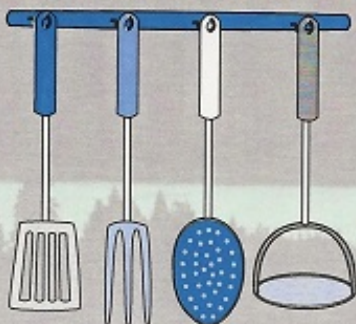


RECIPES FROM HEAVEN

AND FROM THE REST OF THE
WELLS FAMILY



Wells Family Association, Inc.



Recipes from Heaven

CONTENTS BY RECIPE

BREADS

SIMON KENTON'S HUSH PUPPIES	9
MOM'S CORNMEAL BATTER CAKES	9
CHICKEN DUMPLING	10
DUMPLINGS	10
AUNT BETTY CLARK HIBBIT'S BISCUITS ..	11
BUTTERMILK BISCUITS.....	11
ANGEL'S BISCUITS.....	12
MOM'S SODA BISCUITS	12
PIE CRUST	13
HOT ROLLS	13
HELEN'S DELICIOUS YEAST ROLLS.....	14
NOKIE'S ROLLS	14
MEXICAN SPOON BREAD.....	15
JOHN CAKES "1880" CORN BREAD	15
CORN PONE (CORN BREAD)	15
BANANA NUT BREAD	16
GINGER BREAD	16
MONKEY BREAD.....	17

MAIN DISHES

MOM'S SPAGHETTI SAUCE	17
ALL PURPOSE LEMON HERB SAUCE	18
SPANISH RICE WITH BEEF	18
POACHED SALMON W/ DILL SAUCE.....	19
GENEVA'S BREADED PORK CHOPS	19
BETTY'S POT ROAST.....	20
MEATBALLS.....	20
BEEF AND POTATO BAKE	21
JOYCE WELLS O'CONNERS	
FABULOUS CHILI	21
STUFFED CABBAGE or HOLUBTSI.....	22
7 - LAYER DIP	22

SALADS

SUMI SALAD	23
CIDER WALDORF SALAD	23
WATERGATE SALAD	24
STRAWBERRY SALAD	24
LIME JELLO SALAD.....	25
SUSIES BEST WALDORF SALAD	25
MACARONI SALAD	26
MRS. SHIRRY'S SALAD	26

DESSERTS

TENNESEE JAM CAKE	27
GRANNY'S SEVEN-UP CAKE.....	27
BLACKBERRY CAKE	28
WHITE CHOCOLATE CAKE.....	28
OATMEAL CAKE	29
CARAMEL CREAM CAKE	29
SNOWBALL CAKE.....	30
STRAWBERRY CAKE	30
MARDARIN ORANGE CAKE	31
OATMEAL CAKE	31
PEARL'S OLD FASHION APPLE	
STACK CAKE	32
BLACK RASPBERRY CAKE.....	32
PRUNE CAKE	33
BETTY'S CHOCOLATE CAKE WITH	
FLUFFY WHITE ICING	33
HARVEST APPLE CAKE.....	34
DIVINITY FROSTING	34
CHOCOLATE FROSTING	35
LUCKY IF ANY LEFT	35
APPLE BETTY.....	36
SOUTHERN FRIED APPLE PIES.....	36
VINEGAR PIE CRUST	37
RHUBARB PIE.....	37
PECAN PIE	38
OLD FASHIONED SOFT	
MOLASSES COOKIES.....	38
PEANUT BUTTER FUDGE	39
PECAN FUDGE	39
POTATO CANDY	40
BUTTERMILK NUT CANDY	40

VEGETABLES, PRESERVING

FRIED CORN	41
SHUCK OR (LEATHER-BRITCHES) BEANS.	41
STUFFED MUSHROOMS	42
PICKLED CORN.....	42
BREAD AND BUTTER PICKLES	43
ZUCCHINI CASSEROLE.....	43

Recipes from Heaven

CONTENTS BY NAME

Angie Wells, (George Wells)

OATMEAL CAKE, 29
STRAWBERRY CAKE, 30

Anna Richmond Wells, (Benjamin H. Wells)

MOM'S CORNMEAL
BATTER CAKES, 9
SHUCK OR (LEATHER-
BRITHCES) BEANS, 41
BREAD & BUTTER
PICKLES, 43

Beatrice Wells Childers, (Clifford Childers)

RHUBARB PIE, 37

Betty Clark Farley, (James Farley)

7 - LAYER DIP, 22
SUMI SALAD, 23

Betty Clark Hibbit, (Logan Hibbit)

AUNT BETTY CLARK HIBBIT'S
BISCUITS, 11

Betty Wells Brown, (Ivan Brown)

BETTY'S POT ROAST, 20
BETTY'S CHOCOLATE
CAKE WITH FLUFFY
WHITE ICING, 33
APPLE BETTY, 36

Beulah Mae Wells Keel, (Frank Keel)

MOM'S
SPAGHETTI SAUCE, 17

Charles C. Wells, (Mrs. Carlos)

ALL PURPOSE LEMON HERB
SAUCE, 18

Delight Wells Hall (Jack Ray Hall)

TENNESSEE JAM CAKE, 27
POTATO CANDY, 40

Doreene Linkous Collins, (Arthur Collins)

MONKEY BREAD, 17
PECAN FUDGE, 39
BUTTERMILK NUT CANDY, 40

Douglas A. Quallich, (Patricia Volota)

STUFFED MUSHROOMS, 42

Evelyn Susie Wells

POACHED SALMON
W/ DILL SAUCE, 19
SUSIE'S BEST
WALDORF SALAD, 25

Fanny Richmond Wells, (Richard [Dick])

WHITE CHOCOLATE CAKE, 28
CARAMEL CREAM CAKE, 29
BLACK RASPBERRY CAKE, 32
DIVINITY FROSTING, 34

Geneva Wells Volota, (Steve Volota)

JOHN CAKES "1880"
CORN BREAD, 15
CORN PONE
(CORN BREAD), 15
SPANISH
RICE WITH BEEF, 18
GENEVA'S
BREADED PORK CHOPS, 19
STUFFED CABBAGE or
HOLUBTSI, 22
LIME JELLO SALAD, 25
MACARONI SALAD, 26
CHOCOLATE FROSTING, 35

Glennah Skaggs Womack, (Burt Womack)

CHICKEN DUMPLING, 10

Goldie Richmond Storms

BANANA NUT BREAD, 16

Goldie Wells Stevens (Orville Stevens)

SIMON KENTON'S HUSH
PUPPIES, 9
BUTTERMILK BISCUITS, 11

Helen Cox Wells (Vernon Wells)

HELEN'S DELICIOUS
YEAST ROLLS, 14

Jeanette Wells, (Herman Wells)

STRAWBERRY SALAD, 24

Juantia Goble Wells Carr, (Bennie Wells)

PICKLED CORN, 42

Letha Clark Wilkinson (Henry Wilkinson)

ANGEL BISCUITS, 12
MRS. SHIRRY'S SALAD, 26

Lucille Wells Patton

HARVEST APPLE CAKE, 34

Joyce Wells O'Connors

JOYCE WELLS O'CONNERS
FABULOUS CHILI, 21

Lutie DeLong Clark, (Blain Clark)

DUMPLINGS, 10

Maggie Wells Clark (Logan Clark)

MOM'S SODA BISCUITS, 12

Malta Castle Wells Watson

GRANNY'S
SEVEN-UP CAKE, 27

Mary Topsy Nesbitt Purdy

HOT ROLLS, 13

Mildred Wells-Sturgill, (James Sturgill)

BEEF AND POTATO BAKE, 21
PEANUT BUTTER FUDGE, 39
PRUNE CAKE, 33

Mildred Wells

(Jefferson Wells)
SNOW BALL CAKE, 30
MANDARIN
ORANGE CAKE, 31

Minnie Sue Wells, (Charles Roland Wells)

OATMEAL CAKE, 31
VINEGAR PIE CRUST, 37
PECAN PIE, 38

Myrtle Spears Richmond, (Bill Richmond)

SOUTHERN
FRIED APPLE PIES, 36

Nola Moore Spears (Mrs. Shirley Spears)

GINGER BREAD, 16

Octavia Nesbitt McKinley (William McKinley)

LUCKY IF ANY LEFT, 35

Pat Williams, (Jim Williams)

MEATBALLS, 20

Paulina Collins Garza (Paul Garza)

MEXICAN SPOON BREAD, 15
WATERGATE SALAD, 24

Pearl Wells, (Elmer Wells)

PEARL'S OLD FASHION
APPLE STACK CAKE, 32

Pearl Wells Short, (Dan Short)

BLACKBERRY CAKE, 28

Sallie Wells Delong (John P. Delong)

PIE CRUST, 13

Unoka Clark Richmond (Samuel B. Richmond)

FRIED CORN, 41

Unoka (Nokie) Wells Frisby (Ferral [Sokie] Frisby)

AUNT NOKIE'S ROLLS, 14
ZUCCHINI CASSEROLE, 43

Virgie Wells Clark, (Elmon Clark)

OLD FASHIONED SOFT
MOLASSES COOKIES, 38

Virginia Collins Edgel (Lewis Edgel)

CIDER WALDORF SALAD, 23

WELLS FAMILY RECIPES TABLE OF CONTENTS

APPETIZERS

RON'S SNAPPY BEER	
CHEESE.....	45
FRUIT DIP.....	45
SPINACH BARS.....	45
SENSATIONAL SHRIMP SPREAD.....	45
MEX TEX DIP.....	46
OYSTER SNACK CRACKERS.....	46
CORNE D BEEF DIP.....	46
DIP.....	46
SAUSAGE BALLS.....	46
OLIVE DIP OR SPREAD.....	47
CRUNCHY CHEESE BALL.....	47
VEGETABLE DIP.....	47
HOT ARTICHOKE DIP.....	47
IMPOSSIBLE HAM	
SALAD PIE.....	47
EGG ROLLS.....	48

BEVERAGES

STRAWBERRY PUNCH OR	
KOOL-AID PUNCH.....	49
CHAI TEA MIX.....	49
FRUIT SMOOTHIE.....	49
HOT CIDER PUNCH.....	49
SUPER ICED	
CHOCOLATE CAPPUCCINO.....	50
HOLIDAY CAFFÉ.....	50
WHISKEY SOURS FOR	
A PARTY.....	50
SOUTHERN COMFORT	
PUNCH.....	50
INSTANT RUSSIAN TEA.....	50

BREADS, ROLLS, PASTRY

WILD PLUM MUFFINS.....	51
CRÈME BISCUITS.....	51
GOLDEN HUSH PUPPIES.....	51
BLACK WALNUT BREAD.....	51
PUMPKIN RIBBON BREAD.....	52
ZUCCHINI BREAD.....	52
CINNAMON BREAD.....	52
SEASONED SWIRL ROLLS.....	53
PRALINE	
PUMPKIN MUFFINS.....	53

BREADS, ROLLS, PASTRY

SPICED PUMPKIN BREAD.....	54
PECAN STICKY BUNS.....	54

BREAKFAST

OVEN BAKED FRENCH TOAST WITH APPLE TOPPING.....	55
OMELETS IN A BAG.....	55
SCALLOPED APPLES.....	56
BREAKFAST TARTS.....	56
“JOHNNY CAKE”	
CORNBREAD.....	56
BAKED APPLES.....	56

DESSERTS

COOKIES

RICE CRISPY SQUARES.....	57
CRANBERRY WALNUT SQUARES.....	57
DROP COOKIES.....	57
PUPPY CHOW.....	57
SYMPHONY	
BAR BROWNIES.....	58
PEANUT BUTTER	
CUP COOKIES.....	58
MR. GOODBAR.....	58
ROCK COOKIES.....	58
THE BEST	
OATMEAL COOKIES.....	59
LEMON BARS.....	59
SEA FOAM FUDGE.....	59
GINGER	
CRANBERRY COOKIES.....	60
JUDI'S CHEESE CAKE (BARS).....	60
PEANUT BUTTER FUDGE.....	60
BOURBON BALLS.....	61
FOOLPROOF CHOCOLATE FUDGE.....	61
QUICK CHOCOLATE FUDGE.....	61
CHOCOLATE PUDDING	
COOL WHIP DESSERT.....	61

DESSERTS

COOKIES continued —

EASY GIRL SCOUT	
THIN MINTS.....	62
SUGAR COOKIES.....	62

CAKES

EARTHQUAKE CAKE.....	62
EARTHQUAKE CAKE.....	62
TEXAS SHEET CAKE.....	63
CHEESECAKE.....	63
SOUR CREAM	
POUND CAKE.....	63
CORNMEAL-DATE CAKE.....	64
PINEAPPLE PECAN CAKE.....	64
ITALIAN LOVE CAKE.....	64
GOOD OL' POUND CAKE.....	64
CHOCOLATE	
ÉCLAIR CAKE.....	65
SUGAR PLUM CAKE.....	65
PIG PICKIN CAKE.....	65
HERSHEY CAKE.....	66
HONEY BUN CAKE.....	66
WORLD'S EASIEST CAKE.....	66
ANGEL FOOD-COCONUT	
CREAM CAKE.....	66
PEANUT BUTTER CAKE.....	67
UPSIDE-DOWN GERMAN	
CHOCOLATE CAKE.....	67
DREAMSICLE CAKE.....	67
CHOCOLATE LOVER'S	
DREAM CAKE.....	68
CHOCOLATE COCA-COLA CAKE.....	68
APRICOT CAKE.....	68
WINTERGREEN CAKE.....	69
UPSIDE-DOWN GERMAN	
CHOCOLATE CAKE.....	69
PRUNE CAKE.....	69
COCONUT CAKE.....	69
CHESS PIE.....	70
PEANUT BUTTER BANANA CREAM PIE.....	70
LIGHT AS A CLOUD PEACH DESSERT.....	70
ZUCCHINI COBBLER.....	70
APPLE DUMPLING BAKE.....	71

WELLS FAMILY RECIPES

TABLE OF CONTENTS

DESSERTS

PIES continued –

DUTCH PASTRY PIE CRUST...	71
SOUTHERN PIE	71
APPLE CREAM PIE	71
FRENCH PECAN PIE	72
BUTTERSCOTCH YUMMY PIE	72
PEANUT BUTTER PIE	72

MISC DESSERTS

WHITE FROSTING	72
DRUMSTICK TREAT	73
CANDIED PECANS	73
NUT TREACLE	73

SUGAR-FREE DESSERTS

CHERRY CHOCOLATE PIE	74
SUGAR-FREE BAKED CINNAMON APPLES	74
SUGAR-FREE APPLE PIE	74
NO SUGAR PECAN PIE	74
DIABETIC PUMPKIN PIE	75
DIABETIC CHOCOLATE FUDGE	75
DIABETIC APPLE CAKE	75
DIABETIC PEANUT BUTTER COOKIES	75
STRAWBERRY DE-LITE (LOW FAT CALORIE DESSERT	76
DIABETIC SUGAR FREE CHEESECAKE	76
SUGAR-FREE APPLESAUCE RAISIN COOKIES	76

MAIN DISHES

POLLY’S CHICKEN & DUMPLINGS	77
STEAK AU POIVRE AND BRANDY CREAM	77
SHANKI BEEF	78
CABBAGE ROLL CASSEROLE	78
LINDA’S QUICHE	78
CHICKEN & STUFFING SKILLET	78

MAIN DISHES

continued –

SLOW COOKER BEEF STROGANOFF	79
SWEET AND SOUR BALLS	79
MOM’S DINNER IN A POT	79
QUESADILLA PIE	79
CROCK POT TUNA	80
CHICKEN WITH WATER CHESTNUTS	80
CHICKEN BREAST SUPREME	80
CHICKEN THIGHS WITH ASIAN PEANUT SAUCE	81
THAI PEANUT CHICKEN	81
SKILLET BEEF ENCHILADA	82
CONEY ISLAND HOT DOGS	82
CHICKEN & BROCCOLI	82
STUFFING FOR TURKEY	82
MACARONI CHEESE CASSEROLE	83
MACARONI & CHEESE CASSEROLE	83
TEXAS CAVIAR	83
BEEF AND POTATOES CASSEROLE	84
TIJUANA TORTE	84
OVEN CHOP SUEY	84
SAUSAGE NOODLE CASSEROLE	85
TERIYAKI SAUCE, BEEF TERIYAKI	85
SIMPLY ELEGANT STEAK & RICE	85
SHREDDED BEEF SANDWICHES	86
CHILI CON CAMPBELLS	86
DEEP SOUTH SAUSAGE & BEANS	86
RAVISHING RICE	86

PRESERVES, JELLIES, MISC.

DRIED APPLES	87
QUICK APPLE BUTTER	87
LAZY GIRL’S APPLE BUTTER	87

EASY 3 – STEP STRAWBERRY JAM (FREEZER JAM)	87
RHUBARB JAM	87
RHUBARB PRESERVES	88
CUCUMBER RELISH	88
SWEET PICKLES	88

SALADS

CORNBREAD SALAD	89
HOT CHICKEN SALAD	89
BACON & TOMATO SLAW	89
CHOPPED SALAD	89
JUDI’S BROCCOLI SLAW	89
CUKE SALAD	90
BROCCOLI COLE SLAW SALAD	90
THAI NOODLE SALAD	90
ARRANGED SALAD JARLSBERG	91
BROCCOLI SALAD	91
POTATO SALAD	91
30 DAY SLAW	92
BEAN SALAD	92
CABBAGE SALAD	92
MAGGIE’S LETTUCE SALAD	92
CUCUMBERS AND ONION SALAD	93
SEAFOOD SALAD	93
WILTED SALAD	93
GENEVA’S OIL & VINEGAR SALAD DRESSING	93
EVENIN G BEFORE COLESLAW	94
FRUIT SALAD	94
DUMP SALAD	94
CRANBERRY SALAD	94
STRAWBERRY CONGEALED SALAD	94
CRANBERRY SALAD	95
FROZEN FRUIT FLUFF	95
PRETZEL SALAD	95

SAUCES

HOT KETCHUP PEPPERS	97
WHITE SAUCE	97

TABLE OF CONTENTS

continued —

WEIGHTS AND MEASURES

1 c. = 8 fluid oz.

1 c. = 1/2 pint

2 c. = 1 pint

4 c. = 1 quart

4 quarts = 1 gallon

2 pints = 1 quart

4 quarts = 1 gallon

1 quart = approximately 1 liter

1 quart = 946 liter

1 liter = 1.057 quarts

1 T. = 1/2 fluid oz.

2 T. = 1 fluid oz.

5-1/3 T. = 1/3 c.

4 T. = 1/2 c.

8 T. = 1/2 c.

1 cup chopped nuts = 1/4 pound

15 marshmallows = 1/4 pound

4 c. grated American cheese = 1 pound

7 coarsely crumbled salted crackers = 1 c.

1 lemon = 3 to 4 T. juice

grated peel of 1 lemon = 1-1/2 t.

1 orange = 5 to 6 T. juice

12 to 14 egg yolks = 1 c.

8 to 10 egg whites = 1 c.

SAUCES

continued —

MADGES CRANBERRY

SAUCE97

HOT DOG SAUCE97

ITALIAN MEAT SAUCE98

BOURBON SAUCE98

BROCCOLI CHEESE SAUCE.....98

RED DRESSING98

SOUPS

BROCCOLI SOUP99

QUICK VEGETABLE SOUP.....99

MEAL-IN-A DISH.....99

MIRACLE SOUP99

BLACK BEAN SOUP100

SANTA FE SOUP100

VEGETABLE SOUP100

VEGETABLES

MASHED POTATOES.....101

SWEET POTATO SOUFFLE.....101

POTATOES AU GRATIN101

HARVARD BEETS101

HONEY-ROASTED

ROOT VEGETABLES102

SCALLOPED EGGPLANT102

CHEESE POTATOES.....103

MARY'S FRESH

GREEN BEANS.....103

YAM SLICES BAKED WITH

ROSEMARY AND GARLIC103

CORN CASSEROLE103

GRILLED PARMESAN

POTATOES.....104

HASH BROWN POTATO

CASSEROLE104

ZUCCHINI CASSEROLE104

BROCCOLI CASSEROLE.....104

CORN PUDDING104

OLD FASHION

POTATO CAKES104

BAKING INGREDIENT SUBSTITUTIONS

BAKING POWDER (1 t. double-acting)

= 1/2 t. cream of tartar plus
1/4 t. baking soda
= 1 t. baking soda
= 4. t. quick-cooking tapioca

BROWN SUGAR (1/2 c.)

= 1/2 c. white sugar plus 2 T. molasses

BAKING CHOCOLATE (1 oz. or 1 square), unsweetened

= 3 T. cocoa powder plus 1 T. butter
= 3 T. carob powder plus 2 T. water

SEMI-SWEET CHOCOLATE (6oz. chips, bits or squares)

= 9 oz. cocoa plus 7 T. sugar plus 3 T. shortening

SOY SAUCE (1/4 c.)

3 T. Worcestershire sauce plus 1 T. water
Note: light and dark soy sauce can be substituted for each other.

EVAPORATED MILK

= light cream (half and half)
= heavy cream

HEAVY CREAM (1 c. not for whipping)

= 3/4 c. milk plus 1/3 c. butter
= 2/3 c. evaporated milk

LIGHT CREAM (1 c. also called Half & Half)

= 1/2 c. heavy cream plus 1/2 c. milk
= 1/2 c. evaporated milk plus 1/2 c. milk

SOUR CREAM (1 c.)

= 1 t. white vinegar plus enough milk to make 1 c.; let stand 5 minutes before using.
= 1 T. lemon juice plus enough evaporated milk to make 1 c.
= 6 oz. cream cheese plus 3 T. milk

SOUR MILK

= 1-1/2 T. lemon juice or vinegar plus enough milk to make 1 cup.

SUGAR

= 1-3/4 c. powdered or confectioners sugar

TOMATO PASTE (1 T.)

= 1 T. ketchup

GARLIC (1 clove)

= 1/8 t. instant minced garlic
= 1/8 t. garlic powder
= 1/4 t. garlic juice
= 1/2 t. garlic salt
(and leave 1/2 t. salt out of dish)

MUSTARD (1 t. dry)

= 1 T. prepared mustard from jar

ONION (1 medium or 1/4 c.)

= 1 T. instant minced onion
= 1/4 c. frozen chopped onion
= 1 T. onion powder
Shallots (use a little more)
= leeks
= green onions (use more)

SEASONED SALT

1 c. salt
2-1/2 t. paprika
2 t. dry mustard
1-1/2 t. oregano
1 t. garlic powder
1/2 t. onion powder
Or
1/2 c. salt
1 t. paprika
1 t. dry mustard
1 t. oregano
1 t. garlic powder
1/2 t. onion powder

ABBREVIATIONS

c. = cup
gal. = gallon
lb. = pound
oz. = ounce
pt. = pint
qt. = quart
T. = tablespoon
t. = teaspoon

RECIPES FROM HEAVEN



SIMON KENTON'S HUSH PUPPIES

The late, Goldie Wells Stevens,
Huntington, W VA

1/2 c. sifted flour
1-1/2 c. cornmeal
1/2 t. salt
1 T. sugar
2 t. baking powder
1 onion, chopped
1/2 c. milk
1 beaten egg

Sift together dry ingredients. Add beaten egg and milk to dry ingredients, stirring lightly. Drop a teaspoon of batter for each hush puppy in deep hot fat (about 360° F).

Fry a few at a time and until golden brown. Drain on absorbent paper.

Makes about 2 dozen.

Hush puppies are good fried in fish grease.



MOM'S CORNMEAL BATTER CAKES

The late, Anna Richmond Wells,
Daniels Creek, Johnson Co., KY

*Submitted by daughter,
Mary Wells Walton, Lexington, KY*

2 c. buttermilk
1 t. salt
1 t. soda
1 t. baking powder
1 t. sugar (*optional*)
2 T. flour
2 c. cornmeal
1 egg or 2 yolks beaten

Combine buttermilk, salt, soda, baking powder, sugar, and flour. Sift cornmeal (white or yellow) once and add to mixture. Then beat in egg until well mixed.

Grease griddle. (*Mom used bacon drippings.*) Start at high heat and reduce to moderate or low heat. Pour the amount desired on the griddle. *Mom made them about the size of a pancake or saucer.*

Brown on both sides and serve with butter and syrup or sorghum molasses.

Mom sometimes made these instead of baking cornbread as it was fast and delicious with meals.



CHICKEN DUMPLING

The late, Glennah Skaggs Womack,
Greenup, KY

*Submitted by daughter-in-law,
Pat Wells Womack*

3 c. all-purpose flour
3/4 t. salt
1 t. baking powder
1/2 c. shortening (*I use solid Crisco*)
1 egg
Add enough sweet milk to make medium
stiff dough
Chicken Broth

Mix dry ingredients.

Cut in shortening, and then add egg and
milk, roll out on floured board.

Cut dough in 1 inch strips.

Cut strips in 1 inch pieces.
(*A pizza cutter makes cutting faster*).

Drop pieces into boiling chicken broth.
Cook until done.

*(I don't like to use too much broth because it
will make the dumplings watery and the
flavor isn't there.)*

The dumplings taste better if you let them
set a little while before eating. The flavor of
the broth will go inside the dumplings.

When you reheat the dumplings and they are
to dry, you can add some water.



DUMPLINGS

The late, Lutie DeLong Clark, Inez, KY

*Submitted by daughter,
Darlene Clark Burgess, Dayton, OH*

8 T. (1/2 c.) fat (Crisco shortening), melted
1 egg
1 pint milk
4 c. flour
1 t. salt
2 t. baking powder

Add egg and fat; finish with pint container
of milk. Add flour, salt and baking powder.
Roll very thin and cut into strips. Cook
about 10 minutes in boiling chicken broth.
You can use half recipe for smaller batch.

Very good!



AUNT BETTY CLARK HIBBIT'S BISCUITS

The late, Betty Clark Hibbit,
Odds (Van Lear), KY

*Submitted by her late niece,
Betty Farley, Chino, CA*

Flour, enough to make soft dough
4 T. butter or shortening
2 c. buttermilk
2 t. baking powder
1 t. soda
1 t. salt

Add enough flour to make a soft dough.
Work shortening or butter, soda and salt into
flour. Add buttermilk. Roll and bake at
450° F. oven until brown. This can be halved
for a smaller batch.

*Aunt Betty, like my Mom, kept a big pan
with flour in it for making her biscuits.*



BUTTERMILK BISCUITS

The late, Goldie Wells Stevens,
Huntington, W VA

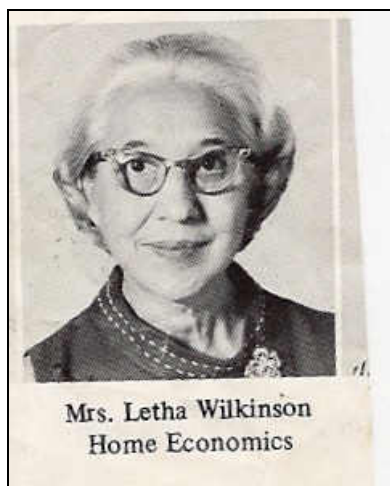
2 c. flour
2 t. baking powder
1/2 t. soda
1/2 t. salt
2 t. lard or fat
3/4 c. thick sour cream or buttermilk,
use enough to make the dough soft.

Mix and sift dry ingredients. Rub in lard or
fat with fingertips. Add buttermilk gradually
to make soft dough.

Toss on to a well floured board pat and roll
out to 1 inch thickness.

Cut with biscuit cutter dipped in flour. Place
close together on well greased pan.

Bake in hot oven 450° F. for
10 to 15 minutes.



ANGEL BISCUITS

The late, Letha Clark Wilkinson,
Floyd Co. KY

Submitted by niece, Roslyn Dial, Mexico, ME

1 pkg. dry yeast
1/4 c. warm water
2-1/2 to 3 c. all-purpose flour
1 t. baking powder
1/2 t. soda
1 t. salt
2 T. sugar
1 c. buttermilk
1/2 c. vegetable oil

Dissolve yeast in warm water in a bowl. Let stand 5 minutes. Combine flour, baking powder, soda, sugar and salt in a large bowl. Make a well in center of mix. Combine oil, buttermilk and yeast mixture. Add to dry ingredients, stirring just until moistened. (dough will be a little sticky). Roll dough to 1/2" thickness on floured surface. Cut with 2-1/2" biscuit cutter.

Place rolls on baking sheet.
Bake 350°F. for 16 minutes or until golden brown.

Yield: 2 dozen rolls



MOM'S SODA BISCUITS

The late, Maggie Wells Clark

*Submitted by her late daughter,
Betty Clark Farley, China, CA*

Flour, enough to make the dough workable
1/2 t. soda
1/2 t. salt
4 T. shortening
2/3 c. buttermilk

Mix flour, soda and salt. Work shortening into dry flour mixture, add buttermilk, knead to make a soft mixture. Roll out onto floured board and cut with biscuit cutter, etc.

Bake in 450° F. oven for 15 minutes or until brown.

Mom always had a big flour pan so she never measured her flour. She knew just about how much flour to work in.



PIE CRUST

The late, Sallie Wells DeLong, KY
daughter of Dr. William Green Wells

*Submitted by granddaughter,
Darlene Clark Burgess, Dayton, OH*

3 c. flour
1 t. baking powder, heaping
1/2 t. salt
1/2 c. lard*
1 c. sweet milk

Mix well and then roll out thin for your
pie shell.

** Lard is the shortening they used in our
grandparents time but you would probably
use Crisco today.*



HOT ROLLS

The late, Mary Topsy Nesbitt Purdy,
Lucasville, OH

1 c. warm water
1 t. sugar
2 pkg. dry yeast (*active*)
2 eggs
2 c. sweet milk
3/4 c. melted Crisco
3/4 c. sugar
2 t. salt (*optional*)
Flour, enough to thicken dough

In a quart size container, place cup of warm
water (*not hot*) and add 1 tsp. sugar and dry
yeast. Let rise. While rising, put sweet milk
in sauce pan and scald (but don't boil). Place
this mixture in refrigerator and cool to
warm. Beat eggs, melted Crisco, remaining
3/4 c. sugar and salt into the milk. Stir into
yeast mixture when all other ingredients are
lukewarm. Add and stir in enough flour to
thicken. Let rise in large container (approx.
1-1/2 hours.) Knead on lightly floured area.

When making into rolls, for clover leaf,
place three small balls of dough into muffin
pan, sides touching and brush with butter on
top. Let rise; until double in bulk. Bake at
425° F. for 12 minutes.

Makes about 45 rolls.

NOTE: *I don't put salt in my rolls.*



HELEN'S DELICIOUS YEAST ROLLS

The late, Helen Cox Wells, Erlanger, KY

*Submitted by daughter,
Frances Brown, Erlanger, KY
in memory of her mother*

First Part:

1-1/2 t. salt
1-1/2 t. sugar
1 cake yeast or (1 pkg. dry yeast)
1/2 c. warm water

Second Part:

2 c. warm water
1/2 c. lard
1/2 c. sugar
3 c. flour

Mix all ingredients together. Let rise covered in refrigerator until doubled. Divide into roll size and let rise until doubled.

Bake in oven at 350° F. for
10 to 12 minutes



AUNT NOKIE'S ROLLS

The late, Unoka "Nokie" Wells Frisby
Louisville, KY

Submitted by niece, Tharon Sturgill

1 pkg. yeast or 1 cake, room temperature,
dissolved in 1 c. lukewarm water
3 T. sugar
1 T. shortening
1 egg
1 t. salt

Mix all the above ingredients. Add flour to the mixture until thick enough to knead. Put on wax paper and roll out like biscuits. Put in bowl and cover with towel to rise for 3 or 4 hours.

Knead again. Put in pans and let rise again, approximately 1 hour.

Bake at 400° F. until golden brown.



MEXICAN SPOON BREAD

The late, Paulina Collins Garza,
Elensburg, MD

1/2 c. melted butter or margarine
1 can (11 oz.) nacho cheese soup
1 carton (8 oz.) plain yogurt
3/4 c. cornmeal
2 t. baking powder
2 cans (12 oz.) whole kernel corn, drained
(not cream style)
2 eggs, slightly beaten

Heat oven to 350° F.

In a 10 inch oven proof skillet or 3 quart
casserole, combine margarine, soup and
yogurt. Blend until smooth.

Stir in cornmeal, baking powder, corn and
eggs; blend well.

Bake at 350° F. for 50 to 60 minutes or until
knife inserted in center comes out clean.
Serve warm.

Refrigerate leftovers.

Makes 8 servings.



JOHN CAKES

“1880” CORN BREAD

The late, Geneva Wells Volota, Euclid, OH
*Submitted by daughter,
Patti Volota Quallich, Parma, OH*

*NOTE: Sometimes my mother would bake
this with a few hotdogs stuck into the batter
and covered up. This was her version of a
corn dog.*

Mix the following into a large bowl:

1 c. Buttermilk	2 eggs
1-1/4 t. soda	1/2 t. salt
3/4 c. sugar	

Add gradually, alternating ingredients:

1-1/2 c. Yellow	3/4 c. Flour
Cornmeal	7 T. Corn Oil

Bake in an 8" or 9" greased baking pan at
350° F. for 30 – 40 minutes or up to 50 min.
depending on the pan size.

CORN PONE (CORN BREAD)

The late, Geneva Wells Volota, Euclid, OH
*Submitted by daughter,
Patti Volota Quallich, Parma, OH*

1 c. sugar	2 eggs
1/2 c. shortening	3 t. baking powder
1-1/2 c. sweet milk	1 t. salt
1-1/2 c. cornmeal	1-1/2 c. white flour

Mix sugar, shortening and eggs. Beat well.
Add milk and sifted ingredients. Mix well.
Bake in pan or muffin tin at 325° F. for
about 40 minutes. *I usually bake it longer.*



BANANA NUT BREAD

The late, Goldie Richmond Storms,
Venice, FL

Goldie cut this recipe from the Columbus, Ohio, paper approximately 25 years ago and had been making it ever since. Everyone that she gave it to thought it was great.

1/2 c. vegetable shortening or margarine
1 c. sugar (white)
2 eggs
3 small ripe bananas (or 1 c. of applesauce)
2 c. sifted all-purpose flour
1/2 t. baking powder
1/2 t. salt
1/2 t. baking soda
1 t. vanilla
1/2 c. chopped nuts (dusted with flour)

Cream shortening and sugar thoroughly.
Add eggs and beat until it looks like velvet.
It will be so fluffy. Add bananas, mix well.
Add sifted, dry ingredients, nuts and vanilla.
Pour in two small loaf pans.

Bake 350° F. or until wooden toothpick
comes out clean, about 45 minutes.

Let cool for few minutes. Turn out to cool
on cooling rack.



GINGER BREAD

The late, Nola Moore Spears, Van Lear, KY
*Submitted by Georgia Richmond Hall,
Brunswick, OH*

Mix 1/2 c. shortening
(corn oil or margarine)
2 T. sugar
1 egg

Blend in:
1 c. dark molasses
2 c. boiling water

Sift together:
1-1/4 c. sifted flour
1/2 t. salt
1 t. soda
1 t. ginger
1 t. cinnamon

Bake 40 minutes at 325° F. oven or
until done.



MONKEY BREAD

The late Doreen Linkous Collins,
Danalton, KY

*Submitted by daughter,
Tommie Cochran, Powell, OH*

3 cans of biscuits
1 c. sugar, boiled
1 stick of margarine
2 t. cinnamon

Grease cake pan.

Pinch biscuits (1 can) into small pieces.
Spoon some of sugar and butter mixture
over biscuits.

Repeat layering with other 2 cans of biscuits
and the sugar & butter mixture.

Bake at 350° F. for 30 minutes.



MOM'S SPAGHETTI SAUCE

The late, Beulah Mae Wells Keel,
Auxier, KY

*Submitted by daughter,
Mary Frances (Keel) Moore, Auxier, KY*

1 lb. ground beef
5 T. oil
1/2 c. onion, chopped
1 large clove garlic, chopped
1 cans (1 lb. 13 oz. each) tomatoes
2 cans (6 oz. each) tomato paste
1-1/2 c. water
1-1/2 T. salt
3 T. butter
1/4 to 1/2 t. pepper
1 t. oregano or sweet basil
2 bay leaves
1/2 c. parmesan cheese
1 T. sugar
1-1/2 c. mushrooms, sliced
1 t. salt
1-1/2 pkg. (1-1/2 lbs) spaghetti

Brown ground beef in 3 T. of oil in heavy
pot. Add onions and garlic, sauté until
golden brown. Add tomatoes, breaking
lightly with a fork. Add tomato paste, water,
salt, pepper, oregano or basil, bay leaves,
sugar and cheese. Mix well; simmer over
low heat 1-1/2 hours. Sauté mushrooms with
1 t. salt in the remaining 2 T. of oil. Add this
mushroom mixture to sauce and cook
1/2 hour longer. Cook spaghetti as desired.
Add butter and stir until butter is melted.



ALL PURPOSE LEMON HERB SAUCE

The late, Charles C. Wells, Paintsville, KY

1/3 c. lemon juice
2 T. water
1/2 t. celery salt
1/4 t. dried marjoram
1/4 t. dried thyme
1 clove garlic, grated
1/4 c. salad oil
1/2 t. salt
1/2 t. ground pepper
1/4 t. rosemary
1 small onion, grated

Combine all ingredients in a jar with a tight fitting lid and shake well.

Use as a marinade before cooking and as a basting sauce during cooking.

Yield 3/4 cup.



SPANISH RICE WITH BEEF

The late, Geneva Wells Volota, Euclid, OH

*Submitted by daughter,
Pamela Volota Haynish, Parma, OH*

1 lb. ground beef
1 medium onion, chopped
1/2 medium green pepper, chopped
1 c. raw rice
2 cans (8 oz. each) Hunts Tomato Sauce
2 c. hot water
1-1/2 t. of salt
1 t. of prepared mustard

Directions

In skillet, lightly brown beef. Add onion, green pepper and rice. Cook until rice is golden. Add remaining ingredients and mix well.

Bring to boil, cover, lower heat and let it simmer 25 minutes.

Makes 4 to 5 servings



POACHED SALMON W/ DILL SAUCE

The late, Ms. Evelyn Susie Wells,
Lexington, KY

*Submitted by sister,
Elaine Andrusia, Charlotte, NC*

Susie loved her salmon!

1 can (10-3/4 oz.) chicken broth, undiluted
1/2 c. dry white wine (*optional*)
1/2 c. onion, chopped
4 salmon steaks (3/4" thick)
1/2 c. commercial sour cream
1/2 c. cucumber, chopped
1/4 t. dried whole dill weed

Combine first 3 ingredients in a fish poacher or large skillet; bring to a boil, and add salmon.

Cover, reduce heat, and simmer 8 to 10 min. or until fish flakes easily when tested with a fork. Reserve 2 T. poaching liquid; set aside. Refrigerate salmon in remaining poaching liquid until chilled.

Combine 2 T. reserved liquid, sour cream, cucumber, and dill weed, stirring well; chill. Remove salmon from poaching liquid; drain on paper towels. Serve salmon with dill sauce.

Yield: 4 servings.



GENEVA'S BREADED PORK CHOPS

The late, Geneva Wells Volota, Euclid, OH

*Submitted by daughter,
Patti Volota Quallich, Parma, OH*

Bread crumbs
Pork chops
Egg, beaten
Flour

Dip pork chops into flour and then egg mixture, and then dip them into the bread crumbs.

In frying pan, fry pork chops until browned.

Place a rack in bottom of large Corningware pan and place pork chops in one layer.

Cover. Bake for 1 hour at 325° F.



BETTY'S POT ROAST

The late, Betty Wells Brown, Van Lear, KY

*Submitted by daughter,
Carol Brown Burchett, Auxier, KY*

*There is no real recipe these are
approximate measurements. Use an iron
Dutch oven.*

Approx. 2 lb. pot roast (English-cut is best)
1 med. onion
Flour
1/4 c. Worcestershire sauce
1/3 c. barbeque sauce
Salt, pepper, and garlic to taste

Cover the bottom of pot with cooking oil
(*I like olive oil*). Heat the oil over medium
heat.

Flour and season both sides of roast. Brown
the roast on both sides. Add onion and
Worcestershire Sauce while browning.

When both sides are browned, cover with
water and bake in 350° F. oven until done.
Add barbeque sauce when about half done.

Take lid off about the last 30 min. to make
gravy.



MEATBALLS

The late, Pat Williams, Paintsville, KY

1 onion, chopped & sautéed in 2 T. butter
2 lbs. ground beef
12 crushed crackers
1 egg
1/4 t. salt
1/4 t. oregano
1/4 t. onion salt

Mix well and form into 1 inch balls. Brown
in skillet and drain.

SAUCE:

1 c. ketchup
1/4 c. brown sugar
1/4 c. vinegar
1 t. lemon juice
1 small onion, chopped

Sauté onion in 2 tablespoons butter.

Mix all ingredients for sauce and warm on
stove while meatballs are cooking.

Add meatballs to sauce and boil for
15 minutes.



BEEF AND POTATO BAKE

The late, Mildred Sturgill (Mamaw Wells),
Auxier, KY

*Submitted by her grand-daughter,
Debbie Cleavinger, Pinctney, MI*

Preheat oven to 350° F.

In a 1-1/2 quart bowl, mix well:

- 1 lb. lean ground beef
- 1 c. evaporated milk
- 1/2 c. dry fine bread crumbs
- 1/4 c. or 1/2 envelope dried onion soup mix
(stir dried soup well to loosen before
measuring)
- 1/2 t. salt

Spread evenly in a shallow 2 quart baking
dish.

Arrange evenly over the meat, a mixture of:

- 4 c. raw potatoes, peeled, thinly sliced
- 1/2 pkg. dried onion soup mix

Cover and bake 45 minutes, then sprinkle
1/4 lb. grated American cheese
(about 1 cup).

Bake uncovered for 15 minutes more or
until potatoes are tender.

Makes six servings.



JOYCE WELLS O'CONNERS FABULOUS CHILI

The late, Joyce Wells O'Connors,
Marysville, OH

*Submitted by sister,
Elaine Andrusia, Charlotte, NC*

- 1 lb. ground beef
- 3 lb. of chuck roast diced up.
- 1 large onion, chopped
- 2 cloves garlic (minced)
- 2 (8 oz.) cans tomato sauce
- 1 can of tomatoes (diced small)
- 2 c. water
- 1/4 t. salt
- 1/8 t. pepper
- 3 to 4 T. chili powder
- 1 (or 2) cans of beans, depends on how
much beans you want
- 1 bottle of dark beer (*this is what makes this
chili, it removes so much of the acid*) and
this girl could cook, let me tell you.

Combine first 3 ingredients in a Dutch
oven, cook until beef is browned, drained
well. Drain off drippings. Add remaining
ingredients, cover, reduce heat and simmer
for approx. 1 hour or more. The longer it
simmers the better this Chili is! Stir to keep
it from sticking.

*Serve with one or more of the following:
cheese, crackers, corn bread, tostada
(tortilla) chips or whatever hits your fancy.*



STUFFED CABBAGE or HOLUBTSI (*Ukrainian dish*)

The late, Geneva Wells Volota, Euclid, OH
Submitted by daughter,
Patti Volota Quallich, Parma, OH

1 large head cabbage & boiling water
1 c. rice cooked in 1 c. boiling water
1 t. salt
1 medium onion, chopped
4 T. fat
1/2 lb. ground pork
1/2 lb. ground beef
1 egg
Salt and peeper to taste
1 c. (1 lb.) sauerkraut
1 c. tomato juice
1 c. (10-3/4 oz.) tomato soup

Remove core from cabbage by cutting around it with a sharp pointed knife. Place cabbage in a deep kettle or saucepan. Pour boiling water into hollow of core to cover head completely.

Let cabbage stand until the leaves are soft and pliable. Drain the cabbage and take the leaves apart carefully without tearing them. Set aside.

Add rice to 1 c. boiling water with salt; heat to boiling. Cover. Remove from heat. Allow to stand until all water is absorbed. Meanwhile, cook onion in fat until tender.

Add pork and beef. Cook stirring, until meat is lightly browned. Combine meat and rice. Cool slightly. Mix in egg and season with salt and pepper.

Add a spoonful of meat mixture onto each cabbage leaf, roll once, fold in ends & finish rolling cabbage leaf. Place them in baking dish after rolling them.

Mix together sauerkraut, tomato juice and tomato soup. Pour over and around the cabbage leaves.

Bake 350° F. for 2-1/2 hrs or until meat is no longer pink.



7 - LAYER DIP

The late, Betty Clark Farley, Chino, CA

1 layer refried beans
1 pkg. enchilada mix
1 bunch green onion, chopped
1 layer chopped tomatoes (*optional*)
1 layer sour cream
1 pkg. picanté sauce, (Pace brand)
1 layer black olives, sliced
1 c. cheese, shredded

Serve with corn chips. *Very good!*



SUMI SALAD

The late, Betty Clark Farley, Chino, CA

8 T. sesame seed
8 T. slivered almonds
vegetable oil, small amount
8 green onions, chopped
1 head cabbage, shredded as for slaw
2 pkg. Top Ramen noodles, uncooked,
crushed (*do not use flavoring pack*)

Brown the almonds and sesame seed in a little oil. Mix onions and cabbage in large bowl.

When ready to serve, add almonds and sesame seeds and crushed, uncooked, Ramen noodles.

Dressing

4 T. sugar
1 t. black pepper
1 c. salad oil
1 t. salt
2 t. Accent, seasoning
6 T. rice vinegar

Mix well and pour over salad just before serving.

*This makes a large salad for guests.
Very Good!*



CIDER WALDORF SALAD

The late, Virginia Collins Edgel,
Flatwoods, KY

2 c. apple cider or juice
1 pkg. (3 oz.) lemon gelatin
1 c. apples, finely chopped
1/4 c. pecans, chopped
1/4 c. celery, chopped fine
Lettuce
Mayonnaise or salad dressing

Bring 1 cup apple cider or juice to boiling. Dissolve gelatin in boiling cider. Stir in *remaining* cider or juice.

Chill until partially set.

Fold in apple, celery, and pecans. Pour into mold or spoon into 6 individual molds.

Chill until firm. Un-mold each individual mold on lettuce-lined plates. Serve with mayonnaise or salad dressing.



WATERGATE SALAD

The late, Paulina Collins Garza,
Eldensburg, MD

- 1 pkg. pistachio instant pudding, *made according to directions on the box.*
- 1 can crushed pineapple (small can)
- 1 c. nuts, chopped
- 1-1/2 c. miniature marshmallows
- 1 c. coconut, shredded
- 1 container (8 oz.) Cool Whip

Mix pudding and pineapple together. Add nuts, coconut and marshmallows. Fold in Cool Whip.

Put in flat dish and refrigerate several hours or overnight.



STRAWBERRY SALAD

The late, Jeanette Wells, East Point, KY

- 1 pkg. strawberry gelatin
- 1 c. boiling water
- 1 pkg. (10 oz.) frozen strawberries
- 1 small can crushed pineapple
- 1/4 c. nuts, chopped
- 1 pkg. (3 oz.) cream cheese
milk or cream, small amount

Dissolve gelatin in boiling water. Add berries, stirring until thawed. Add pineapples.

Pour into an 8 x 8 inch pan. While this sets, gradually add a little milk or cream to the cream cheese and beat until the consistency of whipped cream. Add nuts to this.

When gelatin mixture is set, spread cream cheese and nuts over the top. Keep covered and in refrigerator.

Makes 6 to 8 servings.



LIME JELL-O SALAD

The late, Geneva Wells Volota, Euclid, OH

*Submitted by daughter,
Patti Volota Quallich, Parma, OH*

- 1 small box lime Jell-O
- 1 c. boiling water
- 1 T. lemon juice
- 1 small can crushed pineapple
- 12 small marshmallows, cut in half
- 3/4 c. walnuts
- 1 container cottage cheese
- 1 c. whipped cream

When partially set, fold in 1 container cottage cheese and 1 c whipped cream.

Chill until firm.



SUSIE'S BEST WALDORF SALAD

The late, Ms. Evelyn Susie Wells,
Lexington, KY

*Submitted by sister,
Elaine Andrusia, Charlotte, NC*

- 2 large tart red apples,
unpeeled and diced
- 1 large green apple,
unpeeled and diced
- 1/2 lb. seedless green grapes, halved
- 1/2 c. pecans, coarsely chopped
- 1/2 c. celery, finely diced
- 1/3 c. raisins
- 1/4 c. plus 2 T. mayo

Combine all ingredients and stir well.

Yield 6 to 8 servings.



MACARONI SALAD

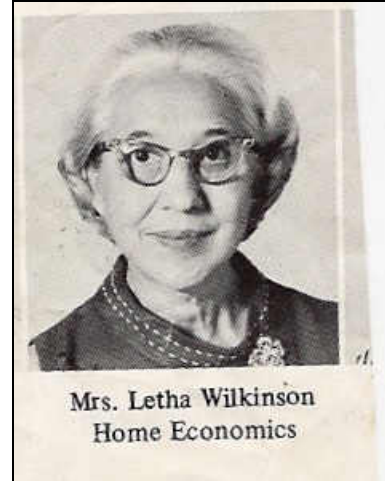
The late, Geneva Wells Volota
*Submitted by daughter,
 Patti Volota Quallich, Parma, OH*

50 Servings

6 lbs. elbow macaroni
 2-1/2 c. French dressing
 (Oily type, NOT Creamy)
 1/3 c. salt (actually, no salt really needed)
 1/2 t. pepper
 Touch of garlic
 2 quarts diced celery
 1 quart finely chopped green pepper
 1 c. chopped parsley
 1 c. chopped onion
 1-1/4 quarts salad dressing
 1/2 c. vinegar

Cook macaroni. Drain rinse with cold water, drain. Mix with French dressing, chill for several hours or overnight. Before serving, sprinkle with salt and pepper. Add celery, green pepper, parsley and onions and a touch of garlic. Whip together salad dressing and vinegar and add to salad ingredients. Toss lightly.

NOTE: Can use just a sprinkle of minced garlic powder or garlic salt for substitution of some salt.



MRS. SHIRRY'S SALAD

The late, Letha Clark Wilkinson,
 Floyd Co. KY
Submitted by niece, Roslyn Dial, Mexico, ME

1 pkg. lemon Jell-O
 1 large can pineapple chunks
 2 pkg. (3 oz.) cream cheese
 1/2 small can pimento
 1/2 c. celery, finely chopped
 2/3 c. walnuts or pecans, chopped
 1/2 pint cream, whipped
 1/8 t. salt
 Marshmallows (optional)

Heat juice from pineapple. Dissolve Jell-O in hot juice; add marshmallows. Mix together other ingredients except cream. When Jell-O begins to set, add mixture. Whip cream and fold in. Chill overnight.



TENNESSEE JAM CAKE

The late Delight Wells Hall, Louisville, KY
*Submitted by her daughter,
 Regina Hall Harting, Greenwood, IN*

Cream together:
margarine

1 c. margarine
 1-1/2 c. sugar

Blend with

and sugar mixture:
 3/4 c. strawberry jam
 4 eggs

Combine:

2-1/2 c. flour	1 t. cinnamon
1 t. soda	1 t. cloves
1 t. nutmeg	1/4 t. salt

Add alternately with 1 cup buttermilk.
 Stir in 1-1/2 cup chopped pecans.
 Pour into 3 greased and floured pans.
 Bake at 350° F. oven for 30 to 35 minutes.
 Cool 10 min. then fill and frost sides.
 Powdered sugar on top.

BROWN SUGAR FROSTING

Filling:

1 c. brown sugar packed
 1/2 c. margarine
 1/4 c. milk

Bring to boil stirring. Remove from heat.
 Cool 10 min. Add 3 cups powdered sugar.
 If stiff add 1 tsp. milk.



GRANNY'S SEVEN-UP CAKE

The late, Malta Castle Wells Watson,
*Submitted by grand-daughter,
 Mary Frances (Keel) Moore, Auxier, KY*

1 box yellow cake mix
 10 oz. can of 7-Up soda
 4 eggs
 1 box instant pudding, pineapple or vanilla.

Beat together all ingredients except 7-Up.
 Add 7-Up last and beat well.

Bake in 13 x 9 x 2 inch pan for 40 minutes
 in preheated oven at 350° F.

Icing

3 eggs, beaten
 1 T. flour
 1 c. pineapples, crushed, un-drained
 1-1/2 c. sugar
 1 stick margarine
 1 small can coconut

Cook the eggs, flour, sugar, margarine and
 pineapple together until thick; over medium
 heat. Add the coconut and pour over the hot
 cake when it comes out of the oven. Set
 aside and cool.



BLACKBERRY CAKE

The late, Pearl Wells Short, Paintsville, KY

Submitted by daughter,

Helen Short Blackburn, Mason, OH

- 1 c. butter
- 2 c. sugar
- 4 eggs
- 2-3/4 c. flour
- 3 T. cocoa
- 4 t. soda, *(level not heaping)*
- 1 t. ground cloves
- 1 t. ground allspice
- 1 t. ground cinnamon
- 2 c. blackberries and juice
- 1 t. vanilla

Cream butter and sugar, add eggs and mix well. Mix dry ingredients, and add to creamed mixture alternately with berries.

Bake at 350° F. for 20 - 25 minutes or until toothpick when pushed into the cake comes out clean.

Recipe makes three layers or one large sheet cake.

Use plain or white caramel or vanilla icing.



WHITE CHOCOLATE CAKE

The late, Fanny Richmond Wells,
Auxier, KY

- 1 c. butter
- 2 c. sugar
- 4 eggs yolk
- 1 lb. white chocolate, melted
- 2-1/2 c. cake flour
- 1 c. buttermilk
- 1 t. vanilla
- 4 egg whites, beaten
- 1 c. chopped pecans
- 1 c. coconut

Cream butter and sugar, beat in egg yolks (one at a time) with chocolate.

Add flour with buttermilk and beaten egg whites. Stir in nuts and coconut.

Pour in three (9") or one (9" x 13") pan.

Bake at 350° F for 30 minutes *(or until done)*.

You may use your favorite frosting.



OATMEAL CAKE

The late, Angie Wells, Boonescamp, KY
*Submitted by daughter,
Edith Wells Mollette, Boonscamp, KY*

1 c. Three Minute Oats
1-1/4 c. boiling water

Mix oats and water and let stand.

Cream together:

1 stick butter
1 c. sugar
1 c. brown sugar

Add oatmeal mixture to the above butter and sugar mixture.

Add to the oatmeal mixture:

2 eggs
1 t. vanilla

Sift together:

1-1/3 c. flour
1 t. soda
1 t. cinnamon

Add to the oatmeal mixture and mix well

Bake 350° F. for 30 – 35 minutes.

Glaze:

4 T. butter
4 T. canned cream

1 c. brown sugar
1 c. coconut

Mix and spread on cake – brown under broiler.



CARAMEL CREAM CAKE

The late, Fanny Richmond Wells,
Auxier, KY

Cream together:

1 c. butter
2-1/2 c. sugar
5 egg yolks and blend well

Mix together and sift 3 times:

3 c. flour, 1 t. soda, 1 T. baking powder.

Add dry ingredients alternately with
1 c. buttermilk, stir in 5 tsp. cold coffee and
2 tsp. vanilla. Fold in 5 stiffly beaten egg
whites.

Bake 30 to 35 minutes at 375° F. oven.

This makes a large cake, if dough seems to
stiff add more cold water or cold coffee.

Caramel Frosting:

4 c. powdered sugar
3 T. cocoa
1 egg yolk, beaten until light
1 t. vanilla
3 T. cold coffee
1/2 c. butter, creamed

Mix together powdered sugar, cocoa. Stir in
vanilla, cold coffee, and butter. Add sugar
and cocoa mixture, and gradually thin with
egg mixture. Add more coffee if necessary.



SNOWBALL CAKE

The late, Mildred (Mrs. Jefferson) Wells,
Patriot, OH

*Submitted by niece,
Louise McMonegals, Quincy, CA*

2 T. unflavored gelatin
4 T. cold water
1 c. boiling water
1 c. white sugar
Juice of one lemon
1 can (#2 size) crushed pineapple
(do not drain)
3 envelopes whipped topping (or 1 large and
1 small container Cool Whip);
(reserve 1 envelope for the topping)
1 large angel food cake
Coconut
Cherries

In a large bowl, soften gelatin in cold water,
then add boiling water and stir until
dissolved. Add sugar, lemon juice, and
pineapple. Chill until partly firm.

Whip 2 envelopes whipped topping (or large
Cool Whip) and fold into first
mixture. Break cake into small pieces and
put alternate layers of cake and gelatin
mixture, starting with cake in a 13" x 9"
pan. Chill overnight for several hours.

Whip last envelope of whipped topping (or
small container of Cool Whip) of topping
and spread over cake. Sprinkle coconut on
top and garnish with cherries.



STRAWBERRY CAKE

The late, Angie Wells, Boonescamp, KY

*Submitted by daughter,
Edith Mollette, Boonescamp, KY*

1 box Duncan Hines White Cake Mix
4 whole eggs
1 box Strawberry Jell-O (small)
3/4 c. Mazola Oil
1/2 c. strawberries
1/2 c. warm water

Dissolve Jell-O in warm water. Mix in rest
of ingredients with mixer.

Bake in oven at 350° F.

Icing

1 box confectioner sugar
1 stick butter
1/2 c. strawberries

*"Mom would make this dish for special
occasions like our birthdays since she knew we
liked it so much."*



MANDARIN ORANGE CAKE

The late, Mildred (Mrs. Jefferson) Wells,
Patriot, OH

*Submitted by niece,
Louise McMonegals, Quincy, CA*

- 1 box butter recipe golden cake mix
(Duncan Hines)
- 1/2 c. Crisco oil
- 4 eggs
- 1 can (11-oz) mandarin oranges,
including juice

Mix ingredients together with electric mixer. Pour into 2 or 3 greased and floured 8" round pans.

Bake at 325° F. for 15 – 25 minutes. Do not over-bake.

Icing

- 1 pkg. (3oz.) instant vanilla pudding (dry)
- 1 carton (9oz.) Cool Whip
- 1 can (#2 size) crushed pineapple, drained

Mix ingredients together with a spoon.
Spread on cake. Garnish with well drained mandarin orange slices.

Cover and store in refrigerator at least four hours.

Serve cold.



OATMEAL CAKE

The late, Minnie Sue Wells,
Daniels Creek, Van Lear, KY

- 1-1/4 c. boiling water
- 1 c. quick-cooking oats
- 1/2 c. shortening or oil
- 1 c. brown sugar
- 1 c. white sugar
- 2 eggs
- 1/2 t. salt
- 1 t. baking soda
- 1 t. cinnamon
- 1-1/3 c. flour (plain)

Pour boiling water over oats. Let stand for 20 minutes. Cream together the shortening and sugars. Add eggs, beat well. Add salt, soda and cinnamon. Stir oats and flour mix well.

Bake the cake at 350° F. for 30 minutes or until done.

ICING

- 4 T. butter or oleo
- 4 T. brown sugar
- 1 c. nuts, chopped
- 4 T. milk
- 1 egg yolk
- 1-1/2 c. coconut

Mix all ingredients and cook until thick.
Spread over cake.



PEARL'S OLD FASHION APPLE STACK CAKE

The late, Pearl Wells, Daniels Creek,
Van Lear, KY

4 c. flour
2 t. baking powder
2 T. ginger
1 t. soda
1 t. salt (if using plain flour)
1 c. brown sugar (packed down)
1/2 c. white sugar
1 stick margarine
1 c. molasses
3 eggs
1 c. buttermilk
1 t. vanilla

Sift together 4 c. flour, 2 t. baking powder, 2 T. ginger, 1 t. soda, 1 t. salt and set aside. Cream together the sugar and margarine until fluffy. Add warm molasses and one egg at a time beating after each. Begin adding dry ingredients along with the buttermilk. Add 1 t. vanilla. Add enough flour to make dough stiff enough in order to turn out on a floured board. Work the dough a little, pat into four 9-inch cake pans and bake at 350° F. for about 15 minutes or until brown. When the cakes are cool split open and stack with home made apple butter or dried apples. After this sets awhile it will become moist.



BLACK RASPBERRY CAKE

The late, Fanny Richmond Wells,
Auxier, KY

Dissolve:

1 t. soda in 1 c. buttermilk

Add to the following flour mixture:

2 c. white sugar
1 c. butter
3 c. all-purpose flour
3 eggs, slightly beaten

Mix together & add to flour mixture:

1/2 t. cloves
1 t. nutmeg
1 t. allspice
1 t. cinnamon
1 t. baking powder
1 c. black raspberries (1 can)

Mix together cloves, nutmeg, allspice, cinnamon and baking powder, and add last the 1 cup black raspberries (1 can) to the flour mixture.

Bake 1 hour in oven at 350° F. (use tube pan or two (8") pans.

FROSTING:

1 stick melted butter; add 1 c. light brown sugar and cook 2 minutes; then add 1/4 c. milk and let come to a boil. Cool to lukewarm. Add 1-1/4 to 2 c. powdered sugar and beat with mixer until creamy. Add 1/2 c. chopped pecans. Spread over cake.



PRUNE CAKE

The late, Mildred Sturgill (Mamaw Wells),
Auxier, KY

*Submitted by her grand-daughter,
Debbie Cleavinger, Pinctney, MI*

CAKE

2 c. self-rising flour
1-1/2 c. sugar
1/2 c. Wesson oil
3 eggs
3/4 c. buttermilk
1 c. pecans, chopped
2 c. pitted prunes, cooked
1/2 t. each – cinnamon, ginger, and nutmeg

Mix ingredients well and pour in greased
9 in x 13 in. pan. Bake at 350° F. (until
center does not stick to a toothpick).

TOPPING

2 c. confectionery sugar
1c. buttermilk
1/2 t. baking soda
1/2 t. vanilla flavoring

Cook until nothing but foam and pour over
cake.



BETTY'S CHOCOLATE CAKE WITH FLUFFY WHITE ICING

The late, Betty Wells Brown, Van Lear, KY

*Submitted by daughter,
Carol Brown Burchett, Auxier, KY*

3/4 c. butter or margarine
1-3/4 c. sugar
2 eggs
1 t. vanilla
2 c. flour
3/4 c. cocoa
1-1/3 c. water

Cream butter and sugar until light and fluffy.
Add eggs and vanilla. Beat 1 minute at
medium speed. Combine flour and cocoa.
Add alternately with water to creamed
mixture.

Pour batter into 2 greased and floured cake
pans. Bake at 350° F. for 30 to 40 minutes.
Cool 10 min. Remove from pans.

FLUFFY WHITE ICING

2 egg whites
1/4 c. sugar
1/4 c. Karo syrup

Beat egg whites and add sugar as you would
meringue then add Karo syrup gradually
until thick and fluffy.

*Karo syrup is easier to work with, if you
warm it. Mom always warmed it.*



HARVEST APPLE CAKE

The late, Lucille Wells Patton, Auxier, KY

4 c. fresh apples, diced
 2 c. flour
 2 eggs
 1 t. salt
 2 t. soda
 1 t. nutmeg
 1 t. cinnamon
 1 t. vanilla
 2 c. sugar
 1 c. oil
 1 c. nuts, chopped

Mix together apples and sugar. Let stand for 1 hour. Sift together flour, soda and spices. Beat eggs; add oil and vanilla to apple mixture.

Add flour mixture and nuts to apple mixture. Bake in a greased tube pan for 1 hour at 350° F.



DIVINITY FROSTING

The late, Fanny Richmond Wells, Auxier, KY

1-1/2 c. sugar
 1/2 c. water
 2 T. light corn syrup
 1/4 t. salt
 3 egg whites, beaten
 1 t. vanilla

Combine sugar, water, corn syrup and salt in saucepan. Place on heat and stir constantly until sugar dissolves. Wipe crystals from side of pan as necessary.

Boil without stirring to 244° F. or to a semi-firm boil stage. Gradually beat hot syrup into beaten egg whites, add extract and tint with yellow food coloring, continue until frosting reaches desired spreading consistency.

This recipe makes enough frosting for three round layers.



CHOCOLATE FROSTING

The late, Geneva Wells Volota, Euclid, OH

*Submitted by daughter,
Pamela Volota Haynish, Parma, OH*

*Frosts two 8 or 9 inch layers or a
9 x 13 inch cake*

1/4 c. of Crisco, melted
1/2 c. of cocoa
1/4 t. salt
1/3 c. of milk
1-1/2 t. vanilla
3-1/2 c. confectioner sugar
(sift if lumpy)

Directions

Combine melted Crisco, cocoa and salt; then add milk and vanilla.

Mix in sugar in 3 parts.

Mix until smooth and creamy.

Add more sugar to thicken or milk to thin, if needed for good spreading consistency.



LUCKY IF ANY LEFT

The late, Octavia Nesbitt McKinley,
Lucasville, OH

2 c. flour
2 sticks margarine
1 c. pecans, chopped
1 pkg. (8 oz.) cream cheese
1 c. powdered sugar
1/2 carton Cool Whip (large size)
3 pkg. (3 oz.) instant lemon or
chocolate pudding
4-1/2 c. milk
1/2 carton Cool Whip for topping
nuts *(optional)*

Cut margarine into flour and add pecans.

Press into a 9" x 13" baking dish and bake in a 350° F. oven until brown. Cool.

Mix cream cheese, sugar, and add 1/2 container of Cool Whip. Spread over baked crust.

Mix instant lemon or chocolate pudding with milk and spread over cheese layer and allow it to set until pudding is firm.

After pudding is firm, spread remaining half container of Cool Whip on the top and sprinkle with nuts. Chill.



APPLE BETTY

The late, Betty Wells Brown, Van Lear, KY
Submitted by daughter, Ann Wilson, Ashland, KY

1/4 c. water
 6 c. sliced apples
 1/2 c. sugar
 1/4 c. butter or margarine
 1 t. cinnamon
 1-1/2 c. graham cracker crumbs.

Generously grease sides and bottom of sauce pan with butter. Place water and apples in pan. Combine remaining ingredients together and press over the apples.

Cover the pan and bake at low heat for 30 to 40 minutes or until apples are cooked.

Serve warm, with whip cream



SOUTHERN FRIED APPLE PIES

The late, Myrtle Spears Richmond,
 Van Lear, KY

dried apples
 1-1/2 t. cinnamon
 sugar, to taste
 1 t. lemon juice
 3 c. flour
 1-1/2 t. salt
 1 c. margarine or Crisco
 3/4 c. water
 Margarine
 Powder sugar

Cook dried apples in enough water to cover apples, until tender. Drain. Add spices and sugar to taste and add a little lemon juice.

Mix flour, salt, margarine or Crisco. Mix until size of small peas. Sprinkle with 3/4 cup water, a little at a time, repeat until all is moistened. Form into ball. Don't over work dough – this makes the crust tough.

Roll on floured board to 1/8" thick. Cut into about 4" or 5" circles and fill with apples. Use about 1 tablespoon of apple filling or more on half of a circle. Fold over and seal with a fork pressed around outside of the folded circle. Fry in little margarine until brown, on both sides. Drain on paper towel. Sprinkle with softened powder sugar



VINEGAR PIE CRUST

The late, Minnie Sue Wells,
Daniels Creek, Van Lear, KY

4 c. flour
1 T. sugar
1-3/4 c. Crisco shortening
3 t. salt

Blend the above ingredients together.
Set aside.

LIQUID:

1 egg
1/2 c. water
1 T. vinegar

Mix liquid ingredients together. Add dry ingredients. Blend all together divide into balls. Roll on wax paper for best results.

Makes 3 whole pies or 6 single pies.

This pie crust recipe was used by Minnie to bake apples pies for the Johnson County Apple Festival.



RHUBARB PIE

The late, Beatrice Wells Childers,
Auxier, KY

1 c. flour
5 T. powdered sugar
1 stick margarine, melted
1-1/2 c. sugar
3 c. rhubarb, chopped
2 eggs, beaten
1/4 c. flour

Pour into pie crust and bake 30 minutes at 350° F. Can substitute any kind of fruit in place of the rhubarb.



PECAN PIE

The late, Minnie Sue Wells,
Daniels Creek, Van Lear, KY

1 stick oleo (margarine)
2/3 c. pancake syrup or Karo
2 eggs
2/3 c. oatmeal
2/3 c. sugar
Pecans

Beat eggs with fork. Add sugar, syrup, oleo and oats. Top with pecans. Bake at 350° F. for 40 to 50 min.



OLD FASHIONED SOFT MOLASSES COOKIES

The late, Virgie Wells Clark, Floyd Co., KY

*Submitted by granddaughter,
Roslyn Dial, Mexico, ME*

8 c. sifted all-purpose flour
4 t. soda
1/4 t. salt
1 T. ginger
1 t. cinnamon
3 c. molasses
1 c. lard, melted
1/2 c. butter, melted
10 T. boiling water

Measure 4 cups of the flour, sift once.
Add soda, salt, ginger, cinnamon and sift together 3 times.

Combine molasses, melted shortening and boiling water. Gradually add remaining 4 cups flour, beating well after each addition. Let stand in cool place about 1 hour.

Turn onto lightly floured board. Roll dough until it is 1/4" thick. Cut with a large cookie cutter. Sprinkle with sugar and bake at 425° F. for 15 minutes.



PEANUT BUTTER FUDGE

The late, Mildred Sturgill (Mamaw Wells),
Auxier, KY

*Submitted by her grand-daughter,
Debbie Cleavinger, Pinctney, MI*

2 c. sugar
1 c. evaporated milk

Mix and let come to a boil. Cook slowly
until it reaches soft ball stage.

Remove from heat.

STIR IN:

1-1/2 c. peanut butter
1 jar marshmallow crème
1 t. vanilla

Mix well and pour in buttered pan.
Cool and slice.



PECAN FUDGE

The late, Doreen Linkous Collins,
Danalton, KY

*Submitted by daughter,
Tommie Cochran, Powell, OH*

3 c. sugar
2 c. brown sugar
1/2 c. light corn syrup
1-1/2 c. milk
1 c. pecans

Mix together sugars, syrup and milk.

Cook to soft ball, beat until creamy. Add
1 cup pecans. Pour into buttered pan. Cool
and slice.



POTATO CANDY

The late, Delight Wells Hall, Louisville, KY
*Submitted by her daughter,
Regina Hall Harting, Greenwood, IN*

1 potato, peeled and quartered
2-1/2 pounds powdered sugar
1-1/2 cups peanut butter

Boil potato until tender, place in medium bowl, mash until smooth and creamy, stir in sugar, 1 cup at a time.

Turn dough onto a surface dusted with powdered sugar. Roll to 1/4 inch thickness and spread peanut butter over the surface.

Roll into a log (like a jelly-roll). Slice into 3/4 inch thick pieces.



BUTTERMILK NUT CANDY

The late, Doreen Linkous Collins,
Danalton, KY
*Submitted by daughter,
Tommie Cochran, Powell, OH*

1 c. sugar
1 t. salt
1/2 t. soda
1/2 c. buttermilk
1 T. butter
1/2 t. maple flavoring
1 c. of nuts

Combine sugar, salt, soda and buttermilk in a heavy sauce pan. Cook over medium heat to soft ball state. Stir often.

Add butter, maple flavoring and nuts. Beat until creamy thick, drop by spoonful on waxed lined paper pan and cool.



FRIED CORN

The late, Unoka Clark Richmond,
Van Lear, KY

*Submitted by granddaughter,
Mary Wells Walton, Lexington, KY*

Corn, 8 to 10 ears
3 T. butter
salt to taste
1-1/2 T. sugar (optional)
1/4 c. water

Shuck and clean corn. With corn cob tilted into a bowl use a sharp knife, cut the corn kernels off the cob into a bowl and scrape pulp from cob.

In heavy skillet, melt butter and add corn. Add salt, sugar, and water.

Cook until thick, stirring often. Add more water if needed.

NOTE:

If using sweet corn you may not need to add sugar. This is delicious and freezes well.



SHUCK OR (LEATHER-BRITCHES) BEANS

The late, Anna Richmond Wells,
Van Lear, KY

*Submitted by daughter,
Mary Wells Walton, Lexington, KY*

Pick young, tender green beans
(*half runners are a good choice*).

Break off ends and string. Thread a large needle with strong thread (*crochet thread is good*). Tie a knot at the end of the string.

Pierce needle through center of beans. When string is full, tie a knot around last bean on string at the top. Hang in a dry place.

When beans are dry, place in plastic bags and tie so insects cannot get to them. They do well in the freezer also.

In Anna's later years, she would spread a white sheet on the top of the tin kitchen roof and spread the bean out until dry and then put them in bags and freeze them.

Before there were freezers, she would seal them in glass gallon jars and put some baking powder in them which kept the bugs from bothering them.



STUFFED MUSHROOMS

The late, Douglas Anthony Quallich,
Parma, OH

Submitted by wife, Patti Volota Quallich, Parma, OH

- 2 lb. large fresh mushrooms
- 3 green onions, sliced
- 1 T. butter
- 1/4 c. sour cream
- 1 pkg. (8 oz.) cream cheese

Wash mushrooms. Remove stems pieces by twisting, set aside. Arrange caps (stem side up) in a 13" x 9" baking dish, set aside. Chop stems pieces fine. Place stems, onions and butter in bowl. Microwave 3 min. on roast, or until tender. Stir in sour cream and cream cheese. Microwave 2-1/2 min. on roast, or until cheese is softened. Stir well.

Divide mixture into 4 (6 oz.) custard cups. Stir into each, ingredients from recipe variations below. Fill mushroom caps with cheese mixtures. Microwave 5 – 6 min. on roast or until hot.

Serves 36.

RECIPE VARIATIONS:

<i>Mexican Mushrooms</i>	<i>Italian Mushrooms</i>
1 lb. chopped green chilies	3 slices of crisp bacon, crumbled
1/4 c. shredded Monterey Jack cheese	5 black olives, chopped
Garnish each cap with 1 pimento strip	1/4 t. oregano leaves
	1/4 t. sweet basil leaves
	Garnish each cap with dried parsley flakes



PICKLED CORN

The late, Juanita Goble Wells Carr,
Greenup, KY

Corn: fresh enough to make several quarts
Salt: canning coarse salt

Cut off enough corn to fill several quarts. Fill jars, and place 1 T. salt into each jar of corn.

Take a table knife and slide into the center of jar of corn and pour boiling water over the corn until jar is full.

Seal each jar and store in a cool place until pickled. Fry in skillet until tender and serve with your favorite meal.



BREAD AND BUTTER PICKLES

The late, Anna Richmond Wells,
Van Lear, KY

8 large onions
2 large sweet peppers
20 to 30 cucumbers
1/2 c. salt
5 c. vinegar
5 c. sugar
2 T. mustard seeds
1 t. turmeric
1/2 t. cloves

Wash and slice thin, onions and peppers.

Slice cucumbers thin and combine with onions and peppers. Add salt. Let stand for 3 hours. Drain. Set aside.

Combine vinegar, sugar and spices. Bring to a boil and then add cucumber mixture. Heat but don't boil this time.

Place into canning jars and seal.



ZUCCHINI CASSEROLE

The late, Unoka "Nokie" Wells Frisby
Louisville, KY

*Submitted by niece,
Regina Hall Harting, Greenwood, IN*

Sauté together:

4 c. zucchini
1 c. onions
1/2 c. margarine

Stir in:

1/2 c. parsley
1/4 t. garlic powder
1/2 t. Italian seasoning
1/2 t. salt

Blend together and then add to other ingredients:

4 eggs
8 oz. mozzarella cheese

Use a 9 x 13 inch pan.

Bake at 350° F. for 18 to 20 minutes.

APPETIZERS

RON'S SNAPPY BEER CHEESE

Ronald G. Wells, Georgetown, KY

1 pint mayonnaise
8 oz. stale beer
1 large garlic clove, peeled and pressed
2 t. hot sauce (*Louisiana type*)
1 t. garlic powder
1 t. cayenne red pepper
2 lb. box Velveeta type cheese at room temperature (*I use Kroger brand, "Nice and Cheesy"*)

Combine all ingredients, except cheese in blender or food processor. Blend well.

Cube cheese and add to processor, mix until desired consistency is obtained.

NOTE:

I usually half this recipe because of the load it puts on a normal blender.

I then mix the two batches together in a bowl, before I put it into separate containers.

If you have a very heavy-duty blender or processor, you may be able to make it all in one. Good Luck.....Ron Wells

FRUIT DIP

Louise McMonegal, Quincy, CA

1 container (16 oz.) cottage cheese

Put in the blender, and then dump in a bowl.

Add

1/4 c. honey
1/4 c. plain yogurt
1/4 c. coconut
Orange rind

Cool one hour and serve with fruit.

SPINACH BARS

Katherine Adams Walton, Lexington, KY

3 eggs
1 cup milk
1 pound grated cheddar cheese
1 cup flour
1 tsp. salt
1 tsp. baking powder
10 oz. frozen chopped spinach, thaw only and squeeze water out good.
1 small onion finely chopped.
6 slices mushroom (for garnish)

Melt 1/2 stick butter in baking dish. Mix all other ingredients but mushrooms. Pour mix over melted butter. Garnish with mushrooms if desired. Cool at least 1 hour before cutting. Bake 350° F. for 35 minutes.

SENSATIONAL SHRIMP SPREAD

Mrs. Garry (Dee) Adams, Lagrange, KY

1 pkg. (8 oz.) cream cheese, softened
3 T. mayonnaise
1 T. minced onion
1/2 t. Worcestershire sauce
seasoned salt to taste
black pepper to taste
1 can (4.5 oz.) tiny shrimp, drained, chopped

In medium bowl, combine cream cheese and mayonnaise; mix well. Stir in remaining ingredients. Cover; refrigerate 2 - 3 hours for flavors to blend. Serve with crackers.

MEX TEX DIP

Karen Cline Church, Jamestown, OH

Karen brings this each year to the Wells Reunion since it is so easy to make and she can do it at the motel room before coming to the reunion.

Use a 9 x 13 inch baking dish

1st Layer:

1 can refried beans
2 package of taco seasoning

Mix together for next layer.

2nd Layer:

1 container (16 oz.) sour cream
1 pkg. taco seasoning

Mix together for next layer.

3rd Layer:

1 head lettuce, cut very fine

4th Layer:

4 to 6 tomatoes cut fine

5th Layer:

1 large bag shredded cheddar or Mexican style cheese.

6th Layer:

1 can black olives, chopped fine. *(optional)*

7th Layer:

Scallions (onions & green tops), chopped

Serve with salsa and tortilla (nacho) chips.

OYSTER SNACK CRACKERS

Tommie Collins Cochran, Ashland, KY

1 c. Crisco oil
1 t. dill seed
1/2 T. garlic salt or powder
1 pkg. ranch salad dressing (original flavor)

Pour combined mixture over 2 packages (12 oz. each) of oyster crackers and let stand at least 1 hour before serving.

CORNERED BEEF DIP

Melissa Kershner-Dulong, Michigan

1 pkg. (8 oz.) cream cheese
3 T. green onion tops, chopped
3 T. mayo or Miracle Whip
1 small pkg. (2.5 oz.) corned beef, chopped

Mix well.

DIP

Mary Wells Walton, Lexington, KY

Submitted by her niece, Patti Volota Quallich, Parma, OH

2 pkg. (8oz.) cream cheese, softened
6 T. Mayonnaise
1 t. onion soup
1 t. garlic powder
3 t. Tabasco sauce

Cream together and mix well. Serve with fresh cut broccoli, cauliflower, or crackers.

SAUSAGE BALLS

Tommie Collins Cochran, Ashland, KY

1 lb. sausage (hotter the better)
1 pkg. (8 oz.) sharp shredded Cheddar
2-1/2 c. – 3 c. Bisquick baking mix

Mix together in a large bowl. Roll into balls and place on cookie sheet. Bake at 350 for approximately 20 minutes.

OLIVE DIP OR SPREAD

Herbie Wells, Prestonsburg, KY

Mix together with a fork:
1 Cream Cheese, softened
½ Cup Mayonnaise

Add some juice from the olive jar and a couple of dashes of pepper.
Mix well.

Fold in: 1 cup chopped green salad olives (buy salad olives at market or chop up regulars) 1/2 cup finely chopped pecans
This can be served as a thick dip or used as a nice spread on toast or on bread with some tomatoes and lettuce for a tasty sandwich.

CRUNCHY CHEESE BALL

Karen Patton Howard, Auxier, KY

2 pkg. (8 oz.) cream cheese, softened
1/2 c. mayonnaise
2 T. dried parsley flakes
1/2 t. Tabasco sauce
1/2 t. dry mustard
1/4 c. onion, finely chopped
2 cans Hormel Cooked Ham
pecans, chopped

Beat cream cheese and mayonnaise until smooth. Flake ham with fork until very fine. Add to cream cheese together with other 4 ingredients and mix well. Refrigerate for several hours. Form into 2 balls and roll in chopped pecans to coat. Serve with Crackers.

VEGETABLE DIP

Karen Patton Howard, Auxier, KY

1 c. sour cream
1 c. mayonnaise
1 T. parsley flakes
1 T. onion flakes or salt
1 t. dill weed
1 t. beau monde seasoning

Mix all ingredients together. Chill and serve with favorite chips, vegetables, etc.

HOT ARTICHOKE SPREAD

Mary Walton, Lexington, KY

1 (14-oz.) can artichoke hearts, drained and chopped
1 c. Parmesan cheese, grated
1/2 t. garlic salt
3/4 to 1 c. Hellmann's mayonnaise
Dash lemon juice

Combine all ingredients, mixing well. Spoon into a lightly-greased 3-cup casserole. Bake at 350° F. for 25 minutes. Serve with assorted crackers.

Makes about 2-1/2 cups.

IMPOSSIBLE HAM SALAD PIE

Patricia Volota Quallich, Parma, OH

1 c. frozen green peas, rinse and drain
1 c. cut-up fully cooked smoked ham
1 c. cheddar cheese, shredded
1/3 c. green onions, chopped
1-2/3 c. milk
1/3 c. mayo or salad dressing
1-1/2 t. prepared mustard
4 eggs
1 c. Bisquick® baking mix
1/8 t. black pepper

Sprinkle peas, ham cheese and onions in greased pie plate – 10" x 1-1/2". Beat remaining ingredients until smooth, 15 sec. in blender on high or 1 min. with hand beater. Pour into plate. Bake at 400° F. until knife inserted in center comes out clean for 35-40 min. Cool 5 min. *Serves 6.*

EGG ROLLS

Patricia Volota Quallich, Parma, OH

4 or 5 med. mushrooms (*canned*)

1/2 lb. ground pork

1/2 t. salt

1/2 t. cornstarch

1/2 t. soy sauce

dash of white pepper

8 c. water

1 head green cabbage (about 2-1/2 lbs.),
finely shredded

2 T. vegetable oil

1/4 c. canned shredded bamboo shoots

1/2 lb. cooked shrimp, finely chopped
(*I used canned shrimp*)

1/2 c. green onions (with tops), finely
chopped

1 t. salt

1 t. five spice powder

1 lb egg roll skins

1 egg, beaten

vegetable oil

Slice mushrooms into small pieces. Mix pork 1/2 t. salt, cornstarch, soy sauce and white pepper. Cover and refrigerate about 20 minutes.

Heat water to boiling in 4-qt. Dutch oven; add cabbage. Heat to boiling. Cover and cook 1 min. Drain. Rinse with cold water until cabbage is cold. Drain thoroughly. Remove excess water by squeezing cabbage.

Heat wok or large frying pan until 1 or 2 drops of water bubble and skitter when sprinkled in wok. Add 2 T. vegetable oil. Rotate to coat sides. Add pork. Stir-fry until pork is no longer pink. Add mushrooms and bamboo shoots. Stir-fry 1 min. Stir in cabbage, shrimp, green onions, 1 t. salt and the five spice powder. Cool.

Place 1/2 c. pork mixture slightly below center of egg roll skin. (Cover remaining skins with dampened towel to keep them pliable.) Fold corner of egg roll skin closet to filling over filling, tucking the point under. Fold in and overlap the two opposite corners. Brush fourth corner with egg. Roll-up enclosed filling to seal. Repeat with remaining egg roll skins. (Cover filled egg rolls with dampened towel or plastic wrap to keep them from drying out.)

Heath vegetable oil (2 inches) in wok to 350 F. Fry 4 or 5 egg rolls at a time until golden brown, turning 2 or 3 times, 2 to 3 minutes. Drain on paper towel. Serve with Hot Mustard and a sweet and sour sauce if desired.

Makes 16 to 18 egg rolls.

NOTE: Five spice powder can be found in the spice section at the grocery store.

SOY SAUCE SUBSTITUTION:

Make 1/4 c. soy sauce by mixing:

3 T. Worcestershire sauce plus 1 T. water

BEVERAGES

STRAWBERRY PUNCH OR KOOL-AID PUNCH

Mary Wells Walton, Lexington, KY

Good — we used this at church groups through the years.

1 pkg. strawberry Kool-Aid
1 pkg. cherry Kool-Aid
1 can (6 oz.) frozen lemon juice
1 can (6 oz.) frozen orange juice
3 quarts water
2 c. sugar (or Splendid sweetener)
1 quart ginger ale
1 quart sherbet

CHAI TEA MIX

Patti Volota Quallich, Parma, OH

Ingredients:

1 can (14 oz.) unsweetened condensed milk
(you can use fat-free)
1/2 t. ground cardamom
1/4 t. ground allspice
1/4 t. ground cinnamon
1/4 t. ground cloves
1/8 t. ground black pepper

Directions:

1. Pour the entire can of milk into a clean, dry jar.
2. Add all the spices and cover tightly with a lid.
3. Place in the refrigerator. The longer it stays refrigerated, the better it gets.
4. To use, stir the mixture, and scoop out 2-3 tablespoons directly into a cup of very strong, very hot black tea

NOTE:

I usually put the chai concentrate in the cup and pour the tea over it; it seems to mix easier.

FRUIT SMOOTHIE

Pamela Volota Haynish, Parma, OH

1/2 c. plain yogurt
1/2 c. orange juice
3/4 c. fresh fruit (strawberries, blueberries, raspberries, bananas or a combination)
1 T. honey
1/2 c. ice cubes

Place all ingredients in the blender.

Blend for about 2 minutes or until mixture is smooth.

Pour into cups and enjoy.

Serves 2

HOT CIDER PUNCH

Mary Wells Walton, Lexington, KY

Makes thirty 1/2 cup servings.

Pour into a 34 cup percolator:

1 gallon apple cider
1 (24 oz.) bottle ginger ale

Place in percolator basket:

1 c. round cinnamon drops (candies)
24 whole cloves
2 sticks cinnamon

Perk and serve hot.

This punch is not only delicious, but the fragrance is wonderful. I served it to my homemaker group and everyone wanted the recipe. It is great at holiday time.

SUPER ICED CHOCOLATE CAPPUCINO

Pamela Volota Haynish, Parma, OH

In a blender container, place syrup and coffee, blend on high speed. Add ice cream; cover and blend until smooth. Serve immediately, over ice; top with whipped cream and ground cinnamon, if desired.

Makes 6 servings.

Variations:

2/3 c. Hershey's chocolate syrup, chilled

2 c. cold coffee

2 c. vanilla ice cream

whipped cream, *optional*

ground cinnamon, *optional*

Punch Bowl version:

Prepare as directed above; pour into bowl. Immediately repeat, making 2 c. additional batches and pouring into bowl. Stir in tray of ice cubes. Serve immediately. *Makes about 18 (6 oz.) servings.*

NOTE: *1 bottle of Hershey chocolate syrup is needed for punch bowl version*

HOLIDAY CAFFÉ

Pamela Volota Haynish, Parma, OH

3/4 c. hot coffee

1/4 c. Nestlé's Cappuccino

Coffee Mate, powder non-dairy creamer
(Irish crème or hazelnut flavors)

1 T. Nestlé's Quick Chocolate flavor syrup

Whipped cream, *optional*

Nestlé's Toll House Baking Cocoa, *optional*

Combine coffee, flavored Coffee Mate and Nestlé's Quick in a large mug, stir. Garnish with whipped cream. Sprinkle with cocoa. Serve immediately. For holiday entertaining simply multiply ingredients by desired number of servings.

WHISKEY SOURS FOR A PARTY

Pamela Volota Haynish, Parma, OH

1 can frozen lemonade

1 can (lemonade can size) of whiskey

1 quart gingerale, chilled

Fruit to taste, *optional* – orange slices,
lemon slices, cherries

Mix together and place in punch bowl.

This is a Haynish family favorite for parties.

SOUTHERN COMFORT PUNCH

Pamela Volota Haynish, Parma, OH

1/5 bottle of Southern Comfort

3 quarts 7-Up soda pop

6 oz. fresh lemon juice

1 can (6 oz.) frozen orange juice

1 can (6 oz.) frozen lemonade

Chill and mix it before serving. Place in a punch bowl. Add drops of red food coloring. Add orange and lemon slices.

INSTANT RUSSIAN TEA

Clara Wells Preston, Urbana, OH

1 c. sugar

2-1/2 c. Tang

1/2 pkg. Wyler lemonade mix
(or 1 lime Kool-aid)

1 c. instant tea

1 t. cinnamon

1 t. ground cloves

Mix above ingredients in a larger shaker. Use 2 t. per cup. If plain unsweetened Kool-aid is used; add 1-1/2 to 2 c. sugar. Add hot water to your cup.

BREADS, ROLLS, PASTRY

WILD PLUM MUFFINS

Rita Vest, Sandy Hook, KY

2 c. self-rising flour
2 c. sugar
2 t. allspice
1 c. walnuts, chopped
2 small jars plum baby food
3 large eggs
1 c. vegetable oil

Preheat oven to 350° F. Combine all ingredients and mix well. Grease muffin tins and fill halfway with batter.

Bake 15 – 17 minutes.

CREAM BISCUITS

Pat Womack, Greenup, KY

2 c. self-rising flour, plus more for dusting
1 T. sugar
1-1/2 c. heavy whipping cream

Preheat oven to 500° F. In a medium bowl, stir together the flour, sugar, and cream until the dough forms a ball.

Turn the dough out onto a surface dusted with additional flour. Fold the dough in 1/2 and knead 5 to 7 times, adding just enough flour to keep dough from sticking to your hands.

Gently roll out dough to 1/2 inch thickness. Use a 3-inch biscuit cutter, coated with flour, cut dough into circles to form biscuits.

Place on baking sheet coated with cooking spray, leaving at least 1 inch between each biscuit.

Bake for 10 minutes, or until golden brown

GOLDEN HUSH PUPPIES

Dianna Mollette, Boonscamp, KY

2 c. cornmeal
1 small onion, chopped
Buttermilk, enough to make a stiff batter, so can be dropped by teaspoons
1 egg, beaten
salad oil or shortening

Combine cornmeal and onion. Add enough buttermilk and egg, stirring well. Drop batter by tablespoon into deep hot oil. Cook only a few at a time, turning once. Fry until golden brown, 3 – 5 minutes. Drain well on paper towel.

Makes about 2 dozen.

BLACK WALNUT BREAD

Tharon Sturgill-Kershner Ypsilanti, MI

2-1/4 c. sugar
4 eggs
3 c. flour
1-1/2 t. soda
1/2 t. black walnut flavoring
6 T. buttermilk
1-1/2 c. mashed bananas
1 c. black walnuts, chopped

Grease and flour two loaf pans.

Combine all ingredients except nuts, in a large bowl until smooth. Stir in nuts (dredged in a little flour).

Pour in pans and bake 1 hour in a 350° F oven.

PUMPKIN RIBBON BREAD

Caleb Nathaniel Moore, Auxier, KY

Filling:

2 pkg. (3 oz.) cream cheese, softened
1/3 c. sugar
1 t. all-purpose flour
1 egg
1 t. grated orange peel (*optional*)

Pumpkin Batter:

1 c. canned pumpkin
1/2 c. vegetable oil
2 eggs
1-1/2 c. sugar
1/2 t. salt
1/2 t. ground cloves
1/2 t. cinnamon
1-2/3 c. all-purpose flour
1 t. baking soda
1 c. pecans, chopped

Heat oven to 325° F.

For Filling:

Beat together cream cheese, sugar and flour in a medium bowl. Add egg; mix well stir in orange peel, if desired; set aside.

For Pumpkin Batter:

Combine pumpkin, oil, and eggs in a large bowl. Stir in sugar, salt, cloves, and cinnamon; mix well. Stir in flour and baking soda. Blend in pecans.

Pour half of batter into a greased and floured 9 x 5 inch loaf pan.

Carefully spread cream cheese mixture over batter, add remaining batter, spreading to cover filling.

Bake 1-1/2 hours or until golden brown and a toothpick inserted in center comes out clean.

Cool 10 minutes in pan on a wire rack; transfer bread to wire rack and cool completely.

ZUCCHINI BREAD

Barbara Hyden Sturgill, Louisville, KY

3 eggs
2 cup sugar
2 t. vanilla
1 c. oil
2 t. cinnamon
2 c. flour (self-rising)
2 c. grated zucchini
1 c. (8 oz. can) crushed pineapple, drained
1 c. raisins
1 c. pecans, chopped

Mix well, eggs sugar, vanilla, oil, cinnamon. In a separate bowl, mix well, flour, zucchini, pineapple, raisins, and nuts. Mix together and pour into 2 greased and floured loaf pans. Bake at 350° F. oven for 55 – 60 minutes.

CINNAMON BREAD

Patti Volota Quallich, Parma, OH

Sift together & set aside:

2 c. all-purpose flour, sifted
1/2 t. baking soda
1 t. baking powder
1/2 t. salt

Cream together & blend well:

1/4 c. shortening
1 c. sugar

Add 2 eggs beating until light & fluffy.
Add flour mixture alternately with
1 c. buttermilk. Mix well after each addition.

Add 1 t. vanilla. Mix until well blended.

Cinnamon Filling:

Combine 2 T. sugar and 1 T. cinnamon.

Spoon half of batter into a 9 x 5 x 3 in. greased loaf pan. Sprinkle 3/4 of cinnamon mixture on batter. Cover with remaining batter, top with remaining cinnamon mixture. Bake in preheated 350° F. oven for 50 – 60 minutes or until done. Cool completely before slicing. Wrap in plastic wrap until ready to serve.

SEASONED SWIRL ROLLS

Pamela Volota Haynish, Parma, OH

1 T. Morton® Nature's Seasons®
Seasoning blend
24 Rhodes Texas Rolls, thawed but still cold
1 T. dried oregano
! T. dried basil or parsley
1/4 c. Parmesan cheese, grated
1/4 c. butter, melted

Combine seasoning blend, herbs and cheese.
Roll each roll into a 12-inch rope and brush
with melted butter to completely coat.

Sprinkle one side of rope with herb mixture.
Form rope into a coil (like a jelly-roll) with
the season side towards the inside.

Place in a muffin tin sprayed with non-stick
cooking spray. Cover with sprayed plastic
wrap and let rise until double in size.
Remove plastic wrap and bake at 350° F.
15-20 minutes.

PRALINE PUMPKIN MUFFINS

Pamela Volota Haynish, Parma, OH

MUFFINS:

1 pkg. Pillsbury Pumpkin Quick Bread Mix
1/2 c. water
1/4 c. oil
2 eggs
1 c. carrots, grated
1/2 pecans, chopped
1 t. cinnamon
1/4 t. nutmeg

TOPPING:

1/3 c. firmly packed brown sugar
1/3 c pecans, chopped
1 T. margarine or butter, softened

Heat oven to 350 F.

Grease or line 12 muffin cups with paper
baking cups.

In large bowl, combine all muffin
ingredients. Stir 50 to 75 strokes or until dry
mix is moistened. Fill greased or lined
muffin cups 3/4 full.

In small bowl, combine all topping
ingredients; sprinkle evenly over batter.

Bake at 350° F for 20 to 30 minutes or until
toothpick inserted in center comes out clean.
Cool 15 min., remove from pan. Cool
completely on wire rack. Wrap tightly with
plastic wrap; store in refrigerator.

Yield: 12 muffins.

High altitude: above 3500 feet – add
1/4 c. flour to dry mix. Bake at 375° F.

SPICED PUMPKIN BREAD*

This recipe makes two generous loaves. Freeze one, or give it as a gift. The bread is also delicious toasted and topped with Baked Apples (*see page 56*).

3 c. all-purpose flour (about 13-1/2 oz)
2 c. sugar
2 t. baking soda
1 t. baking powder
1 t. ground cinnamon
1/2 t. salt
1/4 t. ground cloves
1/4 t. ground nutmeg
2/3 c. canola oil
3 eggs, lightly beaten
1 (15 oz) can pumpkin
1/2 c dried currants or raisins
Cooking Spray

Preheat oven to 350° F. Lightly spoon flour into dry measuring cups, level with a knife.

Combine flour and next 7 ingredients (through nutmeg) in a large bowl, make a well in center of mixture. Combine canola oil, eggs, and pumpkin in a medium bowl. Stir with a whisk until smooth. Add flour mixture, stirring just until moist. Fold in currants.

Spoon batter into 2 (9 x 5 in) loaf pans coated with cooking spray.

Bake 350° F. for 1 hour or until a wooden pick when inserted in center comes out clean.

Cool loaves in pans 10 min on a wire rack and then remove from pans. Cool loaves completely.

Yield:
2 loaves, 16 servings per loaf
(serving size, 1 slice).

**Family member recipe submitter not known*

PECAN STICKY BUNS

Patricia Wells Wallace, Lexington, KY

1/2 cup brown sugar
1/4 cup white sugar
ground cinnamon to taste]
1/2 cup (1/2 Pkg.) Jell-O cooked
butterscotch pudding mix
1 cup whole pecans
1/2 cup (1 stick) butter
1 pkg. frozen white yeast rolls (approx. 12 rolls)

Mix dry ingredients in a small bowl. Grease a bundt cake pan well and sprinkle sides with some of the cinnamon sugar mixture. Cut the butter into slices and put a layer of them in the bottom of the pan. Cover butter with most of the dry mixture. Put the frozen rolls on top with a butter slice between each. Sprinkle on remaining cinnamon sugar mixture

Preheat oven to 200 degrees, turn off oven and put rolls in the preheated oven. Put a pan with 1 to 2 quarts of boiled water in the oven. Rolls double in 2 hours. Turn oven to 350 degrees and bake for 25 to 30 minutes. Remove from oven and let rest for a minute or two. Cover pan with a serving plate, grasp both and invert. Buns will slide out covered in gooey, nut-filled caramel, which will firm up as it cools. Immediately spoon any extra caramel and nuts remaining in the pan on top and serve warm. Makes: 1 bundt pan.

BREAKFAST

OVEN BAKED FRENCH TOAST WITH APPLE TOPPING

Patricia Wells Womack, Greenup, KY

1 loaf (16 oz.) French bread, cubed
1 pkg. (8 oz.) cream cheese, cut in pieces
6 large eggs
4 c. whole milk
1/2 c. maple syrup
1/2 c. butter, melted

Arrange half of bread in 9 x 13 inch greased pan. Sprinkle cheese over bread, top with remaining bread cubes. Whisk eggs and next 3 items together. Pour over bread and press to absorb egg mixture.

Cover and chill 8 hours.

Bake covered, at 350° F. for 25 minutes.

Uncover and bake an additional 20 minutes.

Makes 9 large servings or 12 medium servings.

APPLE TOPPING FOR FRENCH TOAST

6 to 8 apples,
peeled, cored and cut into pieces
1/2 c. sugar
1 to 2 t. cinnamon
1 to 2 T. butter, *optional*
Small amount of water

Mix all ingredients.

Cook over low heat until apples are tender.

Before serving, spoon over baked French toast.

OMELETS IN A BAG

Terrie Clark Neufarth, Cincinnati, OH

(Good for all your family is together and no one has to wait for their special omelet.)

Have guests write their name on a quart-size freezer bag with permanent marker.

Crack 2 Eggs (large or extra-large) into the bag (*not more than 2*). Shake to scramble them.

Put out a variety of ingredients such as:

Cheeses, ham, onion, green pepper, tomato, hash browns, salsa, mushrooms, etc.

Each guest adds prepared ingredients of choice to their bag and shakes.

Make sure to get the air out of the bag and zip it up.

Place the bags into rolling, boiling water for exactly 13 minutes. You can usually cook 6 – 8 omelets in a large pot. For more, make another pot of boiling water.

Open the bags and the omelet will roll out easily.

Be prepared for everyone to be amazed. This is nice to serve with fresh fruit and coffee cake; everyone gets involved in the process and it is a great conversation piece. Good for teens to do when having a sleep over.

SCALLOPED APPLES

Rita Vest, Sandy Hook, KY

6 large apples, peeled & sliced
1/4 t. cinnamon
1/4 t. salt
1 T. lemon juice
1/4 c. water
3/4 c. dark brown sugar
1/4 c. flour
1/3 c. butter

Arrange apple slices in bottom of greased casserole. Top with cinnamon, salt, lemon juice and water. Work sugar, flour and butter together until crumbly – spread over apples.

Bake at 400° F. for 30 minutes.

BREAKFAST TARTS

Mary Wells Walton, Lexington, KY

*Submitted by her niece,
Patti Volota Quallich, Parma, OH*

1 can biscuits
1 lb. sausage, cooked (or ham)
3 eggs beaten
4 T. milk
1/2 c. mild cheddar cheese, shredded
1/2 c. Parmesan cheese
3/4 c. cottage cheese

Grease 20 muffin cups. Cut biscuits in half and press 1/2 biscuit in bottom of each muffin cup. (*I press mine up the sides also*).

Mix the beaten eggs with 4 T. of milk. Add the mild cheddar cheese, parmesan and cottage cheese. Add meat. Fill muffin cups 2/3 full with mixture over biscuit.

Bake at 350° F. for 15 to 20 minutes. Allow to cool before removing from pan.

You may freeze these. Take out what you need and let thaw. Heat them a few seconds in the microwave. It is fast and great for breakfast. This is excellent!

“JOHNNY CAKE”

CORNBREAD

Patti Volota Quallich, Parma, OH

1 c. cornmeal
1 c. flour
4 t. baking powder
2 T. sugar
3 T. melted butter
1 t. salt
1 egg
2 c. milk

Sift dry ingredients together. Add egg and milk. Add butter (melted) last.
Bake 350° F. – 375° F. until lightly browned.

BAKED APPLES*

Chop the nuts and apples the night before and combine with the rest of the ingredients in the morning.

Serve these juicy baked apples over slices of Spiced Pumpkin Bread (*see page 54*), warm bowls of oatmeal or pancakes. Ida Red and McIntosh apples also work well.

2 c. dried cranberries
1-1/4 c. walnuts, coarsely chopped
1c. packed brown sugar
1 c. water
2 t. ground cinnamon
6 Gala Apples, cored and chopped
(about 3 lbs)

Combine all ingredients in a larger microwave-safe dish.

Microwave at HIGH 20 min. or until apples are soft, stirring occasionally.

Yield 6 c. (serving size 1/4 c.)

**Family member recipe submitter not known*

DESSERTS

RICE CRISPY SQUARES

Dianna Mollette, Boonscamp, KY

1 c. sugar
1 c. white Karo syrup
1 c. peanut butter
4 c. Rice Krispies cereal

Bring sugar and Karo syrup to boil. Add peanut butter and Rice Krispies. Mix until Rice Krispies are coated.

Press into a well greased 9 x 13 inch pan.

Cut and serve when cooled.

CRANBERRY WALNUT SQUARES

Doris Wells McFadden, Sequim, WA

Crust:

1/2 c. butter
2 T. brown sugar
1 c. flour

Cream butter and brown sugar together. Add the flour and mix well, pat into 8" x 8" pan. Bake in 400° F. oven for 10 minutes. Cool. Reduce oven temperature to 350° F.

Filling

1/2 c. coconut
1 c. brown sugar
1 c. walnuts, chopped
3/4 c. cherry - flavored raisins
12 dates, chopped
2 T. flour
1/4 t. baking power
1 t. vanilla extract
2 eggs

Combine all the filling ingredients and spread over cooled crust. Place in oven and bake for 25 minutes at 350° F. Cool and cut into squares.

DROP COOKIES

Karen Wells Springer

2 c. sugar
1/4 c. cocoa
1/2 c. butter
1/2 c. water

Combine ingredients and boil two minutes.

Add

1 c. peanut butter
3 c. oatmeal
1 t. vanilla

Stir fast - it hardens

PUPPY CHOW

Patricia Wells Wallace, Lexington, KY

4 c. Golden Graham cereal
2 c. white chocolate, melted
1 c. coconut (short flakes)
Optional: 1/2 to 3/4 c. of chopped nuts

Melt white chocolate.

Mix together cereal, coconut and nuts (if used).

Pour chocolate over the mixture, mix, and spread on cookie sheet.

Let harden and break into pieces.

SYMPHONY BAR BROWNIES

Roslyn Harman Dial, Mexico, ME

3 pkg. (7 oz.) Hershey's Symphony Bars
1 box Brownie Mix (9" x 13" size)

Mix Brownie Mix as directed on package.
Pour half into 9" x 13" pan. Arrange
Symphony bars side by side in pan. Pour
remaining Brownie Mix on top of bars and
spread to cover. Bake as directed on box.
These cut easier if allowed to cool for
several hours. When testing for doneness
with a toothpick, only insert toothpick into
top half of batter.

PEANUT BUTTER COOKIES

Patricia Wells Womack, Greenup, KY

1/2 c. peanut butter
1/2 c. butter
1/2 c. white sugar
1/2 c. brown sugar
1 egg
1/2 t. vanilla
1 c. flour
1/2 t. baking soda
Pinch of salt

Blend peanut butter and butter together in a
bowl. Add the white and brown sugars and
mix together thoroughly. Add egg and the
vanilla. Sift the flour, soda and salt together.
Add to the mixture and mix thoroughly.
Drop spoonfuls of dough onto a cookie sheet
and press down with a fork dipped in sugar
to make a crisscross design.

Bake ten minutes in a 350° F. oven.

Makes about 4 or 5 dozen.

MR. GOODBAR

Laura B. Wells, Ashville, NC

1 pkg. peanut butter chips
1/2 pkg. (12 oz.) semi-sweet chocolate chips
1 can (9 oz.) cocktail peanuts

Melt chips over low-heat; stir until well-
blended.

Stir peanuts in melted chips until well-
coated.

Dip out mixture in teaspoonfuls; rake onto
waxed paper; let it harden.

ROCK COOKIES

Oliver Eisenhower, Riveris Beach, MD

2-1/2 c. flour
1 t. baking soda
1 t. nutmeg
1 t. cinnamon
1 c. real butter
1-1/2 c. brown sugar (packed)
3 eggs
1 c. black walnuts
(chopped & dust with flour)
1 c. dates
(chopped & dusted with flour)
1/2 c. raisins
(cover with water, heat to boiling & cool)

Mix dry ingredients.

Cream butter and brown sugar, add eggs.
Mix in dry ingredients. Fold in walnuts,
dates and raisins. Drop by teaspoon onto
cookie sheet.

Bake at 350° F. for 10 to 12 minutes.

THE BEST OATMEAL COOKIES

Pat Miceli Haderthauer

Submitted by daughter of Helen Wells

3 eggs, well beaten
1 c. raisins
1 t. vanilla

Combine the above ingredients and let stand for 1 hour.

In the meantime do the following:

1 c. margarine or butter
1 c. brown sugar
1 c. white sugar
2-1/2 c. flour
1 t. salt
1 t. cinnamon
2 t. baking soda
2 c. quick oatmeal
3/4 c. nuts

Cream together margarine, brown and white sugars.

Add flour, salt, cinnamon and baking soda to sugar mixture.

Blend in egg/raisin mixture, then oatmeal and nuts.

Dough will be very stiff.

Drop by heaping teaspoon on ungreased cookie sheet.

Bake at 350° F. 10 – 12 minutes until lightly browned.

Makes 6 dozen.

(I made bigger cookies and got 4 dozen)

Cookies freeze well.

Don't skip that first step of soaking the raisins!

LEMON BARS

Judi Wells, Georgetown, KY

1 pkg. lemon cake mix
1 stick butter or margarine
1 egg, beaten

Mix cake mix, butter, and 1 beaten egg well and press into well greased 9" x 13" pan.

Mix 1 pkg. (8 oz.) softened cream cheese and 1 container of lemon frosting well. Reserve 1/2 c. for the cream cheese frosting.

Add two eggs to the remaining mixture and pour over cake mix in pan.

Bake at 350° F. for 25 minutes. When cool, frost with reserved mixture.

SEA FOAM FUDGE

Ann Porter, Waverly, Ohio

Makes about 1 lb.

3 cups light brown sugar
1 egg whites
1 cup cold water
1 t. vanilla extract
1 T. vinegar
1 c. chopped nuts (optional)

Combine brown sugar, water and vinegar in a heavy large saucepan. Bring to a boil. Do not stir once it reaches a boil. Boil steadily until the mixture reaches 240° F. on a candy thermometer. Remove from heat.

Beat 2 egg whites until stiff. When the sugar mixture has stopped bubbling, pour onto the beaten egg whites. Beat well. When the mixture begins to stiffen, stir in vanilla and nuts. Drop by teaspoonfuls onto wax paper, cool.

GINGER CRANBERRY COOKIES

Patricia Wells Wallace, Lexington, KY

3 /4 c. sugar
1/2 c. brown sugar
1/2 c. butter softened
1/3 c. milk
1 large egg
2 c. all-purpose flour
1/2 t. baking powder
1/2 t. ground ginger
1/4 t. baking soda
1 c. dried cranberries
1/2 c. chopped pecans
1/4 c. finely chopped crystallized ginger

Glaze

1-1/2 c. powdered sugar
1 to 2 T. milk

Heat oven to 375 F. Lightly grease cookie sheets. Combine sugar, brown sugar and butter in large mixer bowl; beat on medium speed until well mixed. Add milk and egg; beat until smooth. Add flour, baking powder, ground ginger and baking soda; beat on low speed until well mixed. Gently stir in cranberries, pecans and crystallized ginger.

Drop dough by rounded teaspoonfuls
2 inches apart onto greased cookie sheet.

Bake for 9 to 12 minutes or until edges are light golden brown. Immediately remove from cookie sheet and cool on wire rack.

Combine powdered sugar and enough milk for desired glaze consistency in small bowl; mix well. Spread glaze on cooled cookies.

Makes 3-1/2 dozen cookies

The cookies tasted great made without the glaze and crystallized ginger (I didn't have any).

JUDI'S CHEESE CAKE (BARS)

Judi Wells, Georgetown, KY

1 box yellow cake mix
1 egg
1 stick butter or margarine melted

Mix cake mix, 1 egg and butter together and press into 9" x 13" cake pan.

Topping:

2 eggs
1 pkg. (8 oz.) cream cheese
1 pkg. (1 lb.) confectionary sugar

Mix two eggs, 8 oz. cream cheese, 1 lb. box of confectionary sugar and beat until smooth and pour over crust.

Bake 25 to 30 minutes at 350° F.

PEANUT BUTTER FUDGE

Dianna Mollette, Boonscamp, KY

Ingredients

5 c. sugar
1 stick butter
1 can evaporated milk, large size
7 oz. marshmallow cream
12 oz. peanut butter chips
1 t. peanut butter

Mix

5 c. sugar
1 stick butter
1 can evaporated milk

Boil to 234° F. Remove from heat, pour into mixture bowl.

Add

7 oz. marshmallow cream.
12 oz. peanut butter chips plus
1 t. peanut butter

Mix until smooth. When cooked, pour into a greased 9 x 13 inch pan. Cool, when set, cut and serve.

BOURBON BALLS

Louise McMonegals, Quincy, CA

2 c. crushed vanilla wafers
1 c. nuts
1 c. powdered sugar
1/2 c. bourbon or rum
3 T. corn syrup

Mix bourbon, sugar, and syrup.
Combine with wafers and nuts. Let sit for
10 or 15 minutes to absorb moisture.
Form balls, roll in powdered sugar.

This is a no-bake recipe.

FOOLPROOF CHOCOLATE FUDGE

Mary Walton, Lexington, KY

3 c. (18 oz. pkg.) semisweet chocolate chips
1 can (14 oz.) sweetened condensed milk
(not evaporated milk)
Dash of salt
1/2 to 1 c. chopped nuts (*optional*)
1-1/2 t. vanilla extract

Line an (8" or 9") square pan with waxed
paper, extending the paper over the sides of
pan. In a medium-size, heavy pan, over low
heat, melt chips with condensed milk and
salt, stirring constantly. Remove from heat.
Stir in nuts and vanilla. Spread in pan.
Chill 2 hours or until firm. Turn onto cutting
board, remove waxed paper and cut in
squares. Store covered in refrigerator.

Makes 2 lbs.

*(Recipe from Eagle Brand Sweetened
Condensed Milk.) This is excellent!*

QUICK CHOCOLATE FUDGE

Kara Alexander Huffmann, Cincinnati, OH

1 bag (12 oz.) semi-sweet chocolate chips
1 bag (12 oz.) butterscotch chips
1 can (14 oz.) sweetened condensed milk
1 t. vanilla
1/2 c. nuts, currents, dried cranberries or
dried cherries

Place a heavy pot on stove and heat it on
low. Add both chips and condensed milk,
and stir until it is melted and combined. Stir
in vanilla.

Add the nuts or what ever you use, (*once I
added nothing*) pour into an 8 or 9 inch
lightly greased pan.

It sets up very quick, so spread in the pan
quickly.

Keep refrigerated.
Slice very small pieces as it is very rich.

CHOCOLATE PUDDING COOL WHIP DESSERT

Patricia Wells Wallace, Lexington, KY

1-1/2 c. flour
1 stick butter, melted
3/4 c. pecans, finely chopped

Mix well and press into a 9 x 13 pan. Bake
at 350° F. until light brown.

1 c. Cool Whip (large container)
1 pkg. (8 oz.) cream cheese
1 c. powder sugar

Mix well and spoon over cooled crust.

1 small box instant chocolate pudding
1 small box instant vanilla pudding
3 c. COLD milk

Mix until thickened and spoon over cream
cheese mixture. Top with remaining Cool
Whip and chill until serving.

EASY GIRL SCOUT THIN MINTS

Pat Miceli Haderthauer, Norman, OK

1 pkg. (12 oz.) Andes Mint Bits
(in baking aisle)
4 oz. semi-sweet chocolate morsels
60 Ritz crackers
Colored sprinkles (*optional*)

Melt mint bits and chocolate in microwave or double boiler. Dip crackers in chocolate mixture (*I use my ice tongs to make it easy*) Place cookies on wax paper lined cookie sheet. If you want to add sprinkles, do it quickly, after every 3 or 4 cookies are dipped so the chocolate is still wet.

Refrigerate for 15 min. Peel cookies from wax paper (*paper can be used for another batch*). Store in refrigerator in tightly sealed container.

SUGAR COOKIES

Emma Wells Adkins, Van Lear, KY

2 c. flour
3/4 c. sugar
1/3 c. nuts, finely chopped
1/2 t. soda
1/2 t. cream of tarter
1 c. butter or oleo (soft)
1 egg beaten
1/4 c. mixed sprinkle candy or sugar

Stir together flour, sugar, nuts, soda, and cream of tarter in bowl with fork. Cut in butter until particles are the size of small peas. Add egg and mix dough thoroughly, with hands, shape into 1 inch balls; place about 3 inches apart on greased cookie sheet. With bottom of glass, first dipped in water, then dip in sprinkles; flatten balls to form 1-1/2 inch cookies.

Bake 375° F., for 10 minutes or until golden brown, cool.

I make these every Christmas!!

EARTHQUAKE CAKE

Ann Porter, Waverly, OH

1 c. coconut
1 c. chopped pecans
1 pkg. (2 layer size) German Chocolate cake mix
1 stick margarine, softened
1 pkg. (8 oz.) cream cheese, softened
1 lb. confectionate sugar

Preheat oven to 350° F. Grease and flour a 13" x 9" pan. Spread coconut and pecans in bottom of pan.

Prepare cake mix according to package directions. Pour batter over coconut and pecans. Mix margarine, cream cheese and confectioners' sugar. Drop by teaspoonful over the batter.

Bake 45 minutes. The cake will be shaky but will set-up.

EARTHQUAKE CAKE

Tharon Sturgill Kershner, Ypslaynia, MI

1 German chocolate cake mix
1 c. coconut
1 c. nuts, chopped
2 sticks butter or margarine, melted
8 oz. cream cheese
1 lb. box powder sugar

Make cake as directed on package.

Grease a 9 x 13 in. pan. Cover the pan with the coconut and nut mixture. Spread cake mix on top of nuts.

Mix and beat the butter, cream cheese, and powder sugar and pour evenly or drizzle over cake batter.

Bake for 45 to 50 minutes in a 350° F. oven.

TEXAS SHEET CAKE

Harry Holbrook, Hager Hill, KY

2 sticks butter or margarine
1 c. water
4 T. cocoa
2 c. flour
2 c. sugar
1/2 t. salt
2 eggs, beaten
1/2 c. sour cream
1 t. soda

Boil butter, water and cocoa. Pour into flour, sugar and salt. Mix well.

Beat eggs into sour cream. Add soda.

Pour into flour mixture and mix well.

Pour into a greased cookie sheet with sides to it – (17 x 11 x 1/2 inches).

Bake 20 minutes at 400° F.

FROSTING:

1 stick butter or margarine
1 lb. powdered sugar
4 T. cocoa
1 c. chopped nuts
7 T. milk
1 t. vanilla

Bring to a boil the butter or margarine, cocoa and milk. Add powdered sugar, chopped nuts and vanilla. Ice the cake hot from the oven.

CHEESECAKE

Emma Delores Wells Adkins, Van Lear, KY

1 pkg. (8 oz.) cream cheese
1/2 c. sugar
1 can crushed pineapple, drained
1 container (8 oz.) Cool Whip
1 graham cracker crust

Cream together the cream cheese, sugar and drained crushed pineapple. Fold in Cool Whip. Pour into crust. Refrigerate.

SOUR CREAM POUND CAKE

Francis Brown of Erlanger, KY

1 c. butter, softened
3 c. sugar
6 eggs, separated
1/4 t. baking soda
3 c. all-purpose flour
1 carton (8 oz.) sour cream
2 t. vanilla extract

In a large mixing bowl cream together butter and sugar, beat until light and fluffy.

Add egg yolks and beat well.

Combine soda and flour.

Add flour mixture and sour cream alternately.

Add vanilla and beat well.

Beat egg whites until stiff, fold into batter with a rubber spatula using a circular hand motion.

Pour this stiff batter into a greased and floured tube or bunt pan.

Bake at 325° F. for 1 hour and 15 minutes.

Test with a wooden pick for doneness. When inserted into the center of cake it should come out clean when cake is done.

Let cake cool in pan for 10 minutes then go around edges with a knife and turn onto a cake plate.

Serves 12 or more.

CORNMEAL-DATE CAKE

Pamela Volota Haynish, Parma, OH

8 servings

1 c. plus 1 t. flour
1/2 c. cornmeal
1-1/2 t. baking powder
1/2 t. salt
1/2 c. chopped dates
1/2 lb. butter, room-temperature
3/4 c. sugar
1/2 t. vanilla
2 eggs
1/2 c. milk

Directions: Heat the oven to 350° F. Butter and flour an 8 inch square pan. Combine the 1 c. of flour, corn-meal, baking powder and salt. Toss the dates with the remaining 1 teaspoon flour. Cream the 1/2 lb butter and sugar. Beat in the vanilla and eggs. Beat in the flour mixture in 2 batches, alternating with the milk. Stir in the dates. Bake until a toothpick inserted in the center comes out clean, 20 to 25 minutes. Cool. Serve with whipped cream if you like.

Per serving: Cal.426 Pro. 5g Fat 25g Sod. 477mg Carb.47g Chol. 133mg

PINEAPPLE PECAN CAKE

Viola DeLong Williams, Springfield, Ohio

2 c. flour
2 c. sugar
2 eggs
1 can crushed pineapple & juice
1 t. vanilla
2 t. baking soda
1 c. nuts

Mix all ingredients by hand.
Bake 350° F. for 30 – 35 minutes.

Icing

2 c. powder sugar
1 stick butter or margarine
8 oz. cream cheese

Mix with mixer and spread over cake.

ITALIAN LOVE CAKE

Pat Miceli Haderthauer, Norman, OK

1 marble cake mix, prepared according to package directions
2 lb. ricotta cheese
(two 15 oz. containers are ok)
4 eggs
3/4 c. sugar
1 t. vanilla
1 small box chocolate instant pudding
1 c. milk
8 oz. Cool Whip

Mix cake mix according to package directions. (The ingredients listed are NOT for the cake mix.)

Spread in a greased and floured 9 x 13 x 2 inch pan.

Mix ricotta, eggs, sugar and vanilla. Spread carefully over cake batter in pan.

Bake at 350° F. for 70 minutes. Remove from oven and cool in pan.

Mix pudding mix and 1 c. of milk with a whisk. Blend in thawed Cool Whip. Spread on cooled cake. Refrigerate. *You can sprinkle cake with cocoa powder before serving if you choose.*

GOOD OL' POUND CAKE

Gwen Wells Alexander, Prestonsburg, KY

3/4 c. yogurt (any flavor)
3/4 c. oil
1-1/2 c. sugar
2-1/2 c. self-rising flour
3 eggs

Mix ingredients. Beat 3 minutes and pour into a sprayed bundt pan. Bake at 350° F. for 1 hour or until toothpick comes out clean.

Serve with any fruit and cream.

CHOCOLATE ÉCLAIR CAKE

Judi Wells, Georgetown, KY

1 container (9 oz.) Cool Whip
2 pkgs. instant French Vanilla Pudding
2-1/3 c. milk

Mix ingredients together until thick. Line a 13" x 9" cake pan with graham crackers.

Pour half of above filling over graham crackers.

Place another layer of graham crackers on filling.

Spread remainder of filling over graham crackers.

Top with another layer of graham crackers. Frost and refrigerate 24 hours before serving.

FROSTING

2 oz Hershey's liquid or
2 oz. unsweetened Chocolate squares
3 T. butter
2 t. white Karo syrup
1-1/2 c. powdered sugar
3 T. milk
1 t. vanilla

Heat chocolate, butter and syrup; add powdered sugar to spreading consistency. Add vanilla and milk.

SUGAR PLUM CAKE

Dianna Mollette, Boonscamp, KY

Sift together

1-1/2 c. sugar	2 c. self-rising flour
1 t. nutmeg	1 t. cinnamon
1-1/4 t. soda	

Stir in

3 whole eggs	3/4 c. oil
1 c. buttermilk	1 c. cooked prunes
or	
1 c. chopped walnuts	
2 jars of baby food prunes	

Bake at 350° F. in a tube pan for 40 minutes.

GLAZE (While cake is baking prepare glaze.)

1 c. white sugar
1 t. vanilla
1 T. white corn syrup
1 stick of butter
1/2 c. buttermilk

Bring to a boil. Pour over cake while cake is still in pan and still hot.

PIG PICKIN CAKE

Polly Wells Collins, Van Lear, KY

1 box Duncan Hines Buttered cake mix
1 can mandarin oranges, (set aside 12 slices)
1/2 c. Wesson oil
4 eggs

Mix all ingredients well. Makes 3 layers. Bake 350° F. for 15 to 20 minutes. Cool.

TOPPING

1 (9 or 10 oz.) Cool Whip
1 med. can crushed pineapple, drained
1 box instant vanilla pudding
12 orange slices (that was set aside)

With spoon mix until well blended. Spread on cooled cake. Put coconut on top and sides of cake and refrigerate. *It's very good !!!*.

HERSHEY CAKE

Dianna Mollette, Boonscamp, KY

1 box of Swiss Chocolate Mix
3/4 c. Oil
1-1/2 c. Milk
1 Small box of Vanilla Instant Pudding
3 Eggs

Mix above ingredients together. Pour equal amounts into 3 round pans. Bake at 325° F. for 20 minutes.

ICING

1 pkg. (8 oz) cream cheese
1 c. sugar
1-1/2 c. confectionary sugar
4 Hershey chocolate bars
1 container (12 oz.) Cool Whip

Cream together the cream cheese, sugar, and confectionary sugar. Chop 4 Hershey Bars and fold into 12 oz. Cool Whip with sugar mixture.

HONEY BUN CAKE

Patricia Wells Wallace, Lexington, KY

1 box Yellow Butter cake mix
3 t. cinnamon
3/4 c. oil
1/3 c. brown sugar
1/2 c. melted butter
4 eggs
8 oz. sour cream

Mix all the above and pour 1/2 of batter into a greased 9" x 13" pan. Mix 3 teaspoons cinnamon, 1/3 cup brown sugar and sprinkle over batter. Add remaining batter over top.

Bake at 275° F. for 50 to 60 minutes.

Frosting:

2 c. powdered sugar
1 t. vanilla
enough milk to drizzle

When cake first comes out of the oven, punch holes in it and drizzle frosting over it.

WORLD'S EASIEST CAKE

Randy L. Wells, Louisville, KY

Ingredients:

1 can (20 oz) crushed pineapple in heavy syrup
1 can (20 oz.) cherry pie filling
1 pkg. (2-layer size) yellow cake mix
1 can (3 oz.) (1 c.) pecans, chopped
1/2 c. (1 stick) butter or margarine, chilled

Preheat oven to 350° F.

Grease a 9 x 13 inch pan

Spread the pineapple with the syrup evenly in the prepared pan.

Spoon the pie filling evenly over the pineapple.

Sprinkle the dry cake mix evenly over the fruits and then sprinkle the chopped nuts over all. Slice the butter into slices placing them evenly over the top.

Bake for 50 minutes or until golden.
Serve warm.

(Makes 12 servings.)

ANGEL FOOD-COCONUT CREAM CAKE

Patricia Wells Womack, Greenup, KY

1 purchased round angel food cake
(8 or 9 inch in diameter)
1 can (21 oz.) coconut pie filling
1 container (8 oz.) frozen whipped topping – thawed
2 T. coconut – lightly toasted

Split cake horizontally to make 4 layers. (To split, mark side of cake with toothpicks and cut with long, thin serrated knife)

Place bottom layer on serving plate; spread with 1/3 c. of the pie filling, Repeat with 2 more layers. Replace top cake layer.

Frost the top and sides of cake with whipped topping. Sprinkle top with coconut. Store in the refrigerator.

Yield 12 servings.

PEANUT BUTTER CAKE

Jenee*

2 c. sifted all-purpose flour
1-1/2 c. sugar
2-1/2 t. baking powder
3/4 t. salt
1/2 c. shortening (room temperature)
2/3 c. milk
2 eggs
1/4 c. milk
2 T. peanut butter

Sift dry ingredients together in a large bowl. Add shortening and milk; beat for 2 minutes at medium speed with an electric mixer. Add eggs and milk. Beat for 1 minute. Add peanut butter to batter; beat at low speed until thoroughly mixed.

Grease two 8-inch cake pans. Line with waxed paper; grease paper; sprinkle with flour and shake out excess. Divide batter equally between the pans and bake at 350° F. for 25 to 30 minutes.

For icing, spread with your favorite peanut butter while cake is warm OR use Chocolate-Peanut Butter Frosting (see ingredients below).

FROSTING

1 pkg. (6 oz.) chocolate chips
1/2 c. butter or margarine
1/2 c. to 3/4 c. confectioners sugar, sifted
1-1/4 c. peanut butter

Melt chocolate chips and butter in a double boiler. Add confectioner sugar and peanut butter and beat until smooth. Chill for about 15 minutes or until frosting spreading consistency.

** This recipe was sent with no last name.*

UPSIDE-DOWN GERMAN CHOCOLATE CAKE

Sue Wells, Morehead, KY

1 box German chocolate cake mix
1 c. chopped pecans
1 c. coconut
1 pkg. (8 oz.) cream cheese
1 c. melted butter
1 box (1 lb.) confectioners' sugar

Heat oven to 350° F. Grease bottom of 9 x 13 inch pan. Sprinkle pecans and coconut in bottom of pan. Mix cake according to package directions. Pour over pecans and coconut.

Combine cream cheese, butter, and confectioners' sugar. Drop by spoonfuls on top of cake batter. Spread evenly.

Bake for 50 minutes. Serve from the pan.

DREAMSICLE CAKE

Sue Wells, Morehead, KY

1 box orange supreme cake mix
1 box (3 oz.) orange jell-o
2 eggs
1/2 c. oil
1-1/2 c. water

Mix ingredients and bake at 350° F. for about 30-35 minutes.

ICING:

1 container (8 oz.) Cool Whip
1 can (20 oz.) crushed pineapple, drained
1 large can mandarin oranges, drained
1/2 c. sugar
1/2 c. orange juice
1 pkg. (8 oz.) cream cheese, softened

Mix and spread on very cool cake. Refrigerate.

I got this recipe from the Treasures from Heaven cookbook from the First United Methodist Church, Prestonsburg.

CHOCOLATE LOVER'S DREAM CAKE

Mary Frances (Keel) Moore, Auxier, KY

1 pkg. Betty Crocker Super Moist Butter
Recipes Chocolate cake mix
1/2 c. chocolate milk
1/3 c. butter or margarine, melted
3 eggs
1 container (16 oz.) sour cream
1 pkg. (4 serving size) chocolate fudge
instant pudding and pie filling mix
1 bag (12 oz.) semisweet chocolate
chips (2 cups)

Heat oven to 350° F. Generously grease
12 cup bundt cake pan and lightly flour.

Mix cake mix, chocolate milk, butter, eggs,
sour cream and pudding mix (dry) in large
bowl with spoon until well blended, (batter
will be very thick) Stir in chocolate chips.
Spoon into pan.

Bake 55 to 65 minutes or until top springs
back when touched lightly in center. Cool in
pan 10 minutes.

Remove from pan. Turn pan upside down
onto wire rack or heatproof serving plate.
Cool completely about 2 hours.

Drizzle glaze over cake. Store loosely
covered at room temperature.

RICH CHOCOLATE GLAZE

3/4 c. semisweet or milk chocolate chips
3 T. butter or margarine
3 T. light corn syrup
1-1/2 t. water

Heat all ingredients in 1 quart saucepan over
low heat, stirring frequently, until chocolate
chips are melted and mixture is smooth.

CHOCOLATE COCA-COLA CAKE

Mrs. Judy Music (Dexter Music)

Cake

2 c. flour
2 c. sugar
1 c. Coca-Cola
2 sticks butter
3 T. cocoa
1-1/2 c. miniature
marshmallows
1/2 c. buttermilk
2 eggs, well beaten
1 t. baking soda
1 t. vanilla extract

Icing

3 T. cocoa
1 stick margarine
or butter
6 T. Coca-Cola
1 box powdered sugar
1 t. vanilla extract

For Cake: Combine flour and sugar and set
aside. In a saucepan, combine and heat
butter, cocoa, Coca-Cola and marshmallows
(add marshmallows last) until it begins to
boil. Remove from heat and stir to dissolve
marshmallows. Pour the mixture over sugar
and flour mixture and blend well. Add
buttermilk, eggs, baking soda and vanilla,
and blend well. Pour into greased 9" x13"
pan and bake at 350° F degrees for
30 to 40 minutes. Ice while hot.

For Icing: Combine butter, coca and Coca-
Cola in saucepan and bring to a boil. Pour
over powdered sugar, add vanilla and blend
well. Spread over cake.

APRICOT CAKE

Charlene Patton Muncy, Williamsport, KY

3/4 c. corn oil
1 c. apricot nectar
1/2 c. sugar

Add top 3 Ingredients to 1 pkg. of lemon
cake mix. Add 4 eggs one at a time and beat
2 minutes. Bake in a greased tube pan at
325° F. oven for one hour. Leave for
10 minutes in pan then turn out.

Frosting: 1 cup of powdered sugar and juice
of 1 lemon.

WINTERGREEN CAKE

Kermit Collins for Jeffery D. Knowles, PA

8 oz. of Wintergreen Lozenges
(pink in color)
1-1/4 c. of milk
1 c. sugar
1/2 c. butter or margarine
1/4 t. vanilla
3 c. sifted flour
3 t. baking powder
4 egg whites (stiffly beaten and added last)

Soak the lozenges in the milk over night.
Cream sugar and butter.

Sift flour and baking powder together add alternately with milk mixture.

Add vanilla and lastly, fold in the egg whites.

Bake at 350° F. oven until cake tester comes out clean.

Start checking for doneness at 35 minutes.

Remove when done and cool.

Ice with butter cream icing.

UPSIDE DOWN GERMAN CHOCOLATE CAKE

Charlene Patton Muncy, Williamsport, KY

1 c. broken pecans
1 cup coconut
Grease pan. Mix nuts and coconut and spread in bottom of pan.

1 box German Chocolate cake mix.
Prepare as directed and spread over nut mixture.

1 stick butter
1 pkg. (8 oz) cream cheese
1 box powdered sugar

Mix over heat until smooth and spoon over cake evenly. Bake at 350° F. for 40 to 43 minutes. Delicious served in bowl with cold milk poured all over.

PRUNE CAKE

Karen Patton Howard, Auxier, KY

3/4 c. shortening (butter)
1-1/2 c. sugar
3 eggs
2-3/4 c. flour
1-1/2 t. soda
1-1/2 t. salt
1-1/2 c. prunes (1 lb. box)
1 t. cinnamon
3/4 c. boiling coffee (real strong)
(can use instant)
1 c. nuts

Cook prunes until tender. Remove pits and crush. Add chopped nuts and set aside until later. Cream butter and sugar. Add eggs. Sift flour, salt and cinnamon. Add soda to coffee and add alternately with flour to sugar and eggs. Add prunes and nuts. Bake in tube pan at 350° F. for about 50 minutes.

COCONUT CAKE

Karen Patton Howard, Auxier, KY

1 large box vanilla instant pudding (sugar-free can be used)
3 c. milk

Make pudding according to package directions. Allow to thicken.

Mix together:

1 box yellow cake mix
2 c. of pudding mixture
1 c. flake coconut

Bake in 9" x 13" pan at 350° F. for 30 to 35 minutes or until toothpick come out clean.

For the topping, mix the remainder of the pudding mixture with a small container of cool whip and 1 c. of flake coconut. Spread on cooled cake.

CHESS PIE

Randy Wells, Louisville, KY

Cream:

1 c. butter
1 c. of sugar

Add:

3 egg yolks
1 egg white

Blend in:

3 T. water
1 t. vanilla

Pour into unbaked pie crust and bake at 350° F. for 45 minutes

PEANUT BUTTER BANANA CREAM PIE

Shirley / Isabel*

3/4 c. backed brown sugar
1/2 c. (4 oz.) 1/3-less-fat cream cheese
1/2 c. reduced-fat peanut butter
1/2 t. vanilla extract
1 container (8 oz.) frozen fat-free whipped topping, thawed
1-1/2 c. sliced banana (about 2 bananas)
1/4 c. fat-free chocolate sundae syrup

Beat 3/4 c. brown sugar, cream cheese, peanut butter and vanilla in a mixing bowl with a mixer at medium speed until smooth.

Fold in whipped topping. Arrange banana slices in bottom of crust. Spread peanut butter mixture over bananas; drizzle with syrup.

Cover and freeze 8 hours; let stand at room temperature (15 minutes) before serving.

Yield: 10 servings (serving size: 1 slice).

** Isabel and Shirley's recipes were sent on the same email with no last names, and we were uncertain which person this recipe belongs to.*

LIGHT AS A CLOUD PEACH DESSERT

Anne Wells, Murfreesboro, TN

1 Angel food cake
3-1/2 oz. pkg. instant vanilla pudding
1-1/2 c. milk
6 oz. peach yogurt
1/3 c. sliced almonds, toasted (*optional*)
2 cans (21 oz.) peach pie filling

Tear cake into bite sized pieces.
Beat pudding mix with milk and stir in yogurt.

In a 9" x 13" pan, layer half angel food cake, 1 can of peach pie filling, and half pudding mixture. Repeat layers.

Ice with Cool Whip and garnish with slivered almonds. Refrigerate 4 hours.

ZUCCHINI COBBLER

Pamela Volota Haynish, Parma, OH

8 c. zucchini peeled, no seeds, slice 2" by 2"
1 c. sugar
2/3 c. lemon juice
1 t. cinnamon

Mix above and simmer until tender.

Make crumbs

3c. flour
2 c. sugar
3 sticks margarine

Directions

Take half of crumb mixture and pat into a 9 x 13 inch pan. Pour zucchini mixture over it. Sprinkle on the rest of the crumbs.

Bake 350° F. for 45 minutes to 1 hour until golden brown.

APPLE DUMPLING BAKE

Viola DeLong Williams, Springfield, Ohio

2 Tubes Crescent Rolls (8 /tube)
4 large Granny Smith Apples peeled and quartered
1 c. sugar
1/3 c. melted butter
1 can (12 oz.) Mountain Dew soda
Cinnamon

Wrap each Crescent Roll around quarter of apple and arrange in rows in sprayed 9 x 13 inch pan or glass dish.

Combine melted butter with sugar and spread this over each roll sprinkle with cinnamon. Pour pop around rolls but *DO NOT* stir.

Bake uncovered at 350° F. from 35 to 40 minutes until golden brown.

NOTE:

You may use diet pop (the taste is no different).

DUTCH PASTRY PIE CRUST

Robertaq Eisenhower, Riveris Beach, MD

2 c. flour
3 T. sugar
1/2 t. salt
3/4 c. shortening
1/4 c. milk, add to dry ingredients (do not mix with lemon juice)
2 T. Lemon Juice

Mix dry ingredients together.

Cut in shortening and add milk and mix, then add lemon juice and mix.

(Do not mix milk and lemon juice together before adding to dry ingredients. One egg can be added.)

SOUTHERN PIE

Mary Walton, Lexington, KY

This is excellent!

I have made it for 50 years.

3/4 c. Post Grape-Nut Cereal
1/2 c. warm water
3 eggs, well beaten
3/4 c. sugar
1 c. dark corn syrup
3 T. butter melted
1 t. vanilla
1/8 t. salt
1 unbaked 9-inch pie shell
Prepared whipped topping

Combine cereal and water; let stand until water is absorbed. Meanwhile, blend eggs with sugar; add syrup, butter, vanilla, and salt. Fold in softened cereal. Pour into pie shell.

Bake in a 350° F. oven for 50 minutes or until filling is puffed completely across the top. Cool.

Garnish with whipped topping. Sprinkle additional cereal if desired.

APPLE CREAM PIE

Charlene Patton Muncy, Williamsport, KY

4 c. sliced peeled apples
1 un-baked pie shell (9 inch)
1 c. sugar
1 c. heavy cream
3 T. all purpose flour
ground cinnamon

Place apples in pie shell, combine sugar, cream and flour. Pour over apples and sprinkle with cinnamon. Bake at 400° F. for 10 minutes and then reduce heat to 375 ° F. Bake for 35 min. or until pie is set in center. Cover crust edges with foil during the last 15 minutes if needed. Cool on a wire rack. Serve or cover and refrigerate. Great warmed up in microwave and served with vanilla ice cream.

FRENCH PECAN PIE

Aunt Pete Cox, KY

Submitted by Frances Wells Brown, Erlanger, KY

3 eggs, beaten
1/2 c. butter, melted
1-1/2 c. sugar
1 t. vanilla
1 t. vinegar
Pinch of salt
1 c. pecans (either chopped or whole) or you can use Coconut instead of Pecans.

Mix well and pour into a 9 inch pie shell.

Bake 45 minutes at 350° F.

BUTTERSCOTCH YUMMY PIE

Clara (Mrs. Allen) DeLong, Urbana, OH

CRUST

1 c. flour
1 stick oleo, soft
1/2 c. pecans, chopped

FILLING

1-1/2 c. brown sugar, packed
1/2 c. flour
1/2 t. salt
1-1/2 c. water
3 egg yolks
1 stick oleo
1 t. vanilla
sliced bananas
Cool Whip or whip cream

Crust - Mix the crust as you would pie crust. Press into a 9" pie pan and bake 350° F. oven for 15 min.

Filling - Mix brown sugar, flour and salt, Mix egg yolks & water, add to flour mixture. Cook until thick, add oleo, stir until melted and smooth. Add vanilla. Cover crust with sliced bananas. Pour the slightly cooled pudding on top and top with Cool Whip.

PEANUT BUTTER PIE

Mary Wells Walton, Lexington, KY

8 oz. cream cheese
1/2 c. peanut butter
1 c. powdered sugar
1 container (8oz.) Cool Whip
1 t. vanilla
1 graham cracker crust

Soften cream cheese at room temperature. Mix cream cheese, peanut butter and confectioners' sugar until smooth. Fold in vanilla and Cool Whip. Pour into crust.

Refrigerate overnight or several hours, until firm. Top with chocolate syrup, peanut butter cups, chocolate kisses or other items, if desired, before serving.

I use fat free cream cheese, Cool Whip and reduced fat peanut butter and graham cracker crust.

WHITE FROSTING

Emma Wells Adkins, Van Lear, KY

5 T. flour
1 c. oleo, or 1/2 oleo and 1/2 Crisco
1 t. vanilla
1 c. milk
1 c. granulated sugar

Cook flour and milk until thick. Cool. Cream oleo, sugar and vanilla and add to cooled flour mixture. Beat with electric mixer until light and fluffy. You can add if desired, crushed pineapples. This is sort of like whip cream and is very good on especially a chocolate cake.

DRUMSTICK TREAT

Nancy Leach Walton, Bowling Green, KY

2 c. vanilla wafers, crushed
1/3 c. + 1 T. peanut butter
1 c. peanuts, crushed
1 c. powdered sugar
1/2 c. margarine, melted
4 c. Cool Whip
1 pkg. (8 oz.) cream cheese
2 small pkgs. Instant
chocolate pudding
3 c. milk
chocolate and caramel ice cream topping
(squeeze bottle)

Mix vanilla wafers, 2/3 cups of peanuts,
1 T. of peanut butter and melted margarine
together. Put into a 9 x 13 in. pan.

Bake in 350° F. oven for 10 minutes. Cool.

Mix Cream Cheese, peanut butter and sugar.
Fold in 2 cups of Cool Whip. Layer. Pour
over crust and refrigerate.

Mix pudding and milk together, then pour
over layers in pan.

Refrigerate until set. Spread remaining Cool
Whip, top with peanuts, Ice cream toppings,
swirl over lightly, cover and freeze.

Can be served from the freezer or after
sitting at room temperature for 15 minutes.

*When I make this I use Fat Free and
reduced fat products in every item listed,
and no one knows the differences. I prefer
eating it from the freezer.*

CANDIED PECANS

Barbara Hyden Sturgill, Louisville, KY

1/4 lb. butter or margarine
2 egg whites
1 c. brown sugar
1 lb. pecan halves
1 T. white syrup (Karo)

Preheat oven to 275 degrees and melt butter
in a 9" x 13" pan in the oven. Beat egg
whites until stiff and gradually add in brown
sugar. Gently fold in pecans. Pour pecans
into buttered pan spreading evenly. Bake at
275° F. for 1 hour turning every 10 minutes.
Drain on wax paper.

NUT TREACLE (Microwave)

Patti Volota Quallich, Parma, OH

1/2 c. Butter
3/4 c. Brown Sugar
1/2 c. Chopped Nuts
1 c. Chocolate Chips

Place butter and sugar in a glass measuring
cup and cook on high setting for 1 minute
until butter is melted. Stir Well.

Return to the microwave oven and cook for
exactly 4 minutes on the High Setting.
DO NOT stir.

Remove from oven and pour quickly over
chopped nuts in an 8" baking dish,
sprinkle with chips.

Cover the dish with a larger dish or plate
until chocolate melts. Spread evenly and
refrigerate until firm. Break into pieces to
serve.

Makes 1 lb.

CHERRY CHOCOLATE PIE

Ann Porter, Waverly, OH

- 1 can (14-1/2 oz.) pitted tart cherries in water
- 2 T. Splenda sugar-free sweetener
- 2 c. (2%) milk
- 2 pkgs. (1.3 oz each) sugar free cook and serve chocolate pudding mix
- 1 frozen pastry shell (9 inches), baked

Drain cherries, reserve the liquid. In a bowl, combine cherries and splenda, set aside. In a large saucepan, combine the milk and reserved cherry liquid. Stir in the pudding mix. Cook and stir over medium heat until mixture comes to a boil. Cook and stir 1-2 minutes longer-until thickened. Stir in cherries. Pour into crust. Cool on a wire rack. Refrigerate leftovers (if any) Yield: 8 servings. Diabetic exchanges: 1 ½ starch, 1 fat, ½ fruit.

SUGAR-FREE BAKED CINNAMON APPLES

Ann Porter, Waverly, OH

- 4 apples
- 4 t. brown sugar twin
- 2 t. butter or margarine
- Cinnamon to taste

Cut apples in half; remove cores. Place in baking dish. Add sugar twin and butter to each apple, dividing equally. Sprinkle with cinnamon. Place a small amount of water in dish. Bake at 350 degrees for 40 minutes or until tender. One small apple equals 1 fruit and ½ fat exchange.

SUGAR-FREE APPLE PIE

Ann Porter, Waverly, OH

- 1/3 c. frozen apple juice concentrate
- 4 packets Sweet" N Low
- 2 t. cornstarch
- 1 t. cinnamon
- Pastry for double crust pie (9 inch)
- 8 c. sliced apples
- 1 T. margarine

Combine the first 3 ingredients. Line pie plate with bottom crust. Add apples. Pour juice mixture over apples. Dot with butter. Roll out remaining crust and top pie. Bake at 375° F. for 35 minutes. Increase oven to 400° F. and bake 15-20 minutes

NO SUGAR PECAN PIE

Ann Porter, Waverly, OH

- 3 eggs
- 5 t. or 16 packets sugar substitute
- 1 c. sugar free pan cake syrup
- 1/3 c. pecan halves
- Pie dough for a 9 inch crust

Preheat oven a 350° F. Mix eggs with sugar. Stir in syrup and butter. Stir in pecans. Line a 9 inch pie pan with pie dough. Pour in filling mix. Bake for 25 minutes with edges covered with foil and then bake another 25 minutes or until you can insert a knife and it comes out clean. Cool and cut into 8 pieces to serve.

DIABETIC PUMPKIN PIE

Ann Porter, Waverly, OH

1 can pumpkin
2 eggs, beaten
1 c. (2%) milk
1 T. flour
1 t. cinnamon
3-1/2 T. NutraSweet or Splenda
1/2 t. allspice
1/2 t. salt
1 t. vanilla
1 unbaked pie shell

Combine all ingredients until smooth. Pour filling into unbaked pie shell.

Bake at 425° F. for 15 minutes.

Reduce heat to 350 ° F. and continue baking for 20 to 30 minutes (or until knife comes out clean).

DIABETIC CHOCOLATE FUDGE

Ann Porter, Waverly, OH

13 oz. can skim condensed milk
4 T. cocoa
1/4 c. butter
1 T. sugar replacement
Pinch of salt
2 t. vanilla
1-1/2 cup unsweetened cereal crushed
1/2 c. nuts, chopped

Combine milk and cocoa in saucepan; cook and stir over low heat until cocoa is dissolved. Add butter, sugar replacement, salt and vanilla, heat. Add cereal and work in with a wooded spoon.

Cool 15 minutes.

Divide in half roll each half into a tube 8" long. Roll each tube in chopped nuts.

Wrap in waxed paper and chill overnight. Cut into 1/4" slices.

DIABETIC APPLE CAKE

Ann Porter, Waverly, OH

2-1/2 c. flour
3 t. soda
2 t. cinnamon
1/2 t. nutmeg
2 t. salt
1 c. butter
2 t. vanilla
3 eggs
1 t. liquid sugar substitute
4 c. grated apples
1 c. walnuts

Mix dry ingredients, add butter, vanilla, eggs and substitute. Blend well. Stir in grated apples and nuts. Bake in well greased 9"x13" pan at 375° F. for 40 to 45 minutes.

One serving equal 1/2 fat exchange, 1 bread and 1/2 fruit.

DIABETIC PEANUT BUTTER COOKIES

Ann Porter, Waverly, OH

1/4 c. margarine
1 T. Vanilla
1 c. flour
1/2 c. peanut butter
4 t. Baking powder
1 egg
1/3 c. milk
1/4 t. salt
sweetener = to 1 cup sugar

Combine margarine, sweetener, peanut butter and blend. Combine egg, milk, vanilla and add to margarine mixture. Sift flour, salt and baking powder to together and add to above mixture. Mix well. Drop onto greased cookie sheet by spoonfuls; flatten with fork that has been dipped in water. Bake at 375° F. for 10 minutes.

5 cookies = 1/2 bread - 1 fat - 1/2 meat

STRAWBERRY DE-LITE (LOW FAT/ALORIE DESSERT

Ann Porter, Waverly, OH

1 angel food cake
1 small box sugar-free strawberry Jell-o
1 small box fat-free vanilla pudding
1 quart fresh strawberries
1 small container low fat or fat-free
Cool Whip

Tear-up 1 angel food cake into 13" x 9" pan
Prepare small box of sugar-free strawberry
Jell-o and pour over cake

Cut up fresh strawberries and put over cake.
Prepare instant fat-free vanilla pudding and
spread over top.

Cover with 1 small tub of low fat or fat-free
Cool Whip

Refrigerate. Excellent.

DIABETIC SUGAR-FREE CHEESECAKE

Ann Porter, Waverly, OH

1 (8 oz.) pkg. cream cheese
1/3 c. milk
1 pkg. sugar-free instant vanilla pudding
1 graham cracker pie shell
10 strawberries, washed and cubed

Beat cream cheese until smooth. Add milk.
Add pudding mix and blend until smooth.
Pour into shell. Add fresh strawberries for
topping. Chill for 30 minutes and serve.

SUGAR-FREE APPLESAUCE RAISIN COOKIES

Ann Porter, Waverly, OH

5/8 c. flour
1/2 t. soda
1/4 t. salt
1/4 t. nutmeg
1/2 t. cinnamon
1/2 c. quick cooking rolled oats
2/3 c. raisins
1/2 c. unsweetened applesauce
1/4 c. oil
1 egg beaten
1 t. vanilla extract
1 t. liquid sweetener

Sift flour, soda, salt, nutmeg, and cinnamon
into a bowl; add rolled oats and raisins. Mix
applesauce, oil, egg, vanilla and sweetener
together. Add to dry raisins. Add to dry
ingredients; mix just until moistened. Drop
by teaspoonfuls onto a greased cookie sheet.

Bake at 375° F. for 10 minutes or until done.

Yields 2 dozen cookies.

*Two cookies equal 1 fruit and 1 fat
exchange.*

MAIN DISHES

POLLY'S CHICKEN AND DUMPLINGS

Polly Wells Collins, Van Lear, KY

1 large stewing hen
Flour

Place hen in a large heavy pot and cook until tender. Remove chicken from the bone and leave in the pot. You can also remove it and add it after the dumplings are done. While the cooker of chicken broth comes to a boil make your dumplings. Using enough self-rising flour to make the amount of dumplings you would like. Add sweet milk to the flour until dough is stiff enough to turn out on a floured board.

Roll out until thin and then cut into small strips. Drop into the boiling chicken broth and let cook while getting all dumplings in. Cover pot and cook at medium heat approximately 10 to 12 minutes or until dumplings are tender.

Don't overcook for the broth will turn to gravy. There will be enough broth from the dumplings to make good gravy in the bottom of the cooker.

My family loves these chicken and dumplings.

STEAK AU POIVRE AND BRANDY CREAM

Gwen Wells Alexander, Prestonsburg, KY

Elaine Wells Andrusia, Charlotte, NC

For pepper lovers only!

3/4 lb. tender, well marbled steak (such as rib eye or sirloin 1/2" to 3/4" thick)
(I use beef tenderloin)

4 t. coarse cracked pepper
1 T. butter
1 T. olive oil
2 T. brandy
2 T. heavy cream
Salt

Place your steak on a plate and sprinkle 2 teaspoons of the pepper evenly over it. Using your hands or the back of a spoon, press the pepper firmly into the steak's surface. Turn the steak over, and do the same thing to the other side.

Add the butter and oil to a large, heavy skillet over high heat. When the skillet is hot, add your steak.

For a 1/2" steak (4 – 12 min per side). For a 3/4" steak (approx. 5 – 12 min. per side). When the steak is done on both sides, turn off the burner, pour the brandy over it and light it on fire. When the flames die down, remove the steak to a serving platter and pour the cream into the skillet. Stir it around dissolving the meat juices and brandy into it. Salt lightly and pour it over the steak.

Yield: 2 servings, each with 3 grams of carbohydrates and 1 gram of fiber for a total of 2 grams of usable carbs and 25 grams of protein.

This is a delicious dish. I buy those really small bottles of brandy for this.

SHANKI BEEF

Viola DeLong Williams, Springfield, OH

1 lb. round steak cut in strips, brown in
2 T. oil
Add red or green peppers
1 bunch of green onions tops and all
1/4 t. pepper
1 can water chestnuts
1 can of beef broth
1/4 c. water mix 2 T. corn starch
3 to 4 T. of soy sauce

Mix well and simmer 20 minutes.

Stir in 1-1/2 c. dry Minute Rice.

Turn fire off for 5 minutes and fluff with fork.

CABBAGE ROLL CASSEROLE

Margaret DeLong Bohman

1 lb. lean ground turkey
1 t. garlic salt
3 c. chopped cabbage
1 med. onion chopped
1/2 c. uncooked rice,
1 can Hunt's Ready Tomato sauce, chunky
special variety.
1/2 can water
1 can (16 oz.) sauerkraut.

1. Brown turkey and drain in a calendar (press out fat)
2. Stir in garlic
3. In a 2 quart baking dish, make two layers as follows: Cabbage, onion, rice and meat.
4. Blend tomato sauce and water & pour over top.
5. Drain and rinse sauerkraut and layer on top of tomato sauce.
6. Cover with foil and bake at 350° F. for 1 hour to 1 hour and 10 minutes.

Entire recipe contains 5 protein servings, 6 grain servings, and 6 vegetable servings.

LINDA'S QUICHE

Frances Wells Brown, Erlingar, KY

Green onions, chopped
1 (9 inch) pie shell
8 oz. mild cheddar cheese, grated
3/4 c. chopped ham
Salt, dash
1-1/2 c. Milk
3/4 c. Bisquick
3 eggs

Put a bunch of chopped green onions on bottom of 9 inch pie pan.

Mix together 8 oz. grated mild cheddar cheese, 3/4 c. chopped ham, dash of salt, 1-1/2 c. milk, 3/4 c. Bisquick and 3 eggs.

Bake at 400° F. for 30 minutes.

CHICKEN & STUFFING SKILLET

Gwen & Bud Wells Alexander, Prestonsburg, KY

1 T. butter
4 skinless chicken breasts
1 box (6 oz.) Pepperidge Farm One-Step Stuffing Mix
1 can Campbell's Cream of Mushroom Soup (or Cream of Chicken Soup)
1/2 c. milk
1/2 c. shredded cheese

Heat butter in skillet.

Add chicken and cook 12 to 15 min. or until done.

Remove chicken.

Prepare stuffing according to package directions to skillet, except let stand 2 min.

Return chicken to skillet.

Mix soup and milk.

Pour over chicken, sprinkle with cheese. Cover and heat through.

SLOW COOKER BEEF STROGANOFF

Dianna Mollette, Boonscamp, KY

1 medium onion, sliced & separated
into rings
1/2 c. beef broth
1 T. Worcestershire sauce
1/4 c. vegetable oil
1-1/2 lbs. round steak, cut into strips
2 cans (10 oz.) condensed golden mushroom
soup
1/4 t. pepper
1/2 t. instant garlic powder
1 c. sour cream

Spray slow cooker with Pam, cooking
spray. Place meat strips with onion on top
in bottom of slow cooker.

In a bowl, mix oil, soup, beef broth,
Worcestershire sauce, pepper and garlic.
Pour over meat.

Cover; cook 6 to 8 hours on low, or until
tender.

Cook noodles and then drain.

Stir in sour cream, turn off heat, and add
noodles.

SWEET AND SOUR BALLS

Viola DeLong Williams, Springfield, OH

1-1/2 lb. of ground chuck
1 c. bread crumbs
1 pkg. Lipton onion soup

Make into balls and brown in skillet or in
oven.

In mixing bowl

1 c. sugar
1 can cranberry sauce
1 - 10oz. bottle of Catsup
1 package of sauerkraut rinsed and
squeeze out juice,

Mix together and pour over balls.
Bake in oven or crock pot at least
1-1/2 hours or longer in a crock pot.

MOM'S DINNER IN A POT

Mary Frances (Keel) Moore, Auxier, KY

1 to 2 lbs. of ground beef
2 cans corn (drained)
2 cans peas (drained)
2 large onions peeled and sliced
5 to 6 large potatoes peeled and sliced
2 large cans tomato soup mixed with 2 cans
water.
1/2 c. water

In a medium to large stock pot start with 1/2
cup water, then layer half of the ground
beef, half onions, half the potatoes, 1 can
peas, 1 can corn then repeat with rest of
ingredients layering as you go.

Mix tomato soup and water season with salt
and pepper and garlic powder if desired and
pour over the top.

Cover and stir occasionally to keep from
sticking, cook on medium heat until potatoes
are tender.

Serve with fresh Italian bread or cornbread.

*This is a great warm up meal and my mother
fixed this a lot in the winter. It was one of
my Dad's favorite meals.*

QUESADILLA PIE

Doris Wells McFadden, Sequim, WA

1 can (4-1/2 oz.) chopped green chilies,
well drained
2 c. shredded cheddar cheese
1 T. chopped cilantro (spice section)
3/4 c. biscuit baking mix
1-1/2 c. milk
3 eggs

Sprinkle, chilies, cheese, and cilantro, in
greased 9 inch pie pan or, square pan.
Stir baking mix, milk, and eggs in a bowl
with fork until blended. Pour over cheese
and chilies mixture.

Bake in preheated 400° F. oven for
25 – 30 minutes.

CROCK POT TUNA

Louise McMonegal, Quincy, CA

2 cans tuna
2 cans cream of celery soup
1 c. milk
2 T. parsley flakes
1 box mixed vegetables (frozen)
Noodles

Cook noodles half done.

Run warm water over vegetables.

Rub shortening on the sides of the crock pot.

Mix everything in the crock pot.

Cook on high 3 hours, 6 hours on low.

CHICKEN WITH WATER CHESTNUTS

Sue Wells, Morehead, KY

4 full cups diced cooked chicken
2 c. diced celery
2 cans (8 oz.) sliced water chestnuts
1 medium onion, diced
3/4 c. mayonnaise
1 can cream of chicken soup
1 can cream of mushroom soup
1 t. Accent
salt to taste
bit of red pepper and garlic powder
2 T. lemon juice

Mix all this together and pour into a greased 9" x 13" pan.

Spread 1 c. grated sharp cheddar cheese over the chicken mixture.

Cover and refrigerate overnight.

Just before baking sauté one package Pepperidge Farm Cornbread Stuffing mix in 1 stick margarine. Spread over the chicken dish and bake about 45 minutes.

I prefer the herb stuffing but both are good.

CHICKEN BREAST SUPREME

Patricia Wells Wallace, Lexington, KY

This is my MOST USED recipe ever. If folks at church hear that someone else is coming over to eat, they can almost predict that I served this dish. It is soooooo easy and it is a good Sunday dish as it cooks in the oven while at church.

4 to 5 large chicken breast (cut in half)
1 pkg. of bacon
1 can Cream of Mushroom soup
8 oz. Sour Cream
1 c. water
1 pkg. egg noodles or rice

Wash and cut in half all of the chicken breast and lay in a 9" x 13" baking dish sprayed with Pam cooking spray. Wrap each piece with a bacon strip. Mix soup, sour cream and water in the microwave (just hot enough to be able to mix well). Pour over the chicken and bake in a slow oven at 325° F until done or for 1 hour at 350° F. TO SPEED THINGS UP.

Cook egg noodles according to the package directions. Eat the chicken mixture on a bed of noodles (*you could also use rice*).

Serves 6 to 8 people.

CHICKEN THIGHS WITH ASIAN PEANUT SAUCE

Shirley

Shirley's notes:

Easy and fast. I found the recipe in our newspaper. It was originally from the Louisville Courier-Journal.

1-1/2 lbs. chicken thighs (skin removed)
3/4 c. Teriyaki sauce
3 cloves garlic, minced (divided)
2 T. peanut butter
1 T. apple cider vinegar
1 t. sugar

Heat oven to 400° F. Spray a shallow baking pan with cooking spray.

Place the chicken thighs in the pan; pour over them 1/4 c. of the teriyaki sauce and 2 cloves minced garlic. Turn the thighs to coat them all over. Bake for 30 minutes. *(If the chicken is partially frozen, it will take a little longer.)*

Meanwhile, combine remaining teriyaki sauce, garlic, 1 clove minced garlic, peanut butter, cider vinegar and sugar in a small bowl; stir until smooth. Any juice in the pan with the chicken should be combined with the peanut sauce. Divide cooked chicken among plates and drizzle with peanut sauce.

Serve with rice and snow peas.

Serves 4 with leftovers

Flavorful additions to the sauce: Red peppers and fresh cilantro add lots of flavor. Add hot red pepper flakes or sauce to the other ingredients before mixing. Chop cilantro and add after sauce is blended.

Note:

I did add a small amount of red pepper flakes, and put fresh chopped cilantro over the chicken when I served it.

THAI PEANUT CHICKEN

Isabel

Servings....: 6

Ingredients:

1/2 c. peanut butter, creamy or crunchy
1/3 c. honey
1/4 c. soy sauce
2 T. curry powder
2 cloves garlic, minced
2 lb. chicken pieces

Preparation:

Blend peanut butter with honey and soy sauce until smooth. Stir in curry powder and garlic; mix well. Place chicken in a large plastic bag or bowl. Pour peanut butter mixture over chicken and mix well.

Close bag or cover bowl and chill at least 2 hr or up to 12 hr.

Remove chicken from marinade and broil or grill over medium heat 4-6 inches from heat.

Turn chicken and brush with marinade occasionally while cooking.

Do not brush with any more marinade less than 10 min before chicken is done.

Cook until chicken is no longer pink in thickest part (cut to test), 15 – 30 minutes depending on size and piece.

Isabel's Notes:

(I baked for 35 min at 350° F. finishing up with a couple of min of broil for cosmetic purposes). (Was fine without turning...I did have it on a rack in a roasting pan.)

SKILLET BEEF ENCHILADA

Patti Volota Quallich, Parma, OH

1 lb. ground beef
1 large onion, chopped
1 can (15-1/4 oz.) kidney beans, drained
1 can (13-3/4 oz.) chicken broth
1 pkg. taco mix
1 can (8 oz.) corn, drained
1-1/2 c. Minute® Rice
1/2 c. sour cream
8 flour tortillas, steamed

Brown beef & onion in large skillet, 5 min.
Add beans, broth, taco mix & corn. Bring to a boil. Reduce heat; simmer 5 min. Stir in rice. Cover; remove from heat. Let stand 5 min. Stir in sour cream. Serve with tortillas.

Microwave Directions:

Decrease broth to 1-1/4 c. Combine beef and onion in microwavable dish. Cover. Cook at HIGH 3 min. Stir; add beans, broth, taco mix, corn and rice. Cover, cook at HIGH 4 min. Stir; cover, cook at HIGH 3 to 4 min. longer. Let stand 5 min. Stir in sour cream.

Makes 4 servings.

CONEY ISLAND HOT DOGS

Mary Wells Walton, Lexington, KY

1 lb. ground beef
1/2 c. onion, chopped
garlic salt, to taste
2 T. vinegar
2 T. brown sugar
1 T. mustard
1-1/2 t. chili powder
1-1/2 t. Worcestershire sauce
1 can tomato soup (undiluted)
8 - 10 hot dogs
8 - 10 hot dog buns

Brown onion and meat. Add remaining ingredients (*except hot dogs and buns*) and heat. Put into a casserole with the hot dogs covered by bottom and top with sauce. Cover and bake for 45 minutes in 350° F. oven. Serve on buns and enjoy.

CHICKEN & BROCCOLI

Patti Volota Quallich, Parma, OH

1/2 lb. boneless chicken breast
1 pkg. of frozen broccoli spears
4 T. salad oil
1/4 c. chicken broth or water

Seasonings:

1 T. soy sauce
2 t. sugar
1/4 t. ground ginger
2 T. Sherry wine (*I use Cooking Sherry from the grocery store*)
Salt to taste

Cut chicken breast meat into thin slices. Add seasonings and let soak for 10 minutes. In the meantime, boil broccoli with a pinch of salt as directed on the package. Drain and set aside. Sauté chicken slices in hot oil in a frying pan over high heat for 2 minutes. Add cooked broccoli and chicken broth or water. Blend well. Simmer for 4 – 6 minutes. Remove and serve with rice.

Serves 2.

STUFFING FOR TURKEY

Mrs. Clifford (Dolores Williams) Booth,
Van Lear, KY

15 c. toasted bread crumbs
3 t. poultry seasoning or sage
3 c. chopped celery
10 T. parsley
5 t. salt
1-1/2 t. pepper
10 T. minced onion
4 sticks margarine

Sauté 4 sticks margarine, celery and onion until tender. Mix together in separate large container crumbs and other ingredients. Pour onion and celery into other ingredients. Add 5 to 8 cups liquid. I use turkey broth and bouillon cubes (chicken flavored).

Our family loves this dressing. It doesn't take a lot of baking because everything is already cooked in it. 15 - 10 servings.

MACARONI CHEESE CASSEROLE

Judi Wells, Georgetown, KY

4 c. cooked elbow macaroni, drained
2 c. grated cheddar cheese
2 eggs, beaten
1/2 c. sour cream
4 T. (1/2 stick) butter, cut into pieces
1/2 t. salt
1 c. milk

Preheat oven to 350° F.

After macaroni has been boiled and drained, add cheddar cheese while macaroni is still hot. Combine remaining ingredients and add to macaroni mixture.

Pour into casserole dish and bake for 30 to 45 minutes.

Top with additional cheese if desired.....

MACARONI & CHEESE CASSEROLE

Edith Mollette, Boonscamp, KY

1 box (8 oz.) macaroni, cooked & drained
2 pkgs. (12 oz.) cheddar cheese, grated
3 T butter, melted
1 small onion, chopped
1 can cream mushroom soup
1 c. mayonnaise
1 c. Ritz crackers, crushed

Preheat oven to 350° F.

Mix macaroni, soup, onion, cheese and mayo in casserole dish. Mix melted butter and cracker crumbs and sprinkle on top. Bake until cheese has melted.

TEXAS CAVIAR

Kim Alexander Boyd, Lexington, KY

Makes 56 servings.

1 green bell pepper, diced
1 red bell pepper, diced
1 yellow bell pepper, diced
1 can (15 oz.) black-eyed peas, rinsed and drained
1 can (15 oz.) garbanzo beans, rinsed and drained
1 can (15 oz.) white corn, drained
2 cans (15 oz.) black beans, rinsed and drained
2 cans (10-oz.) diced tomatoes and green chilies (Rotel), NOT drained
1 bunch green onions (white part only) chopped
1/3 c. lemon juice
1/3 c. red wine vinegar
1 t. cumin
1 t. chili powder
1/2 t. garlic salt
1/2 t. black pepper

Combine all ingredients in a very large container, mix well. Cover and refrigerate for at least two hours for optimal flavor.

Keep covered in the refrigerator, so it can stay good for up to six weeks.

Serve as a salsa, relish or side dish.

(You cannot mess up this dish. Use what you have. Regular corn, canned tomatoes, kidney beans, etc.)

BEEF AND POTATOES CASSEROLE

Kelly Alexander, Lexington, KY

2 lbs. lean ground beef, browned
One half chopped onions (or more)
3 large potatoes, sliced
2 shredded carrots
1 can of cream of celery soup
(or mushroom)
1 c. shredded cheese

Cook in skillet the beef and onions are tender and beef is browned. Drain fat, and pour in casserole dish. Add layer of sliced potatoes, salt and pepper. Spread shredded carrots over potatoes.

Pour soup over potatoes.

Bake at 350° F. for 40 to 50 minutes.
Sprinkle cheese over dish and place back in oven until cheese is melted, about 5 minutes.

*This is very good, I like cheddar best.
Every time we visit our daughter,
Kelli Alexander, in Lexington, she prepares it for us.*

TIJUANA TORTE

Melissa Kershner-DuLong, MI

1 lb. ground beef
1 can refried beans
1 med. onion
1 can (15 oz.) tomato sauce
1 can (14 oz.) stewed tomatoes 1
1 pkg. Taco seasoning
Flour tortillas
1 lb. mozzarella cheese, shredded
1 lb. Colby cheese, shredded
1 large container sour cream

Brown ground beef and onion. Add tomato sauce, stewed tomatoes and taco seasoning.

Place 1/4 c. of meat mixture in baking dish.

Add refried beans, shredded mozzarella, Colby cheese and then sour cream.

Place a layer of flour tortillas on top.

Add more meat, beans, cheese and sour cream and repeat layers, ending with cheese.

Bake at 350° F. for 35 to 45 minutes until cheese is bubbly.

OVEN CHOP SUEY

Charlene Patton Muncy, Williamsport, KY

Stew one small fryer; take meat of bones cut up meat. Sauté together 1 large onion and 2 sticks celery in butter.

Salt & Pepper to taste

Mix together with 3 Tbs. of soy sauce, 1 can mushrooms, 1 can cream of chicken soup, 1/2 cup of uncooked rice (minute rice can be used), 3 cups of water, 1 can of chop suey vegetables (large can)

Bake in a casserole dish for 1 to 1-1/2 hours or until rice is done. Prepare extra rice and pour mixture over rice. Serve with salad and baked potato.

SAUSAGE NOODLE CASSEROLE

Charlene Patton Muncy, Williamsport, KY

1 can of mushrooms
1 can cream of mushroom soup
1 pound Sausage (pork, can use mild or hot)
4 large onions chopped
1 medium size pkg. noodles
1 t. of black pepper (omit if use hot sausage)

Chop onion real fine, fry sausage and onion together until brown. Combine mushroom, cream of mushroom soup, sausage onion and pepper together.

Put in casserole dish and cover with fine small pieces of light bread and sprinkle with butter. Salt as desired.

Cover and bake on 350° F. until bread is brown for 30 -35 minutes. Serve with Asparagus and ripe tomatoes.

TERIYAKI SAUCE, BEEF TERIYAKI

Charlene Patton Muncy, Williamsport, KY

1/2 c. of soy sauce
1 T. Worchester sauce
2 T. brown sugar
1 T. lemon juice
1/2 t. garlic salt
1/2 t. ground ginger
Meat tenderizer

Cube meat of round steak and pour sauce mixture over meat. Let marinate overnight or all day. Use this meat with a Fondue pan, putting meat onto

SIMPLY ELEGANT STEAK AND RICE

Charlene Patton Muncy, Williamsport, KY

1-1/2 pound tenderized boneless
beef round steak
1-1/2 T. vegetable oil
2 large onions cut in 1/2 inch slices
and separated into rings.
1 can (4 oz.) sliced mushrooms drained,
reserving liquid
1 can (10-3/4 oz.) of condensed cream of
mushroom soup
1/2 c. dry sherry
1-1/2 t. garlic salt
3 c. hot cooked rice

Cut steak into thin strips. Brown the meat in oil using a large skillet or electric skillet on high heat. Add onions. Sauté until tender crisp.

Blend soup, sherry, liquid from mushrooms, and garlic salt. Pour over steak. Add vegetable oil using high heat. Add onion rings, sauté until tender. Blend together soup, sherry and liquid reserved from mushrooms. Pour over steak and onions and add mushrooms.

Then reduce heat cover and simmer for 1 hour or until steak is tender. Serve over bed of fluffy rice.

Makes 6 servings.

Serve with garden salad and baked potato.

SHREDDED BEEF SANDWICHES

Charlene Patton Muncy, Williamsport, KY

1 (4 pound) boneless chuck roast
1 large onion thinly sliced
1 c. of ketchup
1/4 c. of lemon juice
3 T. Worcestershire sauce
2 T. brown sugar
1 t. of salt
1/4 t. of pepper
1/2 t. of liquid smoke

Cut roast beef in half, place in slow cooker, top with sliced onion.

Combine next eight ingredients and pour over roast

Cover and cook on low heat for 8 to 9 hours or until meat is tender.

Remove roast from cooker and cool, slightly shared meat with two forks. Skim fat from cooling liquid. Put shredded meat back into slow cooker and heat. Using slotted spoon place one third of meat mixture on each bun.

Serve with coleslaw.

CHILI CON CAMPBELLS

Herbie Wells, Prestonsburg, KY

1 lb. ground beef
1/2 c. chopped onion
Green pepper and celery (optional)
2 T. chili powder
1 can tomato soup & 1 can water
1 can kidney beans
(I prefer canned Luck's pintos)
1 T. vinegar
1 t. salt

Brown the beef and onion. Add other ingredients and simmer 15 to 20 minutes. This is great for two people.

DEEP SOUTH SAUSAGE & BEANS

Edith Mollette, Boonscamp, KY

1 lb. link sausage
1 green pepper
1 can (8 oz.) tomato sauce
1 large onion
1 can pinto beans

Brown sausage and drain all fat except 2 T. Add onion and green pepper, sauté until tender. Add all other ingredients and simmer 10 minutes. Serve hot with cornbread.

RAVISHING RICE

Herbie Wells, Prestonsburg, KY

1 lb. hot bulk sausage
1 large Spanish onion, chopped
1 large green pepper, chopped
1 c. celery, chopped
4-1/2 c. boiling water
2 envelopes Lipton chicken noodle soup mix
1/2 c. raw rice
Slivered almonds
Chopped parsley

Put the sausage on to cook over low heat in a large skillet, pouring off the grease now and then and stirring to crumble.

In 4-1/2 cups boiling water, boil soup mix and rice for seven minutes. Do not drain. Combine soup mixture, vegetables and sausage. Mix and put in two quart casserole. Sprinkle with almonds and parsley.

Bake about 45 minutes to 1 hour in slow oven, 350 to 375° F.

PRESERVES, CANNING, MISC.

DRIED APPLES

Mary Wells Walton, Lexington, KY

I make my dried apples like my mother did when I was a young girl.

Choose firm apples. Peel them and cut the core out of the apples. Slice them thin and spread out on a clean sheet. *(I place them in the attic) My Mom used the tin roof of the kitchen. She placed screen wire over them so as bees and bugs would not get on them. Let them dry until leather-like but pretty white or yellow according to your apples.*

After they have dried, I place them in freezer bags and put them in the freezer. They will keep for several years in the freezer. When you are going to make apple stack cakes or dried apple pies, take out what you will need and soak in water for several hours. Cook until tender and season with cinnamon and sweeten to taste. *These are delicious for pies and cakes.*

QUICK APPLE BUTTER

Mary Wells Walton, Lexington, KY

8 to 12 c. cooked apple pulp (like applesauce)
6-1/2 c. sugar
1/2 c. vinegar

Bring to a boil and cook for 20 minutes on top of the stove, stirring all the time. Add cinnamon to taste. *(You can use cinnamon drop candy which gives you flavor and color, I use red food coloring for color at times.)* Put into sterilized jars and seal and store in a cool place until ready to eat.

LAZY GIRL'S APPLE BUTTER

Herbie Wells, Prestonsburg, KY

1 restaurant size can applesauce (106 oz.)
4 t. of cinnamon
2-1/2 to 3 cups sugar

Cook in oven or on top of stove until right consistency. Put in jars and ready to serve.

EASY 3-STEP STRAWBERRY JAM (FREEZER JAM)

Mary Wells Walton, Lexington, KY

2 c. crushed strawberries
(Buy 1 quart fully ripe strawberries)
4 c. sugar
1 box SURE-JELL FRUIT PECTIN
3/4 c. water

MIX strawberries & sugar thoroughly. Set aside for 10 minutes. STIR mixtures together until sugar is completely dissolved and no longer grainy, about 3 minutes. Pour into plastic containers; cover. Let stand at room temperature for 24 hours. Jam is not ready for use until placed in freezer. Before serving, thaw in refrigerator (store in refrigerator). Makes about 4 (1 cup) containers.

IMPORTANT: Measure ingredients exactly & do not change amounts. Jam will not set properly. A potato masher works best for crushing strawberries.

RHUBARB JAM

Mary W. Walton, Lexington, KY

4 c. raw rhubarb cut into cubes
1 T. water
4 c. sugar
1 c. crushed pineapple, drained
1 box (3oz.) Strawberry Jell-O (dry)

Cook rhubarb, water, sugar, & pineapple together for 10 min. Stir constantly. Remove from heat, add dry jell-o. Mix well, pour into containers, can be frozen. Makes 3 pints.

RHUBARB PRESERVES

Mary Wells Walton, Lexington, KY

Submitted by her niece,

Patti Volota Quallich, Parma, OH

8 c. rhubarb, cut into small pieces
6 c. sugar
2 boxes (3 oz. each) strawberry jell-o
6 (1/2 pint) jelly jars or 3 pint jars

Cut rhubarb into small pieces. Sprinkle rhubarb pieces with the sugar and let it stand overnight. The next morning place it on the stove with the burner on medium to low and let it come to a boil. Boil for 20 minutes. Take it off the heat and stir thoroughly. Add the 2 small boxes strawberry jell-o and mix thoroughly. Place back on the stove burner and let it come to a boil again. Remove from heat and stir thoroughly again. Pour into jelly jars and seal.

Makes 6-1/2 pints or 3 pints.

CUCUMBER RELISH

Emma Delores Wells Adkins, Van Lear, KY

1 gallon cucumbers, peeled, seeded
6 medium onions
3 – 4 red hot peppers
2 sweet peppers
2 garlic cloves

Chop ingredients in a food processor and place in pan. Cover with ice cubes and sprinkle 1/3 c. coarse canning salt. Set aside for 3 hours.

Sauce:

3 c. vinegar
4-1/2 c. sugars
2 t. mustard seed
2 t. celery seed
1 t. turmeric

Mix sauce ingredients and heat on stove until it boils. After 3 hours, drain the vegetables and add to the sauce. Heat again until it boils. Place in jars and seal.

SWEET PICKLES

Mary Wells Walton, Lexington, KY

50 medium size cucumbers
1 gal. water boiled for brine
2 c. course salt (canning salt)

Wash cucumbers and place in stone jar or churn. Pour brine over cucumbers and weight down. Let stand for 10 days, pour off brine. Wash cucumbers trim and cut into chunks put back into stone jar. Add 2 Tbsp. of Alum and cover with fresh water let stand 24 hours. Wash and put back in jar.

Boil together.

2 quarts sugar
1 quarts Vinegar white preferred
1 T. cinnamon bark
1 T. whole cloves
1 T. whole allspice

Every day for two days, pour liquid off cucumbers into a saucepan and bring it to a boil. Pour back over the cucumbers.

On the third morning, drain the liquid again and bring to a boil. In the meantime, place the cucumbers in jars. When the liquid begins to boil, pour over cucumbers and seal. *Excellent!*

SALADS

CORNBREAD SALAD

Edith Mollett, Boonscamp, KY

1 pone cornbread, crumbled
4 boiled eggs, chopped
2 tomatoes, chopped
1 lb. bacon, fried & crumbled
1 large onion, chopped
1 sweet pepper, chopped
1 c. mayonnaise or enough to mix this up
It should be very moist

HOT CHICKEN SALAD

Margaret DeLong Bohman

3 c. cooked chicken
1 c. water chestnuts sliced
1/2 c. chopped onion
1/2 c. fresh mushrooms
1/2 c. grated cheddar cheese

Mix together:

1 T. lemon juice
1 c. mayonnaise
1 c. Half & Half cream
salt & pepper

Mix and pour over chicken mixture.
Bake in a 9 x 13 inch baking dish at
425° F. for 20 minutes then reduce
to 300 ° F. for 20 minutes.

BACON & TOMATO SLAW

Karen Patton Howard, Auxier, KY

Fry until crisp 4 to 6 slices of bacon.
Reserve drippings. Crumble bacon and
set aside.

Shred or chop a small head of cabbage. Add
1/2 c. finely diced onions and a large
tomato, diced. Add 1/4 c. sugar
(or to taste), 1 T. vinegar, add salt and
pepper to taste. Stir in bacon pieces. Heat
bacon drippings and pour over slaw. Serve
at once.

CHOPPED SALAD

Mary Walton, Lexington, KY

1 lettuce head, finely chopped
8 oz. ham, chopped (optional)
8 oz. cucumbers, chopped
8 oz. cheddar cheese, shredded
4 oz. radish, chopped
4 oz. corn chips
4 oz. garlic ranch dressing (if I don't have
the garlic, I just add garlic powder)

Toss all ingredients and serve promptly, or
toss ingredients with Ranch salad dressing
on the side. I cut my things all up and serve
dressing on the side and cover all that is left
for another meal.

JUDI'S BROCCOLI SLAW

Judi Wells, Georgetown, KY

1 pkg. **Mann's** Broccoli Slaw *
1 bunch green onions
1-1/2 c. sunflower seeds
1-1/2 c. slivered almonds
2 pkg. beef flavored Ramen noodles
broken-up (*reserve beef flavoring packet*)

*Combine all ingredients well and then pour
the dressing (recipe below) and mix well.*

SLAW DRESSING

2 pkgs. of beef flavoring from Ramen
Noodles Soup mix
1 c. vegetable oil
2/3 c. sugar
1/3 c. apple cider vinegar

Mix ingredients well. Pour over slaw.

** You may have to look in one of the bigger
supermarkets to find the Mann's broccoli
slaw; we find it at Kroger's.*

*This recipe is served at Harry's Bar in
Hamburg & Lansdowne, Lexington, and we
love it.*

CUKE SALAD

Patti Volota Quallich, Parma, OH

1 med. cucumber, unpeeled, diced
1 small onion, chopped
1/2 c. celery, chopped
1 (large pkg.) lime sugar-free Jell-O
1/2 c. boiling water
1 T. vinegar
1/2 c. low calorie mayonnaise
1 lb. (16 oz.) low-fat cottage cheese
1/2 c. walnuts, chopped
1 small can unsweetened pineapple bits,
include juice

Dissolve Jell-O in hot water. Add vinegar
and remaining ingredients. Set in
refrigerator until firm.

Makes 8 (3/4 c.) servings.

*Each = 2 vegetables, 1 oz. protein, 1-1/2 Fat
(4-1/2 T.)*

*This can be served as a complete luncheon
meal. For a dinner meal, add 2 oz. protein.*

BROCCOLI COLESLAW SALAD

Mary Walton, Lexington, KY

1 bag Mann's Broccoli Coleslaw
2 c. pineapple chunks
1/2 c. almonds, sliced
2 c. apples, diced
1 c. refrigerated coleslaw dressing
1/2 c. raisins, optional
1 c. pears, optional

In a suitable size mixing bowl, combine
Mann's Broccoli Coleslaw, pineapple,
almonds, apples, pears and raisins. Add
coleslaw dressing and blend thoroughly.

*This recipe is excellent and can be made
ahead. (Sunflower seeds may be substituted
for almonds). This recipe is easy and
convenient to include Mann's fresh
vegetables in your diet. Mann's offer a
variety of fresh-cut blends that are tasty, low
in carbs and nutritious.*

THAI NOODLE SALAD

Shirley / Isabel*

*Here's one of my favorite pasta salads. The
peanut butter dressing is excellent; it even
works well on a tossed green salad.*

Salad

1 lb. thin spaghetti, cooked
1 c. shredded carrots
1 cucumber, peeled, halved lengthwise,
seeded, and sliced thin
1/3 c. chopped scallions
1 red or green pepper, cut into fine julienne
strips

Dressing

1/4 c. peanut butter
1-1/2 T. vegetable oil
2 T. soy sauce
2 cloves garlic, minced
1 t. sugar
1 t. grated fresh gingerroot
2 T. sherry
1 t. Asian sesame oil
2 T. lemon juice
1 scallion, sliced
1/2 t. chili powder
1/4 c. chicken broth

1/3 c. chopped roasted peanuts for garnish

Assemble the salad

Combine the pasta with the vegetables in a
large bowl and toss to combine.

Make the dressing

Place all the dressing ingredients in a food
processor or blender and blend until smooth.
Add the dressing to the pasta and toss.
Sprinkle with coarsely chopped peanuts.

** Isabel and Shirley's recipes were sent on
the same email with no last names, and we
were uncertain which person this recipe
belongs to.*

ARRANGED SALAD

JARLSBERG

Mary Walton, Lexington, KY

(From *Big Sandy Newspaper* 8/2005)

1-1/2 to 2 lbs. snow peas, green beans and asparagus

1 to 1-1/2 lbs. combination of seafood surimi (or crab meat), medium or large cooked shrimp and sea scallops

1-1/2 c. (6 oz.) cubed Jarlsberg or Jarlsberg Lite cheese

1 c. diced red and /or yellow bell peppers

3 T. olive oil *PLUS* 1 T. sesame oil
(or 4 T. olive oil)

Juice and zest of 1 lemon

Freshly ground black pepper to taste

3 T. toasted sesame seeds

Remove strings from snow peas and cut peas in half. Cut green beans into 1-inch lengths. Slice tender green stems of asparagus, leaving heads intact.

Clean and de-vain shrimp. Cook scallops 2 minutes and slice horizontally.

Bring a pot of water to a boil. Add green beans; boil 2 to 3 minutes. Add asparagus and boil 2 minutes. Add snow peas and boil 1 minute. Drain; plunge into cold water to stop cooking process. Drain and dry on paper towels.

Arrange vegetables around edge of serving platter or individual plates. In center of plate arrange seafood and cubed Jarlsberg. Sprinkle with diced bell pepper. Whisk oil with lemon juice and zest, adding black pepper to taste. Drizzle over salad; sprinkle with sesame seed.

Makes 4 to 6 main-dish servings or 8 to 10 servings as appetizers.

If you like, you could toss a few greens with dressing and line the platter, then make your arrangement atop the greens. You might also substitute meat instead of seafood. Our recipe is just a guide for your own ideas.

BROCCOLI SALAD

Doris McFaddin, Sequim, WA

4 c. raw broccoli, chopped

1 yellow or red sweet pepper

1 c. green onion, chopped

1/2 lb. bacon, cooked & chopped

1/2 c. currants or raisins

1/2 c. sunflower seed or pine nuts

DRESSING

1/2 c. mayo

1/2 c. yogurt

2 t. raspberry vinegar

2 T. sugar

Chop and mix veggies. Toss in raisins and nuts or seed & bacon. Mix dressing ingredients. Pour over salad and refrigerate at least 4 hours.

My family loves this one!

POTATO SALAD

Patti Volota Quallich, Parma, OH

2 lbs. potatoes (6 medium)

1/4 c. finely chopped onion

1 t. salt

1/8 t. pepper

1/4 c. Italian salad dressing

1/2 c. chopped celery

2 hard-boiled eggs cut-up

1/2 c. mayonnaise

Peel and cube potatoes. Boil 10 minutes or until soft. Drain. Mix potatoes with onion, salt, pepper and salad dressing. Cover. Refrigerate at least 2 hours. Before serving add celery, eggs and mayonnaise.

4 to 6 servings.

My sister-in-law, Bobbie, makes this Quallich family favorite and has shared it with all of us.

30 DAY SLAW

Clara (Mrs. Allen) DeLong, Urbana, OH

1 large head of cabbage
1 T. salt

Chop cabbage fine and mix with salt real good – let stand 2 hours.

Boil 2 cups sugar, 1/2 cup water, and
1 cup vinegar for 2 minutes.
Let the above stand until it gets cold.

8 stalks celery, chopped fine
2 mangoes, chopped fine
1/2 t. mustard seed
1 t. celery salt

At the end of 2 hours — squeeze cabbage
dry. Mix all ingredients together and put in
covered dish. This will keep for 30 days.

BEAN SALAD

Mary Wells Walton, Lexington, KY

1 can French beans drained
1 can wax beans drained
1 can kidney beans drained
1 can black beans drained
1 can soup beans drained
1 can lima beans drained
I drain mine and wash them through a
calendar with cold water and let them drain.
Chop 1 cup onions
Chop 1 cup celery
1/2 cup chopped green pepper
1 small can pimento drained well

Put all of the above in a large bowl and mix
in another bowl 1 cup white Vinegar, 1/2 cup
Oil, 1 cup sugar (I use Splenda most of the
time or you can half it) 1/2 tsp. salt, Garlic
(opt.) Black pepper (opt) 1/2 cup. Mix well
and pour over the bean mixture and let set
over night in Refrigerator and stir and serve.

*Very good and will keep in Refrigerator for
up to ten days or more.*

CABBAGE SALAD

Darlene Clark Burgess, Dayton, OH

1 quart chopped or shredded cabbage.

Boil together:

1 c. vinegar
1 t. sugar
1/2 t. salt
1/2 t. pepper

Rub 1/4 cup butter to a cream with
1 Tbs. flour and add to boiling Vinegar.
Stir in 1 beaten egg.

Pour over Cabbage. If preferred 1/2 tsp.
mustard may be used in addition to salt
and pepper.

MAGGIE'S LETTUCE SALAD

Margaret DeLong Bohman, Lancaster, CA

Bibb lettuce or leaf lettuce
3/4 c. pecans
2 oranges or canned mandarin oranges

DRESSING:

1/3 c. vinegar
1/2 c. sugar or (Splenda sweetener)
3/4 c. oil
1/2 t. salt
1/2 small red onion
1 t. dry mustard
2 T. water

Mix in blender. This dressing can be made
ahead and refrigerated.

CUCUMBERS AND ONION SALAD

Georgia Richmond Hall, Brunswick, OH

NOTE: Keeps for weeks in the refrigerator

8 c. cucumbers, thinly sliced
2 to 3 large onions, sliced
3 T. salt
1-1/2 c. sugar
1 c. vinegar
1 red or green pepper, sliced, *optional*

Sprinkle salt on sliced cucumbers and onions and cover with ice cubes. Let stand for three (3) hours. Drain well.

Dissolve 1-1/2 cups sugar in 1 cup vinegar and pour over cucumber/onion mixture and store in refrigerator. Can add 1 red pepper or green for color.

SEAFOOD SALAD

Karen Patton Howard, Auxier, KY

3/4 to 1 lb. imitation crab
1/2 to 1 c. canned or frozen cocktail shrimp
1/2 c. celery, chopped
1/2 c. onion, chopped
3 – 4 boiled eggs, chopped
Mayonnaise

Tear imitation crab into small pieces. Add drained shrimp, celery and onion. Add mayonnaise to desired consistency, then stir in chopped eggs. Serve with crackers.

WILTED LETTUCE SALAD

Karen Patton Howard, Auxier, KY

2 large bunches of leaf lettuce
4 slices of bacon
1 T. sugar
1/4 c. vinegar
2 T. water
1/4 t. salt
1/8 t. pepper
2 hard-cooked eggs, sliced
6 green onions, sliced

Wash, dry and tear lettuce into a large bowl. Add sliced eggs and onion. Dice and fry bacon until crisp. Remove bacon from pan and reserve. Add vinegar, water, sugar, salt and pepper to drippings. Heat to boiling, pour over lettuce and toss. Add bacon. Serve at once.

GENEVA'S OIL & VINEGAR SALAD DRESSING

Patricia Volota Quallich, Parma, OH

Use a ratio of 3:1
(3 oil to 1 apple cider vinegar):

3 T. vegetable oil
1 T. apple cider vinegar
1 t. salt or to taste
pepper or to taste

Mix all well and use for salad dressing over sliced cucumbers or salad.

I loved salad when my mom made this when I was young. One of my uncles' looked forward to having her salad when he came over to visit. My aunt fortunately got the recipe from my mom, who passed away in 1993. She makes this for him still and her granddaughter loves it too.

EVENING BEFORE COLESLAW

Racine Wells Howard of Paintsville, KY
Submitted by her daughter, Kim Howard

1 large fresh cabbage head
1 large carrot
1 small bell pepper
1 & 1/2 c. Miracle Whip
1/3 c. sugar
3 T. Vinegar

Shred cabbage, adding shredded carrot and shredded green pepper to taste or visual effect. Set aside.

Inside a small bowl, beat Miracle-Whip, sugar and vinegar until sugar has melted and mixture foams a little around edges. Place HALF of the shredded cabbage mixture into a bowl that will hold at least 4 pints. Pour HALF of the Miracle-Whip mixture over top. Do not stir. Layer the rest of cabbage mixture on top and pour the last of the Miracle-Whip mixture on the very top. Do Not Stir.

Cover and set in Refrigerator for several hours to marinate. Remove and stir the mixture once and then return to refrigerator overnight. Remove the next day, stir and serve. The small amount of liquid mixture really marinates all that cabbage!

FRUIT SALAD

Judi Wells, Georgetown, KY

1 can mandarin oranges, drained
1 can pineapple chunks, drained
1 can sliced peaches, drained
1 c. sour cream
1 c. miniature marshmallows
1 c. flaked coconut
1 small jar maraschino cherries, drained

Combine thoroughly and chill.

DUMP SALAD

Patti Volota Quallich, Parma, OH

1 can cherry pie filling
1/4 bag flake coconut or more if desire
1 large can crushed pineapple
1 c. nuts, chopped
1 container (8oz.) Cool Whip

Combine all and chill before serving.

CRANBERRY SALAD

Judi Wells, Georgetown, KY

1 c. sugar
2 sm. or 1 large pkg. strawberry Jell-O
1 delicious apple, chopped
1 can mandarin oranges, drained and chopped
1 c. fresh cranberries
1 can crushed pineapple, reserve juice.
1 T. lemon juice

Chop 1 c. raw cranberries.

Add 1 c. sugar, mix and set aside.

Dissolve Jell-O in 1 c. boiling water and the 1 c. of the reserved pineapple juice. Add apples, oranges, lemon juice and crushed pineapple to cranberry mixture. Mix well and add to Jell-O mixture.

Pour into mold or 8" x 8" pan. Refrigerate.

STRAWBERRY CONGEALED SALAD

Margaret Berryman, Surry, VA

1 pkg. (3 oz) strawberry Jell-O
1 c. hot water
2 pkg. (3 oz) cream cheese
2 c. strawberries sliced
or 10 oz. pkg. frozen berries
1 can (8-1/4 oz.) pineapples, crushed
1/2 c. nuts, chopped

Add hot water to Jell-O and cream cheese and stir until Jell-O is dissolved. Add strawberries, pineapple, and nuts. Congeal in mold or 9" x 13" Pyrex dish.

CRANBERRY SALAD

Sue Wells, Morehead, KY

2 pkg. (3 oz.) orange Jell-O
3 c. boiling water
1 can whole berry cranberry sauce
1 can jellied cranberry sauce
1 large can mandarin oranges, drained
1 large can crushed pineapple, drained
1 c. nuts, chopped

Dissolve jell-o in boiling water.

Stir about 2-3 minutes.

Stir cranberry sauce in hot jell-0 until it has dissolved.

Add other ingredients.

Pour into 3 quart dish.

Refrigerate.

FROZEN FRUIT FLUFF

Rita Vest, Sandy Hook, KY

1 pkg. (8 oz.) cream cheese
2/3 c. sugar
1 can crushed pineapple, drained
1 pkg. (10 oz.) sweetened sliced frozen strawberries, thawed
2 bananas, chopped
1 (12 oz.) Cool Whip, thawed

Beat cream cheese and sugar. Stir in fruit. Fold in whipped topping. Spray 13 x 9 inch pan with "Pam", cooking spray – spread mixture into pan.

Cover and put in freezer. Can be frozen up to one month. Remove 20 minutes before serving, slice and serve.

**Can use fat free cream cheese and Cool Whip to make a healthy dessert*

PRETZEL SALAD

Patricia Wells Wallace, Lexington, KY

Bottom Layer

2 c. crushed pretzels
1-1/2 sticks butter
1/4 c. sugar

Middle Layer

1 (8 oz. pkg.) cream cheese
1 c. sugar (I use 1/2 c.--too sweet!)
8 oz. Cool Whip

Top Layer

1 (10 oz. pkg.) frozen unsweetened strawberries
2 c. pineapple juice
2 (3 oz. pkgs.) strawberry Jell-O

Bottom Layer

Mix & bake 350° F. degrees for 10 min.
in 9 x 13 inch pan.

Middle Layer

Mix and put on cooled bottom layer (cream cheese at room temp.)

Top Layer

Heat juice and strawberries until boiling. Turn off heat and dissolve Jell-O. Pour in a bowl, refrigerate and let it start to gel. Then spread on top layer.

SAUCES

HOT KETCHUP PEPPERS

Mary Wells Walton, Lexington, KY

- 1 pint vinegar
- 1 pint sugar
- 1 pint Wesson oil
- 1 T. salt
- 1 bottle (32 oz.) Ketchup, more if desired
(I use a little more)
- 1 peck of hot peppers *(I don't use near this much and I use rubber gloves when I cut them up)*
- 1 peck of mangoes (sweet peppers)
- 3 lb. chopped onions (cut by hand)
- 2 or 3 cloves of garlic

You can put carrots in this or I do sometimes which is very good in it.

After you get everything fixed, bring to a rolling boil. Put in clean jars and seal store in a cool place until ready to use.

I use this sauce by putting it over top of my choice of roast.

This is very good and was given to me by a friend years ago.

WHITE SAUCE

Mary Walton, Lexington, KY

- 2 T. butter
 - 2 T. flour
 - 1 c. milk
 - 1-1/4 t. salt
 - 1/8 t. pepper
- Melt butter in sauce pan. Using a wire whisk or a wooden spoon, blend in flour, salt and pepper. Cook, stirring constantly, until smooth, about 2 minutes. Remove from heat and stir in milk. Bring to a boil. It is important to stir while mixture is coming to a boil. Boil 1 minute.

MADGES

CRANBERRY SAUCE

Gwen Wells Alexander, Prestonsburg, KY

- 1 lb. bag fresh cranberries
- 1 package raspberry Jell-O
- 2 c. sugar
- 3/4 c. pineapple juice
- 4 T. frozen orange juice concentrated or use the canned orange sections/no peels (mandarin oranges)

Put the cranberries in the food processor until fine, but not juiced! Cover with sugar in bowl. Heat Pineapple Juice and Jell-O and stir well. Add all ingredients together and stir.

This can be doubled or tripled, and we put it in canning jars to have in freezer all year. My husband likes this with everything, even bologna sandwiches.

HOT DOG SAUCE

Vicky Adkins McCoart, Van Lear, KY

- 5 lb. hamburger meat
- 1 small can tomato paste
- 2 c. tomato juice
- 1 c. water
- 1 medium onion, chopped
- 1/3 c. brown sugar
- 1 T. Worcestershire sauce
- 1-1/2 T. liquid smoke
- 1/4 c. catsup
- 2 – 3 T. yellow mustard
- Salt to taste
- Pepper to taste

Brown hamburger meat and drain off fat. Add onion, cook until tender and then add the rest of the ingredients. Simmer over low heat for 1 hour.

ITALIAN MEAT SAUCE

Patti Volota Quallich, Parma, OH

This is my favorite sauce recipe for spaghetti. It is really good! I found it in the Cleveland Plain Dealer in the 1980's and is an excerpt from "Piret's Cookbook".

1 lb. hot (or mild, if preferred) Italian sausage, casings removed.
1 lb. lean ground beef
1 large onion, chopped
1 c. red wine
5 tomatoes (about 1-1/2 lbs.) peeled, seeded, and diced
1 can (15 oz.) tomato puree
1 can (6 oz.) tomato paste
2 t. salt (*or to taste*)
1 t. freshly ground pepper
1/2 t. ground fennel seed
4-1/2 T. fresh basil, chopped
or 1-1/2 T. dried basil
1 T. dried oregano
2 bay leaves
2 T. garlic purée (about 12 cloves)
2 c. mushrooms, sliced (*optional*)
1 c. water

Crumble the sausage and ground beef as they cook in a large kettle and when the beef loses most of its color, pour off the fat.

Stir in the onions. Cook meat until no longer pink.

Stir in the red wine. Simmer until the liquid is reduced by half. Stir in the tomatoes, tomato puree, and the rest of the ingredients.

Add the water and simmer, covered, for about 1 hour. Remove the bay leaves. Serve over pasta.

The sauce can be refrigerated for up to three days, or frozen for three months.

Makes 9 to 10 cups.

BOURBON SAUCE

Mary Walton, Lexington, KY

2 c. brown sugar
1 T. butter
1 T. flour, heaping
1 c. hot water
1/2 c. bourbon whiskey

Cream sugar, butter, and flour together. Add water, a little at a time. Put in a double boiler and cook until thick. When sauce cools to warm, add whiskey. Spread over gingerbread or other cakes.

BROCCOLI CHEESE SAUCE

Mary Walton, Lexington, KY

3 T. flour
2 T. margarine
1-1/2 c. milk
cheese (desired amount)
broccoli, or other vegetables that you desire to use cheese sauce over, cooked

In a saucepan, combine margarine and flour, mixing thoroughly. Gradually add milk, then add desired amount of cheese.

Note: Cheese melts better if it is grated when added to above ingredients. When mixture begins to thicken, pour over the cooked broccoli.

RED DRESSING

Mary Walton, Lexington, KY

2 c. Salad Oil
3/4 c. sugar
2 onions (large), grated
2 c. catsup
1 t. salt
2 T. vinegar

Beat with mixer 5 minutes.
Makes 1 quart

SOUPS

BROCCOLI SOUP

Geneva Clark Harman, Lexington, KY

1 c. broccoli, diced	1 med. potato,
3 T. margarine	cubed
1/2 c. sherry	2 c. chicken broth
1/3 c. celery	1 c. milk
1/3 c. chopped onion	1/4 t. pepper
1/2 c. mushrooms,	1/2 t. salt
diced	Dash of thyme

Sauté vegetables in margarine. Mix together broth, milk and sherry. Add vegetables. Add salt and pepper to taste. Add thyme. Be careful when adding liquids to soup; you may need more or less.

QUICK VEGETABLE SOUP

Herbie Wells, Prestonsburg, KY

1 lb. ground beef, browned & drained
1 c. onion, chopped
2 c. cabbage, chopped (optional)
1 #2 can mixed vegetables
1 #2-1/2 can tomatoes
2-1/2 t. salt
1/4 t. pepper
1/2 t. garlic powder
3 c. water
2 c. tomato juice
1 c. noodles

In a large soup pot, combine all ingredients except noodles.

Cover and bring to a boil. Add noodles, simmer until noodles are tender.

Yield: 5 to 8 servings.

MEAL-IN-A DISH

Patti Volota Quallich, Parma, OH

1 lb. ground turkey, cooked in a non-stick pan, break up into small pieces while cooking

Combine all the following ingredients in a large kettle:

1 lb. ground turkey, cooked
1 med. onion, sliced thin
1 T. vegetable oil
3 c. water
2 T. chicken bouillon
1 T. salt
1/4 T. black pepper
1 bay leaf
1/3 T. thyme
3 carrots, sliced
3 celery stalks, sliced
cabbage, 1/2 small head, coarsely chopped
3 T. rice, uncooked
1 can (8 oz.) tomato sauce
1 can (15 oz.) red kidney beans, un-drained
2 cans (15 oz.) stewed tomatoes

Stir well, heat to boiling. Reduce heat, cover and simmer about 30 minutes.

*Makes 14 c. or 7 (2-c.) main dish servings.
Each serving = 2 oz. protein, 3 vegetables,
1/2 slice bread*

MIRACLE SOUP

Charlene Patton Muncy, Williamsport, KY

1 large can V-8 juice
1 pkg. Lipton Onion Soup mix
1 can French style green beans
1 medium cabbage head chopped

Simmer all ingredients for as long as you wish – the longer the better.

Sometimes I will add 1 can mixed vegetables and zucchini squash. This is a diet soup and you can eat all you want without fear of extra pounds.

BLACK BEAN SOUP

Joyce Wells O'Connors, Lexington, KY.
*Submitted by her sister, Elaine Andrusia,
Charlotte, NC*

1-1/2 c. dried black beans
6 c. water
2 T. extra virgin olive oil
1 onion, chopped
3 cloves garlic, minced
1 rib celery, with leaves, chopped
Ground black pepper
1 t. celery seeds
juice of 1-1/2 lemons
1 lemon, sliced thin for garnish
Leaves celery, for garnish

Place the beans in a large bowl and cover with the water. Add more water if necessary to cover the beans. Soak overnight. Drain the beans and add 6 cups of fresh water to the bowl.

Heat the oil in a large heavy bottomed pot over medium heat. Add the onion, garlic, and celery and cook, stirring occasionally for 5 minutes (or until tender). Add the beans and water and bring to a boil. Reduce the heat to low, cover, and simmer for 2 hours, or until the beans are tender.

Remove half of the beans to a food processor or blender and process to puree, adding the liquid from the soup to cover. Add the black pepper to taste and the celery seeds. Return the puréed beans to the pot and heat, stirring, until the soup thickens. Stir in the lemon juice.

Ladle into 6 serving bowls, and garnish with the sliced lemon and celery leaves.

Makes 6 servings.

My sister, Joyce Wells O'Connors, would add chicken with left over's whenever she made this dish. So yummy!

I made a short cut by buying 3 large cans of Black Beans and rinsed them and then did the rest). Guess I'm just too impatient or lazy to go to all the trouble of the other way. But guess that's why hers was better.

SANTA FE SOUP

Mary Wells Walton

Brown 1 lb. ground beef and 1 med. Onion, chopped.

Add 1 can each but do not drain:

1 can pinto beans
1 can black beans
1 can great northern beans
1 can white corn
Diced tomatoes with green chilies

Add:

2 c. water
1 pkg. Taco mix
1 pkg. Ranch dressing mix

Simmer for 1 hour.

VEGETABLE SOUP

Mary Wells Walton, Lexington, KY
*(this recipe was given to me as a homemaker
from the Fayette County extension office)*

10 c. water
2 large Potatoes, cut in chunks
1/4 c. soy sauce
1 t. basil
1 t. thyme
2 carrots, sliced
2 onions, sliced
2 medium zucchini chopped
3 tomatoes, chopped
2 garlic cloves, crushed
1/2 t. onion powder
1 c. string beans, cut in 1" pieces
1 t. oregano
1/2 t. cumin
1/2 t. dill weed
1 T. parsley.

Place 10 cups water in a large pot. Add chopped vegetables bring to boil. Add seasonings. Simmer over medium-low heat about 45 minutes. Variations: use 2 cups tomato juice in place of 2 cups water. About 14 minutes before end of cooking time, add cooked rice or pasta to soup.

VEGETABLES

MASHED POTATOES

Patti Volota Quallich, Parma, OH

9 med. sized potatoes
5 T. margarine
1/4 c. milk
3 t. onion powder
2-1/2 t. - 3 t. salt
1/8 t. pepper or to taste

Peel potatoes, quarter them and place in a large pot of boiling water for 1/2 hr. until tender.

Drain in colander. Place in mixing bowl with butter. Beat until smooth.

Add the rest of the ingredients and beat again until mixed well.

If you like your potatoes less stiff, you can add a little more milk, small amounts at a time while beating them.

SWEET POTATO SOUFFLE

Viola DeLong Williams, Springfield, OH

1 large can (18 oz.) sweet potatoes
drained and mashed.
1 c. sugar
2 eggs
1/2 c. milk
1/2 t. salt
1/3 stick of butter or Margarine (melted)
1 t. vanilla

Mix well, pour into buttered pan

Topping

1 c. brown sugar
1/2 c. flour
1/3 c. melted butter or margarine
1 c. pecans

Crumble topping over potato mixture. Bake at 350° F. for 35 to 45 minutes uncovered.

POTATOES AU GRATIN

Patti Volota Quallich, Parma, OH

8 potatoes approximately, cut into 1/8 in. slices
3 T. margarine, melted
4-1/2 T. flour
2 c. milk
1 c. parmesan cheese or more
Ham
Peas

Parboil sliced potatoes 5 minutes until fork tender, drain.

Mix melted margarine, flour and milk. Add cheese, ham, peas, and potatoes gradually to flour/butter mixture.

Bake in dish at 350° F.

Note: white sauce created from the basic recipe: 1 c milk, 1 T margarine, 1 T. flour.

Doug's longtime friend and neighbor Rosalie made this for us a long time ago and we found it very delicious.

HARVARD BEETS

Patricia Wells Womack, Greenup, KY

1/2 c. sugar
1/4 c. vinegar
1/4 c. water or beet juice
1 T. butter
1 can (16 oz.) beets
1-1/2 t. cornstarch
Salt and Pepper to taste

Combine sugar and corn starch.

Add all remaining ingredients except beets.

Cook till mixture starts to thicken; add beets and continue cooking till thickened and hot.

HONEY-ROASTED ROOT VEGETABLES

Patti Volota Quallich, Parma, OH

- 2 c. coarsely chopped peeled sweet potato
(about 1 large)
 - 1-1/2 c. coarsely chopped peeled turnip
(about 2 medium)
 - 1-1/2 c. coarsely chopped parsnip
(about 2 medium)
 - 1-1/2 c. coarsely chopped carrot
(about 2 medium)
 - 1/4 c. tupelo honey or another
medium-colored, floral variety like
orange blossom
 - 2 T. olive oil
 - 1/2 t. salt
 - 3 shallots, halved
- Cooking spray

Preheat oven to 450° F.

Combine all ingredients except the cooking spray in a large bowl; toss to coat. Place vegetable mixture on a jelly-roll pan coated with cooking spray.

Bake at 450° F. for 35 minutes or until vegetables are tender and begin to brown, stirring every 15 minutes.

8 servings (serving size: 1/2 c.)

NUTRITION PER SERVING

*CALORIES 118(27% from fat); FAT 3.5g
(sat 0.5g, mono 2.5g, poly 0.4g); PROTEIN
1.3g; CHOLESTEROL 0.0mg; CALCIUM
33mg; SODIUM 171mg; FIBER 2.3g; IRON
0.5mg; CARBOHYDRATE 21.7g*

*I made this dish at Thanksgiving and it has
become one of my favorite dishes.*

*It is delicious for anytime of the year. I made
it without the parsnips since I had never
tasted them before.*

SCALLOPED EGGPLANT

Mary Wells Walton, Lexington, KY

Peel:

1 large eggplant (approximately 4 c.
chopped)

Dice into fairly small size pieces. Cover
with cold water.

Add a small amount of salt

Boil until tender. Drain well.

While hot, ADD:

1/4 t. pepper

2 tbsp chopped onion

3 tbsp. margarine or butter

1 (10-3/4 oz. can) cream of mushroom soup

Then Add:

2 (4 oz.) packages plain party snack
crackers, crushed.

Pour into 1-1/2 qt. casserole.

Bake, uncovered, in 375 degree oven
30 minutes, or until lightly browned.

Serves 8

(I used in the one that I made 1/2 c.
packaged herb-seasoned stuffing. Toss with:
2 tbsp melted margarine. Sprinkle mixture
over casserole. Top with: 1 c. shredded
sharp American cheese.

CHEESE POTATOES

Tharon Sturgill-Kershner, Ypsilanti, MI

1 bag (2 lb.) Oreida Country Style Hash Browns
1 can cream of chicken soup
1 lb sour cream
1 stick butter
1 lb shredded cheddar cheese
Corn flake crumbs or potato chips

Mix potatoes, soup, onion and sour cream. Put in greased pan. Place corn flake crumbs or crushed potato chips on top and pats of butter on top of crumbs.

Bake in a 375° F. oven for 1 hour or until potatoes are tender.

MARY'S FRESH GREEN BEANS

Mary Wells Walton, Lexington, KY

2 lb. green beans (half runners are good)
1 large onion, sliced
beef bouillon for flavor
2 T. vegetable oil

String the beans and break them up. Wash beans and put in a cooker adding enough water to come to the top of the beans.

Add onion and vegetable oil plus beef bouillon as desired.

Cook until beans are tender and most of the water has cooked down.

Serve with your favorite dinner. These are good even cold since they don't have any lard in them.

YAM SLICES BAKED WITH ROSEMARY AND GARLIC

Patti Volota Quallich, Parma, OH

9 yams (about 4-1/2 lbs total), cut into 1/3 to 1/2-inch thick rounds
1/2 c. olive oil
1 T. plus 1/2 t. dried rosemary, crumbled
20 unpeeled garlic cloves (about 2 heads), flattened
Salt and freshly ground pepper

Preheat oven 450° F.

Divide first four ingredients among 2 baking dishes. Stir to coat yams. Season generously with salt and pepper.

Bake 50 minutes until yams are tender and crusty, stirring occasionally. Discard garlic.

Note: to flatten the garlic cloves, hit them firmly with the broad side of a large knife.

12 servings

This is one of my favorite Thanksgiving dishes from Bon Appétit Magazine, November 1988 issue.

CORN CASSEROLE

Mary Wells Walton, Lexington, KY

1 box (8-1/2 oz.) Jiffy Corn Muffin Mix
2 cans Cream Corn
4 eggs
2/3 c. vegetable oil (I used 1/2 cup)
1-1/2 t. garlic salt (I use garlic powder)
2 to 3 c. mild cheddar cheese, shredded

Preheat oven to 325° F.

Mix Jiffy mix, corn, eggs, oil and garlic together. Pour into a casserole dish and put Cheddar Cheese over mixture. Bake 325° F for about 45 minutes.

I mashed some of the cheese down into the corn mixture. This is a delicious recipe.

GRILLED PARMESAN POTATOES

Patti Volota Quallich, Parma, OH

1 lb. small red potatoes
1/4 c. green onions, chopped
2 t. vegetable oil
1 T. parmesan cheese, grated
1 t. dried oregano
1/2 t. garlic salt
1/4 t. pepper

Cut potatoes into 1/2" cubes. Place in a bowl and add onions and oil. Toss to coat.

Place in the center of a large piece of heavy-duty aluminum foil (about 18" x 12"). Combine spices and sprinkle over potatoes. Fold foil into a pouch and seal tightly.

Grill, uncovered, over medium-hot heat for 18-20 min., or until potatoes are tender. Open foil carefully to allow steam to escape.

Makes 4 servings.

HASH BROWN POTATO CASSEROLE

Mary Wells Walton, Lexington, KY

1 large pkg. frozen hash brown potatoes
1 can cream of chicken soup
1 container (8 oz.) sour cream
1/4 c. chopped onions
1/2 to 1 c. Cheddar cheese, grated
Salt, black pepper and garlic salt, to taste
2 c. cornflakes
1/2 stick butter, melted

Grease baking dish; place hash brown potatoes in bottom. Mix together soup and sour cream, spread over potatoes. Add onions. Dot with butter. Sprinkle salt, pepper and garlic salt. Cover with grated cheese. Combine cornflakes and melted butter. Sprinkle over casserole.

Bake at 350° F. for 45 minutes.

ZUCCHINI CASSEROLE

Clara (Mrs. Allen) DeLong, Urbana, OH

2 lbs. zucchini, unpeeled, cut into 1" cubes
3/4 can French fried onions
1/2 c. seasoned bread crumbs
1 can cream of mushroom soup
1/2 to 3/4 c. cheddar cheese, shredded

Cook the zucchini cubes in boiling water for 5 minutes. Drain and place in a buttered casserole dish. Spread undiluted soups on top, then bread crumbs and onions. Spread cheese on top. Bake at 350° F. for 25 -30 min. or until brown.

BROCCOLI CASSEROLE

Mary Wells Walton, Lexington, KY

2 pkgs. frozen chopped broccoli
1/2 lb. Velveeta cheese
1 small box Ritz crackers, crushed
1 stick melted butter

Cook broccoli and drain. In casserole dish, layer broccoli, Velveeta cheese, Ritz crackers. Top with melted butter. Cover and bake for 30 minutes at 350° F.

OLD FASHIONED POTATO CAKES

Racine Wells Howard of Paintsville, KY

Submitted by her daughter, Kim Howard

cold, left-over mashed potatoes
salt
black pepper
self-rising flour
oil

Take cold, left-over mashed potatoes from refrigerator. Add a pinch of salt and black pepper, to taste. Add a little flour and knead together like you are doing a meat-loaf. Keep adding flour until the mixture is the consistency of pie dough. Form into patties, patting a little extra flour on the outside. Place in a hot skillet with a thin layer of oil. Turn when browned. These will resemble old fashioned corn cakes.