frac{1}{2}$ cup nuts
- 2 large apples, diced
- $\frac{1}{8}$ tsp cinnamon
- Whipping cream

Mix eggs and sugar until pale and thick. Stir in vanilla, flour, baking powder and salt. Fold in nuts and apples and pour in 9-inch buttered pie pan. Dust with cinnamon. Bake in 350° oven until puffy and lightly browned, about 30 minutes. Serve warm with sweetened whipped cream.

Brownie Pie *Catherine Fahringer*

- 1 square baking chocolate
- $\frac{1}{4}$ lb butter or margarine
- 1 cup sugar
- 2 eggs
- 1 cup less 1 Tbsp flour
- 1 Tbsp vanilla

Cream one cup sugar and two eggs. Add the flour and vanilla. Add melted chocolate and butter and mix well. Pour into greased pie pan and bake 30 min. at 350°. Nuts may be added to batter if desired.

This may be made as far as three days ahead and refrigerated uncooked. Warm to room temperature before baking. Serve hot with vanilla ice cream or fudge sauce.



Cheese Pie Royale *Catherine Fahringer*

Have eggs and cheese at room temp. Heat oven to 375°

- 2 eggs
- 1/2 cup sugar
- 3/4 lb Philadelphia cream cheese (1 big and 1 small)
- 1/2 tsp vanilla

Beat eggs, add sugar, cheese, and vanilla, and dash cinnamon. Place in prepared graham cracker crust. Bake 15 minutes. Cool. Top with mixture below:

- 3/4 cup sour cream
- 2 tablespoons sugar
- 1/2 teaspoon vanilla.

Spoon over pie and bake 5 minutes at 400°

Pagan Pecan Pie *Hulda Pelzl*

- 1 pie shell (9-inch), unbaked
- 1 package (8-oz) cream cheese, softened
- 1 egg
- $\frac{1}{3}$ cup sugar
- 1 tsp vanilla
- $\frac{1}{4}$ cup chopped pecans
- 3 eggs
- 1 cup light corn syrup
- $\frac{1}{4}$ cup sugar
- 1 tsp vanilla
- $\frac{1}{4}$ tsp salt

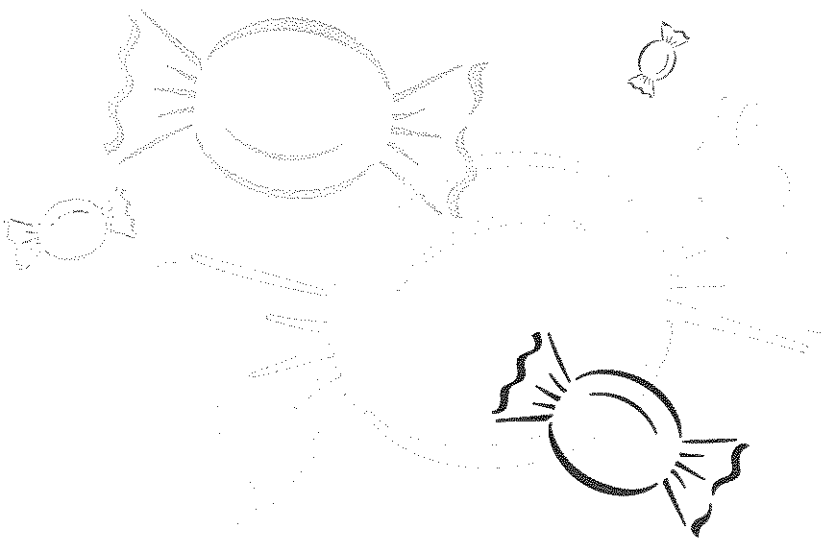
Preheat oven to 350°. Cream together cream cheese, one egg, $\frac{1}{3}$ cup sugar and one teaspoon vanilla in mixer bowl. Beat until fluffy. Spread mixture on bottom of prepared pie shell. Sprinkle pecans over creamed mixture. Beat 3 eggs in mixer bowl until well-mixed but not foamy. Do not over-beat. Add corn syrup, $\frac{1}{4}$ cup sugar, one teaspoon vanilla and salt. Mix well. Pour over pecans. Bake 40 minutes, or until nuts are lightly browned. Top will rise like a souffle and sink as it cools. Serve warm or cold. May be frozen. Thaw at room temperature.

Grandma's Potato Cinnamon Candy *Paul Gaylor*

These candies look like miniature potatoes, hence their name.

- 1½ cups sugar
- ½ cup condensed milk
- 1 Tbsp butter
- ⅛ tsp cream of tartar
- ¼ tsp vanilla
- Pinch of salt
- Cinnamon
- English walnuts

Mix well in a sauce pan and cook until the syrup forms a ball in cold water. Cool. Add ¼ teaspoon vanilla. Beat until creamy. Don't be discouraged if it looks too hard; it will get creamy with handling. Knead, shape and dust candies with cinnamon. Put bits of English walnuts in for eyes.



Grandma's Date Candy *Paul Gaylor*

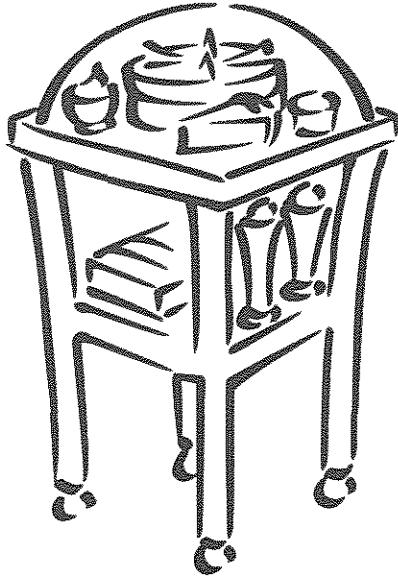
- 3 cups sugar
- 1 cup milk
- 1 lump butter
- 1 lb dates, chopped
- 1 cup nut meats, broken or chopped
- Pinch of salt

Boil sugar and milk until they form a soft ball in water. Take from stove and add chopped dates. Place on burner again over low heat until dates begin to mix a little with other ingredients. Remove and beat while hot, adding nuts. Beat until stiff. Roll out on waxed paper, or, if sticky, on a damp cloth. Roll and cut in slices.

Grandma's Pecan Roll *Paul Gaylor*

- 1 cup light brown sugar
- 2 cups white sugar
- $\frac{1}{2}$ cup white Karo syrup
- Pinch of salt
- 1 cup condensed milk
- Pecan meats

Cook in sauce pan, stirring until mixture boils. Then turn heat low and cook without stirring to soft ball stage. Cool and beat until it holds shape. Turn on board and knead with dusting of powdered sugar. Shape in long roll and cover the outside with pecan meats, whole or broken. Wrap in waxed paper and chill, slice when firm.



Miscellany



(Ken's Old Fashion) Vegetable Dip *Ken Taubert*

We have been serving this at parties for more than 30 years.

- ½ pint sour cream
- 1 cup mayonnaise
- 1 Tbsp dill weed
- 2 Tbsp minced onion
- 2 Tbsp parsley flakes
- 2 tsp Lawry's seasoning salt

Mix sour cream and mayonnaise thoroughly. Add seasonings one at a time. Cover and chill overnight. Dip is good for any vegetable—celery, carrots, green pepper, fresh mushrooms, cauliflower.

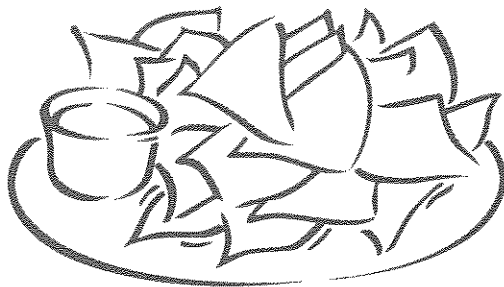
Mexican Dip *Bob Nentwich*

Place in layers in a 12 × 10 × 2 deep casserole dish in the following order:

- 1 large can (about 2 lb) refried beans
- 1 envelope taco seasoning (sprinkle over beans)
- 2 large ripe avocados mashed with equal amounts of sour cream (add a little lemon juice to keep avocados from turning brown)
- 1 thin layer of chopped ripe olives
- 1 thin layer of chopped green bell pepper
- 1 can (7-oz) of diced green mild chiles (not Jalapenos, as they will rot your sox as well as your digestive tract)
- 1 layer of chopped green onions
- 1 layer shredded Monterey Jack cheese
- 1 layer shredded mild Cheddar cheese
- 1 layer chopped ripe tomatoes
- 1 layer sour cream
- 1 more layer chopped ripe olives

Top with a little Mexican Salsa (hot sauce not taco sauce).

May be eaten cold but is *much better* if heated in medium oven or microwave until hot through all layers and cheese is melted. Tastes even better if put together, and then refrigerated for 24 hours or more before heating and serving. Serve with Tortilla chips.



Sweet-Sour French Dressing *Paul Gaylor*

- $\frac{1}{4}$ cup wine vinegar
- $\frac{1}{8}$ cup water
- $\frac{1}{3}$ cup sugar
- $\frac{1}{2}$ tsp paprika
- 2–3 Tbsp catsup
- $\frac{1}{2}$ cup canola or olive oil
- Dash of celery salt
- Dash of dry mustard
- Fresh onion juice scraped in or dash of onion powder

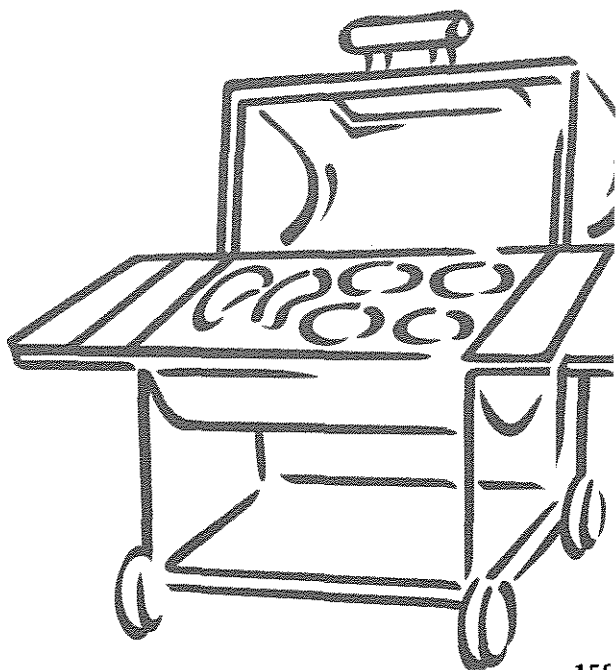
Put in cruet or covered jar. Shake well and chill.

Bar-B-Q Sauce *Anonymous Freethinker*

If you like the taste of fake smoke you probably won't like the tart fresh zip of this.

- 2 tsp dry mustard (live dangerously and use 1 Tbsp)
- $\frac{1}{3}$ cup water
- $\frac{1}{3}$ cup cider vinegar
- $\frac{1}{2}$ cup catsup
- $\frac{1}{2}$ tsp salt
- 1 Tbsp brown sugar, packed
- $\frac{1}{4}$ – $\frac{1}{2}$ tsp cayenne
- 2 Tbsp salad oil

Mix mustard and water in small sauce pan. Add other ingredients. Bring to a boil, stirring several times. That's all there is to it. Use it on anything.



Hot Prune-Face Juice *Flo Ninelles*
(Lighten Up, Church-Goers!)

A fall and winter drink that is a change from tea and can be served with little ham salad or curried chicken tea sandwiches.

Soak 12 dried prunes overnight in 2 cups water. Dice prunes and return to juice. Add one Tbsp sugar. Simmer gently 1/2 hour. Strain, pushing through some pulp.

Heat juice and serve in glass punch cups topped with whipped cream sprinkled with cinnamon or with stiffly beaten egg whites flavored with lemon juice.

One luxurious serving.

Posset *Anne Nicol Gaylor*

A simple drink for the person who wants something hot without the stimulation of coffee or tea or the richness of hot chocolate. Too simple to be called a recipe, but a standby in Wisconsin's cold climate. If you find yourself awake at 3 AM, it will put you to sleep.

- 1 cup milk
- $\frac{1}{2}$ – $\frac{3}{4}$ tsp sugar
- Dash of cinnamon or nutmeg.

Heat milk and sugar over *very slow* heat. Vary the amount of sugar according to your taste. Pour into a mug and dust with a little cinnamon or nutmeg.



Bedeviled Sandwich Spreads *Sara Bryant*

Crab

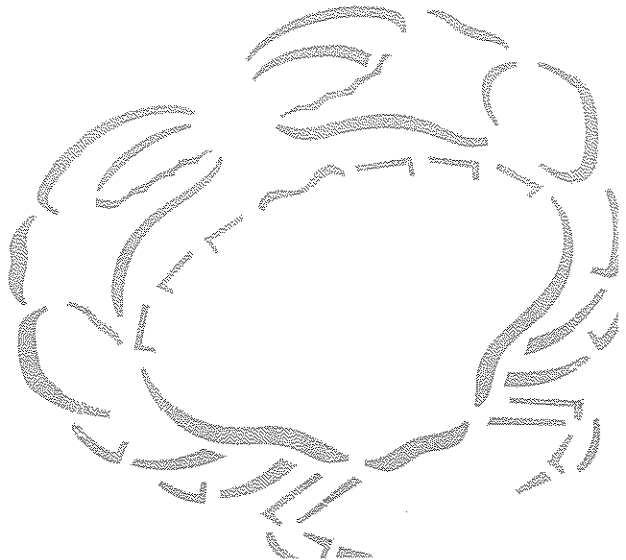
- 1 can (8-oz) crab meat, tendons removed
- 1/2 cup mayonnaise
- 1 Tbsp chili sauce
- 1 tsp sugar
- 1/2 tsp curry powder
- 1 hard boiled egg, finely chopped

Mix together. A drop or two of fresh lemon juice adds flavor.

Dried Beef

- 1/4 lb dried beef
- 1 package (12-oz) cream cheese, room temperature
- Onion, a tablespoon of finely chopped onion or juice from fresh onion scraped in
- Worcestershire sauce, a dash or two

Shred the beef and mix with other ingredients.



Raspberry/Cranberry Sauce *Doris Radtke*

Great for Thanksgiving. But thank the cook!

- 2 packages (10-oz each) frozen raspberries
- 1½ cups cold water with raspberry juice (combined total)
- 1 can (16-oz) whole cranberry sauce
- 1 package (3.4-oz) lemon gelatin
- 1 package (3.4-oz) raspberry gelatin
- 2 cups hot water

Thaw raspberries in their containers. Drain juice into a 2-cup measuring cup and add enough cold water to make 1½ cups total liquid. Refrigerate raspberries and liquid (separately).

Dissolve gelatins in hot water and, while still somewhat warm, stir in cranberry sauce, dissolving sauce but keeping berries whole. Stir in cold liquid. Pour into serving bowl and chill until *almost* firm. Stir in raspberries and chill until gelatin has set.

Caution: Berries will sink to the bottom if sauce is not almost firm when berries are added.

Freethought Fritters *Gina Billington & John Sigwald*

- 1 large apple, diced
- $\frac{3}{4}$ cup flour
- 1 tsp baking powder
- 1 egg, beaten
- 1 cup shortening
- $\frac{1}{3}$ cup milk
- Powdered sugar

Add shortening to skillet and preheat to 370°. Mix flour and baking powder. Add milk and beaten egg and mix. Finally, add diced apples and mix thoroughly. Use a large spoon to drop spoonfuls of fritter batter into hot shortening—don't over-crowd the skillet! Use a couple of forks to turn fritters. Cook 2–3 minutes on each side. Drain on paper towels. When cool dust lightly with powdered sugar.

Makes about one dozen 2-inch diameter fritters.

Unsolicited Cooking Tips *Jeanie Gillespie*

Throw in a few garlic cloves with potatoes the next time you're boiling them. Mash as for mashed potatoes. Adds zing.

When making meat loaf, boil 5-6-7-8 whole cloves of garlic for a minute or two and add whole to meat mixture. Form into loaf and bake as usual. Unusually good.

After eating these garlicky good dishes, it's great to answer the knock of your local Jehovah's Witnesses with a deep "HHH-iii!"



Fire and Brimstone Marble Cake *Nancy Mongère* (Culinary Musings, Etc)

It has been said that culture can be measured by the cuisine. Oh, yes, history books bore you with irrelevant data about pointless wars which essentially didn't change a thing, because their outcome was usually reversed with the following war, and detailed names and dates for generals, who carried out strategies which could just as well have been carried out by the man's neighbor. In fact, twenty other strategies would have probably achieved the same end. But history books are written by men, and needless to say, those short-changed fellows want to brag about a few accomplishments too—even if it is only a detailed description of how a number of blokes killed a number of other blokes in the name of god, country, and apple pie.

As anybody knows, the real civilization of nations came about in the kitchen. The first thing one observed in the Third World is that the food is lousy. The deeper one goes into an uncivilized area, the more a can of ravioli starts to look like Thanksgiving dinner.

I fully agree therefore that in order to take their rightful place in civilization, atheists have to develop a godless cookbook. I can hardly wait until it is published. Somehow the story goes around that the women in the Old World (which hasn't been on this planet a day longer than the New World) are all marvelous pastry chefs. Well, between you, me, and the fence pole, the masterpiece you are offered with coffee in a European home was most likely created in the bakery down the street. One of the oldest traditions on the continent is to offer guests store-bought pastry. Home-made pastry is less elaborate and therefore usually only offered to members of the family or to very close friends. Of course, those bakeries over there do create some culinary miracles. The art in being a good housewife on the continent does not lie in the ability to bake a marvelous cake, but in knowing which bakery sells the most marvelous one. Did that just shatter a New World illusion?

Well, putting together New World illusions and the fact that I hail from a French-speaking country that is noted for its wonderful pastry, I'm expected to serve good cakes. And I do! Unfortunately, the bakeries here let me down with their powdered eggs, powdered

milk, and artificial sweetener. So, here is my recipe for a semi-genuine, continental, Fire and Brimstone Marble Cake.

Buy a package of yellow cake mix of your preference. Follow the instructions exactly with the following exceptions: Separate the eggs, and beat the egg whites. Instead of water, use milk, but only two-thirds of the required amount. The other third of water should be replaced with cognac or brandy (do use French brandy, because American brandy tastes like medicine). Add some scraped lemon peel. Fold in the beaten egg whites.

Put about half or $\frac{2}{3}$ of the mixture into a tubular pan. To the remainder, add a few spoons of cocoa and one teaspoon of instant coffee. Stir well, and dribble that on top of the white batter.

Bake according to the directions on the box. And don't tell a soul that your cake came from a package. Don't destroy illusions. Bon appetit!

P.S.: And please have mercy upon this concoction and don't disgrace it with typical store-brand canned coffee. Serve it with coffee from the deli that has been ground nearly to powder and was prepared by filtering (Mr. Coffee et al). I hate to say this, but what most Americans do with coffee should be against the law. Remember, Ms. Olson has a phony accent, and coffee doesn't have to be grown in the mountains. However, it has to be first rate and must be ground to a powder and filtered to taste good.

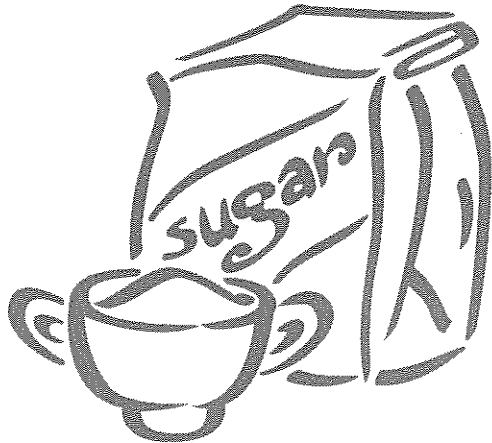


Fried Sugar Balls *Jennifer Molenaar*
(Worst Ever Recipe!)

From an Indiana daily newspaper, which claimed: "A favorite of kids and grandparents alike. Even people who say they don't like lard like these."

- 1½ cups granulated sugar
- ¼ cup powdered sugar
- 1½ cups lard
- 3 sticks margarine

Heat lard in skillet. Melt margarine. Mix in granulated sugar and form balls about one inch thick. Drop sugar balls into hot lard. Remove when golden brown. Serve hot on styrofoam plates, sprinkled with powdered sugar.





The Last Word

A cucumber should be well-sliced, dressed with pepper and vinegar, and then thrown out.

Samuel Johnson (1709–1784)

