

The Bethel High School Cook Book

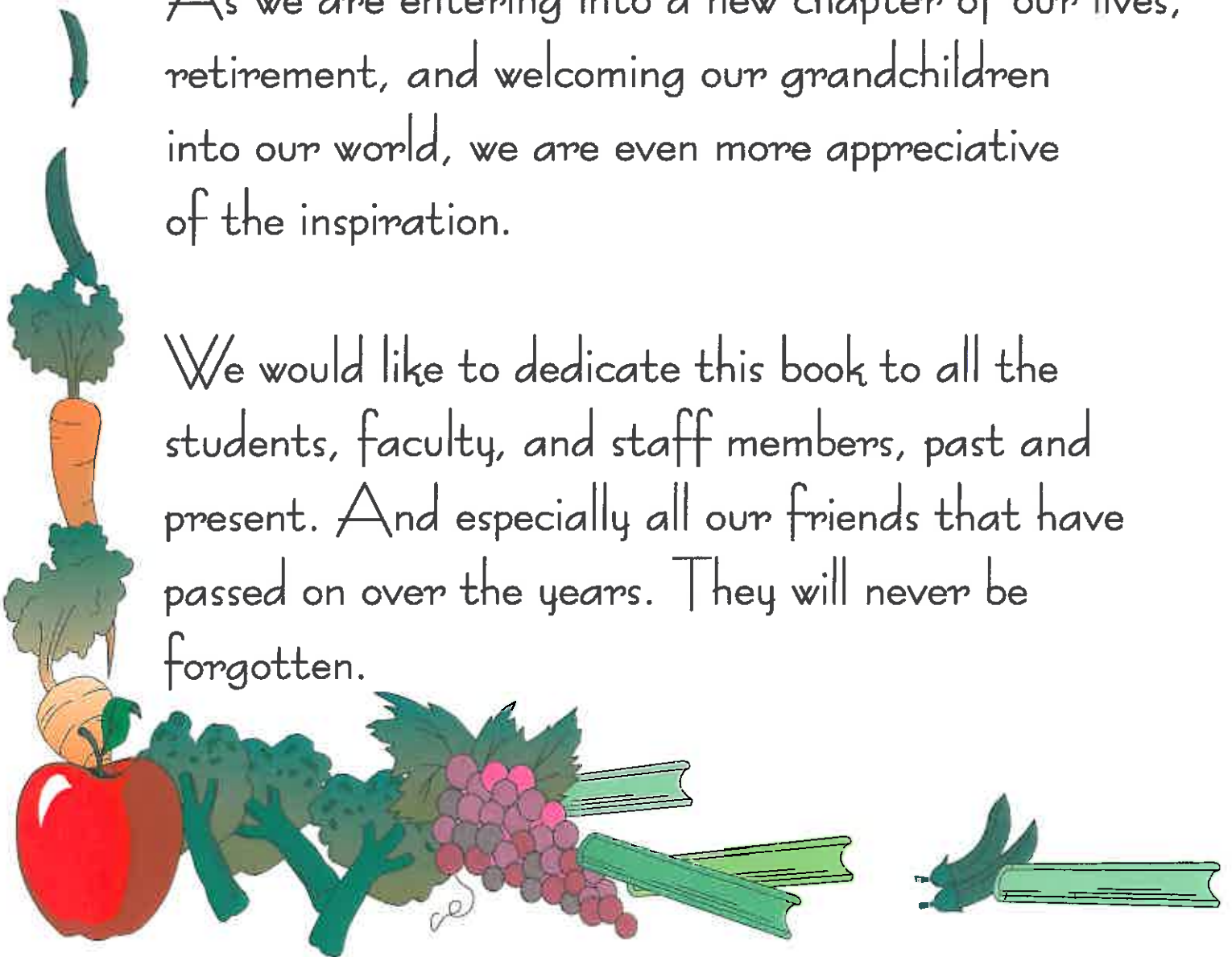
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We would like to thank the Faculty and Staff at Bethel High School for their guidance and support during our High School Experience.

Know that as our mentors you touched each of our lives and had an influence in making us who we are today.

As we are entering into a new chapter of our lives, retirement, and welcoming our grandchildren into our world, we are even more appreciative of the inspiration.

We would like to dedicate this book to all the students, faculty, and staff members, past and present. And especially all our friends that have passed on over the years. They will never be forgotten.



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Cooking Conversion Charts



J.D.
009

Charts

Meat & Seafood Cooking Temperature

Beef and Lamb Roasts, Steaks & Chops

Rare
120° to 125°F
center is bright red,
pinkish toward the
exterior portion

Medium Rare
130° to 135°F
center is very pink,
slightly brown toward
the exterior portion

Medium
140° to 145°F
center is light pink,
outer portion is brown

Medium Well
150° to 155°F
not pink

Well Done
160°F and above
steak is uniformly
brown throughout

Ground Meat

160° to 165°F
no longer pink but
uniformly brown
throughout
table end

Poultry Poultry (Chicken & Duck)

165°F
cook until juices run
clear

Turkey

NOTE: A 12-lb turkey
can easily handle 60 to
90 minutes of resting.
During that time,
temperature can rise 30
degrees if not exposed
to drafts.

165°F
juices run clear
leg moves easily

Pork

Roasts, Steaks & Chops

160°F
no longer pink

Ham

Raw

160°F

Pre-cooked

140°F

table end

table with 3 columns
and 7 rows

Seafood Fish (steaks, filleted or whole)

140°F

flesh is opaque, flakes
easily

Tuna, Swordfish, and Marlin

125°F

cook until medium-rare
(do not overcook or the
meat will become dry
and lose its flavor)

Charts

Shrimp

125°F

cook until medium-rare
(do not overcook or the
meat will become dry
and lose its flavor)

Lobster

125°F

meat turns red and
opaque in center when
cut

Scallops

125°F

milky white or opaque,
and firm

Clams, Mussles &

Oysters

125°F

point at which their
shells open - throw
away any that do not
open

Charts

Conversion Measurements

Conversion Measurements

3 tsp. = 1 tbsp.
2 tbsp. = 1 fl oz.
4 tbsp. = 1/4 c.
8 tbsp. = 1 gill.
2 gill. = 1 c.
1 c. = 1/4 qt.
1 c. = 8 fl oz.
2 c. = 1 pt.
4 c. = 1 qt.
2 pt. = 1 qt.
4 qt. = 1 gall.
8 qt. = 1 pk.
4 tbsp. = 1 wineglass.
9 large eggs = 1 lb.
4 c. Flour = 1 lb.
2 c. Solid butter = 1 lb.
2 c. Gran. Sugar = 1 lb.
2 c. Milk or water = 1 lb.
2 c. Solid meat = 1 lb.
1 tbsp. Liquid = 1/2 oz.
4 tbsp. Flour = 1 oz.
2 tbsp. Sugar = 1 oz.
1 gal. = 4 qt.
1 lb. = 16 oz.
Cube of butter 1 1/4 inch = 1 oz.

Cooking Measurements

Cooking Measurement Equivalents

16 tablespoons = 1 cup
12 tablespoons = 3/4 cup
10 tablespoons + 2 teaspoons = 2/3 cup
8 tablespoons = 1/2 cup
6 tablespoons = 3/8 cup
5 tablespoons + 1 teaspoon = 1/3 cup
4 tablespoons = 1/4 cup
2 tablespoons = 1/8 cup
2 tablespoons + 2 teaspoons = 1/6 cup
1 tablespoon = 1/16 cup
2 cups = 1 pint
2 pints = 1 quart
3 teaspoons = 1 tablespoon
48 teaspoons = 1 cup

In the U.S., liquid measurement is not only used for liquids such as water and milk, it is also used when measuring other ingredients such as flour, sugar, shortening, butter, and spices.

Charts

Cake Pan Measurements

Round

6 x 2 inches 4 cups
8 x 1 -1/2 inches 4 cups
8 x 2 inches 6 cups
9 x 1-1/2 inches 6 cups
9 x 2 inches 8 cups
10 x 2 inches 11 cups

Springform

9 x 2 -1/2 inches 10 cups
8 x 3 inches 11 cups
9 x 3 inches 12 cups
10 x 2 -1/2 inches 12 cups

Bundt

7 -1/2 x 3 inches 6 cups
9 x 3 inches 9 cups
10 x 3 - 1/2 inches 12 cups
10 x 3 - 3/4 inches 12 cups

Tube

8 x 3 inches 9 cups
9 x 3 inches 12 cups
9 1/2 x 4 inches 16 cups
10 x 4 inches 16 cups

Square

8 x 8 x 1 -1/2 inches 6 cups
8 x 8 x 2 inches 8 cups
9 x 9 x 1 -1/2 inches 8 cups
9 x 9 x 2 inches 10 cups
10 x 10 x 2 inches 12 cups

Rectangular

11 x 7 x 2 inches 6 cups
13 x 9 x 2 inches 14 cups

Loaf

8 x 4 x 2- 1/2 in. 4 cups
8- 1/2x4 -1/2x2- 1/2 6 cups
9 x 5 x 3 inches 8 cups

Muffin Cup

1- 3/4 x 3/4 in. 1/8 cup
2 -3/4 x 1 -1/8 in. 1/4 cup
2 -3/4 x 1- 1/2 in. 1/2 cup
3 x 1 -1/4 inches 5/8 cup

Heart Shaped

8 x 2 -1/2 inches 8 cups
Pie
8" x 1 1/2" 4 cups
9" x 1 1/2" 5 cups
9" x 2" 8 cups
10" x 1 1/2" 6 cups

Charts

US to Metric Measurements

U.S. To Metric

Capacity

1/5 teaspoon = 1
milliliter

1 teaspoon = 5 ml

1 tablespoon = 15 ml

1/5 cup = 50 ml

1 cup = 240 ml

2 cups (1 pint) = 470 ml

4 cups (1 quart) = .95
liter

4 quarts (1 gal.) = 3.8
liters

Weight

1 fluid oz. = 30 milliliters

1 fluid oz. = 28 grams

1 pound = 454 grams

In the U.S., liquid measurement is not only used for liquids such as water and milk, it is also used when measuring other ingredients such as flour, sugar, shortening, butter, and spices.



Menu



Appetizers



Recipes

Appetizers

Buffalo Chicken Cheese Dip

Gary Yovino Class of 1971

3 Boneless skinless chicken breasts
1/2 Cup buffalo wing sauce
1-8 Oz package cream cheese softened
Tabasco sauce (optional)

Boil chicken until tender and let cool. Shred or chop chicken finely, mix together with buffalo sauce, and sprinkle in any tabasco sauce if you are going to use it. Mix shredded chicken and cream cheese together. Bake at 350°F for 20 minutes. Let cool slightly, serve hot with tostito chips or tortilla chips.

Gary: If you like buffalo wing sauce you might want to double this recipe since there is never any left when served!

Hamburg/Spinach Eggrolls

Joe Dukett Class of 1971

1 Pound Hamburger
1 Pound raw spinach (rinsed/cleaned)
Philo Dough
Egg whites
Oil for frying

Mix together the hamburger and raw spinach. Spoon mixture into philo dough to size of your liking and seal edges with beaten egg whites. Fry in deep fryer/fry daddy until they float to surface.

Joe Dukett: I got this recipe from an old friend.

Mexicali Party Dip

Jan Reichard Whitlock Class of 1970

1 Can refried beans
1 Pound ground beef fried and drained
1 Package taco seasoning
2 Cups sour cream

Recipes

Appetizers

1 Jar salsa
8-12 Ounces shredded
cheddar cheese
Diced tomato
Shredded lettuce
1 Bag tortilla chips

Layer each ingredient starting with the beans. Use a pyrex pie plate or lasagna pan. Serve immediately with tortilla chips.

Jan: When I lived in California I learned a lot of Mexican recipes. You can serve Mexicali Party Dip with chips, or add the chips between the layers.

Onion Patties

Karen Yovino Coelho Class of 1969

3/4 cups flour
1 Tablespoon corn meal
1 Tablespoon sugar
2 teaspoons baking powder
1 teaspoon salt
3/4 cups milk
1 1/2 cups finely chopped

onions

Mix dry ingredients together, then add milk and mix. Batter should be fairly thick. Add onions and mix thoroughly.

Drop by spoonfuls into hot oil. Flatten patties slightly when you turn them over. Make a golden brown. Drain on paper towels.

Scotch Eggs

Karen Yovino Coelho Class of 1969

6 hard boiled eggs shelled left whole
1 pound loose pork sausage
3/4 cup seasoned bread crumbs
1/2 cup flour
2 eggs beaten
vegetable oil for frying

Divide sausage meat into 6 portions. Roll each peeled hard boiled egg in flour and with hands press a portion of the pork sausage completely

Recipes

Appetizers

around each egg. Dip into beaten egg then roll into bread crumbs. Continue with all 6 eggs.

Heat vegetable oil and fry each egg about 4-5 minutes until sausage is cooked and browned. Drain on paper towels. Serve warm.

These can be baked in a 350°F oven for approximately 20-25.

Spinach and Artichoke Dip

Debbie Ganley (Alves) Class of 1971

2 packages frozen chopped spinach thawed
1 8 ounce package light cream cheese
2 cans artichokes in water chopped
2 8 ounce packages shredded parmesan cheese
1 bottle Bertolli alfredo sauce
4 cloves garlic chopped
cayenne pepper to taste

Drain spinach place in

medium bowl. Warm in microwave until hot. Add cream cheese, spinach, garlic and mix together. Add chopped artichokes, and parmesan cheese, then add Bertolli alfredo sauce and season with cayenne pepper. You can refrigerate this until time to serve. Heat in microwave and serve with scoops taco chips.

Debbie: You can freeze this until needed for the holidays or for parties. I make a double recipe and freeze in small portions.

Stuffed Biscuits

Karen Yovino Coelho Class of 1969

1 10 ounce package of refrigerated biscuits
1/2 pound ground beef
2 Tablespoons chopped onion
1 egg white beaten
1/2 cup shredded mozzarella cheese

Recipes

Appetizers

Brown ground beef and drain excess fat. Add onions and mozzarella cheese and stir until cheese is melted.

Flatten out five of the biscuits and place at least 1 inch apart and place 2 Tablespoons of meat mixture on top of each. Flatten other half of biscuits and place on top of the meat mixture. Brush each top with beaten egg white.

Follow bake temperature and time as stated on biscuit package. Makes 5 biscuit sandwiches.

mushrooms and chop up and add to onion and simmer until soft. Add enough breadcrumbs until moist. Stuff mushroom caps. Bake at 350°F for 30 minutes or until done.

Stuffed Mushrooms

Jean George Smith Class of 1971

1 Pound box white mushrooms
1 Stick butter
1 Onion chopped
Seasoned Breadcrumbs

In frying pan melt butter and add finely chopped onions. Remove stems from



Menu



Breads



Breads

English Muffins

Karen Yovino Coelho Class of 1969

- 1 Tablespoon active yeast
- 2 cups lukewarm water
- 1/2 cup vegetable oil
- 1/2 cup skim milk powder
- 1 Tablespoon sugar
- 1 Teaspoon baking powder
- 4 Teaspoons salt
- 6 cups flour
- 1/2 cup corn meal

Combine yeast, water and powdered milk together. Add oil, sugar, salt and 2 cups of the flour and mix. After blended, add the rest of the flour and mix until dough is stiff. Knead until smooth and elastic like, about 10 minutes. Rub all over with oil, place in bowl and cover. Let rise until double in size. Punch down and let rise for 10 more minutes.

Roll to 1/2 inch thick and cut into 3 inch rounds with a cookie/dough cutter. Sprinkle

corn meal on cookie sheet and place rounds on corn meal and let rise again. Carefully lift off each one with metal spatula and place in a dry frying pan over medium heat for 10-12 minutes until browned, turn over and repeat.

Homemade Bagels

Karen Yovino Coelho Class of 1969

- 2 1/4 Cups sifted flour
- 3/4 Cups enriched corn meal
- 1 1/4 Teaspoons salt
- 4 Tablespoons sugar
- 1 Cup warm water
- 2 Tablespoons vegetable oil
- 1 Package dry yeast
- 1 Egg
- 1 Egg yolk for top glaze

Mix all ingredients except 1 egg yolk. Let rise, punch down, do this twice. Shape dough into bagel shapes., and let rise on cookie sheet. Place in boiling water, add some sugar to water. Let bagels rise

Recipes

Breads

to surface of water, lower heat and simmer 5-6 minutes.

Remove and place on slightly greased cookie sheet. Cool at least 5 minutes, then brush tops with beaten egg yolk.

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

Karen: After egg yolk, you can sprinkle anything like poppy seeds, sesame seeds, coarse salt, dill, any flavor you would like to add that extra touch.

Mom's Italian Bread

Gary Yovino Class of 1971

1 Tablespoon Yeast

2 3/4 Cups water

4 Teaspoons salt

6 Cups all purpose flour

In a large bowl put in yeast, and 1 cup of very warm tap water. Blend well with a wire whisk. Measure flour and salt and add to bowl. Then add the balance of water 1 3/4

cups, can be room temp or cold. Keep mixing until well blended. If dough is a bit tacky, dust with a tablespoon of flour at a time. You must knead the dough about 10 pushes/kneading. Lightly spray bowl with pam, put dough back in bowl, and spray top of dough with pam. Cover with a clean dampened dish towel over the top of the bowl. Put in upper rack of oven, and on the bottom of the oven put a good size pan or bowl of very hot tap water. Close the oven and let rise for a couple of hours or until doubled. Punch down dough, and then shape into whatever you would like, I either make two loaves, or one big round. Put back in oven and let raise again until almost doubled. Take out and preheat oven to 450°F. Bake 25 minutes or until a golden brown, bread should sound hollow when tapped. Let cool slightly

Breads

before eating.

Gary: This is great warmed back up in the oven just before ready to serve. Also make a great garlic bread. And this bread makes the best toast ever! This is what my mom made all her life, I ate about a thousand loaves myself, not including what I have made myself.

Sweet Potato Biscuits

Gary Yovino Class of 1971

2 Cups all purpose flour
3 Tablespoons brown sugar
3 Teaspoons baking powder
1/4 Teaspoon cinnamon
1/8 Teaspoon salt
1/4 Cup butter
3 Tablespoon shortening
1 Cup cooked mashed sweet potatoes
6 Tablespoons milk
2 Tablespoon butter melted

Combine the first 5 ingredients in a bowl or food

processor. Cut in 1/4 cup butter, then add the shortening with a pastry blender or forks until mixture is crumbly. Add sweet potatoes and milk stirring just until dry ingredients are moistened. Turn dough out onto a floured surface and knead just a few times. Roll out dough to 1 inch thickness and cut with a 2 inch biscuit cutter. Place biscuits on a ungreased cooking sheet and brush w/melted butter. Bake 400°F for 12 minutes, or until nicely browned. Make about 24 biscuits.

Gary: These are great for breakfast or as a dinner biscuit. I usually make them when I bake a ham.



Menu



Cakes



Recipes

Cakes

Anne's Pound Cake

Gary Yovino Class of 1971

1 Cup butter softened
1/2 Cup margarine softened
1-8 Ounce cream cheese
softened
3 Cups sugar
6 Eggs
3 Cups all purpose flour
2 Teaspoons vanilla

Beat butter, margarine and cream cheese together until very creamy. Add sugar gradually, then add eggs one at a time, beating well in between. Slowly add flour, then vanilla. Bake at 325°F for 1 hour 30 minutes. This will make 1 large 2 pound loaf pan, or 2 small 1 pound pans, greased and floured. Let cool completely in pan.

Gary: This is my mom's recipe she has made for years and years. You can add 1/2 cup of baking cocoa to make the

chocolate version. This tastes great refrigerated. And you can make ahead and freeze too!

Carrot Cake

Jan Reichard Whitlock Class of 1970

Cake:

3 cups grated carrots
1/2 cup chopped walnuts
2 cups flour
2 cups sugar
2 Teaspoons baking soda
2 Teaspoons cinnamon
1 1/2 cup vegetable oil
4 eggs
1 Teaspoon vanilla

Frosting:

1 Pound box powdered sugar
1 8 Ounce cream cheese
softened
1 stick of butter softened
1 Teaspoon vanilla
1/4 Teaspoon salt

Set aside 3 cups grated carrots and walnuts. Mix all other dry ingredients in a bowl, add oil

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and stir, add the eggs one at a time, add vanilla and mix well. Fold in carrots and walnuts until blended in. Pour batter into two well greased 13 x 9 x 2 pans. (makes 2 layers). Bake at 300°F for 1 hour 10 minutes. Cool slightly and turn out of pans.

Blend all ingredients for frosting and mix well. Frost cake when completely cooled.

Jan: This is one of my favorite recipes tried and true!

Cheese Cake

Jan Reichard Whitlock Class of 1970

Crust:

1 1/2 cups graham cracker crumbs
3 Tablespoons sugar
1/2 Teaspoon cinnamon
1/4 Cup melted butter

Combine all ingredients, then press 3/4 of crumb mixture into the bottom and sides of a

greased 9 inch spring form pan. Chill while making filling. Reserve remaining crumbs for topping.

Filling:

3 8 Ounce packages of cream cheese softened
1 1/4 Cup sugar
6 eggs, separated
1 Pint sour cream
1/3 Cup flour
2 Teaspoons vanilla
Grated rind of 1 lemon
Juice of 1/2 lemon

Topping:

1 Cup sour cream
2 Tablespoons sugar
2 Teaspoons vanilla

With electric mixer low speed beat cream cheese until soft, gradually beat in sugar until fluffy. Beat in egg yolks one at a time until well blended. Stir in sour cream, flour, vanilla, lemon rind and juice and mix until smooth.

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In a separate bowl beat the egg whites until stiff and fold into the cheese mixture until well blended. Pour into prepared crust. Bake at 350°F for 1 hour 15 minutes or until top is golden brown. Turn off oven and allow cake to cool in the oven 1 hour. Remove from oven and continue to cool at rack to room temperature. Sprinkle remaining crumbs on top.

Mix ingredients for topping and carefully spread over top. Chill overnight before serving.

Cinnamon Streusel

Coffeecake

Marcia Sterry Zinser Class of 1971

Streusel topping:

1 1/4 Cups granulated sugar
1/4 Teaspoon salt (if you use unsalted butter)
1 1/2 Cups King Arthur unbleached all purpose flour
1 Tablespoon ground cinnamon

6 Tablespoons butter, melted

Filling:

1 Cup brown sugar light or dark
1 1/2 Tablespoons ground cinnamon
1 Teaspoon unsweetened cocoa powder

Cake:

3/4 Cup butter
1 Teaspoon salt (1 1/4 teaspoon if you use unsalted butter)
1 1/2 Cups granulated sugar
1/3 Cup brown sugar
2 1/2 Teaspoon baking powder
2 Teaspoons vanilla extract
3 Large eggs
3/4 Cups sour cream or plain yogurt
1 1/4 Cups milk (anything from skim to whole)
3 3/4 Cups King Arthur unbleached all purpose flour

1. Preheat oven to 350°F.

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Lightly grease a 9"x13" pan, or two 9" round pans.

2. Make the topping by whisking together the sugar, salt, flour, and cinnamon. Add the melted butter, stirring till well combined. Set the topping aside.

3. Make the filling by mixing together the brown sugar, cinnamon, and cocoa powder. Note: the cocoa powder is used strictly for color, not flavor, leave it out if you like. Set filling aside.

4. To make the cake: In a large bowl, beat together the butter, salt sugars, baking powder, and vanilla until well combined and smooth.

5. Add the eggs one at a time. Beating well after each addition.

6. In a separate bowl whisk together the sour cream or yogurt and milk till well combined. You don't need to whisk out all the lumps.

7. Add the flour to the butter

mixture alternately with the milk/sour cream mixture, beating gently to combine.

8. Pour/spread half the batter (a scant 3 cups) into the prepared pan (s) spreading all the way to the edges. If you're using two 9" round pans spread 1 1/2 cups batter in each pan.

9. Sprinkle the filling evenly atop the batter.

10. Spread the remaining batter atop the filling. Use a table knife to gently swirl the filling into the batter, as though you were making a marble cake. Don't combine filling and batter thoroughly, just swirl the filling through the batter.

11. Sprinkle the topping over the batter in the pan.

12. Bake the cake until it's a dark golden brown around the edges, medium-golden with no light patches showing on top, and a toothpick or cake tester inserted into the

Recipes.

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center comes out clean, about 55 to 60 minutes for the 9 x 13 pan, 50 to 55 minutes for the round pans. When pressed gently in the middle, the cake should spring back.

12. Remove the cake from the oven and allow it to cool for 20 minutes before cutting and serving. Serve cake right from the pan.

Marcia: This is really delicious. It is from the King Arthur Flour recipe collection.

Crazy Cake

Patty Matteo Class of 1971

2 1/2 Cups sifted flour
2 Cups sugar
2 Teaspoons baking soda
1 Teaspoon salt
10 Tablespoons salad oil
6 Heaping tablespoons cocoa about 1 cup
2 Teaspoons vanilla
2 Tablespoons vinegar
2 Cups cold water

Combine flour, sugar, soda, salt and cocoa together and put dry into an ungreased 13 x 10 inch baking pan. I use a bowl. Make holes in the dry ingredients and pour the oil in first, vinegar second, and vanilla third, then pour water over all. Stir well but do not beat. Bake at 350°F for 35-40 minutes

Chocolate Buttercream Frosting

6 Tablespoons butter or margarine softened
hershey cocoa: 1/3 cup for light flavor
1/2 cup for medium
3/4 cup for dark
2 2/3 cup confectioners sugar
1/3 cup milk
1 teaspoon vanilla
Cream butter/margarine, add cocoa and confectioners sugar alternating with milk, then

Recipes.

Cakes

blend in vanilla.

Frost cooled cake!

MMMMMMMMMMMM

Grandma's Bundt Cake

Karen Yovino Coelho Class of 1971

1 box yellow cake mix
1 box instant lemon pudding
1/2 cup oil
1 cup water
4 eggs (if using small eggs
add 1 more)

Mix all ingredients until well blended. Pour half of the batter into a greased bundt pan.

Mix together 2 teaspoons cinnamon and 2 Tablespoons brown sugar and sprinkle over half batter, then pour the rest of the cake batter on top and do not disturb the cinnamon mix.

Bake at 350°F for 45 minutes or until a toothpick pressed in

center comes out clean. Cool completely before cutting.

Karen: served plain is very good, but you can also sprinkle powdered sugar over the top.

Granny Cake

Gary Yovino Class of 1971

3 Cups all purpose flour
2 Cups sugar
1 Teaspoon baking soda
1 Teaspoon ground nutmeg
1/2 Teaspoon ground cloves
1/2 Teaspoon salt
1 Tablespoon vanilla
3/4 Cup butter softened
3 Eggs beaten
2 Cups mashed bananas
12 Ounce can crushed pineapple with juice

Mix all dry ingredients in one bowl. In another bowl the butter, vanilla, eggs, bananas and pineapple with the juice. Mix well together then blend in with the dry mix and stir

Recipes

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until blended. Grease and flour a 13 x 9 x 2 pan and pour batter into pan. Preheat oven at 350°F. Bake for 45 minutes to 1 hour. Test with toothpick before removing from oven. When done remove from oven and let cool completely. Dust with powdered sugar.

Gary: This is good after it is refrigerated. You can also use with a cream cheese frosting by mixing 1-8 oz cream cheese, 1 stick softened butter, and a box of powdered sugar, with 1 tsp vanilla. Spread on cake.

Kiwi Strawberry Mousse Cake

Gary Yovino Class of 1971

3 ripe kiwi's - chop two, slice one for garnish
2 packages strawberry kiwi jello mix
2 cups boiling water
2-8 ounce fat free cream cheese room temperature

2 small tubs sugar free cool whip defrosted in fridge
2 cups graham cracker crumbs
1/2 stick melted butter or margarine
Strawberries for garnish

Melt butter/margarine and mix well into graham cracker crumbs, then press into a 9 or 10 inch springform pan, going up the side of the pan 1 inch. Mix well two boxes of jello and 2 cups boiling water. While jello is still hot add cream cheese and blend with hand mixer until mixed and completely smooth. Let stand for 10 minutes then fold in chopped kiwi and cool whip by hand do not use mixer. Use a rubber spatula and spread mixture into crust evenly. Lay sliced kiwi's on top, cover with plastic wrap and chill at least 4 hours or over night. When chilled remove from pan but keep refrigerated. Will keep one week in fridge.

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Serves 8-10 people.

Gary: You can substitute sugar free jello so the only fat and sugar is from the graham cracker crumbs. You can also use mandarin orange jello and mandarin oranges from the can.

Pistachio Cake

Gary Yovino Class of 1971

- 1 Yellow cake mix
- 1 Box pistachio instant pudding mix
- 1/2 Cup oil
- 1 Cup club soda (water can be substituted)
- 1 Cup chopped nuts
- 3 Eggs

Mix all ingredients together and bake in a greased and floured bundt pan at 350°F for 40-55 minutes or until done with a toothpick inserted in center.

Topping:

- 1 Box pistachio pudding mix
- 1 Envelope dream whip
- 2 Cups milk

Mix all together with electric mixer until set. Chill for 30 minutes. Spread on top and sides of cake. Chill and serve.

Gary: This is best served cold, and kept in the fridge.

Pumpkin Cake

Gary Yovino Class of 1971

- 4 Eggs
- 2 Cups all purpose flour
- 2 Teaspoon baking soda
- 1/2 Teaspoon salt
- 1 Teaspoon ground cloves
- 2 Teaspoons ground cinnamon
- 1/2 Teaspoon ground ginger
- 1/4 Teaspoon nutmeg
- 2 Cups sugar
- 1 Cup oil
- 1-16 ounce can of plain pumpkin
- 1 Cup chopped nut (Optional)

In large bowl let eggs warm to

Recipes.

Cakes

room temperature. Preheat oven to 350°F. Sift flour with baking soda, salt, cloves, cinnamon, ginger and nutmeg. Beat eggs with sugar at high speed until light and fluffy. Beat in oil and pumpkin and blend well. At low speed beat in flour mix just until combined. Fold in nuts if being used. Pour into ungreased 9 inch tube pan. Bake for 1 hour or until surface springs back when gently pressed with fingertips. Cool completely in pan. Loosen carefully with spatula and remove from pan.

Frosting:

1-8 Ounce cream cheese
1 Teaspoon vanilla
3 Cups confectioners sugar.

Beat cream cheese and vanilla until soft and creamy, then slowly add powdered sugar until well blended. Frost cake, and chill to set frosting.



Menu



Candy



Candy

Bon Bons

Gary Yovino Class of 1971

2 Boxes powdered sugar
1 Can condensed milk
1/2 Pound butter or margarine softened
1 Package coconut flakes
2-6 ounce packages chocolate chips

Mix these ingredients by hand and chill 1 hour in the refrigerator. Roll into 1 inch balls and then refrigerate again.

Melt chocolate chips in double boiler, then dip balls in chocolate and chill until firm.

Dip using a toothpick, or lowering each one with a kitchen fork into the chocolate. Tap to remove excess chocolate, then place on waxed paper until firm. These do not have to be refrigerated, depending on the temperature. Here in Florida, everything goes in the

refrigerator.

Butter Crunch Toffee

Jan Reichard Whitlock Class of 1970

1 cup margarine
1 cup sugar
2 Tablespoons water
1 Tablespoon light corn syrup
3/4 cups broken nuts
4 squares semi-sweet chocolate, melted
1/4 cup finely chopped nuts

In a 2 quart saucepan, melt margarine over low heat. Remove from heat and add sugar, stir until well blended. Return to low heat and stir rapidly until mixture reaches a full rolling boil, add water and corn syrup, mix well. Stir and cook over low heat until the soft crack stage 290'. Remove from heat and add 3/4 cup nut pieces at once, pour into lightly butter 13 x 9 x 2 pan and quickly spread with spatula. When cool, remove from pan and place

Recipes.

Candy

on waxed paper, spread melted chocolate on top and sprinkle with finely chopped nuts. When chocolate is set break into serving sized pieces. Makes 1 1/4 pounds.

Jan: This is an English Toffee and it is wonderful. I make this at Christmas time. People like it so much I have been making each friend/family a tin of their own which makes a nice gift too. Once you start eating it though it is hard to stop!

Cookies and Cream

Gary Yovino Class of 1971

8 Ounces cream cheese
softened

12 Ounces oreo cookies
crushed

1 Teaspoon vanilla extract

1 Pound bar white chocolate
candy coating

Crush oreo cookies in a food processor and put in bowl.

Blend in softened cream cheese with portable mixer including vanilla extract. Roll into 1 inch size balls and place on a plate and put in freezer. Once frozen, using a tooth pick or balance on a kitchen fork and lower into melted white chocolate, tap to remove excess chocolate and set back on flat surface covered with waxed paper. They will harden right away since they were frozen when starting. Once complete they can be served at any time, however you must keep them refrigerated since there is cream cheese in the filling.



Menu



Cookies



Cookies

Cherry Winks

Karen Yovino Coelho Class of 1969

3/4 cups crisco
1 cup sugar
2 eggs
2 Tablespoons milk
1 teaspoon vanilla

Cream above together with mixer until completely blended.

Then add:

2 1/4 cups flour
1 teaspoon baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt

Mix together until well blended.

Crush 1/2 box of corn flakes. Take dough and make 1 inch round balls, roll into crushed corn flakes and place on a lightly greased cookie sheet. Cut maraschino cherries in quarters and press a piece into

the center of each cookie. Bake at 375°F for 15 minutes.

Karen: Can be baked on parchment paper instead of greasing a cookie sheet!

Coconut Macaroons

Mary Jo Whitlock Walsh Class of 1971

14 Ounces of coconut
14 Ounces of sweetened condensed milk
2 Teaspoons vanilla

Mix all together. Pre-heat oven to 350°F. Drop by teaspoon onto a cookie sheet and bake for 10 to 12 minutes. Cool.

Flourless Peanut Butter Cookies

Gary Yovino Class of 1971

1 Cup peanut butter (any choice)
1 Cup brown sugar
1 large egg

Recipes

Cookies

Mix thoroughly together.
Drop by teaspoon onto ungreased cookie sheet about 1 inch apart.

Bake at 350°F for 12 minutes depending on your oven.
Cool on rack.

Gary: I have used smooth and chunky, from brand name to store brand and they all work fine. Try adding mini chocolate chips, or chopped peanuts for an added taste.

Frosted Cherry Drops

Gary Yovino Class of 1971

1 Box white cake mix
1/2 Cup sour cream
3 Tablespoons cherry juice (from maraschino cherries)
1/4 Teaspoon almond extract
1 Egg
1/2 Cup chopped maraschino cherries

Frosting:

2 1/2 Cups powdered sugar
1/4 Cup butter or margarine softened
1 Tablespoon cherry juice
2-3 Tablespoons milk
Maraschino cherries cut into quarters for garnish

Preheat oven to 350°F. In a large bowl combine cake mix, sour cream, cherry juice, almond extracts, and egg, stir well until blended. Fold in chopped cherries. Drop by teaspoonfuls 2 inches apart on a ungreased cookie sheet. Bake for 8-12 minutes until light brown. Cool 1 minute then remove to cool completely.

In a bowl combine all frosting ingredients except cherries. Frost cooled cookies and top each with 1/4 cherry. Makes about 2 1/2 to 3 dozen cookies.

Gary: I make these all year round. They are soft, chewy, light and tasty. Inexpensive to

Cookies

make, and are always a favorite.

Grandma's Italian Cookies

Gary Yovino Class of 1971

1 Cup sugar
6 Eggs
2 Sticks butter
4 1/2 Cups all purpose flour
3 Tablespoons baking powder
Pinch of salt
1 Teaspoon anise or almond extract

Cream butter and sugar until well blended, add eggs and extract. Add flour and baking powder mix until well blended. Roll into small balls and place on ungreased cookie sheet. Bake 400°F for 6-8 minutes. Remove from pan and let cool on cooling rack.

Icing:

1 Box powdered sugar
1 Teaspoon anise or almond extract

Water

Add extract to powdered sugar, add enough water to make a thin icing. Drizzle on cooled cookies. Depending on the size cookie you make it will yield at least 4 dozen.

Gary: This was a cookie that was made for every holiday. My grandmother would sprinkle multicolored non-perils on the top. You can actually sprinkle anything you like on them like slivered almonds while icing is still wet. Icing will dry firm. Do not pile cookies on top of one another until icing is completely dried.

Mom's Biscotti

Karen Yovino Coelho Class of 1969

4 Eggs
2 Cups flour
3/4 Cups cooking oil
3/4 Cups sugar
2 Tablespoons baking powder

Recipes.

Cookies

1 Teaspoon vanilla

Beat eggs and sugar well, add oil, flour vanilla and baking powder, beat well.

Separate dough/batter in half. Spoon on baking sheet and form two long semi flat loafs. Bake at 400°F for 15 minutes. Cool, then cut slices on a slant. Place side down and bake until browned, turn over and bake again until browned on that side. Let cool. This will be like an extremely thick batter. Shape with a rubber spatula. It will rise in the center.

Karen: You can substitute Anise extract, or almond extract, or any other flavor you like. Also can add chopped nuts of any kind.

No Fat Oil Free Oatmeal Cookies

Gary Yovino Class of 1971

3 eggs whites

1 cup unsweetened apple sauce

1 cup oatmeal

1 teaspoon baking powder
pinch of salt

1 cup white sugar (or sugar substitute)

1/2 cup brown sugar (or brown sugar substitute)

1/3 cup unsweetened cocoa powder

1 teaspoon vanilla

1/2 cup chopped walnuts

2 teaspoons cinnamon

1/2 cup raisins

Mix all ingredients well until moist. Add more applesauce if mixture is too dry. Drop by tablespoonfuls on oil sprayed cookie sheet. Bake at 350°F for about 15 minutes until slightly browned around edges. Makes about 20 large cookies.

Gary: Egg yolks can be frozen for another recipe.

Cookies

Peanut Butter Cookies

Jan Reichard Whitlock Class of 1970

1 cup shortening
1 cup peanut butter
1 cup light brown sugar
2 eggs (unbeaten)
2½ Teaspoons baking soda
1 Teaspoon vanilla
1/2 Teaspoon salt
3 Cups sifted flour

Cream shortening, peanut butter, sugars, eggs and vanilla in mixer bowl. Add sifted flour, salt, and baking soda, mix this with a spoon-dough is stiff.

Drop by rounded teaspoons on an ungreased cookie sheet. Pat down with fork. Bake 10-12 minutes at 375°F. Yields 5-6 dozen cookies.

Jan: I prefer chunky peanut butter. I make my cookies larger and under bake them just a bit so that they are just

slightly browned and chewie.

Snickerdoodles

Jean George Smith Class of 1971

1 Cup sugar
6 Tablespoons crisco
1 Egg
1/2 Cup milk
2 Cups flour
2 Teaspoons baking powder
1/2 Teaspoon salt
1/4 Teaspoon nutmeg
1/2 Teaspoon lemon extract

Mix flour and all dry ingredients together. Cream crisco and sugar well, then add egg and mix well. Add milk with extract alternately with the flour, starting with flour and ending with flour.

Drop by spoonful onto a greased cookie sheet. Sprinkle with sugar. Bake at 375°F oven for 12 to 15 minutes

Jean: This recipe was given to me by Cindy Hawley Cann,

Recipes.

Cookies

during 8th grade. Her mother used to make these cookies for her and she would bring them into school and she would share them with me. They are delicious! I still make them today!



Menu



Desserts



Recipes

Desserts

15 Minute Vanilla Rice Pudding

Karen Yovino Coelho Class of 1969

3 cups milk divided
1 cup instant white rice uncooked
1/3 cup raisins (optional)
1 package jello vanilla instant pudding 4 serving size

Bring 1 cup of the milk to a boil in a medium saucepan. Stir in rice and raisins, cover and remove from heat. Let stand 5 minutes.

Prepare pudding as directed on package with remaining 2 cups of milk. Add rice mixture to prepared pudding and stir. Cover with plastic wrap, cool 5 minutes then stir. Serve warm or chilled. Makes 6 servings.☑

5 Minute Chocolate Mug Cake

Gary Yovino Class of 1971

4 Tablespoons Flour
4 Tablespoons Sugar
2 Tablespoons Cocoa
1 egg
3 Tablespoons Milk
3 Tablespoons Oil
3 Tablespoons Chocolate chips (optional)
A small splash of vanilla extract
1 large coffee mug

Add dry ingredients to mug and mix well. Add the egg and mix thoroughly. Pour in the milk and oil and mix well. Add the chips (if using) and vanilla extract, and mix again. Put your mug in the microwave and cook for 3 minutes at 1000 watts. The cake will rise over the top of the mug, but don't be alarmed! Allow to cool a little, and tip out onto a plate if desired.

Gary: This is one of those I make when I am hungry and

Recipes

Desserts

don't have anything else in the house to eat ! Or I have a need for chocolate!

Apple Crisp

Priscilla Danuszar Class of 1971

Apple Crisp

12 medium apples, pared and sliced

2 Cups brown sugar

1 1/2 Cups flour

1 1/2 Cups oats (Old Fashioned Quaker Oats)

2 1/4 Teaspoons cinnamon

1 Cup softened margarine or butter

Preheat oven to 375 degrees.

Place apples in greased 9 x 13 pan. Blend remaining ingredients until mixture is crumbly. Spread over apples. Bake for 30 to 35 min or until apples are tender and top is browned. Some apples cook quicker than others.

Priscilla: I prefer Cortland or Empire apples but almost any kind will work even a combination of apples.

Apple Fritters

Gary Yovino Class of 1971

1 1/2 Cups all purpose flour

1 Tablespoon sugar

2 Teaspoons baking powder

1/2 Teaspoon salt

2 Eggs beaten

2/3 Cup milk

1 Tablespoon canola oil

3 Cups apples, peeled and finely chopped

Oil for frying

Cinnamon and sugar mix for coating

Combine dry ingredients in a bowl. Add eggs, milk, oil and apples and stir just until moistened. Drop by teaspoonful into 1/2 inch hot oil. Cook until golden brown, turn and cook other side the same. Drain on paper towels. While still warm, roll in

Recipes

Desserts

granulated sugar and cinnamon mixture. Transfer to serving plate. These are great served warm, room temperature, or cooled.

Gary: I have made these a million times. I usually use a metal scoop about the size of a small meatball. That keeps all the fritters the same size and pretty much keeps them round. I have tried powdered sugar, however only do that when the fritter is completely cooled down otherwise the sugar will melt. This reminds me so much of the apple orchard that was near my house in Southington, Connecticut.

Brownies Cockaigne

Nicki Hruch Di Cicco Class of 1971

1/2 cup butter
4 ounces unsweetened chocolate
4 eggs room temperature
1/4 teaspoon salt

2 cups sugar
1 teaspoon vanilla
1 cup sifted flour
1 cup pecan pieces (optional)

Preheat oven 350°F. Grease 9 x 13 or 9 x 9 pan.

Melt in double boiler butter and unsweetened chocolate. Cool mixture completely. Beat eggs with salt until light in color and foamy. Add to this mixture sugar and vanilla. Add chocolate mixture to egg mixture by hand, then add flour and nuts if using. Bake for about 15 minutes or until toothpick comes out slightly moist.

Nicki: To make these even more sinful, try frosting them with your favorite chocolate frosting. Yummy!

Desserts

Cheesecake on a Stick

Karen Yovino Coelho Class of 1969

- 1 8 inch cheesecake
- 1 12 ounce package milk chocolate chips
- 2 Tablespoons vegetable shortening
- 1/2 Cup chopped nuts of your choice or brittle chips
- 8 Popsicle sticks

Cut cheesecake into 8 equal wedges. Place each wedge on a piece of waxed paper and fold it up both sides of each slice. Place back with other slices, and do the rest of them the same way. Make a 1/4 inch horizontal slit in the center back of the crust of each slice of cheesecake with the tip of a knife. Insert a popsicle stick through the slit, about halfway into each slice. Freeze overnight. Melt chocolate chips and shortening in saucepan over low heat stirring constantly.

Remove from the heat and spoon over the cheesecake slices coating completely and allowing the excess chocolate to drip back into the saucepan. The chocolate should harden quickly. Put wedges back in waxed paper and put in freezer until you're ready to serve. You can add chopped nuts or any kind of sprinkles or coconut before chocolate hardens.

Serves 8.

Cheesy Fudge Brownies

Gary Yovino Class of 1971

- 1 Cup butter
 - 4 Squares dark unsweetened chocolate
 - 2 Cups sugar
 - 4 eggs
 - 1/2 Teaspoon salt
 - 1 1/2 Cups flour
 - 2 Teaspoons vanilla
 - 1 Cup chopped nuts
- Filling:
- 1-8 Ounce package of cream cheese

Recipes.

Desserts

1/2 Cup sugar
1 Teaspoon cinnamon
1 Egg
1 1/2 Teaspoons vanilla

Preheat oven to 350°F. Grease 9x9x2 pan.
Beat all filling ingredients in a bowl and set aside.

Heat butter and chocolate squares until melted. Let cool. Beat in sugar, eggs, and vanilla about 1 minute. Slowly add flour and salt, mix well then fold in nuts. Spread half the brownie batter in pan, then add the cream cheese filling, then add the rest of the brownie batter. Swirl for marbled affect. Bake for 55 minutes. Cool completely, then cut into squares.

Gary: This was a recipe given to me by an old friend, Myrtle Steinbeck, who used to work for Genung's, which later became Howlands on Main

Street in Danbury.

Churros

Doug Platt Class of 1971

2 cups water
1 teaspoon salt
2 cups all purpose flour
vegetable oil or shortening for deep frying
sugar and/or cinnamon
confectioners sugar

In a heavy 2-3 quart saucepan bring water and salt to a boil over high heat. Once boiling, remove from heat and pour in flour all at once and beat vigorously with a wooden spoon until mixture forms a thick, coarse paste that pulls away from the side of the pan in a mass.

Heat the oil/shortening in skillet until very hot but not smoking until it reaches 400°F on a deep fry thermostat. Spoon about half of the dough into a large metal cookie press fitted with a star disc and

Recipes

Desserts

press 3 or 4 six inch ribbons of dough directly into the hot oil cutting off at the tip with a small knife.

Turing the churros occasionally, fry 5 - 8 minutes or until a golden brown on all sides. Remove to a double thickness of paper towels to drain. Then roll them in sugar and or sugar/cinnamon mix. Best when served warm, but sprinkle with confectioners sugar before serving. This will not work in a pastry bag because the mixture is too stiff. Makes 12-15 churros.

Cream Cheese Filled Strawberries

Karen Yovino Coelho Class of 1969

32 fresh whole strawberries large
12 ounces cream cheese softened
1/2 cup powdered sugar
1/4 teaspoon almond extract
2 Tablespoons semisweet or milk chocolate grated

(1 candy bar will do)

Cut a thin slice from the stem end of each strawberry so the berries can stand upright on the flattened end.

Place berries cut side down on a serving platter. Cut each berry carefully into 4 wedges, cutting almost all the way through so the berry will hold together. Fan wedges slightly careful not to break, set aside.

Mix together cream cheese, powdered sugar, extract until light and fluffy, fold in grated chocolate. Using a teaspoon or a pastry bag fill the strawberries. Optional, sprinkles a little more grated chocolate over each strawberry and cover and chill until ready to serve.

Dirt Dessert

Marcia Sterry Zinser Class of 1971

1/2 Cup butter or margarine
1 Cup powdered sugar

Recipes

Desserts

1-8 Oz package cream cheese
2-3 Oz packages of vanilla
instant pudding
3 1/2 Cups milk
1-12 Oz container frozen
whipped topping thawed
1-1 Pound package of oreo
cookies crushed in blender

Mix butter, powdered sugar
and cream cheese together. In
another bowl combine
pudding, milk and whipped
topping and mix well.

Blend together cream cheese
mixture and pudding mixture.

Line an 8 inch clay flower pot
with foil, making sure no foil
shows. Layer the crushed
oreos and the pudding
mixture in the pot, beginning
and ending with the oreo
cookies. Top layer of cookies
should be thick. Chill until
firm.

At serving time place a long
stemmed silk flower or small

bunch of silk flowers in the
middle of the pot. Put plastic
wrap around the stem before
inserting in the pot. You can
place gummy worms or some
such items strategically on the
top if you like. It truly looks
like dirt.

Marcia: I made this for my
son's 10th birthday. I made
enough for the three pots and
used them as the centerpiece
for the table. No one ever
guessed it was dessert as I
never said anything except to
my husband, sister and mom.
We sang Happy Birthday and
everyone was eating cake
except me. Very casually I
mentioned that I really felt I
would like to eat some dirt.
My 6 year old niece was
sitting across from me, she
had a lazy eye and wore
funny glasses at that time. I
went to the drawer and pulled
out a large wooden spoon,
came back to the table and

Recipes

Desserts

took a big spoonful of "dirt" out of the flower pot and proceeded to eat the "dirt". My niece was shocked beyond description. The look on her face was hilarious and her eye went more crazy than ever. It was so funny, without saying anything I took more and then my sister, Mom, and husband joined in. I wish I had a camcorder just to record the look on Meg's face. It was one of the best laughs I ever had, and really made a huge hit at the party. We still laugh when we recall that day, now so long ago!

Fruit Sheet Cake Bars

Karen Yovino Coelho Class of 1969

4 cups flour
1 cup sugar
1/4 teaspoon salt
1 3/4 teaspoons baking powder
2 1/2 sticks butter or margarine
2 eggs
1 teaspoon vanilla

2 cans pie filling (prefer blueberry)

Mix together flour, sugar, salt, baking powder and butter with a pastry blender. Add 2 eggs with 1 teaspoon vanilla and mix well. Divide dough in half. Press half of dough onto cookie sheet with your hands. Add 2 cans of pie filling and spread over dough. Take remaining dough and crumble with your fingers and drop over top of fruit. Bake at 350°F approximately 24-55 minutes, or until crumbed top is golden brown. Cool and cut into squares. Serve warm or cold.

Homemade Fudge Pops

Karen Yovino Coelho Class of 1969

1/4 cup butter cubed
1/2 cup all purpose flour
4 cups milk
1 1/3 cups packed brown sugar
1/3 cup baking cocoa
1 teaspoon salt

Recipes

Desserts

2 teaspoons vanilla
2 popsicle molds, or
disposable plastic 3 ounce
cups
popsicle sticks

In a large saucepan melt butter over medium heat. Stir in flour until smooth, gradually add milk. Stir in the brown sugar, cocoa and salt. Bring to a boil. Cook and stir for 2 minutes or until thickened. Remove from heat, stir in vanilla. Cool for 20 minutes stirring several times. Pour 1/4 cupfuls into popsicle molds or plastic cups, insert popsicle sticks into the cups. Freeze until firm. Yields 20 servings.

Lemon Bars

Jan Reichard Whitlock Class of 1970

Crust:

1 cup butter
1 dash salt
1/2 cup powdered sugar
2 cups flour

Filling:

4 eggs beaten
4 cups flour
2 cups sugar
6 teaspoons lemon juice

Crust, combine all ingredients with a fork then press into a 9 x 13 inch greased pan. Bake at 350°F for 15 minutes.

Filling, combine all ingredients together and pour into slightly cooled crust. Bake at 350°F for 25 minutes or until slightly set. Cool completely, sprinkle top with confectioners sugar and cut into bars.

Lemon Squares

Priscilla Danuszar Class of 1971

Crust:

1 1/2 cups flour
1 1/2 sticks margarine softened
3/4 cups chopped walnuts

Filling:

8 ounces cream cheese

Recipes

Desserts

softened

1 cup confectioners sugar
1 cup cool whip (8oz for entire dessert)

Topping:

2 packages instant lemon pudding
3 cups cold milk

Mix flour and margarine until grainy. Add nuts and mix well. Press into 9 x 13 pan. Bake at 375°F for 15 minutes. Cool completely and leave in pan.

Mix cream cheese, confectioners sugar and cool whip together. Spread over cooled crust.

Blend the pudding and milk together, mix slowly for 2 minutes with hand mixer. Spread evenly over cream cheese mixture.

Spread remaining cool whip

on top and let set in refrigerator.

Stanley's Rice Pudding

Marcia Sterry Zinser Class of 1971

1 Quart whole milk
1 Large egg or 2 small eggs
1/4 Cup butter
2 Cups boiling water
1 Cup uncooked rice (long grain Carolina is great)
1/4-1/2 Cup Raisins (optional but really good flavor)
1/2-3/4 cup sugar (to taste)
1 Tablespoon cornstarch
1 Teaspoon salt
1 Teaspoon vanilla
Dash of nutmeg and cinnamon

Bring to boil 3 cups of milk, do not boil. Add butter, set aside but keep warm. In a separate pot, boil 2 cups water and 1 cup rice, 1 teaspoon salt, cook until rice absorbs water (simmer gently until it is quite well done). Add rice to hot milk, then add raisins. Cook simmering until

Recipes

Desserts

rice floats, (when rice begins to thicken milk), stir constantly. Add sugar and stir well.

Mix 1 cup milk, cornstarch, egg, nutmeg. When rice is done add egg mixture, cook only a few seconds. Remove from heat, add vanilla, cool. Sprinkle with cinnamon.

Marcia: Stanley's Rice Pudding recipe was given to me by Betty Lou Flood who was either his daughter or daughter in law. Stanley had a diner in New Milford for years. It was a favorite hang out for many.

Wicked Good Maine

Whoopie Pies

Karen Benedict Robinson Class of 1971

1/2 Cup unsweetened cocoa
1/2 Cup hot water
2 Eggs
1 Teaspoon vanilla

Dash of salt

Mix all together in a small bowl and set aside.

Cream Together:

1/2 Cup shortening
1 1/2 Cups sugar
1 Teaspoon baking powder
1 Teaspoon baking soda
2 1/2 Cups flour

Combine with the cocoa mixture and spoon onto cookie sheets. The mixture is very thick and I use a regular soup spoon. Bake at 350°F for 10-12 minutes. Makes about 15 pies depending on the size.

Filling:

1/2 Cup milk
2 1/2 Tablespoons flour
1/2 Cup shortening
1/2 Cups sugar
1/2 Teaspoon vanilla

Cook milk and flour until thick, set aside to chill. Whip shortening, sugar and vanilla,

Recipes

Desserts

add cooled milk/flour mix together and beat until creamy. Fill to make whoopie pies.

Karen: I hadn't hear of these until coming to Maine but they are very popular up here with various recipes, but basically a cake like cookie with cream filling. Lot better than the scooter pies I remember as a kid.



Menu



Drinks



Recipes

Drinks

Bailey's Irish Creme Remake

Gary Yovino Class of 1971

2 Cups whipping cream
3/4 Cups egg beaters
2 Tablespoons chocolate syrup
1/2 Teaspoon vanilla
1-14 Oz can sweetened
condensed milk
1 Cup brandy or Jack Daniels

Blend all ingredients except liquor in a bowl with electric beaters, blend well. Stir in brandy and then refrigerate up to one week.

Gary: You can substitute a small container of cool whip for the whipping cream. Save empty wine bottles, or purchase small corked bottles, they make great gifts on the holiday.

Coma Hot Chocolate

Karen Yovino Coelho Class of 1969

5 pints of light cream or half
& half

12 Hershey candy bars

Slowly heat cream on stove. Break candy bars into small pieces and slowly add to warm cream. Stir until chocolate is completely melted and fully mixed. Serve hot!

Ice Cream Punch

Karen Yovino Coelho Class of 1969

3 Boxes jello (cherry or strawberry)
4 Cups boiling water
2 Cups cold water
1 1/2 Cups sugar
1 8 Ounce lemon concentrate
1 Large can pineapple juice
2 liter bottle 7-UP
1/2 Gallon vanilla ice cream

Dissolve jello in boiling water, stir until dissolved. Add sugar and stir well, then add cold water. In a punch bowl add the 7-UP, pineapple juice and lemon concentrate and mix well, then add the jello

Recipes

Drinks

mixture and blend together well.

Last add the whole 1/2 gallon of vanilla ice cream so it can melt and the becomes slightly thick.

Try to make the punch at least 20 minutes before serving.

Raw Power

Judy Lendaro (Cudahee) Class of 1971

1 cup filtered water
1 apple in chunks
1/8 of a fresh pineapple
2 Tablespoons lemon juice
2 Teaspoons grated ginger
(from jar is fine)
handful of parsley
handful of swiss chard
handful of kale
handful of romaine lettuce
handful of spinach
2 stalks of celery in chunks
2-3 drops of stevia (or favorite sweetener)

Drop all of the above in a blender, add additional water to continue blending. Best to use pulse first before blending fully. May be quite thick and may require a spoon.

Judy: This is my favorite recipe, very cooling and energizing. I prefer organic veggies. This is addictive despite the work and frequent trips to the market to keep all the fresh veggies stocked in the fridge.



Menu



Main Dishes



Main Dishes

Andersons Meat Loaves

Gary Yovino Class of 1971

- 2 Pounds ground beef
- 1 Cup plain bread crumbs
or 4 slices of crumbled bread
- 1/4 Teaspoon salt
- 1/8 Teaspoon pepper
- 1/8 Teaspoon garlic powder
- 1 Chopped onion
- 1 Cup Ketchup
- 1 Teaspoon Worcestershire
sauce
- 1 Egg
- 1-8 Oz can tomato sauce
- 1 Onion sliced
- 1 Bell pepper sliced in rings

Mix together first 9 ingredients together well. Make into 6 to 8 rounds. Place in a shallow baking pan next to each other. Top each with a little of the tomato sauce, then add one slice of onion and one ring of bell pepper. Bake at 375°F for 1 hour in a preheated oven.

Gary: This recipe was given to me by Mrs. M. Anderson many years ago. She was one of the nicest people I have ever met. She used to make this quite frequently and it was a treat to have dinner with her and her husband Ed.

Asian Beef Skewers

Karen Yovino Coelho Class of 1969

- 3 Tablespoons hoisin sauce
- 3 Tablespoons sherry
- 1/2 Cup soy sauce
- 1 Teaspoon barbecue sauce
- 2 green onions chopped
- 2 cloves garlic minced
- 1 Tablespoon fresh ginger
minced
- 1 1/2 Pounds flank steak
- Wooden Skewers

Soak wooden skewer in water.

In a small bowl mix hoisin sauce, sherry, soy sauce, bargecue sauce, green onions, garlic and ginger together.

Recipes

Main Dishes

Cut flank steak across the grain on a diagonal into 1/4 inch slices. Place slices in a 1 gallon resealable plastic bag, pour hoisin mixture over slices and mix well, refrigerate for at least 2 hours or overnight. Discard marinade and thread the steak pieces on the skewers. Oil the grill grate and grill skewers for 3 minutes per side or desired doneness. Serves 6.

Brunch or Dinner

Enchiladas

Gary Yovino Class of 1971

2 Cups cubed cooked ham
1/2 Cup chopped green onion
10 Flour tortillas 8 inch size
2 Cups shredded cheddar cheese
1 Tablespoon all purpose flour
2 Cups half & half
6 Eggs beaten
1/4 Teaspoon salt
1/8 Teaspoon pepper

Combine onions and ham and

use about a 1/3 cup down the center of each tortilla, then top with some cheese then roll up and place seam side down in a 13 x 9 x 2 inch pan. In a bowl combine flour, half & half, eggs and salt/pepper. Pour over tortilla's. Cover and refrigerate over night, or at least 8 hours. Remove from refrigerator about 30 minutes before baking. Preheat oven to 350°F. Cover and bake for 25 minutes, then uncover and bake for another 10 minutes. Sprinkle some cheddar cheese over top and put back in oven for about 3 minutes to melt the cheese. Let stand for 10 minutes before serving. Makes 5 servings.

Gary: You can substitute cooked chicken for the ham. Egg beaters work well with this, and you can try different flavor flour tortilla's. Fat free half & half works well too.

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Capellini With Shrimp and Asparagus

Marcia Sterry Zinser Class of 1971

1 Pound capellini (angel hair pasta)
3-6 Cloves garlic
1 Tablespoon butter
2 Tablespoons olive oil
A Bunch of fresh asparagus
break off hard end of stalk
2 Pounds shrimp (cleaned and deveined)
Salt, pepper rosemary or marjoram to taste
1/4 Cup flour
1 Quart light cream or Half & Half.

In a large pot bring water to boil and cook pasta. While pasta is cooking in a 5 quart pan cook garlic cloves in butter and olive oil until lightly browned.

Add a nice bunch of fresh cut asparagus. Add shrimp, season with salt, pepper and

rosemary or marjoram. Then sprinkle flour, add 1 quart cream and let simmer until thickened, do not boil. This should only take a few minutes, you don't want to over cook the shrimp.

Drain pasta and put in a nice large serving bowl. Pour the shrimp, asparagus, sauce mix on top and lightly toss.

Marcia: You may serve with any good quality grated or shaved parmesan or romano cheese. A nice tossed salad and a loaf of crusty bread and you're good to go!

Chicken Saronno

Gary Yovino Class of 1971

6 Boneless skinless chicken breast halves
Flour for coating
Salt, pepper, garlic powder
1/2 Cup butter
3 Tablespoon olive oil
1/2 Pound fresh mushrooms

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sliced thick
2 Cups chicken broth
3/4 Cup Amaretto
Grated lemon peel from 1/2 of
lemon
1 Tablespoon cornstarch

Cut chicken into 1 inch strips.
Salt, pepper, and garlic
powder all chicken pieces.
Coat all chicken pieces with
flour. Melt butter and olive oil
in a deep fry pan. When hot,
add several pieces of chicken
at a time and lightly brown,
turning over once. Remove
chicken pieces from pan as
they are browned until all
cooked. Deglaze pan with
chicken broth. When broth
starts to simmer, add chicken
pieces back into pan. When it
starts to simmer again, add
mushrooms, amaretto, lemon
peel, and let simmer for 20
minutes, slow simmer with
lid on. Just before ready to
serve, mix cornstarch with
enough water to blend and

add to pan, it will slightly
thicken the sauce. Makes 4
servings.

Gary: This can be served over
buttered noodles, angel hair
pasta, over rice, or over puff
pastry.

Chili, Dammit!

Jeff Talmadge Class of 1971

Ingredients:

A sh-tload of cheap steak
5 or 6 (8or 10?) of the hottest
fresh peppers you can buy
(you can use the dried ones
now that I think about it)
A wad of fresh oregano
Cumin seed (get a jar in the
spice aisle)
Garlic
Bacon grease
Coarse salt (I like kosher. Sea-
salt works too)
A six-pack of beer, maybe two
(any type you like)
Jack Daniels
Water

Anti Ingredients:

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No Tomato sauce, paste, etc....

No Beans

No Hamburger

No Sweet peppers

No Onion

Getting Started:

First heat your well seasoned chili pot to a medium temperature. You don't have a well seasoned chili pot? Jeeze, this recipe is gonna take you a lot longer than you thought!

The Chili Pot:

Find yourself a cast iron cooking vessel that you can rename as soon as you've finished converting it into a well seasoned chili pot. An old dutch oven is best. A deep frying skillet works. Anything cast iron will do. Before we start the seasoning process, make sure it's clean because this is the last time it's going to see water as a cleaning agent, rust is a big no-no.

For the next few days cook anything greasy that you can think of in your pot. Steaks, burgers, chops, bacon, cook lots of bacon. Use a lot of butter or oil, it don't matter. After each meal, LEAVE THE GREASE IN THE POT and let it solidify. Each time you heat the pot to reuse it, pour off the grease and wipe the pot down with paper towel. If you're pouring off bacon grease, save it! After repeating this process at least 5 or 6 times you can drain and wipe the pot as soon as the grease is cool enough to handle. You now have a well seasoned chili pot. Name it, something cool like Lucille, and don't forget, NEVER wash the damned thing. After each use, if you find you've left some of the good tasting crud stuck to the sides of the pot, coat the inside of the pot with a little bacon grease (you saved some right?) add a little heat to

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soften everything and wipe it clean (sort of). You won't use your chili pot daily. Store it in a plastic bag.

Back to The Recipe:

Take the sh-t load of cheap steak and cut it up into pieces about the size you think you're gonna like. You want them small. Heat your chili pot to medium and dissolve a lump of bacon grease in it. You've probably got the heat too high, so turn it down. When you throw the mean in, you just want to brown it a little. After the meat's settled in the pot and coated with the grease, (just as it's just starting to brown), go ahead and add a shot of Jack Daniels (and don't just stare at it...stir dammit). If it looks a little dry, go ahead and add a small amount of beer. At this point, we aren't trying to cook the meat yet, just brown it.

For the next few minutes, keep stirring while I discuss Chili philosophy and what you're going to do with the rest of the ingredients.

Don't forget, if your chili starts to look like it's drying up, splash in a little more beer.

The Zen of chili:

(This recipe is getting awfully long, so, from now on, you're going to have to pay close attention because I'm going to start typing real fast).

Chili was invented by Cowboys, No one was gonna give them cowpokes one of the good steers to kill and eat, so they were forced to use whatever ingredients they had available in order to make the sh-ttiest cow in the herd taste good.

Therefore, if you consider what grows wild in the region where the old Chisum Trail used to run you'll realize why THERE ARE NO TOMATOES

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IN CHILI!

Cowboys did have beans, so you can serve them on the side if you must. If you've really been paying attention, you've noticed there are no "2 teaspoons of this" or "heaping tablespoons of that" listed anywhere on this page. Cowboys didn't have teaspoon and tablespoons. They had knives and guns, and maybe a ladle. There are no guns in this recipe because they scare me. You're gonna need a knife and a ladle though. I'm gonna tell you how to prepare a couple of more ingredients, and then you're on your own. Follow the basic guidelines and throw the different crap into the pot whenever you think the time is right. Keep stirring, taste and add. Then taste and add some more. Don't be afraid to use salt. Repeat if necessary.

Ingredient Prep:

1 Wad some oregano, (Mexican if you can get it), into a tight ball and finely chop.

2 Grind up the cumin seed with a mortis and pestle. Don't have a mortis and pestle? Me neither. Place a small pile of cumin seeds on your cutting boards and start mashing them with the butt end of you French Knife. Be sure you watch your eye on the up-swing.

3 Make a quick garlic paste; One at a time, take as many garlic cloves as you think you'll need and place them under the flat side of the blade of your French knife. With the palm of your hand, smash down hard on the flat side of the blade. (Remember to smash down on the **FLAT SIDE OF THE BLADE ONLY**. If you're the type that has trouble following directions, you should probably skip this

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step and use garlic powder). If you've done everything correctly, the garlic will NOT be turning deep red, and you can easily separate its "meat" from its skin. Next give the garlic a quick chop, then throw on a pinch of the coarse salt, (which acts as a grinding agent), and again using the flat side of the blade, you can easily mash it into a nice paste.

4 Place a small, lengthwise slit in each hot pepper.

Back to Cooking:

Once the meat is lightly browned, start adding all the remaining ingredients except the peppers. Begin by dumping in a can or two of beer; for now you want the consistency to be soupy; it's going to cook down. Give it another shot of Jack if you like. Throw in all your spices and keep stirring. Lastly, add the hot peppers. count them

first, because we want to remove them all later after they've done their job. And although breaking one or two open won't be a complete disaster, we'd rather not. So stir slowly from now on. And stir you must, for the next four to six hours. No, you don't have to continually stand there, cramping up your forearm, and wishing you went pee before you started this project. Leave the pot uncovered allowing the chili to slowly cook down over a medium-low heat.

Check back often to stir. Each time you stir, taste it. Add a little more of whatever ingredients you think it may need, (Jack, beer, garlic, oregano, cumin or salt). You can add a little water to maintain your desired consistency. As it cooks down, don't forget to scrape all the good tasting crud off the sides of the pot and back

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into your chili. And if you did take a break to go pee, I hope you remembered to wash your hands.

(A quick note: Keep in mind I think alcohol cooks off in about 3 hours when simmering. I'm not sure because I don't really give a sh-t. But, unless you want the youngsters catching a buss from dinner and showing up at school with a hangover, look it up and stop adding the beer and the Jack Daniels at an appropriate time. Or, you can just tell the neighbors that the kids are visiting an Aunt for the summer while they're at rehab).

After four to six hours (go ahead, you decide), remove the chili from the heat.

Carefully remove and discard the hot peppers, (finding them can be troublesome). Next, cover the pot and place it in some out of the way spot on your countertop. Now go

order Pizza or Chinese or something, because you're not eating any chili until tomorrow. Don't waste time sticking it in the fridge, you're a Cowboy, remember?

Plating the meal:

5 Reheat chili in any manner you wish. Go ahead, nuke it, but I'd take it out of the cast iron pot first.

6 If you've got a lot of annoying relatives hanging around, you can stretch the chili out by serving it in individual bowls, ladled over the beans that you've cooked separately.

7 You may want to melt some cheese on top. Mexican cheese is nice. You don't have to use Mexican. I'll add anything I've got laying around, as long as I like it, (except that crap that's squirts out of a can).

8 Acceptable drinks with your chili are; whiskey, beer or iced tea. Diet iced tea is not

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allowed.

9 for desert try deep-frying a Twinkie and smothering it with a melted Hershey Bar.

Storage:

If you have any chili left over, it means you did something wrong. Throw it out.

F.A.Q.s:

Q: I have a beautiful Mauviel Copper Splayed Saute' Pan that I bought at a Tony Little Gourmet Shoppe in Greenwich Village. Can I use that instead of a cast iron cooking pot:

A: It's your Chili-Dammit.

Q: How about a Crock-Pot?

A: It's your Chili-Dammit.

Q: Chili should be red. I love everything tomato! I'd really like to add a can of sauce or paste. May I?

A: It's your Chili-Dammit.

Q: I live in a small studio apartment. I do all my cooking on a single burner hot-plate. Can I mix the beans right in with the chili while I'm cooking it?

A: It's your Chili-Dammit.

Q: I've just finished making the chili. I'm really, really hungry and I can't afford take-out. Can I eat it now?

A: It's your Chili-Dammit.

Q: This chili isn't hot enough. I'd like to scrape the pulp and seed from inside some of the hot peppers and add that to the chili during the finals stages of cooking. Will this ruin the recipe?

A: It's your Chili-Dammit.

Q: My teeth aren't very good. Can I use hamburger?

A: It's your Chili-Dammit.

Q: I've heard that some people

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will add a little Mole Rojo Sauce to their recipes. It's supposed to add a complex, slightly chocolatey flavor to the final dish. Is this acceptable?

A: It's your Chili-Dammit.

Q: There are people starving in Asia. I don't feel right throwing out my leftover chili. Can I freeze it and eat it later?

A: It's your Chili-Dammit.

Q: I don't drink whiskey, beer or iced tea. I do however enjoy and occasional glass of fin Chardonnay. Can I drink this with my Chili?

A: No.

Christmas Morning Breakfast

*Joanie Hancock Laskowski Class of
1970*

12 Eggs
1/2 Cup of milk

1/2 Teaspoon salt
1/4 Teaspoon pepper
1 Tablesppon butter
8 Ounces sour cream
1 Cup shredded cheddar
cheese
12 Sliced bacon

In a medium bowl beat eggs, stir in milk, salt and pepper. In a large skillet melt the butter and pour in eggs and cook until set, but moist scrambled! Remove from heat and cool, then stir in sour cream. Spread in shallow 2 quart pan or 7 x 12 dish, top with 12 slices of cooked crumbled bacon and then add 1 cup shredded cheese. Cover and refrigerate overnight. On Christmas morning preheat oven to 325°F. Uncover eggs and bake 15-20 minutes up to a half hour until hot and cheese melts.

Joanie: We open presents while this cooks and then

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enjoy a Christmas breakfast which has become a tradition.

Coconut Shrimp with Sauce

Gary Yovino Class of 1971

1/2 cup flour
1/2 teaspoon baking powder
1/2 teaspoon paprika
1/2 teaspoon garlic salt
2/3 cup cup water
1 egg
2 cups shredded coconut
(chopped more finely)
1/2 cup plain bread crumbs
1 pound shrimp peeled and deveined
oil for frying

Sauce:

1-20 ounce can pineapple chunks in juice
3 cloves garlic peeled
2 tablespoons soy sauce
2 tablespoons corn starch
1 tablespoon chopped jalapenos
1 red bell pepper
1 green bell pepper
2 tablespoons cider vinegar

Remove seeds and cores from pepper. Combine pineapple chunks including juice in a blender with the garlic, soy sauce, cornstarch and blend until smooth. Add pepper and blend until you still have visible chunks. Simmer over low heat until thickened, then stir in vinegar. Can be prepared a day ahead of time.

Whisk flour, salt, baking powder, paprika, egg and water in a medium size bowl. In a separate bowl mix bread crumbs and coconut together.

Drop shrimp into batter, then roll one by one in coconut mixture. Fry until golden brown and drain on paper towel. Can be served over rice with fried noodles. Top with heated sauce. Serves 4.

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Crab Cakes

Debbie Studwell Steeves Class of 1971

- 4 Slices white bread
- 3 - 4 Heaping tablespoons butter
- 2 Medium carrots finely shredded
- 1 Onion finely chopped
- 1 Large green pepper finely chopped
- 1/2 Teaspoon salt
- 1/4 Teaspoon fresh ground pepper
- 3 Tablespoons flour
- 1 Egg lightly beaten
- 1 lb. fresh crabmeat, drained and picked over
- 1 15 Ounce can breadcrumbs

On large cookie sheet lay out bread and sprinkle with water until it is damp, then gently press out water by putting 2 - 3 paper towels on top. Saute' carrots in butter about 2-3 minutes. Add onions and saute' 1-2 minutes, then add

green pepper and saute' 1-2 minutes more. Remove from heat and mix in salt and pepper. In a large bowl mix sauteed vegetables and egg, gently tear bread and add to bowl. Mix in flour, then add crab. Using hands gently mix together and form into cakes 1 1/2 to 3 inches. Gently sprinkle with breadcrumbs making sure sides are coated as well.

You can individually wrap and freeze, or cook right away. Fry them in a little oil or you can bake them at 350°F for 20 minutes. Makes 10 crab cakes.

Serve with tartar sauce, cocktail sauce, or ketchup.

Debbie: I actually use the fake crab meat finely chopped in this recipe.

Creamy White Chicken Enchiladas

Patty Matteo Class of 1971

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2-3 cups cooked chicken cubed
2-3 chopped green chilies
8 ounces softened low fat
cream cheese
3 ounces chopped or
shredded muenster or jack
cheese
1/2 teaspoon coriander

1 cup warmed chicken broth
corn tortillas

1 can fat free cream of chicken
soup
1 cup of milk
Chopped green chilies

Mix first 5 ingredients in a
bowl.

Next:

Dip tortillas in broth to soften.
Place some of the chicken
mixture on the tortilla and roll
up, place in greased casserole
dish.

Mix cream of chicken soup
and milk and some green

chilies and pour over the
enchiladas. Top with some
muenster or jack cheese. Bake
at 350°F for 30 minutes.
Garnish with some black
olives or sour cream.

Crockpot Buffalo Chicken Lasagna

Alberta Hatt Wildman Class of 1970

1 Package uncooked lasagna
noodles

(I use the ones that you
don't have to cook 1st)
4 Cooked chopped chicken
breasts

1 Jar prepared pasta sauce
1 Cup buffalo wing sauce
3 Bell peppers, 1 red, yellow,
orange (I use green too)
15 Ounces ricotta cheese
2 Cups shredded cheese
(mozzarella & cheddar)
1/2 Cup blue cheese crumbles
1/4 Cup water (added at the
very end)

Use a 5 quart crock pot.
In a large bowl, combine the

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chopped chicken, pasta sauce, and 1 cup of buffalo wing sauce. Ladle a big spoonful of the sauce into the bottom of the crockpot, then cover with a layer of the uncooked lasagna noodles. You will have to break them to fit. Add a smear of ricotta cheese to the top of the noodles. (I found it much easier to put the ricotta on the noodles before putting in the crock pot). Add a layer of chopped peppers, sprinkle a handful of shredded cheese. Repeat the layers until you run out of ingredients. Add the blue cheese crumbles on top. Pour the 1/4 cup of water into the empty jar of sauce and shake, then pour the liquid over the top of the entire lasagna. Cover and set to low for 6-7 hours, or on high for 4-5 hours. When cooking time is complete, unplug and take the lid off of the crock pot. Let sit for 20 minutes before cutting

into it or it will fall apart.

Alberta: This is a big hit with my husband and friends!

Croquettes or Bitter Balls

Toby Kaptein Filipow Class of 1969

6 Tablespoon butter
6 Tablespoon flour
4 Cups beef broth
1 1/2 Pounds cooked beef
chopped very fine
1/2 Teaspoon salt
1/2 Teaspoon pepper
1 Teaspoon Maggi* or soy
sauce
1 Tablespoon dry mustard
2 Eggs beaten
3 Cups bread crumbs
Crisco for frying

Heat butter in dutch oven, add flour and stir until smooth. Try to avoid lumps. Gradually add beef broth, stir constantly until a thick paste is formed. Add the beef, salt & pepper, mustard, and maggie or soy sauce. Mix well and

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spread into a flat pan and refrigerate for 1 hour.

Form the meat mixture into croquettes or balls. Dip in beaten egg then roll in bread crumbs. Heat crisco in fryer. Cook in fryer until browned. Drain on paper towels. Serve with wedge of lemon or fresh parsley. *Maggi is a Asian Seasoning sauce.

Toby: You can use any type of cooked beef. This is a recipe my father used in his restaurant, The Burger that used to be on Grassy Plain Street.

Hawaiian Casserole

Jan Reichard Whitlock Class of 1970

1/2 cup dark brown sugar
2 Tablespoons corn starch
1/4 Teaspoon salt
1/3 cup vinegar
1 cup pineapple juice
1 Tablespoon soy sauce
2 Pounds cooked ham (4 cups)

1/2 cup chopped onion
1 cup green peppers chopped

Combine first 6 ingredients and cook stirring constantly until thickened. Remove from heat and add ham, onion, and peppers. Put into a casserole dish and bake 300°F for 45 minutes.

Jan: Once you start eating this it is hard to stop!

Jeff's Chicken Marsala

Jeff Reichard Class of 1969

4 Skinless, boneless chicken breasts
All purpose flour for dredging-salt & pepper mixed in
Extra virgin olive oil
4 Ounces thinly sliced prosciutto
8 Ounces mushrooms sliced (add more if you like)
1/2 Cup marsala wine
1/2 Cup chicken broth
2 Tablespoons butter

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1/4 Cup chopped parsley
(optional)

Put chicken breasts side by side on cutting board and lay a piece of plastic wrap to cover them. Pound with a flat meat mallet until approx 1/4 inch thick.

Mix the flour with salt and pepper in a shallow dish (pie plate is good) and dredge chicken on both sides until covered. Shake off any excess flour.

Heat oil over medium-high heat in large skillet. When oil is hot slip the cutlets into the pan and fry for approx 5 minutes on each side until golden brown, remove chicken to a large platter in a single layer, and keep warm. When chicken is cooked, lower heat and add the prosciutto to the drippings and saute for 1 minute until you render out some of its fat.

Add the mushrooms and saute until browned and moisture has evaporated, approx 5 minutes. Season with salt and pepper. Pour marsala wine in pan and boil down for a few seconds to cook out the alcohol. Add the chicken broth and simmer for 1 minute to reduce sauce slightly. Stir in butter and return chicken to pan. Simmer gently 1 minute to heat chicken through. Season with salt and pepper and sprinkle on chopped parsley. Serves 2-4.

Mamie's Macaroni & Cheese

Tabby Murphy Burghoff Class of 1971

1 8oz. Mueller's elbow macaroni (2 cups uncooked)
2 Eggs beaten
1 Quart milk
2 Cups soft bread crumbs (stale is best)
Dash of salt
8 Tablespoon butter

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2 Cups grated cheddar cheese
(we like extra sharp)

Cook macaroni, drain in colander and run cold water on it. Heat milk, but do not boil. Add salt, the beaten eggs, butter, cheese and bread crumbs. Add macaroni into the milk mixture and blend all together. Then pour into a greased baking dish and bake 45-50 minutes at 350°F.

Tabby: This is a favorite at many family and church functions. I always have to double it per request. Instead of stale bread I lightly toast mine so it is dry, works just as well. Enjoy this Burghoff favorite!

Mamie's Macaroni & Cheese is a recipe from Jenney Burghoff.

Marlene's Asian Shrimp

Jeff Reichard Class of 1969

1 Cup Hellmann's mayonnaise
1/4 Cup apricot preserves
1 Tablespoon reduced sodium soy sauce
1 Tablespoon dijon mustard
1 Clove garlic finely minced or chopped
Clean and cooked shrimp

Mix all together very well. Brush on cooked shrimp and place on grill for short time. Serve with remaining sauce. 1 1/2 of the above recipe is good for about 40 shrimp with plenty for dipping.

Meatballs and Sauce

Patty Matteo Class of 1971

1 pound ground beef
2 eggs beaten
1 cup bread crumbs (plain or Italian style)
1/2 cup parmesan cheese
chopped fresh parsley
salt and pepper

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garlic powder to taste

Mix all ingredients in a bowl.
Roll into balls and fry in
enough olive oil until
browned on all sides.

Sauce:

2 large cans crushed tomatoes
(enough to cover the meat)
1 can of water
chopped fresh basil or 1
Tablespoon dried basil
salt and pepper, and garlic
powder to taste.

Transfer meatballs to a crock
pot, or large saucepan, add
tomatoes and spices on top
and simmer for at least 1
hour. In the crock pot keep it
on low for 8 hours.

My Mother's Meat Loaf

Gil Whitlock Class of 1970

1 1/2 lbs ground beef
3/4 Cup uncooked oats
1 1/2 Teaspoons salt
1/4 Teaspoon pepper

1/4 Cup chopped onion
8 oz. ketchup
1 egg beaten

Mix all ingredients and pack
firmly into a loaf pan, top
with swirled ketchup. Bake 1
hour at 350°F preheated oven.

Gil Whitlock: This is my
favorite thing my mother
makes. Whenever I visit her
for dinner she almost always
makes this for me. I have tried
a lot of meat loaf but none is
as good as "Moms."

Oven Stew

Jean George Smith Class of 1971

1 Pound beef stew meat cubed
2 Onions cut up
4 Tomatoes cut up
4 Potatoes cut up
1 Green pepper cut up
6 Carrots cut up
1 Can beef gravy
2 Tablespoons water
2 Tablespoon catsup
Salt and pepper

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Arrange meat and vegetables in layers in a casserole dish. Pour liquids over the top. Sprinkle with salt and pepper. Bake in a covered dish at 375°F oven for 2 hours.

Patty's Eggplant Parmesan

Patty Matteo Class of 1971

1 Large eggplant
bread crumbs
1 egg
1 cup milk
olive oil
tomato sauce
parmesan cheese
mozzarella cheese

Slice eggplant 1/2 inch thick. Layer in colander and sprinkle salt all over. Let sit about 15 minutes or more until eggplant sweats, then rinse with cold water. Put bread crumbs in a bowl. You can use flavored bread crumbs or plain and add your own herbs and spices.

In another bowl beat an egg with about a cup of milk. Spray a 9 x 13 in dish with pam and set aside. Heat olive oil in skillet. Dip the eggplant slices in the egg/milk mix and then in the bread crumbs. Fry until golden brown on each side.

Add some sauce in baking dish, and layer eggplant then sprinkle with parmesan cheese all over, add a little sauce, and keep repeating the layers. Add sauce on top then add a generous amount of parmesan cheese and shredded mozzarella. Bake at 350°F for 30 minutes until bubbly and cheese is slightly browned.

Patty: You can make marinara sauce ahead of time and keep aside. Start with olive oil and a large can of crushed tomatoes. Add garlic, herbs as desired, salt and pepper. You can use leftover sauce or any

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red sauce you like.
I usually use plain bread crumbs and add garlic powder, oregano, basil, parsley, salt pepper, and some paprika and about 1/2 cup parmesan cheese. Enjoy!

Peggy's Quick Fix

Peggy Allen DeSantis Class of 1972

Chopped fresh garlic
Olive oil
Chicken bullion 1 cube per cup of water
White beans (or not)
Pasta, Barilla pasta is the best
Tomato sauce just enough to color it 1/4 cup to 3 cups broth, or you can use sundried tomatoes
Browned sausage, pork, turkey, bacon, pancetta, chicken, or all of the above. Meat is optional.
Escarole (if you like)
Broccoli (if you like)

Saute' the garlic in olive oil just until it smells good, do

not brown. Add chicken stock, and add the rest. You can add seafood, leave out the tomato and you've got a low fat scampi.

Peggy: I like mine a bit soupy. A good Italian bread for dipping and you're in heaven. Hey I'm Italian, so no measuring, Sorry! Enjoy!

Pork or Beef Wellington

Jeff Reichard Class of 1969

1 Box pastry sheets room temperature
3-4 Pounds pork tenderloin (you can also use beef)
1/4 Pound prosciutto thinly sliced
1/4 Cup boiling water
1 Beef bullion cube
1 Cup sour cream
1 Tablespoon flour
Crushed garlic
Crushed red pepper
Onion (optional)
Salt & pepper
Sufficient amount of baby

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spinach

1 Container flavor goat cheese
(I use garlic/basil)

Wash meat and slice into 5-6 ounce chunks, tie two chunks together. Cook and brown in dutch oven pan with olive oil, crushed garlic, salt and pepper. Add onion if you like. Drain off some of the fat, then take 1/4 cup boiling water and dissolve the beef bouillon cube, mix well and pour over meat in pot and simmer for 30 minutes. Save pan drippings, mix in 1 cup sour cream and 1 tablespoon flour together and slowly add to pan drippings, add a little chicken broth or add another beef bouillon cube if you want. Stir until it is thick the way you want it. Cool and keep room temperature or you can make a day ahead before and refrigerate. Make sure you take out early and let go to room temp all day. Cook baby

spinach in olive oil, crushed garlic, crushed red pepper, salt & pepper, just toss all together quickly don't over cook, set aside and let go to room temperature. Take room temperature pastry sheets and roll out maybe 9 inches and cut into 4 squares. Place prosciutto down on top of pastry square, then two pork tenderloins, then a good scoop of the spinach, then scoop of goat cheese, then top with slice prosciutto. Fold pastry around meat mixture and place on lightly greased cookie sheet with sides. Bake for 30 minutes at 350°F.

Jan: you could also cook up some mushrooms and add to the sauce mixture. You could serve over noodles and use this sauce too!

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Pull Apart Pizza

Gary Yovino Class of 1971

- 4 Cans Pillsbury pop-can biscuits
- 2 Cups of spaghetti sauce (prepared sauce is fine)
- 1/2 Cup chopped pepperoni
- 1/2 Cup chopped onions
- 1/2 Cup chopped bell pepper
- 1/2 Cup sliced mushrooms
- 1/4 Cup grated parmesan cheese
- 1-8 Ounce package shredded mozzarella cheese

Use a pizza stone, or a cookie sheet sprayed with Pam. Take each biscuit and cut in quarters and put in a bowl. Pour in spaghetti sauce and toss with a spoon to evenly coat each piece of dough. Spread on stone or cookie sheet in a single layer all pieces lightly pushed up against one another. Evenly sprinkle pepperoni, and chopped and sliced vegetables

over sauce and dough. Sprinkle with grated cheese, and then spread mozzarella cheese over entire top. Bake in a 375°F oven until cheese is lightly browned, and dough is all puffed up. Let cool a couple of minutes, and you do not have to cut up, just serve with plates and each person can pull the pieces apart themselves.

Shrimp Ala Vodka Sauce

Jeff Reichard Class of 1969

- 2 Cans Del Monte diced tomatoes with basil, garlic, and oregano in it
- 1 Stick of butter
- 1-2 Teaspoons crushed red pepper (I use 1)
- 1 Cup vodka (I use Smirnoff)
- 1 Quart light cream
- 1 Cup grated cheese
- Sundried tomatoes
- Broccoli buds w/small amount of stem
- Approx. 2 lbs. cleaned & cooked shrimp

Recipes

Main Dishes

2 Boxes of ziti/rigatoni (I use Barilla Mezzi Rigatoni)

In a dutch oven pan melt the stick of butter, then add 1-2 teaspoons of crushed red pepper, stir and simmer 2 minutes. Add 1 cup of vodka and simmer 2 more minutes stirring. Add 1 can of diced tomatoes and stir and simmer 4 minutes. Take 2nd can of tomatoes and put in blender on chop then add to mixture in pan and simmer all together for 10 minutes, stirring occasionally. In another pan cook the broccoli al dente', add to pan, and add sun dried tomatoes, and shrimp and let simmer for a few minutes until really warmed through into the sauce. Using a spoon with slits in it, remove all to leave juice in the pan, set aside to keep warm.

Add your light cream to juice

and simmer, stir, then add 1 cup grated cheese and stir well.

Put pasta in serving dish and pour sauce over pasta, then the shrimp, broccoli, sun dried tomato in and mix together and it is ready to serve.

Southern Style Steak

Gary Yovino Class of 1971

2 Pounds cubed steak
1/2 Teaspoon garlic powder
1/2 Teaspoon salt
1/8 Teaspoon black pepper
1 Can cream of potato soup
1 Soup can filled with milk
Cooking oil
All purpose flour

Mix spices together and sprinkle evenly over the cubed steaks on both sides. Dredge each cubed steak in all purpose flour, and shake off excess.

Heat skillet with oil, and

Recipes

Main Dishes

lightly brown steaks on both sides. No need to cook all the way through. Remove steak and lay into a pyrex baking dish 13 x 9 x 2. Empty cream soup in a bowl, add milk and blend together completely. Pour over steak, and cover tightly with foil. Bake in a 350°F oven for 1 hour and 20 minutes. Remove from oven and let stand for 10 minutes before serving.

Gary: Sauce will have thickened and meat is very tender. This is great served over noodles, or served with mashed potatoes and a vegetable.

Spinach Beef Bake

Marcia Sterry Zinser Class of 1971

2 Tubes 7 1/2 oz each refrigerated buttermilk biscuits

1 1/2 pounds ground beef
1/2 Cup finely chopped onion
2 eggs

1 10 oz package frozen spinach thawed and squeezed
4 Oz sliced mushrooms
4 Oz crumbled feta or monterey jack cheese
1/4 Cup grated parmesan cheese
1 1/2 Teaspoon garlic powder
Salt and Pepper to taste
1-2 Tablespoons melted butter

Press and flatten the biscuits on the bottom and up the sides of a greased 11 x 7 x 2 inch baking dish, set aside. In a skillet cook the beef and onion over medium heat until the meat is no longer pink, drain. In a bowl, beat eggs, add spinach and mushrooms and mix well. Spoon into prepared crust, drizzle with butter. Bake 375°F uncovered for 25-30 minutes or until the crust is lightly browned. Makes 6 servings.

Marcia: This is also great with chicken instead of beef. From

Recipes

Main Dishes

the Taste of Home Magazine.

Steak French Style

Gary Yovino Class of 1971

3 Pound boneless sirloin steak
2 Tablespoon fresh cracked pepper
2 Tablespoons butter or margarine
1 Tablespoon salad oil
1/2 cup white or red wine, dry or semi sweet
2 Tablespoons brandy
1 Teaspoon Salt

Wipe steak off with paper towel to dry, then rub 1 tablespoon pepper into each side of steak. Slowly heat up a skillet on high until hot, add 1 tablespoon butter and oil, when butter is melted, add steak and seer 2 minutes on each side, then lower heat to medium and cook 8 minutes more on each side. This will make your steak a medium rare. If you like more well done give an additional few

minutes on each side. Remove from skillet to platter and keep warm. In skillet add 2nd tablespoon of butter, add the wine, brandy, and salt and let simmer for 3 minutes. Then pour over steak and serve. Makes 6 servings.

Gary: If you prefer your beef rare, after the initial 2 minutes on each side, then cook an additional 4 minutes on each side at medium heat.

Stuffed Boneless Chicken Breast

Gary Yovino Class of 1971

3 Chicken breast halves
2 Cups stuffing mix
1/4 Cup carrots
1/4 Cup celery
1/4 Cup onion
1/2 Cup broccoli
1/2 Small green pepper
1/2 Stick melted butter
1/2 Cups hot water
1 Jar sweet roasted red peppers

Recipes

Main Dishes

Paprika
Garlic
Salt
Black pepper

Slice each chicken breast in half longways to make two cutlets out of each breast.

Spray a 6 cup muffin pan with cooking spray. Lay a cutlet in each cup pressing it in, letting balance of cutlet hang around edge. Then line the chicken with a piece of red pepper.

Take your carrot, celery, broccoli, green pepper and chop in food processor. In a bowl add the veggies, stuffing mix, hot water, and melted butter. Mix well. Using a scoop, top each cup with the stuffing, slightly overstuffing the cups. Drape the ends of the chicken over the top to cover the stuffing. Season the top of each with a sprinkle of paprika, salt, garlic, and black pepper. Give the top of each a

light spray with pam then cover the entire top with tin foil, wrapping around the side of the muffin pan to seal. Poke a few small holes in each of the corners to let the steam escape. Bake at 350°F for 55 minutes, then remove foil and bake 10 more minutes.

Remove from oven, keep covered to keep hot.

Serves 6.

Gary: You can substitute any kind of vegetable to your liking. Use a gravy, cheese, or white sauce to cover each stuffed chicken before serving. They can be made ahead, and they freeze well. Use your favorite stuffing, or stuff with sausage.

Stuffed Peppers

Gary Yovino Class of 1971

6 Large green bell peppers
(try red sweet bell instead)
1 1/2 Pounds ground chuck
1 1/2 Cups cooked white or

Recipes

Main Dishes

brown rice
1/2 Cup chopped onion
2 Teaspoons garlic salt
1/8 Teaspoon black pepper
1-16 Oz can of crushed,
chopped, or stewed tomato
1-8 Oz can tomato sauce

Slice off tops of peppers, remove stem, removed seeds, set peppers aside. Chop up top rings after removing stem. In bowl add chopped onion, chopped pepper, ground chuck, cooked rice, garlic salt and pepper, and mix well together. After seeding pepper and washing thoroughly, stuff peppers with rice/meat mixture. Do not press hard down into pepper, lightly fill peppers so filling will not be hardened when cooked. Place stuffed peppers into dutch oven pan, pour tomato sauce on top of each one, then pour 16 oz can of tomatoes around peppers, fill 8 oz can with warm water,

swish around and pour into 16 oz can, swish around and pour around peppers. Cover pan and bake in oven at 350°F for 1 hour 10 minutes. Remove from oven let stand about 10 minutes before serving.

Gary: I like to cook angel hair pasta, and lay a stuffed pepper split in half on a small bed of pasta and spoon some of the tomato sauce on top. You can also top with some grated cheese. These are great left over, and they freeze very well.

Vegetarian Meatballs

Gary Yovino Class of 1971

4 Eggs slightly beaten
1 Envelope Lipton onion soup mix
2 Cups grated cheddar cheese
3/4 Cups chopped walnuts
1 Cup dry Italian style breadcrumbs
2 Envelopes vegetarian broth

Recipes

Main Dishes

Mix ingredients together in order. Refrigerate for 30 minutes. Form into 1 1/2 inch balls and place on baking sheet sprayed with pam. Bake at 400°F until brown, about 20 minutes.

At this point they can be frozen.

When ready to use, place meatballs in a casserole and cover with your favorite tomato sauce, spaghetti sauce and bake covered at 350°F for 1 hour.

Meatballs can be prepared in a crockpot on high setting for 1 1/2 hours.

Gary: I was a little reluctant to taste these when I first saw them. But I must admit, if you don't want to eat meat, these are pretty darn good. I have also used these as appetizers by melting a 1 pound jar of

grape jelly and 1 jar of chile sauce in a saucepan, then simmer the meatballs like directed above. It has a great flavor.



Menu



Miscellaneous



Miscellaneous

Blueberry Pancakes

Gary Yovino Class of 1971

1 cup flour
1 teaspoon baking powder
1 teaspoon baking soda
1 tablespoon honey
pinch of salt
1/2 cup plain yogurt
1/2 cup milk
1 teaspoon vanilla
1 egg, or 2 egg whites, or 1
eggs worth of egg beaters
1 cup fresh blueberries, you
can use frozen

Mix dry ingredients together, add yogurt, milk, and vanilla and blend well. Beat egg, egg whites, or egg beaters until frothy then mix in. The batter should be thin enough to pour, add a little more milk if needed. Fold in blueberries.

Heat nonstick pan on medium heat sprayed with pam or swiped with oil. Ladle batter onto pan. When little bubbles

form around edges and begins to dry flip over and cook until lightly browned on bottom. Keep warm until pancakes are all cooked.

Top with fresh fruit or powdered sugar, or your favorite syrup. 9-10 small pancakes.

Cinnamon Spread

Gary Yovino Class of 1971

1-8 ounce package of cream
cheese softened
1 Teaspoon cinnamon
2 Tablespoons honey

In a bowl mix cream cheese, cinnamon and honey until completely blended. Refrigerate at least 1 hour after mixing.

Gary: When making any of the sweet breads, datenut, apple, banana, this is a perfect spread to use when serving this type of dessert. You can

Recipes.

Miscellaneous

use in place of cinnamon, 2 tablespoons of orange marmalade, strawberry preserves, etc.. If using a sweetened flavor only use 1 tablespoon honey.

Gary's Italian Dressing

Gary Yovino Class of 1971

1 1/3 cups salad oil
1/2 cup cider or red wine vinegar
1/4 cup grated parmesan cheese
1 tablespoon sugar
1 teaspoon salt
1 teaspoon celery salt
1/2 teaspoon black pepper
1/2 teaspoon dry mustard
1/4 teaspoon paprika
1 clover garlic minced or 1/2 teaspoon garlic powder
1 1/2 teaspoons italian mixed spice

or

1 teaspoon oregano
1/2 teaspoon parsley
1/8 teaspoon cayenne pepper

Place all ingredients in a blender and mix until completely blended. Can be kept in the refrigerator for several weeks.

Gary: You can be your own judge with the flavors you like to blend together. I sometimes use more parmesan cheese. Sometimes add hot pepper flakes instead of cayenne pepper. But all in all, it is a great dressing that is much less expensive to make than to buy, and much fresher too.

Hot Fudge Sauce

Gary Yovino Class of 1971

2 Tablespoons flour
1 Cup white sugar
1/3 Cup baking cocoa
2 Tablespoons butter
1 Cup milk

Mix together in a small saucepan. Bring to a boil over medium heat, stirring

Recipes

Miscellaneous

constantly. Boil until sauce thickens. Hot fudge sauce will continue to thicken as it cools. Serve warm.

Larson's Salad Dressing

Jeff Reichard Class of 1969

3 tablespoons sugar
1 fresh egg
1 teaspoon salt
1 teaspoon pepper
2 cloves garlic
1/2 cup wine vinegar
1 1/2 cups oil more or less

Put all ingredients except oil and blend well. Slowly add oil while blending. Add oil to your taste, a little less or more will work fine.

Scented Sugar

Marcia Sterry Zinser Class of 1971

In pretty jars of any size, layer white granulated sugar and one of the following:

Rose Petals

Mint Leaves
Orange Peel
Vanilla Bean

You want mostly sugar. Let sit for a week or until it has a nice fragrance and taste.

Make sure your rose petals, mint leaves or orange peel are clean and free from insects.

Marcia: I have done the vanilla bean often and it is really pleasant! It makes a great gift and is good in coffee, and great for baking.



Menu



Pies & Pastry



Pies and Pastry

Annie's Pie Crust

Gary Yovino Class of 1971

2 1/3 Cups flour

1 Teaspoon salt

1 Cup crisco shortening

7-8 Tablespoons cold water

Measure flour into bowl and add salt. Put in shortening and start cutting in with a pastry blender, or use a fork to blend. Add ice and water to a glass, and spoon the 7-8 Tablespoons of water from there. The cold water helps keep the dough firm. Keep mixing until well blended. Chill for at least 1/2 hour. Roll out as usual with any pie crust. Enough dough for top and bottom crust of a 8 inch pie. If you are using a 10 inch deep pie dish, you will need to double the recipe. This will stay in the refrigerator for 2-3 weeks.

Gary: This is my moms pie

crust recipe and one of my favorites. This is great for any sweet or savory pies, including pot pie!

Aunt Marlene's Apple Pie

Jeff Reichard Class of 1969

Mix together and set aside:

1/4-1/2 cups flour

3/4-1 cup sugar

1-2 teaspoons cinnamon

8 Large apples (mix up granny smith/cortland/rome peel and slice

Use Aunt Marlene's Pie Crust
Put sliced apples in a large bowl and sprinkle with 1/2 of the flour mixture.

Using 9 inch pie plate, roll out dough for bottom crust and pour apples into dough, sprinkle remaining flour mixture over apples. Dot with slices of butter over apples. Place rolled top crust over filled pie plate, make several slits into the top crust. Preheat

Recipes

Pies and Pastry

oven at 425°F for 15 minutes, then reduce to 375°F and bake at least 1-2 hours until the apples are soft, or to your own liking. Place foil over top crust when it looks golden brown to stop crust from burning.

Crust:

Fill small bowl with cold water and ice cubes and set aside.

1 1/4 Cups flour
1/2 Teaspoon salt
2/3 Cups crisco shortening
3 to 4 Tablespoon iced water

Mix flour and salt together, then add crisco and mix well with fork until it resembles crumbs. Add 3 tablespoons ice cold water and mix with hands until it forms a ball. Take waxed paper and flour it, and also a rolling pin, roll out crust. This makes 1 9 or 10 inch pie crust. You will have to double the recipe to have a

top and bottom crust for the apple pie.

Aunt Marlene's Pie Crust

Jeff Reichard Class of 1969

Fill small bowl with cold water and ice cubes, set aside

1 1/4 Cup flour
1/2 Teaspoon salt
2/3 Cups crisco shortening
3 to 4 Tablespoons of ice water

Mix flour and salt together, then add crisco and mix well with fork until it resembles crumbs. Add 3 tablespoons ice cold water and mix with hands until it forms a ball. Take waxed paper and flour it, also a rolling pin, roll out crust.

This makes 1 9 or 10 inch pie crust. Any left over crust I roll it and fill with jelly or butter and a cinnamon sugar mix and roll like a jelly roll and place on a greased sheet of

Recipes

Pies and Pastry

foil and bake it 15 minutes.

Pineapple Pie

Karen Yovino Coelho Class of 1969

1 can crushed pineapple
w/juice (not syrup)
1 beaten egg
2/3 cup sugar
1 Tablespoon flour

Mix together and pour into a
9 inch uncooked pie shell.

Bake a 400°F for 15 minutes,
then turn down temperature
to 350°F and bake another 25
minutes. If using top crust it
would be 25 minutes until
golden brown. Cool
completely and refrigerate.

Ricotta Cheese Pie

Gary Yovino Class of 1971

1 1/2 Pounds ricotta cheese
4 Eggs
1 Teaspoon almond or vanilla
extract
1/2 Cup sugar

1/2 Cup toasted sliced or
slivered almonds

Preheat oven to 350°F.

Mix entire ingredients with
electric beaters. You can pour
this mixture into a frozen
uncooked pie crust, or use the
pie crust listed in this cook
book.

Bake pie for 45 minutes in
preheated oven. Turn oven off
and leave pie in oven for at
least 10 minutes before
removing pie from oven. Let
cool completely. You want to
chill this pie before serving.
Servings 6-8.

Gary: You can use a fruit
topping before serving, or
serve plain and add topping
to each slice.

Rugalach

Gary Yovino Class of 1971

2 Sticks of butter or margarine
at room temperature

Recipes.

Pies and Pastry

8 Ounces of cream cheese at room temperature
1 Teaspoon vanilla
1/8 Teaspoon salt
1/2 Cup sugar
2 Cups all purpose flour

In a bowl measure flour, salt, and sugar and set aside.

In a bowl with hand mixer, beat butter, cream cheese and vanilla until well blended.

Pour in dry mixture and mix until blended well. If dough is a bit tacky add flour 1 tablespoon at a time, until dough does not stick to your hands. Chill 1 hour.

Separate dough into four equal pieces. Roll out dough into 8 to 10 inch circle.

Thickness is to your liking. Spread any jam or preserve filling sparingly 1 inch from outer circle do not spread to center, so dough will not stick together after being rolled. Cut into 16 even pie slices and

roll wide end to center. Place on ungreased cookie sheet. Bake at 350°F for about 22 minutes or until lightly browned. Cool on cooling rack. Dust with powdered sugar. Or you can make a icing of 1 cup powdered sugar and 1 tablespoon milk and drizzle with a spoon or fork on top.

Gary: You can also use a mixture of ground nuts and sugar and cinnamon, 1 cup nuts/ 1/2 cup sugar and 1 teaspoon cinnamon, spread lightly on dough and then press into dough with rolling pin. Bake as normal.



Menu



Side Dishes



Spicy Yam Curry

Herb and Olive Oil

Recipes

Side Dishes

Acorn Squash

Joe Dukett Class of 1971

1 acorn squash

Water

Melted butter

Brown sugar

Squash can be split in two, or cubed. Place in casserole dish and add about 1 inch of water. Add melted butter to your liking, and add brown sugar to your liking. Bake at 350°F for about 1 hour.

Skin can be removed after baking. Simple but delicious!

Bacon Tomato Cups

Patty Matteo Class of 1971

8 slices bacon, crispy cook then chopped

1 medium tomato seeded

1/2 small onion chopped

3 ounces swiss cheese shredded

1/2 cup mayonnaise

1 teaspoon dried basil or lots

of fresh chopped

1 can 10 ounces refrigerated flaky biscuits

Preheat oven to 375°F. Put chopped bacon, tomatoes, and onion in a bowl, add 3/4 cup of cheese, mayonnaise and basil and mix.

Separate the biscuits into thirds. Press into a mini muffin tin using the rounded end of a utensil or press in with fingers. Fill each cup with about a teaspoon of the mixture. Bake 10-12 minutes until golden brown. Makes 30.

Patty: I prefer roma tomatoes, also known as plum tomatoes. I use a little extra more cheese or just guess. Any left over filling makes a great grilled sandwich! Enjoy!

Side Dishes

Baked Beans w/Meat

Marcia Sterry Zinser Class of 1971

1 Pound ground beef
1 Large onion chopped
I use Tony Chachere's
Original seasoning to taste
Salt, pepper, garlic powder or
minced garlic to taste
4 regular or 2 large cans
baked beans
1 Cup barbecue sauce
Large swig of catsup
1/2 Cup brown sugar
1 Swig of mustard

Fry ground beef and onion
until browned, and add the
seasonings.

Add remaining ingredients
and mix well. Bake at 350°F
uncovered for 45 minutes.

Marcia: I drain the liquid from
only one can if real runny. I
use barbecued beans instead
of regular. This was give to
me by a wonderful friend

Chris Dailey.

Betty Haas's Baked Beans

Marcia Sterry Zinser Class of 1971

1 Pound dried navy beans,
washed and sorted over
1/2 Pound good bacon
1 Large sweet onion, diced
1/2 Cup white sugar (more to
taste) I prefer sweeter
Water
1/2 Teaspoon salt

In a crock pot place the 1/2
pound of bacon.

After beans are washed, place
in a large bowl and cover with
hot water just to the top of the
beans. Then add sugar and
the salt, stir until well mixed
and sugar is dissolved. Add
the diced onion then stir and
taste for seasoning. Add more
sugar, salt, onions, or water or
needed. Since the beans have
not been soaked you will need
to add more hot water as the
beans cook. You will need to
check on them often in the

Recipes

Side Dishes

first several hours, keeping them covered with water.

They should not dry out.

After you have seasoned and stirred, pour gently on top of bacon in the crock pot. I start them on high and turn to low as the day goes by. These can sit in the crock all day.

Towards the end of the cooking, bring the bacon to the top so it will dry out a bit. These keep very well and the flavor actually gets better with time. Very easily doubled for a crowd.

Marcia: This recipe was given to me from my Mother, Margaret Sterry.

Carrot Raisin Slaw

Marcia Sterry Zinser Class of 1971

2 10 Ounce bags of julienne carrots

3/4 Cup golden raisins

2 Scallions thinly sliced

1/2 Cup fresh parsley

Mix all together in a bowl and set aside.

Dressing:

1/3 Cup orange juice

2 Tablespoons red wine vinegar

2 Tablespoons canola oil

3/4 Teaspoon kosher salt

1/2 Teaspoon ground cumin

1/4 Teaspoon fresh ground black pepper

Whisk all ingredients together and add to the carrot mix. Let it sit out for around 30 minutes or so, toss occasionally. It is then ready to serve. Serves 8.

Marcia: From a Hannaford recipe.

Jan's Scalloped Potatoes

Jan Reichard Whitlock Class of 1970

3 Tablespoons butter

1 Small onion chopped

3 Tablespoons flour

1 Teaspoon salt

Recipes

Side Dishes

1/4 - 1/2 Teaspoon black pepper
1 1/2 Cups milk
1 Cup mexican shredded cheese
5 Medium potatoes, peeled and sliced
1/4 Teaspoon paprika - I use less

Melt butter and throw in chopped onion and cook onion until tender, about 5 minutes. Then mix in flour, salt and pepper until blended about 1 minute. Gradually stir in the milk, stir constantly until mixture thickens slightly. Remove sauce pan from heat and stir in mexican shredded cheese. Put 1/2 of sliced potatoes in a greased/sprayed 2 quart baking dish, and pour 1/2 of the mixture over the potatoes. Add the rest of the potatoes and pour the other 1/2 of mixture on top of potatoes, and then sprinkle the top with

paprika. Cover and bake 375°F for 1-2 hours until potatoes are soft. Uncover and bake 15 minutes more until golden brown.

Marlene's Yam Casserole

Jeff Reichard Class of 1969

6 to 8 Large yams
Vegetable oil
1/4 Cup sour cream
1/4 Cup milk
2 Tablespoons packed brown sugar
2 Tablespoons butter
1/8 Teaspoon salt
2 Tablespoons coarsely chopped pecans or walnuts (optional)

Wash yams well. Prick holes into yams and rub with oil. Bake until cooked. While still warm, (not hot), peel the skins off and place in a bowl. Beat together with remaining ingredients. Butter or spray a 1 1/2 quart pyrex baking dish and spread out yams in dish.

Recipes

Side Dishes

Bake at 400°F for about 20 minutes or until top is golden brown. This can be cooked a day ahead of time and heats up well in the microwave.

Orzo with Roasted Vegetables

Marcia Sterry Zinser Class of 1971

1 Large eggplant cut into chunks, (they will shrink)
1 Red bell pepper 1 inch dice
1 Yellow pepper 1 inch dice
1 Red onion, peeled and 1 inch dice
2 Cloves garlic minced
1/3 Cup olive oil
1 Tablespoon kosher salt
1/2 Teaspoon fresh ground black pepper
1/2 Pound of orzo pasta

To assemble:

4 scallions minced
1/4 Cup pine nuts, toasted for a few minutes
1/2 Pound crumbled feta cheese
15 fresh basil leaves, cut into

chiffonade (long thin strips)

Preheat oven to 425°F. Toss eggplant, peppers, onion and garlic with the oil, salt and pepper on a large baking sheet. Roast for 40 minutes until browned, turning once with spatula.

Meanwhile cook the orzo in boiling salted water for 7-9 minutes until tender. Drain and transfer to a large serving bowl. Pour dressing over pasta and veggies. Let cool to room temperature, then add scallion, pine nuts, feta cheese and basil. Check the seasonings and serve at room temperature.

Marcia: From Maribeth Cetola.

Ranch Potato Casserole

Patty Matteo Class of 1971

6-8 Medium red potatoes (about 2-2 1/2 pounds)
1/2 Cup sour cream

Recipes

Side Dishes

1/2 Cup prepared ranch style dressing
1/4 Cup bacon bits (real bacon crisp, crumbled)
2 Tablespoons fresh parsley minced
1 Cup shredded cheese (4 ounces)

Topping:

1/2 Cup shredded cheese
2 Cups slightly crushed corn flakes
1/4 Cup butter melted

Quarter potatoes with skins on and cook the potatoes until tender, set aside. Combine sour cream, dressing, bacon, parsley and 1 cup of shredded cheese in a bowl. Place potatoes in a greased 13 x 9 baking dish, and pour sour cream mixture over potatoes and gently toss. Top with 1/2 cup cheese. Combine corn flakes and melted butter and sprinkle over casserole. Bake 350°F for 40-45 minutes.

Makes 8 servings.

Patty: I double this for a larger casserole!

Scalloped Potatoes

Karen Yovino Coelho

5 medium potatoes peeled and sliced thin
1 onion chopped
1 stick margarine
1 Tablespoon corn starch
1/2 cup flour
1 1/4 cups milk
Grated cheese (optional)
Salt and pepper to taste

Grease baking dish with margarine. Put layer of potatoes, add a sprinkle of chopped onions, then sprinkle some flour, salt and pepper to taste, then (optional) grated cheese. Repeat layers.

Heat Milk and cornstarch in a sauce pan just until it boils, then pour over potatoes.

Side Dishes

Bake at 375°F for 1 hour until golden brown and bubbly.

Summer Corn & Tomato Salad

Mary Jo Whitlock Walsh Class of 1971

5 Cups of corn kernels from 10 ears of fresh corn
4 Fresh tomatoes from the garden freshly chopped
1/4 Cup of safflower or canola oil
3 Tablespoon raspberry vinegar
Juice from 1 lime
Coarse salt and fresh ground pepper
10 Scallions chopped (use white and green parts)
1/2 Cup fresh cilantro

Bring salted water to a boil in a vegetable steamer and put the corn kernels cut from the cob into the steamer basket, cover and steam until just crisp and tender, about 3-5 minutes.

Whisk the corn, vinegar and lime juice together in a small bowl. Season to taste with salt, pepper, or whatever other seasoning you like. Combine the corn mixture with the tomatoes, scallions and cilantro in a large bowl and toss together. Can be served room temperature or chilled

Mary Jo: Salad should be kept covered in the refrigerator and will last 3 days. The original recipe is from the Bridgewater Gazette and modified slightly. I also make this salad when corn on the cob is not available by steaming frozen corn. But nothing is as good as the corn from Larson's Farm!

Vegetable Cutlets

Gary Yovino Class of 1971

1 1/4 cups finely chopped green pepper
1 1/4 cups grated raw carrots

Recipes

Side Dishes

packed tightly
1 1/4 cups chopped raw
spinach packed tightly
(1 10oz chopped frozen
spinach drained works)
3 medium potatoes boiled and
mashed
1 tablespoon grated raw onion
1 tablespoon minced parsley
6 ounces egg substitute (3
eggs worth)
1 1/2 teaspoons salt
1 1/4 cups matzo meal

Mix vegetables and parsley
together, beat eggs and salt
and then add to vegetables,
stir until mixed. Stir in matzo
meal and let stand for 30
minutes.

Form into patties and fry in
nonstick pan until brown on
both sides. You can also bake
these in a 9 x 13 pan at 350°F
for 1 hour until top is crispy.

Gary: You can add grated
cheese in mix, or you can

sprinkle shredded cheese on
top each patty until it melts.
Good with a white sauce or
hollandaise sauce on top.



Menu



Soups



Recipes

Soups

Apple Squash Soup

Maria Cyr Class of 1971

2-3 Pounds fresh organic
butternut squash diced
1 big organic apple, tart or
sweet, peeled cored diced
Organic cold pressed extra
virgin olive oil
1 Medium organic vidalia
onion
1 big organic carrot
5-6 Cups homemade free
range chicken broth
1 Cup organic heavy cream
(can use raw cow/goat cream
1 Fresh organic lemon or lime
juiced and zest
Fresh ground organic pepper
1 teaspoon or to taste
or a touch of cayenne if you
like hot stuff
1 Cup organic goat feta cheese
crumbled

Steam squash and apple until
tender, save water from pan.
Cool and peel. Heat olive oil
in a soup pot and saute

together the onion and carrot,
don't over do it.

Add squash and apple, mix it
up, can use electric beaters to
blend or a blender, use some
of the water from steaming if
too thick. Return to pot, add
cream, lemon/lime juice and
zest. Heat well on low stirring
well, add pepper to taste and
feta cheese. Now eat it up,
smack your lips, dribble some
down your shirt, best of all
enjoy!

Maria: Of coarse one can vary
the butternut squash for
spaghetti squash or use any
sweet onions. I like to add
fresh elephant garlic minced
from my garden, and you can
top it with any fresh herb
ground and sprinkled on.

Cabbage Soup

Gary Yovino Class of 1971

2 Large cans Chicken broth 8
cups
1 Medium onion chopped

Recipes

Soups

2 Carrots chopped
2 Celery stalks chopped
1 Medium head of cabbage
shredded
1/4 Cup butter
3 Tablespoon flour
1 Pound chopped ham
2 Cups half & half
Salt and pepper to taste

In 6 quart stock pot add chicken broth, onion, carrots, celery, and shredded cabbage. Bring to a boil and let simmer for 30 minutes. In a small saucepan melt butter and mix in flour to make a paste. Add salt and pepper, and gradually stir in half n half until well blended. Keep stirring until it starts to thicken thicken and then add to stock pot. Bring to slow simmer, then add ham and stir until it comes back to a boil, then shut off. Soup is ready to serve. Makes 8 servings.

Gary: Great to serve with any kind of crackers or crusty breads. You can leave out the butter, flour, and milk, and just serve as a plain cabbage soup. This can also be made with a ham bone, or ham hocks in the first steps, then remove and remove meat off the bone and add back to the soup.

Cheese Soup

Gary Yovino Class of 1971

3/4 Cups butter
6 Tablespoons flour
3 Cups milk
1 Cup light cream
1 Teaspoon salt
2 Cups grated cheddar or american cheese
1/2 Pound sliced mushrooms
1 Pint chicken broth

Melt butter in 6 quart stock pot, add flour and mix well, then gradually add milk and cream. When it has reached the warm stage add the

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cheese and simmer slowly while stirring. Add the mushrooms and chicken broth and simmer slowly until mushrooms are tender. Makes 4 servings.

Gary: This was a recipe given to me by a good friend Lucille Ring. I have also used some shredded carrots in this with the mushrooms, and a few times in place of the mushrooms. This is a rich tasting soup. By no means is it a diet item!

Cucumber Cream Soup

Mary Jo Whitlock Walsh Class of 1971

3 Medium size cucumbers, peeled and cut into cubes
1 Clove garlic halved
3 Tablespoons chopped parsley
3 Tablespoons chopped onion
1 Can regular strength chicken broth
3 Tablespoons white wine

vinegar
1 Pint plain yogurt (2 cups)
1 Cup sour cream
Salt & pepper
Optional: Chopped fresh mint, shelled sunflower seeds

In a blender or food processor, combine cucumbers, garlic, parsley, onion, broth, vinegar, and mix until well blended. Pour about half of the mixture into a container and set aside. Add 1 cup of the yogurt and 1/2 cup sour cream to cucumber mix that is in the blender, and whirl until smooth. Transfer to a large bowl. Pour the reserved cucumber mixture into the blender and add the remaining sour cream and yogurt and whirl until smooth. Add to mixture in bowl. Season with salt & pepper to taste. Chill, stir, and season to taste again, then garnish with mint and sunflower seeds.

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King Crab Bisque

Gary Yovino Class of 1971

- 1 Pound of king crab meat
- 2 Tablespoons onion finely chopped
- 1/4 Cup melted butter or margarine
- 3 Tablespoons all purpose flour
- 1/4 Teaspoon paprika
- Dash of white or black pepper
- Dash of salt
- 1 Quart milk
- Fresh chopped parsley

Remove any pieces of shell or cartilage from crab meat. Fresh, frozen, or canned you still want to check. Break meat into pieces. Saute onion in butter until tender, then blend in flour and seasonings. Add milk gradually and stirring constantly. Stir and cook until thick. Add crab meat and heat thoroughly. Pour into serving bowls and garnish with parsley. Serves 4.

Gary: I have had many Seafood and Lobster or Crab Bisque. Crusty bread or croutons are a good addition to this soup. This I have found is one of the best. Rich, tasty. A must for seafood lovers.

New England Clam Chowder

Gary Yovino Class of 1971

- 2 Cans minced clams
- 3 Cups water
- 2 Slices salt pork w/rind removed and finely chopped
- 1 Medium size onion chopped
- 3 Medium red potatoes w/skins on diced
- 3 Tablespoons butter
- 2 Cups half & half
- 1 Teaspoon salt
- 1/2 Teaspoon white or black pepper

Combine the clams and their liquid and the water in a stockpot and bring to a boil. Drain the clams and set them

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aside, reserving the broth/juice in the pot. In a heavy saucepan fry the salt pork until lightly brown and discard. Saute the onions in the salt pork grease and cook until translucent. Add the clam broth and the potatoes and cook until the potatoes are tender. Stir in the butter, half & half, salt and pepper. Heat but do not boil. Last, add the clams. Makes 6 servings.

Gary: If you prefer your soup thickened you can make a roux by melting some butter and stirring in flour until mixed, and then add to soup before putting in the clams. Stir constantly until you reach the consistency you like, then add the clams and shut the soup off. Your soup is ready to serve. Very creamy!

Pasta e Fagioli

Patty Matteo Class of 1971

1 ham bone with some meat
or a couple of ham hocks
or a whole ham cut up after
boiling
6 Cups water
4 stalk celery cut in chunks
2 carrots
1 8 Ounce can of tomato sauce
1 onion
Navy beans (dried, must be
soaked overnight and
cooked) or 2 cans navy beans.
1 Box ditalini pasta (small
tube pasta)

Cover the ham bone with water and bring to a boil. Add cleaned and chopped celery, carrots and whole onion. Simmer for a couple of hours. Remove ham bone/ham. Remove and discard onion, mash carrots and return to pot. Add the beans and 1 small can of tomato sauce. Cook the pasta separately,

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drain and add to soup.

Crushed red pepper and parmesan cheese makes a good topping.

Patty: You can use any other type of pasta for this dish. The sauce you can use any leftover sauce you have, spaghetti, etc. I sometimes chop up fresh tomato or use a can of crushed tomato. My grandmother didn't use onion or garlic and her soup was the best! Other white beans can be used too, chick peas are a nice change, (chi chi beans), if you use green peas, it is called Pasta Fazole.

Tortellini Soup

Marcia Sterry Zinser Class of 1971

2 Tablespoons olive oil
2 Onions, chopped
2 Cloves garlic, chopped
1 46 oz chicken broth or 8 cups of homemade broth
16 Ounces fresh tortellini
1 10 oz pkg frozen spinach

thawed

1 9 oz pkg frozen artichoke hearts (or 1 can) chopped

1 15 oz can white beans drained

1 12 oz jar roasted peppers, drained and pureed

1 28 oz can crushed tomatoes

Salt and pepper to taste

1 Tablespoon oregano

1/4 Pound parmigiana-reggiano cheese, grated or shaved for garnish

Saute the onion in the olive oil for around 10 minutes or until translucent. Add garlic and saute a few minutes more.

Pour in the chicken broth.

Then add 5-6 cups of water to the pot, heat until boiling. Stir in the spinach, artichoke hearts, pepper puree and tomatoes. Season to taste with salt and pepper, then add oregano. Heat at least 10-15 minutes and then add the beans and the tortellini. Don't

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overcook or the tortellini will become mushy.

Top each serving with a serving of grated or shaved cheese. Serves 10 and is easily doubled for a larger crowd.

Marcia: I adapted this from a recipe I found in 1994 from "The Baking Sheet" from King Arthur flour company. You can add cooked Italian sausage pieces or cooked chicken pieces to make it much more hearty!

Wild Rice, Bean & Tofu Soup

Sue Newton Kessler Class of 1971

1 Cup wild rice
4 Tablespoons olive oil
1 Cup carrots diced
1 Cup parsnips diced
1 Cup Vidalia onion diced
1 Cup fresh swiss chard, sliced fine
6 Cups low sodium chicken or vegetable stock

3 Cups plain low fat soy milk
1 Clove garlic minced
1 Can white kidney beans rinsed and drained
1 Can dark red kidney beans, rinsed and drained
1 Can black beans, rinsed and drained
1 Cup regular tofu cubed
Sea Salt, black pepper to taste.

Cook rice according to package directions. You can blend some white or brown rice to the wild rice, make certain you keep it a total amount of 1 cup uncooked. While rice is cooking, saute carrots, parsnips, and onion in the olive oil. In a large stockpot place the saute'ed vegetables, stock and soy milk. Add garlic, chard, beans and tofu and simmer for about 10 minutes. At the end, add the cooked rice to the stockpot and stir. Season with salt & pepper. Serves 4.

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Sue: I have always loved soups and stews. The feel of the hot steamy bowl on your face and the aroma of the herbs and spices leaves you feeling so cozy. It is truly a comfort food!

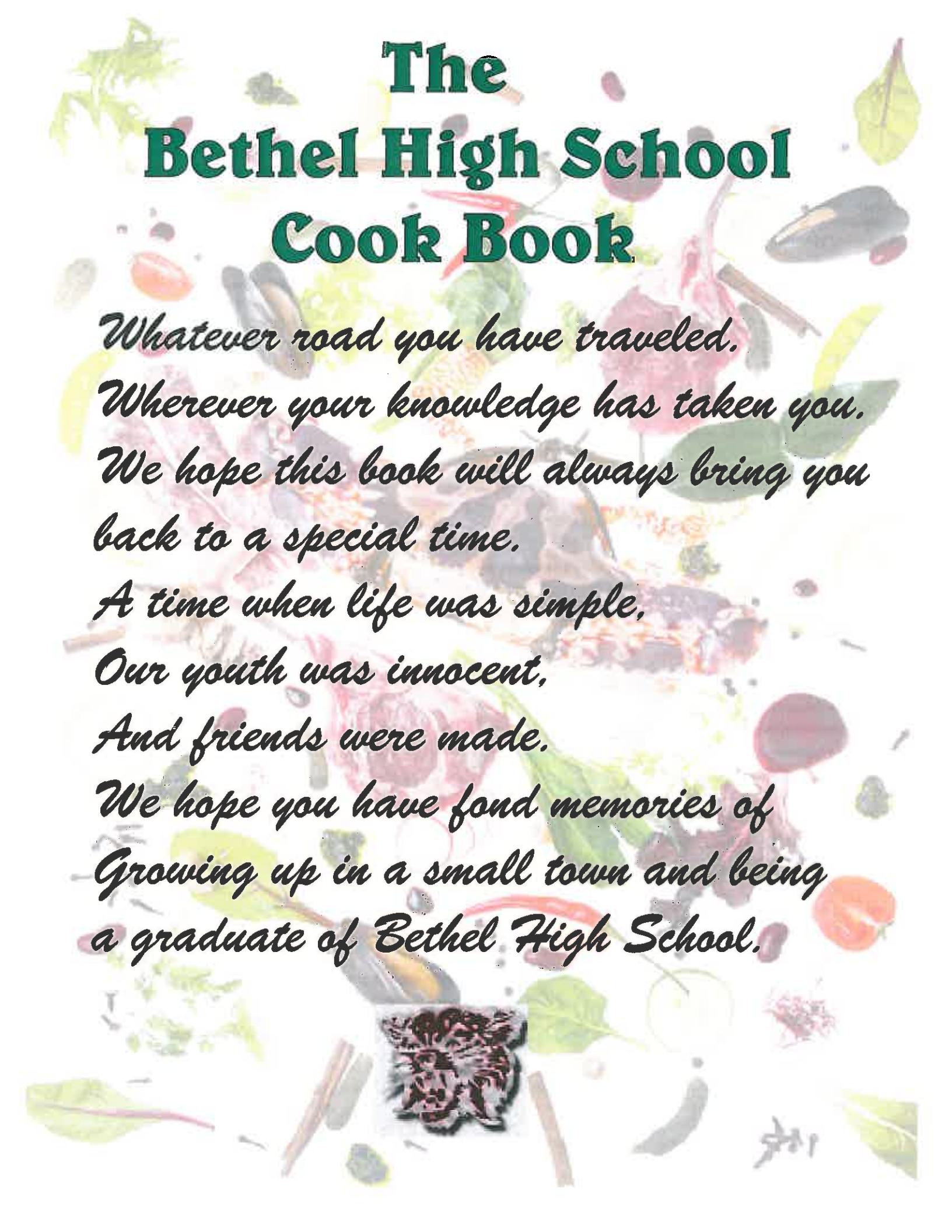
Zucchini & Potato Soup

Karen Yovino Coelho Class of 1969

1 Large zucchini, peeled and
1/2 inch cubed
6 Large potatoes peeled and
1/2 inch cubed
1 8 Ounce tomato sauce
1 Small chopped onion
Water
Salt to taste
1/4 Cup canola oil

In a 6 quart pot saute the onions in the oil until translucent. (There should be equal amounts of potatoes and zucchini). Add zucchini, potatoes, and tomato sauce then pour in enough water to cover ingredients. Bring to a boil then lower the heat to

simmer while covered. Let cook until zucchini and potatoes are tender. Add salt to taste. Optional: can add grated cheese.



The Bethel High School Cook Book

*Whatever road you have traveled,
Wherever your knowledge has taken you,
We hope this book will always bring you
back to a special time.*

A time when life was simple,

Our youth was innocent,

And friends were made.

*We hope you have fond memories of
Growing up in a small town and being
a graduate of Bethel High School.*