

Appetizers
Beverages
Dips

EQUIVALENT CHART

3 tsp.....	1 tbsp.	¼ lb. crumbled Bleu cheese.....	1 c.
2 tbsp.....	¼ c.	1 lemon.....	3 tbsp. juice
4 tbsp.....	¼ c.	1 orange.....	½ c. juice
8 tbsp.....	½ c.	1 lb. unshelled walnuts.....	1½ to 1¾ c. shelled
16 tbsp.....	1 c.	2 c. fat.....	1 lb.
5 tbsp. + 1 tsp.....	½ c.	1 lb. butter.....	2 c. or 4 sticks
12 tbsp.....	¾ c.	2 c. granulated sugar.....	1 lb.
4 oz.....	½ c.	¾ - 4 c. unsifted powdered sugar.....	1 lb.
8 oz.....	1 c.	2¼ c. packed brown sugar.....	1 lb.
16 oz.....	1 lb.	4 c. sifted flour.....	1 lb.
1 oz.....	.2 tbsp. fat or liquid	4½ c. cake flour.....	1 lb.
2 c.....	1 pt.	¾ c. unsifted whole wheat flour.....	1 lb.
2 pt.....	1 qt.	4 oz (1 to 1¼ c.) uncooked macaroni.....	2¼ c. cooked
1 qt.....	4 c.	7 oz spaghetti.....	4 c. cooked
¼ c.....	½ c. + 2 tbsp.	4 oz (1½ to 2 c.) uncooked noodles.....	2 c. cooked
½ c.....	¾ c. + 2 tbsp.	28 saltine crackers.....	1 c. crumbs
1 pinner.....	1½ fl. oz. (3 tbsp.)	4 slices bread.....	1 c. crumbs
8 to 10 egg whites.....	1 c.	14 square graham crackers.....	1 c. crumbs
12 to 14 egg yolks.....	1 c.	22 vanilla wafers.....	1 c. crumbs
1 c. unwhipped cream.....	2 c. whipped		
1 lb. shredded American cheese.....	4 c.		

SUBSTITUTIONS FOR A MISSING INGREDIENT

- 1 square chocolate (1 ounce) = 3 or 4 tablespoons cocoa plus ½ tablespoon fat.
- 1 tablespoon cornstarch (for thickening) = 2 tablespoons flour.
- 1 cup sifted all-purpose flour = 1 cup plus 2 tablespoons sifted cake flour.
- 1 cup sifted cake flour = 1 cup minus 2 tablespoons sifted all-purpose flour.
- 1 teaspoon baking powder = ¼ teaspoon baking soda plus ½ teaspoon cream of tartar.
- 1 cup sour milk = 1 cup sweet milk into which 1 tablespoon vinegar or lemon juice has been stirred; or 1 cup buttermilk (let stand for 5 minutes).
- 1 cup sweet milk = 1 cup sour milk or buttermilk plus ½ teaspoon baking soda.
- ¼ cup cracker crumbs = 1 cup bread crumbs.
- 1 cup cream, sour, heavy = ½ cup butter and ½ cup milk in any sour milk recipe.
- 1 teaspoon dried herbs = 1 tablespoon fresh herbs.
- 1 cup whole milk = ½ cup evaporated milk and ½ cup water or 1 cup reconstituted nonfat dry milk and 1 tablespoon butter.
- 1 package active dry yeast = 1 cake compressed yeast.
- 1 tablespoon instant minced onion, rehydrated = 1 small fresh onion.
- 1 tablespoon prepared mustard = 1 teaspoon dry mustard.
- ½ teaspoon garlic powder = 1 small pressed clove of garlic.
- 1 lb. whole dates = 1½ c. pitted and cut.
- 3 medium bananas = 1 c. mashed.
- 3 c. dry corn flakes = 1 c. crushed.
- 10 miniature marshmallows = 1 large marshmallow.

GENERAL OVEN CHART

Very slow oven.....	.250° to 300° F.
Slow oven.....	.300° to 325° F.
Moderate oven.....	.325° to 375° F.
Medium hot oven.....	.375° to 400° F.
Hot oven.....	.400° to 450° F.
Very hot oven.....	.450° to 500° F.

CONTENTS OF CANS

Of the different sizes of cans used by commercial canners, the most common are:

Size:	Average Contents
8-oz.....	1 cup
picnic.....	1¼ cups
No. 300.....	1¾ cups
No. 1 tall.....	2 cups
No. 303.....	2 cups
No. 2.....	2½ cups
No. 2½.....	3½ cups
No. 3.....	4 cups
No. 10.....	12 to 13 cups

Caviar Mousse

1 (4 ounce) jar red caviar (reserve 1 tablespoon for garnish)	1 tablespoon lemon juice
1 tablespoon unflavored gelatin	1/2 teaspoon salt
1/4 cup water	1 cup sour cream
2 tablespoons grated onion	1 cup heavy cream, whipped

Soften gelatin in old water in small saucepan for 5 minutes. Dissolve over low heat and cool. Combine caviar, onion, lemon juice, salt and sour cream and blend well. Stir in gelatin and fold in whipped cream. Turn mixture into an oiled 4 cup mold (can use a fish mold and use ½ stuffed olive for eyes). Chill until firm. Unmold and garnish with reserved caviar or sprinkle down back of fish mold. Serve with melba toast.

Linda Frances Stoltz

Crab Meat Appetizers

1 pound crab meat	1 teaspoon Worcestershire sauce
2 eggs, slightly beaten	2 teaspoons Dijon mustard
1 small jar pimento (finely chopped)	1/8 teaspoon salt
2 tablespoons green pepper (finely chopped)	1 cup fresh bread crumbs
1/2 cup mayonnaise	2 tablespoons butter (melted)

Combine crab meat, eggs, pimento, green pepper, mayonnaise, Worcestershire sauce, Dijon mustard and salt. Mound mixture evenly into 12 lightly greased aluminum crab shells. Combine bread crumbs and butter. Sprinkle over crab mixture.

Bake 425°F 12-15 minutes or until lightly browned.

Contributor Unknown

Barbecued Hot Dogs

3 pounds hot dogs	1/2 teaspoon black pepper
1 medium onion	1 teaspoon chili powder
2 tablespoons vinegar	1 teaspoon mustard
1 tablespoon Worcestershire sauce	1/2 cup catsup
2 teaspoons salt	2 teaspoons brown sugar
2 tablespoons flour	2 tablespoons hot water
1 teaspoon paprika	

Chop onions very fine. Mix flour and vinegar. Add to onion and remaining ingredients. Pierce each hot dog with fork and dip in sauce. Arrange in well greased pan and pour remaining sauce over. Let stand for a while. Bake one hour.

Serves 8-10.

Elaine Thomasson

Miniature Wieners in Barbecue Sauce

2 packages small wieners	1/2 cup barbecue sauce
1 cup brown sugar	12 ounces beer

Combine all ingredients and cool 1/2 hour. Refrigerate overnight. Reheat and serve.

Barbara Klehfoth

Honey Chicken Wings

2 pounds chicken wings (disjointed & tips removed)	1/2 cup soy sauce
Ground pepper	2 tablespoons vegetable oil
1 cup honey	2 tablespoons catsup
	1 garlic clove (crushed)

Season chicken liberally with pepper. Place in baking dish. Mix all other ingredients and pour over chicken.

Bake 350°F 45 minutes until chicken is well done and sauce is thick.

Contributor Unknown

Italian Meatballs

2 slices French or Italian bread (torn into small pieces)	2 tablespoons Italian parsley (chopped)
1/2 cup milk	1 tablespoon olive oil
1 pound ground beef	2 teaspoons garlic (finely chopped)
1/4 pound sweet Italian sausage (removed from casing)	1 teaspoon lemon peel (grated)
6 tablespoons Parmesan cheese (fresh, grated)	1/4 teaspoon ground allspice
	1 teaspoon salt
	1 egg (lightly beaten)
	1/4 cup olive or vegetable oil

Soak bread in milk for 5 minutes. Squeeze and discard milk. Combine all ingredients in mixing bowl. Knead until well blended and mixture is smooth and fluffy. Shape into balls. Place on flat tray or baking sheet. Cover with plastic wrap. Chill for 1 hour. Heat 1/4 cup olive or vegetable oil. Fry meatballs 8-10 minutes. Shake pan to keep balls round and so they will cook evenly. Add more oil to pan as needed.

Serve with Italian Tomato Sauce over spaghetti or make them small and serve with sauce on the side as an appetizer.

Judy Cobb

“The waist is a terrible thing to mind.”

Ziggy (Tom Wilson)

“ ‘How long does getting thin take?’ Pooh asked anxiously.”

Winnie the Pooh, A.A. Milne

Slushy Punch

2 packages strawberry Kool-Aide
2 cups sugar
1-1/2 quarts water
1 can frozen lemonade (12 oz.)
1-1/2 cups pineapple juice.

Mix. Freeze.

Remove from freezer 1-1/2 hours before serving. Chop until slushy. Add 1 quart ginger ale.

Nancy Rosenow

Punch

3 cups water
2 cups sugar (bring to boil)
Dissolve 1 package red Jell-O

Add:

1 large can pineapple juice
2 cups lemon juice
1 tablespoon almond flavoring

Then add enough water to make a gallon.

Contributor Unknown

Golden Punch

2 large cans pineapple juice
1 large can sweetened orange juice
1 large can unsweetened orange juice
1 can fresh frozen lemon juice
1 quart water
3 bananas, sliced
2 large bottles ginger ale
1 quart lime or pineapple sherbet

Mix juice and water and chill. When ready to serve, add bananas, ginger ale, and sherbet.

Contributor Unknown

Fruit Punch

1 (6 oz) can frozen orange juice concentrate
1 (6 oz) cans frozen limeade concentrate
1 (6 oz) can frozen lemonade concentrate
1 (1# 14 oz) can pineapple juice
1 pint cranberry juice cocktail
4 cups cold water
2 quarts ginger ale, chilled
1 pint club soda, chilled
Fruit ice ring
Fruits and mint for garnish

Mix all ingredients. When ready to serve add ice ring and garnish.

Contributor Unknown

Hot Cider

1 gallon sweet cider	1/2 teaspoon ground nutmeg
Juice of 4 oranges	3 teaspoons ground allspice
Juice of 5 lemons	1 teaspoon ground cinnamon
2 cups sugar	4 sticks cinnamon

Mix cider, juices and sugar in saucepan. Tie spices in cheesecloth bag. Add to liquid and let boil. Remove spice bag and float cinnamon sticks on top. Serve hot. Serves 30.

Contributor Unknown

Mocha Foam Drink

2 squares unsweetened chocolate (or 1/2 cup cocoa)	2-1/2 cups milk
1 teaspoon instant coffee (dissolved in 1 cup hot water)	1 teaspoon instant coffee
8 marshmallows	Dash salt
	1/2 sugar

Place chocolate and 1/2 cup milk in saucepan. Heat slowly until smooth paste is formed. Add remaining milk. Add coffee, salt and sugar. Heat and stir until scalded. Add marshmallows and beat until melted and mixture is foamy.

Judy Cobb

Home Brew

Chase wild bullfrogs for 3 miles to gather up hops. To them add 10 gallons of tan bark, 1/2 pint of shellac, an' one bar of homemade soap. Boil 36 hours. Then strain through WWI sock to keep it fum workin'. Add 1 grasshopper to each pint to give it a kick. Pour a little into the kitchen sink; if it takes th' enamel off, it's ready to bottle.

Andy Anderson

Black-eyed Pea Dip

1 clove garlic, chopped	4 cups canned black-eyed peas, drained
1/2 medium onion, chopped	2 or more jalapeno peppers, chopped
1/2 pound butter or margarine	4 ounce can chilies, chopped
1 pound Old English cheese	

Mix together black-eyed peas, peppers, chilies, garlic and onion. In double boiler, melt cheese and butter together. Add mixture to cheese mixture and mix thoroughly. Dip is best served warm with chips.

Serves 16.

Marilyn Brown

Broccoli Dip

2 packages chopped broccoli	1 stick margarine
1 roll garlic cheese	1 can mushrooms
1 chopped onion	Slivered almonds
1 can mushroom soup	

Fix broccoli as directed on package and drain well. Sauté onion, almonds and mushrooms in margarine. Add rest of ingredients. When cheese is melted, mix well and add broccoli. Serve in chafing dish or over warmer.

Ann Cobb

Burned food in enamel saucepan. Fill pan with cold water and 3 tablespoons salt. Let stand overnight. In morning, cover and bring water to boil. Cleans up great.

Cheese Dip

Cook in double broiler:	1/2 teaspoon chili powder
4 heaping tablespoons flour	1/2 teaspoon paprika
1/2 stick oleo	1 teaspoon catsup
1 teaspoon dry mustard	1 teaspoon pepper sauce (Jalapeño)
1/4 teaspoon cumin powder	3/4 pound American cheese (grated)

Contributor Unknown

Dill Dip

Mix well	1 tablespoon instant minced onions
2/3 cup sour cream	1 tablespoon dill weed
2/3 cup mayonnaise	1/4 teaspoon dry mustard
1 tablespoon parsley	

Elaine Thomasson

Dallas Dip

1/2 cup sour cream	1/2 teaspoon Tabasco sauce
1/2 cup mayonnaise	2 tablespoons lemon juice
1 package (.7 oz) Italian salad Dressing mix	1/2 cup fresh tomato, finely chopped
	1/2 avocado, finely chopped

In a small bowl, combine all ingredients listed. Chill at least one hour before serving. Makes 2 cups.

Barbara Klehfoth

Mexican “Trash (Gazpacho Dip)”

- | | |
|---|--|
| 3 medium tomatoes, chopped
(about 2-1/2 cups) | 3 green onions, chopped all
(about 1/2 cup) |
| 1 can (4-1/2 oz) chopped ripe olives
(about 3/4 cup) | 3 tablespoons oil |
| 1 can (4 oz) chopped green chilies
(about 3/4 cup) | 1-1/2 tablespoons vinegar |
| | 1 tablespoon Picante sauce |
| | 1/4 teaspoon ea. salt & black pepper |

In a lidded container, combine all ingredients. Mix well. Marinate several hours or overnight, drain before serving. Serve with nacho chips.
Makes 3-1/2 cups.

Barbara Klehfoth

Sausage & Cheese Dip

- 1 lb. ground chuck
 - 1 lb. sausage (Jimmy Dean)
 - 3/4 cup chopped onion
- Combine and lightly brown.
- Add:
- 1/4 cup chopped Jalapeño peppers
 - 1 can cream of mushroom soup
 - 1 teaspoon garlic powder
 - 24 oz. Velveeta cheese
- Simmer until cheese is melted.
- Patsy Hardy

Spring Dip

- 1/4 cup heavy cream
 - 1 cup cottage cheese
(creamed)
 - 1/4 cup raw carrot (grated)
 - 1/4 cup green onions (thinly sliced)
 - 1/4 cup green pepper (finely chopped)
 - 6 radishes (sliced very thin)
 - Dash black pepper (freshly ground)
 - Dash dill weed
- Stir cream into cottage cheese. Add remaining ingredients, and mix well. Refrigerate. Serve with raw vegetables. Makes about 3 cups.
- Contributor Unknown

Everyone has their own tastes and our members are no exception. So here are two different types of Shrimp and Crabmeat Dips to try out. Both are good but each has its own distinct taste.

Shrimp Dip

1 3-oz. package cream cheese
1 cup sour cream
2 teaspoons lemon juice
1 package Italian Good Seasons dressing
1 cup shrimp

Mix together and chill 1 hour before serving.

Mary Simpson

Shrimp Dip

8 oz. package cream cheese (softened)
1 can small deveined shrimp (4-1/2 ounces)
2 tablespoons mayonnaise
1 cup celery (chopped)
1-1/2 teaspoon onion (grated)(dried onions ok)

Mix together. Serve with Melba rounds or Triscuits.

Barbara Klehfoth

Hot Crabmeat Dip

1 (8 oz. package) cream cheese
3 tablespoons mayonnaise
1 teaspoon Dijon mustard
1/4 teaspoon salt
2 tablespoons dry white wine
1 can crabmeat (drained and flaked)

Combine everything except wine and crab in double boiler. Stir until smooth. Add wine and crabmeat. Transfer to chafing dish. Serve hot with melba rounds or toast triangles.

Curried Crabmeat Dip

1 can crabmeat (drained)
8 oz. package cream cheese
5 tablespoons sour cream
1/4 teaspoon salt
Pepper
1/4 teaspoon curry powder
1 tablespoon minced chives
1 tablespoon capers, drained

Combine everything except capers and crabmeat. Beat until light. Fold in crabmeat and capers. Chill overnight. Serve with chips or melba rounds.