

# Jeri's Cookbook

A collection of  
"Just plain GOOD recipes",  
begged, borrowed, or stolen  
from family and friends

Probably NOT for the calorie-conscious,  
but all good and tasty nonetheless.

Jeri's Cookbook  
Compiled by: Tom Hammond

Where such information is known, credit has been given to the originating cook

All sales are final, your mileage may vary, no returns without receipt

Last changed: 04/24/2001

## RECIPE DIRECTORY - JERI' COOKBOOK

(**Bold** recipe numbers and names indicate our favorite recipes)

(Note: **Recipe numbers** are not the same as **page numbers**)

Recipe

No.      Description

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<b>081</b>	<b>Chinese Stuffed Mushrooms</b>
<b>007</b>	<b>Clam Dip</b>
166	Cocktail Meatballs, Greek
065	English Toffee
<b>053</b>	<b>Fruit Pizza</b>
039	Ham & Clam Puffs
113	Hawaiian Fondue
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<b>064</b>	<b>Hot Chili Oil (Chinese Hot Oil)</b>
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<b>212</b>	<b>Great Onion Rings</b>
<b>040</b>	<b>Parmesan Cheese Toast</b>
101	Polish Mistake
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167	Salsa, Debbie Schellman's
<b>195</b>	<b>Shrimp, Mercy Killing BBQ'ed, Tom McMahan's</b>
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<b>193</b>	<b>Spinach Balls, Linda Warden's</b>
052	Summer Sausage, Debbie Schellman's Venison
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179	Castillian Salad Dressing, Mrs. Hullings Cheshire Inn
002	Cauliflower Salad
211	Cheese Soup, Jeri's (Not too Rich)
192	<b>Chicken Salad, Jeri's Easy</b>
208	<b>Chicken Salad, Linda Fletcher's</b>
213	<b>Chicken 'n Noodle Soup, Jeri's Rich-Tasting, Lo-Fat</b>
051	<b>Chinese Hot &amp; Sour Soup</b>
182	<b>Crab Bisque (Jeri-style)</b>
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205	Cream of Mushroom Soup, Jeri's (lactose-free)
103	Garlic Soup, Sylvia Hammond's
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171	Green Goddess Dressing, Roberta "Bob" Cook's
207	Melon Salad, Linda Fletcher's
122	Minestrone Soup, Jeri's
147	Pasta Italian Salad Dressing, Jackie Hoormann's
184	<b>Potato Salad for a Crowd, Jeri's</b>
123	<b>Potato Soup, Grandma Alva's &amp; Jeri's</b>
142	<b>Potato Soup, Quick Home Made</b>
190	Slaw, Aggie Schellman's Sweet Vinegar
028	<b>Spinach Salad &amp; Dressing, Jim Culley's</b>
187	<b>Thousand Island Dressing, Jeri's</b>
008	<b>Vichyssoise - BA</b>

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136	<b>Beans &amp; Rice, Tia Carmen Guerra's Belizian</b>
209	<b>Beans &amp; Rice, Jeri's Quick (kinda) Belizian</b>
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093	Corn Pudding (Souffle'), Thelma's, Alice's Restaurant
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014	Ravioli, Uncle Tony's
104	Renderrouladen, BA
<b>198</b>	<b>Rice Pancakes, Jeri's</b>
<b>074</b>	<b>Roast Beef, Always Rare (How To Cook)</b>
<b>214</b>	<b>Salmon Cakes, Pan-Fried Fresh</b>
<b>015</b>	<b>Sauerbraten - BA</b>
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<b>195</b>	<b>Shrimp, Mercy Killing BBQ'ed, Tom McMahan's</b>
157	Shrimp Scampi, Jeri's
<b>017</b>	<b>Skillet Red Cabbage</b>
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<b>105</b>	<b>Steak Marinade, Dot McMahan's</b>
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013	Tomato and Meat Sauces for Pasta, Uncle Tony's
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022	Carrot Cake, Jean Finn's
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120	Cinnamon Stars, Grandma Evelyn's
<b>180</b>	<b>Cornbread Recipe, Craig Offutt's</b>
<b>170</b>	<b>Cream Cheese Cakes, Katy Hammond's</b>
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210	Cream Puff Casserole, Jeannine Schaefer's
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041	Dill Bread
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158	Earthquake Cake, Red Cross
<b>020</b>	<b>Egg Custard, Grandma Katie's Old Fashioned Baked</b>
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088	Fruited Fondant Rolls
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<b>066</b>	<b>Icebox Cookies, Grandma Evelyn's</b>
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110	Hot Buttered Rum Batter, McKinney's
<b>064</b>	<b>Hot Chili Oil (Chinese Hot Oil)</b>
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<b>197</b>	<b>Maple Syrup BBQ Sauce, Jeri's (really Tom's)</b>
169	Mayonnaise, Frugal Gourmet
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164	Zucchini Jelly, Donna James'

**\*\*\* KID STUFF \*\*\***

(probably NOT edible... at least by adults)

- 137 Katy & Nancy's Killer Soap Bubble Recipe
- 145 Play-Doh, Home made



## NOTES FOR DIABETICS OR THOSE WHO MUST REDUCE THEIR INTAKE OF SUGAR

Tom is diabetic. As such, he must significantly limit his intake of sugar. We have found that Splenda® is a wonderful sugar substitute, if for no other reason than the fact that you can BAKE with it without it changing chemical composition. This is **NOT** a Splenda cookbook, but if you must reduce your sugar intake, and if you choose to use Splenda, here are some notes from the Splenda web site ([www.splenda.com](http://www.splenda.com)) which may help..

### NOTES ON BAKING WITH SPLENDAS

When you replace SPLENDAS No-Calorie Sweetener for sweeteners that have calories, it is important to understand the many roles of sweeteners in cooking and baking. With this understanding and the tips below in hand, you are sure to be successful.

Sugar and other sweeteners that have calories, such as honey, brown sugar, and maple syrup, play different roles in cooking and baking in addition to adding a sweetness;

1. They give structure, texture, and volume to recipes.
2. Sweeteners cause caramelizing and browning.
3. They provide moistness and tenderness to baked goods.
4. They provide a preservative quality and help keep foods fresh for a longer time.

SPLENDAS No-Calorie Sweetener works best in recipes where the main role for sweeteners is to provide a sweet taste. For example, SPLENDAS works well in pie filling, cheesecake, sweet sauces, marinades and glazes. It also works well in quick breads, muffins, cookies, and pies. In recipes where sugar provides structure to the product, such as plain yellow or chocolate cakes, you may need to make a few slight changes in your recipe for best results.

In recipes where the amount of sugar is quite high and sugar plays many other roles in the product's structure and texture, such as meringues, caramel, pecan pie, and angel food or pound cakes, complete substitution of SPLENDAS for all the sweeteners may not yield the best results.

Here are some general tips for using SPLENDAS as well as specific guidelines for certain types of recipes.

#### TOP 10 TIPS FOR COOKING BAKING WITH SPLENDAS NO - CALORIE SWEETENER:

1. The granular form of Splenda can be used in cooking and baking. It measures and pours, cup for cup - spoon for spoon, like sugar. **NOTE:** Jeri and Tom found that even though Splenda supposedly measures measure-for-measure, when you are using quantities larger than several tablespoons full, it is better to start out with about  $\frac{3}{4}$  of the recipe amount and then add as required. You can always ADD, but you can't take out once it's there.
2. Sugar contributes volume to many recipes. Whenever you use Splenda instead of sugar, you may notice a smaller yield. In most recipes, you can easily adjust the proportions of ingredients other than sugar to make up for this.
3. SPLENDAS can be used wherever you use sugar in cooking and baking. However, it works best in recipes where sugar is used primarily for sweetening, like fruit fillings, custards, sauces and marinades.
4. There are three ways to successfully incorporate Splenda into a recipe:
  - Combine thoroughly with the other dry ingredients
  - Dissolve in the liquid
  - Cream with butter or other fat

5. If the recipe calls for sifting the dry ingredients, measure the amount of SLENDA you need in advance. Remember, one cup of SLENDA equals the sweetness of one cup of sugar - but SLENDA does not sift like sugar because the sugar granules are larger.
6. When the recipe calls for beating ingredients together, such as butter, sugar and eggs, you may need to beat the ingredients a bit longer to get enough air into the mixture to result in a fluffy and even texture.
7. When using SLENDA to replace sugar in your baked goods, they will last longer if stored in a refrigerator.
8. Baked goods made with little or no sugar do not brown like recipes made with sugar. The addition of molasses, cocoa or other dark ingredients can help brown recipes like cookies and cakes. For browning, add 1 tablespoon of molasses for every cup of SLENDA used.
9. Check your baked goods for doneness a bit earlier than the recipe calls for, generally 7-10 minutes for cakes and 1-2 minutes for cookies. This is because recipes made with SLENDA may bake more quickly than those made with sugar.
10. For longer storage, baked goods made with SLENDA can be frozen with excellent results.

### **More Helpful Tips:**

#### ***Cakes***

Successfully make a SLENDA sweetened cake by following these tips:

- For every 1-cup of SLENDA, add cup nonfat dry milk powder (sifted) and teaspoon of baking soda.
- Add sifted nonfat dry milk and baking soda to the remaining dry ingredients.
- Otherwise follow the recipe's directions.

Cooking:

- Check for doneness 7 to 10 minutes earlier than the recipe calls for.

#### ***Bar Cookies, Brownies, Muffins and Quick Breads***

Successfully make SLENDA sweetened bar cookies, brownies, muffins, and quick breads:

- For every 1 cup of SLENDA, add teaspoon of baking soda.
- Add SLENDA granular to the butter, and cream the mixture well.
- Add baking soda to the recipe's directions.
- In muffins and quick breads, the addition of 1 to 2 tablespoons of honey or molasses will add some flavor and moistness.

Cooking:

- Check for doneness 3 to 5 minutes earlier than the recipe calls for.

#### ***Cookies***

To successfully make SLENDA sweetened cookies, the following recipe changes may be helpful:

- You can retain the chewy and crunchy texture of foods by just substituting SLENDA for white sugar.
- In addition to what the recipe calls for, add 1 tablespoon of molasses for every cup of SLENDA in the recipe to get the desired browning and flavor.

- Use cinnamon, vanilla, or almond extract to help provide the flavor.
- Reduce the liquid by tablespoon.

**Cooking:**

- Cookies may not spread as usual as they bake. To get the desired thickness, just flatten the cookie before baking.
- Check for doneness 1 to 2 minutes earlier than the recipe calls for.

***Fruit fillings, sauces, puddings, and custards:***

- These recipes may not be as thick as when they are made with sugar because sugar lends a viscous quality.
- These recipes may cook a bit faster.
- These SLENDA sweetened recipes may not have as much flavor as you like. Following the suggestions under general tips may provide you with the desired flavor.

***FAQs (Frequently Asked Questions) about cooking and baking with SLENDA®***

**Q:** What form of SLENDA No-Calorie Sweetener is easiest to use for cooking and baking?

**A:** Both the granular and packet forms of SLENDA No-Calorie Sweetener can be used in cooking and baking. However, the granular form of SLENDA measures and pours just like sugar, so it is easier to use in cooking and baking-1 cup of sugar is equal in sweetness to 1 cup of SLENDA granular.

**Q:** If a recipe also includes other sweeteners, such as brown sugar, corn syrup, molasses, maple syrup or others, can you substitute SLENDA for all of the sweeteners?

**A:** Sweeteners do more than just provide a sweet taste. Some sweeteners also lend color, texture, flavor, or moistness. SLENDA works best in recipes where sugar mainly plays a sweetening role, such as fruit fillings, custards, sauces, and marinades. In these recipes, you can feel comfortable substituting SLENDA for the sweeteners. In some recipes, such as cakes, cookies, and muffins, you can make a few changes in the recipe to have great results.

**Q:** Can SLENDA be used in microwave cooking?

**A:** Yes. SLENDA retains its sweet taste in the wide variety of temperatures and length of cooking time used in microwave cooking.

**Q:** Can SLENDA be used in frozen desserts?

**A:** Yes. SLENDA works well in frozen desserts, particularly fruit sorbet. However, the texture will not be as creamy as you may be used to.

**Q:** Can SLENDA be used in high altitude baking?

**A:** Higher altitudes (3000 feet and above) usually necessitate minor changes when baking. High altitude baking guidelines generally suggest less sugar and leavening and more liquid.

## FROM THE KITCHEN OF JERI HAMMOND

## — HAMBONE'S (RALPH HAMMOND'S) PORK BBQ BASTE —

Makes: 1 Gallon

Ingredients:

- 2 Qt. water
- 2 Qt. WHITE vinegar
- 4 to 6 oz. Lea & Perrins Worcestershire Sauce
- 2 Oz. vegetable or olive oil
- 3/4 C. salt (maybe more, adjust to taste)
- 2 Tbsp. pepper (fresh ground is best)
- 2 Tbsp. dried chopped onion
- 2 tsp. garlic powder
- 10+ shakes Tabasco Sauce

DIRECTIONS:

Combine all ingredients together in a large saucepan and bring to boil, then simmer for at least 15-20 minutes. Keep warm on stove or BBQ while using. Use freely on ribs, pork steaks or chicken. Easiest way to apply is to dip the meat in the pan each time it's ready to turn.

NOTE:

Baste should be very salty, add salt to taste.  
Scale quantities as necessary to fit your own needs.

## FROM THE KITCHEN OF JERI HAMMOND

## — CAULIFLOWER SALAD —

SERVES: 8 to 12

DRESSING:

- 1) 1/2 lb. Bacon, cut in 1/2" pieces, cooked until crisp, drained and set aside.
- 2) Blend together:
  - 3/4 C. Mayonnaise (NOT Miracle Whip!!!)
  - 1/2 C. or more sugar
  - 1/2 small (mild) onion, chopped
  - 1 1/2 tsp. lemon juice
  - 1/2 to 3/4 C. milk

SALAD:

Tear 2 or 3 varieties of lettuce into a large bowl, add chopped celery, sliced radishes and carrots, peas, green pepper, etc. plus AT LEAST one small head of cauliflower cut bite-size pieces. Toss, add bacon and bean sprouts, sunflower seeds, etc. and other crispies at the last minute. Pour dressing over all and toss again.

NOTE:

Add or delete as your taste demands, but ALWAYS use at least two kinds of lettuce, cauliflower, celery, bacon and dressing. Spinach and sliced mushrooms are also very good.

FROM THE KITCHEN OF JERI HAMMOND

— HOT HO-MADE MUSTARD —

Mix Together and allow to stand at room temperature over night:

2 Small cans (1 cup) Coleman's Dry Mustard (2 oz. size)

1 Cup Cider Vinegar

Next Add:

1 C. sugar

3 whole eggs, beaten well

Cook in double boiler, stirring occasionally, until thick.

Remove from heat and pour into containers and allow to cool.

NOTE: This mustard requires refrigeration when not in use.

## FROM THE KITCHEN OF JERI HAMMOND

## — CHEESE BALL —

## Ingredients:

- 1 Glass Jar Old English Cheese - KRAFT
- 1 Glass Jar Roka Cheese - KRAFT
- 3 8 oz. packages Philadelphia Cream Cheese
- 2 tsp. onion juice
- 1 tsp. Worcestershire Sauce
- 1/2 to 3/4 C. chopped pecans
- 1/2 C. chopped parsley (optional)

Allow cheese to soften at room temperature. Make into ball and roll in chopped pecans. Allow to chill in refrigerator. Can be rolled in chopped parsley.

## FROM THE KITCHEN OF JERI HAMMOND

## — THELMA'S POUND CAKE - FROM "ALICE'S RESTAURANT" —

## Ingredients:

- 1 lb. Butter
- 1 lb. Sugar (2 1/2 Cups)
- 1 lb. eggs (10 reg. or 8 lg.)
- 1 lb. flour (approx. 4 C.)
- 1/4 tsp. salt
- 1 Tbsp. Lemon Juice & some peel

Cream (soften & beat) butter, add sugar gradually and make smooth. Add eggs, one at a time, and add flour a little at a time. Add salt & lemon. Pour into well greased tube pan or two large loaf pans. Bake 90 min. at 300°.

If top crust browns too rapidly, cover with aluminum foil to slow additional browning.



FROM THE KITCHEN OF JERI HAMMOND

— RALPH HAMMOND'S FROZEN WHISKEY SOURS —

Ingredients:

- 1 Can FROZEN LEMONADE
- 2 Cans Bourbon (use LEMONADE can to measure)
- 3 Cans water

Mix together, place in freezer and allow mixture to get "slushy" then stir once in a while to mix contents.

CAREFUL - THESE REALLY KICK !

FROM THE KITCHEN OF JERI HAMMOND

— CLAM DIP —

MAKES: 1 CUP

Ingredients:

- 1 Can minced clams
- 1 8 oz. pkg. Philly Cream Cheese
- 1 Tbsp. sweet pickle relish
- 2 Tbsp. mayonnaise
- 2 tsp. chopped onion
- 2 tsp. chopped parsley
- 2 tsp. Worcestershire Sauce
- 1 dash **Tabasco** Sauce (to taste)

Soften cheese. Mix all together and chill for 1 to 2 hours to allow flavors to blend.  
Serve with chips or crackers.

FROM THE KITCHEN OF JERI HAMMOND

— VICHYSSOISE – Bon Appetit —

Ingredients:

- 4 Leeks (or 3 bunches of green onions), white part and first 2" of green, sliced thinly
- 1 Qt. Chicken broth or chicken stock
- 1 medium onion, sliced
- 4 Tbsp. butter
- 5 medium potatoes, peeled & sliced thinly
- 1 Tbsp. salt
- 3 Cups milk
- 2 Cups heavy cream
- Chives

Brown leeks and onion in butter, add potatoes, broth, and salt. Boil 35-40 minutes. Crush and rub through a strainer (or run through a blender). Chill well. Add milk and cream, season to taste.

For non-lactose diets: Use 1 qt. + 1 C. CoffeeMate.

FROM THE KITCHEN OF JERI HAMMOND

— VEGETABLE SOUFFLÉ - Helen Corbitt —

Ingredients:

- 1/4 Cup butter
- 1/2 Cup flour
- 1 tsp. salt
- 1-1/2 Tbsp. sugar
- 1-3/4 Cups milk
- 3 Cups vegetables, finely chopped (your choice, this recipe works well with many different vegetables). **SQUEEZE as much of the excess water out of the vegetables as possible.**
- 3 eggs, separated

Melt butter in sauce pan, add salt, sugar and flour. Add milk and cook until thick and smooth. Add beaten egg yolks and vegetables. Beat egg whites until stiff, fold into vegetable mixture. Pour into well greased pan and bake in water bath for 45 min. to 1 hour at 350°.

SERVE IMMEDIATELY - IT FALLS!

## FROM THE KITCHEN OF JERI HAMMOND

## — ALVA'S LASAGNA —

## PART 1 -

## BLEND:

- 1 lb. Ricotta or cottage cheese
- 1/2 Cup grated Parmesan cheese
- 3 eggs

## PART 2 -

## BLEND:

- 1 lb. ground beef, browned and drained
- 2-1/2 Cups spaghetti sauce (home made or RAGU), heavy on the basil and garlic

1 lb. sliced Mozzarella cheese

1 pkg. Lasagna noodles, cooked according to box inst.

Layer in 9 X 13 inch baking dish: Noodles, meat mixture (part 2), sauce, cheese mixture (part 1) and Mozzarella cheese. Repeat with a second layer same as the first. Third and final layer is noodles and Mozzarella sprinkled with more Parmesan cheese.

Preheat oven to 350 °F. and bake until hot and cheese on top is browned (about 35-40 minutes, usually).

Allow Lasagna to stand about 10 minutes before cutting.

CAUTION: Like peanut butter, hot cheese sticks to the roof of your mouth and will leave blisters!!! Lasagna, when administered in large quantities, has been proven to cause terminal fatness in laboratory humans!!! A word to the wise should be sufficient.

FROM THE KITCHEN OF JERI HAMMOND

— PLAYBOY CHILI —

Ingredients:

1 Cup Pinto Beans	1 tsp. ground Cumin
2-1/2 lb. beef round or rump, coarsely ground	1/4 tsp. Cayenne pepper
1/4 Cup Olive Oil	1/2 tsp. freshly ground black pepper
1 Cup finely minced onion	1 Tbsp. Paprika
1 Tbsp. finely minced garlic	2 jalepeño chili pods, minced
1 lg. red or green sweet pepper, minced	1-1/2 Qt. beef or chicken stock + 2 Tbsp. flour
1 lg. Bay leaf	2 tsp. sugar
1 tsp. Oregano	1/4 Cup cracker crumbs
3 Tbsp. chili powder	salt

- ⇒ Soak beans overnight. Cook in salted water, according to directions on package. Heat olive oil over low heat in heavy saucepan or Dutch oven.
- ⇒ Add meat, stirring occasionally until it loses its red color.
- ⇒ Add: Onion, garlic, sweet pepper, bay leaf, oregano, chili powder, cumin, cayenne pepper, black pepper, paprika and chili pods.
- ⇒ Stir well.
- ⇒ Cover pan and saute about 5 minutes.
- ⇒ Stir in flour and stock and bring to boil.
- ⇒ Reduce heat and simmer 1 hour.
- ⇒ Stir in sugar and cracker crumbs.
- ⇒ Drain beans and add.
- ⇒ Simmer 10 minutes.
- ⇒ Add salt to taste, if necessary.
- ⇒ Serve with: Saltines, oyster crackers, plain rice or pasta.

FROM THE KITCHEN OF JERI HAMMOND

— UNCLE TONY'S PASTA —

NOTE: This recipe is best if you use semolina flour, but regular flour will work well, too.

Sift 2 Cups flour. Make a well in the center of flour. Drop in 3 egg yolks, pinch of salt and a little luke warm water to make a firm paste. Knead on well floured board until smooth.

Shape into a ball. Brush with olive oil and set in a covered bowl about 20 minutes. Roll & cut as required.

## FROM THE KITCHEN OF JERI HAMMOND

## — UNCLE TONY'S SPECIAL TOMATO AND MEAT SAUCES FOR PASTA —

## \*\* TOMATO SAUCE \*\*

## Ingredients:

2 lg. cloves garlic	2 tsp. onion juice
2 Tbsp. olive oil	1/2 tsp. salt
1-1/4 lb. Italian plum tomatoes, minced	1/4 tsp. oregano
1 basil leaf	1/8 tsp. freshly ground black pepper
6 oz. can tomato paste	2 Tbsp. Parmesan cheese
	2 Tbsp. Cream (optional)

Smash garlic, remove skin, saute (low heat) in olive oil until brown. Remove garlic. Blend tomatoes and tomato paste together and add to pan along with remaining ingredients (except the cream & cheese). Simmer 15-20 minutes, stirring frequently.

## \*\* MEAT SAUCE \*\*

## Ingredients:

1/2 lb. ground beef	1 #2 can tomatoes
1/4 lb. ground veal	6 oz. tomato paste
1/4 lb. ground pork (or hot Ital. sausage)	1/4 C. sweet cream
1 medium onion	3 Tbsp. grated Parmesan cheese
1/2 medium green pepper	2 tsp. salt
3 tsp. butter or olive oil	1/4 tsp. black pepper
1 bay leaf	1 tsp. sugar

Put finely chopped onion, green pepper and garlic into large pan with olive oil (or butter). Heat slowly, stirring frequently until onion is yellow. Add meat and stir. Add rest of the ingredients (exc. the cream & parmesan cheese) and simmer slowly 1 hour. Add cream and cheese. Add additional seasonings to taste.



## FROM THE KITCHEN OF JERI HAMMOND

## — UNCLE TONY'S RAVIOLI —

## Ingredients:

2 C. cooked ground beef and lean fresh pork  
1/2 C. cooked chopped spinach (well drained)  
1/2 C. grated Parmesan cheese  
1/4 C. minced parsley (fresh)  
1/2 C. dry bread crumbs  
1/2 C. minced, hard, Italian salami (mild)  
3 eggs

Mix ingredients together and salt and pepper to taste.

Roll out Pasta dough, divide into 2 equal parts. Put 1 tsp. meat mixture at regular intervals along length of one half of the Pasta about 2" apart. Cover with other half of the Pasta, cut individual squares, SEAL EDGES, drop into boiling chicken broth (or slightly salted water). Cook 10 minutes. Drain and serve with a good spaghetti sauce (heavy on the tomato puree').

## FROM THE KITCHEN OF JERI HAMMOND

— SAUERBRATEN - Bon Appetit —

SERVES 6-8

## PART 1 Ingredients (Roast &amp; Marinade - 2 Days PRIOR to serving)

5 lb. pot roast	2 bay leaves
2 lg. onions	10 pepper corns
1 Qt. dry red wine	6 whole cloves
1 pt. red wine vinegar	1 Tbsp. sugar

## PART 2 Ingredients (Day to be served)

1 lg. carrot, sliced	sour cream (optional)
3/4 C. canned tomatoes	flour
6 ginger snap cookies, crumbled	salt & pepper
2 Tbsp butter	

## PART 1 - 2 Days PRIOR to serving:

Put the roast in a large glass or porcelain container or heavy-duty ZipLock-type bag.

Slice 1 onion and combine other PART 1 ingredients in a sauce pan. Bring to boil and then simmer 5 more minutes. Cool and pour over roast. Cover and marinate in refrigerator 2-3 DAYS turning twice a day.

## PART 2 - On the day of serving:

Remove meat from marinade and dry, strain marinade and save. Rub meat with flour, salt and pepper. Heat butter in heavy deep pan. Brown meat on all sides (turn with tongs NOT fork). Slice and add remaining onion, carrot, tomatoes, 2 C. of the strained marinade and 2 C. water. Simmer covered 2½ hours, turning once or twice. Remove meat and keep warm.

GRAVY: Once the meat has cooked, remove the meat AND the veggies from the roaster. Move the (approx. 2-3 cups) of liquid which remains in the bottom of the roaster to a saucepan. Thicken with 4 Tbsp. of flour stirred into 1/2 cup of water. Cook on medium heat (not quite to the point before it starts to boil) to thicken. Stir continuously to prevent scorching. Remove from heat, add sour cream and crumbled ginger snaps (if desired). Pour some over meat and serve remainder in gravy boat.

For a traditional German meal, serve with recipes 016 & 017.

FROM THE KITCHEN OF JERI HAMMOND

— SPAETZLE - Bon Appetit —

Serves: 4 'normal-sized' servings. (Jeri doubles it)

Ingredients:

2-1/4 Cups flour  
1 egg, beaten  
2/3 C. water  
1/2 tsp. salt  
1/4 C. melted butter  
1/4 C. warm sour cream

Combine flour, egg, water, salt and beat thoroughly. If egg is large, use less water. Dough should be stiff enough not to run off spoon. Scoop up large amount of dough on wooden spoon and with knife cut off small slices of it directly into boiling, salted, water. Dough will rise to the surface when cooked. Drain well in colander and transfer to a deep, heated serving dish.

Over this, pour 1/4 C. melted butter and sour cream, mix well and serve.

FROM THE KITCHEN OF JERI HAMMOND

— SKILLET RED CABBAGE —

Ingredients:

- 3 Tbsp. margarine or bacon grease
- 1 head red cabbage, shredded
- 1 small ham knuckle (country ham if available)
- 2 onions, thinly sliced
- 2 apples, peeled, cored & sliced
- 1/2 C. red current jelly (or apple jelly)
- 1 bay leaf
- 1/2 tsp. salt
- 1/4 C. water
- 1/3 C. vinegar

Heat fat in skillet with tight lid, add everything but the vinegar. Bring to a boil and reduce heat. Cook at low heat for 2 hours. Remove bay leaf, add vinegar, and serve.

## FROM THE KITCHEN OF JERI HAMMOND

## — SOUR DOUGH BREAD STARTER AND BREAD - Bon Appetit —

## \*\* SOUR DOUGH STARTER \*\*

## Ingredients:

1/4 C. milk	1/2 C. water
2 tsp. salad oil	1 pkg. dry yeast
2 tsp. Sugar	1-1/4 tsp. salt
2-1/3 C. sifted flour	1/4 C. warm water (110°-115 °F.)

Combine milk, water and oil, boil, cool to luke warm.

Sprinkle yeast over 1/4 C. warm water, stir to dissolve. Cool, add sugar and salt.

Stir both liquid mixtures into flour to just blend, cover and allow to stand 12-18 hours before using.

STARTER MAY BE KEPT FROZEN (IN 2 TBSP. BALLS) UNTIL NEEDED - THAW BEFORE USING

## \*\* SOUR DOUGH BREAD \*\*

## Ingredients:

1/2 Cup milk	1 Cup water
1-1/2 Tbsp. cooking oil	4-1/2 tsp. sugar
2-1/2 tsp. Salt	4-3/4 C. flour
2 Tbsp. sour dough starter	1 pkg. dry yeast

Mix and boil milk, water and oil. Cool to lukewarm and add dissolved yeast, salt and sugar. Add to flour in large bowl. Add starter. Stir well but DO NOT KNEAD.

Put in greased bowl and set, covered, in warm place until dough volume is doubled. Cut dough in half, make two loaves 15 inches long and 1-1/2 inches high. Place on cookie sheet dusted with cornmeal. Let rise UNCOVERED until volume is more than doubled.

Bake at 425 °F. for 15 minutes, then at 350 °F. for 15 to 20 minutes. Brush top with egg whites. Cool in draft.

FROM THE KITCHEN OF JERI HAMMOND

— BANANA BREAD - Joy of Cooking —

Sour 3 Tbsp. milk by adding 1 tsp. of lemon juice.

Sift 2 C. flour

Re-sift with:

1/2 tsp. baking powder

1/2 tsp. baking soda

1/4 tsp. salt

Cream until light:

3/4 C. sugar

1/4 C. butter

Beat until light, then stir in 1 egg.

Beat in 2/3 C. mashed bananas (2 med. bananas)

Stir banana, sugar and butter mixture into flour mixture in about three parts (only until blended) along with 3 Tbsp sour milk.

(Optional) Add 1/2 C. broken nut meats.

Place batter in 4 x 8 inch loaf pan and bake at 350 °F. about 1 hour.

FROM THE KITCHEN OF JERI HAMMOND

— KATIE HAMMOND'S OLD FASHIONED BAKED EGG CUSTARD —

Ingredients:

4 C. scalded whole milk  
5 eggs beaten until just mixed  
1/2 C. sugar  
salt to taste  
1 tsp. vanilla  
1 tsp. almond extract

Mix eggs, sugar, vanilla and almond extract.

When skin begins to form on the scalded milk, strain the milk SLOWLY into the egg mixture and stir.

Put into a well buttered 1 Qt. Pyrex bowl, sit bowl in low-sided pan of warm water and bake in 300 °F. oven for 1 hour or longer. Test by inserting a smooth knife blade into center and side of custard. If knife comes out clean, custard is done.

Great when eaten warm(ed) - Refrigerate leftovers, in any.

## FROM THE KITCHEN OF JERI HAMMOND

— TOM &amp; JERI PIE - Helen Corbitt —

1. Soak 1 Tbsp. Knox Gelatin in 1/4 C. COLD water.
2. Beat together (in the top of a double boiler):  
4 egg yolks, 1/2 tsp. salt, 1/2 C. sugar and 1/2 C. water.
3. Add gelatin and stir until gelatin is fully dissolved.
4. Remove from heat and allow mix to cool. Then add:  
1 Tbsp. rum and 2 Tbsp. sherry (EXTRACT WILL NOT SUFFICE).  
Chill until mix starts to set.
5. Fold in 4 stiffly beaten egg whites mixed with  
1/2 C. sugar.
6. Fold in 1 C. whipped cream.
7. Pour into graham cracker pie shell. Chill.
8. Just prior to serving, top with another 1 C. of whipped cream flavored with 1  
tsp. vanilla and 1/2 tsp. almond extract. Sprinkle lightly with nutmeg.

Jeri says that only time-consuming part of the recipe is step 3, the cooking of the mix. It takes about 1/2 hour stirring the mix to keep the yolks from "stringing" if not stirred or if cooked too rapidly.



FROM THE KITCHEN OF JERI HAMMOND

— JEAN FINN'S CARROT CAKE —

MIX WELL:

1-1/2 C. Mazola Oil  
2 C. sugar  
2 C. grated carrots  
4 eggs

SIFT TOGETHER:

3 C. flour  
1 tsp. baking soda  
1 tsp. baking powder  
1 tsp. salt  
1 tsp. cinnamon

Stir both mixtures into each other, add broken nut meats if desired. Bake in well greased tube pan at 350 °F. for 1 hour.

ICING: 1 8 Oz. pkg. Philly Cream Cheese (warmed to room temp.), 1 stick butter, and powdered sugar (add until you get the desired consistency)

## FROM THE KITCHEN OF JERI HAMMOND

## — EFFIE LOU'S PECAN PIE —

## Ingredients:

3 eggs, slightly beaten  
1 C. sugar  
1 C. dark Karo Syrup  
1/8 tsp. salt  
1/2 to 1 C. pecans  
1 tsp. vanilla

Mix and pour into 8" pie shell (made with BUTTER, not Crisco or lard). Bake at 450 °F. for 10 minutes, reduce heat to 325 °F. and bake for another 50 minutes or until test knife comes out clean.

FROM THE KITCHEN OF JERI HAMMOND

— NANCY WEST'S FRENCH COCONUT PIE —

Ingredients:

- 1 stick melted butter
- 1 1/2 C. sugar
- 3 whole eggs, beaten
- 1 can flake coconut
- 1 Tbsp. vinegar
- 1 tsp. vanilla

Combine all ingredients and pour into 8" unbaked pie crust. Bake at 350 °F. for 1 hour.

FROM THE KITCHEN OF JERI HAMMOND

— KNOX BLOX - JELLO CANDY —

Ingredients:

- 4 envelopes Knox unflavored gelatin
- 3 3-oz. pkgs. Jello (favorite flavor)
- 4 C. boiling water (can also be made with 2 C. water and 2 C. apple juice)

Combine Knox and Jello, dissolve in boiling water, pour into very lightly greased baking dish and chill. Cut into squares and serve.

FROM THE KITCHEN OF JERI HAMMOND

— LOWLY'S GINGERBREAD PIG - R. SCARY —

Ingredients:

- 1 stick butter
- 1/2 C. brown sugar
- 1/2 C. molasses
- 2-1/2 C. flour
- 1/2 tsp. ginger
- 1/2 tsp. baking soda
- 1/4 tsp. cinnamon
- 1/8 tsp. nutmeg
- 1/8 tsp. ground cloves

Cream butter and sugar, add molasses.

Sift dry ingredients, add butter, etc.

Pour into baking pan and bake at 375 °F. until done.

FROM THE KITCHEN OF JERI HAMMOND

— UNCLE TONY'S MANICOTTI —

\*\* PASTA \*\*

Ingredients:

3 medium eggs at room temperature  
2-1/4 C. all purpose flour  
1/4 tsp. salt

Mix eggs, flour and salt to make the pasta. Roll out and dry 15 minutes. Cut into 4 x 4 inch squares. Cook in 5 Qt. water with 5 tsp. salt until al dente. Remove, cool and dry on a clean dish towel.

\*\* TOMATO SAUCE \*\*

Ingredients:

4 C. plum tomatoes (may use canned, undrained)	1 onion
4 Tbsp. olive oil	3-4 sprigs fresh parsley
1 carrot	3-4 fresh basil leaves
1 celery stalk	2 tsp. salt (or to taste)
	freshly ground pepper to taste

Put olive oil in lg. saucepan. Cut tomatoes into bite size chunks over pan so ALL of the juice drips into pan. Coarsely chop rest of vegetables and put into pan with herbs and bring to boil.

Cover and reduce heat until mixture just simmers. Simmer for about 1/2 hour. Uncover and taste for salt adjustment, simmer 15 minutes uncovered to reduce water content and thicken. Sieve mixture, if it looks too runny, reduce further - I like mine THICK !!!

Add to sauce, 3 Tbsp. unsalted butter and 4-5 Tbsp. freshly grated Parmesan cheese. Set aside and keep warm.

(continued)

— FILLING —

Ingredients:

- 1 lb. Ricotta cheese
- 1 egg
- 4 Tbsp. grated Parmesan cheese
- nutmeg (I use about 1/8 tsp.)
- 1/2 tsp. salt
- 1 10 oz. pkg. chopped, frozen, spinach, cooked and drained.

PREHEAT OVEN TO 350 °F.

Mix all ingredients together.

Spread 2-3 Tbsp. filling diagonally on each pasta square, almost to the corners. Fold other two corners over and press gently. Butter an oven-proof casserole. Place a thin layer of sauce in the pan, cover with pasta rolls (folded side UP). Put 1 Tbsp. (or more) tomato sauce on each pasta roll, dot with butter, sprinkle with Parmesan cheese. Bake for about 15 minutes.

NOTE: You can prepare these ahead. Put in well sealed freezer bag and freeze for up to three months. Pop into oven and heat until bubbly.

## FROM THE KITCHEN OF JERI HAMMOND

## — JIM CULLEY'S SPINACH SALAD —

## — DRESSING —

1 C. Salad Oil (Crisco or Puritan)  
3/4 C. Sugar  
1/4 C. White Vinegar  
2 Tsp. Worcestershire Sauce  
3/4 C. Ketchup (use BROOK'S or KROGER, the others don't work nearly as well!)  
1/2 Medium Onion, Chopped  
OR  
1/2 C. Green Onions

Combine salad oil with remainder of ingredients and refrigerate until ready to serve.

Immediately prior to serving, stir well.

## — SPINACH SALAD BED —

1 Lb. Fresh Spinach (remove central vein and stem)  
1 C. Chopped Celery  
2 Hard Boiled Eggs (chopped or thinly sliced)  
5 Strips Bacon (fried crisp and crumbled)

Combine and chill until ready to serve.

NOTE: This salad dressing goes very well with just about ANY form of green, leafy salad, especially lettuce and spinach.



FROM THE KITCHEN OF JERI HAMMOND

— RICH KREISER'S TURKEY RUB - FOR SMOKING A TURKEY —  
(Works great on smoked or BBQ'ed pork ribs as well)

Ingredients:

- 6 Tbsp. Salt
- 6 Tbsp. Sugar
- 1 Tbsp. Paprika
- 2 Tbsp. MSG (monosodium glutamate) - OPTIONAL
- 2-1/2 Tbsp. Black Pepper
- 1 Tbsp. Garlic Powder
- 1 Tbsp. Celery Salt OR Celery Seed
- 1 Tbsp. Poultry Seasoning
- 1 Tbsp. Dry Lemon Powder OR Lemon Pepper

Prior to cooking, rub the mixture onto turkey inside and out. Loosen the skin on the turkey breast and rub the seasoning in between the skin and meat as well.

OPTIONAL: Add one bottle (Quart Or Liter) of cheap red wine to the water pan if used beneath the turkey while smoking.

NOTE: Turkey breasts may cook in about 8 hours, instead of the 10-12 hours indicated in many smoker charts.

FROM THE KITCHEN OF JERI HAMMOND

— CRISTY'S CHOCOLATE-CHIP COOKIES —  
(a recipe for kids just starting to cook)

Makes about 3-1/2 Doz. Cookies

YOU WILL NEED:

Small & Large Mixing Bowls  
Wooden Spoon  
Dry Measuring Cups  
Wire Racks  
Measuring Spoons

Teaspoon  
Sifter  
Pot Holders  
Rubber & Metal Spatulas  
Large Spoon

Ingredients:

1 C. All-purpose Flour  
1/2 Tsp. Baking Soda  
1/2 Tsp. Salt  
1/2 C. (1 Stick) Softened  
Butter OR Margarine  
6 Tbsp. Granulated Sugar  
1 Tsp. Vanilla

1/4 C. Firmly Packed  
Brown Sugar  
1 Egg  
1/2 C. Chopped Nuts (optional)  
1 6-Oz. Package Semisweet Chocolate  
Chips

Instructions:

Preheat the oven to 375 °F.

1. Measure flour, soda, and salt into a sifter and sift into a small bowl. Set aside.
2. Place butter in a large mixing bowl and cream with a wooden spoon.
3. Add both sugars (white & brown) to the butter and cream until fluffy.
4. Beat the egg into the mixture.
5. Stir in the flour mixture.
6. Mix in the nuts and vanilla (also nuts if used).
7. Drop rounded teaspoonfuls of the mixture onto a cookie sheet about 2 inches apart.
8. Place in preheated 350 °F. oven for 10-12 minutes OR until cookies are lightly browned.
9. Remove cookies from the oven. Place cookie sheet on a rack and let cool slightly.
10. Remove cookies from the cookie sheet and let cool completely on wire rack.
11. Continue until all cookies are baked.

FROM THE KITCHEN OF JERI HAMMOND

— CRISTY'S CHEWY BROWNIES —

Ingredients:

1 Stick Butter (very soft)  
2 Eggs  
1 C. Chocolate Chips  
1/4 Tsp. Salt

1 C. Sugar  
1/2 Tsp. Vanilla Extract.  
1/2 C. Flour

Preheat oven to 325 °F.

Melt chips in a double-boiler or microwave (if microwave, make sure they don't burn!!!)

Beat butter and sugar together

Beat in eggs

Add other ingredients (including melted chips)

Bake in an 8-inch greased pan for 15 minutes

Test to see if done

Cool

Cut into squares

FROM THE KITCHEN OF JERI HAMMOND

— M&M MONSTER COOKIES —

**WARNING:**

**This recipe makes 100 4"-4-1/2" cookies.**

**Recipe may be halved or quartered**

Ingredients:

1 Lb. Butter	2 Lb. Brown Sugar
4 C. White Sugar	1 Tbsp. Vanilla Extract
1 Dozen Eggs	1 Tbsp. White Karo Syrup
8 Tsp. Baking Soda	3 Lb. Peanut Butter
18 Cups Oatmeal	1 Lb. Chocolate Chips
1 Lb. M&M's	

Preheat oven to 350 °F.

Cream butter + sugars together. Add vanilla, eggs and syrup. Blend in peanut butter. Mix baking soda with oatmeal and add to above mixture. Stir in chocolate chips and M&M's. Make into LARGE, thin, cookies on a lightly greased cookie sheet and bake in preheated oven for 12 minutes or until lightly brown.

## FROM THE KITCHEN OF JERI HAMMOND

## — McKINNEY'S (RESTAURANT) OATMEAL COOKIES —

## Ingredients:

2 C. Shortening	2 C. White Sugar
2 C. Brown Sugar	4 Eggs
2 Tsp. Vanilla Extract	3 C. Flour
2 Tsp. Baking Soda	1 Tsp. Baking Powder
1 Tsp. Salt	6 C. Oatmeal
1 C. Raisins	1 C. Nuts (optional)

Soak raisins in hot water for 30 minutes and drain well.

Mix shortening, both sugars, eggs, vanilla, flour, baking soda and baking powder with mixer.

Stir in remaining ingredients.

Separate into three equal parts.

Roll in waxed paper and chill overnight.

Slice roll into 1/2 inch thick dollars, bake for 12 minutes in an oven preheated to 350 °F.

DO NOT OVERBAKE

FROM THE KITCHEN OF JERI HAMMOND

— MONKEY BREAD (MONK'S BREAD) —

Ingredients:

4 Cans of Biscuits  
1 Tbsp. Cinnamon  
1 C. Brown Sugar

1 C. White Sugar  
1 Stick Margarine  
Nuts (optional)

Cut each biscuit into 4-5 equally sized pieces. Mix white sugar and cinnamon. Roll each piece of biscuit in the mixture and place them (lightly) into an angel food cake pan. Melt the margarine and combine with the brown sugar and then pour over the biscuits. Bake for 25-30 minutes in a 350 °F oven.

## FROM THE KITCHEN OF JERI HAMMOND

## — PIÑA COLADA CAKE #1 —

## CAKE:

1 Yellow or White Cake Mix  
4 Eggs  
1/2 C. Water  
1/4 C. Cooking Oil

1 Pkg. Coconut Cream Instant Pudding  
1/3 C. Dark Rum (option)  
1/4 C. Shredded Coconut

Blend all ingredients (except coconut) in mixing bowl and pour into greased pans.  
Bake 25-30 minutes in an oven preheated to 350 °F.

## TOPPING:

18 Oz. Can Crushed Pineapple  
1 Pkg. Coconut Cream Instant Pudding  
1 C. Dark Rum (optional)  
1 9-Oz. Container of Frozen Whipped Topping

Mix Ingredients together and spread over cakes. Sprinkle on shredded coconut.

FROM THE KITCHEN OF JERI HAMMOND

— PIÑA COLADA CAKE #2 —

CAKE:

- 1 Duncan Hines White Deluxe Cake Mix
- 1 Can Cream of Coconut
- Shredded or Flaked Coconut
- 1 8-oz. Container Cool Whip

Bake cake according to directions on box. When done AND while still hot, poke holes in cake with a fork and pour cream of coconut over cake. Sprinkle half of the shredded coconut over the cake. COOL!! When cool, spread Cool Whip over cake like icing. Sprinkle remaining coconut over the cake. Refrigerate!!!

Tastes best if made the day before it is needed.



FROM THE KITCHEN OF JERI HAMMOND

— POT STICKERS (Kuo Teh) —

From: *The DIM SUM Cookbook*, by Rhoda Yee

Yield: 3-4 dozen

This recipe is long, but NOT NEARLY as difficult as it may first appear!!! Read on.

NOTE: If you don't wish to make your own wrappers, as described below, you may also use Gyoza wrappers, available on some grocery store specialty food shelves and at Asian food stores.

DOUGH:

- 4 C. Sifted All-purpose Flour
- 1 C. & 2 Tbsp. Warm Water (measurement IS critical)

Mix flour and water and knead for 10-15 minutes, until ALL the flour is fully mixed into the dough. There is NO need to add any flour to the breadboard as you knead because the dough should be at a perfect consistency. Put dough into a plastic bag and allow it to rest for 20 minutes while you make the filling.

FILLING:

- 1 Lb. Fresh Pork (coarsely ground)
- 1 Pkg. (10 Oz.) Frozen Chopped Spinach
- 1 Tbsp. Light Soy Sauce
- 1 Tbsp. Sherry or rice wine (optional)
- 1 Tbsp. Sesame Oil
- 1¼ Tsp. Salt
- 3 Tbsp. Minced Green Onion (or ½ regular onion), finely chopped
- 3 Tbsp. VERY FINELY CHOPPED Ginger
- 3 Tbsp. Minced Chinese Parsley (cilantro)

NOTE: Jeri makes the following changes to items in 'her' adaptation of this recipe

- Replace the 1Tbsp Sesame Oil with 1 Tbsp. Hot Chili Oil (see recipe #64)
- 1½ Tbsp. Minced garlic, more if you like a LOT of garlic
- 1 Can water chestnuts, (coarsely ground)
- Omits the cilantro (Tom doesn't care for it)

(continued)

Partially thaw spinach and lightly squeeze out the liquid. Mix with rest of ingredients.  
NOTE: This mixture may be made in larger quantities and frozen for use later.

#### WRAPPING:

(If using home made dough):

Divide the dough into 4 parts. Put three parts back into the plastic bag to prevent it from drying out too rapidly. Roll one of the quarters into a roll about 12 inches in length and divide into 12 balls. Roll each ball into a 3-inch diameter disk. Use corn starch to dust each wrapper prior to use.

(Using hand-made OR pre-made wrappers):

Dust a large cookie sheet with corn starch, so the made-up wrappers don't stick to it.

Drop 1 Tbsp. of filling into the center of a wrapper. Fold the dough up and over the filling to make a half circle.

If you are using home-made wrappers, just pinch the edges of the wrapper together to seal them.

If you use pre-made wrappers, seal the edges of the wrappers with a slurry of 1 Tbsp. corn starch and ½ C. cold water. Just dip your fingers in and then 'paint' the slurry around one of the edges to moisten it. Then seal as above.

COOKING: (You WILL have to cook these in batches of 15-20 at a time)

Heat 2 Tbsp. of cooking oil (peanut or canola oil is preferable) in a LARGE, heavy skillet, over a medium-high heat.

Lightly brown the Pot Stickers until golden on the bottom.

Pour 1/3 C. to 1/2 C. water into the skillet and cover immediately.

Cook (steam) until almost all of the liquid is absorbed.

Uncover and continue cooking until liquid is completely absorbed and the Pot Stickers are golden brown on the bottom you may cook them a bit longer if you wish. Even a rather dark brown on the bottom does not damage the taste... as long as they are not badly BURNED.

(continued)

Serve with the following dip:

- 2 Tbsp. light soy sauce
- 1 tsp. sesame oil
- 1 Tbsp. rice vinegar.

Another excellent dip is a mixture (in a small bowl or on your plate) of rice vinegar and hot chili oil. This is the one we prefer.

To prevent the Pot Stickers from sticking to the bottom of the skillet, it is best to use either a Teflon-coated, a heavy bottomed aluminum, a heavy stainless, or a well-seasoned cast iron skillet. Also, when putting the pot stickers into the pan, try to make sure that their bottoms are coated with oil ('roll' the pan so the oil covers the area where each pot sticker is to be placed).

DO NOT 'crowd' the pot stickers when you place them into the skillet. They should NOT touch as they will 'pump' a bit during cooking and the wrappers WILL stick together (and tear later) when you try to remove them. Allow at least ¼" between potstickers.

## FROM THE KITCHEN OF JERI HAMMOND

## — MARINATED SHRIMP WITH OLIVES AND MUSHROOMS —

## Ingredients:

2 lb. medium shrimp, cooked	Italian dressing
3/4 C. small pimiento-stuffed olives	2 Tbsp. lemon juice
1 lb. fresh mushrooms, quartered (substitute canned if req.)	2 cloves garlic, halved
1 C. water	1-1/4 tsp. salt
1/2 C. Regular or low-cal creamy	1/2 tsp. thyme leaves
	1/2 tsp. pepper corns
	1/8 tsp. ground nutmeg
	2 bay leaves

Combine all ingredients but the shrimp and olives in a large saucepan. Bring to a boil, cover and reduce heat. Simmer 5 minutes. Pour over shrimp & olives in a large bowl and toss to mix. Refrigerate 6-8 hours (or longer) prior to serving.

## FROM THE KITCHEN OF JERI HAMMOND

## — FRANCES KITCHENS' HAM &amp; CLAM PUFFS —

## Ingredients:

## PUFFS -

2 C. water  
1 C. butter  
2 C. flour  
1 Tbsp. salt  
6 eggs

## FILLING -

1 can minced clams (drained)  
1/2 lb. ham, chopped  
1 C. sour cream  
1 C. mayonnaise  
1 C. Philadelphia Cream Cheese  
1/3 C. chopped onion  
2 Tbsp. anchovy paste  
1/2 Tbsp. pepper  
1/4 C. chopped parsley

## MAKING THE PUFFS

Preheat oven to 400 °F.

In medium saucepan, boil water & butter. Remove from heat and add flour & salt all at once, stirring quickly with wooden spoon until a smooth paste forms. Add each egg separately, stirring until elastic & forms a ball. Spoon by a teaspoon onto three greased cookie sheets. Bake at 400 °F. for 15 minutes, turn heat down to 300 °F. and continue to bake for another 10-15 minutes. Remove & cool.

## FILLING

Combine all ingredients but the parsley. Slice each puff in half and fill with 1 Tbsp. of filling. Refrigerate until serving time.

Prior to serving, may be heated in a 350 °F. oven

After heating, sprinkle with parsley.

Makes 4 dozen

FROM THE KITCHEN OF JERI HAMMOND

— GRANDMA KATIE HAMMOND'S PARMESAN TOAST —

Ingredients:

12 slices Pepperidge Farm Very Thin White Bread  
(thinly sliced salt-rising bread is even better!)  
1 stick butter  
onion salt  
garlic powder  
grated FRESH (REAL!) Parmesan Cheese.(DO NOT USE pre-grated KRAFT!)

Melt butter slowly. Season lightly with onion salt & garlic powder. Brush lightly on one side of each bread slice.

Lightly, spread Parmesan cheese onto the buttered side of each slice.

Bake, single layer, on a cookie sheet, in a pre-heated 200-225 °F. oven until bread is dry and crisp (usually, about 60%- 70% of the cheese is lightly brown by this time). This can take some time (25-30 minutes), check the baking progress periodically.

**DO NOT BAKE AT TOO HIGH A TEMPERATURE (OR FOR TOO LONG) BECAUSE THE CHEESE WILL BECOME BITTER!**

## FROM THE KITCHEN OF JERI HAMMOND

## — DILL BREAD - Bon Appetit —

## Ingredients:

1 pkg. yeast	1 tsp. salt
2 Tbsp. sugar	1/4 tsp. baking soda
1/4 C. warm water	1 egg
1 C. creamed cottage cheese	2-1/2 C. flour
1/4 C. butter	butter (optional)
1 Tbsp. minced onion	dill seed (optional)
2 tsp. dill weed	

- 1) Proof yeast
- 2) Place cottage cheese, butter, onion, dill weed, salt, butter and soda in saucepan and heat slowly until just warm.
- 3) Beat egg well in large bowl and stir in yeast mix.
- 4) Beat in cheese mix. Add enough flour to make soft dough.
- 5) Turn out and knead until springy.
- 6) Place in buttered bowl and turn to coat dough. Cover with towel and let rise in warm place until doubled in volume, about 1 1/2 hours.
- 7) Place in 2 small bread pans, let rise.
- 8) Bake in 350 °F. oven 1/2 hour or until it sounds hollow when thumped.
- 9) Cool on wire rack.

## Optional:

Brush with butter and sprinkle with dill seed.

## FROM THE KITCHEN OF JERI HAMMOND

## — SWEET &amp; PUNGENT SPARE RIBS —

## Ingredients:

2 lb. pork spareribs, cut into 1 1/2 inch pieces (ask the butcher to cut them for you.  
Ask him to cut the ribs, horizontally, into three equal pieces.)

1/4 C. peanut oil	2 Tbsp. catsup
1/4 C. chopped onions	1 Tbsp. soy sauce
1/4 C. chopped green pepper	1/4 tsp. Worcestershire sauce
1 C. pineapple juice	1 medium clove garlic, minced
3/4 C. cider vinegar	1/2 C. brown sugar, firmly packed
3/4 C. water	2 T. cornstarch

Heat oil in skillet. Brush some of the oil onto the ribs and then brown well. Remove ribs. Pour off all but 2 Tbsp. of the fat.

Add onion & green pepper. Cook until tender. Add pineapple juice, vinegar, water, soy sauce, Worcestershire sauce, catsup and garlic. Blend in the brown sugar and cornstarch. Bring to boil, stirring constantly. Reduce heat. Add meat. Cook, uncovered, in oven at 300 °F. for 1 hour or until meat is tender (just short of falling off the bone), stirring occasionally.

Serve with steamed white rice. Use the juices as gravy for the rice.



## FROM THE KITCHEN OF JERI HAMMOND

## — SUPER BEEF STROGANOFF - Bon Appetit —

## Ingredients:

1/4 C. minced onion	dash ground pepper
1/2 C. butter	1/8 tsp. garlic powder
1/2 lb. mushrooms, sliced	1/2 tsp. dry mustard
1 lb. round steak, sliced into thin 2-inch strips	1 Tbsp. tomato paste
2 T. flour	1/2 C. consommé
1/2 tsp. salt	1/2 C. dairy sour cream
1/2 C. dry white wine	
3 Tbsp. DRY sherry	Note: May substitute Marsala wine for each of these

Saute onions in butter for 10 minutes. Add mushrooms. Cover & cook for 5 minutes. Remove onions and mushrooms. Brown meat over low heat, then blend in flour in same pan. Add seasonings, onions, mushrooms, tomato paste, consommé, wine. Simmer gently for 1 hour, until meat is tender. Just before serving, stir in Sherry, and sour cream, but don't boil. Serve with white rice or broad noodles.

Serves 4

FROM THE KITCHEN OF JERI HAMMOND

— KATIE HAMMOND'S TASTY MEAT LOAF —

Ingredients:

- 1-1/2 lb. lean ground round (85%-90% lean)
- 1-1/2 Tbsp. instant minced onion
- 1 C. (1 can) stewed tomatoes, chopped well
- 3 C. uncooked rolled oats
- 1/3 C. sour cream (ample measure)
- 1 Tbsp. Worcestershire sauce
- 1 Tbsp. prepared mustard
- 1-1/2 tsp. salt

Mix in order given. Shape into a loaf in a greased Pyrex or other flat casserole and bake in moderate oven about 1-1/2 hours.

Diluted (thinned) tomato soup or catsup may be poured over loaf during the last 1/2-hour of cooking.

FROM THE KITCHEN OF JERI HAMMOND

— CHEESE CAKE - ADCOCK'S RESTAURANT —

PIE CRUST -

2/3 C. graham cracker crumbs  
1/2 C. melted butter  
1 tsp. cinnamon  
3 Tbsp. sugar

Crush the graham cracker crumbs as finely as possible. Mix in the butter, cinnamon and sugar. Press on bottom and sides of a well-greased 9-inch spring-form pan. Save out enough crumb mixture to sprinkle over the top of the cake later. Chill in icebox while mixing other ingredients.

CHEESE CAKE FILLING -

3 8-oz. pkgs. Philadelphia Cream Cheese  
1 tsp. vanilla  
1 Tbsp. lemon juice  
1 C. sugar  
Whites of 4-5 eggs, WELL BEATEN

Cream together the cream cheese, vanilla and lemon juice. When fluffy, add sugar in thirds. Fold in egg whites. Pour into pan and bake at 350 °F. for 25 minutes, reduce heat to 250 °F. and continue to bake for another 60 minutes. Remove from oven, allow to cool then chill until ready to serve.

## FROM THE KITCHEN OF JERI HAMMOND

## — MUSHROOM &amp; SEAFOOD DELIGHT —

Ingredients: (Serves 4)

- 1 lb. shrimp, lobster chunks, crab, etc.
- 1 C. long grain rice
- 1 6-oz. can small mushrooms (sliced)
- 1 4-1/2-oz. jar apricots or apricot jam
- 1/4 C. sour cream
- 1-1/2 Tbsp. butter (melted)
- 3/4 tsp. salt
- 1/8 tsp. pepper
- Lemon wedges & parsley for garnish

Cook rice according to package directions

Preheat oven to 350 °F.

In well-greased 1-1/2 Qt. casserole, combine rice with shrimp and remaining ingredients, except garnish. Toss to mix. Cover and bake 40 minutes. Garnish.

## FROM THE KITCHEN OF JERI HAMMOND

## — CREPES - Bon Appetit —

## Ingredients:

2 Tbsp. melted butter  
1 C. flour  
1/2 tsp. salt  
1 Tbsp. sugar  
3 large eggs  
2 C. milk

- ⇒ Sift together dry ingredients.
- ⇒ Combine eggs and milk.
- ⇒ Add melted butter and mix only until blended.
- ⇒ Allow to rest 2 hours in refrigerator.
- ⇒ Heat a 6" skillet, brush lightly with butter.
- ⇒ Pour thin layer of batter over bottom of skillet.
- ⇒ QUICKLY rotate skillet to spread batter evenly.
- ⇒ Cook over moderate heat 1 to 2 minutes, until underside is browned and bubbles form on top.
- ⇒ Turn and cook 1/2 to 1 minute longer, until lightly browned.
- ⇒ Turn onto waxed paper.
- ⇒ Continue cooking until batter is gone.
- ⇒ Make in advance and refrigerate.
- ⇒ Reheat in warm oven just prior to serving

## FROM THE KITCHEN OF JERI HAMMOND

## — BLACK OLIVE &amp; HAM FILLING FOR CREPES - Bon Appetit —

Ingredients: (fills 8 crepes, serves 4)

2 C. canned black olives, sliced (set 4 olives aside for garnish)	3/4 tsp. salt
1/4 C. butter	1 tsp. prepared mustard
1/2 C. finely chopped celery	1 C. cooked ham, chopped
1/4 C. finely chopped onion	2 Tbsp. finely chopped parsley
1/2 C. sifted flour	3/4 C. grated Swiss cheese
2 C. half & half or light cream	4 small thinly sliced tomatoes
	black olives and parsley for garnish

- ⇒ Prepare and bake crepes (see recipe 047)
- ⇒ Drain & slice olives.
- ⇒ Melt butter.
- ⇒ Add celery & onions and saute until soft BUT not brown.
- ⇒ Blend in flour.
- ⇒ Stir over medium heat 1 minute.
- ⇒ Slowly blend in the half & half, stirring constantly.
- ⇒ Continue to cook until smooth and very thick.
- ⇒ Add salt, mustard, olives, ham, parsley and 1/2 C. cheese.
- ⇒ Stir until cheese melts.
- ⇒ Place 2 crepes a in 6-1/2" baking dish or shallow bowl.
- ⇒ Top with 1 C. mixture, place tomato slice on top and sprinkle with 1 Tbsp. cheese.
- ⇒ Bake in 350 °F. oven 10 minutes until thoroughly heated.
- ⇒ Garnish with whole olive and parsley.

FROM THE KITCHEN OF JERI HAMMOND

— FUDGECICLES —

Ingredients:

1 Pkg. instant chocolate pudding  
1/4 C. Sugar  
1/2 C. Evaporated milk  
2 C. Milk

Mix together as for pudding

Pour into molds (or ice cube trays), insert popsicle sticks and freeze.

FROM THE KITCHEN OF JERI HAMMOND

— JANE KLIETHERMES' PINEAPPLE CAKE —

Ingredients:

CAKE -

- 2 C. flour
- 2 C. sugar
- 2 Eggs
- 1 tsp. vanilla
- 1 #2 can crushed pineapple
- 2 tsp. baking soda

Mix all ingredients together and bake in a greased 9" X 13" pan at 350 °F. for 35-40 minutes.

FROSTING -

- 1 8-oz. pkg. Philadelphia Cream Cheese
- 1 Stick butter (or margarine)
- 2 C. powdered sugar
- 1 tsp. vanilla

Soften butter (margarine) and beat in other ingredients.

Allow cake to cool at least 15 minutes before frosting.



FROM THE KITCHEN OF JERI HAMMOND

— CHINESE HOT & SOUR SOUP —

Ingredients:

- 8 Chinese (Shitake) mushrooms, soaked 15 minutes
- 6 Tree ears (mushrooms), soaked 15 minutes
- 1/2 C. bamboo shoots, slivered
- 2 Tbsp. red wine vinegar
- 2 Tbsp. white wine vinegar
- 1 tsp. sesame oil
- 1 tsp. hot chili oil
- 1 Tbsp. Peanut oil
- 4-8 Oz. slivered pork
- 1 Tbsp. light soy sauce
- 5 1/2 C. chicken broth
- 1 Tbsp. cornstarch mixed with 1 Tbsp. water  
(do not prepare cornstarch until ready to use)
- 1 Cake or Tofu, drained and in 1/2" cubes
- 1 Lg. egg, beaten
- 1/4 C. fresh coriander (garnish, if desired) - optional

- 1) Soak mushrooms and tree ears, squeeze to remove water, slice into long strips and combine with bamboo shoots. Discard mushroom stems (they don't soften).
- 2) Mix the sesame and chili oils & vinegars.
- 3) In a skillet, add peanut oil and stir-fry the pork until it loses its pink color. Add mushrooms, ears & shoots. Stir-fry for 15 SECONDS. Cover and set aside.
- 4) In a 3-Qt. pan, heat chicken broth to boiling. Add pork and mushroom combination. Add cornstarch/water mix and stir & cook until slightly thickened (or until liquid clears slightly).
- 5) About 5 minutes before serving, add tofu and vinegar mix.
- 6) Before serving the soup, return to a boil and SLOWLY add beaten egg and stir with a fork so that it shreds. Pour into bowls and serve. Add coriander to each bowl if desired for a garnish.

FROM THE KITCHEN OF JERI HAMMOND

— DEBBIE SCHELLMAN'S VENISON SUMMER SAUSAGE —

Ingredients:

1 lb. venison, ground &  
1 lb. lean ground beef

OR

2 lb. lean ground beef  
  
2 Tbsp. Morton's Tenderquick  
1 C. water  
1/4 tsp. onion salt  
1/8 tsp. garlic salt  
1-1/2 tsp. liquid smoke  
Fresh ground black pepper to taste

Mix all ingredients together.

Divide into 4 or 5 equal parts.

Roll into 1 1/2 inch diameter logs and wrap in plastic wrap.

Refrigerate for 24 hours.

Remove from plastic wrap and bake at 300 °F. for 1-1/2 hours.

Cool, wrap in aluminum foil and FREEZE WELL in refrigerator until ready to serve.

FROM THE KITCHEN OF JERI HAMMOND

— FRUIT PIZZA - LESLIE STEVENS —

CRUST:

- 1 C. flour
- 1/2 C. powdered sugar
- 1 stick butter, melted

Mix together and press out on pizza pan.

Bake 10 minutes at 350 °F. or until edge of crust turns brown.

CREAM CHEESE FILLING:

- 1 8-Oz. pkg. Philadelphia Cream Cheese, softened
- 4-1/2 oz. CoolWhip

Mix together and spread over cooled pie crust.

FRUIT FILLING:

- 1 pt. halved strawberries
- 2 bananas, sliced
- 1 16-oz. can sliced peaches
- 8 oz. crushed pineapple (or chunks)

Note: vary fruit according to the season

INSTRUCTIONS:

Place pineapple in center (about 1/4 inch thick layer).

Arrange remaining fruit around pie crust with halved strawberries at outer edge.

(continued)

SYRUP TOPPING:

1/2 C. sugar  
1 dash salt  
2 Tbsp. cornstarch  
1/4 C. water  
1/4 C. lemon juice  
1/2 C. reserve peach juice (or the juice from  
the pineapple chunks)

Stir together sugar, salt and cornstarch. Gradually stir in juices and water. Cook over medium heat, stirring constantly, until mixture thickens and boils for one minute. Remove from heat, COOL, and spoon over fruit.

Chill in refrigerator until ready to serve.

FROM THE KITCHEN OF JERI HAMMOND

— EDWINA ALLEN'S TOMATO ASPIC —

Ingredients:

1 pkg. lemon Jello  
1 tsp. salt  
1/8 tsp. ground clove  
1/4 tsp. paprika  
1-2/3 C. V-8 juice, add onion juice to taste  
1/4 C. vinegar

Heat V-8 juice to boiling and pour over Jello crystals. Stir until dissolved. Add seasonings and vinegar. Pour into mold and chill.

Makes 6 molds

NOTE: You may add marinated artichoke hearts, olives and/or celery to the mold just before chilling.

FROM THE KITCHEN OF JERI HAMMOND

— NINA MEEKS' CHINESE FRIED NUTS

Ingredients:

6 C. water  
4 C. nut halves  
1/2 C. sugar  
salt  
salad oil

In a 4 Qt. saucepan, over high heat, heat water to boiling. Add nuts and boil 1 minute. Rinse nuts under HOT running water and drain.

In a large bowl, with rubber spatula, gently mix warm nuts together with sugar until sugar is dissolved. If necessary, allow to stand 5 minutes to dissolve sugar.

Heat 1 inch salad oil over medium heat to 350 °F. With a slotted spoon, add about half the nuts to oil and fry for 5 minutes or until nuts are golden brown. Stir often.

With slotted spoon, remove nuts and drain. Sprinkle very lightly with salt. Toss lightly.

Serve warm or store in tightly covered container for later.

\*Optional - May use Cajun spices, etc., in place of salt. Experiment!

FROM THE KITCHEN OF JERI HAMMOND

— EVELYN STRICKER'S TOLLHOUSE COOKIES

Ingredients:

- 1 C. butter
- 3/4 C. brown sugar
- 3/4 C. white sugar
- 2 eggs, beaten
- 1 tsp. baking soda
- 1/3 C. water
- 3 to 3-1/2 C. flour
- 1 tsp. salt
- 1 C. chopped nuts (omit if not desired)
- 14 oz. Nestle's semi-sweet chocolate chips
- 1 tsp. vanilla

Cream butter, add sugars and beaten eggs.

Dissolve baking soda in water and mix alternately with sifted flour and salt.

Add chopped nuts, chocolate chips and vanilla.

Drop 1/2 tsp. blobs on greased cookie sheets and bake 5-6 minutes (or until done) in 375 °F. oven.

Makes 100 cookies

## FROM THE KITCHEN OF JERI HAMMOND

## — ELLEN McKENZIE'S EGGPLANT PARMIGIANA —

Serves 6

Ingredients:

1 lg. eggplant (about 1 1/2 lb.)  
2 eggs, beaten  
1-1/2 C. finely grated, dry, bread  
crumbs  
3/4 tsp. salt  
1/2 tsp. pepper

Cooking oil  
1 can (15 oz.) tomato sauce  
1 tsp. basil  
1/2 tsp. oregano  
1 lb. mozzarella cheese, sliced  
1/2 C. grated Parmesan cheese, grated

- ⇒ Mix bread crumbs, salt and pepper together in a shallow dish which is wide enough to accommodate slices of eggplant.
- ⇒ Wash eggplant and cut crosswise into 1/2 inch slices. Salt heavily and allow to set 15 minutes. Rinse & pat dry (this draws out all the bitter taste of the egg plant).
- ⇒ Dip into eggs, coat with seasoned bread crumbs.
- ⇒ Place on platter and refrigerate 1/2 hour.
- ⇒ Heat about 1/8 inch oil in skillet.
- ⇒ Fry eggplant on both sides until coating is golden brown and crisp.
- ⇒ Drain on paper towel.
- ⇒ Heat tomato sauce, basil and oregano in small saucepan.
- ⇒ Spread 1/3 of the sauce in bottom of shallow 12" X 8" X 2" baking dish.

Layer

1/2 eggplant  
1/2 sauce

1/2 mozzarella cheese  
1/2 Parmesan cheese

Repeat.

Bake in pre-heated 350 °F. oven for 30 minutes or until hot and bubbly.



FROM THE KITCHEN OF JERI HAMMOND

— LINDA HOLLAND'S BRAUNSWEIGER DIP —

Mix together:

- 1 lb. braunsweiger
- 8 oz. Philadelphia Cream Cheese
- 1 6-oz. tub KRAFT French Onion Dip

Refrigerate until ready to serve

Serve on Party Rye or small thin white bread slices.

FROM THE KITCHEN OF JERI HAMMOND

— JERI'S MINI-FRUITCAKES —

Ingredients:

- 2 C. walnut halves
- 2 C. pecan halves
- 1-1/2 C. candied pineapple
- 1-1/2 C. light raisins
- 1-1/2 C. pitted dates, coarsely chopped
- 3/4 C. whole red candied cherries
- 3/4 C. whole green candied cherries
- 1 14-oz. can sweetened condensed milk

Mix all ingredients together with hands.

Insert paper liners into muffin pans, and pack mixture firmly into each muffin tin.

Bake at 275 °F. for 25 minutes.

Cool and refrigerate until ready to serve.

Makes 80 small or 25 to 30 large fruitcakes.

Note: during Christmas, these can be wrapped waxed paper and then in red and green tissue paper and ties with contrasting bows for a real nice, edible, center piece.

## FROM THE KITCHEN OF JERI HAMMOND

## — RICH KREISER'S LITTLE HOT WIENERS —

## Ingredients:

1/2 C. tarragon vinegar  
1 lb. brown sugar  
2 Tbsp. Tabasco  
1 Tbsp. mustard (Dijon if available)  
2 dashes Worcestershire sauce  
2 Lb. hot dogs

Combine all but hot dogs in 3 qt. saucepan and bring to low boil.

Reduce heat.

Cut hot dogs into thirds or quarters and add to sauce.

Simmer until warmed.

NOTE: Up to a point, the longer the wieners simmer, the better they taste. An hour or so in NOT too long to simmer.

FROM THE KITCHEN OF JERI HAMMOND

— CAROLINE'S CHRISTMAS CRANBERRY SALAD —

Jello base:

- 1 Large box strawberry Jello  
(actually, any red Jello is OK)
- 1-1/2 C. boiling water

Mix together until Jello is dissolved.

Set aside until SLIGHTLY thickened.

Place in large bowl. Stir each time an item is added:

- 1-1/2 C. sugar
- 1 C. thinly sliced celery
- 1 C. chopped pecans
- 1 thinly sliced & chopped (UNPEELED) orange
- 1 thinly sliced & chopped (UNPEELED) red apple
- 2 C. VERY thinly sliced cranberries (a food processor is GREAT for this)

After mixing dry ingredients, add Jello. Stir together WELL. Refrigerate for at least 8 hours.

NOTE: It does not completely gel. Lasts 5 to 6 days if your family doesn't finish it off before you get to serve it.

## FROM THE KITCHEN OF JERI HAMMOND

## — IT'S A SNAP (NO-BAKE) CHEESECAKE - KNOX GELATIN —

## Ingredients:

- 1 envelope Knox unflavored gelatin
- 1/2 C. sugar
- 2/3 C. boiling water
- 2 8-oz. pkgs. cream cheese, softened
- 1 tsp. vanilla extract
- 1 Keebler Ready-Crust graham cracker pie crust
- 1-1/2 C. fresh blueberries
- 1/4 C. red currant jelly

In small bowl, mix gelatin and sugar.

Add water, and stir until gelatin dissolves completely.

In large mixing bowl, beat cream cheese and vanilla with electric mixer at medium speed until fluffy.

Gradually beat in gelatin mixture until smooth.

Pour into Ready-Crust.

Chill until firm (at least 3 hours).

Top with blueberries.

Melt jelly in small saucepan over medium heat and brush over blueberries.

Makes about 8 servings.

FROM THE KITCHEN OF JERI HAMMOND

— BANANA SPLIT CAKE —

Mix: 3 C. graham cracker crumbs with  
1 stick melted margarine

Press into 9" X 13" dish

Mix:: 1 box powdered sugar with  
1 stick melted margarine

Beat with mixer. If stiff, add a little milk. Spread on Graham cracker crust.

Layer: about 5 medium bananas (sliced),  
1 20-oz. can crushed pineapple (drained)  
1 large tub whipped cream (or Cool Whip).

Top with chopped nuts or maraschino cherries.

Chill and serve

## FROM THE KITCHEN OF JERI HAMMOND

— BLAIR CARMICHAEL'S HOT CHILI OIL —  
— CHINESE HOT OIL —

## Ingredients:

1/3 C. Chinese or Japanese LIGHT Sesame Oil  
2/3 C. Fresh Corn oil or Peanut oil  
1 Tbsp. dried chili pepper flakes or ground red pepper

Heat oils in a heavy saucepan to about 250 °F.

NOTE: If temperature is too high, the pepper flakes will burn and the mixture will be ruined.

Stir in pepper flakes.

Stir for 2 minutes and allow to boil **very lightly** for another 3 to 4 minutes. DO NOT BURN THE OIL!

Remove from heat and allow to cool to room temperature.

Pour into a glass jar and cap securely.

"Age" the oil and flakes for 1 to 8 weeks. The longer it ages, the hotter the oil.

When ready to use, filter oil thru paper towel or a very fine strainer into another jar.

Store in a cool, dark, cupboard.

FROM THE KITCHEN OF JERI HAMMOND

— DEBBIE SCHELLMAN'S ENGLISH TOFFEE —

Ingredients:

1/2 lb. butter  
1 C. sugar  
3 Tbsp. cold water  
  
1 tsp. vanilla extract  
6 Hershey bars (plain)  
Finely chopped pecans or walnuts

Have a 9" X 13" pan buttered and ready to go before continuing.

Boil the first three ingredients together, stirring constantly, until mixture reaches 300 °F.

Stir in 1 tsp. vanilla

Pour mixture into buttered pan. and immediately place 6 plain HERSHEY bars on top of the cooling mixture.

Spread chocolate over the top as it melts.

Before completely cooled, sprinkle on finely chopped nuts (pecans or walnuts).

Refrigerate.

When fully cooled, turn out of pan and break into pieces.



FROM THE KITCHEN OF JERI HAMMOND

— EVELYN STRICKER'S ICEBOX COOKIES —

Ingredients:

1-1/2 C. brown sugar  
1/2 C. melted butter  
1 egg  
1 tsp. vanilla  
2 C. flour  
1/2 tsp. (scant) baking soda  
1/2 C. BLACK WALNUT meats

Cream together: sugar, butter and egg.

Add vanilla, soda and walnuts.

Knead in flour. If still sticky, add a little more flour.

Divide into 2 or 3 portions.

Make each portion into a roll.

Wrap in waxed paper and refrigerate 3 to 4 hours or more. You can also just freeze the dough and thaw (partially) and cut it whenever you wish.

Remove from refrigerator and slice about 3/16" thick.

Bake in 325-degree oven for about 15 minutes.

Makes 60 to 70 cookies

FROM THE KITCHEN OF JERI HAMMOND

— VERONICA MARKWAY'S OATMEAL CRISPIES

Ingredients:

- 1 C. shortening
- 1 C. brown sugar
- 1 C. white sugar
- 2 eggs, beaten
- 1 tsp. vanilla
- 1-1/2 C. flour
- 1 tsp. salt
- 1 tsp. baking soda
- 3 C. quick oatmeal
- 1/2 C. chopped nuts

Cream shortening and sugars.

Add eggs and vanilla. Beat well.

Add sifted dry ingredients including oatmeal and nuts. MIX WELL.

Drop on ungreased cookie sheet and bake at 350 °F. for 10 minutes.

## FROM THE KITCHEN OF JERI HAMMOND

— KOLACZ (Polish Wedding Braid) - Bon Appetit —

## Ingredients:

1 C. milk  
1/4 C. warm water  
1/2 C. sugar  
2 pkg. dry yeast  
2 tsp. salt  
3 eggs  
1/2 C. butter  
6 C. flour  
1/2 C. raisins (optional)

In small saucepan, heat milk until bubbles form at edge of pan. Remove from heat. Add butter, sugar and salt. Stir until blended. Cool to lukewarm.

In large bowl, sprinkle dry yeast over warm water. Stir until dissolved. Stir in milk mixture.

Add 3 eggs and 3 C. flour and stir with wooden spoon until smooth. Add 3 C. flour and mix with hands until dough no longer clings to the sides of the bowl.

Turn onto lightly floured surface and knead until smooth and blisters appear on the surface of the dough (about 10 minutes).

Place in lightly greased bowl. Turn once. Cover with towel and let double in volume in a warm place (1 to 1-1/2 hours).

Punch down. Make 2 regular loaves or 1 large (or 2 small) double braids. Let rise again, on greased cookie sheet (or bread pan, until double.

Bake 30-35 minutes in 375 °F. oven (it browns quickly).

Remove to wire rack and cool.

## FROM THE KITCHEN OF JERI HAMMOND

## — EVELYN STRICKER'S CREAM CHEESE COOKIES

## Ingredients:

- 1 C. butter
- 1 C. sugar
- 1 egg yolk
- 1 3-oz. pkg. Cream Cheese
- 1/2 tsp. vanilla
- 1 tsp. almond extract (not in orig. recipe)
- 2-1/2 C. flour
- pinch salt

Cream butter until light and fluffy.

Beat in sugar, egg yolk, and soft cream cheese. Beat until light.

Add rest of ingredients.

Dough is VERY stiff, work with your hands.

Roll on lightly-floured board and cut bake at 350 °F. or until golden brown.

Decorate with colored sugar before baking.

NOTE: You can also make this dough a little softer and use it in a cookie press. The dough may be colored with food coloring to match the shapes you're making (e.g. Green for Christmas Trees, Red bells, etc.)

## FROM THE KITCHEN OF JERI HAMMOND

## — CHICKEN IN GARLIC SAUCE —

(YAN CAN COOK, Chapter 9, July 4, 1984)

## MARINADE: (for 4 hours)

- 1 to 1-1/4 Lb. Chicken breast in chunks
- 1 egg white
- 1 Tbsp. soy sauce
- 1 Tbsp. cornstarch

Deep fry in 2 C. of oil (heat very hot) for 30 seconds or until golden brown. Keep the oil hot at all times. Cook in small batches so that the oil does not get a chance to cool.

Remove all but 1 Tbsp. of oil from the pan.

## VEGETABLES:

- 3 cloves of garlic
- 1 green pepper cut into chunks
- 1 red pepper cut into chunks

(NOTE: If you don't care for peppers, you may substitute celery and carrots for color)

Stir-fry the vegetables in 1 Tbsp. oil (saved from above) for 30 seconds, add 2 Tbsp. soy sauce, 1/4 C. chicken stock or water, 1 tsp. sugar, 1/2 tsp. sesame oil, 2 Tbsp. wine vinegar. Stir slightly to mix ingredients then add the chicken and continue to cook until hot.

Serve with (or over) rice.

## FROM THE KITCHEN OF JERI HAMMOND

## — SAUSAGE-EGG CASSEROLE —

(Bon Appetit, Dec. '84, p. 49)

Servings 8

Ingredients:

1/2 lb. French bread, crust trimmed, cut into 1-inch cubes  
2 Lb. pork sausage  
16 eggs, beaten to blend  
1-1/2 C. shredded medium-sharp cheddar cheese  
Snipped fresh chives (optional)

Preparation:

Lightly grease 9" x 13" ovenproof glass baking dish.

Arrange bread cubes evenly in bottom of prepared dish.

Brown sausage, in heavy, large skillet, over medium-high heat, stirring frequently and breaking up with spoon, about 15 minutes.

Sprinkle sausage over bread, using slotted spoon.

Pour eggs over sausage.

Top with cheese and then chives.

Cover with foil and refrigerate overnight.

Preheat oven to 350 °F.

Remove foil and bake casserole until eggs are set, 30 to 35 minutes.

Cool 5 minutes.

Serve hot.

## FROM THE KITCHEN OF JERI HAMMOND

## — FRIENDSHIP SOUR DOUGH STARTER —

## "HERMAN" SOUR DOUGH

How to make Herman starter from "scratch"

## Ingredients:

2 C. Milk	2 C. All-purpose flour
1 C. Granulated Sugar	2 Envelopes Active Dry Yeast

Stir together the milk, flour, sugar and yeast.

Place the starter in a glass bowl or a LARGE glass jar.

====> DO **NOT** REFRIGERATE OR COVER TIGHTLY <====

Allow the starter to stand at room temperature and follow the schedule as listed below:

Day 1 - Stir Only	Day 6 - Stir Only
Day 2 - Stir Only	Day 7 - Stir Only
Day 3 - Stir Only	Day 8 - Stir Only
Day 4 - Stir Only	Day 9 - Stir Only
Day 5 - Add: 1 C. Milk	Day 10 - Add: 1 C. Milk
1 C. Flour	1 C. Flour
1 C. Sugar	1 C. Sugar
Stir WELL !!	Stir WELL !!

On the 10th day - after you have added you ingredients AND stirred the mixture, keep one C. for starter and divide the rest of the mixture into two (or three) parts of at least one C. each, use one part to bake a cake or bread and give to friend.

NOTE: If you're going out of town or are in a spot where you won't be able to stir the mixture daily, you may put it in the MAIN part of your refrigerator (not the freezer) and have the fermentation stop while you are away. Leaving the mixture in the refrigerator for an extended period will cause the mixture to become dormant.

## FROM THE KITCHEN OF JERI HAMMOND

## — FRIENDSHIP SOUR DOUGH STARTER —

## "HERMAN" SOUR DOUGH

## The Care and Feeding of Herman

Begin with at least 1 Cup of Sour Dough starter - no one has any idea where it came from originally, so just accept it in good faith.

Place the starter in a glass bowl or a LARGE glass jar.

====> DO **NOT** REFRIGERATE OR COVER TIGHTLY <====

Allow the starter to stand at room temperature and follow the schedule as listed below:

Day 1	- Stir Only	Day 6	- Stir Only
Day 2	- Stir Only	Day 7	- Stir Only
Day 3	- Stir Only	Day 8	- Stir Only
Day 4	- Stir Only	Day 9	- Stir Only
Day 5	- Add: 1 C. Milk	Day 10	- Add: 1 C. Milk
	1 C. Flour		1 C. Flour
	1 C. Sugar		1 C. Sugar
	Stir WELL !!		Stir WELL !!

On the 10th day - after you have added you ingredients AND stirred the mixture, keep one C. for starter and divide the rest of the mixture into two (or three) parts of at least one C. each, use one part to bake a cake or bread and give to friend.



FROM THE KITCHEN OF JERI HAMMOND

— FRIENDSHIP SOUR DOUGH CAKE —

"HERMAN" CAKE

Combine:

1 Cup Starter	1-1/2 Tsp. Cinnamon
2 Cup Flour	1-1/2 Tsp. Baking Soda
1 Cup Sugar	2 Tsp. Baking Powder
2/3 Cup Cooking Oil	3 Eggs
2 Tsp. Vanilla	1/2 Tsp. Salt

From here on out, you're on your own - Add up to 1 Cup of nuts, raisins, bananas, cherry pie filling, apples, cranberries, pumpkin, strawberries, blueberries or whatever. The moisture content, of course, depends upon what you add (raisins make it dry).

Pour mixture into a greased and floured bundt pan or two (2) loaf pans.

Bake at 350 °F. for one hour or until done. Too hot an oven will cause premature browning (due to all the sugar).

FROM THE KITCHEN OF JERI HAMMOND

— FRIENDSHIP SOUR DOUGH BREAD —

"HERMAN" BREAD

Ingredients:

1-1/2 Cup Starter	1 Pkg. Dry Yeast
2 Tsp. Salt	1 Cup Warm Water
5 Cups Flour (approx.)	

Add yeast and salt to warm water and stir until yeast and salt are dissolved.

Add starter and then gradually add 1-1/2 Cup flour.

Mix on HI with mixer until smooth (or mix using blender, then pour into large bowl).

Gradually add 2-1/2 Cups flour and mix until smooth.

Cover mixture with a damp cloth and allow mixture to rise in a warm place (such as an oven with only the interior light ON) until doubled in volume (1-1/2 hours or so).

Turn onto bread board and work in enough additional flour to make a smooth (but soft) dough.

Shape dough into a long loaf (like French bread).

Grease a pan or cookie sheet with Crisco or other solid shortening, lightly sprinkle with corn meal.

Place loaf in (on) pan and again allow to rise in a warm place until doubled in volume.

Slash the dough surface 3 or 4 times about 1/2" deep (with a VERY sharp knife or razor blade, the dough is VERY soft).

Pre-heat oven to 325 °F. and place a shallow pan of water on the LOWEST oven shelf. Bake bread on the center oven shelf until golden brown (it browns quickly). If bread browns in less than 30 minutes, cover with foil and continue to bake until done. Bread is done when it has a "hollow" sound when you "thump" it with your finger.

Remove and cool on rack.

## FROM THE KITCHEN OF JERI HAMMOND

## — "HERMAN" COFFEE CAKE —

## Ingredients:

2 C. Herman starter	2 Eggs
2 C. All-purpose Flour	1/2 tsp. Baking Soda
2 tsp. Baking Powder	1-1/2 tsp. Ground Cinnamon
1 C. Granulated Sugar	2/3 C. Vegetable Oil
1/2 tsp. Salt	1-2 C. Any Dried, Canned, Frozen or Fresh Fruit

## For Cinnamon Topping:

1 C. Brown Sugar	1 Tbsp. All-purpose Flour
1/2 tsp. Ground Cinnamon	1/4 C. Margarine

## For Brown Sugar Glaze:

3 Tbsp. Margarine or Butter	1 C. Brown Sugar
1/4 C. Milk	

Stir together Herman starter, eggs, flour, baking soda, baking powder, cinnamon, sugar, oil, salt and fruit. Spread batter in a greased 9" x 13" pan.

Prepare the topping by creaming together the brown sugar, flour, cinnamon and margarine. Sprinkle topping over the batter in the pan. Bake the cake in 350 °F. oven for 45 minutes.

While cake is baking, prepare glaze. Boil margarine, brown sugar and milk together for 5 minutes.

Pour the glaze over HOT coffee cake as soon as it is removed from the oven. Cool and serve.

Yield: 12-15 servings

NOTE: To lessen the sweetness, you might omit the cinnamon topping or brown sugar glaze, if desired.

FROM THE KITCHEN OF JERI HAMMOND

— "HERMAN" PANCAKES —

Ingredients:

1 C. Herman starter	1/2 C. All-purpose Flour
1 Egg	2 Tbsp. Vegetable Oil
1/4 C. Instant <b>Dry</b> Milk	1 tsp. Salt
1 tsp. Baking Soda	

Mix Herman, flour, egg, oil, dry milk, salt and baking soda together. Pour batter onto hot griddle or into frying pan. Make pancakes smaller than usual and cook more slowly.

## FROM THE KITCHEN OF JERI HAMMOND

## — "HERMAN" PRETZELS —

## Ingredients:

(NOTE: Any reference to "flour" is unbleached white flour)

3/4 C. Herman starter	3/4 C. Flour
1/2 C. Water	2 Tbsp. Butter or Margarine
3 Tbsp. Granulated Sugar	2 tsp. Salt
1 C. Water	5-1/2 C. Flour, (approx.)
1 Egg Yolk	2 Tbsp. Whipping Cream (or milk)
Coarse Salt (e.g. Kosher Salt)	

In a large bowl, combine Herman starter, 3/4 C. flour and water. Cover loosely and allow to stand in a warm place for at least 8 hours.

When ready to make the pretzels, dissolve the butter, sugar and salt in the hot water; cool to lukewarm. When the water is cool enough, add it to the starter mixture and gradually beat in 4 C. of the flour.

When dough is stiff and well mixed, turn it onto a floured board; knead in more flour until you have a very stiff dough. This will be easier to do if you let dough rest a few minutes covered with a damp cloth before you begin kneading. Put the bowl in a warm place: allow to rise 2 hours.

Shape pieces of dough into long ropes, then twist the ropes into pretzel shapes on greased sheets. Brush the pretzels with a mixture of the beaten egg yolk and cream (or milk). Cover pretzels with a damp cloth and allow to rise in a warm place for about 30 minutes. Brush with the egg mixture again, sprinkle with kosher salt and bake about 15 minutes in a preheated 425 °F. oven.

Cool pretzels slightly before serving because they may be gummy when hot.

Yield: About 20 pretzels

FROM THE KITCHEN OF JERI HAMMOND

— "HERMAN" HOT ROLLS —

Ingredients:

1 C. Herman Starter  
1/4 tsp. Baking Soda  
1/4 tsp. Salt

1 C. All-purpose Flour  
2 tsp. Baking Powder  
1/4 C. Vegetable Oil

Mix Herman, flour, baking soda, baking powder salt and oil.

Transfer to floured board. Knead (requires very little handling). Roll into balls or shape as desired. Bake rolls on greased cookie sheet in 425 °F. oven for 10-15 minutes, or until browned.

FROM THE KITCHEN OF JERI HAMMOND

— "HERMAN" MUFFINS —

Makes: 10 muffins

Ingredients:

1 C. Herman Starter	1 C. All-purpose Flour
1/4 tsp. Baking Soda	2 tsp. Baking Powder
1/4 tsp. Salt	1/4 C. Vegetable Oil
1/2 C. fruit (blueberries, etc.)	1 tsp. cinnamon

Mix all ingredients.

Transfer to floured board. Knead (requires very little handling). Roll into balls or shape as desired. Place into muffin tins (preferably with paper liners). Bake in 425 °F. oven for 10-15 minutes, or until browned.

Best if served warm, with LOTS of butter.

FROM THE KITCHEN OF JERI HAMMOND

— BARBECUED PORK TENDERLOINS\*

Appetizers for 8

Main course for 2-4

INGREDIENTS -

- 2 whole pork tenderloins (about 12 oz. each)
- 2 Tbsp. Dry Red Wine
- 2 Tbsp. Brown Sugar
- 2 Tbsp. Honey
- 2 Tbsp. Red Food Coloring (optional)
- 1/2 tsp. Cinnamon
- 1 Clove Garlic
- 1 Green Onion - chopped (for garnish)

Remove ALL fat from meat (also check for bone flakes from the cutting.

Combine rest of ingredients (except the green onion) in large bowl.

Add pork, turning to coat each piece well.

Cover and allow to stand 1 hour or refrigerate overnight.

Place meat in a PYREX dish and bake at 350 °F. for one hour, turning and basting frequently with reserved marinade.

Remove from oven, cut into diagonal slices about 1/2" wide and garnish with green onion curls.



## FROM THE KITCHEN OF JERI HAMMOND

## — ALWAYS RARE ROAST BEEF —

## INGREDIENTS - 1 Beef Roast - ANY SIZE

Pre-heat oven to 500 °F.

Season roast as desired.

Cook roast for 25 minutes at 500 °F.

Remove and cool for 20 minutes.

Reduce oven temperature and continue to bake as indicated below:

Small to medium roast (up to 6 Lb.) -

Reduce heat to 300 °F. and cook for another 17 minutes per pound.

Large roast (6 Lb. or more) -

Reduce heat to 250 °F. and cook for another 17 minutes per pound.

## FROM THE KITCHEN OF JERI HAMMOND

## — BLUEBERRY MUFFINS —

## Ingredients:

2/3 Cup White Sugar  
2 Cups All-purpose Flour  
2 tsp. Baking Powder  
1 Egg, well beaten  
1 Cup Milk  
2 Tbsp. Melted Butter  
1 Cup Blueberries

Mix sugar, flour & baking powder.

Combine egg, milk & butter and add to flour mixture. Mix well.

Carefully fold in berries. Bake in greased muffin tin at 350 °F. for 25 minutes or until browned.

FROM THE KITCHEN OF JERI HAMMOND

— KEY LIME PIE —

Ingredients:

- 1 9-inch Graham Cracker Crust
- 1/4 Cup Cold Water
- 1 Tbsp. Unflavored Gelatin
- 1 Cup Sugar
- 4 Eggs, separated
- 1/4 Cup Lime Juice, with some of the rind grated and added.
- Pinch of Salt
- Whipped Cream for garnish

Soak gelatin in cold water to soften.

Beat egg whites until stiff, adding 1/2 C. sugar. Set aside.

In top of double boiler, over boiling water, combine beaten egg yolks, rest of sugar, lime juice & salt.

Stir constantly until mixture thickens to custard consistency.

Add gelatin and water.

Remove from heat and fold in the beaten egg whites.

Pour into pie shell & chill until firm.

Decorate with whipped cream.

FROM THE KITCHEN OF JERI HAMMOND

— CRISTY'S FRIED CHEESE SANDWICH —

INGREDIENTS (each sandwich):

- 1 Slice Kraft or Velveeta Cheese
- 2 Slices Sandwich Bread
- 1 Egg, beaten
- Seasoned Bread Crumbs
- Oil for frying

Pre-heat oil (about 1/2 to 3/4 inch deep) to 350 °F. in a pan which is at least 2 inches deep.

Put cheese between slices of bread and dip whole thing in the beaten egg batter... then in the bread crumbs... then fry in oil, turning as needed, until whole sandwich is brown.

Drain on paper towels

NOTES: It may be more convenient to cut the sandwich in half diagonally before dipping in batter.

A slice of ham may be added if desired.

## FROM THE KITCHEN OF JERI HAMMOND

## — BANANA FRITTERS —

## Ingredients:

4 Bananas, cut into 1-inch pieces  
1-1/2 Cups all-purpose flour  
2 tsp. Baking powder  
1/2 tsp. Salt  
2 Eggs, well beaten

Mix all ingredients (except bananas) together in a large bowl.

Fold in banana chunks and ensure that all are well coated.

Pour vegetable oil to a depth of 2" in a deep pan and pre-heat to 350 °F.

Using tongs, **place** (don't drop) banana chunks into oil, one at a time, and fry until each becomes nicely browned.

When cooked, remove, drain on paper towel.

May be decorated with a little powdered sugar.

## FROM THE KITCHEN OF JERI HAMMOND

## — FRIED PEACH PIES —

## INGREDIENTS (fruit &amp; preparation):

12 oz. Dried peaches (or apricots, apples, etc.)  
1 Tbsp. Corn starch  
2 Tbsp. Sugar

Pour 1/2 Cup boiling water over fruit and let stand for 30 minutes.

Mix fruit (well drained) with corn starch & sugar.

## INGREDIENTS (margarine pastry):

2 Cup All-purpose flour  
1/4 tsp. Salt  
2/3 Cup Margarine

Cut ingredients together until well blended - don't be afraid of over-mixing. Sprinkle water over mixture while tossing to blend well.

With your hands, press pastry firmly into a ball.

Roll out pastry. Cut into 5-inch circles (use a saucer as a measure).

Place about 1 Tbsp. of the fruit mixture in the center of each circle, fold over & crimp the edges with a fork.

Fry in vegetable oil at 375 °F. until golden brown.

Remove from oil and drain on paper towels.

Dust with powdered sugar.

FROM THE KITCHEN OF JERI HAMMOND

— MUSHROOM & SPINACH FRITTATA —

Ingredients:

- 1 Can (6-8 oz.) sliced mushrooms, drained
- 2 Tbsp. olive oil
- 2 Tbsp. butter or margarine
- 1/2 Cup minced onion
- 1 Pkg. frozen, chopped spinach, thawed & well drained (lightly squeeze dry)
- 1 Small jar chopped pimentos or 1/4 red bell pepper, chopped
- 6 Eggs, well beaten
- 2 Tbsp. grated Parmesan cheese
- 1 Tbsp. chopped parsley
- 3/4 tsp. salt
- 1/2 tsp. Italian seasoning

Heat oil & butter in 10-inch oven-proof skillet.

Saute' mushrooms & onions for 5 minutes.

Stir in spinach and set aside.

Combine eggs with remaining ingredients in a small bowl.

Pour over mushroom mixture in skillet and stir well.

Cook over medium heat until edges are golden brown and center is firm. If center is too moist and edged get done too soon, place skillet under the broiler for a few minutes until center becomes firm. You can leave the oven door open for this operation and hold on to the handle so that it doesn't overheat.

Turn out onto a warm plate and cut into wedges.

Makes a great Sunday brunch with French bread or hard rolls.

## FROM THE KITCHEN OF JERI HAMMOND

## — CHINESE STUFFED MUSHROOMS —

A Double Order

## MIXTURE

## Ingredients:

48 Fresh mushrooms (about the size of a 50-cent piece or larger), stemmed.

Save the stems!!

1 Lb. uncooked, boneless, lean pork

1 Can drained water chestnuts

1 Bunch green onions

3 Stalks celery

2-3 Slices fresh ginger root (to taste)

4-5 Cloves garlic (to taste)

1/2 Lb. Raw shrimp (cleaned)

Chop all of the above (EXCEPT THE MUSHROOM CAPS) with the medium blade of a meat grinder.

Mix with 1 Tbsp. cornstarch, 2 Tbsp. rice vinegar, 1 egg white, 1/2 Cup all-purpose flour, 2 Tbsp. soy sauce, 1/2 Cup water in a bowl or a ZIP-LOCK bag.

Chill in refrigerator 2-3 hours.

## BATTER

## Ingredients:

1/2 Cup cornstarch

1/2 Cup all-purpose flour

1 1/2 tsp. baking powder

1/3 Cup milk

1/3 Cup water

3/4 tsp. salt

Blend all batter ingredients together well in a bowl.

Fill mushroom with mixture, mounding the mixture in each cap.

(continued)



FRIED, STUFFED MUSHROOMS -

Heat 3 C. of vegetable oil to 350 °F. in a wok or large pan.

Coat half of the stuffed mushrooms, first in flour, then in the batter, a few at a time and deep fry until golden brown.

Drain and keep warm.

STEAMED, STUFFED MUSHROOMS -

While the one half of the mushrooms are frying, steam the other half on a rack, over boiling water, in a covered pan, for about 30 minutes.

Serve with hot chili oil, rice vinegar, hot mustard and sweet & sour sauce.

## FROM THE KITCHEN OF JERI HAMMOND

## — PERFECT RICE —

## Ingredients :

2 C. rice  
3 C. water

## Instructions:

Combine rice with water. Bring to a boil (uncovered) over high heat. Reduce heat to low, simmer until almost all of the water is evaporated and small crater-like holes appear in the surface of the rice. Cover saucepan and simmer for about 20 minutes. Remove from the heat and let stand, covered, for 8 to 10 minutes to complete cooking.

Yield : About 3-1/2 to 4 C. rice.

## FROM THE KITCHEN OF JERI HAMMOND

## — GREEN RICE —

Yield : 6 Servings

Ingredients:

- 2 C. cooked rice
- 2 Tbsp. chopped onions
- 1 tsp. salt
- 1-1/2 C. milk
- 2 eggs (well beaten)
- 1/2 lb. grated Colby or pimento cheese
- 1 C. finely chopped parsley
- 1/4 tsp. pepper
- 1/8 tsp. garlic salt
- 1/4 C. olive oil

Instructions:

Mix well. Pour into greased 2 qt. casserole. Bake at 350 °For 1 hour.

FROM THE KITCHEN OF JERI HAMMOND

— YANG CHOW FRIED RICE —

Ingredients:

2-1/2 Tbsp. cooking oil (preferably peanut oil)  
2 slices fresh ginger (finely chopped)  
1 clove garlic (finely chopped)  
3/4 tsp. salt  
2 stalks green onion (chopped)  
1/4 onion (chopped)  
2 dried black mushroom (soaked and chopped)- optional  
3 Tbsp. frozen peas and carrots- diced  
1/4 C. bean sprouts  
2 eggs, lightly beaten and made into a thin omelet then shredded  
2 to 3 Tbsp soy sauce  
1-1/2 tsp. sesame oil  
1/4 C. chicken stock- if desired  
4-6 C. cooked rice

And 2 or 3 of the following (or all, for a real treat)

2 oz. cooked shrimp (chopped)  
2 slices ham (diced)  
1/4 C. bar-b-qued pork (diced)  
1/2 C. Chinese sausage (chopped)  
thinly sliced and shredded flank steak or beef

Instructions:

1. Heat wok with oil, ginger, garlic, and salt over high heat 10 seconds.
2. Add onion, black mushrooms, green onion, sausage, peas and carrots, shrimp and stir fry 2-1/2 min. Add a bit of stock if dry.
3. Reduce heat to medium-low add remaining ingredients and stir fry 2-1/2 min. or until well mixed. serve hot!

Note: If the rice you are using has been refrigerated, add 1/4 C. stock to step 3 to soften rice and cook a little longer.

## FROM THE KITCHEN OF JERI HAMMOND

## — CREAMY BAKED RICE PUDDING —

Serves: 6-8

Ingredients:

1/2 C. sugar	1 Tbsp. cornstarch
1/2 C. cold milk	1 C. cooked rice
1 tsp. vanilla	1 Tbsp. flour
1/4 tsp. salt	2 slightly beaten egg yolks
2-1/2 C. milk (scalded)	1/4 C. raisins

1. Mix flour, sugar, corn starch, and salt. Stir in cold milk and egg yolks.
2. Add scalded milk and rice. Cook in double boiler just until it starts to thicken. Add vanilla and raisins.
3. Pour into 2 qt. baking pan. Place in larger pan of boiling water and bake at 350 for 20 min.

Meringue for rice pudding

Ingredients:

2 egg whites	A few grains of salt
1/4 C. sugar	1/2 tsp. vanilla

1. beat egg whites and salt until frothy.
2. Gradually beat in sugar and vanilla, and continue to beat until stiff peaks form.
3. pile onto pudding and bake 20 min. more or until browned.

## FROM THE KITCHEN OF JERI HAMMOND

## — DICK'S BROWNIE CAKE —

1. Sift together and set aside: 2 C. flour, 2 C. sugar, 1/2 tsp. salt
2. Mix and bring to a boil: 2 sticks margarine, 4 Tbsp. cocoa, 1 C. water.
3. Pour over dry ingredients and add: 1/2 C. buttermilk, 2 eggs, 1 tsp. vanilla, 1 tsp. baking powder (added with the buttermilk).
4. Mixture will be thin. Bake in a 9"x13" pan at 350 °For 30 min.

## ICING

1. Bring to a boil: 1 stick margarine, 4 Tbsp. cocoa, 6 Tbsp. milk (or buttermilk).
2. Remove from heat and add: 1 box powdered sugar, 1 tsp. vanilla, 1 C. nuts.
3. Spread icing on hot cake as soon as it comes out of the oven.

## FROM THE KITCHEN OF JERI HAMMOND

## — JERI'S HOMEMADE SUMMER SAUSAGE —

Combine:

2 Lb. Hamburger	2 tsp. black pepper
1 tsp. mustard seed	1/2 tsp. garlic salt
1 tsp. hickory smoked salt	
6 tsp. (rounded) Morton's TenderQuick	

Mold into rolls and wrap in foil, refrigerate 24-48 hours Boil in 1/2 in. water in shallow pan 375-400 for 1 hour. Remove from heat, unwrap and drain liquid.

Re-wrap and refrigerate.

FROM THE KITCHEN OF JERI HAMMOND

— FRUITED FONDANT ROLLS —

Ingredients:

1/3 C. softened butter  
1/2 tsp. salt

1/3 C. light corn syrup  
1 16-oz. box powdered sugar

1 tsp. vanilla  
Chopped nuts  
Candy sparkles

1/2 C. candied fruit and peels  
Shaved chocolate

Instructions:

In a large bowl combine butter, salt, syrup & powdered sugar.

Stir to blend well.

Add fruit & vanilla, and stir until well blended.

Turn onto board and knead until smooth.

Shape into 3 rolls 1-inch in diameter, roll in nuts, chocolate shavings or candy sparkles.

Wrap in plastic wrap and foil and chill.

Slice thinly to serve.



FROM THE KITCHEN OF JERI HAMMOND

— CHICKEN MARENGO —

3-1/2 lb. chicken cut into frying pieces

Brown all over in 2 Tbsp. olive oil

Sprinkle with 1-1/4 tsp. salt.

Add 2 tsp. sliced garlic and 1/4 C. white bread crumbs to the oil and saute' 2-3 min. more.

Add 1/2 C. brandy (or dry red wine).

Lay 6-8 large peeled shrimp on top of chicken and cook (covered) 15 min. over med. heat.

Blanch, peel and seed 4 lg. tomatoes, chop meat coarsely. Add to pan with pinch thyme, pushing them under chicken.

Cook covered 15 min. more.

Option: Just before serving, fry 1 egg per person in 3 Tbsp. olive oil heated with 1 tsp. sliced garlic. Drain well and serve with chicken.

## FROM THE KITCHEN OF JERI HAMMOND

## — TURKEY SOUFFLÉ SANDWICH —

Serves 4

Ingredients:

8 slices bread - remove crust  
4 slices Swiss cheese  
2 C. milk  
3/4 tsp. crushed thyme

8 slices turkey  
4 eggs  
2 tsp. onion salt

Instructions:

Preheat oven to 325 °F (300 °F if glass dish)

Make 4 sandwiches with turkey and cheese.

Place in 8" x 8" dish

In bowl beat eggs until frothy, add rest of ingredients and pour over sandwiches.

Bake 50-60 min. until set and golden.

Serve immediately;

FROM THE KITCHEN OF JERI HAMMOND

— PLAYBOY'S ONION PIE —  
(The Playboy Cookbook)

Ingredients:

2 large, mild, white onions	8-in. pie shell, unbaked
3 eggs, well beaten	1 C. sour cream
1/4 C. butter	1/4 tsp. salt
1/8 tsp. pepper	1/4 tsp. ground cayenne pepper
Parmesan cheese and paprika	

Instructions:

Peel onions. Cut each in half, then cut crosswise into thinnest possible slices.

Melt butter in large saucepan and saute' onions until limp but not brown.

Combine sour cream and eggs in bowl. MIX WELL!!!

Add onions, salt pepper and cayenne pepper.

Pour into pie shell.

Sprinkle generously with Parmesan cheese and lightly with paprika.

Bake for 20 min. in pre-heated oven (450°).

Reduce heat to 325 °F and bake 20 min. longer or until bottom of crust is medium brown.

FROM THE KITCHEN OF JERI HAMMOND

— BAKED STUFFED ONIONS —

Serves 6-8

Ingredients:

6 Bermuda onions	4 chicken bouillon cubes
1 sm. can chopped mushrooms	(or 1 can chicken stock)
4 slices bacon	1/2 tsp. paprika
1 C. soft bread crumbs	2 Tbsp. chopped onions
1 tsp. dried marjoram leaves	1 tsp. salt
1/8 tsp. pepper	3 Tbsp. butter

Instructions:

- ⇒ Peel onions, cut thin slice from top of each.
- ⇒ Place in large pan with bouillon and 2 Qt. water and bring to a boil.
- ⇒ Reduce heat and simmer until tender (30-35 min.)
- ⇒ Drain and cool.
- ⇒ Pre-heat oven to 400°.
- ⇒ With small knife or teaspoon remove center of onions to 1/2-inch thickness. Invert to drain.
- ⇒ Chop centers finely and mix with mushrooms.
- ⇒ Saute' bacon until crisp , drain and crumble.
- ⇒ Combine bacon, onion/mushroom mix, bread crumbs, marjoram, salt and pepper.
- ⇒ Toss with 2 Tbsp. reserved bacon grease.
- ⇒ Melt butter in shallow baking dish, add paprika.
- ⇒ Stuff onions with mixture.
- ⇒ Place in baking dish and brush all over with butter.
- ⇒ Bake 20 min.
- ⇒ Serve hot

FROM THE KITCHEN OF JERI HAMMOND

— THELMA'S CORN PUDDING (SOUFFLÉ) —

Serves 4

Ingredients:

2 eggs, well beaten  
1 Tbsp. cornstarch  
4 oz. butter- melted  
Salt and pepper

1 Tbsp. sugar  
1 C. milk  
1 12 oz. can of corn

Mix all ingredients and pour into baking dish.

Bake at 325 °F until firm (about 35-40 min.)

## FROM THE KITCHEN OF JERI HAMMOND

## — JERI'S CORN PUDDING —

## Ingredients:

1/4 C. butter	1/4 C. flour
2 tsp. salt	1-3/4 C. milk
3 C. fresh or frozen corn	3 eggs

## Instructions:

Melt butter in saucepan, stir in flour, salt and sugar.

Cook until bubbly.

Add milk and cook until thick.

Stir in corn.

Beat eggs until frothy.

Add to mixture and pour into well buttered casserole.

Bake in water bath at 350 °For 45 min. or until firm.

FROM THE KITCHEN OF JERI HAMMOND

— RED CROSS SOUR CREAM DROP COOKIES —

Ingredients:

2 Tbsp. butter  
1 egg  
1 tsp. vanilla  
1/2 tsp. baking soda

1 C. sugar  
1/2 C. sour cream  
1-1/2 C. flour  
1/2 tsp. salt

Instructions:

Cream butter and sugar.

Beat in egg, sour cream and vanilla.

Beat in flour, soda, and salt.

Drop, well apart, on well greased cookie sheet.

Sprinkle with sugar.

Bake at 375 °For 11 minutes **OR** until their edges turn light brown.  
**WATCH THEM CLOSELY, THEY BROWN QUICKLY!**

FROM THE KITCHEN OF JERI HAMMOND

— LEMON PANCAKES (CREPES) —

Makes: 6-8 crepes

Ingredients:

2 eggs, slightly beaten  
1/4 tsp. salt  
1 C. milk

1/2 C. sugar  
1 C. flour  
1 Tbsp. lemon extract

Instructions:

Add sugar to the eggs.

Stir in milk.

Stir in remaining ingredients.

Allow mixture to rest in the refrigerator for 1 hour.

1/4 Cup of mixture at a time, spoon into a 6" saute' skillet and cook over a fairly high heat. When the edges brown and the crepes are starting to dry a little on top, flip & cook another 30-45 seconds more.

Serve dusted with powdered sugar



FROM THE KITCHEN OF JERI HAMMOND

— GRANDMA EFFIE'S LAZY PEACH PIE (IT'S REALLY A CAKE!) —

Ingredients:

1 stick butter	1 C. sugar
1 C. flour	2 tsp. baking powder
1/4 tsp. salt	3/4 C. milk
1 lg. can (#2 1/2) undrained, sliced peaches	

Instructions:

Melt butter in a 9" x 13" cake pan.

Sift flour, sugar, baking powder and salt together.

In a bowl, stir the milk into the dry ingredients and pour over the melted butter.

Add the peaches (including juice) on top of the batter. Use a spoon to even the contents over the top of the batter in the baking pan. DO NOT STIR!

Bake at 350 °For 1 hour or until nice and brown.

NOTE: You can use apricots instead of peaches (just about any canned fruit will work).  
***BUT, do not use pie filling – too little liquid in pie filling.***

## FROM THE KITCHEN OF JERI HAMMOND

## — ALVA'S WACKY CAKE —

## Ingredients:

1-1/2 C. flour	1 C. sugar
3 tsp. cocoa	1 tsp. baking soda
1 tsp. salt	8 Tbsp. vegetable oil
1 Tbsp. white vinegar	1 tsp. vanilla extract
1 C. water	

## Instructions:

- ⇒ Pre-heat oven to 350°.
- ⇒ Mix all dry ingredients together. Pour into 9" x 9" cake pan.
- ⇒ Make three (3) dents in the dry mixture.
- ⇒ Add the oil, vinegar and vanilla each to a dent (oil in one dent, vinegar in one dent, etc.)
- ⇒ Pour the water on top of everything.
- ⇒ Stir with a fork to blend.
- ⇒ Bake for 35-40 minutes.

## — FROSTING —

## Ingredients:

2-1/2 Tbsp. flour	1/2 C. milk
1/2 C. (1 stick) butter	1/2 C. sugar
1/2 tsp. vanilla	

## Instructions:

Put flour in a small sauce pan.  
Add milk gradually, stirring until smooth.  
Add rest of ingredients and cook over low heat, STIRRING  
CONSTANTLY, until thickened.  
Pour over warm cake.

## FROM THE KITCHEN OF JERI HAMMOND

## — ANNE KUTSCHER'S POPPY SEED CAKE —

## Ingredients:

3 C. flour	1-1/2 tsp. salt
3 eggs	1-1/2 C. milk
1-1/8 C. Wesson oil	1-1/2 tsp. almond extract
1-1/2 tsp. butter flavoring	2-1/2 C. sugar
1-1/2 tsp. baking powder	1-1/2 Tbsp. poppy seeds
1-1/2 tsp. vanilla extract	

## Instructions:

Mix all ingredients two (2) minutes with an electric mixer.

Pour into two large or three small, lightly greased, loaf pans.

Bake one (1) hour at 350 °F or until an inserted toothpick comes out clean.

Top will probably be cracked.

## — FROSTING OR GLAZE —

## Ingredients:

1/2 C. concentrated orange juice	3/4 C. sugar
1/2 tsp. almond extract	1/2 tsp. vanilla extract
1/2 tsp. butter flavoring	

## Instructions:

Mix all ingredients together and pour over the hot cake.

Remove from pan when cooled.

NOTE: This cake freezes extremely well... in fact, may be better if frozen for a while.

FROM THE KITCHEN OF JERI HAMMOND

— JUDY KERNS' APPLE STRUDEL —

Ingredients:

9 apples (golden or red delicious work very well)	
unbaked 9" pie shell	1½ C. sugar
1 Tbsp. cinnamon	½ C. butter, melted
½ C. brown sugar	1 C. flour

Instructions:

Slice apples VERY thinly and arrange in the unbaked pie shell.

Sprinkle the 1-1/2 C. sugar and the cinnamon over the apples.

Mix the butter, brown sugar and flour together and sprinkle over the top of the apples.

Bake for 1 hour at 350°.

FROM THE KITCHEN OF JERI HAMMOND

— POLISH MISTAKE —

(Note: This an appetizer, NOT a main dish)

Ingredients:

1 lb. lean hamburger	1 lb. bulk sausage
1 Tbsp. oregano	1 lb. Velveeta cheese
onion, salt and pepper to taste	

Instructions:

Brown the hamburger and sausage together. Drain off excess fat.

Add salt, onion and pepper to taste.

Stir in the oregano.

Add cheese and stir over low heat until melted.

Keep warm in crock pot or other warming dish.

Serve warm on party rye.

## FROM THE KITCHEN OF JERI HAMMOND

## — BETSY THOMAS' BAR-B-QUED HAM SLICES —

Serves 3

Ingredients:

½ C. hot catsup  
2 Tbsp. chopped onion  
1 Tbsp. lemon juice  
1 1-inch slice of ham  
(approx. 1-1/2 lb.)

1/3 C. orange marmalade  
2 Tbsp. salad oil  
1½ tsp. dry mustard

Instructions:

Sauce: Combine all ingredients except the ham.

Slash the fatty edge of the ham.

Broil over low coals for 15 minutes, turning once.

Brush with sauce and broil for another 15 minutes.

Turn and baste again.

Heat remaining sauce over low heat and serve with the ham.

## FROM THE KITCHEN OF JERI HAMMOND

## — SYLVIA HAMMOND'S GARLIC SOUP —

## Ingredients:

2 lg. heads fresh garlic	boiling water
2 qt. cold water	2 Tbsp. coarse salt
fresh pepper to taste	2 whole cloves
¼ tsp. sage	¼ tsp. thyme
4 sprigs fresh parsley	2 Tbsp. oil
3 egg yolks	¼ C. butter, melted
6 to 8 slices stale bread cheese	½ C. grated Swiss or Gruyere

## Instructions:

Separate the garlic into individual cloves. Cover with boiling water. Cool and slip off skins.

Place in kettle with 2 qt. cold water, garlic, salt and pepper, cloves, sage, thyme, parsley and oil.

Bring to a boil and simmer thirty (30) minutes.

Beat egg yolks until thick and gradually beat in the butter.

Strain the soup and add it to the egg mixture VERY slowly while beating hard.

Reheat, but DO NOT BOIL.

Place a slice of bread in bottom of each serving bowl. Sprinkle with cheese. Spoon soup over the bread and serve.

FROM THE KITCHEN OF JERI HAMMOND

— RENDERROULADEN —

Ingredients:

2 lb. round steak sliced 1/2" thick	1/4 C. dry red wine
salt and pepper to taste	4 slices bacon, diced
1 onion, finely chopped	2 Tbsp. chopped celery & leaves
flour for dredging	vegetable oil
2 C. carrots, sliced	2 C. new potatoes, sliced
1/2 tsp. dill weed or 2 finely chopped	1 3/4 C. water
dill pickles	hot, buttered, noodles
1 can (6 oz.) tomato paste	

Instructions:

Cut steak into 3-inch squares. Lightly flatten with a meat hammer. Sprinkle with salt and pepper and set aside.

In a large, heavy, skillet, cook bacon until almost crisp. Add onion and celery and cook until tender.

Mix the carrots, potatoes, and dill pickles together and spread on the meat. Roll up and secure with toothpicks. Dust lightly with flour. Brown on all sides in the bacon drippings. Add oil to prevent sticking if necessary.

Remove meat rolls and pour off any fat.

Add remaining ingredients (except the noodles) to pan and stir.

Return meat to pan. Simmer, covered, 1 to 1 1/2 hours, stirring occasionally.

Serve over the hot, buttered noodles.



## FROM THE KITCHEN OF JERI HAMMOND

## — DOT McMAHAN'S STEAK &amp; MARINADE —

## Ingredients:

1 3-lb. round steak, cut 2" thick.

1 Tbsp. oil

3 Tbsp. soy sauce

1 Tbsp. catsup

1 Tbsp. dry Italian salad dressing mix

## Instructions:

Sauce: Mix all ingredients (except meat) together.

Cover each side of meat with sauce.

Marinate for 3 to 4 days in icebox, brushing with sauce 2 or 3 times each day... OR... place all in a ZipLock bag and flip 2-3 times each day.

Thirty minutes before cooking, use Adolph's Meat Tenderizer according to directions.

Cook 15 minutes, each side, over HOT coals.

## FROM THE KITCHEN OF JERI HAMMOND

## — 19th CENTURY BREAD —

Makes 4 loaves

Ingredients:

2 C. milk	2 C. water
1 tsp. salt	1 cake or 2 pkg. dry yeast
approx. 8 C. whole wheat flour	

Instructions:

Scald milk... heat over medium heat until small bubbles form around the edge of the pan.

Add salt and water.

When luke warm, add yeast and stir to dissolve.

Add 3 C. flour

Beat thoroughly

Cover and let stand 2-1/2 hours in a warm place (i.e. oven with oven light turned on).

Add enough more flour to make fairly stiff dough. Knead quickly.

Separate into 4 loaves. Put into greased loaf pans. Cover and put in warm place for one hour.

Slash tops, brush with water and bake at 350 °F for 45-50 minutes.

## FROM THE KITCHEN OF JERI HAMMOND

## — RYE BATTER BREAD —

## Ingredients:

1 pkg. yeast (dry or cake)	1-1/4 C. warm water
2 Tbsp. brown sugar	1 C. rye flour
2-1/2 C. all-purpose flour	1 tsp. salt
1 tsp. caraway seed	1 Tbsp. soft shortening

## Instructions:

Dissolve yeast , in water, in a mixing bowl.

Add brown sugar, one-half of the flour, salt, caraways seeds and shortening.

Beat two (2) minutes at medium speed.

Stir in remaining flour.

Scrape sides.

Cover and allow to rise in a warm place (i.e. oven with light on) until doubled on volume.

Stir hard for 1/2 minute.

Spread evenly in a greased loaf pan. Smooth by patting with a FLOURED hand.

Bake in pre-heated 375 °F F oven for 45 minutes or until brown.

Brush with shortening and cool on a rack.

FROM THE KITCHEN OF JERI HAMMOND

— BAR-B-QUE SAUCE FOR A CROWD —

Makes twenty-five (25) gallons!!!

Ingredients:

7 lb. onions, sliced	3 gal. tomato juice
10 lemons, sliced	2 6-oz. cans tomato paste
4 heads garlic, peeled & crushed	1 box bay leaves
3 lg. bottles Brooks catsup	1 box whole pickling spices

Instructions:

Mix together and bring to a boil.

Add:

4 lb. margarine	1 gal. vinegar
1 lb. black pepper	2 lb. salt
1-1/2 C. brown sugar	

Slop it on!!!

FROM THE KITCHEN OF JERI HAMMOND

— CREME D'MENTHE —

Ingredients:

8 C. water	3 Tbsp. peppermint extract
1 pt. 190 proof grain alcohol	1 Tbsp. green food coloring
8 C. sugar	

Instructions:

Mix the water and sugar together and boil ten (10) minutes.

Allow to cool, then add the remaining ingredients.

Pour into scalded bottles.

For best taste, age (at least) one month

## FROM THE KITCHEN OF JERI HAMMOND

## — MCKINNEY'S RESTAURANT HOT BUTTERED RUM BATTER —

## Ingredients:

1 lb. Butter

3 eggs

1 tsp. cloves

2 boxes brown sugar

1 tsp. nutmeg

1 tsp. allspice

## Instructions:

Melt butter and pour over the brown sugar and spices.

Beat eggs with a fork and add to mixture.

Beat with an electric mixer about fifteen (15) minutes.

Store in refrigerator. KEEPS ALMOST INDEFINITELY!!!

## To serve:

Add 1 Tbsp. batter to 1-1/2 oz. rum in a cup and then fill cup with boiling water.

FROM THE KITCHEN OF JERI HAMMOND

— EASY GERMAN POTATO SALAD —

Ingredients:

2 lb. small red potatoes, cooked, skinned & sliced	2 tsp. salt
1 lb. bacon, chopped	1/2 C. cider vinegar
1 small onion, finely chopped	1/2 C. sugar

Instructions:

Fry bacon until crisp. Remove from pan.

Add one (1) Tbsp. flour to the bacon grease.

Mix in vinegar and sugar and cook until thickened.

Put the onions and salt on the sliced potatoes, in a large bowl.

Pour bacon and the bacon-grease mixture over the potatoes. Toss and serve.

FROM THE KITCHEN OF JERI HAMMOND

— EFFIE'S DANDELION WINE —

Ingredients:

2 qt. dandelion blooms	3 qt. scalding water
2 lg. lemons, thinly sliced	1/2 cake yeast or 1 pkg dry yeast
3 lb. Sugar	1-gallon jug

Instructions:

Put dandelions in a large (NOT GALVANIZED) pan.

Add lemons and sugar.

Pour scalding water over all. Stir until the sugar is fully dissolved and then heat to a boil.

Remove from heat and cool until luke warm.

Dissolve the yeast in a small amount of warm water and add to the mixture and stir.

Pour into a large jar (not the 1-gal. jug) and let stand for 48 hours, stirring frequently.

Strain into the gallon jug and add enough water to make one gallon.

Cover the entire mouth of the jug with a large balloon (completely seal) and allow to ferment.

When fermentation ceases, siphon into clean bottles and cork tightly.

REMEMBER: The longer it ages, the better it is, but watch it, it kicks like a mule and is full of headaches.



## FROM THE KITCHEN OF JERI HAMMOND

## — HAWAIIAN FONDUE —

## Ingredients:

3/4 C. maraschino cherries, drained	1/2 C. water
2 lb. brown & serve sausage, cut in half	1/2 C. corn syrup
1 can pineapple chunks, drained, RESERVE THE JUICE	2 Tbsp. white vinegar
2 Tbsp. corn starch	1/2 tsp. salt
	1/4 tsp. ginger
	2 green peppers, in 1" pieces

## Instructions:

Brown the sausage in a large pan. Drain grease.

Reduce heat to 275 °F (low).

Blend the corn starch and water together and then stir into the pan along with the pineapple juice, corn syrup, vinegar, salt and ginger. Stir.

Add the pineapple chunks, cherries and green pepper.

Keep warm. Serve in a fondue pot.

BE CAREFUL! THESE BABIES ARE **H O T** AND CAN SCORCH YOUR TONGUE  
IN A HEARTBEAT!

## FROM THE KITCHEN OF JERI HAMMOND

## — CLARENCE COOPER'S MOM'S WALDORF-ASTORIA RED CAKE —

## Ingredients:

1-1/2 C. sugar	2 eggs
1 stick (1/4 lb.) butter	2 tsp. cocoa
2 oz. red cake coloring	2-1/4 C. cake flour
1 C. buttermilk	1 tsp. salt
1 tsp. vanilla	1 tsp. white vinegar
1 tsp. baking soda	

NOTE: **MUST** use BUTTER, **not** margarine!

## Instructions:

NOTE: Complete each task below in the order given. Generally, each mixture adds into the one immediately above it.

- ⇒ Mix Sugar, butter and eggs.
- ⇒ Make paste of cocoa and food coloring. Mix into sugar, butter mixture.
- ⇒ Mix cake flour, buttermilk and salt and stir into the above mixture.
- ⇒ Mix vinegar and soda into the above mixture.
- ⇒ Add vanilla and stir.
- ⇒ Bake in two (2) 8-inch layers for 30-35 minutes in 350 °F oven. Remove from oven and cool.

## Frosting:

3 Tbsp. flour	1 C. milk
1 C. butter (2 sticks)	1 C. sugar
1 tsp. vanilla	

- ⇒ Cook flour and milk in double-boiler until thick. Allow to cool.
- ⇒ Separately, cream butter and sugar until fluffy.
- ⇒ Add vanilla to mixture above and then blend into flour/milk mix.
- ⇒ Beat until it looks like whipped cream. Spread on cooled cake.

## FROM THE KITCHEN OF JERI HAMMOND

## — ANNIKA LANE'S SWEDISH GINGERBREAD —

## Ingredients:

3 sticks butter	2 C. sugar
1 C. molasses	1-1/2 Tbsp. powdered ginger
1-1/2 Tbsp. cinnamon	1 Tbsp. ground cloves
1-1/2 C. whipped cream	1 Tbsp. baking soda
1 Tbsp. water	9 C. flour

## Instructions:

Cream the butter and sugar.

Add molasses and spices.

Dissolve soda in the water.

Add the soda mixture and whipped cream to the other mixture.

Work in 7 C. flour to make a stiff dough.

Wrap and chill overnight.

Knead in the remaining 2 C. flour.

Roll out and cut into thin shapes.

Bake on non-stick pan at 375 °F until lightly browned.

NOTE: This recipe makes gingerbread with a very strong ginger taste. Probably for the adults more than the kids!

## FROM THE KITCHEN OF JERI HAMMOND

## — CANADIAN EGGS —

## Ingredients #1:

1 doz. Eggs  
6 strips bacon  
1 Tbsp. capers

1 sm. can salmon  
4 Tbsp. mayonnaise  
salt & pepper

## Ingredients #2:

1/2 C. flour  
1 C. finely crushed bread crumbs

2 eggs, beaten

## Instructions:

Boil the eggs for ten (10) minutes. Cool and peel.

Cut a small 'cork' from the small end of each egg and set aside for later.

CAREFULLY remove the yolks from eggs without breaking the white. HINT: If you have one, a fondue fork works pretty well.

Fry bacon until crisp. Remove and drain. When cool, crumble.

Add bacon to salmon, mayonnaise and capers and salt and pepper to taste. Mix well with a fork.

Re-stuff each egg (FUN!) and replace the 'cork'.

Roll each egg in flour, then in beaten egg, then breadcrumbs. More FUN!

Deep-fry in 375 °F oil until golden brown (3-4 minutes).

Serve warm.

## FROM THE KITCHEN OF JERI HAMMOND

## — SOY SAUCE DIP —

## Ingredients:

2 cans beef consommé  
2 Tbsp. Lea & Perrins  
1/2 C. cold water

4 Tbsp. soy sauce  
3/4 Tbsp. corn starch

## Instructions:

Bring consommé, soy sauce and Lea & Perrins to a boil.

Dissolve corn starch in cold water and add to consommé mixture.

Stir until thickened.

Keep warm and use for beef fondue dip.

FROM THE KITCHEN OF JERI HAMMOND

— ABC PRETZELS —

Ingredients:

1/2 C. water	1 pkg. dry yeast
4 C. flour	1 Tbsp. sugar
1 tsp. salt	2 C. water
1 egg, slightly beaten with 1 Tbsp. water	coarse salt

Instructions:

Dissolve yeast in 1/2 C. warm water.

Mix flour, salt, sugar and 2 C. water and add to yeast mixture.

Knead together until smooth.

Divide into 18 to 24 parts and shape into pretzels.

Put on greased cookie sheets.

Allow to rise 30 minutes.

Paint with egg and water mixture.

Sprinkle with coarse salt.

Bake at 425 °F until lightly browned.

## FROM THE KITCHEN OF JERI HAMMOND

## — BETSY'S THOMAS' GET-WELL CHICKEN —

## Ingredients:

4 chicken breasts, boned, skinned and separated	
4 Tbsp. butter	2 8-oz. cans mushrooms
3 to 4 Tbsp. flour	1/2 C. water
salt & pepper	

## Optional ingredients:

1/2 C. white wine	1 can artichoke hearts
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## Instructions:

Brown chicken in butter and put in a 9" x 13" Pyrex dish.

Drain the mushrooms and reserve the juices.

In the sauce pan used to brown the chicken, add the mushroom juice and flour and stir to make sauce. Add water if necessary.

To the sauce, add mushrooms and optional ingredients (if used) and stir to coat and heat the solid ingredients.

Season to taste with salt and pepper.

Pour mixture over chicken and bake at 350 °F for 45 minutes or cover and refrigerate until ready to be cooked. May be frozen.

FROM THE KITCHEN OF JERI HAMMOND

— EVELYN'S CINNAMON STARS —

Ingredients:

2 C. powdered sugar	6 egg whites
1/8 tsp. salt	1 tsp. cinnamon
1 tsp. grated lemon rind	1 lb. ground, blanched almonds

Instructions:

Add salt to the egg whites and beat until stiff (until nearly the consistency of meringue).

Then, gradually add sugar and whip well (45-minutes!!!!)

Add cinnamon and lemon rind.

Reserve 1/3 of the mixture.

To the remainder (2/3 mixture) add the ground almonds. Mix well.

Flour a board lightly, pat or roll the dough to 1/3" thick. If too sticky, add a little powdered sugar.

Cut with cookie cutters, glaze top the reserved mix and bake on greased cookie sheets at 325 °F until VERY LIGHTLY browned.

Remove and cool.

Store in air-tight container.



FROM THE KITCHEN OF JERI HAMMOND

— VENISON OR BEEF JERKY —

Ingredients:

6 lb. roast (if beef, use rump roast or eye of round)	1 Tbsp. Lawrey's Seasoned Salt
2 3½-oz. bottles Wright's Liquid Smoke	2 Tbsp. garlic powder
1 C. water	12-16 shots Tabasco (to taste)
3 Tbsp. salt	8 Tbsp. Lea & Perrins
2 Tbsp. pepper (to taste)	1 Tbsp. onion salt (optional)

NOTE: Adjust all of the above ingredients to your personal taste.

Directions:

Trim ALL fat and sinew from roast.

Thinly slice (1/4" thick) the meat. If possible, use an electric meat slicer and have the meat slightly frozen to facilitate slicing.

Mix all other ingredients in a large Zip-lock bag or marinating pan.

Add meat, mix well to cover meat and marinate 2 to 3 days in refrigerator, stirring every 8 to 12 hours to distribute the marinade throughout the meat. It is IMPORTANT that ALL SIDES of the meat slices have a chance to come into contact with the marinade... they tend to stick together and 'protect' each other from it sometimes.

Smoker:

Cook in smoker until barely flexible and mostly dry.

Oven:

Cook in oven at 250 °F for 4 to 6 hours depending upon thickness of meat.

Dehydrator:

Spread in single layers on the dehydrator trays. If possible, set the temperature to 145° and dry for 1-1/2 hours, then reduce temperature to about 120 °F for the rest of the drying time (about another 3-4 hours, or until the jerky reaches the desired texture). You should not be able to dent the jerky when it is tightly 'pinched' between thumb and forefinger.

Stores in refrigerator for several weeks, if it lasts that long.

## FROM THE KITCHEN OF JERI HAMMOND

## — JERI'S MINESTRONE SOUP —

## Ingredients:

3 C. mixed, dried beans	3 to 4 cloves garlic, chopped
2 lb. smoked ham hocks	2 tsp. oregano
2 lg. cans stewed tomatoes	2 tsp. basil
1 pkg. frozen, chopped spinach	2 C. dried pasta (optional)
1 onion, chopped	

## Instructions:

Soak beans overnight in water. Pick out any rocks and drain.

Put beans in 8-qt. stock pot and cover with fresh water.

Bring to a boil and cook with the ham hocks for 2 to 3 hours until the beans are soft.

Remove the ham hocks, cool, and pick (only) the meat off. Return to pan and discard all bones and fat.

Add remaining ingredients EXCEPT the pasta.

Allow to simmer 1 hour.

1/2 hour before serving, add pasta, if desired.

Adjust salt and pepper to taste.

Serve with hot bread.

FROM THE KITCHEN OF JERI HAMMOND

— ALVA'S & JERI'S POTATO SOUPS —

Alva's Ingredients:

3 qt. Water	3 cans evaporated milk
2 lg. pkg. Ore-Ida Hash Browns	1/2 C. dried, minced onion flakes
1/2 C. dried parsley flakes	salt, pepper & garlic salt
1 stick butter	corn starch, if necessary

Jeri's Ingredients:

1-1/2 qt. chicken stock	salt, pepper & garlic salt
1-1/2 qt. water	2 C. Potato Buds
1 lg. pkg. Ore-Ida Hash Browns	2-3 cans evaporated milk
1/2 C. dried parsley flakes	3/4 lb. Sea Legs, imitation crab legs
1 stick butter	(optional)
1/2 C. dried, minced onion flakes	

Instructions: (use one or the other, but not both)

Mix water (chicken stock), hash browns, onion, parsley and butter.

Bring to a boil and cook until hash browns fall apart.

Add milk and Potato Buds (if used) and Sea Legs (if used) and heat thoroughly.

Add seasoning to taste.

Thicken with corn starch if necessary and serve.

## FROM THE KITCHEN OF JERI HAMMOND

## — CRAB-STUFFED MUSHROOMS —

## Ingredients:

24 to 30 2"-cap mushrooms	1 can flaked crab meat
4 Tbsp. butter	1/2 bag Pepperidge Farm Herbed
2 tsp. parsley	Stuffing mix
1 Tbsp. chopped green pepper	Grated Parmesan cheese
1 C. water	

## Instructions:

Remove stems from mushrooms and reserve for later.

In a sauce pan, saute' parsley and green pepper in butter until soft.

Add 1 C. water, chopped mushroom stems, stuffing mix and crab meat (with the liquid from the crab).

Toss to mix.

Stuff mushroom caps.

Sprinkle with Parmesan cheese.

Bake at 350 °F until cheese melts.

Serve hot.

FROM THE KITCHEN OF JERI HAMMOND

— VEGETABLE DIP —

Ingredients:

1 12-oz. carton sour cream  
1 Tbsp. pickle relish

3 Tbsp. bottled Heinz Chili Sauce

Instructions:

Mix & chill

Serve with mixed, raw veggies.

## FROM THE KITCHEN OF JERI HAMMOND

## — ITALIAN GARLIC BREAD —

## Ingredients:

2 pkg. dry yeast  
1 C. warm water  
1 tsp. sugar  
2 to 3 cloves garlic

2 Tbsp. olive oil  
3 C. flour  
1 tsp. dried, crushed basil  
1 tsp. salt

## Instructions:

Dissolve yeast in water, add sugar and set aside.

Crush garlic, saute' in olive oil until soft but not brown.

In large bowl, mix flour, basil and salt, add garlic mixture.

Add yeast mixture.

Knead until smooth and satiny, adding a little more water or flour until texture is right and you have a soft dough.

Lightly oil a clean bowl.

Put dough in bowl, turn once to coat with oil. Cover. Let rise until doubled in volume (about 1 hour).

Punch down.

Shape into a long loaf.

Place in an oiled French bread pan and let rise until doubled in volume.

Bake at 400 °F 20 to 25 minutes or until it sounds hollow when you thump it.

Serve hot with LOTS of butter.

## FROM THE KITCHEN OF JERI HAMMOND

## — SOUTHERN CRAB CAKES —

## Ingredients:

2 6-1/2 oz. cans crab meat	2 tsp. mayonnaise
1 tsp. salt	1/4 C. butter (1/2 stick)
3/4 tsp. dry mustard	1-1/2 tsp. parsley
1/4 tsp. pepper	1 egg, beaten
2 eggs, slightly beaten	1-1/2 C. dry bread crumbs
1-1/2 tsp. Lea & Perrins	4 to 6 Tbsp. butter

## Instructions:

Combine crab meat, salt, mustard, pepper, 2 slightly beaten eggs, Lea & Perrins, mayonnaise, 1/4 C. butter and parsley. Stir and chill for 1 hour.

Shape into six (6) patties.

Dip in the beaten egg and then in the dry bread crumbs.

Fry in remaining butter about 15 minutes, turning once.

## FROM THE KITCHEN OF JERI HAMMOND

## — MEAL IN A LOAF —

## Ingredients:

4 C. flour	2 Tbsp. sugar
1/2 tsp. salt	2 pkg. dry yeast
1 C. warm water	1/4 C. Dijon mustard
1 Tbsp. butter	1-1/2 C. chopped, cooked ham
1 C. shredded Swiss cheese	1/2 C. chopped dill pickle
1 egg, beaten	

## Instructions:

- ⇒ Set aside 1 C. flour.
- ⇒ Mix remaining flour, sugar, salt and yeast.
- ⇒ Heat water, mustard and butter together to 125°.
- ⇒ Stir liquid mixture into flour mixture.
- ⇒ Mix with enough reserve flour to make a soft dough.
- ⇒ Knead for four (4) minutes.
- ⇒ On greased baking sheet, roll dough to a 12" x 14" rectangle.
- ⇒ Sprinkle ham, cheese and pickle down the center 1/3 of the dough length.
- ⇒ Make cuts from edge of filling to edges of dough, at 1-inch intervals.
- ⇒ Bring strips from opposite sided of dough together, twist and place dough ends at an angle across the filling. Cover.
- ⇒ Place a large, shallow pan on counter. Half-fill with boiling water.
- ⇒ Place baking sheet with filled dough over pan. Let rise 15 min.
- ⇒ Brush loaf with egg. Bake at 375 °F for 25 minutes.
- ⇒ Serve warm.



## FROM THE KITCHEN OF JERI HAMMOND

## — JOYCE MESSERLY'S CHEESE CUPCAKES —

## Ingredients:

3 8-oz. pkg. Philly Cheese  
5 eggs  
1 C. sugar  
1-1/2 tsp. vanilla

1/2 C. sour cream  
1/2 tsp. vanilla  
2 tsp. sugar  
Fruit preserves of choice

## Instructions:

Soften cheese and beat until smooth

Add 1-1/2 tsp. vanilla.

Gradually beat in 1 C. sugar.

Add eggs, one at a time, beating until fluffy.

Pour into 24 paper-lined cupcake molds and bake at 350 °F for 40 minutes. DO NOT LET THEM BROWN!!!

Cool on racks.

After the cupcakes cool, mix together the sour cream, 1/2 tsp. vanilla and 2 Tbsp. sugar.

Pour a little of mixture on the top of each cupcake.

Add 1/2 tsp. fruit preserves to the center (top) of each cupcake.

Bake for five (5) minutes at 350°.

Cool and serve.

May be frozen.

FROM THE KITCHEN OF JERI HAMMOND

— LEMON SQUARES —

Ingredients #1:

1 C. flour	1/4 C. powdered sugar
1/2 C. butter, softened	

Ingredients #2:

1 C. sugar	3 Tbsp. lemon juice
2 eggs	1/4 tsp. salt
1/2 tsp. baking powder	1 tsp. grated lemon peel

Instructions:

Mix all of ingredients #1 together.

Press evenly into the bottom of an ungreased 8" square baking pan.  
Bake at 350 °F for 20 minutes.

Mix together and beat ingredients #2 for 3 minutes or until light and fluffy.

Pour over hot crust.

Bake at 350 °F for another 25 minutes or until no imprint remains when touched lightly in center.

Cool and cut into squares.

## FROM THE KITCHEN OF JERI HAMMOND

## — KATIE HAMMOND'S OYSTER DRESSING —

## Ingredients:

1 large box RITZ Crackers	1 pt. cream
2 to 2 1/2 sticks melted butter	salt & pepper to taste
3-4 containers fresh oysters	

## Instructions:

Brush each side of each RITZ Cracker with melted butter and toast in a 250 °F oven until LIGHTLY BROWNED. NOTE: This can be done ahead of time and kept in a Zip-lock bag.

2 hours before dinner:

Leave crackers in the Zip-Lock bag and lightly break them into smaller pieces.

Place 1/3 of the crackers in the bottom of a 9" X 13" baking dish.

Drain the oysters, reserving the liquid.

Combine the oyster liquid with enough cream to measure 2 1/2 cups.

Place 1/2 of the oysters over the crackers in the baking dish. Salt and pepper.

Place 1/2 of the remaining crackers in a layer over the oysters.

Place the rest of the oysters on top of the crushed crackers. Salt & Pepper and pour some of the oyster liquid/cream mixture over the top of the layer until the liquid is just visible BELOW the top layer of oysters.

Crumble the remaining crackers on top of the layer and bake in a 350 °F oven until brown and the liquid has absorbed.

Use any remaining oyster liquid/cream mixture in a gravy to serve with the dressing. Flavor with chicken bouillon cubes or a cup of chicken broth.

FROM THE KITCHEN OF JERI HAMMOND

— JERI'S 1987 FRUITCAKES —

Makes 7 to 8 cakes in 3" X 6" X 3" pans

Filling:

8 cups assorted nuts (English  
Walnuts & pecans)  
12 cups assorted **candied** fruits  
2 Tbsp. finely grated lemon or  
orange peel  
1 cup honey

1/2 cup molasses  
1/2 cup maple syrup  
2 cups brandy  
4 tsp. spices, (2 tsp. cinnamon, 1/2 tsp.  
ginger, 1/2 tsp. cloves, 1/2 tsp.  
allspice, 1/2 tsp. nutmeg)

Mix together in a large bowl – toss, cover **tightly**, and let sit 2 to 3 days, stirring 2 to 3 times each day.

Batter:

2 cups butter  
2 lb. brown sugar  
8 lg. Eggs  
1 Tbsp. vanilla

4 cups flour  
2 tsp. salt  
2 tsp. baking soda

Preheat oven to 275°.

Butter and line small loaf pans with BUTTERED waxed paper.

Cream the butter with a mixer. Add brown sugar and continue to beat until fluffy.

Add eggs, one at a time, beating after each egg.

Beat in the vanilla.

Combine all dry ingredients - beat into creamed mixture, one cup at a time, beating after each addition.

(continued)

Combine batter with fruit and nut mixture.

Pour into prepared pans and bake 60 to 75 minutes.

Allow to sit in the pans 20 minutes.

Pour 1/4 cup of brandy over each cake - let it and the cakes remain in the pans until barely warm.

Remove from pans and (after about 12 hours) peel off the waxed paper.

Wrap each cake in muslin cut 2" longer than each cake and big enough to go around each cake twice.

Pour another 1/2 cup of brandy over each wrapped cake.

Put each cake in its own Zip-lock bag and store in a cool, dry place for 2 weeks.

At the end of the 2-week period, pour another 1/4 cup of brandy over the wrapped cake, put back into the Zip-lock bag, and store until ready to serve.

For giving away, leave wrapped in the muslin, wrap in plastic wrap and foil.

FROM THE KITCHEN OF JERI HAMMOND

— KATIE HAMMOND'S STEWED ONIONS —  
(These are great with rare roast beef)

Ingredients:

26 to 28 small, white boiling onions  
1/2 stick of butter

1 can Cambell's Beef Consommé (NOT  
BOUILLON)

Instructions:

Peel onions - saute' in melted butter in a large skillet until lightly browned. NOTE: This can be done ahead of time and the onions refrigerated.

Place the onions in a saucepan and add the beef consommé.

Simmer for 30 minutes to an hour and serve.

## FROM THE KITCHEN OF JERI HAMMOND

## — RUTH NICHOLS' SPINACH CASSEROLE —

## Ingredients:

3 cans Franco-American Macaroni &  
Cheese

2 10-oz. boxes frozen, chopped,  
spinach

1 to 1-1/2 cups grated cheddar cheese

1 Tbsp. dried onion flakes

salt & pepper to taste

## Instructions:

Thaw and drain the spinach well. Squeeze dry.

Mix the macaroni & cheese and the spinach together in a 9" X 13" Pyrex baking dish.

Stir in the onion flakes, 1/2 of the cheese and salt & pepper.

Bake at 325 °F for 30 minutes.

Sprinkle the rest of the cheese on top and return to the oven until the cheese melts and is bubbly.

FROM THE KITCHEN OF JERI HAMMOND

— GRANDMOTHER (NANA) HAMMOND'S RAISIN CAKE —

Complements of Laura Hirschman  
(From a copy typed by Mildred F Hammond)

NOTE: This is **not** a recipe for beginning cooks

Makes 1 large, round cake or 4 loaf pan-size cakes.

INGREDIENTS

4 Medium size potatoes	5 eggs
2 Pkg. dry (or cake) yeast	1 lemon
10 C. flour, divided	1 C. milk
2 C. Crisco	1/4 C. salt (small fistful)
3 C. sugar	1 box seeded raisins

INSTRUCTIONS

Making the potato sponge:

In mid-afternoon, on the day BEFORE you make the cakes, peel four potatoes and cook in about 1 qt. water. SAVE the water used to cook the potatoes!

Run the potatoes through a ricer. Cover and set aside.

The night of the same day, soak 1 package of dry yeast (or one cake) in 1 cup of lukewarm water (use the water saved from cooking the potatoes). When fully dissolved, add to the potatoes. Add about 4-5 cups of flour to stiffen the mixture (should be a batter, not a dough, add a little more potato water if necessary, to thin) and cover the bowl with a clean dish towel and place in a BARELY warm (less than 100°) oven overnight, turn the oven light on to provide just enough warmth).

(continued on next page)



## Grandmother Hammond's Raisin Cake (cont'd.) - 135b

The cake dough: (the next morning)

To the sponge prepared the day before, add 2 cups Crisco (BARELY melted), 3 cups sugar, 5 whole eggs and the juice of 1 lemon.

Soak another package of yeast in 1/4 C. lukewarm water and add to the sponge.

Add 1 cup of warm (not hot) milk and a handful (about 1/4 cup) of salt.

Add about 4 cups more flour.

To the mixture, add 1 box of raisins which have been previously lightly tossed in flour.

Beat VERY hard at this time. Mixture should be between a batter and a very moist dough.

Baking:

Put the batter into lightly greased loaf pans - fill them about half-full and allow the dough to rise for about an hour (put over a pan of warm water or back in an oven with the light on).

Bake at 350 °F for at least 1 hour (check at the 50-minute mark). Test for doneness after 50 minutes with a cake straw (or a toothpick fully inserted). If the straw comes out clean (no loose batter attached) it's done.

Remove from oven when done and allow to cool for 5-10 minutes. Loosen the cake from pan by running a knife around the edges (or Pam the pans prior to filling). Cover the top of the pan with a piece of aluminum foil, hold foil against pan and turn the cake out onto the foil. The foil not only helps to keep the cakes from falling apart, but it also helps to control the sugar in the next step.

Cover with powdered sugar WHILE HOT.

WHEN FULLY COOLED, wrap with plastic wrap to preserve the moisture in the cake and refrigerate when not in use. Cakes will dry out quickly if left unwrapped on the table or in the fridge. Also freezes well **IF TIGHTLY WRAPPED** before freezing.

FROM THE KITCHEN OF JERI HAMMOND

— (ALMOST) TIA CARMEN'S BELIZIAN BLACK BEANS & RICE —

(With thanks, love, and apologies, to Tia Carmen Guerra)

Serves 3-4 for a main dish, or 5-6 for a side dish

Ingredients:

1/2 lb. Black Turtle Beans (or 1-lb.  
Lentils)  
1 Cup uncooked rice (or use 2-1/2  
C. left over rice)  
1 large onion, chopped  
4-6 cloves garlic, minced

4 plum tomatoes, coarsely chopped  
1 small can Old El Paso Jalepeño  
Relish (if you like it not quite so hot,  
use chunky salsa)  
Salt & pepper to taste  
Extra salsa to taste

Instructions:

- ⇒ Cook beans according to package directions.
- ⇒ Cook rice according to package directions. If using left over rice, warm in pan in oven or microwave.
- ⇒ Saute' onions & garlic until transparent.
- ⇒ Add tomatoes and saute' another 2-3 minutes.
- ⇒ Stir in beans, rice & relish.
- ⇒ Salt & pepper to taste.
- ⇒ Serve hot with extra salsa or relish.

P.S.

Tastes just as great (or better) if re-heated.

Note that the black beans hold up better if they have to be re- heated. Lentils tend to become a bit more mushy if reheated. Still good though.

Tommy likes the Black Turtle Beans better than the lentils.

FROM THE KITCHEN OF JERI HAMMOND

— KATY & NANCY'S KILLER SOAP BUBBLE LIQUID —

from: Kids' Simply Scrumptious Microwaving

(I realize that this isn't food but it IS a recipe and I needed to keep it handy)

Ingredients:

1 Cup liquid dishwashing detergent	3 Tsp. glycerin (available at drug
8 Cups COLD water	stores)

Instructions:

Mix together and allow to sit for about 2 hours (or overnight) before use (to let any bubbles built-in during mixing to escape). DO NOT SHAKE the mixture just before using. You want it to have as few bubbles as possible trapped in the liquid.

If you live in a dry climate (or in very dry weather), or if bubbles you make seem heavy and sink to the ground, gradually add more COLD water to the mixture, experimenting to see what works best.

Bubbles love cool, cloudy days and shady spots. The best bubbles can usually be made in the early morning, around sunset, and into the night. Bubbles last longer after a rain.

## FROM THE KITCHEN OF JERI HAMMOND

## — WHITE SAUCE —

(to go with or over just about anything)

Each amount makes one (1) cup of sauce.

## Ingredients:

	CONSISTENCY		
	Thin	Medium	Thick
Butter	1 Tbsp.	2 Tbsp.	3 Tbsp.
Flour	1 Tbsp.	2 Tbsp.	4 Tbsp.
Salt	1/4 tsp.	1/4 tsp.	1/4 tsp.
Milk	1-1/2 cup	1 cup	1 cup

## Instructions:

Melt butter in saucepan,

Whisk in flour &amp; salt.

Add milk ALL AT ONCE.

Cook, stirring CONSTANTLY until mixture is thick enough.

## Other possible ingredients:

- 1) Crumbled sausage (pre-cooked) for biscuits & gravy.
- 2) Veggies & eggs for souffle' (follow that recipe)
- 3) Chopped eggs & dried beef for 'SOS'.
- 4) Up to 1/3 C. sugar, to taste. (Goes well with SOS)

## FROM THE KITCHEN OF JERI HAMMOND

## — PIE CRUST —

This recipe makes crust for one (1) 8-inch double (top & bottom) crust or two (2) single 8-inch crusts.

## Ingredients:

1-1/2 cup flour  
1/2 tsp. salt

1/2 cup Crisco shortening  
4-5 tablespoons COLD water

## Instructions:

Mix flour, salt and Crisco with a pastry blender or fork, **DO NOT** use a mixer or your hands...!

Sprinkle mixture with COLD water (1 Tbsp. at a time) and mix in. Stop when the dough forms a ball.

Roll out on floured waxed paper using a floured rolling pin to keep dough from sticking. (You can also use a Pepsi or 7-Up bottle!)

Place rolled-out crust GENTLY into pie pan.

FROM THE KITCHEN OF JERI HAMMOND

— LOLLIPOPS —

Ingredients:

3 cups sugar	1/4 cup (1/2 stick) butter
3/4 cup white corn syrup	dash of salt
3 Tbsp. white vinegar	sticks & flavoring
1/3 cup boiling water	

Instructions:

Combine sugar, corn syrup, vinegar and water.

Stir well until sugar dissolves.

Cook to the 'hard crack' stage (300 °F F.)

Remove from heat, add butter, salt & flavor.

Cool until slightly thick.

Place sticks 5 inches apart on a greased cookie sheet. Drop syrup over sticks to form lollipops or pour onto greased cookie sheet and allow to cool, then break into mouth-sized pieces.

FROM THE KITCHEN OF JERI HAMMOND

— CLAM SAUCE FOR SPAGHETTI —

Serves 3-4

Ingredients:

2 cans minced clams  
**DO NOT DRAIN**  
1/4 cup olive oil

2 cloves garlic, minced or dried  
2 Tbsp. parsley

Instructions:

All ingredients to a small saucepan.

Mix 2 Tbsp. flour with 1/2 cup milk and 1/2 cup water and stir into the clam mixture.

Stir until thickened.

Pour over spaghetti.

FROM THE KITCHEN OF JERI HAMMOND

— QUICK HOME-MADE POTATO SOUP —

Ingredients:

3 cans chicken stock or broth  
3 cans water  
2 Tbsp. dried parsley

1 lg. bag plain frozen hash brown  
potatoes  
1 small onion, chopped, or 2 Tbsp dried

Instructions:

Cook over LOW heat until potatoes are mushy.

Add - 1 small chopped onion (or 2 Tbsp. dried chopped onion) and parsley.

Cook 30 minutes.

Add - 3 cans evaporated milk (not sweetened)

Heat through.

Salt and pepper to taste.



FROM THE KITCHEN OF JERI HAMMOND

— RISEN SESAME BUNS —

Ingredients:

8 tsp. baking powder OR 1 pkg. dry yeast (I use yeast)	
2 cups warm water	4 Tbsp. shortening
5 cups flour	1 egg
1 tsp. salt	4 Tbsp. toasted sesame seeds
2 Tbsp. sugar	

Instructions:

Dissolve the baking powder (or yeast) in 1/2 cup warm water.

Mix all ingredients (EXCEPT egg & sesame seeds) together.

Knead. Form into sixteen (16) little balls and flatten with the palm of you hand (if using yeast, allow to rise 1 hour before making into balls).

Brush dough balls lightly with beaten egg and sprinkle on the sesame seeds (if using yeast, again allow to rise).

Bake 15 minutes at 375 °F F. I bake until they just start to turn color.

Freeze until ready to use later.

When ready to use, thaw in covered roll pan and finish baking.

FROM THE KITCHEN OF JERI HAMMOND  
— GRANDMOTHER SINCLAIR'S LEBKUCHEN —

Yields 64 1" squares

Wet Ingredients:

3/4 cup honey	1 tsp. grated lemon rind
3/4 cup sugar	1 Tbsp. milk
1 lg. egg	

Dry Ingredients:

2-3/4 cups flour	1 tsp. cinnamon
1/2 tsp. salt	1 tsp. allspice
1/2 tsp. ground cloves	

Fruit:

1/3 cup chopped citron or fruit cake mix	1/2 cup chopped blanched almonds
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Other:

1/2 cup powdered sugar	2 Tbsp. warm water
------------------------	--------------------

Instructions:

SLOWLY heat honey just to the point at which tiny bubbles begin to form on the BOTTOM of the pan. DO NOT BOIL!

While you wait for the honey to heat, sift the dry ingredients together into a large bowl.

When the honey is heated, stir in sugar, lemon rind and milk.

(continued)

Grandmother Sinclair's Lebkuchen (cont'd.) - 144b

In a separate bowl, beat the egg and then add a tablespoon of the hot mixture (to warm the egg so it doesn't curdle when added to the rest of the hot mix) and beat together.

Pour egg mixture slowly into the hot mixture, stirring constantly. Stir until well mixed.

Pour the hot mixture into the bowl containing the dry ingredients. **Mix well.** This takes STRONG HANDS or a GOOD set of dough hooks for your electric mixer.

Add fruit and almonds and mix well. Do this with the mixture as warm as possible. When it cools, it's like concrete.

Cover bowl well (or place in a ZipLock bag) and chill over night to allow the flavors to blend.

Grease and lightly flour two (2) 9" x 9" x 2" pans.

Lightly moisten hands and firmly pat half of the dough into each pan. If it's too stiff, allow it to warm up a bit.

Bake in pre-heated 400 °F oven for 15 minutes or until lightly brown on top. WATCH CLOSELY... THEY BROWN QUICKLY. (The edges will brown first, then, almost all of a sudden, the brown will extend all the way into the middle of the pan.)

Allow to cool in pan.

Cut into 1" squares. Use a very sharp knife (or a pizza cutter) so you cut the fruit rather than tearing through it.

Store in airtight container. They can also be frozen.

FROM THE KITCHEN OF JERI HAMMOND

— HOME MADE PLAY-DOH —

from: Kids' Simply Scrumptious Microwaving

(I realize that this isn't food but it IS a recipe and I needed to keep it handy)

Ingredients:

2 cups flour, sifted  
2 cups water  
1 cup salt

4 tsp. cream of tartar  
2 Tbsp. vegetable oil  
Food coloring as required

Instructions:

Mix all ingredients together in a large bowl.

Microwave on HIGH for 3 to 5 minutes, mixing every minute. Cook until it is so thick that you can no longer stir it.

Remove and let cool.

Knead or work with your hands until it is smooth.

Store in an AIRTIGHT container. I use ZipLocks (squeeze all the air out). Keeps for **months** at room temperature.

FROM THE KITCHEN OF JERI HAMMOND

— NANCY WEST'S MICROWAVE CARAMEL CORN —

## WARNING

This is **NOT** a recipe to be made by children! The caramel mixture is **BOILING HOT** and **WILL** stick to your hands if you come in contact with it (e.g. as you are stirring it up to distribute the caramel onto the popcorn).

**BE VERY CAREFUL!**

### INSTRUCTIONS

Pop 4 qt. of large kernel popcorn (NO SALT OR BUTTER).  
Pour the popcorn into a large, clean, brown paper grocery bag.

In a 2-qt. pan, combine:

1-1/2 C. brown sugar, packed  
1-1/2 stick butter

1/2 C. light corn syrup  
1/2 ~ 3/4 tsp. salt

[ For a more 'liberal' caramel coating, you may increase the measures of brown sugar and corn syrup by 50%. However, it is **not** necessary to use more butter or salt. ]

STIRRING CONSTANTLY WITH A WOODEN SPOON, bring the syrup mixture to a boil at a HIGH heat and continue to boil and stir for 2 minutes.

Remove from heat and stir in 1/2 tsp. baking soda. This will make the mixture foam up to nearly TWICE its current volume. **BE CAREFUL...!**

While doubled in volume, pour the **HOT** caramel syrup over the popcorn in the bag and, using a LONG-handled spoon, stir the mixture well to distribute the caramel.

Fold the top of the bag together and place the popcorn into the microwave and cook on HIGH for 1 to 1½ minutes. Remove and stir again. If the kernels are well coated with caramel, you may stop at this time, otherwise, you may wish to repeat this step up to two more times. If the caramel appears to be burning, reduce the microwave time. Better to cook it too little than to cook it too much... and burn it!

Pour the **HOT** contents of the paper bag out onto a cookie sheet to cool. Virtually all of the caramel will stick to the popcorn and almost none will stick to the paper bag.

FROM THE KITCHEN OF JERI HAMMOND

— JACKIE HOORMANN'S PASTA ITALIAN SALAD DRESSING —  
Thanks to Linda Rackers

Ingredients:

6 Tbsp. Parmesan cheese	4 Tbsp. red wine vinegar
4 Tbsp. lemon juice	1 cup vegetable oil
2 tsp. salt	1/2 tsp. pepper
2 Tbsp. sugar	2 tsp. dry mustard
1 red onion (diced or chopped)	4 oz. Pimiento
(optional) artichoke hearts	

Instructions:

Mix all ingredients together.

Store in a sealed jar overnight.

Pour over green salad before serving.

## FROM THE KITCHEN OF JERI HAMMOND

## — PECAN PIE BARS —

Thanks to Linda Rackers

MAKES 48 BARS

## Ingredients:

## CRUST -

3 C. flour  
1/2 C. sugar

1 C. Mazola Margarine  
1/2 tsp. salt

## FILLING -

4 eggs, slightly beaten  
1-1/2 C. Karo Corn Syrup (Light or  
Dark)  
1-1/2 C. sugar

3 Tbsp. margarine, melted  
1-1/2 Tbsp. vanilla  
2-1/2 C. chopped pecans

## Instructions:

Grease the bottom and sides of a 15" x 10" x 1" baking pan.

Prepare the crust in a large bowl with a mixer on MEDIUM speed. Beat the flour, sugar, margarine and salt until the mixture resembles coarse crumbs. Press FIRMLY and EVENLY into the baking pan. Bake in a 350 °F oven for 20 minutes.

While the crust is baking, prepare the filling.

In a large bowl, stir eggs, corn syrup, sugar, margarine, and vanilla together until blended. Stir in the pecans.

When the crust has cooked AND BEFORE it has cooled, spread the filling mixture evenly over the hot crust. Bake at 350 °F for another 25 minutes (or until set).

Remove from the oven and allow to cool on a wire rack.

## FROM THE KITCHEN OF JERI HAMMOND

## — CHOCOLATE PIZZA —

Thanks to Mary Altheuser (and Kraft)

## INGREDIENTS:

- |   |   |
|---|---|
| 1 12-oz. pkg. BAKER's Real Semi-Sweet Chocolate Chips | 1 6-oz. jar RED maraschino cherries, drained, cut in half   |
| 1 lb. white almond bark, divided                      | 3 Tbsp. GREEN maraschino cherries, drained, cut in quarters |
| 2 C. KRAFT Miniature Marshmallows                     | 1/3 C. BAKER'S Angel Flake Coconut                          |
| 1 C. Rice Krispies                                    | 1 tsp. oil  |
| 1 C. UNSALTED, roasted peanuts                        |   |

## INSTRUCTIONS:

Melt chocolate chips with 14 oz. almond bark in a large saucepan over LOW heat, stirring until smooth. Remove from heat.

Stir in marshmallows, cereal and peanuts. Pour onto a greased 12" pizza pan. Top with cherries; sprinkle with coconut flakes.

Melt the remaining 2 oz. of almond bark with oil over a LOW heat, stirring until smooth. Drizzle over the coconut. Chill until firm. Store at room temperature.

For smaller pizzas, shape mixture into 6" rounds or twelve 4" rounds on waxed paper-lined cookie sheets.



FROM THE KITCHEN OF JERI HAMMOND

— PERFECT FRENCH FRIES —

Instructions:

- 1) Peel FRESH potatoes clean of all skin
- 2) Cut into finger-sized pieces (3/8")
- 3) Rinse and soak in a bowl of water for at least 10 minutes (up to overnight)
- 4) Remove from water and dry thoroughly
- 5) Blanche - fry in 330° oil just until fries turn white
- 6) Remove from oil and allow to cool for at least 10 minutes (up to a couple hours).
- 7) When ready to prepare, re-fry until they turn golden brown at 375°.
- 8) Remove from heat, place on paper towels to absorb any remaining oil and serve.  
Salt IMMEDIATELY!

## FROM THE KITCHEN OF JERI HAMMOND

## — LEMON MERINGUE PIE —

Better Homes &amp; Gardens Cookbook

## INGREDIENTS:

1-1/2 cups sugar	2 Tbsp. butter or margarine
3 Tbsp. cornstarch	1/3 cup lemon juice
3 Tbsp. all-purpose flour	1 9-inch baked pie shell
Dash salt	3 egg whites
1-1/2 cups hot water	1 tsp. lemon juice
3 slightly beaten egg yolks	6 Tbsp. sugar
1/2 tsp. grated lemon peel	

## INSTRUCTIONS:

## Pie &amp; filling:

In a saucepan, mix 1-1/2 cups sugar, cornstarch, flour, and salt. Gradually blend in water.

Bring to a boil over high heat, stirring constantly.

Reduce heat to medium; cook and stir 8 minutes more.

Remove from heat.

Stir small amounts of the hot mixture into the egg yolks; return to the hot mixture.

Bring to a boil over high heat, stirring constantly.

Reduce heat to low; cook and stir 4 minutes longer.

Remove from heat.

Add lemon peel and butter.

Gradually stir on 1/3 cup lemon juice.

Cover entire surface with clear plastic wrap

Cool 10 minutes, then pour into cooled pie shell.

Cool to room temperature (about 1 hour).

## Lemon Meringue Pie (cont'd.) - 151b

### Meringue:

Beat egg whites with 1 tsp. lemon juice until soft peaks form. Gradually add 6 Tbsp. sugar, beating until stiff peaks form and sugar is dissolved.

Spread meringue over pie filling, sealing to the edges of the pastry.

Bake in moderate oven (350°) 12 to 15 minutes or until meringue is golden.

Cool thoroughly before serving.

FROM THE KITCHEN OF JERI HAMMOND

— EASY ENCHILADAS —

Jan Krakow (by way of Jeff Krakow)

INSTRUCTIONS

Sauce:

Heat

2 Tbsp. cooking oil

Mix in

1/2 tsp. chili powder

1/2 tsp. cumin

1/2 tsp. salt

3 Tbsp. flour

Add

1 can tomato soup

1 can water

Enchiladas:

Brown 1 lb. hamburger meat, pour off the grease.

Grate enough longhorn and cheddar cheese to make 1-1/2 cups total.

Soften corn tortillas in the sauce.

Place the browned hamburger meat on each tortilla and roll up.

Place the enchiladas in a Pyrex dish and pour the sauce over the top and cover the top with the grated cheese.

Bake in 350 °F oven until heated through.

## FROM THE KITCHEN OF JERI HAMMOND

## — NEIMAN MARCUS' "TWO-FIFTY" COOKIE RECIPE —

(Names have been removed to protect the guilty!)

A friend of a friend had lunch at The Hedges at Neiman Marcus in November 1989, and for desert she had a chocolate chip cookie. She thought it was the most wonderful cookie she had ever tasted and asked if the recipe was available. She was told that it was but there was a charge of "two-fifty". She said that was fine, got the recipe and told them to just charge it to her account. In December when she got her bill, there was a charge of \$250.00. She called and told them there was a mistake -- that the charge should have been \$2.50. She was told that there was NO mistake -- that the charge was correct. They told her it was not a returnable item and she would have to pay the amount charged to her account or become delinquent in payments.

The bottom line is, she paid. She has vowed to get back at them, and wants to give the recipe to everyone she possibly can, and asks that everyone who gets a copy send it to everyone they know. So here it is:

## NEIMAN MARCUS \$250.00 COOKIE RECIPE

5 Cups blended oatmeal	
(Blended oatmeal = measure and blend in a blender to a fine powder)	
2 Cups butter	1 Teaspoon salt
2 Cups sugar	2 Teaspoons baking powder
1 Cup brown sugar	2 Teaspoons baking soda
4 Eggs	4 Ounces of chocolate chips
2 Teaspoons vanilla	1 8-Ounce Hershey Bar, grated
4 Cups flour	3 Cups chopped nuts

Cream butter and both sugars, add eggs and vanilla.

Mix together with flour, oatmeal, salt, baking powder and baking soda. Add chips, candy and nuts. Roll into balls and place two inches apart on a cookie sheet. Bake for six minutes at 375°.

Makes 112 cookies, but recipe can be halved.

## FROM THE KITCHEN OF JERI HAMMOND

## — JERI'S BEAN SOUP —

## INGREDIENTS

1 bag "15 bean" soup mix (the beans)	1-2 tsp. minced garlic
3 qt. water (2 qt. for soaking the beans, 1 qt. for the soup)	2 medium onions, chopped
5-6 smoked pork hocks	1 tsp. fresh oregano or 1/2 tsp. dried
1 qt. chicken stock	1 tsp. fresh basil or 1/2 tsp. dried
	1 can Del Monte Italian Style Tomatoes
	1/2 lb. chopped ham

## INSTRUCTIONS

Cook the beans in a large pot with 2 qt. water. Bring to a boil. Reduce heat to simmer, cover and cook 1 1/2 hours.

Drain the beans and discard the water.

Return the beans to the pot. Add 1 qt. water, 1 qt. chicken stock, garlic, onions, pork hocks.

Simmer, covered for 2 hours, stirring occasionally.

Remove the pork hocks and allow them to cool. Remove the meat from the hocks and return it to the pot. Discard all skin, fat and bones.

Add oregano, basil, tomatoes and chopped ham to the pot.

Cook on a VERY low heat for another 1/2 to 1 hours, or until ready to serve, stirring occasionally.

NOTE: I don't usually add salt because of the chance that the ham may be salty. If you do add salt, add it at the end of cooking, NOT before.

If you use country ham instead of regular ham, note that the salt in the ham will cook out into the soup, particularly if the soup is stored overnight or longer. Add salt very sparingly.

FROM THE KITCHEN OF JERI HAMMOND  
— GRANDMA KATIE HAMMOND'S ITALIAN BREAD —

Glaze

Beat: 1 egg with 1/2 tsp. salt and set aside

Bread

Combine together in small bowl

1 pkg. dry yeast  
1 tsp. sugar

1 C. warm water

wait 10 minutes or until foamy.

While waiting for the yeast mixture,

Oil a large bowl and set aside.

Heat 2 Tbsp. oil in a small skillet over a LOW heat.

Into the skillet, add 2 lg. garlic cloves, peeled, halved & mashed, stirring occasionally, until soft, but NOT brown, about 8 minutes. Allow to cool somewhat.

When the yeast mixture is ready, into a separate mixing bowl, add 3 C. flour, 1-1/2 tsp. salt, 1/2 tsp. crumbled dry basil and the garlic-oil mixture. Stir slightly.

Add the yeast mixture and knead until smooth and elastic.

Place dough into the oiled bowl, cover and allow to rise until the dough doubles in volume, about 1 hour.

Oil two (2) French loaf pans and dust with corn meal.

(continued on next page)

Grandma Katie Hammond's Italian Bread (cont'd.) - 155b

Punch down the dough. Form into two (2) loaves and place into the loaf pans.

Allow the dough to rise until again doubled in volume, about 30 minutes.

Before baking, slash each loaf several times.

Place in a 450-degree oven, brush with the glaze, and bake for 25 to 30 minutes or until dark brown and they sound hollow when tapped on the bottom.

Remove from pans and cool on a rack. Reheat just before serving.



FROM THE KITCHEN OF JERI HAMMOND

— GRANDMA KATIE'S CRISPY CORN PONE —

INGREDIENTS

1-1/4 C. Bisquick  
3/4 C. corn meal  
1 egg

3.4 C. milk  
1 Tbsp. sugar

Stir all ingredients together until blended.

Lightly grease a heavy iron muffin pan and pour in the mixture.

Bake in oven at 400 °F for about 15 minutes or until brown and crusty.

FROM THE KITCHEN OF JERI HAMMOND

— JERI'S SHRIMP SCAMPI —

INGREDIENTS

2 lb. raw, shelled shrimp	2 Tbsp. chopped parsley
1/4 C. butter	1/4 tsp. cayenne pepper
1/4 C. olive oil	2 tsp. lemon juice
1 tsp. salt	1/4 tsp. ground black pepper
3 cloves garlic, peeled and crushed	

Preheat oven to 400°.

Melt butter and combine with all other ingredients in a 9" x 13" oven-proof dish. Mix well.

Bake for 10 minutes. Stir. Bake another 10 minutes. Serve!

FROM THE KITCHEN OF JERI HAMMOND

— RED CROSS 'EARTHQUAKE' CAKE —

INGREDIENTS

1 8-oz. Pkg. cream cheese,  
softened  
1 stick (1/4 lb.) butter

1 lb. powdered sugar  
1 boxed German chocolate cake mix  
2 C. pecans

Mix the butter, cream cheese and powdered sugar together until smooth.

Mix cake according to package directions.

Grease 9" x 13" cake pan.

Pour pecans in bottom of cake pan and pour cake batter over pecans.

Swirl the butter/cream cheese mixture into the batter.

Bake at 350 °F for 45 minutes to an hour.

Serve with German (chocolate cake) pecan icing and CoolWhip.

FROM THE KITCHEN OF JERI HAMMOND

— BEEF TERIYAKI —  
(Thanks to Better Homes & Gardens)

INGREDIENTS

1-1/2 lb. sirloin steak	1/4 C. sake or dry sherry
4 cloves garlic, peeled and crushed	2 Tbsp. sugar
1/2 C. soy sauce	2 tsp. dry mustard

Partially freeze beef, and slice very thinly.

Combine beef with other ingredients. Let stand 15 minutes at room temperature

Drain meat, reserving the marinade.

Thread beef onto skewers (if bamboo skewers are used, soak them in water first or they'll burn up!).

Grill over VERY HOT coals 4-6 minutes. Baste with marinade and turn frequently.

Remove and serve.

Can be cooked over a hibachi or under a broiler if you can position them close to the broiler coils.

## FROM THE KITCHEN OF JERI HAMMOND

— GRANDMA EVELYN'S DUTCH COCOA CREAM CAKE —  
&  
— MILK CHOCOLATE ICING —  
(A two-layer milk chocolate cake, split to make four layers)

## INGREDIENTS

2 C. cake flour (emphasis on ' <b>cake</b> ' flour)	1/2 C. Crisco shortening
1-1/2 C. sugar	1 tsp. vanilla
1 Tbsp. baking powder	1 C. evaporated milk, divided into 1/3 C. and 2/3 c.
1 tsp. salt	1/2 C. unbeaten eggs (2-3 medium eggs)
1/4 C. cocoa (omit this for a white cake)	

- ⇒ Sift together flour, sugar, baking powder, salt and cocoa.
- ⇒ Add the shortening, vanilla and 2/3 C. evaporated milk. Beat at a low speed 2 minutes.
- ⇒ Add the remaining 1/3 C. evaporated milk and the eggs. Beat for 2 minutes on medium speed.
- ⇒ Grease and flour two (2) 8" baking pans.
- ⇒ Pour in the batter and bake at 350 °F for 30 to 35 minutes.
- ⇒ Remove from heat and cool thoroughly.
- ⇒ Remove from pans and split each layer horizontally, making two thin layers from each cake.

## — WHIPPED CREAM FILLING —

## INGREDIENTS

1-1/2 C. chilled whipping cream	4 Tbsp. powdered sugar
1 tsp. vanilla	

Combine and whip in a CHILLED bowl until very stiff. Spread between each layer and stack layers.

(continued)

04/07/1993

Grandma Evelyn's Dutch Cocoa Cream Cake (cont'd.) - 160b

— MILK CHOCOLATE ICING —

INGREDIENTS

4 Tbsp. Crisco	2 C. sifted powdered sugar
6 Tbsp. cocoa	1/4 tsp. salt
5 Tbsp. scalding hot condensed milk	1 tsp. vanilla

In a small pan (sitting in HOT water), melt the shortening and blend in the cocoa. Set aside but keep warm!

In another small bowl:

Place the powdered sugar and salt. Then, pour in the scalding hot condensed milk. Stir until dissolved.

Stir in the vanilla and the hot cocoa mixture.

NOTE: Mixture will be thin.

Beat until thick enough to spread.

Frost top and sides of cake and keep in refrigerator until ready to serve.

FROM THE KITCHEN OF JERI HAMMOND

— SONNY BONO'S FRESH BANANA ICE CREAM —

INGREDIENTS

2 ripe bananas	1-1/2 C. heavy cream
1 egg	1 C. milk
1-1/2 C. sugar	1/2 C. skim milk

Place mixing bowl in freezer for thirty (30) minutes.

In another bowl, mash the bananas (must be very ripe).

Remove the bowl from the freezer. Add the eggs and beat slightly. Mix in the sugar. Add the cream, milk, and skim milk and whisk together.

Add the mashed bananas and mix.

Pour into an ice cream machine and run until frozen.

Makes 1 qt.. Can be doubled.

## FROM THE KITCHEN OF JERI HAMMOND

## — JERI'S FRENCH ONION SOUP —

## INGREDIENTS

4 to 5 large onions, sliced and minced	1 Tbsp. flour
3 Tbsp. butter	4 C. water
4 C. homemade beef broth or 3 cans beef broth (e.g. Campbell's Consommé).	1 bay leaf
1/4 tsp. peppercorns, crushed	6 to 8 slices stale French bread
	grated Swiss or Muenster cheese (as desired, about 1 cup)

Melt butter in a large sauce pan over medium heat.

Add onions and pepper. Cook until onions are light brown.

Sprinkle onions with flower, cook 1 minute, stirring constantly.

Add broth, water, and bay leaf, and bring to a boil.

Simmer for 30 to 40 minutes.

Discard bay leaf.

Pour in ovenproof tureen or individual ovenproof bowls. Top with a slice of toast and cheese and place under broiler until cheese is melted and golden.

Serve immediately.



FROM THE KITCHEN OF JERI HAMMOND

— LILLI GORDON'S CHEESE CORNELIAS —

INGREDIENTS

1/2 lb. (2 sticks) butter	1 egg, slightly beaten
2-1/4 C. flour	salt
1/2 lb. sharp cheddar cheese, grated	1 C. pecan halves (optional)
1/4~1/2 tsp. cayenne pepper, or to taste (1/4 tsp. is barely noticeable)	

Mix butter, flour, cheese and cayenne (but NOT the egg).

Roll into a 1-1/2" diameter log (or roll out and cut with a biscuit cutter) to make 1-1/2" cookies.

Place on ungreased cookie sheet. Brush tops with beaten egg.

Sprinkle lightly to moderately with salt.

(Optional) Place a pecan half in the center of each.

Bake in a 400-degree oven for 12 to 15 minutes. Remove when lightly toast-colored at edges. **DO NOT OVER BAKE...** the butter will burn and turn bitter.

Keep in a sealed tin or freeze.

FROM THE KITCHEN OF JERI HAMMOND

— DONNA JAMES' ZUCCHINI JELLY —

(It started out as pancake syrup, but it makes better jelly)

INGREDIENTS

6 C. zucchini, seeded (w/seeds removed), shredded, but <b>DO NOT peel</b>	1 can crushed pineapple, including juice
1/2 C. lemon juice	1 lg. pkg. apricot Jello
6 C. sugar	

Cook the zucchini in a small amount (1/2 c.) of water until clear.

Add the remaining ingredients.

Cook over medium heat until the mixture starts to thicken.

Remove from heat and while still hot, pour (pack) into clean jars.

Refrigerate or freeze to keep.

Should make about 8 pints. Mine usually only makes about 6 pints because I cook it down a bit more than normal.

FROM THE KITCHEN OF JERI HAMMOND

— DONNA JAMES' WINE CAKE —

INGREDIENTS

1 box yellow cake mix	3/4 C. oil
1 pkg. instant vanilla pudding (you may use other flavors)	3/4 C. SWEET sherry
4 eggs	1 tsp. nutmeg
	powdered sugar for decorating

Pre-heat oven to 350°.

Grease bundt or angel food cake pan WELL.

Mix all ingredients (exc. powdered sugar) together and pour into cake pan.

Bake until springy to touch, about 35 minutes.

Remove from heat and cool for 5 minutes.

Invert onto plate.

Sprinkle with powdered sugar.

I like other flavors of pudding (pistachio makes a cool green cake).

## FROM THE KITCHEN OF JERI HAMMOND

## — GREEK COCKTAIL MEATBALLS (Keflaidakia) —

## INGREDIENTS

1/2 C. dried minced onion	1 Tbsp. grated Parmesan cheese
1/2 lb. ground lamb	1-1/2 tsp. salt
1 C. dry, finely crushed bread crumbs	2 tsp. crushed garlic
2 eggs, well beaten	1 tsp. fresh (or 1/4 tsp. dried) minced mint
2 Tbsp. minced parsley	

flour and olive oil for preparation

Cover minced onions with 1/4 C. boiling water, wait 5 minutes and drain.

Mix with rest of ingredients (through the garlic).

Roll into small meatballs and lightly roll in flour.

Chill until cold.

Sauté or deep fry until crispy brown.

Serve hot or cold.

## FROM THE KITCHEN OF JERI HAMMOND

— DEBBIE SCHELLMAN'S SALSA —  
(or What To Do With Too Many Tomatoes)

## INGREDIENTS

15 lb. ripe tomatoes, peeled and  
cored  
4 C. chopped celery  
2-1/2 C. chopped green pepper  
2-1/2 C. chopped onions  
3 Tbsp. salt

4 Tbsp. pickling spices (wrapped in  
cheese cloth!)  
6 (or more) whole jalepeño peppers  
3 C. white vinegar  
2-3/4 C. sugar (I only use 1-3/4 c.), add  
to taste

Break up and cook tomatoes alone in large stainless or enameled stock pot (can't use aluminum because the acid from the tomatoes and the vinegar will react with the aluminum). Cook until the tomatoes are "all soft 'n squishy and broken up".

Pour off juice. (You may wish to reserve the juice for drinking later.. it's good!)

Add the rest of the ingredients.

Cook uncovered about three hours on a low heat, stirring occasionally.

Remove hot peppers and pickling spice bag.

Chop the peppers and add back into the salsa to suit your particular tastebuds.

While still hot, ladle the mixture into clean canning jars and heat seal in a hot water bath for 20 minutes. Can also be frozen instead of canned.

FROM THE KITCHEN OF JERI HAMMOND

— HAROLD STRICKER'S GREEN BEAN CASSEROLE —

INGREDIENTS

2-3 cans Blue Lake <b>cut</b> green beans (DO NOT DRAIN)	1 small can mushrooms, drained
1 large onion, chopped	4 oz. jar chopped pimentos
1/2 stick butter, melted	1 can sliced water chestnuts, drained
1 Tbsp. flour	1 lb. Velveeta, sliced into 1/4" slices
1 can cream of mushroom soup	<b>Tabasco</b> sauce to taste

Combine beans and onion in sauce pan with liquid from the beans.

Cook 10 minutes. Drain and spread in 9" x 13" oven dish.

Blend flour with melted butter. Add cream of mushroom soup, mushrooms, pimentos and cook on low heat until hot.

Add **Tabasco** sauce to taste.

Pour over the beans in the oven dish.

Top with sliced water chestnuts.

Top with the Velveeta cheese.

Bake at 350 °F for thirty (30) minutes.

Serves 10-12. May be easily doubled (tripled, etc.) for large gatherings

FROM THE KITCHEN OF JERI HAMMOND

— FRUGAL GOURMET MAYONNAISE —  
(the ONLY mayonnaise recipe I can get to work)

INGREDIENTS

2 egg yolks at **ROOM**

**TEMPERATURE!**

3 Tbsp. lemon juice

2 Tbsp. (good) olive oil

1/2 tsp. salt

1/4 tsp. fresh crushed pepper

1 tsp. dry mustard

pinch of cayenne pepper

1/4 C. salad oil

extra salad oil as required to maintain  
consistency.

In blender

Blend egg yolks, lemon juice, olive oil and seasonings for 15 seconds on HIGH.

While blender is running, SLOWLY add 1/4 C. salad oil (in a thin stream).

VERY SLOWLY, add more salad oil (up to 1 cup) until desired consistency is reached.

Refrigerate to store.

FROM THE KITCHEN OF JERI HAMMOND

— KATY HAMMOND'S CREAM CHEESE CAKES —

(this is a fun cooking project for kids)

Makes 12, may be doubled... or tripled... or...

INGREDIENTS

12 vanilla wafers	1/2 C. sugar
2 8 oz. pkgs. Philadelphia Cream Cheese, softened	1 tsp. vanilla
	2 eggs

Line muffin tins with foil liners.

Place one vanilla wafer into each liner.

Mix cream cheese, vanilla and sugar on medium speed until well blended.

Add eggs. Mix well.

Pour mixture over wafers, filling each 3/4 full.

Bake 25 minutes at 325°.

Remove from pan when COOL.

Top each with fruit preserves, nuts or chocolate. Be creative.



FROM THE KITCHEN OF JERI HAMMOND

— BOB (ROBERTA) COOK'S GREEN GODDESS DRESSING —

INGREDIENTS

1 C. mayonnaise (Hellman's or home made)	2 Tbsp. dried tarragon
1/2 C. heavy cream	2 Tbsp. garlic, crushed
1 Tbsp. anchovy paste, rounded	2 Tbsp. minces shallots
1 Tbsp. lemon juice	1/3 C. minced fresh parsley
	1/4 C. chopped onion

Add lemon to cream. Mix. Set aside.

Mix remaining ingredients together, well.

Add to lemon and cream mixture.

Refrigerate

FROM THE KITCHEN OF JERI HAMMOND

— FREDDY KITCHENS' BEEF TENDERLOIN —

(Freddy was the head chef at the Jefferson City, MO Country Club for years)

INGREDIENTS

1 6-8 lb. beef tenderloin	salt and pepper
garlic or garlic powder	

Rinse meat. Dry well. Season with garlic, salt and pepper.

Put in a PRE-HEATED 425-degree oven for 45 minutes.

Pour a pint of water over meat and cook another 15 minutes, more or less.

Remove from pan and wrap in foil so meat will stop cooking.

Strain broth. Add Lea & Perrins, A-1, or other seasoning as desired for au jus.

Freddy cooked onions, celery and carrots with his meat, may look like they're burning, but disregard. Makes brown au jus.

FROM THE KITCHEN OF JERI HAMMOND

— JERRY (MRS. GOV. JOHN) DALTON'S CHEESE GRITS CASSEROLE —

INGREDIENTS

2 C. grits, cooked according to  
package directions  
1 stick (1/4 lb.) butter  
1 stick garlic cheese, about 4 oz.)

2 eggs, with enough milk added to  
make 1 C. liquid  
1 C. grated cheddar cheese

Mix all ingredients (exc. cheddar cheese).

Bake in casserole at 350 °F for 45 minutes.

Sprinkle with cheddar cheese.

Bake another 25 minutes.

FROM THE KITCHEN OF JERI HAMMOND

— PATTY MORRIS' SPINACH CASSEROLE —

INGREDIENTS

2 pkg. frozen chopped spinach, cooked as directed	1 C. sour cream
1 pkg. dried onion soup mix	1/2 C. buttered bread crumbs

Drain spinach well.

Mix with onion soup mix and sour cream.

Place in a greased casserole with bread crumbs on top.

Bake 30 minutes at 300°.

FROM THE KITCHEN OF JERI HAMMOND

— ADELAIDE TWEEDIE'S CRAB MEAT CASSEROLE —

INGREDIENTS

2 C. crab meat, drained and picked thru to remove any shells	2 tsp. grated onion
8 hard boiled eggs, sieved finely	2/3 pint Hellman's mayonnaise
4 slices white bread, soaked in milk, then squeezed out slightly	salt and pepper to taste
	1/2 C. buttered bread crumbs

Mix everything (but breadcrumbs) together.

Pour into greased casserole and top with bread crumbs.

Bake 30 to 40 minutes at 350°, until good and bubbly.

FROM THE KITCHEN OF JERI HAMMOND

— AUNT RUTH'S APPLE CRISP —

INGREDIENTS

4 C. thinly sliced apples	1 Tbsp. baking powder
1/2 C. packed brown sugar	1/2 tsp. salt
2 Tbsp. lemon juice	1 egg, slightly beaten
1 C. Bisquick	1 stick (1/4 lb.) butter, melted
3/4 C. sugar	1/2 tsp. cinnamon

Mix apples, brown sugar and lemon juice. Arrange in a shallow (10" x 6" x 2") baking dish.

Mix Bisquick, sugar, baking powder and salt. Add egg and mix.

Pour over apples.

Drizzle melted butter over topping and sprinkle with cinnamon.

Bake in a 350-degree oven for 35 minutes.

## FROM THE KITCHEN OF JERI HAMMOND

## — HOT CHEESE DIP —

## INGREDIENTS

6 C. (1-1/2 lb.) coarsely shredded medium-sharp cheddar cheese	2 tsp. dry mustard
3 Tbsp. flour	1 Tbsp. Lea & Perrins
2 C. half and half	1 clove garlic, peeled and cut in half
	salt to taste

In an earthenware, glass, or enamel saucepan, heat cream, mustard, Lea & Perrins, and garlic until hot but NOT boiling.

Mix shredded cheese with flour.

While stirring, drop cheese by handfuls into the hot cream a little at a time, and stir over low heat with a wooden spoon until cheese is melted and mixture is smooth.

For a mild garlic flavor, remove garlic now. If a stronger flavor is desired, leave it in while serving.

Season with salt to taste.

May be made ahead and refrigerated. Re-heat slowly and serve.

## FOR DIPPING

1 lb. medium shrimp, peeled and cooked	1 loaf French or Italian bread, cut into 1" cubes
1 lb. ground round, seasoned, shaped into 1" balls, and fried	6 bagels, sliced into 1/2" thick rounds

Serve in a fondue pot.

FROM THE KITCHEN OF JERI HAMMOND

— ELAINE PEASNER'S DANISH APPLE CAKE —

INGREDIENTS

1 C. peeled apples, diced about 1/2"	pinch of salt
inch in size	1/3 C. + 3 Tbsp. sugar
1/2 C. raisins or chopped nuts	1/3 C. + 3 Tbsp. brown sugar
1/2 C. flour	1 egg
1 tsp. baking powder	1/2 tsp. vanilla

Mix egg, sugars, baking powder and salt.

Add apples, flour and vanilla.

Spread in a well-greased 8" baking pan.

Sprinkle nuts (or raisins) on top.

Bake for 18 minutes in a 350-degree oven.

Drizzle on top melted butter and sugar.

Bake for another 17 minutes in a 350-degree oven.



FROM THE KITCHEN OF JERI HAMMOND

— MRS. HULLINGS CHESHIRE INN CASTILLIAN SALAD DRESSING —  
(complements of Richard Kreiser)

INGREDIENTS

1 2-oz can anchovies	1 Tbsp. MSG
4 large stalks of celery	1-1/2 Tbsp. prepared mustard (Grey
1/4 large onion	Poupon)
4 cloves garlic, peeled	2-1/2 C. salad oil
1 Tbsp. whole black pepper	3 whole eggs, room temperature

Place ingredients, exc. eggs, in a blender (cut celery into shorter chunks first). Blend until all ingredients are thoroughly mixed.

Add eggs and blend.

Refrigerate. Keeps 2 weeks if well refrigerated.

FROM THE KITCHEN OF JERI HAMMOND

— CRAIG OFFUTT'S (BLS) CORNBREAD RECIPE —

INGREDIENTS

3/4 C. cornmeal	1/2 pint sour cream
1/4 C. flour	1/2 C. shortening, softened
4 tsp. baking powder	1 small can creamed corn
2 eggs	1/4 C. sugar
1/2 tsp. salt	

Mix all ingredients.

Bake in a greased pan at 350 °F for 40 minutes.

The original recipe says to turn upside down to cool, but my wife doesn't do it and it hasn't failed yet.

FROM THE KITCHEN OF JERI HAMMOND

— ELLEN McKENZIE'S STRAWBERRY BREAD —

INGREDIENTS

3 C. flour  
2 C. sugar  
1 tsp. baking soda  
1 tsp. cinnamon  
1 tsp. salt

2 10-oz. pkgs. frozen strawberry puree,  
thawed  
1 C. oil  
4 eggs, well beaten  
8 oz. cream cheese, softened

Mix all dry ingredients.

Make a well in the center of the dry ingredients. Add the strawberries, oil and eggs.  
Mix well.

Pour into two 9" x 5" loaf pans or three 8" x 4" loaf pans.

Bake at 350 °F for 60 minutes.

Remove from oven and cool.

FREEZES WELL AT THIS POINT. WRAP TIGHTLY!

At serving time, spread tops of loaves with 8 oz. softened cream cheese (or, Jeri sez, serve with a 8 oz. tub of soft Strawberry Philly cheese on the side).

FROM THE KITCHEN OF JERI HAMMOND

— CRAB BISQUE (Jeri-Style) —

INGREDIENTS

3 Tbsp. butter	1/4 tsp. pepper
1/2 C. flour	1 tsp. Worcestershire sauce
3-1/2 C. milk	2-3 Tbsp. catsup
2 C. shredded, cooked, crab meat	1/2-pint cream or Half & Half
1/2 tsp. salt	

In a 2-qt. saucepan:

Blend together the butter and flour.

Add 2-1/2 cups milk to make a medium white sauce

Add the remaining 1 cup milk, stir and add in all remaining ingredients (except the cream).

Warm slowly to near boiling.

Add 1/2-pint cream.

Reheat to eating temperature.

Add additional seasoning to taste.

FROM THE KITCHEN OF JERI HAMMOND

— CREAMY CHICKEN ENCHILADAS —

Serves 4

INGREDIENTS

2-3 Tbsp. butter	salt, to taste
1 onion, finely chopped	1/4 C. corn oil
3-4 whole boned and skinned chicken breasts, poached (or leftovers), chopped	6 6-inch corn tortillas – or use 10" flour tortillas (which do not require pre- cooking as do the corn tortillas)
1/4 C. diced, canned green chilies (or to taste, use Mrs. Renfroe's Green Salsa, jalepeño salsa)	1 C. whipping cream (or milk)
8 oz. cream cheese, softened	1-1/2 C. grated Monterey Jack cheese prepared salsa (you choose the level of 'hotness' desired)

Melt the butter in a large, heavy skillet and then sauté the onions until limp (transparent), but not browned. Remove from heat.

Mix in chicken, chilies and cream cheese. Season to taste with salt.

Pre-heat oven to 375°.

Heat corn oil in small, heavy skillet, over medium heat.

Sauté tortillas, one at a time, until they just begin to blister, turning once. Remove from pan and drain on paper towels.

Spoon the filling down the center of each tortilla. Roll and place (seam side down) in an oven-proof baking dish.

Pour the cream over the rolled tortillas, sprinkle with Monterey Jack cheese and bake 20-25 minutes.

Remove from heat and serve with salsa on the side.

WARNING... These babies stay HOT quite a while! When eating, be careful not to burn your mouth.

## FROM THE KITCHEN OF JERI HAMMOND

## — JERI'S FAMOUS POTATO SALAD FOR A CROWD —

Serves 25-30, depending upon appetites. Measures can be scaled for smaller crowds.

## INGREDIENTS

12 to 15 lg. red potatoes, cooked & cut into 3/4" dice, no need to peel	4-oz. jar diced pimientos
18 lg. eggs, hard boiled, peeled and diced	2 to 3 Tbsp. prepared mustard
1/2 lg. onion, diced	1 Tbsp. salt
2 C. Miracle Whip ( <b>NOT</b> Mayonnaise!)	2 tsp. black pepper
2/3 C. chopped celery	2 tsp. Lawry's Seasoned Salt
1/3 C. sweet pickle relish	1-1/2 tsp. granulated (or powdered) garlic
	1-1/2 tsp. Worcestershire Sauce
	1 tsp. celery seed (NOT celery salt)

## Optional ingredients:

1 lb. bacon, cooked crisp & crumbled	1/2 chopped green pepper
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Mix all ingredients together in a LARGE bowl. Taste... add more salt & pepper to taste.

Make it far enough ahead that it can blend flavors for a couple hours anyway. Tommy prefers it while it's still warm, right after it's fixed, however I think it actually tastes better the second day, when it's had time for the flavors to mix a bit. Stores well, up to a week in fridge.

FROM THE KITCHEN OF JERI HAMMOND

— JERI'S (in)FAMOUS LEFTOVER TACO-BEAN DIP —

Brown 1 lb. lean hamburger (or use leftover taco meat). Drain.

If using hamburger meat, add 1 pkg. taco seasoning. Mix well.

Dump in 1 can of refried beans. Mix Well. Add a little water if too thick.

Add salsa to taste. I use about 1 C. MEDIUM heat salsa.

Add chopped black olives, chopped onions, diced tomatoes, etc., to taste. Mix well.

Top with grated Monterey Jack or cheddar cheese, or a mix of both.

Cover and heat in microwave until cheese is melted and bubbly.

Serve with taco chips, extra salsa, jalepeño pepper slices, etc.

Can be doubled or tripled as required.

FROM THE KITCHEN OF JERI HAMMOND

— JERI'S GREEK SALAD DRESSING —

Ingredients:

1/2 C. red wine vinegar  
1-1.4 C. olive oil  
1 tsp. crushed garlic  
2 Tbsp. Parmesan cheese

1/2 tsp. Salt  
1/2 tsp. fresh ground pepper (may have  
to add more if not freshly ground)  
1 Tbsp. dried oregano (crushed)

Combine in a sealed jar.

Shake well.

Best if stored at room temperature, BUT if not used right away, refrigerate and allow to warm to room temperature before serving.



FROM THE KITCHEN OF JERI HAMMOND

— JERI'S THOUSAND ISLAND DRESSING —

Ingredients:

1 C. mayonnaise	1 hard boiled egg, chopped
3 Tbsp. Heinz Chili Sauce	1/4 tsp. salt
1 Tbsp. cider vinegar	1/2 tsp. paprika
1 Tbsp. milk	2 tsp. capers (optional)
1/4 C. finely chopped celery	

Mix all ingredients together VERY thoroughly - I usually double the recipe.

Keeps two weeks in the refrigerator, if we allow it to last that long.

FROM THE KITCHEN OF JERI HAMMOND

— JEANNINE SCHAEFER'S TUNA CASSEROLE —

Ingredients:

2-3 packs of Ramen Noodles,  
cooked with 1-2 packs of Ramen  
flavoring.  
2-3 Tbsp. sour cream

1 C. Velveeta Cheese, cut into chunks  
1 can Cream of Mushroom Soup  
1 can tuna, drained

Mix together and bake at 350 °F for 35-40 minutes.

FROM THE KITCHEN OF JERI HAMMOND

— CHINESE BONELESS RIBS —

Ingredients:

1 lb. Or more boneless pork ribs (chef's ribs or pork shoulder best) remove all fat and slice thinly

Marinade:

1/4 C. soy sauce  
1/4 C. sugar  
1/4 C. rice wine

1 tsp. paste red food coloring (or one 1  
oz. bottle red food color)  
1 tsp. chopped garlic

Combine marinade ingredients together, mix well and place in a large ZipLock bag.

Add meat, hand 'massage' to ensure that all the meat is coated with the marinade. Refrigerate 2-3 hours or overnight.

To a hot pan or wok, add 2 Tbsp. peanut oil, add meat and stir-fry on high heat for 5 minutes or until the meat starts to crisp and caramelize on the edges. **Careful** - it spits red!

Serve with white rice or fried rice.

FROM THE KITCHEN OF JERI HAMMOND

— AGGIE SCHELLMAN'S SWEET VINEGAR SLAW —

Ingredients:

$\frac{3}{4}$  C. vinegar

$\frac{1}{4}$  C. water

1 C. sugar

$\frac{1}{2}$  C. vegetable oil

$\frac{1}{2}$  tsp. salt

$\frac{1}{4}$  tsp. garlic salt

$\frac{1}{4}$  tsp. pepper

$\frac{1}{4}$  tsp. celery salt

Whisk together all ingredients.

Mix with slaw mix.

Best 24-36 hours after it's made.

## FROM THE KITCHEN OF JERI HAMMOND

## — LOW-FAT ALMOND-CINNAMON BISCOTTI —

Note: The biscotti dough is best mixed with a heavy-duty (stand) mixer with a paddle attachment. You can use a regular mixer, but it may beat you up a bit.

## Ingredients:

3 large eggs	3/4 tsp. almond extract (I double this measure)
1 C. sugar	
1 tsp. vanilla extract	
3 C. all-purpose flour	1 tsp. ground cinnamon
1/2-2/3 C. chopped, roasted almonds	3/4 tsp. baking soda
	1/4 tsp. salt

- ⇒ Pre-heat oven to 350 °F F.
- ⇒ Grease a 18" x 12" x 1" baking pan
- ⇒ Combine the first four ingredients in a mixer bowl. Beat until well blended.
- ⇒ To the same bowl, gradually add and mix the remaining ingredients. Makes a soft dough.
- ⇒ Turn this mixture out onto a floured surface and gather together with your hands and shape it into a 16-inch long log.
- ⇒ Transfer the log to a baking pan. Flatten to a 1-inch high thickness.
- ⇒ Bake until LIGHT brown and slightly cracked on the top (about 30 minutes cooking time).
- ⇒ Remove from oven. Remove from pan and place on a cooling rack. Allow to cool for 10 minutes.
- ⇒ Reduce heat in oven to 325 °F F.
- ⇒ Place warm (flat) log on work surface and cut into 1/2" thick slices with a serrated blade knife.
- ⇒ Arrange slices on the baking sheet (cut side up) and place back in the oven for another 10 minutes.
- ⇒ Remove from oven, turn over so the other cut side is up, return to oven and bake another 10 minutes.
- ⇒ Remove from oven and place on cooling rack.
- ⇒ When completely cool, store in a (mostly) air-tight container.
- ⇒ Now get creative! If you want to 'personalize' your biscotti, you may REPLACE the almonds with any of the following: chocolate chips, M&M's, dried cranberries, raisins, walnuts, pecans, etc.

FROM THE KITCHEN OF JERI HAMMOND

— JERI'S EASY CHICKEN SALAD —  
(plus GREAT Chicken Stock)

Ingredients:

8 Chicken thighs or breasts	1/3 C. mayonnaise ( <b>NOT</b> Miracle Whip)
1/4 C. thinly sliced celery	1 Tbsp. lemon juice
1/2 C. grapes, seeded and sliced in two	Salt & pepper to taste
1/3 C. sugar (or to taste)	Club Crackers

- ⇒ Simmer the chicken in 2 qt. water until done.
- ⇒ Remove the chicken and SAVE the water.
- ⇒ Allow the chicken to cool.
- ⇒ Remove all skin, fat and bones from the chicken and return them (the skin, fat & bones) to the pot in which the chicken was cooked. Return the pot to the heat.
- ⇒ Further break the chicken into bite sized pieces (I do this by hand, to make sure that I get all bones, fat, cartilage).
- ⇒ Mix the rest of the ingredients (exc. the salt & pepper, and the crackers).
- ⇒ Salt & pepper to taste.
- ⇒ Best if allowed to stand and 'blend' for an hour or so IN THE REFRIGERATOR.
- ⇒ Serve with/on Club Crackers.

Chicken Salad Stops Here. Chicken Stock Continues...

- ⇒ Allow the stock to cook down to 1 quart, then remove from heat and strain to remove skin and bones.
- ⇒ Allow the chicken stock to cool. Skim off any remaining fat. Freeze the de-fatted stock and use to make soups.

FROM THE KITCHEN OF JERI HAMMOND  
— LINDA WARDEN'S SPINACH BALLS —

Ingredients:

2 Pkg. Frozen CHOPPED spinach	1-1/2 tsp. salt
2 C. Pepperidge Farm Crumb Dressing	Pepper to taste
1 C. parmesan cheese (if you can, use 'real' parmesan, not the pre-grated sawdust you find in cans)	3 Tbsp. chopped chives
6 eggs, beaten	1 tsp. oregano
	1.2 tsp. garlic salt
	3/4 C. melted butter

Combine all ingredients and mix.

Chill in refrigerator until the mixture is firm.

By hand, roll into bite-size balls (or slightly smaller) balls and freeze until ready to prepare.

When ready to prepare, bake at 350 °F for 30 minutes.

FROM THE KITCHEN OF JERI HAMMOND

— JERI'S PINEAPPLE DOWNSIDE-UP CAKE —

Ingredients:

1 stick butter	1/4 tsp. salt
1 C. sugar	3/4 C. milk
1 C. flour	1 lg. can (#2 1/2) undrained, crushed
2 tsp. baking powder	pineapple

Instructions:

Melt butter in a 9" x 13" cake pan.

In a bowl, sift flour, sugar, baking powder and salt together.

Stir the milk into the dry ingredients and then pour over the melted butter.

Pour the pineapple (including the juice) on top of the batter. Use a spoon to even the contents over the top of the batter in the baking pan. **DO NOT STIR!**

Bake at 350 °F for 1 hour or until nice and brown.



FROM THE KITCHEN OF JERI HAMMOND

— MERCY KILLING BBQ SHRIMP —  
Thanks to Tom McMahan

Serves: 4

Ingredients:

2 lb. fresh, de-veined shrimp, heads off	2 tsp. salt
1/4 cup salad oil	1/4+ tsp. black pepper, coarsely ground
1/4 cup lemon juice	1/4+ tsp. paprika
4+ cloves garlic, minced or smashed (I use about 8 - but we are 'garlic heads')	1 Tbsp. chopped parsley (or, even better, use cilantro - I normally use parsley)

(Optional)

1/2 lb. butter, clarified - as a dip, not a part of marinade

Combine all marinade ingredients and mix well.

Shell and de-vein shrimp. Wash, drain, and dry well on paper toweling.

Marinate shrimp for 2-4 hours, turning frequently. Even a 15-minute marinade works, but the longer period is more desirable.

Place shrimp on skewers with little or no room between individual shrimp.

Grill over very high heat until shrimp just brown (actually, I like to use super high heat in my gas grill and get them a bit black on the edges). Be careful to not overcook. Some "cooking" will have taken place during marinating due to the lemon juice. The shrimp will become tough if cooked too long. I think I do about 2 minutes on each side - we like soft, moist shrimp. If using briquettes instead of gas in your Bar-B-Que, use a full-coverage layer of briquettes, and grill the shrimp for 3-5 minutes per side (or to your wishes).

If you wish to use the clarified butter, use it as a dip at the table. It would be really good, but I believe it would mask the nice, light taste of the shrimp.

FROM THE KITCHEN OF JERI HAMMOND

— JERI'S CREAMED CHIPPED BEEF & EGGS ON TOAST —

(This is how we dispose of the Easter Eggs each year)

Ingredients: (serves 2+, usually)

4 Tbsp. butter	1 2.25 oz. pkg. Dried, chipped beef,
1/2 C. flour	finely chopped
1-1/2 C. whole or 2% milk	4 Hard boiled eggs, chopped, 2 eggs
1/4 C. sugar (the secret ingredient), may reduce, if desired	(or more) per person

Note: Recipe may be doubled or tripled

Instructions:

Melt butter in saucepan.

Whisk in flour until a smooth paste is made

Add milk, stir and cook until smooth and medium thickness.

Add sugar, chipped beef, and chopped eggs.

Stir to mix

WARNING! The chipped beef is usually quite salty, so be sure to TASTE BEFORE  
you add additional salt.

Salt & Pepper to taste

Serve over toasted white bread.

FROM THE KITCHEN OF JERI HAMMOND

— JERI'S MAPLE SYRUP BBQ SAUCE —

(And all this time I thought it was MY recipe - Tom)

Ingredients:

1 C. Boiling water

1 C. sugar

1 tsp. Mapeline (**NO substitute**)

2/3 C. Show-Me Liquid Smoke BBS

Sauce. Do not substitute unless  
you absolutely have to. May not  
be available outside Missouri.

Mapeline is an imitation maple flavoring for making maple syrup, found on the grocery 'seasonings' shelf.

Mix water, sugar, an Mapeline together. Stir until all the sugar is dissolved and the liquid is clear.

Add 1/3 C. of the maple syrup mixture to the BBS Sauce.

Keeps **forever** in the refrigerator!

When he's barbecuing, Tommy cooks the meat until it's about 15-18 minutes from being done (usually about three turns, if cooking pork ribs or pork steaks). He then bastes the meat with the BBQ sauce mix, and turns the meat at least three times during the final cooking, to allow the sauce to caramelize on the outside of the meat.

Even if this sauce seems to 'burn' on the meat a bit, it just makes the taste even better.

## FROM THE KITCHEN OF JERI HAMMOND

## — JERI'S RICE PANCAKES —

Makes 8-12 6" pancakes

Ingredients:

2 C. leftover rice (or make fresh if the kids insist on rice pancakes for breakfast)	
1-1/2 C. milk (not skim)	1/2 tsp. salt
2 eggs	1/2~2/3 C. flour (enough to make
1~1-1/2 Tbsp. ground cinnamon	into a batter)
1 tsp. vanilla extract	3 Tbsp. baking powder
1/2 C. sugar	

Instructions:

Mix everything together. Add milk **last** until you get the proper consistency of the batter.

Heat a large skillet over medium heat. Grease with bacon grease (or if you prefer, cooking oil).

Ladle in 1/3 C. for each pancake.

Cook until bubbles form on top.

Carefully flip over and cook another 2 minutes or until browned on the other side.

These pancakes cook more slowly than normal pancakes. But you must watch or the edges burn from the sugar & cinnamon.

Add another teaspoon of grease (oil) to the pan between batches.

Continue until all pancakes are cooked. Butter and serve with maple syrup, apple syrup, or just butter and granulated sugar.

As much as my family likes rice, they will stop eating at supper in order to leave enough rice to make rice pancakes the next morning.

These are also good if stored in the fridge in ZipLock bags and then re-heated for a quick breakfast on school days. They will keep 2-3 days in the fridge, or freeze.

My mom used to add raisins, but my family prefers them 'naked'.

FROM THE KITCHEN OF JERI HAMMOND

— PERFECT PIE CRUST —

**MASTER RECIPE FOR AMERICAN PIE DOUGH**

(Adapted from "The Cook's, Bible," by Christopher Kimball)

Ingredients:

2-1/2 C. all-purpose flour  
1 tsp. kosher salt  
2 Tbsp. sugar  
12 Tbsp. chilled unsalted butter, cut into 1/4-inch bits  
8 Tbsp. chilled all-vegetable shortening (e.g. Crisco)  
5 Tbsp. ice water

Yield: Double crust for 10-inch regular or 9-inch deep dish pie

Mix flour salt and sugar in a food processor fitted with the steel blade.

Scatter butter pieces over the flour mixture, tossing to coat butter with a little of the flour.

Cut butter into flour with five 1-second pulses.

Add shortening and start with four more 1-second pulses.

Continue the 1-second pulses until flour is pale yellow and resembles coarse cornmeal, with butter bits no larger than small peas. Turn mixture into a medium bowl.

Sprinkle 5 tablespoons of ice water over the mixture.

With the blade of a rubber spatula, use a folding motion to mix, then press down on the dough with the broad side of the spatula until dough sticks together, adding up to 1 tablespoon more water if dough will not come together.

Shape dough into a ball with your hands; then flatten into a 4-inch wide disk.

Dust lightly with flour and refrigerate for 30 minutes before rolling.

Bake on lowest oven rack at 400 °F F for 15 minutes. Reduce heat to 350 °F F and continue to bake until crust is golden brown and filling bubbles, usually 30-35 minutes.

FROM THE KITCHEN OF JERI HAMMOND

**MASTER RECIPE FOR FRUIT PIE**

Ingredients:

1 double pie crust	3/4-1 C. sugar
6 C. fruit, peeled, cored & sliced	3-4 Tbsp. 1-Minute Tapioca
1 tsp. orange or lemon zest	2 Tbsp. butter

Heat oven to 400 °F

Toss fruit in all of the ingredients except the butter. Allow to set 15 minutes.

Roll out the bottom crust and place in pie pan.

Add the fruit and the butter (in pats). Put in fridge while fixing the top crust.

Remove from fridge and cover with the top crust. Seal the edges of the top crust to the bottom crust.

Slit the top crust several times.

Place in oven on cookie sheet

Bake for 15 minutes, then turn oven down to 350 °F and continue to bake until the crust is golden brown and the juices are bubbling, about 30-35 minutes. Check after 20 minutes to make sure it's browning evenly, if not, turn to a different position.

Cool 1 hour to allow juices to thicken.

FROM THE KITCHEN OF JERI HAMMOND

**JERI'S GOLDEN (ALMOST SHORTBREAD) BISCOTTI**

Makes 36 to 40 5"-6" biscotti

Ingredients:

1½ C. toasted nuts (almonds, English walnuts, pecans, hazelnuts) toasted in a single layer, on a cookie sheet at 350° for 10 minutes. Cool, then chop.  
1 stick unsalted butter  
1C. sugar  
3 lg. Eggs  
4½-5 C. white flour  
1 tsp. lemon **or** orange extract  
Juice of two lemons, two limes, or ½ orange (to match the extract being used)  
1½-2 tsp. lemon, orange, or lime zest (to match the extract being used)  
2½ tsp. baking powder  
1 tsp. salt

White chocolate (optional, if you wish to ice the biscotti)

Instructions:

Making the biscotti...

Preheat oven to 350° and toast nuts  
Spray Pam onto two large cookie sheets  
Cream butter & sugar.  
Add eggs, one at a time, beating after each egg is added  
Beat in the orange or lemon extract, the juice of one lemon, orange or lime, and 1 tsp. of the zest.  
In a separate bowl, mix the dry ingredients together.  
Mix the wet and dry ingredients together. This should make a rather 'dry' dough.  
Lightly flour your pastry work area.  
Dump the dough out onto the work area and work it into a ball.  
Divide the ball into two equal halves.

Form one of the dough halves into a 16" log.

On the cookie sheet, flatten the log into a 3"-4" wide x  $\frac{3}{4}$ " tall rectangular 'brick'.

Smooth and square into shape.

Bake each 'brick' separately, for 18 minutes at 350°, until **lightly** browned at the edges.

Remove from oven, to a cooling rack, and cool for 10 minutes.

Cut into  $\frac{1}{2}$ "-thick slices.

Return the sliced biscotti to the baking sheet, with one of the sliced sides facing up.

Return to the oven and bake for another 10 minutes.

Turn the biscotti so the other sliced side faces up and bake for 10 minutes more.

Remove from oven and allow to cool on rack.

Repeat for the second half of the dough.

Icing the biscotti (optional)...

In the microwave, melt white chocolate in a Pyrex cup for one minute on high power. Stir and microwave another 20-30 seconds until the chocolate comes to a spreadable consistency.

Stir in the remaining zest.

Spread (thinly) on the top of each of the biscotti and allow to cool enough to set the chocolate.

Store in a covered container.



FROM THE KITCHEN OF JERI HAMMOND

**JAY HARMS' HOT SAUSAGE BALLS**

Ingredients:

3 Cups Bisquick  
1 lb. Raw Sausage  
1 (8 oz.) Jar of Cheese Whiz  
¼ Cup Milk

Mix ingredients thoroughly.

Make into 1-inch balls and bake at 375 °F until golden brown (about 10 to 15 minutes).

(Uncooked mix can be frozen before cooking)

FROM THE KITCHEN OF JERI HAMMOND

**JAY HARMS' ELEPHANT STEW**

Ingredients:

- 1 Large Elephant
- 400 gallons of brown gravy
- 2 C. salt
- 2 C. pepper

Cut Elephant into 1-inch cubes, frequently adding pinches of salt and pepper (this task should take approximately 72 days).

Add enough Brown gravy to cover.

Cook over slow fire for 4 weeks.

If more than 3,800 guests are expected, 2 rabbits may be added; but do this only if necessary... most people do not like hare in their stew.

Author: Jan Smith

FROM THE KITCHEN OF JERI HAMMOND

**JERI'S ALFREDO SAUCE**

Ingredients:

4 Tbsp. butter  
½ C. flour  
2 C. milk  
1 tsp. garlic, minced  
½ C. Parmesan Cheese

Directions:

Melt butter over medium heat in medium saucepan

Add flour and stir to mix

Whisk in 2 C. milk

Add garlic & Parmesan Cheese and cook until desired consistency

Salt & pepper to taste

FROM THE KITCHEN OF JERI HAMMOND

**JERI'S (Lactose-Free) CREAM OF MUSHROOM SOUP**

**(Jeri came up with this for Tom when he was undergoing chemotherapy and wasn't allowed to have milk products)**

Serves: 4-6 medium servings

Ingredients:

- 2 Tbsp. butter or margarine
- 2 C. chopped mushrooms (just white, or mix in fresh Shitakes, Oysters, Cremini's, or Portabello's). If using Portabello's, trim off the 'gills' (the black part), they make the soup an ugly color (but they don't effect the taste).
- 2 Tbsp. chopped onion (or 1 Tbsp. dried)
- 1 tsp. minced garlic
- 1 can chicken stock
- 1 qt. Lactose-Free Coffeemate (use the Original, NOT Amaretto...!)
- Salt, pepper, and Worcestershire Sauce to taste

Instructions:

- Melt the butter in a large saucepan
- Add the chopped mushrooms and cook until the mushrooms are soft and limp
- Add onion, garlic and chicken stock
- Cook 10-15 minutes at a low heat
- Add the Coffeemate and reheat. DO NOT BOIL!
- Salt & pepper to taste. CAUTION: Mushrooms themselves are a bit peppery, be careful.
- Add a dash (or more) of Worcestershire Sauce, to taste.

Store leftovers in fridge and reheat carefully - NEVER BOIL.

FROM THE KITCHEN OF JERI HAMMOND

**MIKE BURNS' BLACK-EYED PEA SALAD**

(From the JCHS Class of '62 salad Dinner 08/10/1999)

Ingredients:

Salad

- 1½ lb. Fully cooked Smoked Kielbasa or Polish Sausage, halved lengthwise and then cut into ½" chunks
- 1 15 ½ oz. or 22 oz. can of Black-Eyed Peas, rinsed & drained
- 3 Medium size tart apples, cut into ½" chunks
- 1 Large green pepper, chopped
- 6 Large green onions, thinly sliced

Dressing

- 1/3 C. salad oil
- 3 Tbsp
- 1½ Tbsp Sugar
- Pepper to taste

Directions:

Brown sausage chunks in a skillet. Drain on paper towel.

Combine peas, apples, green pepper, onions & sausage.

Pour dressing over mixture.

Cover, and refrigerate for at least four hours prior to serving.

FROM THE KITCHEN OF JERI HAMMOND

**LINDA FLETCHER'S MELON SALAD**

(From the JCHS Class of '62 salad Dinner 08/10/1999)

Ingredients:

- 1 Cantaloupe, cut into ½" chunks
- 1 Honeydew, cut into ½" chunks
- 1 Watermelon, cut into ½" chunks
- 1 Bunch of seedless green grapes, halved
- 1 Bunch of seedless red grapes, halved
- 1 Can of chunk pineapple
- 1 pint box of strawberries, halved
  
- ½ 6 oz. can of frozen lemonade concentrate, thawed, undiluted
- ½ C. orange marmalade
- 2 Tbsp. Triple Sec (or other orange flavored liquor)

Directions:

Combine the 'dressing' and our over mixed fruit at least 2 hours before serving.

FROM THE KITCHEN OF JERI HAMMOND

**LINDA FLETCHER'S CHICKEN SALAD**

(From the JCHS Class of '62 salad Dinner 08/10/1999)

Ingredients:

- 1 C. artichoke hearts, sliced
- 2 C. chopped celery
- 1 C. chopped red pepper
- 1 Pkg. dry Italian salad dressing, prepared according to the directions on the envelope.
- 2 6-oz. packages Uncle Ben's Long Grain & Wild Rice
- 4 Whole chicken breasts, cooked & diced
- 1 C. mayonnaise
- 1 lb. Fresh mushrooms, sliced
- 1 Head lettuce

Directions:

Marinate the artichokes, celery & red peppers in Italian dressing overnight.

Using ½ C. less water for each package, cook rice as directed.

Combine rice, chicken & mayonnaise.

Add mushrooms & marinated mixture.

Chill & serve on lettuce cups (or, if you're feeding the JCHS Class of '62, place the bowl containing the salad in an open space, and stand back).

FROM THE KITCHEN OF JERI HAMMOND

**JERI'S QUICK (KINDA) BELIZIAN BEANS & RICE**

Serves: 2-3 medium servings

Ingredients:

- 1½ C. rice, cooked according to package directions
- 2 1-lb. Cans black beans, rinsed & drained
- 2 Tbsp. olive oil
- 2 tsp. garlic, minced
- 1 medium onion, chopped
- 1 1-lb. Can diced tomatoes, drained
- Salsa to taste

Directions:

Prepare rice, set aside & keep warm

Heat oil in a medium skillet

Cook garlic and onion over medium-high heat until the onion is transparent

Stir in the tomatoes and black beans and heat through

Add salsa, salt & pepper to taste

Serve over warm rice

Note: You may also add up to 1 lb. hot (e.g. Italian, Polish, Creole) sausage, cut into ½" chunks.

Jalepeño salsa, or Marie Sharp's Habanero Hot Sauce is great with this dish.



FROM THE KITCHEN OF JERI HAMMOND

**JEANNINE SCHAEFER'S CREAM PUFF CASSEROLE**

Ingredients:

1 C. flour  
1 stick butter or margarine  
4 whole eggs  
3 sm. pkg. French Vanilla instant  
pudding

1 pt. (2 C.) milk  
1 8oz. pkg. cream cheese, softened  
1 8oz. container Cool Whip, thawed  
Chocolate syrup (optional)  
\* Lo-cal/lo-sugar, see note

9" x 13" x 1½" casserole dish

Directions:

Melt butter in medium saucepan, add flour all at once and stir hard with wooden spoon until it forms a ball.

Remove from heat, add eggs one at a time, beating hard after each egg is added.

Pour the mixture into the UNgreased casserole.

Bake at 350 °F for 20-25 minutes, or until LIGHT brown. Will puff up a LOT and then settles back down. Allow to cool.

Combine pudding mix, milk, and soft cream cheese in large bowl. Beat with mixer or whisk until well blended. Allow to stand for about 10 minutes (to firm up the pudding mixture).

Pour the pudding mixture over the now cooled crust in the casserole dish.

Spread the entire tub of Cool Whip over the top of the pudding.

Drizzle with chocolate syrup if desired.

Serve within an hour, or put into the icebox.

\* If you are concerned about added sugar and fat (you can't make puff pastry without butter), use sugar-free Vanilla Pudding, Philly FREE Cream Cheese, and Cool Whip FREE topping and skip the chocolate syrup.

FROM THE KITCHEN OF JERI HAMMOND

**JERI'S (NOT TOO RICH) CHEESE SOUP**

Serves: 8

Ingredients:

2 qt. Chicken stock  
½ C. Onion, finely diced  
½ C. Celery, finely diced  
1 C. Carrot, finely diced  
1 tsp. garlic, minced  
4-6 oz. *finely diced* (1/4" or smaller) smoked sausage, bacon, or ham (cooked & drained)  
¼ C flour  
1½ Tbsp. cornstarch  
1 tsp. Baking soda  
1 qt. Milk (2% or whole)  
1 C. Mild Cheddar Cheese, shredded (2% fat is OK to use)  
Salt & pepper to taste

Directions:

Combine in large pot: Chicken broth, chopped veggies, garlic, and meat.

Bring to a boil, then simmer until veggies are tender (about 15 minutes).

**NOTE:** *From this point on, AT NO TIME should you allow the soup to boil!  
If you allow it to boil now, it'll curdle!!! Chicken & Veggie Curds 'n Whey.*

In a separate bowl: Blend milk, flour, cornstarch & baking soda. Add to pot and stir.

When soup is slightly thickened, add cheese and stir.

When all the cheese has melted, taste and adjust salt & pepper.

Best when served with fresh salad and hot bread.

FROM THE KITCHEN OF JERI HAMMOND

### REALLY GREAT ONION RINGS

Ingredients:

2 Vidalia onions (or even 1015's when in season)	2 C. Buttermilk (see note below)
2 C. Flour	1 C. Water
2 C. Fine-ground cracker crumbs	4C. Crisco Oil, or enough for your fryer
2 C. White corn meal	

Note: If you don't have buttermilk available you may 'sour' whole milk by adding 1 tsp. of lemon juice (or vinegar) per cup of milk, stirring, and allowing the milk to stand for 5 minutes.

Directions:

1. Slice onions 1/2"-3/4" thick, do NOT use the very small rings.
2. In a large bowl, add buttermilk and water.
3. Place the flour in second large bowl.
4. Combine and mix the cracker crumbs and cornmeal in a third large bowl.
5. Separate rings one at a time, individually coat them with buttermilk, and dredge them in the flour to coat the ring.
6. **Gently** dip ring back into the buttermilk and then dredge it in the cracker crumb & corn meal mixture.
7. Set the ring aside to rest.
8. Repeat for all onion rings.
9. Allow the coated rings to rest at least 15 minutes (this helps the coating to stick to the ring once it has been dropped into the hot oil).
10. Heat the oil to about 360 ° F (**not** hot enough to smoke).
11. Carefully place each ring into the oil. Do not crowd the rings in the fryer. They should be able to float in the oil with space between them.
12. Fry until golden brown.
13. Remove. Place on paper towels to drain
14. Salt *immediately* after you place the rings onto the paper towels.

FROM THE KITCHEN OF JERI HAMMOND

**JERI'S RICH-TASTING, LO-FAT CHICKEN 'N NOODLE SOUP**

Serves: 4-5

Ingredients:

1 qt. Fat-free chicken broth	1/2 tsp. turmeric (optional, for color)
1-1/2 qt. water	1 tsp. McCormick Original Chicken Seasoning
10 boneless, skinless, chicken thighs (about 2-3 per person, cut into 1" chunks)	1 tsp. Lawry's Seasoned Salt
1 tsp. salt	1 can fat-free skim condensed milk
1/2 tsp. pepper	3 C. pasta (home made noodles, fat curly, bowtie, rigatoni, or penne,)
1/2 tsp. celery salt	1/2 C. flour
1 tsp. garlic salt	

Directions:

- 1) Bring chicken broth & water to a simmer in a large pot (1 gal. minimum).
- 2) Add chicken, pasta & seasonings and cook until the chicken is cooked through and the pasta is done.
- 3) Add 1/2 of the condensed milk, retaining the rest of later.
- 4) Mix the other 1/2 can of condensed milk with 1/2 C. flour. Blend well to prevent lumps. Blend into the pot until the liquid is thick and creamy.
- 5) Adjust salt to taste.
- 6) Serve hot. Although you may add carrots, peas, and/or celery if you wish. My family prefers the vegetables cooked separately.

FROM THE KITCHEN OF JERI HAMMOND

**PAN-FRIED FRESH SALMON CAKES**

COOK'S ILLUSTRATED, Jan & Feb 2000, p.7

Serves: 4, (eight 2½" x ¾" cakes)

Ingredients:

- 1¼ pounds fresh salmon filet
- 1 slice high-quality white sandwich bread, such as Pepperidge Farm, crusts removed and white part chopped very finely (about 5 tablespoons)
- 2 Tbsp. Mayonnaise
- ¼ C. finely grated onion
- 2 Tbsp. Chopped fresh parsley leaves
- ¾ tsp. salt
- 1½ tsp. Tbsp. juice from 1 lemon
- ½ C. all-purpose flour
- 2 Lg. eggs, lightly beaten
- 1½ tsp. plus ½ C. vegetable oil
- ¾ C. plain dried bread crumbs, preferably panko (Japanese bread crumbs)

Directions:

1. Remove ALL pin bones from the salmon flesh. Rub your fingers over the surface of the filet to feel for pin bones. Remove them using tweezers or needle-nose pliers.
2. Using a sharp knife, cut flesh off skin, then discard skin. Chop salmon flesh into ¼" to ¾" pieces and mix with chopped bread, mayonnaise, onion, parsley, salt, lemon juice in a medium bowl.
3. Scoop a generous ¼-cup portion of the salmon mixture from the bowl and use your hands to form it into a patty measuring about 2½" in diameter and ¾" thick. Place on a parchment-lined baking sheet and repeat with the remaining salmon mixture until you have 8 patties. Place the patties in the freezer until the surface moisture has evaporated, about 15 minutes.
4. Spread flour in a pie plate or a shallow baking dish. Beat the eggs with 1½ tsp. vegetable oil and 1½ tsp. water in a second pie plate or shallow baking dish, and spread the breadcrumbs in a third dish.
5. Dip the chilled salmon patties in flour to cover; shake off excess.

6. Transfer to the beaten egg and, using a slotted spatula or tongs, turn to coat; allow excess egg drip off.
7. Transfer to the breadcrumbs; shake pan to coat patties completely. Return the now-breaded patties to the baking sheet.
8. Heat the remaining ½ cup of vegetable oil in a large, heavy-bottomed skillet over a medium-high heat until shimmering, but not smoking,
9. Add the salmon patties and cook until they are medium golden brown, about 2-3 minutes. Flip cakes over and continue cooking until medium golden brown on the second side, another 2-3 minutes.
10. Remove from skillet, to a plate lined with paper towels to absorb any excess oil.
11. Serve with tartar sauce or as 'salmon burgers'.

FROM THE KITCHEN OF JERI HAMMOND

**NINA MEEKS' GRANOLA**

Ingredients:

- 10-12 C. raw oatmeal
- 1 C. dry powdered milk
- 1 C. coconut
- 1 C. wheat germ
- 1 C. salad oil
- 1 C. honey
- 1 small package sunflower seeds (optional)
- 1 small box sesame seeds (optional)
- 1 C. soy flour (optional, I usually leave this out)
  
- 1 C. chopped nuts (your choice)
- 1 C. dried raisins (or other fruit)

Mix first list of ingredients in a large baking dish (I use my turkey roaster).

Bake at 275 °F for 1 hour, stirring often.

Remove from oven.

Add and mix in the chopped nuts and raisins.

Cool completely.

Store in an air-tight container to maintain crunchy texture.

FROM THE KITCHEN OF JERI HAMMOND

**DAISY'S FRUITCAKE**

*From: "Taste of Home", Dec/Jan 2001, pp. 64-65*

Ingredients:

- 3 C. chopped peeled tart apples (about 2 large)
- 2 C. sugar
- ½ C. Apple juice
- 3 eggs
- ¾ C vegetable oil
- 1 tsp. vanilla extract
- 3 C. all-purpose flour
- 2 tsp. apple pie spice
- 1 tsp. baking soda
- 1 tsp. salt
- 2 C. coarsely chopped pecans
- ½ lb. candied red cherries, halved
- ½ lb. candied green cherries, halved
- ½ lb. dices candied pineapple

Line three 8" x 4" x 2" (or six 5¾" x 3½" x 2") loaf pans with waxed paper; grease the paper and set aside.

In a large bowl, combine apples, sugar and apple juice; let stand for 15 minutes.

In a bowl, combine the eggs, oil and vanilla. Add to apple mixture; mix well.

Combine the flour, apple pie spice, baking soda and salt; add to apple mixture and mix well.

Fold in pecans, cherries and pineapple.

Pour into the prepared loaf pans.

Bake at 350° for 55-65 minutes or until a toothpick inserted near the middle comes out clean.

Cool for 10 minutes before removing from pans to wire rack. Remove waxed paper. Cover well.



FROM THE KITCHEN OF JERI HAMMOND

**HUMUS**

Ingredients:

2½ C. cooked chick peas. Use canned and cook at a simmer for about 1 hour, or  
until soft (pinch one between your fingers)  
2 to 3 Cloves crusher or minced garlic  
2/3 C. Tahini (sesame seed paste)  
2 Tbsp. Olive oil  
1 to 2 tsp. lemon juice  
Salt & pepper to taste

Mix all ingredients together. Add enough water to thin to a mayonnaise consistency.

Stir in 2 Tbsp. chopped fresh mint, if desired.

Allow to sit in fridge 4-6 hours to allow it to blend the flavors.

FROM THE KITCHEN OF JERI HAMMOND

**Charles Golden (NØROK's) Rum Balls**

Ingredients:

- 3 C. finely crushed vanilla wafers
- 2 C. powdered sugar
- 1 C. finely chopped nuts (almonds, pecans, or walnuts)
- ½ C. Rum
- ¼ C. light corn syrup
- Granulated sugar, powdered sugar, or cocoa for coating the rum balls

Mix the wafers, powdered sugar, and chopped nuts in a large bowl.

Stir in the rum and corn syrup.

Shape mixture into 1" balls and roll in sugar or cocoa (or a mixture of the two).

Refrigerate at least 3 days before serving, to allow the flavors to blend.

Tom's note: These are by far the BEST rum balls I've ever had. NOT "drunkie" at all, and not nearly as dry as most.

## FROM THE KITCHEN OF JERI HAMMOND

**Jeri's Spicy (Cajun) Potato Sticks**

## Ingredients:

3-4 large baking potatoes, cut lengthwise into 1/2" square sticks. No need to peel.

3/4 C. canola oil (or half & half canola oil and olive oil)

1-1/2 tsp. salt

1 tsp. pepper

1-1/2 tsp. garlic powder

1 tsp. Lawry's seasoned salt

1 Tbsp. liquid smoke

1/2 to 1-1/2 tsp. cayenne pepper. Adjust according to your tastebuds. 1 tsp. is fairly spicy.

Combine all of the ingredients (EXCEPT the potatoes) in a large Zip-Lock bag. Seal, and mix well.

Add the potato sticks and mix well to evenly distribute the oil and the seasonings.

Remove the potato sticks from the bag and spread out, single layer, on a large sheet pan with raised edges. Do not crowd. If you have too many potato sticks, use a second pan.

Bake in the oven at 375 °F for 40-50 minutes. Check their progress at 35 minutes, and then every five minutes after that, until they start to brown a bit.

These are great when served with bar-b-qued chicken, beef, or pork.

All measurements are adjustable. It will probably take a couple tries before you get things adjusted 'just right'.

FROM THE KITCHEN OF JERI HAMMOND

**Jeri's Fresh Apple Fruit Cake**

Ingredients:

4 apples, peeled, cored & chopped. Golden Delicious apples work well.  
3 eggs, beaten  
1 C. vegetable oil  
2 tsp. vanilla extract  
1 tsp. almond extract  
2 tsp. baking soda  
2 tsp. salt  
2 tsp. cinnamon  
1-1/2 tsp. apple pie spice  
3 C. flour  
2 C. sugar (or 1-1/2 C. Splenda sugar substitute. You **CAN** bake with Splenda)  
1 C. each, red & green candied cherries, cut in half  
1-1/2 C. fruit cake candied mixed fruit

Mix all ingredients together in a large bowl. Use a wooden spoon, **not** a mixer.

Put the mixture into 4 or 5 small loaf pans which have been well greased.

Bake at 350 °F for 30-35 minutes, or until a toothpick inserted into the center of the loaf comes out clean.

Cool for 10 minutes, then remove from the pans and cool completely.

Wrap in foil, and then in plastic wrap,

Freeze, or eat fresh. If you freeze, try to wrap them as air-tightly as possible, so they won't dry out.

These are great for Christmas giving.