

# *Stonehome Cookery*

**Pat Mestern**

*Other Books by Pat Mestern:*

*Fiction*

Clara

Anna, Child of the Poor House

Rachael's Legacy

Magdalena's Song

No Choice But Freedom

Granite

*Non - Fiction*

So You Want to Hold a Festival - A-Z of Festival & Special Event  
Organization

A two-volume set - Looking Back, the Story of Fergus throughout  
the Years

Fergus, A Scottish Town by Birthright

Dedicated to "My Ladies"

**Edith Scott Mattaini**

who lived to cook good food as much as she lived to eat it

and

**Marie Landoni Mattaini**

whose passion for food matched her passion for life.

© Pat Mestern, 2004  
ISBN 0-9689645-1-6  
Reprints: 2005 - 2006 - 2007

555 St. David Street N.,  
Fergus,  
Ontario, Canada  
N1M 2K5  
[www.mestern.net](http://www.mestern.net)  
[www.patmestern.com](http://www.patmestern.com)  
E-mail: mestern@wightman.ca

## STONEHOME COOKERY

*"Let's do a little platter with our patter; have a wee chatter with the clatter."*

With that quotation, we'd all get down to the business of doing dishes after a meal. The kitchens I knew were always full of patter... platter...chatter...clatter. They were comfortable cocoons, redolent with the smells of cooking and baking. Wood stoves held the prominent place. Even when replaced by modern electric and gas stoves in the 1950's, they continued to woo, warm and cook until the mid 1970's, when lack of a ready supply of wood brought their unfortunate demise. Their heat was shared with any number of family, friends, dogs, cats, rabbits and other assorted creatures, both two and four-legged, that happened to be in the neighbourhood.

All the family womenfolk, including cousins and great aunts, instinctively knew what constituted a half a cup, one quarter of a cup, a pinch, a dash, or 1/8 teaspoon. They could tell by look and feel if a recipe was "right". I can't remember anyone using proper measuring utensils. They preferred big china teacups, soup and silver teaspoons, or a simple 'handful' and 'pinch'. These, and a canny eye, were excellent substitutes for measuring cups and spoons. Cooking looked effortless.

Of course I inherited the same habit of measuring. The home economist at our high school was appalled at my "kitchen etiquette". The number of reprimands I received for not using the proper equipment seemed endless, and useless too. Needless to say, Home Economics wasn't my favourite subject. Who needed the hassle? Who needed structured lessons when hands-on training could be gotten at home with excellent cooks? Latin and French were far more challenging, so I gave up on the school's kitchen and kept right on cooking "Granny's way."

As my Granny and mother shared the same driveway, recipes flew back and forth like birds. Granny kept a boarding house and Mother had a large family, so both cooked up huge quantities of wholesome food and took "restaurant" status in their stride. When Granny had an overflow at her table, she sent it across the drive to ours. The bowls got larger as the "family" grew. Mother in particular had to be an innovative cook when challenged by the expansion of her clan by suitors, sons-in-laws and grandchildren. The usual Sunday supper saw twelve to fifteen people seated around her table, especially when rejected suitors still showed up for the home cooking. The most amazing part about Mother, precious lady, was the fact she held down a full-time job during our teen years, while maintaining a huge and bountiful garden. She seemed to have endless energy! We girls helped, which gave us an excellent grounding for our own forays into married life. We learned valuable lessons at both kitchen table and while hoeing long rows of potatoes. Grandmother was a dynamo, until she took to her bed six months before she died. Her house was spotless, her preserves cupboard full, and her teakettle always on the boil.

Large gardens played an important role in our lives because diet

was dictated by the seasons of the year. Most of the produce we ate was home-raised. We didn't have fresh strawberries, lettuce or cucumbers in the winter, and cabbage or turnip during the summer. The more exotic vegetables grown, celery for instance, was served as long as it survived in Granny's root cellar, which both households shared.

When Ted and I searched for our first house, one of the stipulations was that it had a large garden. *Stonehome* didn't disappoint us. We still maintain a vegetable garden, although this is scaled-down now that the children are all married and away from home. Apple and pear trees still blossom every spring in the back yard. I argue with the birds for currants, elderberries and grapes.

Dad stayed out of the kitchen, claiming that five women in the house were enough to drive any man away from a stove. He said that he had trouble boiling an egg, and we believed him. I can't remember if he ever made himself a cup of tea. I never saw him cook anything except fresh-caught trout over an open campfire (and army worms on an outdoor barbeque - but that's another story!). He had a favourite chair in a corner close to the kitchen stove, where he sat, listened, and watched his "girls" work. He never cleared the table or washed the dishes for fear he'd be trampled in the rush. We all accepted him as the "breadwinner", and waited on him hand and foot. This scenario wouldn't happen today! We loved him dearly but looked for husbands who were a little handier in the kitchen.

My husband Ted is not only used to cooking for himself, but also to cleaning up afterward. As a matter of fact, the first time I ever laid eyes on him, he was standing outside his parent's kitchen next door, wearing an apron, with a dishtowel in his hands. This was the man for me! I wasted no time in getting down from the roof of the back kitchen and going over to introduce myself. I have no idea what I was doing up on the roof with binoculars, but it certainly paid off. Ted says that I "was using them to look for a husband." He might be right. As our four children came along, we quickly introduced them to household routine. My kitchen was no stranger to them. At a very early age, they all learned to enjoy a variety of foods prepared in innovative ways. As a result, there are few foods they won't eat today. They are all good cooks, and they know how to clean up a kitchen.

I wrote "*Stonehome Cookery*" because my 'big black book', a huge collection of favourite recipes gathered over the years from the three households, is always in demand. My telephone bills are very high as I share recipes with others. I have made no attempt to adjust these recipes to reflect a decrease in fats, sugars and starches. Good cooks will know what to substitute, where to cut corners, and how much to serve. I have listed ingredients that are readily available and most of the recipes use staples that can be found in a well-stocked kitchen. None of them need elaborate preparation. Raising four children, while at the same time holding down a number of part-time and full-time jobs to pay a few bills didn't leave me much time for "fussy" cooking.

To put readers in the picture, these recipes span four

generations. My Grandmother Mattaini came to Canada from Northern Italy in the 1880's. At the beginning of the 19<sup>th</sup> century, (c.1811), my mother's family came to southern Ontario from Scotland, Ireland and Upper New York State; and one member arrived from Lancaster County, Pennsylvania My father was born in 1909 and my mother in 1910, so they both lived through the Great Depression. I was born in 1941, and my children during the 1960's. Good food knows no generation gap.

When I refer to 'my ladies', I mean both Granny and Mother, unless a recipe or story is specific to only one of them. Both were Ladies in the fullest sense of the term.

I hope you enjoy the read, good cooking, and fantastic eating!

## **BEVERAGES**

Water, said Granny, is the elixir of life. She drank six to eight glasses a day, never passing a tap without taking some. She died in her 88th year. When I was growing up, water came from the tap as sweet as it would from a pure spring...cold and refreshing. I won't comment on what passes for drinking water from our taps today.

If one wished to vary their watery diet, Granny also had a few excellent recipes for "drinks". To her, these meant both alcoholic and non-alcoholic. She and Dad could take almost anything and turn it into a palatable wine - beets, elderberries, ginger root and dandelions.

I remember one day in particular when a normally white cat streaked through the house "dripping blood". As it turned out, the cat had been trying to walk across the top of a crock in which Dad was fermenting his latest stock of elderberry wine. He'd covered the crock loosely with a piece of flannelette - "tucking in the wine" he called it. Of course, while chasing another pussy around the house, the cat took a swim. Dad never knew. We tidied up the crock and let sleeping cats lie. To this day, I crack up when I see a photo of Dad and his close friend Tony Fardella tasting the 1956 batch of elderberry wine and declaring it the best ever!

On Christmas Eve, we always toasted the event with one of Granny's "drinks". It was just a hop, skip and jump across the drive to retrieve a bottle from her larder. This concoction was usually a refreshing, sweet grape juice, diluted ½ with water or ginger ale before serving. But some years, a glass of Granny's chosen Christmas elixir gave everyone an extra-warm glow. Those that chose to have a second glass got positively bombed. "Dear me," said Granny as she sipped hers, "I must have gotten the bottle from the wrong shelf!"

The following recipe from Granny's Cookbook was dated 1889, which means it belonged to her mother, Carolina Landoni. It can be either a pleasant grape drink or a powerful sweet wine. Until the bottle is opened, it's impossible to tell whether Granny left the stopper loose after she had mixed the ingredients!

### **ABBREVIATIONS USED IN THE RECIPES**

1 tsp = 1 teaspoon

1 tbsp = 1 tablespoon

1 gallon = five cups to an Imperial gallon

### **GRANNY'S GRAPE DRINK**

Necessities: Canning jars with good lids, at least one quart each in size

Ingredients: Grapes (Concord was the only variety available when Granny made the drink, but I've successfully used newer ones, both seeded and seedless. Mixing both kinds also gives excellent

results).  
White sugar  
Boiling water

Method: Fill a sterilized canning jar half full of washed and stemmed grapes (Don't worry about the seeds). Pour  $\frac{1}{2}$  -  $\frac{3}{4}$  cup of white sugar over the grapes. I suggest you use  $\frac{1}{2}$  cup of sugar the first time you make this drink, because  $\frac{3}{4}$  cup may be too sweet for your liking. Wearing oven mitts, quickly fill the jar with scalding-hot water straight off the stove until it overflows. Boiling water is the secret of this recipe because it forms an instant seal. Close the jar at once, wipe it clean, and turn it over to help dissolve the sugar. Check it for leaks, and let it sit for a minimum of three months before you open it and taste. If it is the innocent grape drink, dilute by half with water or club soda or ginger ale, and serve over ice. If the taste test tells you that you have a sweet wine, put it in the refrigerator and treat your friends to it. Be careful, though! Sometimes it can pack a punch!

\* \* \*

Speaking of punch, this grape drink makes an excellent addition. My children drank gallons of it.

### **JEWEL PUNCH**

Necessity: A very large bowl

Ingredients: 4 cups of grape juice (homemade or a very good quality bought kind)  
2 cups of orange juice, canned or fresh  
The juice of two lemons  
2 thinly sliced oranges  
4 cups of club soda  
1 tray of ice cubes, or a decorative ice ring

Method: Mix together the grape juice, lemon juice, orange juice and orange slices in the bowl. Just before serving, add the ice cubes and the club soda.

\* \* \*

As a child, my walk to and from school was long and challenging. It involved several steep hills, a river, high limestone cliffs, and a chum's mother who made a root beer concoction called Swamp Juice. As all the above necessitated a number of stops, I was always late for school or lunch. On a hot June day, when I sat on my chum's front porch with a glass of my favourite drink, I couldn't care less about school!

## SWAMP JUICE

(Serves 8)

Ingredients: 2 cups of orange juice  
2 cups of root beer, homemade or bought in a store  
2 cups of ginger ale or club soda

Mix ingredients together and serve over ice. This drink looks horrible, but it tastes great!

\* \* \*

I went to school in the days when some people, including my parents, didn't own an electric refrigerator, so the iceman called with a large block that we stored in a cooler. Our eighty-year-old neighbour drank a concoction he called Moo's Tan. He couldn't abide 2% and 1% milk, so acquired it straight from a cow, Hortense, he kept in his back yard. Try doing that these days!

## MOO'S TAN

(Serves four)

Ingredients: 2 cups of milk  
2 cups of root beer  
1 tsp of brown sugar (optional)  
1/8 tsp of cinnamon

Method: Mix ingredients together and serve chilled. Again, this looks ghastly, but tastes wonderful! Don't serve over ice.

\* \* \*

In our house, only adults drank tea at lunch and supper. However, on our thirteenth birthday, a china teacup was placed before us at the table. This was Mother's way of indicating that we had entered "the grown-up world" and were expected to act accordingly. Coffee was served at breakfast, or on special occasions such as a birth, a death, at Christmas, or when we had company. Instant coffee had yet to appear on the scene and when it did, neither Granny nor Mother liked it. Granny remarked, "It's called instant coffee because there's only one instant when it tastes like coffee." Shortly after I was married, I discovered that instant coffee had a place in my pantry. Try the following recipe. It's a treat to share by a fireside on a cold winter's night with someone you love.

## **FIRESIDE COFFEE**

(Serves 4)

Ingredients: 4 cups of milk  
1/4 cup of instant coffee  
1/8 cup of brown sugar  
Dash of cinnamon and a pinch of nutmeg  
Dash of salt (optional, but it gives a good taste)

Method: Mix coffee, brown sugar, spices and salt. Bring milk to a simmer, stirring constantly (don't scorch the milk). Pour over dry ingredients very slowly. Stir to dissolve. Serve at once.

\* \* \*

Granny had a single-serve glass eggnog maker that we were allowed to use on pain-of-death. When we were ill, she would whip up some eggnog for us. You can duplicate her method by using a canning jar that will hold at least two cupfuls of liquid. Just place one shelled egg, one cup of milk, a pinch of nutmeg and one tablespoon of cream into the canning jar, tighten the lid, and shake until all are combined. Serve immediately. Granny would certainly have enjoyed the following recipe:

## **ORANGE NOGGIN**

(Makes 6 servings)

Ingredients: 1 cup of cold milk  
3/4 cup of orange ice cream  
3 eggs, beaten  
3 tbsp of honey

Method: Mix all ingredients thoroughly in a blender, or by hand. Serve immediately.

\* \* \*

Fresh mint was used for cooking and drawer sachets. I still grow four different types of mint in my yard, letting them take over unused fence corners. Lemons were expensive, so lemonade was a treat reserved for special occasions. When Dad wanted lemon pie, he'd rummage through the cheap fruit discard bins at the grocery store, and bring home a bag of lemons. He'd immerse them in a pot of cold water for twelve hours to rejuvenate them, an act which seemed to work. When there was a lemon shortage, Mother grated the rinds of those she could get very fine, dried them, and used them in various recipes. Granny, on the other hand, put grated rinds in a wine bottle, filled it with good-quality vinegar, corked it, and let it set for several months (during which time she added grated lemon rinds as and when she acquired them). Then she used this lemon vinegar in Christmas baking. She did the same thing with orange rinds, adding a cinnamon stick, some wild cranberries and whatever else she fancied. These vinegars

were an excellent addition to cabbage salads and other dishes that called for small quantities of vinegar.

### **MINTED LEMONADE**

(Serves four)

Ingredients: 10 large sprigs of fresh mint, any kind  
½ cup of white sugar  
3 cups of boiling water  
1 cup of fresh lemon juice (approximately 6 lemons)  
4 small sprigs of fresh mint (for decoration)

Method: Put the mint sprigs in a large pitcher and bruise with a potato masher (or use your blender, adding a little of the water). Add sugar and the rest of the water. Stir until the sugar is dissolved. Add lemon juice and stir again. Cover and cool. Serve over ice and garnish each glass with a small piece of fresh mint.

\* \* \*

Raspberries are my favourite fruit, and fresh raspberry pie is my downfall. When I was young, wild raspberries grew prolifically in the fields behind our home, but the womenfolk would never think of making them into punch. Most were used for delicious jam and jelly, or went into luscious pies. Granny made raspberry vinegar that she liked to drink. When frozen raspberry concentrate became widely available, I included it in my “must-have-on-hand” staples.

### **RASPBERRY ICE PUNCH**

(Serves eight)

Necessity: A ring mold or a round angel cake pan  
Large punch bowl (20 cup capacity)

Ingredients: Three 12 fl oz tins of frozen raspberry concentrate  
2 cups of cold water  
2 quart bottles of carbonated lemon-lime soda drink  
One 10 oz packet of frozen whole raspberries  
1 lime, thinly sliced

Method: ICE RING: Combine one tin of concentrate with ½ bottle of the soda. Pour into a small ring mold and freeze for at least six hours. To remove from the mold, dip its bottom in hot water for an instant and turn out.

PUNCH: Combine the two remaining tins of raspberry concentrate with cold water. Mix well and chill. Just before serving, empty the ice ring and the remaining soda into the bowl. Float whole raspberries and lime slices on top. If a liquor punch is desired, add three cups of white wine or one cup of white rum.

## **YEAST BREADS**

My ladies were excellent bread bakers. When my children were all at home, I too made the breads for our household, and also held a bread-making course at the local museum. There is nothing complicated about making yeast breads. If there were, our pioneer forebears would have starved to death. As Mother used to say, "You just have to dig in there with your hands and know your dough; you've got to read your dough."

Two of the most frequent mistakes when making bread are that the dough is not kneaded long enough, and the bread is taken from the oven before it has finished baking. To rectify the first, knead the dough until it feels like velvet. You can't knead too much. To avoid the second mistake, the loaf should be nicely browned on top. Give it a tap with your knuckles before removing from the oven. If it sounds hollow, bake it for another five minutes or so.

Fermipan is one of the best yeasts that are added directly to the flour without the need for proofing. Ask your grocer for yeast that does not need pre-proofing. Purchase flour in bulk, and store it in a clean garbage can. Mine sits, covered with a lace tablecloth, in a corner of the dining room. A few bay leaves mixed in with the flour discourage "bugs".

If you haven't baked bread before, or have a small family, you might wish to modify the recipes below. Just cut all the ingredients in half.

Start with a very simple yeast bread to get a feel for the flour, and the action of the yeast. *Backwoods Bread* is a great recipe for a beginner. It will give you an idea of how the loaf should look after it's risen and how it should sound when it comes from the oven. No kneading is involved, so you get a tasty loaf with little effort. As a matter of fact, I've used this recipe a lot, to impress people with the fact that I always have a loaf or two of homemade yeast bread in the house. They think I've worked hours and hours to make it. What they don't know doesn't hurt them! Remember to use yeast that can be added directly to the recipe.

### **BACKWOODS BREAD**

(Makes 16 slices)

Necessity: A standard-sized (9 inch) loaf pan

Ingredients: 1 tbsp of dry non-proof yeast

2 tsp of white sugar

1 tsp of salt

3 cups of un-sifted white bread flour

3/4 cup of boiling water

1/2 cup cold of whole or 2% milk

Method: Line bottom and sides of the pan with waxed paper, and grease well. Otherwise, use a nonstick spray. I'm old-fashioned

enough to line pans with brown paper or wax paper. I'll tell you why in a minute. Stir yeast, sugar, salt and flour together in a large bowl and set aside. Add some boiling water to the cold milk and stir. Add one-half the water mixture to the flour mixture and beat well. Add the rest of the water and beat again. Turn the mixture into the loaf pan and spread out nicely. (I tear a larger piece of wax paper then necessary for the pan, leaving "ends" that hang over the side. I then grease the "ends" and fold them loosely over the top of the mixture, leaving room for the loaf to rise). If you don't use paper, cover the loaf with a clean tea towel. Place the pan to rise in a warm location for one hour. Then bake, uncovered, on the middle shelf of the oven set at 400 degrees, for 25 to 30 minutes. Remove the loaf from the pan and let it cool on a wire rack.

### **VARIATION of BACKWOODS BREAD**

Stir two cups of chopped fruit - fresh or dried - ½ tsp of cinnamon and ½ tsp of nutmeg into the flour before you add the water/milk mixture.

\* \* \*

Now I'll move on to the knack of baking bread for a large family. If you're not working full-time during the winter months, set aside one day each week to make bread. As time goes on, you'll find that the process is both enjoyable and creative. Take my word for it. It's just as easy to bake twenty loaves as one! Gather all your bowls and ingredients together in one place and settle in to work with a background of music you like. *Clara's Bread* is a simple white bread. Try this recipe first. Don't panic - provided you have a good brand of yeast, you can't go far wrong.

### **CLARA'S BREAD** (Makes 6 big loaves)

Necessities: A very large bowl and 6 single or three double loaf pans

Method: Put six cups of warm water, ½ cup of white sugar, 1 tbsp of salt and ½ cup of shortening or lard into the bowl. Mix until the shortening melts. Add 2 tbsp of Fermipan yeast and 6 cups of good white bread flour. Beat well. Add flour, two cups at a time, beating until the mixture is stiff enough to knead. Keep track of the number of cups of flour you add. When you reach 18 to 20 cups, turn the dough out onto a floured surface and begin to knead in earnest. You will find the dough a little sticky to begin with. Still working it, add more flour as necessary until it is smooth and velvety. (You'll probably end up using 22 to 24 cups of flour in total, but this depends on the temperature of the room, the type of flour, and the humidity on the day you bake). Put dough in the greased bowl. Also grease the top of the dough and cover with an old, clean tea towel. Place in a warm spot and let it rise until it's double in bulk. It wouldn't hurt to let the dough proof for

1 to one and a half hours. Punch it down in the bowl. I have proofed bread on hot air ducts, on a warm sunny windowsill, and with the bowl on a hot water bottle. The ideal temperature for proofing bread is approximately 100 degrees. When the dough has risen, divide it into six equal amounts and fashion them into six loaves. Place these in pans well greased on both sides and the bottom. Let the dough continue to rise for at least one hour or until it has doubled in bulk. Put the tins on the middle rack of a 400-degree oven and cook for 35 to 40 minutes. When done, the loaves will sound hollow when tapped on top. Take from the oven and remove immediately from the pans. Place on cooling racks away from drafts. If you wish a soft-crust bread, butter immediately upon removing from the pans. Freeze loaves as soon as they are cold in double bags sealed tight.

\* \* \*

### **VARIATIONS of CLARA'S BREAD**

#### **(HERB BREAD)**

Use half the recipe for Clara's Bread. Before you knead, add 1 tsp of dried parsley, 1 tsp of dried marjoram, and half a tsp each of dried thyme, dried sage, dried basil, and dried oregano.

#### **(SPICY BREAD)**

Use half the recipe for Clara's Bread. Before you knead, add 1 tsp of ground cinnamon, 1 tsp of ground cloves, and ½ a tsp of ground nutmeg.

#### **(ITALIA)**

Use half the recipe for Clara's Bread. Before you knead, add 1 tsp each of ground garlic, ground oregano, and onion salt.

\* \* \*

Don't be afraid to experiment with the herbs and spices. Make your own specialty loaves using your favourite seasonings.

### **MOTHER'S OATMEAL BREAD**

(Makes four big loaves)

Necessities: A very large bowl and 4 single loaf pans

Method: Pour 4 cups of boiling water over 2 cups of dry rolled oats. Let the mixture sit for at least ½ hour - i.e. until temperature is about 100 degrees. Put 1/3 cup of warm water, 1 tbsp of salt, 3/4 of a cup of molasses (honey or maple syrup if you prefer) and 1/4 cup of melted butter or margarine into the bowl. Add the oats

and mix well. Add 2 tbsp of Fermipan yeast and five cups of white flour or a combination of white flour, cracked flour and whole-wheat flour. Mix well again. Gradually add enough white flour to make the dough suitable for kneading. Use a wooden spoon until you can use your hands. Turn the dough out onto a floured surface and knead until smooth and velvety. Add flour as necessary. Place the dough in the greased bowl. Also grease the top of the dough before covering it and placing it in a warm place until it has doubled in bulk. Then divide it into four large loaves. Place them in greased pans and let them rise for at least one hour before baking them on the middle rack of your oven at 350 degrees for approximately 50 minutes. When they're cooked, brush their tops with butter. Remove them from the pans immediately and place on cooling racks. Be sure to double wrap any you store in the freezer. For an "Irish" taste, sprinkle a little salt on the tops of the loaves while you're brushing them with butter.

\* \* \*

Granny made delicious 'Surprise Rolls' for special occasions. She would never tell us what was in them, but they didn't last long! She used such fillings as olives, bacon bits, smoked oysters, mushrooms sprinkled with a little curry powder, cheeses and sweet pickles. What a clever way to get children to eat bread! Here's the recipe:

#### **GRANNY'S SMALL 'SURPRISE' ROLLS**

(Makes approx. 24)

Scald one cup of milk. Add ½ cup of shortening, ½ cup of white sugar and 1-1/2 tsp of salt. Let the mixture cool to room temperature. Beat in two cups of white bread flour and one tbsp of Fermipan or similar yeast. Beat in two shelled eggs. Begin adding flour - you should need only 2 cupfuls because the final dough should be much softer than for bread. However, if you feel that a little more flour is necessary, add it while kneading. When the mixture is smooth and velvety, place it in a buttered bowl and let it rise to double its bulk. Punch down. Wait another ten minutes. Break off small pieces of dough and flatten them with the palm of your hand. In the middle of each put a bite-sized "treasure" - in addition to those mentioned above, you could try a sweet pickled onion, a cherry, or a teaspoon of crabmeat. Form into rolls by pulling and pinching the edges together to seal them. Make sure that the "surprise" stays in the middle! Let the rolls rise on a greased baking sheet until they are twice the size. Bake on the middle rack of the oven at 350 degrees for 20 minutes. Remove from the oven and place on racks to cool.

\* \* \*

My husband Ted loves tomato sandwiches. He hunts for the biggest, juiciest and ripest tomato, slices it thickly, and enjoys it

with salt and pepper (and sometimes mayonnaise) on large, fresh, soft buns. During the tomato season, I often baked 72 buns a week!

### **BIG AND BEAUTIFUL AIR BUNS**

(Makes approx. 36)

Necessities: A very large bowl and 4 large cookie sheets

Method: In the bowl put ½ cup of white sugar, ½ cup of shortening, 2 tsp of salt, 3-1/2 cups of warm water, 2 tbsp of vinegar, 8 cups of white bread flour and 2 tbsp of Fermipan yeast. First mix with a wooden spoon, and then knead. Add flour, probably 2 to 3 cupfuls, until the dough is manageable dough. Knead it again on a floured surface until it's velvety and smooth. Place the mix in a greased bowl, grease the top of the dough, cover it and let it rise for two hours. Punch it down and fashion it into buns. Place them on greased cookie sheets, leaving lots of room between for rising. Cover them and let them rise for two hours. (I went shopping while this was happening). You need as much air in these buns as possible. Bake at 350 degrees on the middle and top racks of your oven for 20 to 25 minutes. Switch racks after 15 minutes, so that the top buns are on the middle and vice-versa. Remove them from the oven immediately and let them cool on their cookie sheets. For crusty tops, place a pan of boiling water on the bottom rack of the oven during baking.

\* \* \*

If your children dislike vegetables served in dollops with a main meal, try putting them (the veggies of course!) in bread for sandwiches and breakfast. Don't know what to do with leftover veggies? Well, I have a solution for you! Vegetable Bread is a favourite of ours. Once you get to know your breads, you can experiment with vegetables according to your taste. The following recipe is for gourmet bread that you'd have to pay a handsome price for at a bakery.

### **VEGETABLE BREAD**

(Makes four large loaves)

Necessities: One very large bowl and 4 single loaf pans

Ingredients: 1 cup each of cooked carrots, canned peas, and cooked green beans  
1 cooked potato  
1 cooked onion  
3 sprigs of chopped parsley  
4 cups of tomato juice  
2 tbsp of Fermipan yeast

½ cup of shortening  
1/4 cup of white sugar  
3 tbsp of salt  
13 to 15 cups of white bread flour

Method: Mash all the vegetables properly, either in a food processor or by pushing them through an old-fashioned food mill. Add the tomato juice. You should have one and a half quarts of juice and pulp, about 6 cupfuls. Don't worry if there's more. Warm the vegetable pulp on the stove and then put it in the bowl. Add sugar, salt and shortening, and mix thoroughly. Add 5 cups of flour and the Fermipan yeast. Mix. Let the batter "work" for one hour. It should look bubbly. Add remaining flour to make 13 cups in total, and work with a wooden spoon. But don't knead the dough yet!! Just let it rise until it's doubled in size. Then tip it out onto a floured surface, punch it down, and knead until smooth and velvety. Shape into four loaves and place in greased pans. Be sure to grease the bottoms and sides of the pans. Also grease the tops of the loaves. Let them rise again until double in bulk. Bake at 350 degrees for 45 to 50 minutes. Test for a hollow sound when you tap the tops. Turn out on cooling racks immediately you take them from the oven. Double wrap them for freezer storage.

\* \* \*

My children "brown-bagged" it to school. They never complained about sandwiches, but did ask for extras to be packed when I had baked bread that they liked. Eastern Bread is one than can be made into pockets, so I'd insert fillings separately with a knife. It's also possible for individual pizzas - in a pinch.

### **EASTERN BREAD** (Makes approx. 32 rolls)

Necessities: Two large bowls, one greased, and 4 large cookie sheets

Ingredients: 5 ½ cupfuls of white bread flour  
2 tbsp of Fermipan yeast  
2 cups of milk, scalded  
3 tbsp of white sugar  
3 tbsp of shortening or vegetable oil  
2 tsp of salt (this can be cut back to 1 tsp)

Method: Heat milk to scalding. Add sugar, shortening and salt. Stir thoroughly. Add 2 cups of flour and the yeast. Mix well. Add enough flour to make the dough moderately stiff. Mix it again, then turn it out onto a floured surface and knead until smooth and velvety. Move the dough into the greased bowl, cover the top and let it rise until double in bulk. Punch down, and let rise for another ten minutes. Turn out onto floured surface. Form balls

that are 1½ in. in diameter. Place them on greased cookie sheets and press down each ball to make it 4 inches across. Bake them immediately at 400 degrees until they are puffed up. This should take a maximum of 10 minutes. Cool them on a cloth-covered surface - an old, clean tablecloth would be ideal.

\* \* \*

## **MUFFINS AND OTHER SPECIAL BREADS**

Our part of Ontario is famous for its maple syrup. Elmira's Maple Syrup Festival is the largest in the World. From their recipe archives, I am pleased to present one below for muffins that you'll not soon forget!

### **GLAZED MAPLE SYRUP MUFFINS**

Necessity: A 12 "holer" muffin pan

Ingredients for the muffins: 1/4 cup of margarine

½ cup of white sugar

1 tsp of salt

1 tsp of baking powder

1-1/4 cups of all-purpose white flour

¾ cup of rolled oats

½ cup of milk

½ cup of maple syrup

Ingredients for the glaze: 1 tbsp of butter

½ cup of icing sugar

1 tbsp of maple syrup

Method: Soften margarine, and then blend in sugar and salt. Add dry ingredients and blend with a pastry cutter until crumbly. Mix in oats. Blend milk and syrup together in a measuring cup and pour over dry ingredients, stirring only to moisten. Spoon into greased muffin cups. Bake at 375 for 20 minutes. Remove from the oven. Let sit to cool, then top with the glaze, which is made by beating together the butter, the icing sugar and the maple syrup.

\* \* \*

When the family arrives for special occasions or the holidays, there are between twenty and thirty people to cater for. We never sit down to a formal breakfast, but have an ongoing "pick-up" breakfast buffet for both early and late risers. This includes muffins, and here is one for Refrigerator "Brans" - which of course, have been cooked in advance.

### **LARGE QUANTITY of REFRIGERATOR BRAN MUFFINS**

Ingredients: 2 cups of All Bran cereal

3 tbsp of baking soda

3-1/2 cups of white sugar  
4 eggs  
1 quart of buttermilk  
5 cups of all-purpose white flour  
2 cups of boiling water  
1 cup of margarine  
2 cups of raisins, or 1 cup of raisins and 1 cup of dates (or any combination of fruits)  
2 tsp of salt  
4 cups of bran flakes

Method: Mix together All Bran cereal, boiling water and baking soda. In a very big bowl, cream together margarine and white sugar. Blend in eggs. Add All Bran mixture, raisins and buttermilk. Stir to combine. Stir in flour and salt until no lumps remain but don't beat - NEVER beat muffin batter. Fold in bran flakes. Batter will be thin, but will thicken as its sits in the fridge for a few hours before use, in a tightly covered container. It will keep for up to six weeks in the fridge, but don't leave it uncovered and never stir it when spooning out for a batch of muffins. Fill each paper-lined muffin tin to 7/8s. Bake at 400 degrees for 20 minutes for large size muffins; 15 minutes for medium-sized muffins.

\* \* \*

While working at our local museum, Mother and I were given the task of finding a foolproof muffin recipe for children's programmes that was authentic to the time period, and easy to prepare. During an eight-year period, we must have made 50,000 muffins. The secret is not to stir the batter too much - as a matter of fact, just fold it for 30 seconds, enough to "damp" the dry ingredients. You have a choice of two flavours for this recipe, but I urge you to be creative. Add raisins, nuts, dates and chopped dried fruits and glaze the tops. Just make lots of muffins because they won't last long!

### **PUMPKIN MUFFINS** (Makes 12 big muffins)

Necessities: 1 large bowl, 1 small bowl and muffin tin(s)

Ingredients: In bowl #1, mix 1-1/2 cups of all-purpose white flour  
3 teaspoons of baking powder  
1/2 tsp of salt  
1/2 tsp of cinnamon  
1/2 tsp of nutmeg  
1/3 cup of white sugar

In bowl #2, mix 1 egg  
3/4 cup of milk  
1/2 cup of pumpkin  
1/4 cup of melted, cool shortening

Method: Grease muffin tins and set aside. Add bowl #2 to bowl #1 and fold only until combined. The batter should be slightly lumpy. Fill muffin tins 2/3 full, and bake at 400 degrees for 20 minutes.

*FOR APPLESAUCE MUFFINS*, substitute 1/2 cup of applesauce for pumpkin and 1/2 tsp cloves for nutmeg. Increase cinnamon to 1 tsp. Prepare and bake the same way as for pumpkin muffins.

\* \* \*

Set aside a day for muffin making. Freeze the resultant pile of delectable goodies for company, family gatherings, breakfasts and late night snacking. I can't stress too much that one shouldn't beat a muffin mix. I don't use paper muffin cups in my tins, but the preference is yours. Paper cups are perhaps the only way to go when using older tins and the muffins are difficult to extract. I use lots of margarine to grease my tins and have no problem tipping them out. One of our favourite muffins is a spicy apple confection aptly named Cinnamon Beauties.

### **CINNAMON BEAUTIES** (Makes 16 large muffins)

Necessities: 1 large and 1 medium bowl, and an 18 "holer" muffin pan

Ingredients: 3 cups of all-purpose white flour  
1-1/2 cups of white sugar  
1-1/2 tsp of baking soda  
1 tsp of baking powder  
1-1/2 tsp of ground cinnamon  
1/4 tsp of ground nutmeg  
2 eggs  
2/3 cups of sour milk  
1/2 cup melted margarine  
3 cups of peeled and chopped apples

Method: Grease muffin tins and set aside. In the large bowl combine flour, sugar, baking soda, baking powder, cinnamon, nutmeg and apples. Stir just to coat the apples and set aside. In a second bowl beat the eggs. Add sour milk and melted margarine. Pour egg mixture into flour mixture and fold only until all are blended and moistened. Do NOT beat or stir this mixture. Fold it! Fill 2/3 of each greased muffin tin. Bake at 400 degrees for 20 minutes or until golden brown. Remove from the oven and tip from the tins on to a cooling rack.

\* \* \*

Why purchase expensive English Muffins when you can make up a batch "quick as pie", as my Aunt Blanche used to say. You won't believe how good your English muffins are until the butter is dripping through the holes and down your fingers!

### **BLANCHE'S ENGLISH MUFFINS**

Ingredients: ½ cup of milk and ½ cup of warm water  
1 tsp of sugar  
1 tsp of salt  
1 envelope of dry yeast  
2 tbsp of salad oil  
2-1/2 cups all-purpose white flour  
Corn meal

Method: Scald milk and let it cool to body temperature. Add warm water, sugar, oil and salt. Beat in 1-1/4 cups flour and the dry yeast. Then stir in all the remaining flour. Knead on a floured board for 1 to minutes only. Roll out each muffin 1/4 inch thick and 3 inches across. Place them on a board sprinkled with cornmeal. Brush tops with water and sprinkle with cornmeal, and then turn them over and repeat the process. Let them rise on the board until puffy - not quite double in bulk. Cook on a medium hot un-greased griddle for six minutes per side. If you don't have a griddle, use a large iron frying pan. Serve warm with lots of butter and homemade jam. Don't forget the serviettes!

## **CAKES AND ICINGS**

### **FRUITCAKES**

Although these were usually served at Christmas, they were treats at other times of the year. Even now, we celebrate Easter, an anniversary or a birth with a fruitcake of some sort. They do take time to make, and some are expensive, but for special occasions they are worth the effort. I have included a number of recipes, some very elaborate and some very easy.

Granny's Fruitcake was developed during the First World War as a substitute for the more expensive and elaborate traditional Christmas cake. It was "skimpy" on sugar, flour and fruits. It became a favourite in Granny's household and was served twelve months of the year. This is the cake that I make for most celebrations now. Every bite reminds me of Christmas dinner at her table and New Year's Eve at her fireside.

### **GRANDMA MATTAINI'S FRUITCAKE**

Ingredients: 1 cup of white sugar\*  
1 cup of water

1 cup of currants  
1 cup of seeded raisins (most important!)  
1 cup of seedless raisins  
1/3 cup of lard  
1/4 tsp of ground nutmeg  
1 tsp of cinnamon  
1 tsp of cloves  
A pinch of salt  
1 tsp of baking soda  
1/2 tsp of baking powder  
2 cups of all-purpose white flour  
\* You could substitute a combination of brown sugar, maple syrup, molasses and corn syrup, as Granny did during the War.

Method: Boil all the ingredients together for three minutes. When cool, add the baking soda dissolved in a little warm water, 2 cups of all-purpose white flour (Granny used 1-3/4 cups of bread flour), and the baking powder. Mix well. Bake in a paper-lined, greased pan (9" x 5") on the middle rack of the oven at 300 degrees for 2 hours. Take from the oven and let it sit for ten minutes before removing from the pan. Strip paper from the cake, and then leave it on a wire rack until cool. Lastly, wrap it tightly in cloth or foil and leave the flavours to mature for at least two weeks. Granny used to drizzle a little rum or brandy over the cake before wrapping it.

Another fruitcake that can be served all year-round is Great Grandmother Carolina's Cake. Carolina came from Vergiate in Northern Italy, to West Garafraxa Township in Southern Ontario in 1885, traveling with her two year old daughter, Maria. Her husband, Faustino, had immigrated to Canada in 1883, leaving his pregnant wife at home until he had the money to send for her. Carolina told the story about inducing a hen to lay her eggs under her bed in her father-in-law's home so that she would have some protein for her unborn child. She would eat these eggs raw. This cake is an excellent treat to have on hand for "drop-ins" or a fireside snack, served with hot chocolate.

### CAROLINA'S CAKE

Ingredients: 1-1/2 cups of white sugar  
1-1/2 cups of sour milk\*  
1/2 cup of butter or margarine  
1 cup of raisins  
1 cup of currants  
1 tsp each of ground nutmeg, baking soda, cinnamon and cloves  
3 cups of all-purpose white flour (2-1/2 cups bread flour)  
Pinch of salt  
\*The recipe calls for sour milk, which can be simply made by adding 1 tsp of vinegar or lemon juice to every cup of milk called for in the recipe.

Method: Bring the sugar, sour milk, butter, raisins, currants, nutmeg, cinnamon and cloves to the boil. Remove from the stove and let cool. Then add soda, flour and salt. Mix well. Pour into a 9" x 5" paper-lined, greased, loaf pan. Bake on the middle rack of the oven at 300 degrees for at least 2 hours. Remove from the oven and let cool in the pan for ten minutes. Take from the pan, remove the paper from the cake, and let it sit on wire rack until cool. Wrap it tightly and let it ripen for at least one week before slicing.

Ted and the children love good old-fashioned dark fruitcake - the kind that contain pounds of fruits and nuts and is liberally soaked with rum or brandy for several months before serving. It was our custom to have "Fruitcake Sunday" - usually the first Sunday in November - when the cake was made. Everyone in the house had a stir and made a wish. I've scaled the recipe down to manageable levels now, as it is I who ends up stirring...and stirring ...and stirring. Traditional fruitcakes need to be stored for a minimum of one month before serving. They are usually anointed with liquor as they ripen. Don't tell anyone where you've put this cake. It's too tempting to "just take a bite." I've lost a number of cakes to nibblers!

\* \* \*

#### **PAT'S FRUITED DARK CHRISTMAS CAKE**

Ingredients: 2 cups of seedless raisins  
1-1/2 cups of currants  
1-1/2 cups of seeded raisins  
1- 8 oz packet of glazed red and green cherries  
1 cup of halved almonds  
1- 8 oz packet of cut mixed peel  
1 cup of chopped dates  
1-1/2 (12 oz) packets of mixed fruit  
1 tbsp of candied ginger, diced  
3 cups of all-purpose white flour - or 2-1/2 cups bread flour  
2 tsp of baking powder  
1-1/2 tsp of ground cinnamon  
1/2 tsp each of ground nutmeg, ginger, mace, cloves  
1-1/2 cups of lightly packed brown sugar  
1/3 cup of strong coffee, rum or brandy  
1 tsp of salt  
1 cup of butter  
6 eggs  
1/2 cup of molasses

Method: Wash and dry the seedless raisins, currants and seeded raisins. Prepare other fruits and nuts. Put all in a very large bowl. Mix together flour, baking powder, salt and spices. Put the flour mixture into the fruit mixture and stir until fruits are completely coated. Then mix again, twice. This takes some time and needs a strong man. Don't skimp on this mixing process! In another large bowl, cream the butter and gradually blend in the sugar. Add

unbeaten eggs, one at a time, and beat well after each addition. Stir in molasses and stir thoroughly. Add flour mixture to creamed mixture alternately with coffee, combining thoroughly. This also requires a lot of stirring! Turn the mixture into a very deep 8 inch-square cake pan, lined with foil or three layers of greased heavy paper. Spread evenly. Bake at 300 degrees for 3-1/2 hours. Cool cake in the pan, and then remove it, strip off the paper and wrap the cake in paper or foil before wrapping it again in a brandy-soaked cloth. Store for at least one month before serving. You should keep on adding brandy to the cloth, or if you like a really moist product, pour it directly on the top of the cake and underneath as well. Rum will do if you don't care for brandy. Should you not take alcohol at all, use good quality orange juice - but remember that the cake will taste of it.

\* \* \*

### **"EVERY DAY" CAKES**

Dessert was always put in the centre for the table before the meal. If we ate all our vegetables and "undesirables", we could have dessert. We served ourselves farmhouse style, so there was no heaping of food on our plates by our parents. In this way we learned to take what we could eat, and have seconds if we were still hungry - always leaving room for dessert. If the dessert happened to be cake, no one had seconds of veggies!

Esther is a Mennonite lady who is an excellent cook and a close friend. We've had some great times together. Her pies are outstanding. Her chocolate cake is fabulous.

### **ESTHER'S MOIST CHOCOLATE CAKE**

Necessity: 9" x 9" cake pan

Ingredients: 1 cup of brown sugar  
1 cup of sour milk  
1/3 cup of lard or margarine  
1 tsp of soda  
2 cups of all-purpose white flour  
1/8 tsp of salt  
3 tbsp of cocoa  
1 tsp of vanilla

Method: Cream butter, sugar and lard, add sour milk and beat thoroughly. Put soda, salt and cocoa in a one-cup measure, mix and add to sugar mixture. Beat thoroughly. Add one cup of flour

and mix. Add second cup of flour and mix. Add vanilla and mix. Grease and flour cake pan. Pour the batter into the pan and smooth its surface. Bake at 350 degrees for 30 minutes. Let it cool in the pan.

\* \* \*

While Ted and I were on a trip to Germany, his aunt introduced us to Maria, a good friend of hers. Maria, in turn, introduced us to Butter Cake. Each afternoon we would adjourn to her apartment where we would be soothed by tea and “melt in your mouth” brown sugar covered cake.

### **MARIA’S GERMAN BUTTER CAKE**

Necessity: 9" x 13" cake pan  
1 cup of butter  
3 cups of white sugar  
6 eggs  
1 cup of sour cream  
2-1/2 cups all-purpose white flour  
½ tsp of baking powder  
1-1/2 tsp of vanilla

Method: Cream butter and blend in sugar. Add eggs one at a time and beat well after each addition. Blend in sour cream and mix well. Mix flour and baking powder together. Add to the first mixture - 2 cups at a time. Blend well after each addition. Add vanilla and blend well. Grease the cake pan. Put the batter into the pan and smooth the top. Bake at 350 degrees for 50 minutes. Test with a “straw”. Push it into the cake and if comes out sticky, bake for another 10 minutes. Remove from the oven and let cool in the pan. This cake is better after having “rested” for 24 hours. It can also be baked in a 9" x 5" loaf pan for 1-1/2 hours at 350 degrees. Traditionally this cake is not iced, but you might like to sprinkle a little brown sugar and cinnamon over the top before baking it or a combination of ½ cup of butter, ½ cup of brown sugar and ½ tsp of cinnamon, sprinkled on during the last ten minutes of cooking.

\* \* \*

Willard Smith lived in a stone house next door to “Stonehome” for years. One of his favourite recipes was for a whipped cream cake. He said the recipe belonged to his wife’s mother and came from Illinois. Willard was born in 1900, so we must assume this cake recipe is very old. Willard spent a great deal of time in his flower and vegetable gardens. After a morning’s workout, he would sit on his side porch and enjoy cake and tea. I always went over to visit him whenever I saw him with a piece of cake in his hand, as he was a very generous, sharing man.

### **WILLARD’S WHIPPED CREAM CAKE**

Necessity: 8" x 8" cake pan (you can substitute 9" x 9")

Ingredients: 1 cup of whipping cream

2 eggs

1 cup of white sugar

1 tsp of vanilla

1-1/2 cups of all-purpose white flour

2 tsp of baking powder

1/4 tsp of salt

2 tbsp of white sugar

1/4 tsp of cinnamon

Method: Whip the cream to stiff peaks. Add eggs one at a time and blend well after each addition. Fold in white sugar and vanilla. Don't beat this mixture! Add flour, baking powder and salt together and fold into the egg/cream mixture. Do not beat, just fold! Pour into un-greased cake pan. Bake for approximately 35 minutes or until done. Remove from the oven. Combine 2 tbsp of white sugar and 1/2 tsp of cinnamon, and sprinkle evenly over the top of the cake. Cool this cake in the pan. Enjoy!

\* \* \*

Ted came from South Africa, where dried fruits were easily obtained and very inexpensive as most were grown and dried there. Because of their availability, he has a passion for them. When they're combined with cake, he thinks he's found heaven on earth. The following recipe feeds a large family too!

### **HARVEST UPSIDE DOWN CAKE**

Necessity: 9" x 13" x 2" cake pan and a large oblong serving plate

Ingredients: 1 white cake - (I cheat and use a white cake mix)

1 lb (16 oz) of mixed dried fruits

1/4 cup of butter

1/2 cup of brown sugar

3 tbsp of cooked liquid from the fruit

Method: Cook mixed dried fruits as directed on the package. Cool. Drain and reverse liquid. Remove all prune pits or pear cores. Melt the butter in the pan and sprinkle in the brown sugar. Prepare cake or cake mix as directed. Pour it over the fruit, and then drizzle on the fruit liquor. Bake in 350 oven for 35 to 45 minutes. Invert at once on to the plate, leaving the pan over the cake for a short while. Serve warm with whipped cream. You can use the fruit liquor combined with other liquids in a variety of recipes, including fruit breads.

\* \* \*

Auntie Blanche ran a restaurant for many years in the Northern

Ontario community of Algoma Mills where she lived with Carl, my father's brother, a bush pilot. She lived through the rough-and-tumble years of northern development, including the huge uranium strike at Elliot Lake. Blanche was famous for her fried fish dinners, but she also made fantastic desserts. Queen Elizabeth Cake was one of her favourites. She estimated that she served hundred of pounds of this cake during her years as reigning "Cook of Algoma".

### BLANCHE'S QUEEN ELIZABETH CAKE

Necessity: 9" x 13" x 2" pan

Ingredients for the cake: 1/4 cup of butter  
1 cup of white or brown sugar  
1 egg  
1 tsp of baking powder  
1 cup of dates  
1 tsp of baking soda  
1 cup of boiling water  
1/2 tsp of salt  
1/2 cup chopped walnuts  
1 tsp of vanilla  
1-1/2 cups of all-purpose white flour

Ingredients for the icing: 5 tbsp of brown sugar  
3 tbsp of butter  
1/2 cup of coconut  
2 tbsp of cream or milk

Method for cake: Cut up the dates, pour boiling water over them and add soda. Let stand to cool while creaming the butter and sugar. Add the egg, and beat. Mix together flour, baking powder, baking soda and salt. Combine with sugar mixture in two lots and beat well after each addition. Add nuts and vanilla and stir. Pour batter into pan and back at 350 degrees for 30 minutes or until done.

Method for Icing: Boil all ingredients together for three minutes, and spread evenly over warm cake.

\* \* \*

Mother Hubbard's was a kitchenware shop that, as an incentive to customers, gave out great recipes developed in a local restaurant owned by the same family - The Kitchen Café. 18-Karat Cake was a specialty of the house.

### 18-KARAT CAKE

Necessities: Two 8" square cake pans

Ingredients for cake: 2 cups of white pastry flour  
2 tsp of baking powder  
1-1/2 tsp of baking soda  
Pinch of salt  
2 tsp of cinnamon  
2 cups of white sugar  
1-1/2 cups of Crisco oil  
4 eggs, added one at a time  
8 oz of crushed pineapple, drained  
2 cups of grated carrots  
1/2 cups walnuts (optional)

Ingredients for the frosting:  
8 oz of cream cheese  
1/2 cup of butter  
2 tsp of vanilla  
1 lb of icing sugar

Method for the cake: Mix all dry ingredients together and set aside. Beat eggs and sugar until fluffy. Add oil gradually, beating as you do. Add dry ingredients slowly to the creamed mixture and stir. Fold in pineapple, carrots and nuts. Pour into the cake pans. Bake at 375 for 40 to 45 minutes. Remove from the oven. Let sit for fifteen minutes and remove from the cake pans to a wire rack to cool.

Method for Frosting: Cream together cheese and butter. Add vanilla and blend. Add icing sugar and blend until smooth. Spread on the cakes.

\* \* \*

Clara Young, a spinster, lived in "Stonehome" from 1879 until 1931. Some people said she was "peculiar" because she kept 50 to 60 canaries at a time, and had a marvelous bug collection that was even envied by the University of Guelph. We bought "Stonehome" in 1965 and raised our family in "Clara's House". The lady who lived with Clara during her last three years in Fergus supplied the recipe from Clara's handwritten cookbook. It's a delicious cake!

#### **CLARA'S MOCHA GINGERBREAD CAKE**

Necessities: Two 9" x 2" layer cake pans

Ingredients: 2 eggs, beaten  
3/4 cup of brown sugar  
3/4 cup of good dark molasses  
3/4 cup of melted shortening  
2-1/2 cups of all-purpose white flour  
1 cup of strong coffee  
2 tsp of baking soda

½ tsp of cloves  
2 tsp of ground ginger  
½ tsp of nutmeg  
1-1/2 tsp of cinnamon  
½ tsp of baking powder

Ingredients for Mocha filling and icing:

2 cups of whipping cream, beaten stiff  
1 cup of icing sugar  
2 tbsp of instant coffee (The original recipe called for 2 tbsp of coffee extract)

Method for Cake: Add beaten eggs to sugar, molasses and melted shortening. Beat well. Mix the dry ingredients together and add them to the sugar mixture alternately with the cup of coffee, mixing well after each addition. Pour batter into cake pans and bake at 350 for 15 to 20 minutes, or until done. Remove from the oven, let sit for ten minutes then turn out of pans onto wire racks to cool.

Method for Icing: Mix icing sugar and instant coffee together. Fold them gently into the whipped cream.

Method for assembling cake: Put the cake together with Mocha filling between layers and piled high on top. Don't worry about frosting the sides. Remember to store this cake in the refrigerator as it has fresh cream. For a truly remarkable dessert, put a bit of cherry pie filling between the layers along with the mocha filling. You won't have to worry about storing the remainder of the cake - there won't be any!

\* \* \*

Our friend Bob seemed to have an antenna tuned to my oven and when it detected cake, he was at the door, especially when the cake was his favourite Raisin Mocha Cake. Fortunately, my recipe is for a large cake.

### **RAISIN MOCHA CAKE**

Necessities: 9" x 13" x 2" cake pan

Ingredients: 2 cups of all-purpose white flour

½ cup of baking cocoa

1 tsp of baking soda

1 tsp of ground cinnamon

1/4 tsp of salt

3/4 cup of shortening or margarine

1 cup of brown sugar

½ cup of white sugar

2 eggs

1 - ½ cups of hot coffee

1 cup of raisins or other dried fruit (this must be chopped finely)

Method: Make coffee, and measure 1-1/2 cups into a bowl. Add dried fruit and let sit until cold. Grease your cake pan. Mix

together flour, baking soda, cinnamon and salt and put aside. Cream shortening and sugars together then add eggs, one at a time, beating well after each addition. Add flour mixture to sugar mixture slowly adding the coffee/fruit mixture, folding in well. You can beat this mixture if you wish, but I like to use a "strong fold" - as Granny used to say.

Spread batter evenly in the pan. Bake at 350 degrees for 50 minutes or until cake tests done. Cool in the pan on a rack. Pour chocolate icing on top of this cake and watch it disappear!

\* \* \*

Who can resist a good old-fashioned ginger cake served with lemon sauce on a cold wintry day when the wind is howling around the eaves? Not my family and friends! The following recipe dates to the mid 1850's and is delicious - on its own or with a tangy warm lemon sauce to compliment the molasses.

### **COLONIAL GINGER CAKE** (Makes 12 generous servings)

Necessities: 9" x 13" cake pan and 2 large bowls

Ingredients: 2 cups of flour  
½ cup of white sugar  
1 cup of molasses  
1 tsp each of baking soda, ginger, and cinnamon  
1/4 tsp of salt  
¾ cup of milk  
½ cup of melted shortening, cooled  
1 egg, beaten

Method: Mix the dry ingredients together in one bowl, and wet ingredients in the other. Stir well until mixed, and then combine the contents of both bowls. Pour the mixture into the greased cake pan and bake for 25 minutes at 400 degrees. Test that the cake is cooked properly.

\* \* \*

Miracle Whip Chocolate Cake recipe was given to me by June Gibson in 1983, for a recipe book to celebrate our town's 150th birthday.

### **MIRACLE WHIP CHOCOLATE CAKE**

Necessity: 8" or 9" square cake pan

Ingredients: 1 cup of white sugar  
1 cup of Miracle Whip Salad Dressing  
1 tsp of vanilla  
1 cup of cold water  
2 cups of white pastry flour  
1-1/2 tsp of baking powder  
5 tbsp of cocoa powder

Method: Mix together flour, baking powder and cocoa powder. Set aside. Beat white sugar and Miracle Whip, and then add vanilla and cold water. Mix, and add the dry ingredients. Mix well. Pour into the cake pan and bake at 350 degrees for 45 minutes. Remove from oven and let sit in the pan for at least ten minutes before removing to let cool on a wire rack.

\* \* \*

A recipe written in grandmother's handwriting is a recipe to be treasured, especially when it's good to eat!

### **MOLASSES SPICE-CAKE**

Necessities: Two 8" square cake pans or one 9" x 12" x 2" cake pan

Ingredients: 1 cup of white sugar  
1 cup of butter  
2 eggs, beaten  
1 cup of molasses  
1 cup of sour milk  
1-1/2 tsp of baking soda  
1 tbsp each of ginger and cinnamon  
3 cups white pastry flour

Method: Cream the sugar and butter together until smooth and fluffy. Add the eggs and mix well. Mix the spices with the flour and set aside. Stir baking soda into molasses and add to the egg mixture. Beat well. Add flour mixture to the egg mixture, alternately with the sour cream. Stir to mix, but don't beat! Pour into the cake pans and bake at 375 degrees for 40 minutes. Remove from the oven and let sit in the pans for at least ten minutes. Remove cake from pans and let cool on a wire rack. If using a 9" x 12" pan, bake at 375 degrees F for 50 minutes.

\* \* \*

### **THE 1-2-3 POUND CAKE**

Necessities: 2 single loaf pans, paper lined and greased

Ingredients: 1 cup of good vegetable shortening  
2 cups of white sugar  
3 cups of all-purpose white flour  
4 eggs  
1 cup of buttermilk or sour milk  
½ tsp of baking powder  
½ tsp of baking soda  
1 tsp of vanilla

Method: Cream the sugar and shortening. Beat in the eggs. Mix dry ingredients together and beat into sugar mixture alternately with buttermilk. Add vanilla, and beat for another two minutes

maximum. Pour batter into two loaf pans and bake at 325 degrees for 45 to 50 minutes. Remove from the oven and let sit for ten minutes, before turning out onto wire racks. Remove baking paper and let cool. Leave these cakes for at least one day before slicing - they are better for the wait.

\* \* \*

The White Mountains of New Hampshire are one of my favourite destinations. Ted and I first wandered through them on our honeymoon more than forty years ago. We try to return every three or four years. One of the desserts we enjoyed was a hearty white cake with strawberry filling and creamy butter icing. I remember that we sat with our backs to a roaring fire in a small country inn, watched geese fly over the frozen lake and washed down this jam-rich cake with steaming cups of hot chocolate.

### WHITE MOUNTAIN CAKE

Necessity: 9" x 9" x 2" cake pan

Ingredients: 1 cup of shortening (I use a good quality margarine)

2 cups of white sugar

1 cup of milk

2 eggs

3-1/2 cups of all-purpose white flour

3 tsp of baking powder

Good quality strawberry jam

Recipe for Versatile frosting - see Icings on the Cake section below

Method: Cream the butter and sugar thoroughly. Beat in eggs, one at a time. Mix the dry ingredients together. Add alternately to creamed mixture with the milk. Put batter in the greased cake pan. Bake at 350 degrees for 30 minutes. Remove from the oven and gently loosen around the edges of the pan. Let sit for ten minutes and then tip onto a wire cooling rack.

To serve: With a sharp knife, slice the cake horizontally. On the bottom half, spread a thick layer of strawberry jam. Dab the buttery frosting over the jam. Put the rest of the cake on top and spread the frosting, leaving small pockets for teaspoonfuls of strawberry jam. Make sure that each serving of cake has a dab of jam on it.

\* \* \*

If apples are plentiful in your area, make lots of Applesauce Cake and freeze them. This is a good, solid, stick-to-your-ribs spicy cake that anyone would be proud to serve with a tall glass of milk.

**APPLESAUCE CAKE**  
(Makes 12 generous servings)

Necessity: 9" x 13" x 2" cake pan

Ingredients: 1 cup of sugar  
3/4 cup of all-purpose white flour  
3/4 tsp of cinnamon  
1/2 tsp of allspice  
1/2 tsp of nutmeg  
1/4 tsp of cloves  
1/2 tsp of salt  
2 tsp of baking powder  
1/4 cup of melted shortening, cooled  
1 egg, beaten  
3/4 cup of applesauce  
1/3 cup of milk

Method: Mix all dry ingredients in one bowl and all wet ingredients in another. Add the wet ingredients to the dry and mix quickly. Blend, but do not beat smooth. Spread in the cake pan and bake at 400 degrees for 25 minutes.

\* \* \*

**THE ICING ON THE CAKES**

All the recipes given below make enough frosting for a double layer cake. If you are only frosting the top of a cake, halve the ingredients. Where shortening is mentioned, please use a good vegetable shortening, which isn't so bad for your cholesterol, or margarine or butter.

**MOCHA ICING**

Ingredients: 1/2 cup of shortening  
1 egg  
2 tsp of instant coffee  
1/4 tsp of salt  
1 tsp of vanilla  
1/2 cup of cocoa powder  
4 cups of icing sugar  
1/3 cup of milk

Method: Blend shortening, egg, cocoa, coffee and salt. Add sugar (sifted if lumpy), alternately with milk and vanilla. Mix until smooth. If frosting is too thick to spread, add milk 1/2 tsp at a time - if too thin, add more sugar. For a creamy chocolate frosting, omit

the instant coffee.

### **MOCHA CREAM ICING**

Ingredients: 1 cup of whipping cream  
1 tsp of instant coffee  
2 tsp of white sugar

Method: Whip the cream until very stiff. Add sugar and instant coffee while whipping. Refrigerate the cake after frosting it - and also refrigerate any that's left over.

### **ORANGE FROSTING**

Ingredients: 1/4 cup of shortening  
3 cups of icing sugar  
2 tbsp of grated orange peel  
5 to 6 tsp of orange juice

Method: Blend all ingredients together until smooth. Add more icing sugar if necessary if the frosting is thin, or more orange juice if frosting is too thick.

### **MERINGUE FROSTING**

Use four egg whites for a double-layer cake, and two for frosting a 9" x 13" cake top. Add two tbsp of very cold water for each egg white before beating. Beat until the frosting is very stiff. If doing a cake top, spread the frosting and place under a broiler until the meringue is lightly browned. If frosting is for a double-layer cake, place the cake in a 400-degree oven and leave until the meringue is lightly brown. Watch it carefully! I can't give you a time for this. My 26 year-old oven's temperature fluctuates wildly. Adding water to the egg white makes a delicious, fluffy and crisp meringue.

### **MALLOW TOPPING FOR CAKES**

A quick and effective topping for a cake mix and kids love it!

Cover the top of an unbacked cake batter (which has been poured into a baking pan) with marshmallow halves. Combine 1/2 cup of brown sugar, 1/2 cup of chopped nuts and 1/2 cup of shredded coconut, if desired. Sprinkle over the marshmallows. Bake the cake according to directions. For a real treat, sprinkle a few chocolate chips over the marshmallow and sugar mixture too.

### **VERSATILE ICING**

Ingredients: 1/2 cup of shortening  
2 tsp of a good flavoring such as cherry, vanilla, orange, or pineapple  
1/4 tsp of salt

4-1/2 cups of icing sugar  
1 egg  
1/3 cup of milk

Method: Blend shortening, egg, flavoring and salt. Add sugar (sifted if lumpy) alternately with milk and flavoring. Mix until smooth, and spread.

## **CASSEROLES**

While wheeling my grocery cart through the dried foods section of the local grocery store the other day, I heard the following. A young boy pointed to a package of barley and asked what it was. "You wouldn't like that," was the reply he got from his father. The same father gave the child a dislike for turnips and cabbage. "My mother made me eat those," he said. "I hated them, and so would you." Please give children a chance to pass their own judgement on foods.

Have you company coming? Have you children to feed? Are you at the end of the week and your budget? Want to try something new? There is nothing like a casserole on a cold winter's night to fill the empty tummies and make everything seem right with the world. Comfort food is the heart of a meal. My ladies always had barley in the house. They made the most delicious Barley Soup, but never thought of putting it in a casserole. This recipe came from an old school recipe book. Even if you don't like barley, try this tasty and satisfying meal.

### **BARLEY IN A POT**

Ingredients: 1 cup of pearl barley  
2 tbsp of butter  
One 10 oz tin of mushrooms, not drained  
½ cups of sliced celery  
2 tbsp of chopped onion  
1 tbsp of dried parsley  
Two beef OXO cubes or one package of onion soup mix and one OXO cube  
½ tsp of salt  
1/8 tsp of black pepper  
2-1/2 cups of hot water

Method: In a heavy skillet, combine the barley and butter. Heat and stir until the barley is lightly browned. Immediately add mushrooms, celery, onions, parsley, the OXO cubes, onion soup

mix if you're using it, salt and pepper. Stir to mix. Add hot water and stir well. Place the mixture in a casserole and bake covered at 350 degrees for 90 to 120 minutes. Stir after 40 minutes of cooking. Barley should be soft and all water absorbed before taking the casserole from the oven. If the water has gone completely, put another ½ cup in, cover and bake until done. Upon removing from the oven, serve immediately with hot butter carrots and whole-wheat buns.

\* \* \*

There's nothing like a hot meal to soothe the savage soul when the winter winds are howling around the house, which happens all too frequently in our small town. One of the quickest yet tastiest main course recipes is so simple it defies the imagination - as a matter of fact, you can let yourself get quite creative with it. I am sure that every cookbook has a version of Seven Layer Dinner, but here is my version. It made one very large casserole to serve my hungry teens. If I knew there was a possibility that they were bringing home friends for supper, I doubled the recipe. This is a great one to use if you buy tinned vegetables, or if during the winter months, you don't purchase those that are out-of-season, i.e. fresh peas and beans. A cup of sliced cooked carrots can be substituted for one of the tins of vegetables.

#### **LAYERED DINNER**

Ingredients: Potatoes, onions, carrots, tinned beans, tinned peas, ground beef or sausage meat, three cups of breadcrumbs seasoned as you like, one tin of tomato soup and one tin of cream of mushroom soup.

Method: In a very large casserole, put one layer of sliced uncooked potatoes, one layer of sliced uncooked onions, one layer of green beans (save the liquid), and a layer of 1-1/2 cups of breadcrumbs. Follow with one layer of tinned peas (save liquid) and a layer of nicely seasoned browned beef or sausage meat. Drain fat off the meat before using it. Finish with a final layer of breadcrumbs. Mix the liquid from the beans and peas with the undiluted tomato and cream of mushroom soup and pour over the casserole. Cover and bake at 350 degrees for at least 1-1/2 hours. Uncover, and bake for an additional twenty minutes. Serve piping hot.

\* \* \*

When I'm traveling in the Carolinas, I always order chicken. Cooks there have a way with it, whether southern fried, baked or broiled. The following recipe is from Clemson, South Carolina. It is a "family" casserole - tasty, filling, and stretchable if unexpected guests arrive.

#### **CAROLINA CHICKEN & EGG CASSEROLE**

Ingredients: 3 cups of cooked, cubed chicken or as much as you will need to feed everybody at your table  
One 16 oz package of noodles, cooked and drained  
6 hard boiled eggs, sliced  
1 tin of cream of mushroom soup  
1 tin of cream of chicken soup  
Salt and pepper to taste. Go easy on the salt, and heavy on the pepper.  
1/4 cup of wheat germ or breadcrumbs

Method: Mix chicken cubes and noodles with hard-boiled egg slices. Stir in the tins of soup. Add salt and pepper to taste. Turn into a casserole dish and sprinkle with wheat germ or breadcrumbs. Bake for 30 minutes at 375 degrees. Serve with a cabbage slaw or lettuce salad. You can vary the taste of this casserole by using different creamed soups such cream of broccoli, cream of corn, etc.

At least once a week, Mother served us a macaroni dish. Our favourite was Macaroni & Old Cheddar Cheese, but that was at a time when you could buy nippy cheese for a reasonable price. Something goes missing in the translations when a "modern" cheese is substituted. I haven't enjoyed Mother's macaroni & cheese, made with proper old cheese, for a long time. In the following recipe, using 1/2 cup of old "Rat Trap" cheese - the kind that burns your tongue - is well worth the money if you're having company and want to impress them.

Serve catsup with Macaroni & Cheese dishes. Some with added herbs, spices and garlic are excellent. A side dish of chili sauce is good too. Don't forget a nice spicy cabbage salad as an accompaniment. And by all means serve up a loaf of crusty Italian bread. Pass it around whole and let folks break off what they want. Spice up your butter with ground garlic, bits of dried tomato, parsley or your choice of herbs.

### **TOMATO CHEESE BAKE**

Ingredients: 1 tin of tomato soup  
1/2 cup of milk  
1-1/2 cups of good cheese (Mix different cheeses if you wish)  
4 cups of cooked macaroni  
1/4 cup of breadcrumbs  
1/8 cup of melted butter or margarine  
Salt and pepper to taste

Method: Heat the soup, milk and cheese on low until the cheese is melted. Add to the macaroni. Season to taste with salt and pepper. Put mixture in a large casserole. Sprinkle the top with breadcrumbs and drizzle with melted butter. Bake at 375 degrees for 30-40 minutes until heated through. Serve with salad and warm crusty bread.

\* \* \*

What would busy mothers do without canned pork and beans? Besides being quick to prepare, beans make a cheap, filling meal. You can open the can and just heat the beans through, or you can turn them into "gourmet" meals. Patricia Black Hobson sent the following recipe for the community's 150th birthday bash cookbook.

### WESTERN PEPPY BAKED BEANS

Ingredients: Four 15 oz cans of pork & beans  
1 large onion, sliced thin  
3/4 cup of molasses  
1 tsp of dry mustard and 3 tbsp of vinegar  
1/4 cup of ketchup  
6 strips of bacon (cut in half)

Method: Combine beans, onion, molasses, mustard, ketchup and vinegar in a three-quart casserole. Lay bacon strips on top. Bake for 1-1/2 - 2 hours at 350 degrees then increase to 400 degrees and bake for another 20 minutes. Serve hot with lots of thick sliced bread.

How about liver for supper? Don't like it? Remember it's good for you. That's what I was told as a child, and that's what I told my children. When serving it, I tried to make it as palatable as possible. Hubby and kids didn't mind my "disguising" it a bit - it went down easier.

On one occasion, when the town rigged a Halloween horror house, liver was hung from the ceiling as part of "the Tunnel of Evil". You of course know what happened when people walked through the tunnel. Slap! Liver on the lips! Liver on the hips! We were a hit with the townsfolk, downtown alley cats and stray dogs that thought the event organizers the best friends they ever had!

### LIVER CASSEROLE

Ingredients: 1 lb of thinly sliced liver  
1 tbsp of butter  
1 large onion, sliced  
Salt and pepper to taste  
1 tsp of paprika  
1 green pepper, sliced  
1/2 cup of cold water  
1 tsp of mustard powder  
2 tsp of Worcestershire sauce

4 tsp of sugar  
Splash of Tabasco sauce (optional)  
1/3 cup of chili sauce or a good tomato sauce  
2 tbs of vinegar

Method: Dip each piece of liver in flour then brown in butter in a hot pan. Remove and place liver in a six-cup casserole. Add all other ingredients to the pan and simmer for ten minutes. Pour over the liver in the casserole and bake, covered, at 350 degrees for 30 minutes. Serve hot.

\* \* \*

## COOKIES AND SQUARES

Ted is a cookie-gobbler. If there are any in the house, he'll find them! Whilst on our travels, one of our hobbies is visiting "working" heritage villages and sites. In one out-of-the-way place in the USA we came across a restored fort that just happened to be holding a "black powder rally" and old-fashioned refreshments were being served. Wilderness cookies were Ted's downfall. He never got to see the re-enactment of the battle because he was haunting the cook's tent. I have modernized the recipe for you.

### **WILDERNESS COOKIES**

(Makes 48 large)

Ingredients: 1 cup of brown sugar  
1 cup of shortening or margarine  
1 cup of dark molasses  
2 eggs  
4 cups of all-purpose white flour  
1 tsp of baking soda  
1 tsp of salt  
2 tsp of cinnamon  
1 tsp of ginger

Method: Cream sugar and shortening. Add molasses and unbeaten eggs, and mix well. Mix all dry ingredients together and stir into the molasses mixture. Put 1/4 cup of white sugar into a small bowl. Dip fingers into sugar. Pick off a piece of dough about the size of a walnut and roll it into a ball. Dip the ball into the bowl of sugar. Place balls onto a greased cookie sheet, about 3 inches apart. Flatten slightly with a fork dipped into the sugar. Bake at 350 degrees for 12-15 minutes. For variety add one cup of raisins, dried cranberries or dried blueberries. Cool on racks.

\* \* \*

### **PAT'S BROWN SUGAR SHORTBREAD**

Ingredients: 1 cup of brown sugar, packed  
1 lb of soft butter  
4 cups of bread flour

Method: Combine all ingredients. Squeeze and knead the dough with your hands until smooth and satiny -- about 20 minutes. Chill overnight. Heat oven to 300 degrees. Cut the cool dough into quarters and work one quarter at a time until it is soft enough to roll 1/4" thick. Cut into rounds and bake for 20-25 minutes or until very lightly browned. Remove to wire racks.

\* \* \*

For my mother, it was a never-ending battle to keep the cookie jar full; for us, it was a never-ending battle to keep it empty. One of mother's favourite sayings was "I don't know why I bake cookies because you always eat them."

Oatmeal cookies, full of raisins and dates, were among the first things she taught me to bake.

Cookies jars at both houses were never empty when I was a child. My ladies preferred a one-gallon pickle crock for which Dad made a tight-fitting wooden lid. Mother said that when she was a child, living on a farm in Ramosa Township, her mother's cookie jar was a five-gallon lidded crock.

### **MOTHER'S CINNAMON COOKIES**

(Makes 5 dozen medium-size cookies)

Ingredients: 2 cups of white sugar  
2 eggs  
2-1/2 cups of all-purpose white flour  
1/2 tsp of salt  
1-1/2 tsp of cinnamon  
1 tsp of baking soda  
1 cup of chocolate chips - you may wish to use nuts, raisins or chopped dates instead. I use a combination of all four.

Method: Beat eggs until light. Add sugar and cinnamon and beat. Mix dry ingredients together. Add to egg mixture and mix well. Drop by teaspoonfuls onto greased cookie sheets. Bake at 375 degrees for 10-12 minutes. Remove to wire racks.

\* \* \*

### **FLAKES**

(Makes 36 medium- sized cookies)

Ingredients: 3/4 cup of shortening  
1 cup of sugar  
2 eggs  
1-1/2 cups of all-purpose white flour  
2 tsp of baking powder  
1/4 tsp of salt

1 tsp of vanilla  
2 cups of corn flakes

Method: Cream together shortening, sugar and eggs. Add the dry ingredients and mix well. Fold in vanilla and corn flakes, being careful not to break up the flakes. Drop by spoonfuls 1" apart on greased cookie sheets. Bake at 350 degrees for 12-15 minutes. Remove to wire racks.

\* \* \*

### **CURLY TEDS**

(Makes 48 large cookies)

Ingredients: 1 cup of shortening  
1 cup of white sugar  
1 egg  
1 tbsp of corn syrup or honey  
3 cups of all-purpose white flour  
½ tsp of baking soda  
1/8 cup of milk  
1 tsp of cinnamon  
¼ tsp of cloves  
1 cup of raisins  
1 cup of chopped nuts

Method: Cream butter and sugar. Beat in egg and corn syrup. Add the dry ingredients and fruit alternately with milk. Drop by spoonfuls on to a greased cookie sheet. Bake at 350 for 12 to 15 minutes. Remove to wire racks.

\* \* \*

Oatmeal is a staple food in our house, as it has been in my ancestors' homes for generations. In the mid-1800s, oatmeal cookies became popular. Today, recipes for them must number in the hundreds. The following recipes are the best I have.

### **SPICY OATMEAL CRISIS**

(Makes 48 cookies)

Ingredients: ½ cup of shortening  
1 cup of corn syrup  
1 egg  
1 cup of flour  
½ tsp of baking powder  
½ tsp of salt  
1-1/2 cups of quick-cooking oats  
1 cup of chopped, seeded raisins  
½ tsp of baking soda  
½ tsp of cinnamon  
¼ tsp of cloves

Method: Cream the shortening. Beat in corn syrup and egg. Add flour, baking powder, baking soda, salt, cinnamon and cloves. Mix well. Add rolled oats and raisins. Blend well. Drop teaspoonfuls 2" apart on greased cookie sheets. Bake at 375 degrees for 10 to 12 minutes. Cool on sheets for a few minutes before attempting to lift off.

**NOTE:** Always let cookies containing corn syrup or honey sit for a little while before lifting them from the baking sheets on to wire racks.

\* \* \*

### **CRUNCHY CRISIS**

(Makes 48 cookies)

Ingredients: 1 cup of shortening or margarine or a combination of both

1-1/2 cups of brown sugar

1 egg

1-1/4 cups of quick cooking oatmeal

1 cup of flaked coconut

1-1/2 cups of all-purpose white flour

2 tsp of baking powder

1/4 tsp of baking soda

1/4 tsp of salt

A small quantity of white sugar

Method: Beat butter, sugar and egg. Add oats and coconut to creamed mixture and stir well. Add flour, baking powder, baking soda and salt to mixture and mix well. Shape into small balls with your fingers. Dip the top of each ball in white sugar and place on a greased cookie sheet. Flatten slightly with a fork, dipping it each time into the white sugar. Bake at 375 degrees for 10 to 12 minutes, until done. Remove to wire cooling racks.

\* \* \*

### **JIMMY'S COOKIES**

Ingredients: 1/2 cup of butter

1 cup of brown sugar

1 egg

1 cup of quick-cooking oatmeal

3/4 cup of coconut

1 cup of flour

1/2 tsp of soda

1/2 tsp of salt

1 tsp of vanilla

Method: Cream butter and brown sugar. Beat in egg. Add all dry ingredients, including the coconut. Drop by spoonfuls on to a greased cookie sheet. Press down with a fork dipped in cold

water. Bake at 350 degrees for 10-12 minutes. Remove to wire racks.

\* \* \*

Had enough of oatmeal? How about a recipe found in a cabinet at Stonehome? I've modernized it for you. I have no idea who it belonged to, but the cookies are excellent, thin and crisp.

### **STONEHOME MAPLE WALNUT COOKIES** (Makes 60 cookies)

Ingredients: 1 cup of margarine  
2 cups of brown sugar  
2 eggs, beaten  
1 cup of chopped walnuts  
1 tsp of soda  
Pinch of salt  
1-1/2 tsp of maple flavoring  
3 cups of all-purpose white flour

Method: Cream margarine and sugar. Add beaten eggs and vanilla. Mix well. Add walnuts, baking soda, salt and part of the flour. Mix well. Add the remainder of the flour and mix well. Make the dough into three rolls approximately 2-1/2" in diameter. Chill overnight. Cut thin with a sharp knife and place on greased cookie sheets. Bake on the middle rack of a 375-degree oven for 8-10 minutes. Cool on wire racks.

\* \* \*

### **NO-BAKE CEREAL COOKIES**

Ingredients: 1 cup of corn syrup  
1/2 cup of white sugar  
Pinch of salt  
1 tsp of vanilla  
1 cup of peanut butter  
1/2 cup of coconut  
6 cups of Rice Crispie cereal

Method: Bring corn syrup, white sugar and salt to a boil. Add vanilla, peanut butter, Rice Crispies and coconut. Pack into a greased cake pan (9" x 9") and let cool. Cut into squares. Originally this recipe called for the mixture to be dropped by spoonfuls onto waxed paper. Forget it. Make squares instead!

\* \* \*

## COCONUT & CHOCOLATE DROPS

Ingredients: 2 cups of white sugar  
½ cup of margarine  
½ cup of milk  
3 cups of quick-cooking oats  
6 tbsp of cocoa powder  
1 cup of coarse coconut  
1/4 tsp of salt

Method: Bring sugar, milk and shortening to a boil in a saucepan. Mix together oats, coconut, cocoa and salt. Pour the hot liquid over the oat mixture. Mix well. Drop by spoonfuls onto waxed paper. Let cool.

\* \* \*

While I was working for the local Museum, it was decided that it should offer a children's Christmas programme. What Christmas is complete without gingerbread men? I was given the task of developing a foolproof recipe. The following has been used at the Museum since 1976. It can't fail! Hundreds of gingerbread men can attest to this. Mother was a volunteer at the museum and reckoned that she had helped make over 100,000. She dreamt about them at Christmas for years afterwards!

## MUSEUM GINGERBREAD MEN

Ingredients: ½ cup of shortening  
½ cup of white sugar  
1 egg  
1 tbsp of white vinegar  
2-1/2 cups of all-purpose white flour  
1-1/2 tsp of ginger  
½ tsp of cinnamon  
½ tsp of cloves  
1/4 tsp of salt  
3/4 tsp of baking soda

Method: Cream shortening and sugar. Beat in egg, molasses and vinegar. Add the dry ingredients. Mix well. Turn out onto a floured board. Knead till a nice round satiny ball is formed. Roll 1/8" thick and cut with cookie cutter. Bake at 350 degrees for 10-12 minutes - the time will depend on the thickness of the cookies. Cool on a wire rack and decorate with icing, raisins, etc.

\* \* \*

Would you believe that some children have never baked cookies? They even have no idea how to break an egg into a bowl. One day, in a children's cookery class, I asked a little fellow if he wanted to put an egg into some creamed sugar. He nodded enthusiastically, and threw it into the bowl before anyone could stop him. Mother and I suppressed a giggle when an equally eager child grabbed a wooden spoon and whipped the egg, shell and all, with the creamed sugar. There was nothing to do but carry on with the lesson. When the eggshell-laden cookies were baked, we set them aside for Christmas decorations. The Director of the Museum, at tea break during a meeting with the local historical society, decided to scour the kitchen for some cookies. He found plates of the "eggshell" kind and served them to his colleagues. After the meeting, one of the "Hysterically-Minded" ladies approached me and begged for the recipe for 'those delicious Gingerbread Nut Cookies'. I didn't know what she was talking about until much later, when I realized that the plates of "eggshell" cookies were missing!

## **SQUARES**

There's nothing faster to whip up than a tray of squares. I keep ingredients on hand for a number of special recipes that never fail to please. If you like a combination of butterscotch and nuts, the following recipe is for you. Make several pans while you're cooking a roast.

### **BUTTERSCOTCH NUT SQUARES**

(Makes 36)

Ingredients: 1-1/2 cups of all-purpose white flour  
3/4 cup of packed brown sugar  
1 tsp of vanilla  
1/2 cup of soft margarine  
A one lb tin of mixed salted nuts  
2 cups of butterscotch chips\*  
1/2 cup of corn syrup

Method: Combine flour, sugar and margarine. The mixture should resemble coarse crumbs. Tip it into a greased 9" x 13" baking tin and press it down evenly. Bake at 350 degrees for 15 minutes. In the meantime, melt butterscotch chips, corn syrup and butter together. Don't let the mixture boil. Distribute nuts over the base and pour butterscotch mixture over nuts. Bake for another 15 minutes at 350 degrees. Cool before serving.

\* If you wish, substitute peanut butter or chocolate chips for the butterscotch.

\* \* \*

## HEAVENLY SQUARES

Ingredients: 1/4 cup of butter  
1 lb of chocolate or butterscotch chips  
1 cup of peanut butter  
1 cup of coconut  
3 cups of tiny marshmallows, preferably different colours

Method: Melt butter, chips and peanut butter in a large saucepan. Add coconut and marshmallows. Stir a little - just until mixed - don't let the marshmallows melt! Put into a greased 9" x 9" pan and cut into squares. These are better than a chocolate bar, and cheaper too.

\* \* \*

## PEANUT MALLOW SQUARES

Ingredients: An 8 oz packet of chocolate chips  
2 tbsp of butter  
1/2 cup of peanut butter  
2 cups of miniature marshmallows, preferably different colours

Method: Melt chocolate with peanut butter and butter. Stir until well blended. Fold in marshmallows. Press mixture into a greased 8" square pan and chill until firm. Cut into squares.

\* \* \*

## TOFFEE BARS

Ingredients: 2 cups of all-purpose white flour  
1 tsp of cinnamon  
1/4 tsp of salt  
1 cup of margarine  
1 cup of brown sugar, firmly packed  
1 egg  
1-1/2 tsp of vanilla  
Recipe for Mocha Icing - see Icings on the Cake section  
Chopped Nuts (optional)

Method: Butter a 15" x 10" x 1" jellyroll pan. Mix flour, cinnamon and salt together. Cream butter. Add sugar and beat. Mix in egg and vanilla. Stir dry mixture into the creamed one, and press into the pan. Sprinkle with white sugar, and bake at 275 degrees for 35 minutes or until lightly browned. Cool in the pan and spread with chocolate frosting. Sprinkle nuts over the frosting if you like. Cut into squares or bars.

\* \* \*

### **GWEN'S BARS**

Ingredients: 2 tbsp of butter  
1/2 cup of corn syrup  
1/2 cup of brown sugar  
1/2 cup of unsalted peanuts  
1/2 cup of peanut butter  
2 cups of rice crispie cereal

Method: Put butter, corn syrup, brown sugar and peanut butter in a heavy saucepan and melt together. Stir so that the mixture doesn't burn. Stir in peanuts and rice crispie cereal. When thoroughly mixed, turn into an 8" x 8" x 2" pan and let cool. Cut into squares.

\* \* \*

### **JEWEL BARS**

(Makes 12 squares)

Ingredients: 4 eggs, beaten  
1/2 cup of melted shortening  
1/2 tsp of vanilla  
1-1/2 cups of all-purpose white flour  
1-3/4 cups of white sugar  
1 tsp of baking powder  
1/2 tsp of salt  
1-1/2 cups of candied mixed fruit

Method: Beat eggs with shortening and vanilla. Mix in flour, sugar, baking powder and salt. Add candied fruits, and stir well. Spread mixture into a 13" x 9" greased pan. Bake at 350 degrees for 35 minutes or until golden. While warm, frost with lemon icing and leave in the pan to cool before cutting into squares.

\* \* \*

### **PINEAPPLE SQUARES**

Ingredients for the bottom: 1/2 cup of margarine  
1 cup of white sugar  
1-1/2 cups of all-purpose white flour  
2 eggs

Ingredients for the middle: 1 cup of brown sugar, packed  
1 cup of crushed pineapple, drained (save the juice)  
Dash of salt, and dash of almond extract  
1 tsp of baking powder  
2 tbsp of all-purpose white flour

Ingredients for the top: 1 cup of icing sugar  
3 tbsp of butter or margarine  
1-1/2 tbsp of pineapple juice

Method for Bottom: Mix margarine, sugar and flour together until crumbly. Press into a 9" x 9" pan. Bake at 350 degrees for 15 minutes

Method for Middle: Beat eggs. Add remaining ingredients and stir well. Spread over the base and bake for approximately 30 minutes at 350 degrees or until golden brown.

Method for Top: Beat icing sugar, butter and pineapple juice to a spreading consistency. Add more sugar or more juice as necessary. Frost when squares are completely cool.

\* \* \*

### **BEST BROWNIES**

In

Ingredients: Brownies mix  
4 cups of white sugar  
2 cups of all-purpose white flour  
1-2/3 cups of unsweetened cocoa powder  
1 tsp of salt  
1-1 1/4 cups of shortening or good margarine

Method: Put sugar, flour, cocoa and salt in a bowl and mix until ingredients are evenly distributed. Mix in shortening with your fingers until well blended. Store in an airtight container in a cool dry place. In will keep for 2 to 3 months in the fridge.

#### Alternative Recipe

Ingredients: 2-1/2 cups of brownie mix  
2 eggs  
1 tsp of vanilla  
1/2 - 3/4 cup of chopped nuts

Method: Beat eggs with vanilla. Add brownie mix and beat mixture until smooth. Stir in the nuts. Grease and flour an 8" x 8" x 2" baking pan. Spoon in the batter and spread evenly. Bake at 350 degrees for 20 minutes. If using a 9" x 13" x 2" pan, double the recipe and bake for 30 minutes. Cool and cut into squares

\* \* \*

### ***INTERESTING AND UNUSUAL SQUARE RECIPES***

## FRUIT CUBES

Ingredients: 4 packets of Knox gelatin  
3 small packets of Jell-O powder (Your choice whether they're all the same flavours or not)  
3 cups of boiling water  
1 cup of boiling fruit juice (your choice)

Method: Mix all ingredients together and pour into a 9" x 13" pan. Let set until cold and cut into squares. My family loved combinations of fruits such as pineapple and orange, raspberry and cherry, lemon and lime. Eat enough of these crazy jelly cubes and you begin to notice that your fingernails are in great shape. Gelatin is great for nails. For a kid's dessert, make several different colours then cut them into small cubes and pile into tall sundae glasses. Serve with individual bowls of yogurt. My grandchildren love to spear the cubes with a fork and dip them in yogurt.

\* \* \*

## MENNONITE PLAT.

(Enough for 24 to 30 people)

Necessary: 2 large cookie sheets

Ingredients: 1 tbsp of Fermipan yeast  
1 cup of margarine  
5 cups of all-purpose white flour  
3/4 cup of whipping cream  
4 eggs, beaten  
Pinch of salt  
1/4 cup of white sugar  
2 tins of cherry/raspberry/lemon pie filling - your choice

Method: Mix all dry ingredients together, including the yeast. Cream the margarine and eggs. Add to the dry mixture with the whipping cream. Mix well and put in a large bowl. Refrigerate overnight. In the morning, divide the dough into four pieces and place two on each cookie sheet. Roll them very thin. Spread the pie filling on one, and place the other piece on top. Sprinkle a little sugar, and bake at 350 degrees for 15-20 minutes. Then leave the PLAT. on the sheets, cover it tightly, and freeze.

Note: Thaw it before serving with a thin layer of Versatile Icing. - See Icing on the Cakes section

\* \* \*

## DESSERTS

We were never without desserts when the children were growing up and the house was full of family and friends. Reality had to settle in sooner or later. As our waistlines expanded, Ted and I broke the habit of eating desserts regularly. Now we keep fruit handy in case we still crave for something sweet, but Ted isn't too pleased. He says, "Life is short, so eat dessert first." Our sons-in-law and our grandchildren are all hearty eaters, and I make desserts for them. As they visit often, Hubby seizes the chance to get his share.

Cecil Torte is named after our daughter, who loves it.

### CECIL TORTE

Ingredients: 1 recipe for graham crumb crust

1-1/2 cups of icing sugar

1/2 cup of butter

2 eggs

1 tsp of vanilla

A 19 oz tin of your favourite pie filling or a 20 oz tin of crushed pineapple, drained

1 cup of whipping cream

Method: Line a 9" x 13" pan with crumb crust, reserving 1/2 cup to put on the top. Cream butter and sugar thoroughly. Add eggs, one at a time and beat thoroughly. Spread butter mixture over crumbs. Spread pie filling over butter mixture. Whip cream until stiff, and spread over pie filling. Sprinkle 1/2 cup graham cracker crust over the top. Cover with wax paper and keep chilled for at least 6 hours before serving.

\* \* \*

Want a birthday cake that's a little unusual, but very elegant? Want to surprise the love of your life? Try Fruit Torte. The instructions might look daunting, but don't let that worry you. It really is easy to make, especially if you keep a supply of baked layers in the freezer.

### FRUIT TORTE CELESTE

(Serves 8 generously)

Ingredients: 2-3/4 cups of all-purpose white flour or 3 cups of sifted cake flour

1 cup of white sugar

1 cup of brown sugar

1/2 tsp of salt

1 cup of margarine or butter

1 egg

1 cup of sour milk

1 tsp of baking soda  
3/4 cup of chopped filberts (optional, but good)  
Whipping cream  
A 19 oz tin of fruit pie filling  
Fresh fruit for decoration (optional)

Method: Line two 9" layer pans with paper, and grease well. Using your hands, mix together flour, sugars, salt and margarine until crumbly. Set aside one cup of this mixture. Combine egg, milk and baking soda, and add them to the mix. Stir well with a spoon. Pour mixture into cake pans and smooth with a spatula. Sprinkle layers with reserved crumbs - 1/2 cup to each layer - then sprinkle with chopped nuts. Bake at 375 degrees for 30 minutes. Cool in the pans for at least fifteen minutes, then turn out on a cake rack and remove the paper from each layer. Let cool completely.

To assemble: Whip cream. Choose a pretty serving plate and put one layer on it, nut side up. Spread half the pie filling on cake and put a little whipped cream on top. Add the second layer. Spoon the remaining pie filling in the middle of it, leaving approximately 1 inch gap around the outside. This gap should stop the pie filling from dripping over the edges. Heap the remaining whipped cream there, and spoon puffs of cream on to the pie filling. Decorate the torte with fresh fruits and refrigerate it immediately. Only take it out when you're ready to serve. This torte is especially pretty with peach pie filling decorated with fresh blueberries and raspberries. We also love blueberry pie filling decorated with nectarine slices.

Our Mennonite friends serve this easy cherry dessert when they are expecting guests. It's a real treat on a hot summer's day. My grandchildren love it.

### NANCY'S CHERRY DELIGHT

Ingredients: Graham cracker crust for a 9" square cake dish  
1 packet of cherry Jell-O powder  
1/2 cup of white sugar  
1 cup of boiling water  
1 can of Carnation evaporated milk  
1 tin of cherry pie filling

Method: Line the bottom of the cake pan with a graham cracker crust, reserving some of the crumbs for sprinkling on the top. Mix the cherry Jell-O with the white sugar and dissolve both in the boiling water. Let cool. Whip the milk until thick. Add the jelly mix and whip again. Pour the mixture on to the graham cracker crust. Sprinkle reserved crumbs over the top and refrigerate at least four hours. When ready to serve, spoon cherry pie filling over the top or serve squares of cherry dessert with a bowl of cherry pie filling.

Note: You can substitute any flavours of Jell-O powder and pie filling. Use your imagination for some great combinations.

\* \* \*

Rhubarb grows like a weed in our back yard and we look forward to eating it every spring. Recently, studies have come out proving its good for you - we knew that all along! We eat rhubarb stewed and in other imaginative recipes.

### **RUBY RHUBARB**

For a quick dessert - if you have a microwave. Clean and chop as much rhubarb as you want into 1" pieces. Note how many cupfuls there are. Put in a large glass dish. For every cup of rhubarb, add ½ tsp water. Cover and microwave on High for 5 minutes. Remove, stir, cover the dish and cook again on High for another 5 minutes. Remove and stir in 2 tbsp of white sugar for every cup of rhubarb you started with. Eat warm or cold.

\* \* \*

### **RHUBARB JULIAN**

Ingredients:

1-1/2 cups of flour  
½ tsp of salt  
1/4 tsp of cinnamon  
½ cup of white sugar  
1/3 cup of shortening or margarine  
4 cups of rhubarb, diced  
1 cup of brown sugar  
1 tbsp of lemon juice

Method: Measure flour, salt, sugar and cinnamon together. Add shortening until mixture resembled dried pies. Place half of it in a 13" x 9" x 2" pan. Press down. Combine rhubarb, brown sugar and lemon juice. Spread it over crumb mixture. Add the remaining crumbs and press down. Bake at 350 degrees for 40-45 minutes.

\* \* \*

## **PUDDINGS**

In our family, puddings rank with Mom and apple pie. Christmas would not be complete without her Figgy Pudding. Its recipe is simple and a lot less expensive than some. I steam the pudding in an empty 1 lb coffee tin. Make yours at least two weeks in advance and store it in the fridge. It also freezes well. All steamed puddings should be reheated before serving.

TO REHEAT - cover tinned pudding tightly with foil or greased heavy brown paper. Put in a large cooking pot and fill to ½ with hot water. Bring water to a simmer and hold that heat for at least 1 to 1-1/2 hours. Leave to sit for at least ten minutes.

To remove pudding: Keeping it covered, cut around the bottom of

the tin with a manual can opener, but leave the bottom on the tin for the moment. Turn upright again and remove the foil covering. With a sharp long knife, loosen the pudding from the sides of the tin. Put a serving plate over the top. Turn the tin upside down and exert pressure on the bottom "lid". The pudding should slip from the tin easily. You can save time and energy in the kitchen by scooping the pudding directly from the tin into your prettiest dessert dishes that you then put before your assembled guests in the dining room. Pass the rum sauce separately. Trust me, the following recipe makes one great pudding! Mother had her recipe "fine tuned" for years.

### **MOM'S FIGGY PUDDING**

Necessities: One 48 oz empty juice tin or a large pudding mold

Ingredients: 1 cup of shortening  
1 cup of brown sugar  
1 cup of finely grated carrots  
1 cup of finely grated potatoes  
1 cup each of seedless raisins and mixed candied fruit  
1 cup of mixed peel  
½ tsp each of cinnamon, allspice, cloves and nutmeg  
1-1/2 cups of all-purpose white flour

Method: Cream shortening and sugar together. Add carrots, potatoes, raisins, candied fruits and all the spices. Mix well. Add flour and mix well. Grease the empty juice tin or the mold. Fill it with pudding mix. Cover loosely with tin foil, leaving room for the pudding to expand. Tie the foil down over the top of the tin, and place the tin in a large cooking pot. Pour enough hot water into the pot to come ½ way up the tin. Cover the pot and put on the burner. Bring the water to just above simmer, and cook for 2 to 2-1/2 hours. Add more boiling water if necessary, but never let it bubble over the top of the tin. Then take it from the water, remove the tin foil and let sit until cool. Drizzle ½ cup rum or brandy over the pudding. Cover it again with foil and leave it for two weeks in the refrigerator. You can also freeze it. Reheat before serving.

\* \* \*

Here's the recipe for Grandmother's favourite Christmas pudding, which doesn't have to be served only at Christmas! I remember my aunts, uncles and cousins seated around Grandmother's huge dining room table at Easter eating this fruity, spicy pudding smothered in table cream.

### **WARTIME MOLASSES PLUM PUDDING**

Necessities: A 6- cup pudding mold  
Large high pot

Ingredients: 1 cup of molasses

1 tsp of baking soda  
1 tbsp of butter  
½ cup of boiling water  
1 egg  
1-¾ cups of all-purpose white flour  
1 tsp of ginger  
1 tsp of cinnamon  
½ tsp of cloves  
½ tsp of salt  
1 cup of chopped dates  
1 cup of seedless raisins or currants  
1 cup of chopped nuts, almonds or walnuts

Method: Beat molasses and soda together until light and frothy - really beat! Let the mixture rest several minutes and beat again. Stir in egg and butter. Quickly stir in boiling water. Mix flour, salt and spices together and add to mixture. Stir well. Add fruit and nuts. Stir well. Pour into the mold. Cover loosely with foil and tie it down. Follow directions in the last recipe for steaming and reheating.

\* \* \*

### SUMMER RICE PUDDING

Ingredients: 2 cups of cooked rice  
1 cup of diced or cubed tinned pineapple  
1 cup of whipping cream  
24 large marshmallows, quartered  
½ cup of white sugar  
1 cup of diced fresh fruit, your choice

Method: Combine cooked rice, pineapple, marshmallows, sugar and fresh fruit. Let stand 1 hour. Whip cream and fold into rice mixture just before serving. Garnish with fresh fruit.

\* \* \*

For a lighter pudding, you might like to try the following recipe, which was one of my Dad's favourites.

### HONEY LEMON PUDDING

Ingredients: ¼ cup of butter  
Two cups of runny honey, one ½ full and the other 1/3 full  
1 egg  
1 tsp of lemon rind  
1-¼ tsp of all-purpose white flour  
1 tsp of baking powder  
½ tsp of salt  
¼ cup of milk  
1-¼ cups of boiling water

1/3 cup of lemon juice

Method: Beat 1/4 cup of butter, the 1/2 cup of honey and the egg until fluffy. Mix dry ingredients together and add to the mixture alternately with the milk. Put mixture into a large, greased casserole. Combine boiling water, the second cup of honey, and the lemon juice. Pour over the batter in the casserole. Do not stir. Bake at 375 degrees for 30 minutes. Serve hot.

\* \* \*

Some people don't particularly like dates, but we couldn't get enough of them. Grandmother had a marvelous recipe for a date pudding cake that called for four cups of dates and served twelve. In its modified form below, it will make six to eight servings.

### **DATE PUDDING**

Ingredients: 1 cup of white sugar  
1 cup of all purpose white flour  
1 cup of chopped dates  
1 egg  
1/2 cup of milk  
1/4 tsp of cinnamon  
1/4 tsp of nutmeg  
1/4 tsp of salt  
2 cups of brown sugar  
2-1/2 cups of hot water  
2 tbsp of butter

Method: Mix brown sugar, water and butter in a large saucepan then boil for just five minutes, otherwise you'll have toffee! While the brown sugar solution is boiling, mix all the other ingredients and press into a greased 9" x 9" deep baking dish. Place the pan on the middle rack of the oven and carefully pour hot liquid over the top of the flour mixture. Bake at 375 degrees for at least 40 minutes. Test with a broom straw - the centre of the pudding should not be sticky. Serve warm with whipped cream, frozen topping or vanilla ice cream. This is a date-lover's dream!

\* \* \*

Do you wish to impress company in the autumn with a pumpkin pie, but can't be bothered making it? Have you a leftover pumpkin and don't want to throw it out? Then try this easy recipe!

### **PUMPKIN CHEATING' DESSERT**

Ingredients: 4 eggs  
Two lbs of pumpkin, fresh or canned  
1 tsp of salt

1/2 tsp of ginger  
1/2 tsp of nutmeg  
1-1/2 tsp of cinnamon  
1/4 tsp of cloves  
3 cups of Carnation evaporated milk  
1 box yellow cake mix  
1/4 cup of butter  
1/2 cup chopped pecans

Method: Mix eggs, pumpkin, sugar, salt, all the spices and the milk together. Pour into a greased 9" x 13" cake pan. Sprinkle cake mix over the top. Sprinkle pecans over the cake mix. Drizzle all with melted butter. Bake for 1 hour and 30 minutes at 350 degrees. Test with a broom straw. Either cool completely or warm again just before serving with whipped cream, frozen topping or vanilla ice cream.

\* \* \*

### CHOCOLATE MALLOW PUDDING

Ingredients: 8 oz of thin chocolate wafers  
1/4 cup of soft butter  
1 packet of large marshmallows  
1/2 cup of milk  
19 oz tin of cherry pie filling  
2 cups of whipping cream

Method: Crush wafers. Mix thoroughly with butter until crumbly. Press the mixture into a 9" x 9" buttered pan, reserving 1/2 cup for the top. Bake for 10 minutes at 350 degrees. Remove from the oven and let cool. Whip the cream and set aside. Heat the milk to boiling then take off the stove and melt marshmallows into it. Cool slightly before folding in the cream. Put half the mix on to the baked crust. Add the cherry pie filling and then the other half of the mixture. Sprinkle the top of the dessert with the remaining crumb mixture. Refrigerate for at least 24 hours before serving.

\* \* \*

For a fast and easy dessert, the following recipe never fails to please.

### LEMON APPLE TREAT

(Makes 6 servings)

Ingredients: 3 cups of diced red apples (don't peel them)  
1-1/4 cups of miniature marshmallows  
1 cup of unsalted peanuts  
One 8 oz tin of crushed pineapple, well drained  
One 8 oz tub of frozen whipped topping, thawed  
One small packet of instant lemon pudding

Method: Put apples, marshmallows, peanuts, and the pineapple in a large bowl. Combine whipped topping and dry pudding mix. Fold into fruit mixture and mix well. Refrigerate until serving time. You can substitute instant butterscotch pudding mix for lemon.

I sometimes use cherries in this recipe. Canned cherries drained well are okay, but not as good as fresh. Use 3 cups of pitted and halved sweet cherries and 1 small packet of instant chocolate pudding. Don't put pineapple in this version of the recipe.

\* \* \*

## **FISH**

Fish wasn't very popular with my family, except for freshly caught smelt that Mother used to bread and fry in butter. We lived too far away from the sea to get good marine fish, and lake fish was too expensive. When I was growing up, every trout had gone from the Grand River and we didn't eat shiners. Now, with pollution so high in the Great Lakes, I don't even eat smelt. When I married a man that lived for a number of years close to a warm South African sea that yielded up various fishes and other treats, I had to learn to cook fish - and I came to love the following recipe.

### **SOUTH AFRICAN PICKLED FISH**

Ingredients: 2 lbs of thick white fish fillets (I use halibut or cod)  
1 tsp of chopped garlic  
1 squirt of Tabasco sauce  
1 tsp of salt  
1/4 tsp of pepper  
4 medium onions, sliced thin  
1 tsp of turmeric (for hot taste, use 1 tbsp)  
2 cups of good white vinegar  
1 tbsp of curry powder (for hot taste, use 2 tbsp)  
1/2 cup of white sugar

Method: Fry the fish until cooked but not dry. (Microwave will do the job too). Lay cooked fish in a large glass bowl. Do not use a metal or ceramic one. Put all remaining ingredients in a saucepan and bring to a boil. Pour them over the fried fish and let cool. Turn the fish several times during the process. It will eventually be served in bite-sized pieces. Let it sit, covered, in the fridge for at least 24 hours before serving cold. Turn several times.

This dish lasts well. It makes an excellent appetizer or is good with mild cheese or salad, but it shouldn't be served in big

portions.

\* \* \*

### WILLARD'S FISH BAKE

Ingredients: 2 lbs of thick white fish fillets

Salt and pepper to taste

2 cups of whole canned tomatoes

1 clove of garlic, minced

2 tbsp of chopped onion

2 tbsp of chopped green pepper

2 tbsp of chopped celery

½ tsp dried basil

1/4 tsp of dried rosemary

½ cup of white wine

½ cup of fresh parsley, chopped (optional)

Method: Preheat the oven to 375 degrees. Arrange fillets in a shallow greased pan. Mix tomatoes, herbs and wine, and pour over the fillets. Bake uncovered 25-30 minutes until the fish flakes nicely when tested with a fork. Serve hot over rice.

\* \* \*

Feeding four hungry teenagers took some thought and imagination. They all developed a liking for clam chowder after going with us to Maine. The following recipe was developed to feed six people with enough left for 'seconds'. Serve it with thick slices of homemade bread.

### MESTERN'S CLAM CHOWDER

Ingredients: 3 slices of bacon, chopped

2 cups of peeled and diced uncooked potato

2 tbsp of chopped onion

½ tsp of black pepper

1 tsp of salt

2 cups of water

1 'Imperial quart' of milk - 5 cups

One 7-1/2 oz tin of clams, drained

8 tbsp of white flour and a little water

Method: Fry bacon, and then add potatoes, onions, pepper, salt and water. Bring to a boil. Simmer for ten minutes to reduce liquid. Stir in milk. Heat, but don't let boil. Add clams. Make a paste of flour with a little water. Add and stir until thickened. Serve hot.

Note: If you like clams, use two tins!

\* \* \*

Not only was hubby born by the sea, he was born with a taste for lobster. I ask you, where can one find good fresh lobster without going to the coast? I'm not sure where the following recipe originated. A lady from South Carolina gave it to me some years ago. Its 'lobster flavours' impresses people that haven't tasted the real thing.

### **MOCK LOBSTER**

(Makes 6 servings)

Ingredients: 2 lbs of frozen haddock fillets, partially thawed (but any white fish will do)

1/4 tsp of black pepper

1 tsp of sea salt

2-1/2 tsp of good seafood seasoning - I use Old Bay

4 tbsp of vinegar

Method: Cut fish into 2" x 2" pieces and place in a frying pan. Cover with water. Add seasonings and bring to a boil. Reduce heat and simmer uncovered for 10 minutes. Drain and cover once more with cold water. Add the vinegar, and bring once more to a boil. Reduce heat and simmer uncovered for an additional 10 minutes. Drain. Serve hot with melted butter and lemon slices. You can also serve this dish with seafood sauce.

\* \* \*

Salmon was so expensive that we rarely had it fresh, so it was a treat to be served a dish with the tinned variety. Whenever Grandmother was expecting lady friends for lunch, she'd make up a salmon casserole that I thought was divine. Granny would use canned red salmon, but pink is almost as good. The recipe is called "surprise" but there's nothing surprising about it - except, of course, how delicious it is! Serve it with salad and slices of ripe tomato.

### **MARIA'S SALMON SURPRISE**

Ingredients: 4 slices of white bread soaked in 3 cups milk for at least one hour

2 small cans of flaked salmon, drained

6 eggs

1 tsp of dried parsley (or two of chopped fresh parsley)

Salt and pepper

Dabs of butter

Method: Put bread mixture on the stove and cook over low heat until it thickens. Add the salmon. Take from the heat and let cool slightly. Beat the eggs together and mix in. Season to taste. Generously dab with butter and bake in a 350-degree oven for 1/2 hour. Serve hot.

\* \* \*

### **SALMON CROQUETTES**

Ingredients:

½ cup of onion chopped & green pepper combination

1 large can of salmon

½ can cream of mushroom soup

1 sleeve of Saltine Crackers, crushed and divided in half

1 egg

½ cup of all-purpose white flour seasoned with salt, pepper, garlic and onion powder to your taste

Method: Remove bones from the salmon and flake it with a fork. Mix in all other ingredients and form into patties. Mix remaining crushed saltine crackers with a little flour and then dredge the croquettes in the mixture. Then chill them for an hour or more. They will be firmer and absorb less cooking oil. Saute them in approx 1/8 inch of oil. Turn them carefully. Remove and drain immediately on paper towels.

\* \* \*

## MEAT

I assume that you have had some cooking experience and know how to halve recipes. My recipes are all geared to serving a large family, but they can easily be halved.

One of our basic meat dishes was Meatloaf, which resulted in at least twenty-five different recipes. I thought I knew all there was to about it until I arrived home from the office late one evening to find that Andrew, our only son, had taken it upon himself to make supper. He served the best meatloaf I've ever eaten. He even remembered what he'd put in it and wrote it down for posterity. He's still an excellent cook.

### ANDREW'S MEATLOAF

Ingredients: 2 lbs of ground beef  
2 cups of very spicy tomato sauce (I use a good spaghetti sauce)  
4 tbsp of cider vinegar  
4 tsp of curry powder  
½ tsp of salt  
1/4 tsp of pepper  
½ lb of old cheddar cheese, cubed  
3 small onions, chopped finely  
1/4 cup of all-purpose white flour  
3 beaten eggs  
2 tomatoes, sliced thickly

Method: Mix everything in a large bowl until well blended. Put mixture into one large or two small loaf pans. Cover the top of the meatloaf with sliced tomatoes. Bake for 1-1/2 hours at 375 degrees and let sit for 15 minutes before serving.

\* \* \*

### SCOTTISH MEATLOAF

Ingredients: 6 hard-boiled eggs  
2 fresh eggs  
1 packet of onion soup mix  
1/3 cup of ketchup  
Dash of HP Sauce or similar - your choice  
3/4 cup of warm water  
½ cup of soft breadcrumbs  
2 lbs of lean ground beef.

Method: Beat the fresh eggs lightly in a large bowl. Stir in the onion soup mix, ketchup, HP Sauce and warm water. Add breadcrumbs and the beef. Mix thoroughly. Put half of the mixture into a large loaf pan. Place the cooked eggs in a row down the middle of the meat loaf (You may only use five eggs. It all

depends on the length of the pan and the size of the eggs). Put the rest of the beef mixture over the eggs and pat down. Bake at 350 degrees for one hour. Make sure the top is nicely browned before removing from the oven. Let it sit for 15 minutes before slicing and serving.

\* \* \*

### **THE ABSOLUTELY LAZY NO FUSS MEAT LOAF**

Ingredients: 2 lbs of lean ground beef  
One onion, chopped  
1 egg  
3/4 cup of quick-cooking oatmeal  
1 tsp of salt  
1/2 tsp of garlic powder  
1/4 tsp of pepper  
1 tin of cream of mushroom soup  
1 packet of onion soup mix

Method: Mix ground beef with onion, egg, oatmeal, salt, garlic powder and pepper. Shape into a loaf on a very large sheet of foil placed in a big roasting pan. Sprinkle on the onion soup mix and pour the mushroom soup over the loaf. Wrap the foil around the loaf tightly and bake at 350 degrees for 1-1/2 hours. Let it sit for 10 minutes. Lift out of the pan and put on a serving platter before opening. Turn back the foil form a "bowl". This loaf makes its own gravy so you don't want to lose any of it!

\* \* \*

For a reasonably priced, stunning dish to serve to family and friends, do try the following recipe, which should be doubled if they have hearty appetites.

### **SWEET AND SOUR MEATBALLS**

(Serves 6)

Ingredients for the sauce: One 19 oz tin of pineapple tidbits with juice  
1-3/4 cups of brown sugar  
2 OEO cubes  
1/2 cup of water  
1 cup of dried apricots, chopped fine  
2 tsp of cornstarch

Ingredients for the meatballs: 2 eggs  
2 lbs of lean ground beef and 1 lb sausage meat  
1-1/2 cups of fine breadcrumbs  
1 small onion, chopped fine, and 1 tsp of salt  
1/4 tsp of pepper and 1/2 tsp of dried thyme

Method for the sauce: Place all ingredients in a large heat-proof

dish you will ultimately use to serve with. Simmer on medium heat only until the sugar is dissolved. Take off the heat. Stir a little water into the cornstarch and add to the sauce. Place on low heat and bring to a simmer again. Stir for two minutes, and then leave the pan on the heat. You may choose to add a little more water at this time. The sauce shouldn't be too thick.

Method for meatballs: Mix all the ingredients together and shape into small balls. Brown on all sides in a frying pan then remove from the fat.

Method for assembling the dish: Gently place meatballs in the thickened sauce and simmer for 20 minutes, basting occasionally. Test to see if they are heated through. Serve hot with large quantities of cooked rice. This dish is better made a day ahead and reheated before serving. By then the meatballs will have absorbed the flavours of the sauce. Due to the large quantity of sugar in this sauce, don't let it come to a boil. If you have any sauce left over, use it to baste roasting chicken or pork. Even better, make a batch of this sauce when you need that special taste on other meats.

\* \* \*

Meatballs are so versatile that no household should be without them. They are best in spaghetti sauce, but try meatball subs, macaroni cheese & meatball casserole, and meatballs on their own as a buffet dish served with a spicy dip. Make a few dozen at a time and freeze them in handy packs.

### **MEAT BALLS A LA FAMILY**

Ingredients: 3 lbs of good ground beef  
1 cup of wheat germ  
1 cup of minced onion  
3 eggs  
3/4 cup of tomato ketchup  
1 tbsp of chili powder  
1-1/2 tsp of salt  
1-1/2 tsp of black pepper

Method: Combine all ingredients and mix well. I use my hands because it's faster. Form into 1" balls. Place in a shallow roasting pan and bake at 400 for 10-15 minutes. Do not add fat to the recipe, or grease the roasting pan. Let the meatballs cool.

\* \* \*

Pigs' tails might not appeal to some people, but we were raised to eat anything. Living so close to a large German and Mennonite community, we find pigs' tails on many restaurant menus, and in

the meat department of our grocery store. The sauce in the following recipe can also be used on chicken wings.

### **PAM'S PIGS' TAILS**

Ingredients: 1 cup of ketchup  
1 cup of water  
1 cup of brown sugar  
1/4 cup of honey  
1/2 tsp of garlic powder  
1 tsp of salt  
1/4 tsp of pepper  
1/2 cup of vinegar  
2 dashes of soy sauce  
As many pigs tails as six people can eat

Method: Mix together all the ingredients, with the exception of the pigs' tails. Place the tails in a large, deep roasting pan. Pour sauce over them and cook uncovered for 6-8 hours at 275 degrees (You did read that correctly. The secret of good pigs' tails is the long cooking period, which allows the sauce to sink in). Check often and skim the fat off the top. There will be lots of fat! Turn the tails every 1/2 hour. You can adjust the amount of sauce and the amount of tails to suit your needs. Just make sure the sauce is at least halfway up the roasting pan, but it doesn't need to cover the tails because you are turning them often. Serve hot with thick homemade bread to sop up the sauce.

\* \* \*

While we're on the subject of "pig parts", there is nothing like a pan of spare ribs to bring a party to life. Just make sure that everyone has a large cloth napkin and paper towels. A nice touch is to supply bowls of lemon water and paper napkins for greasy fingers.

### **HONEY RIBS**

Ingredients: 4 lbs of meaty spare ribs  
1 tsp of salt  
1/2 cup of chopped onion  
Garlic powder to taste (start with 1 tsp)  
1 cup of ketchup or 1-1/2 cups of ketchup and no chili sauce  
1/2 cup of chili sauce  
2 tbsp of vinegar  
1 tbsp of prepared mustard  
1/2 tsp of black pepper  
1 cup of liquid honey

Method: Simmer spareribs in 1 tsp salt and water to cover for 30 minutes. Remove ribs from the pot and place in a large roasting

pan. Combine all remaining ingredients in a saucepan and bring to a boil, then simmer for ten minutes. Pour honey mixture over the ribs. Bake at 375 degrees for 50-60 minutes. Baste often, and turn every fifteen minutes. Serve hot.

\* \* \*

Chicken is cheap, versatile and tasty. Kids love it. Husbands love it. We serve it often in many different ways. During the summer, I keep cooked chicken on hand for salads and sandwiches. The following are my favourite "cold weather" recipes.

### **CHICKEN ADAM**

Ingredients: One chicken leg or thigh for each diner  
Onion soup mix  
Green pepper slices  
Chopped mushrooms  
Butter and honey

Method: Place each piece of chicken on a generous piece of tinfoil. Dot it with a generous pat of butter. Sprinkle it with 2 tbsp onion soup mix. Put on 2-3 slices of green pepper and two tbsp of chopped mushrooms, drizzle with one tbsp of honey, and then fold all the pieces of chicken in tinfoil, making a sealed package. Place them on a large baking sheet and cook at 325 degrees for 2 hours. Remove from the oven and carefully open, turning back the foil to make a "dish". Serve as is.

\* \* \*

### **HONEY BUTTERED CHICKEN**

Ingredients: 1/4 cup of flour  
1 tsp of salt  
2 tsp of paprika  
1/4 tsp of pepper  
6 plump chicken legs or legs & back  
Overkill: 1/4 cup of butter  
1/4 cup of liquid honey and 1/4 cup of lemon juice

Method: Combine flour, salt, pepper and paprika in a plastic bag. Dip chicken into cold water, then put into the bag and shake it vigorously. Melt the butter in a baking pan and melt. Place chicken in, skin side down. Bake at 350 degrees for 45 minutes. Combine "Overkill" ingredients and cover all the chicken after turning it over. Bake for another 30 minutes. Turn over once during second baking. Serve hot.

\* \* \*

### **Curried meat dishes**

Ted's taste for curries was firmly rooted by the time he came to Canada from South Africa. Curry was not widely used in my household, although some pickle recipes called for it. I quickly learned to cook curried dishes and enjoy them too. Nowadays, we don't eat really hot curries, but our family loves them.

### **TEDDY'S CURRY**

Ingredients: 1 lb of ground beef  
2 tbsp of curry powder, mixed with a little water  
2 onions, coarsely chopped  
½ cup of seedless raisins  
1 green pepper, coarsely chopped  
1 sweet red pepper, coarsely chopped  
1/4 cup of almonds, slivered  
1 medium sized apple, coarsely chopped  
½ lb of mushrooms, sliced  
1 banana, mashed  
1/4 cup of dried dates, coarsely chopped  
1 tbsp each of white sugar, honey and corn syrup

Method: Fry the ground beef then drain away all the fat. Add the curry powder and stir. Add onions, raisins, green pepper, red pepper, almonds, apple, mushrooms, bananas, and dates. Cook for ½ hour on low heat, stirring occasionally. Add white sugar, honey and corn syrup. Stir. Simmer over low heat for another hour, stirring occasionally. This curry is very thick and sticky. Don't let it burn. Add just a little orange juice if you feel it necessary, but never enough to make the dish sloppy. The low heat blends the flavours. Taste, and add more curry powder if you like. Serve over hot rice with a big drink of milk.

\* \* \*

South African curry dishes are made with lamb or mutton. If you like lamb, I suggest you try the following recipe. If you don't like lamb, you can substitute stewing beef. The curry powder we use is nothing like the fiery curry spices you can purchase in the market in a cosmopolitan city like Cape Town, which has a large East Indian population. Did you know that curry spices were originally used to mask the taste of meats that were a little "off" and most curry recipes come from warm countries.

### **LAMB CURRY**

Ingredients: 2 lbs of lean lamb or stewing beef  
1/4 cup of flour  
2 tbsp of cooking oil  
1/4 cup of chopped onion

2 tsp of salt  
1/4 tsp of mustard powder  
1 tbsp of curry powder - adjust to your taste. Begin with 1 tbsp and work your way up  
1 cup of water  
2 tbsp of lemon juice  
1 tart apple, peeled and diced  
2 tbsp shredded coconut  
2 tbsp raisins  
Dash of nutmeg

Method: Dredge meat in flour and brown on all sides in hot oil. Add onions and cook for several minutes, but not long enough to brown the onions. Add the remaining ingredients and mix well. Cover and simmer for 45 minutes or until the meat is tender. Serve hot over cooked rice. If you wish a lighter curry, try the following recipe.

### **CURRIED TURKEY**

Ingredients: 2 lbs of ground turkey or chicken  
1 tbsp of onion, chopped fine  
1 tbsp of curry powder  
½ tsp of black pepper  
1 egg, slightly beaten  
2 tbsp of raspberry jam  
1 tsp of salt  
2 tsp of lemon juice  
1/4 cup of fine breadcrumbs  
1/4 cup of flour  
1/4 cup of butter

Method: Combine all ingredients except flour and butter. Mix well. Form into small bite-sized balls. Roll lightly in flour and Saute in butter for 15 minutes, or until golden brown on all sides. Serve in a chafing dish with toothpicks inserted in each.

\* \* \*

Getting tired of cold roast beef sandwiches? Don't know what to do with that last little bit of roast pork? Hammed out? Is cold turkey sticking in your craw? I have the answer - Meat Rolls. These are so popular at Stonehome that I always plan to have roast beef, pork and ham left over.

### **HEARTY MEAT ROLLS**

Ingredients: 2 batches of your best baking powder biscuit dough, rolled to ½" thick and ready to use  
2 cups of leftover meat, chopped fine or coarse ground  
1 onion, chopped fine

½ cup of chopped celery  
4 tbsp of green relish  
Salt and pepper to taste  
2 tbsp of mustard

Method of assembling: Mix together meat, onion, celery, relish, salt, pepper and mustard. Spread meat mixture evenly on the biscuit dough then roll up like a jellyroll. Slice 1-1/2" thick and place slices on a baking sheet. Brush the tops with melted butter. Bake in a 400-degree oven for 15-20 minutes - until nicely browned. Serve hot with a green salad.

\* \* \*

Sometimes I got up in the morning with no idea of how many mouths I might have to feed during the day. There always seemed to be extra people at the table for dinner and supper. Neighbourhood children, friends of the family, relatives, folks who dropped in to see "Clara's House" and stayed for lunch. I enjoy having guests, but I had to find an easy answer to "the loaves & fishes" routine. The solution lay with Bunwiches. I stocked tins of tuna, salmon, dozens of eggs, pounds of cheese and dozens of large, soft buns (store-bought hamburger buns will do, but better if you find a good bakery; better still, bake your own). My freezer always held 4-5 dozen buns, double wrapped in plastic to prevent freezer burn. Mind you, they never lasted more than two weeks in the freezer before being eaten.

### **BUNWICHES**

Slice in half as many buns as you need. Each topping is sufficient for six half buns, spread generously or eight if you spread the topping more thinly.

#### **TUNA TOPPING -**

Ingredients: One 6 oz tin of good tuna  
3 hard-boiled eggs, chopped  
¾ cup of your favourite cheese, coarsely shredded  
¼ small onion, chopped  
Salt and pepper to taste  
1 tbsp of catsup or chili sauce  
Mayonnaise

Method: Mix all ingredients together with enough mayonnaise to spread. Put mixture on bun halves and broil until brown and cheese is melted. Do not let it burn. Serve hot.

#### **CHEESE & EGG TOPPING-**

Ingredients: ½ lb of cheddar cheese, shredded  
3 hard-boiled eggs  
½ cup of mayonnaise  
2 tbsp of pickle relish  
1 tbsp of horseradish

Salt and pepper to taste

Method: Combine all ingredients and spread on bun halves. Broil until golden brown. Do not let them burn.

#### CHEESE & PINEAPPLE TOPPING-

Ingredients: Your favourite cheese, sliced thin  
Tinned pineapple slices  
Cooked bacon slices

Method: Cover half bun with cheese, sliced thin. Cover cheese with one slice of tinned pineapple and ½ slice of bacon. Broil until cheese is melted. Do not let it burn.

#### BAKED CORNED BEEF BUN - Use whole buns in this recipe

Ingredients: One 8 oz tin of corned beef  
1 tbsp of pickle relish  
Mayonnaise

Method: Break up corned beef and mix with relish and enough mayonnaise to hold the mixture together. Spread on the bottom half of a bun. Spread the top half of the bun with mustard. Place the halves together, wrap in foil, and bake at 400 degrees for 15 minutes. Serve hot.

#### BAKED CHEESE 'N' TOMATO BUN - Use whole buns for this recipe

Ingredients: Your favourite cheese, sliced thin  
Slices of tomato  
Ham slices  
Mustard

Method: Place cheese on ½ a bun. Place slice of cold meat on it and spread with mustard. Place slice of tomato on the meat, and cheese on the tomato. Replace top on bun, wrap it in foil and bake at 400 degrees for 10 minutes.

\* \* \*

## **PIES**

### Crusts

Now hear this! My no-fail pie crust is excellent. You'll look hard to find better. I've given the recipe to restaurants. I've won awards with it, and I'm pleased to share it with you. I assume that you bake more than one pie at a time. This recipe will make four double-crust pies or three double-crust and two single-crust pies. You can hold this dough over in the refrigerator, but I don't recommend it. The quality changes if it is stored for too long.

Instead, make your pies and freeze those you won't be using right away.

### **PAT'S PIE CRUST**

Ingredients: 1 lb of lard or vegetable shortening  
5 cups of bread flour or 6 cups of all-purpose white flour  
3/4 tsp of salt  
1 tsp of baking powder  
2 tbsp of brown sugar  
1 tsp of cinnamon  
1 egg  
2 tbsp of vinegar or lemon juice  
Water

Method: Mix lard, flour, salt, baking powder, brown sugar and cinnamon together with your hands until it resembles "dried peas". Beat the egg in a one-cup measure. Add the vinegar and mix well. Fill cup to the brim with cold water, pour into the flour mixture and stir until all is well mixed.

\* \* \*

You are now ready to bake pies! Don't worry about overworking Pat's Pie Crust. You cannot harm it. Do as little rolling as possible, but have plenty of flour on the board. The more you work with pastry that incorporates bread flour, the better it gets. Trust me!

### **PAT'S EXCELLENT GRAHAM CRUST**

(Makes one generous crust)

Ingredients: 1 cup of graham cracker crumbs  
1/4 cup of butter  
3 tbsp of white or icing sugar  
1 envelope of non-flavoured gelatin

Method: Mix all ingredients together and use in your usual recipe. This recipe can be doubled or tripled. Do not store mixture in refrigerator. Use it right away. It can be eaten as "cold crust" or baked before use.

\* \* \*

Admit it. It's hard to resist a piece of good pie. There are several small restaurants in Pennsylvania that are, without a doubt, the ideal places to have pie and coffee. Teddy and I have been known to go miles out of our way to stop at them for pie - and their crust is just as good as mine. I learned only two things from High School Home Economics in the 1950's. The first was not to volunteer for more Home Economics; Latin was far more interesting. The second, that the school's cookbook had only one recipe of merit - for Butterscotch Pie.

## SCHOOL SCOTCH PIE

(Makes one 9" pie)

Ingredients: 2 cups of milk  
3 eggs, separated  
3 tbsp of cornstarch  
1 cup of brown sugar  
1/4 cup of melted butter  
1/4 tsp of salt  
1/2 tsp of vanilla  
1 baked 9" pie shell

Method: Beat the egg yolks in a large dish. Mix in cornstarch and brown sugar. Heat milk in a heavy saucepan, and stir vigorously. Don't let it scorch. Add egg mixture to hot milk gradually and stir while doing so. Add butter and salt and stir again. Cook to a thick consistency and then add the vanilla. Take off the heat and cool. Put mixture into the pie shell.

Method for the Meringue: Beat egg white with 3 tbsp of white sugar. Spread over the pie. Make sure that you bring the meringue right up to the edges of the crust. Place under a broiler or in the oven to brown the meringue.

\* \* \*

Remember Bob of the Cakes? Well, we also have a friend "Allan of the Pies". He can pass by on the road and smell a pie in the oven or on the counter. I'd say, "Pies are out of the oven so we'll see Allan today." Sure enough, he'd pull in the drive. It doesn't matter when I bake. I think his car has a sensor that beeps every time it smells a pie. He's particularly fond of this one.

## ALLAN'S CHOCOLATE PIE

Ingredients: 1 cup of white sugar  
3 tbsp of white flour  
4 tbsp of cocoa  
2 cups of whole milk  
3 eggs, separated  
Pinch of salt  
1 tsp of vanilla  
9" baked graham cracker crust or baked pie shell

Method: Mix together sugar, flour, cocoa and milk, egg yolks and salt. Cook until the mixture thickens. Stir constantly in case it sticks to the bottom of your pan. Let cool and pour into the pie shell. Make a meringue of three egg whites, beaten stiff with 3 tbsps white sugar. Spread over the top of the filling and brown under broiler or in the oven at 400 degrees.

\* \* \*

### CANADIAN SNOW PIE

Ingredients: 9" graham cracker crust or baked pie shell  
8 oz of cream cheese  
½ cup of icing sugar  
½ tsp of vanilla  
1 cup of whipping cream  
19 oz tin of pie filling (your choice)  
Another cup of whipping cream

Method: Beat cream cheese, icing sugar and vanilla together until smooth. Whip one cup of cream until very stiff. Carefully fold it into the mixture and then part-fill the pie shell, spooning the pie filling on last. Chill the pie. When ready to serve, whip the second cup of cream and pile mounds of it on the pie. Also sprinkle a little cinnamon. Serve.

I

\* \* \*

Some days you simply do not want to bake. When I felt like that, it was always on the day that unexpected visitors arrived. I found the following recipe in an old church cookbook. It's a winner!

### MAGICAL COCONUT PIE

(Makes two 9" pies)

Ingredients: 4 large eggs  
2 cups of white sugar  
2 cups of milk  
½ cup of all-purpose white flour  
1/8 tsp of salt  
1-1/2 tsp of baking powder  
½ cup of melted butter  
2 cups of flaked coconut  
½ tsp of almond extract

Method: In a large bowl, beat eggs until light. Add sugar and beat in until thick. Add milk gradually as you beat. Add almond extract. Mix together flour, salt and baking powder. Beat flour mixture into milk mixture. Add butter, vanilla and coconut and beat in.

Butter the pie plates and pour mixture evenly into them. Bake at 350 degrees for 30 minutes or until set and the top is a beautiful golden brown. Serve warm or cold with ice cream or whipped cream - or on its own. Just before serving, you might like to put a little dab of raspberry or strawberry jam on the top of each slice.

\* \* \*

Pumpkin pie is the all time family favourite. We like it spicy, full of cinnamon, ginger and nutmeg. Helen's recipe fits this requirement. Serve it warm, with whipped cream, and you'll have them begging for more. That's why it's a good idea to double the recipe!

#### **HELEN'S PUMPKIN PIE** (Makes one 9" pie)

Ingredients: 1-3/4 cups of canned pumpkin  
1/2 tsp of salt  
1-3/4 cups of milk  
2/3 cup of brown sugar  
2 tbsp of white sugar  
1-1/4 tsp of cinnamon  
1/2 tsp of ginger  
1/2 tsp of nutmeg  
1/4 tsp of cloves  
3 eggs  
An unbacked 9" pie shell

Method: Put all ingredients into a large mixing bowl and beat well. Fill the pie shell. Bake at 425 degrees for 45 to 55 minutes. Serve warm.

\* \* \*

When we bought our house, we inherited a gigantic rhubarb patch. There was always too much for us, so we shared it with family, neighbours and friends. Several years ago the rhubarb patch wilted and we only just managed to save a few plants. For rhubarb addicts, I now offer a great recipe. Serve it warm with whipped cream for the spring dessert par excellence.

#### **RHUBARB CUSTARD PIE** (Makes a 9" pie)

Ingredients: 1 unbacked 9" pie crust

3 eggs  
1/4 cup of milk  
2 cups of white sugar  
1/4 cup of flour  
3/4 tsp of nutmeg  
3 cups of rhubarb, cut into 1" pieces  
Butter

Method: Slightly beat eggs. Add milk and beat again. Mix together sugar, flour, nutmeg and rhubarb. Stir into egg mixture. Pour into unbacked pie shell. Dot the top with butter. Bake at 400 degrees for 50 to 60 minutes, making sure custard has set. Serve warm.

\* \* \*

Elderberries usually ripen in early September and this was when Dad and I went "swamping". Dad wanted the sour fruit for making wine, while I relished the thoughts of pies. After Dad died I had no one to go "swamping" with, so I purchased a golden elder bush and now grow enough in my back yard for a half-dozen pies - provided the birds don't get them first!

If you can't grow or buy elderberries in your area, substitute blueberries in the following recipe.

#### **ELDERBERRY PIE** (Makes one 9" pie)

Ingredients: 3 cups of berries  
1 large, peeled, very thinly sliced apple  
3/4 cup of white sugar  
1/4 cup of honey  
2 tbsp of all-purpose white flour  
1/8 tsp of salt  
3 tbsp of lemon juice  
Pastry for a double crust 9" pie

Method: Remove berries from stems, sort, and wash. This will take some time to accomplish! Line the bottom of the pie shell with the apple slices, overlapping if necessary. Place berries on top. Mix other ingredients and pour over berries. Cover with top crust and vent to let out steam. Bake at 400 degrees for 50 minutes. Serve warm.

\* \* \*

Several pies could be considered unusual. Shoo Fly Pie is different, but tasty. Mennonite friends gave me this recipe. The correct syrup for Shoo Fly pies is really a little lighter than molasses and corn syrup. 'Ol' Barrel' or King Syrup is used in Lancaster County, Pennsylvania. We can't get it here, so we use a mixture of molasses and corn syrup. Molasses on its own makes a heavy pie, but if you like it, fine!

#### **SHOO FLY PIE**

(Makes a 9" pie)

Ingredients Part #1: 1/4 cup of dark molasses or treacle  
1/2 cup of corn syrup  
3/4 cup of boiling water  
1/2 tsp of baking soda

Ingredients Part #2: 1-1/2 cups of flour  
1/4 cup of shortening  
1/2 cup of brown sugar  
An unbacked pie shell

Method for Part #1: Dissolve soda in boiling water. Add molasses to water and stir

Method for Part #2: Combine sugar and flour. Rub in shortening to make crumbs

Assembling the pie: Pour 1/3 liquid into an unbacked pie crust. Add 1/3 of the crumb mixture. Alternate layers of liquid and crumbs, ending with crumbs. Bake at 375 degrees for approximately 35 minutes. Serve warm.

### **OLD FASHIONED OATMEAL PIE**

Ingredients: 9" unbacked pie shell  
3 eggs  
1 cup of brown sugar  
2/3 cup of white sugar  
2/3 cup of milk  
2 tsp of melted butter  
1/8 tsp of salt  
1/2 cup of rolled oats  
2/3 cup of flaked coconut  
1/2 tsp of ground cinnamon

Method: Beat eggs and the two kinds of sugar together. Add milk, butter, salt, cinnamon, oatmeal and coconut. Beat until well mixed. Pour mixture into a pastry-lined 9" pie pan. Sprinkle with another little bit of ground cinnamon, if desired. Bake at 375 degrees for 30 minutes or until nicely brown and set. Serve warm.

\* \* \*

At various times my garden contained apricots, peaches, apples, rhubarb, currants, raspberries, strawberries, pears and ground cherries. Crumble Pie is a great way to use a combination of fruits. For those people who don't like a lot of pastry, Crumble Pie is the answer. My children used to call it Grumble Pie!

### **FRUIT CRUMBLE PIE**

Ingredients: 9" unbacked pie shell

½ cup of melted butter  
½ cup of flour  
1-1/2 cups of rolled oats  
2/3 cup of brown sugar  
3 to 4 cups of fruit\*\*  
2 tbsp of flour  
½ cup of white sugar

Method: Combine melted butter, rolled oats, flour and sugar. Put 3/4 of the mixture into the pie pan. Cover with fruit. Combine ½ cup sugar and 2 tbsp flour and sprinkle over the fruit. Place remaining crumbs on top. Bake at 350 degrees for 45 minutes.

\*\* Berries can be used whole. Apples, pears, peaches and other large fruits should be peeled and sliced. You can be stingy and get away with using three cups of fruit. Dad used to say that a pie that was shy on filling was 'a pie you could spit through.'

\* \* \*

Nothing tastes like real cherry pie, but few of us can afford the fresh cherries to make it. The following recipe utilizes cranberries that make the pie look as if it has real cherries. It tastes great and cranberries are good for you. They are high in Vitamin C, and are proven to assist the kidneys to function properly.

#### **MOCK CHERRY PIE**

Ingredients: Pastry for a 9" double crust pie  
2 cups of fresh cranberries  
1 cup of seedless raisins  
3 tbsp of flour  
1 cup of white sugar  
1/8 tsp of salt  
½ tsp of almond extract  
1 tsp of cherry flavoring (if desired)  
1 tbsp of butter

Method: Combine cranberries, raisins, flour, salt, sugar, extract and flavoring. Put into a pastry-lined pie pan and dot with the butter. Put top crust on pie and slit to vent. Bake at 425 degrees for 10 minutes. Turn the oven down to 375 and bake for a further 25 to 30 minutes. Serve warm.

\* \* \*

My pie baking has to include at least one made of apples. If the entire family is at home, I have to make at least three. A basic apple pie recipe is a must for any cook. The following won first prize at the County Fair.

#### **FIRST PRIZE APPLE PIE**

Ingredients: Pastry for a two-crust 9" pie  
7 large tart apples, preferable Spys, peeled and sliced

1 cup of white sugar  
4 tbsp of cornstarch  
1 tsp of cinnamon  
1/4 tsp of nutmeg  
A sprinkle of salt and some butter

Method: Mix the sugar, cornstarch, cinnamon, nutmeg and salt. Add to apples and stir to coat well. Place mixture high in the pastry lined pie shell, and dot generously with butter. Roll top crust, place on pie and seal well. Vent the top crust. Sprinkle with white sugar. Bake at 400 degrees for 50 minutes. Crust should be golden brown, and juice bubbling through the vents. Serve warm, with a slice of old cheddar cheese.

\* \* \*

I love Vermont, and Vermont Apple Pie. I need only look at the maples beginning to colour in September to want to be in Vermont. We enjoyed this marvelous pie one Christmas at an Inn near Stowe.

#### **VERMONT APPLE PIE**

Ingredients: Pastry for one 9" double crust pie  
4 cups of sliced tart apples  
1/2 cup of maple syrup  
1/4 cup of white sugar  
1/4 tsp of salt  
3 tbsp of cornstarch  
1 tbsp of butter

Method: Let everything except the butter sit together while you're rolling out pastry for the bottom and top crusts of the pie. Line a 9" pie pan with the pastry and sprinkle the bottom with white or brown sugar. Put apple mixture into the shell and dot with butter. Cover with the top crust. Cut vents and sprinkle top of pie with white sugar. Bake at 400 degrees for 40-50 minutes.

\* \* \*

You probably know the old saying: 'Apple pie without cheese is like a kiss without a squeeze.' Serve apple pie with old cheddar cheese - or whipped cream - or ice cream - but always serve it warm and don't skimp on the size of the slices. My pie pans are 10 " in diameter. I cut each pie into six pieces. I would never think of serving anyone a smaller slice unless they were on a diet. Raisin pie brings back memories of watching Grandmother stir her delicious raisin pie filling. She used a wood stove long after most people had an electric one.

#### **MARIE'S RAISIN PIE**

Ingredients: Pastry for one 9" double crust pie

3 cups of seedless raisins  
3/4 cup of boiling water  
3/4 cup of white sugar  
1/2 tsp of salt  
3 tbsp of cornstarch  
1/2 cup of orange juice  
1 tbsp of lemon juice or vinegar  
1 tbsp of grated orange rind  
1 tbsp of butter

Method: Use the crust to line the pie pan. Wash and drain raisins. Place in a pan with boiling water, sugar and salt. Heat to boiling. Mix a paste of cornstarch and orange juice, and add it to the mixture. Cook and stir over low heat until thick and smooth. Remove from the heat and add lemon juice, orange rind and butter. Stir well and pour into unbacked shell. Roll top crust and place some thin strips of pastry in a weave pattern on top of the pie. Bake at 425 degrees for 15 minutes. Reduce the heat to 350 degrees and continue baking until the pastry is a nice golden brown. Serve warm with ice cream.

\* \* \*

Don't lose the following recipe! It's wonderful!

#### **RASPBERRY CREAM PIE**

Ingredients: 1 graham cracker crust for a 9" pie  
2 cups of fresh or frozen raspberries  
1-1/4 cups of white sugar  
1 envelope of non-flavoured gelatin  
1/2 tsp of salt  
2 cups of whipping cream

Method: Mash the berries. Stir in one cup of sugar. Leave them for a few minutes, then drain and reserve the pulp. Measure juice, adding water to make 1-3/4 cups. In a saucepan combine gelatin, the remaining sugar and salt. Stir in the juice, and stop boiling the mix when the gelatin is dissolved. Chill, and then whip. Also whip the cream, and fold the fruit mixture into it. Chill until set. Put mixture into your favourite graham cracker crust, and serve cold.

\* \* \*

When I first tasted Peanut Butter Pie in North Carolina, I thought I'd died and gone to heaven. We used to buy peanut butter in twenty- pound pails when the children were bringing their friends home for a "bite to eat". I used it in a number of recipes, but never a pie. I managed to wangle a pie recipe. It's the one that everyone votes for!

#### **FR'S GREAT PEANUT BUTTER PIE**

Necessities: A baked 9" pie shell  
Ingredients: 2 cups of milk  
2/3 cup of white sugar  
Pinch of salt  
3 tbsp of cornstarch  
3 eggs, beaten  
1 tsp of vanilla  
½ cup of crunchy peanut butter

Method: Put milk, sugar, salt and cornstarch in a saucepan over medium heat and stir until slightly thick. Add beaten eggs and cook until thick, stirring all the while. Remove from the heat and beat with an electric beater for 3 to 4 minutes. Add peanut butter and vanilla and beat again until blended. Put into the baked pie shell, and serve cold with lots of whipped cream.

\* \* \*

Here's another pie containing peanut butter. This one is addictive! It's only made when we are expecting company, otherwise we would snack, snack, and snack. You will need a deep 9" pie pan or a 10" one. You can also make this recipe into pie "squares", using a 9" x 12" x 2" pan. Often I do this if I am expecting nine people and want to give them equal portions.

**PERFECT PEANUT BUTTER PIE**  
(Serves eight)

Necessity: A large pie pan

Ingredients: 1 baked graham cracker crust. (Make your own and ensure that the mixture is right up the sides of the pie pan before you bake it. If you are using a square pan, there is no need to push to mix up the sides - just fill the bottom generously).

First amount: 1-1/4 cups of icing sugar  
3 /4 cup of crunchy peanut butter

Second amount: ½ cup brown sugar  
1/3 cup white all-purpose white flour  
Pinch of salt  
2-1/2 cups of milk  
3 egg yolks, slightly beaten  
2 tbsp of margarine  
1 tsp of maple flavoring or vanilla extract

Third amount: For the meringue  
3 egg whites  
½ cup of white sugar  
1 tsp of cornstarch  
1/4 tsp of maple flavoring or vanilla extract

*Method for the first amount:* Combine icing sugar and peanut butter, using your hands. Spread half the mixture into the baked pie crust. Reserve the second lot for the top of the filling.

*Method for the second amount:* Combine sugar, flour and salt in a large saucepan that has been rinsed in cold water. Gradually add milk, stirring to make a smooth mixture. Place it on a low heat and stir constantly until it's thick and bubbly. Continue to stir and cook for another 2 minutes. Take the pan from the heat. Quickly stir a tbsp of the hot mixture into the egg yolks, and then return it to the pan. Still stirring, bring to the boil for a second before turning down the heat a little, and cook for two minutes. Then remove the pan from the heat and stir in the margarine and flavoring. Pour this mixture over the peanut butter crumbs in the pie pan. Distribute the second half of the peanut crumbs over the filling. Set all aside.

*Method for the third amount:* Combine cornstarch and sugar. In a large bowl, beat egg whites into soft peaks. Gradually add to the sugar mixture, beating all the while until the whites are stiff and very shiny. Spread the meringue over the top of the pie, making sure to seal the edges of the crust. Bake at 350 degrees for 10 to 15 minutes. The meringue should be golden brown. Cool on a rack for at least one hour before serving. Any left over can be covered and stored in the fridge in case anyone fancies a midnight snack.

\* \* \*

When my teenagers were involved with their High School's Drama Club, they held a party once a year. Closing night for some of their more ambitious plays also called for a celebration. Some parents refused to host these get-togethers, fearing perhaps that a score of unruly kids would ruin their house. Ted and I looked forward to seeing these clever young people, although we stayed home to supervise about sixty of them. Many parents allowed them to come because it was "at the Mesterns." I like to think that so many attended because of the food we served. One of the most sought after desserts at the Drama Club parties was "Concentrate Pie". It can be made in a large pie pan or a spring form pan. You can use any type of frozen, concentrated, unsweetened whole juice, but not a concentrated drink.

### CONCENTRATE PIE

Ingredients: 10" baked graham cracker pie crust or a baked graham crust in a large spring form pan  
2 packets of non-flavoured gelatin  
1/4 cup of cold water  
1 large tin of frozen concentrated fruit juice  
1/4 cup of white sugar  
2 eggs, separated (yolks are not used)  
1 cup of whipping cream

Method: Soften the gelatin in the cold water. Pour frozen juice into a pan, add sugar, and heat for two minutes. Do not reconstitute the juice with water. Add the gelatin mixture to the juice and stir constantly over very low heat for 3 to 4 minutes. Then pour into a large bowl and refrigerate the syrupy mixture until partially set. Beat egg whites until they form peaks, and whip the cream until it's very stiff. Fold the egg into the whipped cream, and then fold the mix into the gelatin. Do not beat. Pour mixture into the chilled crust. Pile as high as you can into pie shell. Any left over can be put into individual serving dishes. Chill covered for three hours, or until ready to serve.

\* \* \*

I've put tarts and pie in the same category, but don't often make the former because they take a lot of time and disappear too quickly. When I do bake them, they're invariably butter or pecan and I have only two recipes. Norma Torrance was a neighbour and a dear friend. Her butter tarts melted in your mouth. You can make tarts as fist-sized man-tarts, or dainty one-bite lady tarts. If you run out of filling, sprinkle coconut in the bottom of each pastry shell, add 1 tsp graham cracker crumbs, then full with a good strawberry, raspberry or blueberry jam and bake.

#### **NORMA'S TARTS**

Ingredients: 1 batch pie pastry  
2 eggs, beaten  
2 cups of brown sugar  
1 tbsp of vinegar  
1 tsp of vanilla  
½ cup of melted butter  
½ cup of soaked raisins

Method: Line eighteen large tart "holes" with your favourite pastry. Mix all ingredients together and spoon into tart shells. Bake at 400 degrees for 5 minutes. Turn down oven to 350 degrees and bake for another 15 minutes if you like runny tarts, or 20 minutes if you like them firm.

\* \* \*

#### **TED'S PECAN BUTTER TARTS**

Ingredients: 1 batch pie pastry  
1/8 tsp of salt  
½ cup of brown sugar  
½ cup of raisins  
½ cup of brown sugar  
1/4 cup of pecan bits  
½ tbsp of vinegar  
1/4 cup of corn syrup  
½ tsp of vanilla  
1 egg, beaten

4 tbsp of melted butter

Method: Line twelve large tart “holes” with your favourite pastry. Mix all remaining ingredients together and spoon the mixture into the tart “holes”. Bake for 15 minutes at 350 degrees for dry tarts, or for 10 minutes at 400 degrees for runny tarts.

\* \* \*

There’s a story to the “holes”. Once, Mother asked Dad to stop by the hardware store on his way home from work and buy her a twelve-tart pan. He didn’t hear properly, and brought twelve tart tins x twelve “holes”. She asked what on earth he’d been thinking about...but not exactly in those words! When she explained that she only wanted one pan that would make twelve tarts, he replied, “For Pete’s sake, why didn’t you say twelve tart “holes”, then I would have gotten only one tin.” Thereafter, tarts in our household were baked in “holes”.

## **PRESERVES**

*Pickles, Chutneys, Relishes, Preserves, Jams, Jellies, Sauces*

For years, there were no store-bought relishes, pickles, jams, jellies etc at “Stonehome”, nor did I purchase vegetables other than potatoes - these refused to grow in my garden. Maybe the soil is too rich. When we did purchase spuds, it was one hundred pounds at a time. They were kept in a cold room in the basement, along with carrots, turnips and beets. We lived on a tight budget, so we tried to be as self sufficient as possible.

I learned this from Mother and Dad, who had little money and four hungry mouths to feed. They and Grandmother grew most of the things they pickled, canned or dried. When sap rose in the spring, Dad tapped the twelve maple trees along the property line. The sap was boiled down on the kitchen stove so we, long ago, found out that wallpaper and boiling sap do not “agree” with each other. As a child, I’d go to bed at night with the smell of maple sap ‘on the boil’ and wake up in the morning with maple syrup on the table, and bits of wallpaper hanging from the ceiling.

We have a smaller vegetable garden now that our children are raising their own families, but they have all taken up the challenge of pickling and canning. I miss the full-blown routine of the

seasons. During summer and autumn months, when my mind and hands tell me I should be preserving for the winter, I have to suppress the urge to go and buy fruits and vegetables to “put down”. Admittedly, each year something finds its way into my basement. This year it was fruit chili sauce and sweet ‘n’ sour plum sauce, a few beans, some cherries and applesauce. To make my job more challenging, I did not own an electric food processor. An old hand-cranked food grinder and mill sufficed and I still use it along with my apple peeler and grain grinder. A new blender, a gift, sits forlornly on my counter.

I hope you will try several of my recipes. They have served my family well. Andrew once lived in the middle of a peach orchard on the Niagara Peninsula. The first thing he did during the summer of his first year was to preserve peaches and pears for the winter. Canning and preserving runs in the blood!

#### **NEWFOUNDLAND MINCEMEAT (for pies)**

Ingredients: 1 lb of beef suet  
1 lb of cooked beef  
1 lb of peeled and diced apples  
1 lb of seedless raisins  
1 lb of currants  
½ lb of candied mixed peel  
1 lb of brown sugar (2-1/2 cups)  
2 tsp of salt  
1 tsp of cloves  
1 tsp of allspice  
2 tsp of cinnamon  
1-1/2 cups of dark rum

Method: Mince the meat, suet, raisins, currants and peel. Mix thoroughly together with the apples. To do a good job, use your hands. Add the rum and stir, stir, stir. Place in a large ceramic bowl or crock. Cover with wax paper and a towel. Store in a cool dark place. Mix once a day and add another “tot” of rum. Make sure the crock is covered well after each stirring. The longer this mixture sits, the better it is. Use it as you would regular mincemeat. If you wish to use it for Christmas, make it at the end of October. Rum, and lots of it, is essential to this recipe. Do not substitute juice.

\* \* \*

#### **POOR MAN’S MINCEMEAT (for pies)**

Ingredients: 4 quarts of green tomatoes  
12 large sweet apples  
1 lb of raisins, chopped or minced  
2 lbs of brown sugar  
1 tsp of cinnamon

1 tsp of cloves  
1 tsp of allspice  
1 cup of dark rum or orange juice

Method: Grind tomatoes and apples together, collecting the juices as you do. Simmer pulp together in the juice for at least 10 minutes, but as the mixture has a tenancy to scorch, stir all the time. After ten minutes, leave enough juice to cover the mixture and drain off any excess. You don't the mincemeat too dry or sloppy. Add raisins, sugar, cinnamon, cloves and allspice. Cook gently until the sugar is completely dissolved. Stir while cooking to prevent the mixture sticking. Take off the stove and add the rum. Stir until it is incorporated into the mixture. Cool, and pack in jars or in margarine tubs in your freezer. One tub will hold just enough for one pie.

When using this mixture in pies, drizzle a little honey or corn syrup over it before putting on the top crust. You'll fool a lot of people with this mincemeat. Don't tell them what they're eating, however much they rave about it!

\* \* \*

While peaches are in season, make this delicious preserve. The secret is not to cook it too long.

**PEACH PRESERVE**  
(Enough for two 9" pies)

Ingredients: 10 cups of peeled, sliced peaches  
1 cup of white sugar  
6 tbsp of quick-cook tapioca  
1-1/4 cups of white sugar

Method: Place peaches in a saucepan. Sprinkle in the sugar and bring to the boil for only one minute. Add tapioca and sugar. Bring back to the boil for no longer than 1-1/2 minutes. Seal immediately into 2- cup canning jars.

\* \* \*

Pickling isn't difficult. However, you must use good, strong vinegar - 7% if you can find it, otherwise 5%. This information should be on the jug label. Remember to sterilize all your canning jars and to fill them while the pickling syrup is still hot - as hot as you can handle. Seal the jars immediately with hot, sterilized lids.

Remember that jars must always be sterilized as well, and filled while they are still hot. Don't forget to use new lids, and listen for the pop of the metal on the lid that tells you your jars are safely sealed.

If you haven't canned before, you can get excellent advice from the manufacturers of the various canning jars, and great recipe books too.

Vegetable salads are a mainstay on every buffet I've been to recently. They're all good, but they haven't got my recipe. It was developed to use up odds and ends in my garden.

### **PAT'S BEAN SALAD**

Ingredients: Any combination of beans, carrots, peppers, cauliflower, onions, etc in bite-sized pieces and cooked separately until just crisp and tender (5 minutes in boiling water for each vegetable chosen). Don't include mushrooms or cabbage. Drain the vegetables then mix them together while still hot.

Ingredients for the syrup: 2 cups white sugar  
2 cups of water  
2 cups of strong vinegar  
4 tsp of coarse salt  
1 tsp of dry mustard  
1 tsp of dry basil

Method for the syrup: Boil the above ingredients together for five minutes and keep hot on the stove's element.

Method for bottling: Sterilize the jars with metal lids. Fill them with the hot vegetable mixture and cover it with hot syrup. Seal the jars immediately and listen for the "pop" of the lids. Store in a cool dark place.

To serve the salad: Drain the syrup from the vegetables (reserve it for salad dressing). Add extra fresh vegetables if you wish, such as mushrooms, broccoli and shredded cabbage. Add a little salad oil. Stir to mix together, and serve.

\* \* \*

### **CYNTHIA'S ICICLE PICKLE**

Ingredients: Cucumbers, cut into pickle sized pieces  
Onions, sliced into rings  
Mustard seed  
Celery seed  
Cinnamon sticks

Ingredients for the Syrup: Bring to a full boil 2 cups of white sugar, ½ cups of strong vinegar and 1/3 cup of coarse salt

Method: Put cucumber chunks into a large container and cover with cold water and ice cubes. Let stand for three hours. Just

before canning, make the syrup and sterilize as many quart jars as you will need. Pack cucumber chunks into the hot jars, alternating with 8 to 10 onion slices. Add 1 tsp celery seed and 1 tsp mustard seed to each jar. Add a 2" piece of stick cinnamon to each jar. Fill the jars to the brim with the hot syrup and seal immediately. Put in a cool dark place for three weeks.

These pickles can also be made in a ceramic crock by interspersing onion slices, celery seed, mustard seed and cucumber slices. The rule of thumb for spicing is 1 teaspoon of each seed for every quart the crock holds. A ten-quart crock would equal ten teaspoons of each spice and at least ten two-inch pieces of cinnamon. Cover all with the very hot syrup. Put a lid on the crock and let it sit in a cool dark place for at least three weeks. Remove only those pickles you need, and keep the crock well sealed at all times.

\* \* \*

If I had a quarter for every jar of pickled beets I've done, I'd be rich! When "working" mothers found that I was pickling beets, they all asked for "a few jars". I spent hours pickling beets for them because they were too busy to do their own. Of course I didn't mind. These people babysat our house and cats when we were away. And what are neighbours for but to spoil on occasion?

### **PICKLED BEETS**

Ingredients: Beets, cooked and skinned. Large beets should be cut up.

Small beets can be used whole.

Ingredients - Syrup: Bring 2 cups of vinegar to a full boil

1 cup of white sugar

1 cup of water

Coarse salt

Method: Sterilize canning jars and pack beets into them while both are still hot. Put 1 tsp of coarse pickling salt in each jar. Cover with the hot syrup and seal immediately. Store in a cool, dark place.

\* \* \*

Mary Smith, Willard's wife, hailed from the USA and brought a number of good old-fashioned recipe books with her. One had been put together to finance a political campaign, hence the name of the next recipe.

### **GRAND OLD PARTY BREAD AND BUTTER PICKLES**

Ingredients: 8 cups of thinly sliced cucumbers  
4 cups of thinly sliced green peppers  
2 cups of thinly sliced onions

Ingredients - Syrup: Bring to the boil 2 cups of vinegar, 2 tsp of celery seed, 1 cup of white sugar and 2 tsp of turmeric

Method: Mix cucumbers, green peppers and onions together and let stand covered for one hour. Drain then put the vegetables in a large canning kettle. Pour the hot syrup over vegetable mixture and bring to the boil again. Pack into hot, sterilized pint jars and seal immediately. Store in a cool dark place.

\* \* \*

When Teddy's auntie came for a visit from Germany, she refused to eat carrots as she said they were only good for horse-feed. That was until she tried a pickled carrot after which I had to hide the jar! Don't overcook carrots. They should have some snap left in them, although they should be hot through to the core. You're not cooking them so much as blanching them. Test by eating one occasionally.

### **DOROTHEE'S PICKLED CARROTS**

Ingredients: Small whole carrots, cooked until hot all the way through but still crunchy, or large carrots, peeled and sliced to the size of small carrots and cooked as above mentioned.

Ingredients for syrup: Boil together  
1 cup of vinegar  
1 cup of water  
2/3 cup of white sugar  
1/2 tsp of coarse salt  
3 tbs of mixed pickling spice tied in a bag

Method: Sterilize pint sealers. Place carrots into sealer and pour hot syrup over to the top of the canning jar. Seal immediately and let sit for at least three weeks before serving.

\* \* \*

While other people traded gossip over the back fence, Willard Smith and I exchanged recipes. He was very generous with his

garden produce. He could be found hoeing his garden at five o'clock in the morning! We'd often find beautiful white parsnips, a cabbage, tomatoes, asparagus, etc left at our back door. He was a gentleman in the true sense of the word.

#### **WILLARD'S DILL BEANS**

Ingredients: Freshly picked green or yellow beans

Fresh dill

Ingredients - Syrup: Boil together

1 cup of vinegar

4 tsp of pickling salt

3/4 cup of water

1 cup of white sugar

Method: Remove tails and stems from beans. Wash and bring to a boil in water. Boil for 5 minutes, until crispy, just partially cooked. Pack lengthwise in hot sterilized pint jars with a sprig of fresh dill in the bottom of the jar and another in the top. Pour hot syrup over the beans and seal the jars immediately. Keep in a cool dark place.

\* \* \*

#### **EASY DILL PICKLES**

Necessities: Sterilized jars

Ingredients: 6 quarts of small cucumbers

Sprigs of dill

Ingredients for Syrup: Bring to the boil 6 cups of white vinegar, 6 cups of water, 1-1/2 cups of white sugar, 3/4 cup of pickling salt, mixed whole pickling spice and (if you wish) small hot red peppers.

Method: Scrub cucumbers and trim off stem ends. Split endwise if large. Pack in quart jars. Into each jar put 1 tsp pickling spice, 2 hot red peppers and 2 good heads of dill. Fill each jar with hot syrup and seal immediately. Let stand for 6 weeks before using.

\* \* \*

My aunt, Mary Shaw, lived in Atikokan, way up in Northern Ontario where you'd think nothing grew but black flies. She was noted for her pickles, although she didn't grow anything in her back yard because it was one large rock. She bought cucumbers in the Lakehead, which we now know as Thunder Bay, one hundred and twenty miles from Atikokan. When she made up her mind that she wanted to make pickles, there was nothing to do but get in the car and drive to the Lakehead like a bat out of Hell. Uncle Charlie boasted that he could make a one-way trip there in 1-1/4 hours. I never accepted a ride with him!

#### **AUNT MARY'S PICKLES**

Necessities: Sterilized canning jars

Ingredients: 12 large cucumbers, pared and seeded

1/4 cup of coarse salt

6 onions, sliced

2 cups of strong vinegar

2 cups of white sugar

2 tsp of mustard seed

1/4 tsp of turmeric

2 tbsp of flour

Pinch of curry powder

Method: Pare and seed the cucumbers. Add the salt and let stand overnight. Drain and add onion slices, vinegar and white sugar. Boil this mixture until tender and then add the mustard seed, turmeric, flour and curry powder. Boil until thickened a little, stirring all the while. Fill hot sterilized jars and seal down immediately with hot lids.

\* \* \*

Have you ever wondered what makes a certain tomato sauce look chunky, thick and red? My Italian grandmother knew the secret - carrots!

### **MAMMA M'S SPAGHETTI SAUCE**

Ingredients: 1-1/2 (6 quart) baskets of ripe, red tomatoes

1 tbsp of dried basil

3 large carrots, chopped

2 onions, chopped

4 large celery ribs, chopped finely

2 tbsp of coarse salt

1 tsp of black pepper

Method: Combine everything in a large pot and simmer for at least three hours. Stir occasionally. Remove from the heat and put the mixture through a food mill. Compost the few leftovers you have -- the seeds, the bits of celery, etc. Place juice in the pot again and put it back on the burner. Let it simmer until the mixture is as thick as you wish. Stir more often when it begins to thicken, in case it burns. (You can cook this in your oven overnight at 300 degrees - and the mixture won't need stirring. Finish the sauce on the top of the stove in the morning). When ready to can, sterilize the jars and hold them hot. Pour in the sauce and seal immediately. When serving, stir a little butter or olive oil into the hot sauce, which can be substituted for spaghetti sauce or tomato sauce. It's also great in casseroles, stews, and macaroni dishes. If you don't want to make Mamma M's Sauce, try a simple recipe for Tomato Sauce. When making spaghetti sauce, it's a good idea to make large batches. You'll find that you go through a lot of it. Just think how many times you use spaghetti sauce and then translate that into jars of the homemade variety. Tomatoes are easy to grow, but you can purchase large quantities cheap at a farm market.

However, there's nothing like a good homemade spaghetti sauce, seasoned just the way your family likes it.

\* \* \*

### **ALL-PURPOSE TOMATO SAUCE**

Necessities: Sterilized canning jars

Ingredients: 20 ripe red tomatoes

4 sweet peppers and 3 onions

3 cups of cider vinegar and 3 cups of white sugar

3 tbsp of coarse salt

Pinch of cayenne pepper

Method: Grind tomatoes, peppers and onions. Add cider vinegar, sugar, pickling salt and cayenne pepper. Cook over low heat until thick. (You can cook this in the oven overnight if you like. Oven should be at 300 degrees and mixture does not need stirring. Finish the sauce on the top of the stove in the morning). While cooking on the top of the stove, stir frequently so that the mixture doesn't stick. Sterilize canning jars and put tomato sauce in hot jars. Seal down immediately.

\* \* \*

### **SWEET CELERY TOMATO SAUCE**

Ingredients: 1-1/2 baskets (6 quarts) of ripe tomatoes, peeled and chopped

2 heads of celery, chopped

5 medium onions, ground

2 hot red peppers, ground

2 green peppers, ground

2-1/2 cups of white sugar

1/4 cup of coarse salt

2 cups of good vinegar

1/4 cup of whole pickling spice

Method: Place all the ingredients in a large pot and bring to the boil. Reduce heat and simmer until the mixture is of the desired consistency. Sterilize canning jars and hold hot. When the sauce is thick enough, bottle and seal immediately.

When you use bagged pickling spice, throw it out afterwards. It gives flavours while the sauce is simmering, but isn't meant to go in the jars. Some people use cheesecloth for a spice bag. Others buy a plain white handkerchief and use it over and over again, changing the spice after each use, of course - and never using it for anything but pickling.

\* \* \*

An alternative to store-bought barbeque sauce can be made cheaply. All you need is a source of really ripe red tomatoes.

## BARBEQUE SAUCE

Ingredients: 6 tbsp of coarse salt, and 2 tsp each of dry mustard, garlic powder, black pepper and dry mustard  
20 cups of tomato juice  
6 shakes of Tabasco sauce  
10 bay leaves  
10 tsp of Worcestershire sauce (if available in your area)  
4 cups of strong vinegar and 1 cup of brown sugar

Method: Render enough raw ripe red tomatoes into juice to make 20 cupfuls, either by using a blender or a food mill. If you use the food mill, compost what is left, i.e. seeds and skin. Put all ingredients, including the tomato juice, in a large pot - we call them canning kettles. Simmer until reduced to one half the quantity or as thick as you like. (I used to make this sauce in the oven on a cool September day). Set the oven at 300 degrees. Place the mixture in a deep roasting pan and bake it, checking and stirring occasionally until it gets as thick as you wish). When it's ready, remove the bay leaves and seal into hot jars.

When using this sauce - For every 2-1/2 cupfuls, add 3 tbsp salad oil and mix well.

\* \* \*

As nothing was ever thrown away, Mother and Grandmother invented recipes to "clean up" the garden. It was really a thrill to see rows and rows of home-canned produce shimmering in the beam of a flashlight. I say a flashlight because home canned produce should be kept in a dark, cool place. If kept in a warm, well-lit basement, the colours fade and the quality of the food deteriorates.

We ate lots of relishes made with green tomatoes, cucumbers or green peppers - or a combination of all three. One of my sister's favourite meals was a little green relish mixed with hot mashed potatoes smothered in butter. Chili sauce was served with every meal. It was great with scrambled eggs, turning them into a gourmet feast. A good green pepper relish is invaluable.

\* \* \*

## EMERALD ISLE RELISH

Ingredients: 20 green tomatoes, peeled and sliced  
8 onions sliced  
1/4 cup of coarse salt  
3 cups of vinegar  
3 cups of white sugar  
2 sweet red peppers, ground  
1 tbsp of pickling spice, in a bag

Method: Put tomatoes and onions in a large pan. Sprinkle with salt, stir, and let sit overnight. Drain well in the morning. Place the

vegetables in a large kettle. Add vinegar, sugar, red peppers and the bag of spice. Boil for one hour, stirring when necessary. While relish is boiling, sterilize canning jars. Put hot relish in hot jars and put on lids immediately. Always listen for the "pop" of the canning jar to indicate you have a good seal.

\* \* \*

### **EDITH'S PEPPER RELISH**

Ingredients: 6 sweet red peppers and 6 sweet green peppers.  
Alternatively, use 12 of either kind.  
3 medium sized onions  
2 cups of white sugar and 1 cup of vinegar  
1-1/2 tsp of coarse salt  
1 tsp each of mustard seed and celery seed

Method: Select large firm peppers, wash, and cut into quarters. Remove the seeds and grind finely. Peel the onions and grind finely. Mix all ingredients together in a large kettle and bring to a boil. Hold just below the boil for 15 minutes. Sterilize pint-size canning jars, which are best for this recipe. Put the hot relish into the hot jars and seal with lids immediately.

\* \* \*

### **CUCUMBER RELISH**

Ingredients: 5 cups of ground cucumbers (leave skin on)  
3 cups of ground onions  
2 green peppers, ground  
2 hot red peppers, ground  
3 cups of celery, ground  
Water  
3/4 cup of coarse salt

Ingredients for the syrup: 5 cups of white vinegar  
1/2 tsp of turmeric  
3 cups white sugar  
3 tsp each of celery seed and mustard seed  
3 tbs of flour

Method: In a glass or ceramic bowl, mix the salt with ground vegetables and add enough water to just cover. Let stand overnight and drain well in the morning. Place the cucumber mixture in a large kettle. Add vinegar, turmeric, sugar, celery, mustard seeds and flour. Stir well. Bring all to a boil, and hold just below the boil for 20 minutes, stirring often. Sterilize canning jars. Put hot relish into hot jars and seal down immediately with lids.

\* \* \*

### **BEEF RELISH**

Ingredients: 20 large beets, cooked, skinned and diced  
Ingredients for the sauce: 2 cups of vinegar

3 cups of white sugar  
1 tbsp each of coarse salt and dry mustard  
3 tbsp of flour

Method: Sterilize canning jars. Keep the diced beets hot in the oven while you make the sauce. Mix vinegar, sugar, salt, mustard and flour together and bring to a boil. Hold just below the boil for ten minutes, stirring often. Mix sauce with the beets and stir well. Keep the relish hot on the top of the stove while you fill the hot jars. Seal with lids immediately.

\* \* \*

I have no idea who Curly was, but he had good taste! I found this recipe for his relish in a 1950's handwritten cookbook. This dish can't be kept if not refrigerated. Please don't scald the tomatoes before skinning them. If they are red ripe, the skins will come off easily.

#### **CURLY'S UNCOOKED RED RELISH**

Ingredients: 30 red ripe tomatoes, peeled.  
12 small onions, chopped fine  
1 cup of coarse salt  
5 good sized celery stalks, chopped fine  
4 sweet green or red peppers, chopped fine.  
For a nippy relish, use a combination of sweet and hot peppers

Ingredients for the syrup: Bring to the boil 2 tbsp of ground cinnamon, 1 tbsp of ground allspice, a dash of cayenne pepper, 9 cups of white sugar and 5 cups of good vinegar.

Method: Mix tomatoes and onions. Add salt, and let stand overnight. In the morning, drain thoroughly and add the celery and peppers. Boil the syrup then let it cool. Sterilize the canning jars and let them cool. Mix the syrup with the cold vegetables. Place in cold canning jars and put lids on. Keep in the refrigerator. A hint - I make a full batch of this relish to give away. If you have a small fridge, halve the recipe.

\* \* \*

I was reading the cookbook while up north and noted that Curly recommended the relish be kept in the icehouse. In the 1950s, all northern fishing camps had icehouses. I can remember my Uncle Carl's ice shack. It was constructed of logs at least twelve inches thick, with moss caulking between them. Inside, huge chunks of lake ice were piled high, covered with sawdust to insulate them against the heat. When ice was needed, a chunk was dragged out,

dipped in the lake to rid it of the sawdust and it was then placed in an old icebox or broken up and packed around the catch of wealthy fishermen who were heading home after spending a week in one of their camps.

I can also remember Dad picking up large wooden boxes at the train station. They dripped water like a leaky faucet. When opened, they contained huge fresh lake fish packed in ice. If the box was placed on the train in Algoma Mills in the morning, it reached Fergus at seven o'clock the same evening. That was service! Several times, Uncle Carl flew the fish down to Fergus, landing his plane on Belwood Lake, three miles east of town. Those were exciting occasions, as in those days few people had seen a floatplane.

Jam and jelly can be made from just about every fruit available in your garden and at a store. If you use a fruit-pectin such as Certo, you will make delicious jams and jellies. The recipes I have chosen are just a little unique.

I always thought that mice were stupid if they didn't bed down in a housewife's pantry. Grandmother's was stocked with enough good food to last a fortnight - crocks of pickles, butters and jams; canned fruits, a bread box full of yeast breads, jars of dried fruits, twenty pound pails of peanut butter, five gallon crocks of apple butter, and crocks of cookies. Her apple jam was devoured by the quart on thick slices of homemade bread slathered with creamy farm butter.

### **GREAT-GRANDMOTHER'S APPLE JAM**

You need equal weights of brown sugar\*\* plus good solid tart cooking apples and three lemons. Pare and core the apples. Chop or grind them fine. Make as much syrup as you'll need (1 cup sugar to 2 cups of water) and clarify it thoroughly (in other words, bring it to the boil). Add the apples and the grated peel of three lemons. If you like, throw in a good-sized piece of ginger root. If you cannot find ginger root, use 2 tsp of ground ginger. Boil until the apple looks clear and yellow. Stir all the time that the mixture is on the boil. Be careful to wear a long-sleeved shirt. This mixture spits! Remove the piece of whole ginger just before canning. Put hot apple jam into hot sterilized jars and seal with lids immediately.

\*\* Use 5 pounds of sugar to 5 pounds of apples - 2 pounds of sugar to 2 pounds of apples, etc. Sugar and apples must be equal in weight. After you've weighed the sugar you're going to use, be sure to measure it accurately with a cup. (Remember: 1 cup of sugar to 2 cups of water).

\* \* \*

In South Africa, Ted used to pick apricots from trees and eat them. Apricot jam was ordinary as peanut butter. Fresh apricots are hard to get in Canada, and their taste leaves something to be desired. They never ripen enough to make a deep rich jam. The following recipe using dried apricots was devised to satisfy Ted's craving for apricot jam.

### **APRICOT CONSERVE**

Ingredients: ½ lb. dried apricots, cut into very small pieces  
4 oz candied red cherries, chopped  
3-1/2 cups of water  
¾ cup of orange juice  
7 cups of white sugar  
½ tsp cinnamon  
½ bottle of liquid Certo (fruit pectin)

Method: Place apricots and cherries in a large pan with the water. Cover with a lid and let stand overnight. In the morning, add the orange juice, sugar and cinnamon. Place the pan over a high heat and bring to a full boil. Boil hard for 4 minutes, stirring constantly. Remove from the heat and quickly stir in the liquid Certo. Skim the mixture. Stir and skim by turns for 5 minutes. Ladle quickly into sterilized hot jars and seal down with lids immediately.

\* \* \*

Bert Torrance, another elderly neighbour, swore by the jam in the following recipe. He'd even stoop to make it if his wife Norma was busy with other jobs. Whatever time of year it was, he began a conversation with: "Do you think the rain will hurt the rhubarb?" He'd been a farmer, and was trying to find out if the people he was talking to were clued into the growing season. In fact, rhubarb loves rain!

### **ICEBOX RHUBARB JAM**

Ingredients: 8 cups of rhubarb, cut fine  
6 cups of white sugar  
1 small packet of lemon Jell-O powder  
1 small packet of strawberry Jell-O powder

Method: Cover the rhubarb with white sugar and leave it overnight. Do not drain it in the morning. Bring it to the boil and then keep it below the boil for 15 minutes. Just before you remove it from the heat, give it another fast boil. Thoroughly stir in the packets of Jell-O powder. Put into sterilized jars and lid down.

\* \* \*

### **SURPRISE GRAPE JELLY**

Ingredients: 4 cups of pineapple juice  
Juice of 1 lemon  
1 box of Certo crystals  
4 cups of white sugar  
2 small packets of grape Jell-O powder

Method: Bring pineapple juice, lemon juice and Certo crystals to a boil, and then add the sugar and Jell-O. Boil for 5 minutes. Place in pretty glass containers, screw lids on tightly, and keep in the refrigerator. Make small quantities of this jelly and use quickly.

\* \* \*

### **PEAR MARMALADE**

Ingredients: 12 large pears cut up fine (do not peel)  
1 tin of crushed pineapple, drained (keep the juice)  
6 oranges, squeezed (keep rinds and juice)  
3/4 cup of white sugar for each cup of juice

Method: Put orange rinds through a chopper. Mix pears, oranges, rind and pineapple. Measure saved juice by the cup. Place juice and sugar into fruit mixture. Put all in a large pot and bring to a boil. Cook just below the boil until thick, stirring all the time in case it sticks. Put into hot sterilized jars and seal immediately.

\* \* \*

### **ICEBOX VEGGIE JEWEL**

Ingredients: 1 cup of V-8 cocktail vegetable juice or Heinz vegetable juice  
1/3 cup of lemon juice  
3 cups of white sugar  
1 tsp of ground cinnamon  
Pinch of ground cloves  
One 4 oz bottle of Certo liquid fruit pectin

Method: In a large saucepan, combine all ingredients except the Certo. Place over high heat. Bring to a full boil, stirring constantly, and stir in the Certo. Boil rapidly for one minute, stirring constantly. Remove from the heat. Skim off foam with a metal spoon. Stir and skim to cool slightly and to prevent the spices from floating to the top. Ladle into hot sterilized jars or glasses and seal with lids immediately.

\* \* \*

Jelly made from 100% pure fruit concentrate can be as exotic as the

frozen kind in your local supermarket. Any concentrate works well, but don't use those for frozen drinks! Serve these jellies in nice glass dishes to compliment their colour.

### **JELLY FROM CONCENTRATE**

Ingredients: 2 tins of frozen unsweetened fruit concentrate  
1 cup of water  
2 cups of white sugar  
1 bottle of Certo liquid fruit pectin

Method: Combine juice with water and sugar in a deep heavy pot. Bring to a boil on high heat, stirring constantly. Stir in the Certo and quickly bring to the boil again for two minutes, stirring occasionally. Remove from heat and let stand for one minute. Skim off the foam. Let stand for another 4 to 5 minutes, and skim off foam again. Put into sterilized hot jars and seal immediately with lids. Store this jelly in the refrigerator. It won't last long!

\* \* \*

Dad didn't approve of Horseradish jelly. He liked his "horse" so hot that he grew his own, and had us children grind it for him - for a hefty allowance, I might add. With tears running down our faces, we would take turns at the picnic table pushing horseradish root through a food chopper. But it was good with roast beef!

### **HORSERADISH JELLY**

Ingredients: 3/4 cup of grated horseradish  
1 tbsp of grated lemon peel  
1 tbsp of grated red pepper  
1/2 cup of water  
1/2 cup of cider vinegar  
1-1/2 cups of canned apple juice  
4 cups of white sugar  
1 packet of Certo fruit pectin crystals

Method: Put horseradish, lemon peel, red pepper, water, cider vinegar and apple juice into a large pot. Stir. Add the Certo crystals and bring to full boil. Add four cups of sugar and boil for 7 to 8 minutes. Ladle into sterilized jars and seal with lids immediately.

\* \* \*

What's fantastic on peanut butter sandwiches, cheese sandwiches, as a midnight snack, with sausage on a bun, on cold meat sandwiches, with lamb, on a relish tray? Minted Onion Rings you've made yourself!

### **MINTED ONION RINGS**

Ingredients: 8 cups of white vinegar  
2/3 cup of white sugar  
1 tsp of coarse salt  
2 tbsp of dried mint leaves or 24 fresh mint leaves  
At least 12 medium-sized onions cut into rings

Method: Bring vinegar, sugar, salt and mint to the boil. Add onion rings and bring to a boil again. Turn heat back and hold just under the boil until the onion rings are heated through, but still crunchy. Take off the heat and ladle into small hot sterilized jars or one very large glass jar. Seal down with lids. Store the large jar in the refrigerator.

\* \* \*

### **PARSLEY JELLY**

Ingredients: 4 cups of canned apple juice, ½ cup of lime juice, 1 packet of Certo fruit pectin crystals and 5 cups of white sugar  
2 cups of washed, chopped fresh parsley or 8 tbsp dried parsley

Method: Bring apple juice, lime juice and Certo crystals to the boil. Add white sugar and bring to the boil again for one minute. Add parsley and stir. Remove from the heat. Stir frequently for 5 to 6 minutes to distribute parsley throughout the jelly. Put into sterilized jars and seal with lids immediately.

\* \* \*

I never add food colouring to a recipe. In commercial mint jelly, it makes it look sparkling green. The following recipe gives you the mint taste in a clear sauce.

### **MINT SAUCE**

Ingredients: 1 cup of packed chopped mint leaves and tender stems  
½ cup of cider vinegar  
1 cup of water  
3-1/2 cups of white sugar  
½ bottle of Certo liquid fruit pectin

Method: Combine mint, cider vinegar, water and sugar in a large pot. Stir over high heat until mixture comes to a full boil. Add

Certo and boil hard for 1 minute. Remove from the heat Skim off the foam. Let the jelly sit for 5 to 6 minutes, stirring occasionally. Ladle it into hot sterilized jelly glasses or small jars, and seal with lids immediately.

\* \* \*

## SALADS & SALAD DRESSINGS

Grandmother believed that no one should be without a cabbage in the house. She always had one on hand which she served in a variety of ways, boiled, steamed, fried. Her best cabbage dishes were salads. The following salad will keep in the fridge for a long time. It's great to have on hand just in case unexpected company arrives. One of my best friends likes it on cheese sandwiches. There's no accounting for some people's tastes! She said it was also "tolerable" on peanut butter sandwiches too.

### AMISH CABBAGE SALAD

Ingredients: 6 cups of white cabbage, shredded  
½ cup of grated onion (My Mennonite friends use 1-1/2 cups onion, but I find this amount too overwhelming)  
3 cups of grated carrot  
4 sweet red peppers, grated chopped fine in blender  
1/8 cup of coarse salt

Ingredients for the dressing: 3 cups of white sugar, 3 cups of white vinegar, and 1 tbs each of mustard seed and celery seed

Method: Mix vegetables together and sprinkle with salt. Let stand for 3-4 hours, then drain. Mix all dressing ingredients together. Don't cook them. Place the vegetables in a large bowl with a tight fitting lid. Pour cold dressing over them. Cover, and keep in refrigerator. You can use this salad immediately, but it tastes better if marinated for several days. Take out what you need, cover the rest and refrigerate. Stir the stored salad periodically. You can use the dressing over and over again. Simply add more salad ingredients as needed. I also use this dressing for pickled eggs.

\* \* \*

A neighbour of ours loves KFC coleslaw so much that she spent hours trying to duplicate their recipe. When she finally brought two samples over for me to try, (one the KFC, and the other her concoction) I had to admit that she was darn close. Several months later we were invited to a party, whose hostess believed that KFC solved all her catering problems. I said, "Don't worry about the salad, I'll take care of it." She was a little apprehensive, but finally agreed. I whipped up a slaw and no one knew the difference, especially the hostess, who thought I'd whipped into the nearest KFC store for a quart of their finest. I use a blender to chop the veggies. See what you think.

### SLAW KFC

Ingredients: Half a medium-sized white cabbage, grated fine  
½ grated green pepper  
3 grated carrots  
1 small onion, grated  
½ tsp of salt  
1 tbsp of white sugar  
2 tbsp of white vinegar  
1 small bottle of coleslaw dressing (I suggest Kraft)

Method: Mix salt, sugar, vinegar and the dressing. Add grated vegetables and mix well. Cover and store in refrigerator. It will keep for at least one week.

Note: I have also used another dressing on this slaw, consisting of ½ tsp of salt, ¾ cup of sour cream, ½ bottle of Kraft coleslaw dressing, and 2 tbsp of lemon juice. It tastes great, just a little sour.

### GOLDEN SASKATCHEWAN SLAW

Ingredients: 1 medium-sized white cabbage, shredded  
2 carrots, coarsely shredded  
2 cucumbers, pared and thinly sliced  
2 small green peppers, chopped  
1 medium onion, minced

Ingredients for the dressing: 1 cup of vinegar  
1 cup of corn syrup  
½ cup corn or vegetable oil  
1 tsp of salt  
¼ tsp of black pepper

Method: Toss all the vegetables together in a large bowl with a tight fitting cover. Stir all dressing ingredients together. Toss dressing with vegetables until just mixed. Cover tightly and chill for at least two days before serving. Toss once each day to mix ingredients. This salad keeps well.

\* \* \*

My friend Laurie is famous for a vegetable salad that she brought to community gatherings. She always threw in extra black olives and mushrooms because the men liked them. I do the same. If you don't like black olives, leave them out.

### LAURIE'S ITALIAN SALAD

Ingredients: 1 large head cauliflower

1 double head broccoli  
4 large carrots, cut diagonally into bite sized pieces  
1 medium onion, sliced  
1 lb of fresh mushrooms  
1 cup of cherry tomatoes  
1 small tin of ripe black olives  
3 stalks celery, sliced diagonally into bite-sized pieces  
1 large bottle of good Italian salad dressing

Method: Make sure all veggies are in bite-sized pieces, and then place them in a large bowl with a tight fitting lid. Pour on the dressing and let the mixture marinate for at least twelve hours. Just before serving, add the cherry tomatoes. My son Andrew also adds one cup of feta cheese.

\* \* \*

There's nothing like a macaroni salad to fill hungry folks. Whenever my teenage kids had a party at the house, this dish was on the buffet table. I served it with a soup ladle, and the kids could wolf down plates of it without taking a breath. Double the recipe to serve ten people, and triple it for thirty.

#### **FILL 'EM UP MACARONI SALAD**

Ingredients: 1-1/4 cups of uncooked elbow macaroni  
8 cups of boiling water  
1 tsp of salt  
3 tbsp of chopped green onion  
1 cup of finely shredded white cabbage  
1/2 cup of shredded carrot  
1/4 cup of finely chopped sweet red pepper  
4 hard cooked eggs, sliced thinly  
2 tbsp of white vinegar  
1/2 cup of mayonnaise (not salad cream)

Method: Cook the macaroni with the salt in boiling water. Drain well. Rinse with cold water, and drain well again. Put in a large serving bowl and add all other ingredients. Mix well, using two forks. Make sure everything is moistened with the mayonnaise. Add a little more mayonnaise if you feel it necessary. Chill well before serving.

\* \* \*

#### **SLIM SALAD PICKINGS**

Ingredients: 1 cup of small-curd cottage cheese  
1 small packet of lemon or lime jelly powder  
2/3 cup of boiling water  
One 19 oz tin of crushed pineapple  
1 cup of whipping cream, beaten stiff

Method: Dissolve the jelly powder in boiling water. Take off the stove. Add pineapple with its juice, and stir well. Stir in the

cottage cheese. Fold in whipped cream. Put in a fancy dish, cover and refrigerate. Serve directly from the bowl. This salad can also be put in a mold and turned out onto a nice plate before serving. I can never get it to “quit the mold”, so I serve it from a pretty cut glass dish.

\* \* \*

I don't recommend giving this dish as a main meal unless the people eating it are on a very strict diet. It's tasty enough, but hasn't much substance.

### **EVEN SLIMMER SALAD**

Ingredients: One 19 oz tin of stewed tomatoes  
2 packets of Jell-O, tropical fruit or lemon  
1 tsp of vinegar  
1 cup of crushed tinned pineapple

Method: Bring tomatoes to a boil and add the Jell-O, the vinegar and the pineapple. Stir, then pour into a fancy bowl and let it set in the refrigerator until ready to serve directly from the bowl. As I mentioned before, my attempts to get gelatin salads out of a mold have been unsuccessful.

\* \* \*

Here's one more “slimmer than thou” salad. It's served in a local restaurant and is really quite tasty. I use it as a side dish.

### **VEGETARIAN SALAD**

Ingredients: 1 3 oz packet of lemon or lime Jell-O  
1 cup of boiling water  
½ cup of low-fat salad dressing or mayonnaise  
1 10 oz tin of vegetarian vegetable soup

Method: Dissolve Jell-O in boiling water. Pour into a pretty bowl, leave in the fridge until it's partially set and then gently stir in the salad dressing and the soup. Let the mixture set completely before serving.

\* \* \*

My contribution to any buffet is bean salad. I serve it with Christmas dinner. People stop me on the street and ask for my recipe. So here it is. All my tinned products are the regular size, between 12 and 14 oz.

### **PATRICIA'S FANTASTIC BEAN SALAD**

Ingredients: 1 tin each of green beans, yellow beans, Lima beans, and kidney beans

1 tin of chickpeas

1 tin of mushroom pieces (If you like mushrooms, use 2 tins)

1 tin of asparagus bits

3/4 cup of chopped celery

1/2 cup of chopped red pepper

1 medium onion, sliced thinly

Ingredients for the dressing: 1/2 cup of vinegar

1/2 cup of salad oil

1/4 cup of white sugar

1 tsp of salt

1/2 tsp of black pepper

2 tsp of dry parsley

Method: Drain all tinned vegetables thoroughly and place in a very large bowl with a tight fitting cover. Stir gently. Add celery, red pepper and onion. Stir gently. Mix dressing ingredients together and pour over the vegetables. Stir until everything is well mixed. Cover and store in the refrigerator for at least twelve hours before serving. Note: If you have fresh garden vegetables, by all means substitute them for the tinned variety, but be sure to cook them before adding to the rest of the ingredients.

\* \* \*

Carrot salads can be made cheaply, and they're a great way to get children to eat vegetables!

### **MARINATED CARROT SALAD**

Ingredients: 1 lb carrots, cut into fingers

1 medium onion, sliced

1 medium green pepper, sliced

5 oz of undiluted tomato soup (half a tin)

1/4 cup of white sugar

1/2 cup of salad oil

1/2 tsp of dry mustard

1/3 cup of white vinegar

1/2 tsp of salt

1/4 tsp of black pepper

Method: Cook carrots until just tender. Drain. Add onion and pepper strips. Mix together the remaining ingredients and marinate for at least twelve hours before serving on lettuce or directly from a nice glass bowl.

### **CARROT RAISIN SALAD**

Ingredients: 1 lb of carrots, shredded  
1/2 medium onion, sliced very thin  
3/4 cup of washed, seedless raisins  
1/4 cup of white sugar  
1/2 cup of salad oil  
1/3 cup of white vinegar  
1/2 tsp of salt  
1/4 tsp of black pepper  
1/2 tsp of celery seed

Method: Mix carrots, onion and raisins in a salad bowl. Mix all the other ingredients together and pour them over the carrot mixture. Stir well, and let it sit in refrigerator for at least six hours before serving.

\* \* \*

### **SURPRISE BEETS**

Ingredients: 3 cups of diced cooked beets  
2 tbsp of white sugar  
1 cup of water  
1 tbsp of cornstarch  
1/2 tsp of salt  
1 small onion, sliced thin

Method: Mix sugar, water and cornstarch together in a pan. Bring to the boil then simmer. Put beets and sliced onion into the mixture. Cover and simmer for only ten minutes. Place in a bowl and cool in the refrigerator. Serve cold or hot. To serve hot, stir in 1 tbsp of butter after simmering.

\* \* \*

The following salad is too expensive for everyday fare, so we only have it on special occasions, when there are usually ten adults and ten grandchildren to feed. Even if I quadruple the recipe, there still isn't enough to go round!

### **SHRIMP SALAD**

Ingredients: 1 lb of cooked, cleaned shrimps  
1-1/2 cups of chopped celery  
2 hard-boiled eggs, chopped  
2/3 cup of real mayonnaise  
1/8 tsp of dried parsley  
1/4 tsp of salt  
1/4 tsp of black pepper  
Pinch of cayenne or red pepper  
Lemon slices, if desired.

Method: Reserve some shrimp for garnish. Cut the remainder into bit-sized pieces (if you're using the large variety), and put in a

glass bowl. Add the celery, egg, mayonnaise, parsley salt, pepper and cayenne. Stir well, and spoon over the shrimp. Mix gently, and chill. Garnish with whole shrimp and lemon slices before serving in individual dessert bowls on a bed of lettuce - with a crusty roll for each person.

\* \* \*

We don't often have salad containing seafood, but here's another for special occasions. I serve it with crackers, which helps to make it go further.

### **SEAFOOD SALAD**

Ingredients: 1 cup of tomato soup, undiluted  
½ cup of cold water  
12 oz of cream cheese  
2 tbsp of gelatin  
1 cup of mayonnaise  
1-1/2 cups of mixed celery, green onion and sweet red pepper, chopped very fine by hand or in a blender  
8 oz of chopped seafood, such as shrimp and crab - your choice. If you wish, mix a few kinds together

Method: Bring soup and water to a boil. Remove from the heat. Add the cream cheese and beat until smooth. Add gelatin, beat, and let cool. Add onions, celery, mayonnaise, and seafood. Place the mixture in a mold or in a pretty serving dish and let set for at least six hours in the fridge. Serve with crackers, and give everybody a knife for spreading.

\* \* \*

This is a tasty but non-fattening recipe for using up left over meat. It's ideal for a hot summer day.

### **JELLIED MEAT SALAD**

Ingredients: 1 envelope of chicken noodle soup mix (if you're using chicken or turkey) or 1 envelope of beef noodle soup mix (if you're using beef, pork, or lamb)  
2 cups of boiling water  
1 packet of non-flavoured gelatin  
1 cup of cooked, diced meat  
½ cup of diced celery  
½ cup of finely diced green or red sweet pepper

Method: Prepare soup according to directions, using only 2 cups of boiling water. Stir in the gelatin and let stand until partially set, and then add the remaining ingredients. Pour into an oiled mold and chill until firm. Serve on salad greens with a reduced fat or

light mayonnaise. My children liked this when I substituted a packet of lemon Jell-O for the gelatin, but of course that added sugar and calories to the recipe.

\* \* \*

Now let me show you our favourite ways of eating raw cucumbers.

### **CUCUMBERS NOVA SCOTIA**

Ingredients: 3/4 cup of white vinegar  
1/4 cup of cold water  
4 tsp of white sugar  
1 tsp of salt  
1/4 tsp of black pepper  
Pinch of dry mustard powder  
Large cucumbers, 4 or more

Method: Peel the cucumbers and slice very thin. Add vinegar, water, sugar, salt and pepper, and stir well. Refrigerate for at least 12 hours. Stir several times and drain before serving. Keep any left in the fridge.

\* \* \*

### **CUCUMBERS AND TOMATOES**

Ingredients: 2 large cucumbers  
2 large red ripe tomatoes  
2 tbsp of chopped fresh parsley or 1/2 tsp of dried parsley  
1/2 tsp of salt  
1/8 tsp of black pepper  
1 tsp of dried oregano  
1/4 cup of salad oil  
1/4 cup of cider vinegar or malt vinegar

Method: Peel the cucumbers and cut into bite-sized pieces. Core the tomatoes and cut into bite-sized chunks. Mix oil and vinegar together, and then add the herbs and spices. Put tomatoes and cucumbers in a nice serving dish. Shake or beat the dressing until it's well mixed and pour it over the vegetables. Refrigerate until serving time.

\* \* \*

### **CUCUMBERS WITH A NIP**

Ingredients: 1 tbsp of good Dijon mustard  
½ cup of sour cream  
2 tbsp of brown sugar  
3 large firm cucumbers  
Dry or chopped fresh parsley

Method: Slice the cucumbers and put in a nice serving bowl. Mix mustard, sour cream and brown sugar together until well blended. Pour over cucumbers and stir. Refrigerate until serving time. Half an hour before serving, sprinkle parsley on top of the mixture.

\* \* \*

### **PEP-CUC-ON**

Ingredients: 2 large cucumbers, peeled and sliced  
2 large red sweet peppers, seeded and sliced into strips  
1 bunch of green onions, cut into 1" pieces  
1 medium onion, sliced thinly  
1/4 cup of salad oil  
1/4 cup of cider vinegar  
1 tsp of salt  
1/4 tsp of black pepper  
½ tsp of prepared mustard

Method: Mix all prepared vegetables in a glass bowl. Mix oil, vinegar, salt, pepper and mustard together. Pour over the vegetables. Refrigerate until serving, stirring once or twice.

\* \* \*

I've put pickled eggs into this category because I use them in salads, and for buffets. They're also good served with some other dishes. Dad loved pickled eggs! Mother kept jars of them in the fridge, and I've carried on the tradition. It's a toss-up between them and pickled herring for a midnight snack.

### **LINDSAY'S PICKLED EGGS**

Ingredients: 2-1/2 cups of vinegar  
1 tsp of mustard seeds  
1 tsp of black peppercorns  
3 whole cloves  
One 2" cinnamon stick  
2 bay leaves  
12 hard-boiled eggs, shelled

Method: Combine vinegar, mustard seeds, peppercorns, whole cloves, cinnamon stick and bay leaves in a medium saucepan. Bring to the boil, and then cover and simmer for ten minutes. Place the eggs in a tall glass jar or a container with a tight lid.

Slightly cool the vinegar mixture and pour over the eggs. Let the jar stand to cool then cover with a piece of plastic wrap, held in place with a rubber band. Seal jar completely and place in refrigerator. Marinate for 2 to 3 days. The eggs will absorb the flavours of the marinade.

\* \* \*

### SALAD DRESSINGS

Homemade salad dressings are tasty alternatives to the bottled variety sold in grocery stores. If you're creative, you can make great dressings to your own recipe. I use a canning jar with a tight lid to store salad dressings. When the recipe says to shake, make sure the lid is on securely first or use a blender! Pour the mixture into the jar and put in the refrigerator. Joyce and her family have been friends of ours for many years. Try her excellent recipe.

#### JOYCE'S RUSSIAN DRESSING

Ingredients: 1 tsp of salt  
½ tsp of paprika  
2/3 cup of white sugar  
1/3 cup of lemon juice  
1 tbsp of dried onion  
½ cup of salad oil  
1/3 cup of tomato ketchup  
1/8 tsp of black pepper

Method: Shake all ingredients together until blended. Keep dressing in a covered container in the fridge and shake well before using.

\* \* \*

#### FANTASTIC DRESSING

Ingredients: 1/4 cup of white vinegar  
3 tbsp of water  
2/3 cup of salad oil  
1 tsp of sugar  
3/4 tsp of salt  
3/4 tsp of garlic salt  
½ tsp of oregano  
½ tsp of dry mustard  
1/4 tsp of black pepper  
1 tsp of celery seed

Method: Shake all ingredients in a jar with a tight fitting lid. Store in the fridge and shake every time before use.

\* \* \*

Mother's Salad Dressing is easy to make and very versatile. She kept a jar of it in the fridge for all kinds of salads, to pickle eggs, and on onions and cucumbers. Sometime she mixed it with a little mayonnaise. Your imagination is the limit!

### **MOTHER'S SALAD DRESSING**

Ingredients: 6 cups of white vinegar  
2 cups of water  
7-1/2 cups of white sugar  
1/4 cup each of celery seed and mustard seed

Method: Heat vinegar, water and sugar until sugar is dissolved. Add the celery seed and the mustard seed. Bring the mixture to a simmering heat, and then let it cool. Store several large glass jars of it in the fridge.

\* \* \*

Who Mrs. Davidson was, or is, remains a mystery to me, but I've been using this mustard recipe of hers for over thirty-five years. It's great! I keep a jar of it in the fridge and use it as I would any kind of mustard - in potato salads, on sandwiches, in dressings, etc. Make a big batch and give it as Christmas gifts.

### **MRS. DAVIDSON'S MUSTARD**

Ingredients: 1 - 16 oz jar ordinary prepared hot-dog mustard  
1-1/3 cups of brown sugar  
1/2 cup of molasses  
1 tsp of celery seed

Method: Combine all the ingredients in a saucepan. Bring to a boil, stirring constantly, and then remove from the heat. Cool and bottle. Keep in the refrigerator.

\* \* \*

The addition of lime rind and lime juice to a basic mayonnaise salad dressing makes it delicious. It can also be used as a dip for cooked shrimp, seafood "strips" or raw vegetables.

### **CARIBBEAN LIME DRESSING/DIP**

Ingredients: 1-1/2 cups of mayonnaise  
1/2 tsp of curry powder\*  
2 tsp of finely grated lime rind  
2 tbsp of lime juice

1 egg yolk, beaten

Method: Mix the mayonnaise, curry powder, lime rind and lime juice in a saucepan. Add the egg, stirring constantly. Use a low heat until the mixture is smooth (approximately two minutes). Cool and keep in the refrigerator. \*Adjust the amount of curry powder to suit your taste. If you wish, also add more grated lime rind.

\* \* \*

## **CAMPING - QUICK RECIPES**

Camping with four children and various friends proved to be interesting, especially when preparing food. Dinners had to be quick to make and easy on supplies. We used a lot of packaged and tinned foods. We still ate well, if somewhat creatively. Believe me, all the following recipes are worth trying!

### **BISQUICK PANCAKES**

Ingredients: 2 cups of Bisquick or dry biscuit mix  
½ cup of dry milk powder  
1 cup of water  
1 egg

Method: Mix the Bisquick, dry milk, water and the egg. Beat with a spoon until smooth. Spoon the mix on to a lightly greased griddle. Flip the pancakes over when they're brown on one side.

Blueberry Pancakes: Add 2 tbsp sugar to the mix and fold in a cupful of fresh or tinned blueberries. Drain the latter before griddling. Experiment with different fruits. My family loved pancakes containing diced peaches. For Cheese Pancakes, add one cup of shredded sharp cheese to the batter before griddling.

\* \* \*

Make the following dish the first night out. If you don't have a frozen food cooler, purchase frozen hash browns just before you book into your campsite.

### **POTATO AND EGG SCRAMBLE**

Note: This recipe uses two different amounts of water and two different quantities of salt

Ingredients: 3 slices of bacon, cut into pieces  
1 packet of hash browns with onions

1 tsp of salt  
1-3/4 cups of water  
2 tbsp of green pepper flakes  
1/2 cup of shredded cheddar cheese  
4 eggs  
1 tbsp of dry skim milk powder  
Another 1/4 cup of water  
Another 1/2 tsp of salt  
Pinch of pepper

Method: Fry the bacon until crisp in a large skillet. Add potatoes, the green pepper flakes, and the largest amount of salt and water. Cook uncovered until the liquid is absorbed. When the mixture is brown, turn it over and sprinkle with cheese. Beat the eggs with the dry milk, and add the pepper and the smaller amount of water and salt. Pour the mixture over the potatoes and cheese. Cover, and cook until the eggs are done and the potatoes are golden brown. Cut into wedges, and serve hot.

\* \* \*

#### **CHEESE 'N' HAMBURG IN FOIL**

Ingredients: 2 lbs of ground beef  
1 tsp of salt  
1/8 tsp of pepper  
One packet of onion soup mix  
1/2 cup of water  
Cheese or cheese slices (enough for 6 portions)  
6 hamburger buns

Method: Mix meat, salt and pepper. Shape into 14 patties. Combine soup mix and water. Stir. Make six large squares of foil. On each piece put one meat patty sprinkled with 2 tsp onion soup mix. Top with cheese, and put on the second meat patty. Press together and spoon another 2 tsp of onion soup mix over each. Wrap securely and barbeque for 8 to 10 minutes.

\* \* \*

#### **FRENCH TOAST**

Ingredients: 4 eggs  
1 cup of milk  
1 tsp of salt  
8 slices of bread, cubed  
Margarine

Method: Beat eggs with milk and salt in a large bowl. Add the bread and toss lightly. Heat a large skillet and pour in the mixture. Cook until brown on one side then turn over and brown on the other. Serve with butter and maple syrup.

\* \* \*

### **CAMPFIRE BEAN BAKE**

Ingredients: 1 packet of onion soup mix  
1-1/2 lbs of ground beef  
Three 15 oz tins of kidney beans  
1/4 cup of tomato catsup  
1-1/2 cups of water

Method: Brown the meat well, stirring frequently. Stir in the onion soup mix, beans, catsup and water. Simmer covered for twenty minutes. Serve hot.

Variations: Add one large tin of whole kernel corn. Substitute 2 large tins of pork & beans, and decrease the amount of water to 1/2 cup.

\* \* \*

### **BEAN DOGGIES**

Ingredients: Enough sliced onions to fill a large frying pan  
1 large tin of brown beans  
1 large tin of whole kernel corn  
Wieners for all

Method: Fry the onions until nicely browned. Add the cans of beans and corn and heat through. In the meantime, cook the wieners over an open fire and put into the skillet of vegetables before serving.

\* \* \*

### **CAMP CON CARNE**

Ingredients: 1 lb of ground beef  
1 lb of chopped onions  
2 tbsp of chili powder - more if you like  
1 tin of tomato soup  
1 cup of water  
1 tin of kidney beans  
1 tbsp of vinegar  
1/4 tsp of salt

Method: Brown the beef, onion and chili powder. Add the remaining ingredients and simmer uncovered for 15-20 minutes, stirring occasionally. Serve on buns or bread.

Variations: Substitute one 28 oz tin of pork and beans or baked beans for the tomato soup and kidney beans.

\* \* \*

### SAUSAGES 'N' KRAUT

Ingredients: One 20 oz can of drained sauerkraut  
2 tbsp of water  
1 lb sausages  
One 20 oz can of applesauce

Method: Place sauerkraut in a skillet and add water. Top the sauerkraut with sausages, then with applesauce. Simmer covered for 20 minutes.

\* \* \*

The following recipe took a lot of experimentation before I got it right. I had to learn when to remove the cake from the campfire! But it's really good smothered with butter and maple syrup.

### HOT COAL JOHNNY CAKE

Ingredients: ½ tsp of salt  
1 cup of cornmeal  
Hot water

Method: Mix salt and cornmeal. Add hot water until the swollen cornmeal can be worked into balls. Wrap these in foil and tuck it into a glowing part of your campfire. Let them bake for at least twenty minutes. Be very careful when you remove them from the fire. Let them cool down, then take them out of the foil, slice them, and serve with lots of butter and maple syrup.

\* \* \*

Some bannock recipes don't require baking powder, but I highly recommend mine. It's great to share bannock round a campfire.

### BANNOCK

Ingredients: 2 cups of white bread flour  
2 tbsp of baking powder  
½ tsp of salt  
1 tbsp of lard, drippings or butter  
Some milk or water

Method: Blend flour, baking powder and salt with your hands until the mixture is crumbly. Add lard or drippings or butter - your preference - and again work the dough, being careful to use

only enough milk or water to make it stiff. Grease a heavy pan, and put the dough in it. First bake the bottom of the dough by holding the pan over the fire and then brown the top by placing the pan directly on some glowing coals. You can also bake by twisting the bannock on a stick, holding it over the fire, and turning it slowly. Before baking you can, if you wish, add 1 tbsp of brown or white sugar and as many fresh berries as the dough can hold.

\* \* \*

An old trapper I knew never went into the bush in Northern Ontario without a quantity of hard tack because if he got lost, he could survive on it. It's not the most pleasant thing to eat, but it is an authentic camp-food.

### **HARD TACK**

Ingredients: 1 tsp each of salt and sugar  
5 cups of white flour  
Water

Method: Mix the dry ingredients and the water, using only enough water to make the dough stiff. Press the dough down until it's 1/4" thick, and then cut it into 1" squares. Bake them in a greased skillet over hot coals, turning frequently. You might want to dip them in hot coffee before eating.

\* \* \*

### **MISCELLANEOUS 'RECEIPTS'**

Grandmother had a section in her handwritten recipe book entitled 'Miscellaneous Receipts' - information that didn't appertain just to cooking, but also to housekeeping and child rearing. After she died, I copied the best of her recipes and domestic tips, although the book has since disappeared. Oh, to be in possession of it now!

Hopefully for your enjoyment, here are some of her 'receipts'.

Creme Fraiche is very English, and very good. It can be substituted for whipped cream in a number of recipes. Use it on pancakes, toast, crumpets and English muffins, and on fruits such as strawberries, rhubarb, peaches and cherries. At times when Grandmother wanted to treat herself, she sat on her front porch, dipping fresh fruit into a bowl of this delight.

### **CREME FRAICHE**

Ingredients: 3 tbsp of buttermilk and 1 cup of whipping cream

Method: Stir buttermilk into whipping cream. Leave it at room temperature overnight, loosely covered and undisturbed. (Granny expressed this as "Do not stir. Do not jiggle"). Leave covered and refrigerate.

\* \* \*

### **SHERRIED GINGER**

Buy good solid fresh ginger root. Don't bother to peel it, but wash it well. Slice it into even-sized pieces. Put them into a nice wide-mouthed glass jar and pour in enough sherry to submerge the ginger. Covered, it will keep indefinitely.

\* \* \*

### **GINGER TEA**

Into a pan put some Sherried or fresh ginger, 6 cups of water, 5 tablespoons of white sugar, and one whole lemon stabbed all over with a fork. Simmer for 30 minutes, strain, and then squeeze the remains of the lemon into the mixture to get all its juices. Serve this tea hot, cold over ice, with Scotch, with soda, with Coke or Pepsi - and on New Year's Eve, with champagne.

\* \* \*

You can imagine the amount of soap our family went through in a month, and all the bits that were left to block the drains. Grandmother, of course, had a solution for this - make soap of soap. I kept two baskets handy. Pure soap such as Ivory went into one basket and scented deodorant soaps went into another. Friends and neighbours also saved soap bits for the baskets because they knew they would eventually get some soap balls. On a dull, miserable winter's day I'd sort the bits (just to make sure I had only pure soap in one basket and deodorant soap in the other) before weighing them.

At this point, I'll warn you that this recipe takes a lot of soap bits. I augmented my hoard with a full cake or two that I purchased when they were on special offer. You need to find essential oils mentioned in the recipes below - perhaps at a health food store or a pharmacy. You also need to gather and dry flowers during the summer. You'll soon understand why.

I made two varieties of soap. I added nothing to the deodorant bits except water, and made them into all-purpose balls for use at the kitchen sink. The pure soap bits are made into nice smelling, pretty balls for the guest bathroom, and given to friends and neighbours at Christmas and on other special occasions. It is a good idea to wear rubber gloves when making these recipes.

### **WASTE NOT SOAP**

Ingredients: 1 lb of soap bits for every recipe below  
3/4 cup of warm water  
Essential oils - small vials of your favourite scents (see recipes below)  
Crushed dried flowers, assorted (your preference)  
Ground spices (see recipe for Spicy Soap)  
Oatmeal (see recipe for Oatmeal Soap)

Method: Coarsely grate the soap bits and weigh out a lb. If you don't have enough, make up the weight with whole cakes. Sprinkle 3/4 cup of warm water on to the bits and stir until they are just moist. Let sit covered for 15 minutes. Do not stir them. Add the essential oils, crushed dried flowers and other ingredients relevant to the recipes listed below. As you get more proficient, try your own recipes.

NOTE: When essential oil is mentioned in the recipes below, start with less than the recommended number of drops, and smell them to decide if you want more.

Working quickly, form small handfuls of soft bits into balls. Squeeze them firmly to remove air. You might wish to roll them in a mixture of ground spices and crushed dried flowers. Set on wax paper and let dry for at least two weeks. As the balls sit they develop a flat spot, so squeeze them gently every other day to ensure that they remain round until they dry completely. Then wrap them in kitchen film, and store. If you find that they have lost their scent during storage, put a little drop of oil on them and wrap them again, leaving for several weeks before use. To give as gifts, wrap each ball in cellophane and tie a ribbon around it.

\* \* \*

### **ROSE SOAP**

Ingredients: 1/3 cup of warmed rose water  
3/4 cup of red rose petals, crushed  
20 drops of rose oil  
1 tsp of ground nutmeg

### **LAVENDER SOAP**

Ingredients: 3/4 cup of dried lavender flowers, crushed  
20 drops of lavender oil  
1 tsp of ground ginger

### **OATMEAL SOAP**

Ingredients: 1/2 cup of quick-cooking oatmeal, chopped finely in a blender  
1/4 cup of dried mint leaves  
10 drops of peppermint oil

## SPICY SOAP

Ingredients: 3 tsp of finely grated orange peel  
3 tsp of finely grated lemon peel  
1 tsp each of ginger and ground cinnamon  
10 drops Cinnamon oil

\* \* \*