

NORTH WEST ASSOCIATION

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THE NORTHWEST FLORIDA
SQUARE & ROUND DANCE ASSOC.

presents

THE 1982
SQUARE DANCER'S COOKBOOK

Compiled By:
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Sandpipers Roundels

With Assistance From:
Belle Bishop **Joe Vaccari**
Sandpipers Sandpipers
Belles & Beaus Roundels

Illustrated By:
JACK LORUSSO
Bayou Shufflers Roundels Circle Squares

INTRODUCTION

It is with a sense of pride that we present this cookbook to you. The recipes in it are varied, and we believe them to be excellent. For are not all square dance 'taws' and some of the men great cooks ?

It was, in fact, at a square dance buffet in Panama City that the idea for our cookbook was born. As we were enjoying all the delicacies, Joy said to me, "Wouldn't you like to have all these recipes ?"

And I answered, "Why don't we get them, and....."

"Publish our own recipe book ?" she finished the sentence.

It was decided that the book could be ready for the 1982 Roundup, and we began to make definite plans.

At Northwest meetings, club dances, and at meetings of the Florida Federation, we explained our project and asked for recipes. At first no one seemed to share our enthusiasm. Very few people contributed.

Finally, in the Spring, we sent postcards to every Northwest Club. That did the trick. The recipes poured in, and this finished product is the result.

We wish to thank everyone who helped, and, though we can't mention everyone here, contributors' names follow each recipe.

Some people and clubs deserving special mention and thanks follow:

Norma and Howard Smoyer of Tallahassee sent in the first two recipes we received.

Anita Speck, a former square dancer in the Ft. Walton Beach area, has some recipes in the book. Anita and Harold started dancing with the Belles & beaux in the late fifties. Though they no longer dance, Anita and Harold continue to be interested and come to watch the dancing at PASARDA.

Another former square dancer who graciously donated her recipes is Kay Berridge. Biff and Kay not only danced with the Belles & Beaux for years, they were instrumental in forming the Playground Area Square Dance Council.

Special recognition should go to the Seminole Promenaders of Sneads and the Three River Twirlers of Chattahoochee for contributing so many recipes.

Among the other Northwest Clubs who sent in their recipes are the Swingsters of Pensacola and the Mr. & Mrs., also of Pensacola. These clubs have been in existence for a very long time. The Bayou Shufflers of Niceville is one of the newest clubs, and they contributed many fine recipes.

Several members of the Florida Federation from other areas around the State have shared their expertise with us and their recipes appear in our book.

Joy and I surely hope you enjoy this, the first square dance cookbook in Northwest Florida.

BELLE BISHOP

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BREAD

BANANA NUT BREAD

2

- | | |
|-----------------------------------|------------------------------------|
| 3/4 cup butter or oleo | 2 cups sifted flour(all purpose) |
| 1 1/2 cup sugar | 1 tsp. baking soda |
| 1 1/2 cups mashed bananas(3 med.) | 3/4 tsp. salt |
| 2 eggs well beaten | 1/2 cup buttermilk or sour milk |
| 1 tsp. vanilla | 3/4 cup walnuts or pecans, chopped |

Cream butter and sugar thoroughly. Blend in bananas, eggs and vanilla. Sift flour, baking soda and salt together. Add to banana mixture, alternating with buttermilk, mixing thoroughly after each addition. Add nuts; mix. Pour batter into greased and floured 9 x 5 x 3 loaf pan. (or use two 1 lb. coffee cans) Bake at 325 degrees for 1 1/4 hour or until done. Yield 1 loaf or 2 round (if coffee cans are used fill 3/4 from top.)

Olana Taylor
Pensacola

DATE COOKIES(chewy-Good at Christmas)

- | | |
|--------------------|---------------------|
| 1 cup shortening | 2 eggs well beaten |
| 1 tsp. salt | 4 cups sifted flour |
| 1 tsp. vanilla | 1 tsp. soda |
| 2 cups brown sugar | |

Mix shortening and sugar, add eggs and add rest of ingredients. Mix well.

FILLING

- | | |
|---------------------------|---------------|
| 1 lb. pitted cut dates | 1/2 cup sugar |
| 1 cup nuts finely chopped | 1/2 cup water |

Cook dates, water and sugar mixture just until smooth. Cool, add nuts. Roll out dough mixture like pie daugh. Spread filling over dough. Roll like jelly roll. Let stand 3 hours or overnight in fridge. Bake at 375 degrees for 10-15 minutes. Makes lots.

Pat Lorusso
Bayou Shufflers

PLUCKET CAKE

- | | |
|--------------------|-----------------------|
| 1 pkg. yeast | 1/2 tsp. salt |
| 1/4 cup warm water | 3 eggs beaten |
| 1 cup scalded milk | 1/3 cup butter melted |
| 1/3 cup sugar | 4 cups flour |

Dissolve yeast in warm water(set aside). Add sugar, butter and salt scalded milk. When mixture is lukewarm, add dissolved yeast, eggs and flour. Beat thoroughly. Cover and let rise till double; stir down and let rise again till double. Then take one tsp. dough and dip in melted butter(about 1 stick needed); Then dip in mixture of 1 cup sugar, 1/2 cup finely chopped nuts and 2 TBSP of cinnamon. Pile balls loose in an ungreased angelfood pan lined with foil. Let rise 30 min. and bake at 400 for 10 min. and then 350 for 30 min. Turn pan upside down immediately after removing from oven. Best when served warm.

Sheila Clause-Bayou Shufflers

LIGHT ROLLS

4 or 5 cups plain flour	1/2 tsp. baking soda
2 pkg. dry yeast	1 tsp. salt
1 cup warm buttermilk	2 eggs
1/4 cup sugar	1/4 cup warm water
1/4 cup shortening	

Mix yeast in water. Add sugar, shortening, soda, salt, eggs, and one cup of flour together. Add buttermilk, yeast and other flour. Roll out immediately and put in pans. Let rise in pans. Bake at 400 degrees for 20-30 min.

Anneita C. Gilbourn
Chattahoochee, Florida

PUMPKIN DESSERT BREAD

3 cups all purpose flour	1 tsp. salt
1 tsp. soda	2 cups sugar
3 tsp cinnamon	4 eggs beaten
2 cups pumpkin(1 can)	1/2 cup nuts
1 1/4 cups cooking oil	

Place dry ingredients in a large mixing bowl. With spoon make a deep well, add all the other ingredients, and stir enough to dampen the dry ingredients. Pour into 2 loaf pans and bake at 350 degrees for one hour.(less for small loaves) Note: This will make 5 small loaves or 2 regular bread size.

Belle Bishop
Sandpipers

BANANA BREAD

Sift together 1 tsp. baking powder, 2 cups flour, 1/2 tsp. soda, 1 tsp. salt-and set aside. Cream 1/2 cup shortening adding 1 cup sugar creaming well. Blend in 2 eggs one at a time. Beat well. Add 1 cup mashed bananas. Blend in sifted dry ingredients. Fold in 1/2 cup chopped nuts. Pour in greased 9 x 5 x 3 loaf pans. Push batter up into corners of pan leaving center slightly hollowed for well rounded loaf. Allow to stand for 20 minutes before baking. Bake at 350 degrees for 60-70 minutes.(less for smaller pans)

Pat Lorusso
Bayou Shufflers

HOBO BREAD

Soak 2 cups raisens in 2 cups boiling water and 4 tsp. baking soda. stir and cover and let stand overnight. Add 2 cups sugar, 1 tsp. salt 4 cups flour, and 1/4 cup oil. Stir well. Batter will be very thick. Add 1 cup chopped nuts. Grease and flour 2 loaf pans. Bake at 350 degrees for one hour. This freezes well-Serve with cream cheese.

Trudy Nissen
State Federation of Square Dancers

HUSHPUPIES
(for 8 people)

- 1 small onion
- 1 cup fine-grind meal
- 1 tsp. salt
- 1/2 tsp. black pepper
- 1 Tbsp. baking powder
- 1 egg
- 2 Tbsp. melted butter

Chop onion. Add all dry ingredients and mix well. Add egg and butter; then use milk beer or tomato juice to thoroughly moisten. Add enough hot water to make a batter that will hold a round mound in a Tablespoon without cracking or crumbling. Drop in hot peanut oil for approximately 10 minutes or until brown.

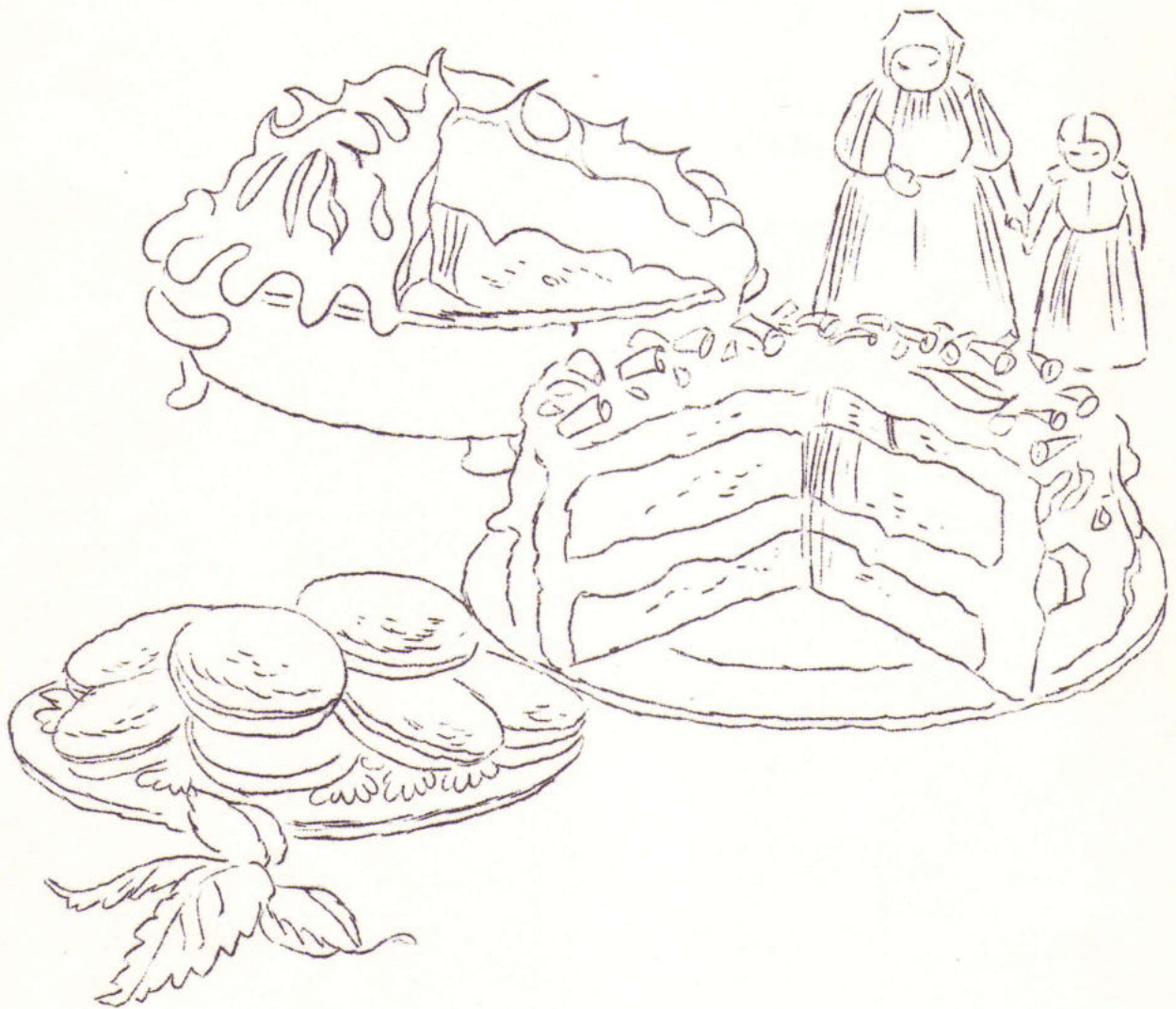
Walt Childs
Caller
Panhandle Promenaders

MONKEY BREAD

- 1/2 cup chopped pecans
- 1/2 cup sugar
- 1 tsp. ground cinnamon
- 3 (10 oz. each) cans refrigerator buttermilk biscuits)
- 1 cup firmly packed brown sugar
- 1/2 cup melted margerine

Sprinkle pecans in bottom of well-greased 10 inch bundt pan and set aside. Comgine sugar and cinnamon. Cut biscuits into quarters. Roll each quarter in mixture and layer in bundt pan. Combine brown sugar and margerine; pour over dough. Bake at 350 degrees for 30-40 minutes. Cool for ten minutes. Serve warm. Yeilds one coffee cake.

Joy Richardson
Editor



CAKES PIES & COOKIES

WESTERN POUND CAKE

- 1 lb. powdered sugar
- 1 lb. box sifted flour
- 3 sticks margerine
- 9 eggs
- 1 tsp. vanilla

Mix all ingredients until creamy. Bake at 325 degrees for 1 1/2 hours in a tube pan. (greased and floured)

Jane Hafely

ITALIAN CREAM CAKE

(uses 3 cake pans)

- 1 stick margerine
- 1/2 cup vegetable shortening
- 2 cups sugar
- 5 egg yolks
- 2 cups cake flour
- 1 tsp. soda
- 1 cup buttermilk
- 1 tsp. vanilla
- 1 small can Angel Flake coconut
- 1 cup chopped pecans
- 5 egg whites, stiffly beaten

Cream margerine and shortening. Add suger and beat until mixture is smooth. Add egg yolks and beat well. Combine cake flour and soda and add to creamed mixture, alternating with buttermilk. Stir in vanilla coconut and pecans. Fold in beaten egg whites. Pour into greased and floured cake pans. Bake at 350 degrees for 25 minutes or until done. Let,cool completely before frosting.

FROSTING

- 1 8oz. package softened cream cheese
- 1/2 stick margerine
- 1 box confectioners sugar
- 1 tsp. vanilla
- 1 cup chopped pecans

Beat cream cheese and margerine together until smooth. Add sugar and mix well. Add vanilla and mix again. Sprinkle nuts on top of each layer after frosting is spread. Stack into a three layer cake.

Les Harrell
Panhandle Promenaders

BUTTERMILK CAKE

Place the following all together in large mixing bowl;

- 4 eggs
- 1 cup Crisco
- 1 tsp. lemon juice
- 1 tsp. vanilla
- 3/4 tsp. salt
- 2 1/2 cups sugar
- 1 cup buttermilk
- 1/2 tsp. soda
- 3 cups flour

Mix thoroughly about 4 minutes until smooth and fluffy, por into a tube pan and bake for one hour and 10 minutes at 325 degrees. (may require 10-15 minutes longer baking time.)

Trudy Burd
Belles & Beaux

GERMAN CHOCOLATE POUND CAKE

1 bar German chocolate
2 cups sugar
1 cup butter
4 eggs
2 tsp. vanilla

1 cup buttermilk
3 cup flour
1/2 tsp. soda
1 tsp. salt

Partially melt chocolate then stir until melted. Cool. Cream butter and sugar. Add eggs, vanilla and buttermilk. Sift dry ingredients together and add to mixture. Add chocolate. Bake in 9 inch greased tube pan for 1 1/2 hours at 300 degrees. After cake has been out of oven for about 15 minutes turn out in plate and cool in an airtight container for about 2 hours or until completely cool then glaze with the following. 1 bar german chocolate and 1 Tbsp. butter melted in 1/4 cup water. Add 1 cup conf. sugar and a dash of salt.

- Theresa Fowler
Sandpipers

RUM CAKE

1 yellow cake mix
1 box instant coconut cream pudding
1/3 cup oil
1 cup water
1/3 cup rum

Bake at 350 degrees for 30-35 minutes.

Frosting; 1 eleven oz. cool whip. 1-8 oz. can drained crushed pineapple, 1 package pudding, 1/2 cup rum. Bake the cake according to directions on the box and then cool. Then frost with frosting recipe by mixing all ingredients together. Refrigerate cake.

Pat Lorusso
Bayou Shufflers

CARROT CAKE

2 cups suger
1 1/2 cup wesson oil
4 eggs
1 cup nuts
3 cups carrots

2 cups flour
2 tsp. soda
1 tsp. salt
2 tsp. cinneman

Grate carrots, chop nuts and set aside. Mix sugar, oil, and eggs. sift dry ingredients together and mix with egg mixture. Add carrots and nuts. Bake in a 12 x 9 pan at 350 degrees for 40-45 minutes.

Sis Bicker
Mr. & Mrs.
Pensacola

ORANGE CANDY FRUIT CAKE

8

- (mix by hand)
- | | |
|-------------------------------|-------------------------------|
| 2 sticks margerine | 1 cup chopped nuts |
| 2 cups sugar | 1 cup cut up dates |
| 4 eggs | 1 cup coconut |
| 3 1/2 cups flour | 1 lb. orange candy slices cut |
| 1/2 cup buttermilk | into small pieces |
| 1 tsp. soda dissolved in milk | |

Cream margerine and sugar. Add eggs one at a time. Add milk and flour alternately while beating. Add fruit, nuts, etc. Bake in tube pan, not a bundt pan, at 250 degrees for 3 1/2 hours.

Virginia Wickham
Seminole Promenaders

GREEK CAKE

Beat together: 1 cup sugar, 1 cup milk, 1 cup mazola oil, 4 eggs. Add: 1 1/2 tsp. baking soda, 1 1/2 tsp. baking powder, 1 tsp. cinneman, 1/2 tsp. nutmeg and 2 cups bisquick. Then add: 1 tsp. each lemon and orange extract and 2 cups nuts. Bake in 9 x 13 pan at 350 degrees for 35 minutes. Glaze with the following: Mix one cup orange juice with 2 cups powdered sugar and bring to a boil. Poke holes in cake with ice pick and pour over cake. Let stand in pan for 8 hours. Cake will keep in refrigerator covered with foil.

Virginia Wickham
Seminole Promenaders

PINNEAPPLE POUND CAKE

- | | |
|---------------------------------|------------------------------------|
| 1/2 cup vegetable shortening | 1/4 cup milk |
| 1/2 lb. butter or margerine | 1 tsp. vanilla |
| 2 3/4 cup sugar | 3/4 cup crushed pinneapple in jce. |
| 6 large eggs | 1/4 cup butter or margerine |
| 3 cups sifted all purpose flour | 1 1/2 cups powdered sugar |
| 1 tsp. baking powder | 1 cup crushed pinneapple, drained |

Cream shortening, butter and sugar. Add eggs one at a time beating thoroughly after each addition. Add flour sifted with baking powder 1 spoonful at a time alternately with milk. Add vanilla; stir in crushed pinneapple with juice; blend well. Pour batter into well greased 10 inch tube pan. Place in cold oven. Turn oven to 325 degree and bake for 1 1/2 hours ar until top springs back when touched lightly. Let stand for a few minutes in pan. Remove carefully to rack. Combine butter, powdered sugar and about 1 cup drained pinneapple. Pour over cake while hot.

Vi Malone
Belles & Beaux

KEY LIME CAKE

- 1 1/3 cups sugar
- 2 cups all purpose flour
- 2/3 tsp. salt
- 1 tsp. baking powder
- 1/2 tsp. baking soda
- 1-3 oz. package lime gelatin
- 5 eggs
- 1 1/3 cups cooking oil
- 3/4 cup orange juice
- 1/2 tsp. vanilla
- 1 tsp. lemon extract
- 1/3 cup key lime juice
- 1/3 cup powdered sugar

Garnish

- Whipped cream
- Lime slices

Preheat oven to 350 degrees. Place dry ingredients into mixing bowl. Add eggs, oil, orange juice, vanilla and lemon extract. Beat until well blended. Pour batter into 9 x 13 x 2 inch pan. Bake 25-30 minutes. Remove cake from oven. Let stand in pan for 15 minutes or until almost cool. Prick cake all over with a fork. Drizzle thoroughly with lime juice mixed with powdered sugar. Cover and refrigerate. To serve, cut into squares, top with whipped cream and garnish with lime slices. Serves 12-15.

Yvonne Parsons
Kitchen Squares

BLACKBERRY WINE CAKE

- 1 box white cake mix
- 1 small package blackberry jello
- 4 eggs
- 1/2 cup oil
- 1/2 cup blackberry wine
- 1/2 cup nuts, chopped

Mix well, put in bottom of greased and floured bundt or tube pan. Bake at 325 degrees for 45-50 minutes or until done. (test with toothpick)

Glaze as follows: Melt 1/2 cup butter, mix in 1/2 cup blackberry wine and 1/2 box powdered sugar and bring to a boil. Pour 1/2 of glaze over cake when removed from oven. Let stand for at least 30 minutes. Remove from pan and pour remaining glaze over cake.

Joy Richardson
Editor

(this cake was a bake-Off winner
recipe was cut out of paper)

STRAWBERRY CAKE

- 1 white cake mix
- 3/4 cup wesson oil
- 4 eggs
- 1 package strawberry jello
- 1/2 cup warm water
- 1/2 pint crushed strawberries

Mix eggs and oil. Add cake mix and blend. Add strawberries. Dissolve jello in water and add to mixture. Bake in 3 layer pans at 325 deg. for 20-25 minutes or until done. Cool before filling. Fill with 1 stick margerine, 1 box powdered sugar, 3 Tbsp. strawberry jello, and 1 cup crushed strawberries mixed together.

Anneita Gilbourn

APPLE SAUCE LOAF CAKE

10

- | | |
|--------------------------------|--------------------------|
| 1 cup shortening | 2 cups raisens |
| 3 cups sugar | 2 tsp. soda |
| 2 eggs | 2 tsp. powdered cloves |
| 3 cups applesauce unsweetened | 2 tsp. powdered cinneman |
| 1 cup chopped nutmeats-walnuts | 2 tsp. allspice |
| | 1 tsp. vanilla |
| | 1/2 tsp. salt |

Cream shortening and sugar together. Add beaten eggs and vanilla. Sift together flour, soda, spices and salt. Add alternately with applesauce, mixing well. Flour the raisens and nutmeats lightly and add to mixture. Put in a large, greased and floured cake pan (bundt) and bake at 250-275 degrees for 2 hours or until done.

Marie E. Spilman
Tallahassee

MISSISSIPPI MUD SHEET CAKE

- | | |
|-----------------------------|--------------------|
| 1 cup water | 1 tsp. baking soda |
| 1/2 cup butter or margerine | 1 tsp. cinnamon |
| 1/4 cup Crisco | 1/2 tsp. salt |
| 1/4 cup cocoa | 1/2 cup buttermilk |
| 2 cups all purpose flour | 2 eggs |
| 2 cups granulated sugar | 1 tsp. vanilla |

In saucepan combine water, butter, crisco and cocoa and stir until boiling. Remove from heat. In mixing bowl stir together flour, sugar, soda, cinnamon and salt. Add hot cocoa mixture and mix until smooth. Add buttermilk, eggs and vanilla and mix well. Pour into greased 15 1/2 x 10 1/2 x 1 inch sheet cake pan. Bake at 375 degrees for 20 minutes or until tester comes out clean.

Immediately pour frosting over warm cake and sprinkle with pecans or walnut pieces.

Frosting: While cake bakes combine 1/2 cup butter, 6 Tbsp. buttermilk and 1/4 cup cocoa in saucepan. Cook and stir until boiling. Remove from heat and gradually blend in 1 box powdered sugar and 1 tsp. vanilla. Pour on sheet cake immediately.

Yvonne Parsons
Circle Squares
Pensacola

WHIPPED SHORTBREAD

Beat 1 lb. butter, 1 cup powdered sugar and 3 cups flour together along with a pinch of salt. Drop by teaspoons on cookie sheet and bake at 300 degrees until lightly browned.

Jane Hafely

GRANDMAS T. CAKES

2 cups butter
3 1/4 cups sugar
2 tsp. vanilla
6 eggs
7 cups plain flour
4 tsp. baking powder
1 tsp. salt
1/4 cup milk

Cream butter and sugar. Add vanilla. Beat in eggs. Sift flour baking soda and salt. Add alternately with milk. Chill for one hour. Roll 1/4 inch thick and cut with cookie cutters. Place on greased cookie sheet, sprinkle with sugar and bake at 350 degrees for 15 minutes. Yields 5 lbs.

Anneita Gilbourn
Seminole Promenaders

OLD FASHIONED OATMEAL COOKIES

2 cups sugar
1 1/2 cups butter or margerine
4 eggs beaten
1 tsp. salt
1 tsp. cinnamon
2 cups flour
4 cups rolled oats
2 cups raisens
1 cup chopped nuts
1 1/2 tsp. soda dissolved in water

Cream butter and sugar; add spices and eggs, then part of flour and oats until all are used. Drop on well greased pan an inch or so apart and bake at 375 degrees for approx. 12 minutes. This makes a large batch.

Trudy Burd
Belles & Beaux

BAR COOKIES (MUD HENS)

1 cup sugar
1/2 cup shortening
1 tsp. vanilla
3 eggs
1 1/2 cups self-rising flour
1 cup nuts, dates, or coconut
1 cup brown sugar

Cream shortening and white sugar; add vanilla, egg yolks and 1 egg white and flour. Mix and spread in greased pan 9 x 13 and sprinkle the nuts, dates, or coconut on top of the batter. Then beat the 2 egg whites well and add the brown sugar while beating. Spread over batter. Bake at 325 degrees for 30 minutes. Cut into squares.

Contributor unknown

CHINESE TEA BALLS

1/2 cup conf. sugar, 1 cup margerine-room temp., 2 cups flour, 1 cup nuts and 1 tsp. vanilla.

Cream sugar and margerine. Add flour, nuts and vanilla. Mixture will be thick. Roll into balls and bake on ungreased cookie sheet at 300 degrees for 25-30 minutes. Shake balls in bag of conf. sugar while still warm. Makes about three dozen.

Howard Smoyer-Tallahassee

CATHEDRAL COOKIES

8
12

1 cup margerine 2 eggs slightly beaten
1 cup brown sugar 1/2 tsp. salt
2 cups flour

Cream the above ingredients and Bake in a 9 x 13 oblong pan at 350 degrees for 25 minutes. Cool. Then melt 1/2 cup margerine and 12 oz. chocolate chips over water. Remove from heat. Stir in 2 eggs and 2 cups powdered suger and beat until smooth. Stir in 1 cup nuts and one package colored marshmallows. Spread over cookies. Chill for at lest 2 hours before cutting.

Virginia Wickham
Seminole Promenaders

MARGARETS GRAHAM CRACKER DELIGHT

2 packages instant vanilla pudding
2 cups sweet milk. Mix these two until thick. Add a medium size container of cool whip. In a 12 x 9 dish layer the following. 1 layer of graham crackers and one layer of pudding mixture. Repeat three times. Top with any kind of pie filling of your choice. Keep refrigerated. Best if made a day ahead of time.

Margaret Heike
Panhandle Promenaders

CHOCOLATE ROLL COOKIES

Cream: 3/4 cup butter and 1 cup sugar.
Add: 1 beaten egg
Add: 4 1/2 Tbsp. cocoa and 1 tsp. vanilla
Sift together: 2 1/2 cups flour and 2 tsp. baking powder
Add flour mixture alternately with: 1/4 cup milk.
Last add: 1/2 cup broken nuts.
Chill. Form into 2 or 3 rolls. Freeze overnight. Slice rolls and bake in 350 degree oven for 8-10 minutes.

Arlys Harper
Panhandle Promenaders

PEANUTBUTTER COOKIES

Mix together 1 cup sugar, 1 egg and 1 cup crunchy peanutbutter. Make into small balls and push 2 chocolate chips or peanutbutter chips in top. Bake on greased cookie sheet at 350 degrees for 10-12 minutes. Makes about 4 dozen small balls. These freeze well and defrost quickly. Let cool in pan for a few minutes before removing.

Julia Vetter
Florida Federation of Square
Dancers

CHOCOLATE PEANUT BUTTER BARS

2 cups graham cracker crumbs 1 cup chunky peanutbutter
2 cups powdered sugar 1 cup melted margerine

Combine and press into 9 x 12 pan. Frost with 14 oz. chocolate chips melted. Put in refrigerator about one hour. Cut into bars.

Marge Thompson
Mr. & Mrs.
Pensacola

MAMA FEDER'S PECAN COOKIES

Put 1 lb. brown sugar and 4 eggs into a double until melting occurs. Take off stove. Add 2 cups plain flour, 2 cups pecan nutmeats, and 1 tsp. vanilla. Pour into well greased pan and bake for 1/2 hour in 325 degree oven. Cut into squares when cool. Dust in powdered sugar.

Jean Earps
Mr. & Mrs.
Pensacola

PIPKIN PIE

2 cans apple pie mix 1/2 cup chopped nuts
1 package yellow cake mix 1 stick margerine

Pour apple pie mix in oblong baking dish and smooth out. Pour dry cake mix on top and smooth out. Pour melted margerine over the top of cake mix and sprinkle the nuts over top of all. Bake at 325 degrees for one hour. Serve with Cool Whip or ice cream. Good hot or cold. Any pie mix may be substituted for apple pie mix.

Kay Pipkin
Circle Squares
Pensacola

PEACH PIE (FROM MY AUNT ELIZABETH)

1 quart peaches
1 cup sugar

Set these two ingredients aside. If canned peaches are used omit sug

Dough: 1 cup flour, 1 cup sugar, 2 1/2 tsp. baking powder, 1 tsp. vanilla, 3/4 cup sweet milk.

Melt one stick of oleo in pan that you will bake pie in. Pour dough in on top of melted butter. Put peaches on top of melted dough. Bake at 350 degrees until brown.

Betty Sue Kurth

PECAN LASSIES

3/4

- | | |
|------------------------------|-----------------------|
| 1-3 oz. package cream cheese | 1 egg |
| 1/2 cup margerine or butter | 1 tsp. vanilla |
| 1 cup sifted flour | dash salt |
| 3/4 cup brown sugar | 2/3 cup broken pecans |
| 1 Tbsp. soft margerine | |

Cheese Pastry: Let cream cheese and 1/2 of margerine soften at room temperature. Blend stir in flour. Chill slightly for one hour. Shape into 2 doz. 1 inch balls. Place in tiny ungreased 1 3/4 inch muffin tins. Press dough on bottom and sides like a small pie. Pecan Filling: beat together egg, sugar, 1 Tbsp. butter, vanilla and salt just until smooth. Divide half the pecans among the pastry cups, add egg mixture and top with remaining pecans. Bake at 325 degrees for 25 minutes.

Pat Lorusso
- Bayou Shufflers

LIME ADE PIE

- | | |
|------------------------------|--|
| 1 can condensed milk | |
| 1 small cool whip | |
| 1 small can frozen lime aide | |

Mix milk and cool whip. Add lime aide and mix well. Pour into prepared graham cracker crust and chill. Serves 6-8.

Anneita Gilbourn
Seminole Promenaders

BUTTERMILK PIE (makes 2-9 inch pies)

- | | |
|----------------------|----------------|
| 3 1/2 cups sugar | 1/2 cup flour |
| 1 stick soft butter | 6 eggs |
| 1 cup buttermilk | 1 tsp. vanilla |
| 2 unbaked pie shells | |

Beat on medium speed of electric mixer until ingredients are well blended. Pour into unbaked pie shells. Bake at 350 degrees until firm. About 45 minutes.

Gladys Reams
Belles & Beaux

PECAN PIE

- 3 eggs well beaten
- 1 cup sugar
- 1 cup dark karo syrup
- 1 cup chopped pecans
- 1 tsp vanilla
- pinch of salt

Mix all ingredients and pour into unbaked pie shell. Place some whole nuts on top if desired. Preheat oven to 350 degrees and bake for 30-35 minutes or until firm.

Charles F. Garmon Jr.
Seminole Promenaders

STRAWBERRY PIE (MAKES TWO PIES)

- 1 1/2 cups water
- 4 Tbsp. corn starch
- 1 1/4 cup sugar
- 1 small package strawberry jello
- 2 baked pie shells
- Strawberries

Blend water, sugar and corn starch. Cook until thick. Stir in jello. Let cool. Fill pie shells with fresh strawberries. Pour jello mixture over berries. Chill and serve with whipped cream as topping. Note: Fresh peaches and peach jello may be substituted.

Rosie Grainger
The Swinging Yellow Rocks

CRANBERRY RAISEN PIE

- 1 cup fresh cranberries
- 1/2 cup raisens
- Grind two first ingredients together and mix with the following:
- 3/4 cup cool water
- 2 Tbsp. flour
- 3/4 cup sugar
- 1/4 tsp. salt

Cook on top of stove until thick or transparent in color. Add 1/2 tsp. vanilla. Let cool. Pour in 9 inch pie shell. Whole crust or criss cross crust may be used on top. Bake at 375 degrees until crust is done. May be made up ahead of time and held in refrigerator until ready to use.

Jean L. Morehouse
Seminole Premenaders

PECAN PIE

- 3 eggs well beaten
- 1 cup sugar
- 1 cup dark cane syrup
- 1 cup chopped pecans
- 1 tsp vanilla
- pinch of salt

Mix all ingredients and pour into unbaked pie shell. Place whole nuts on top if desired. Bake over to 350 degrees and bake for 30-35 minutes or until firm.

Charles E. Garner Jr.
Seminole Premenaders



CASSEROLES

SQUASH CASSEROLE

17

Cook 2-2 1/2 lbs. of yellow squash. Season with salt and butter-a little minced onion is good. Mash and drain. Add about 1/2 package of Ritz stack pack crackers- crumbled, plus one egg and 1/2 cup milk beaten together. Add 1 cup grated cheese. Bake in greased casserole at 350 degrees for 30 minutes. Put a few crumbled crackers on top.

Norma Smoyer
Tally Rounds

GREEN RICE CASSEROLE

To one cup cooked rice add 4 oz. cheese whiz, one can cream soup, one package chopped, cooked broccali. Mix and bake at 350 degrees for 40-45 minutes.

Olena Taylor
Pensacola

ASPARAGUS CASSEROLE

1 large can asparagus	3 boiled eggs
1 can cream of mushroom soup	cracker crumbs
grated American cheese	butter

Pour asparagus and half of liquid in casserole. Spread mushroom soup over asparagus. Cover soup with grated cheese-slice eggs on top of cheese. Sprinkle top with cracker crumbs. Dot with butter. Bake at 375 degrees for about 30 minutes.

Marie Wood
Mr. and Mrs. Square Dance Club

BROCCOLI CASSEROLE

2 packages of cooked broccoli	2 eggs beaten
1 can undiluted celery soup	1 cup mayonnaise
1 cup sharp cheese grated	1/2 to 1 cup cheese crackers cr.

Cook broccoli, drain and place in casserole dish. Add other ingredients. Cover with cracker crumbs and bake at 400 degrees for 30 minutes.

Bernice Kelly
Kitchen Squares

TAMALE PIE

Fry one lb. ground meat and 1/2 onion (chopped). Season to taste. In a bowl put 1 can creamed corn, 1 can tomato sauce, 1 cup yellow corn meal, 1 tsp. Chile powder, three eggs, 1 cup milk, small can of chopped black olives. Mix all together with meat. Put into oiled pan and bake at 350 degrees for about 1 hour. (12 x 7 x 2)

Mary Bowie-Square 8's

18

FRITOS CHILE PIE

- 3 cups Fritos corn chips
- 1 large onion
- 1 can (19 ozs.) chile
- 1 cup American grated cheese

Place 2 cups corn chips in a baking dish. Arrange chopped onion and half of grated cheese on the corn chips. pour chili over onion and cheese. Top with remaining corn chips and grated cheese. Bake at 350 degrees for 15-20 minutes. Serves 4-6.

Contributer unknown

(HOT) CASSEROLE

- 3/4 cup corn meal
- 1 tsp. salt
- 2 tsp. baking powder
- 1 cup sour cream
- 1 can cream corn
- 1 cup cheddar cheese grated
- 2 eggs
- 2/3 cup crisco oil
- 1/2 bell pepper
- 1/2 green onion
- 2 jalipeno peppers

Mix all ingredients except cheese. Pour half in baking dish and cover with cheese. Pour rest of mixture over cheese. Bake at 375-400 degrees until done. (approximately 40 minutes.)

Olena Taylor
Pensacola

DELICIOUS CHICKIN BUFFET DISH

- 4-6 large chicken breasts
- 2 10 oz packages frozen broccoli. (I use the oriental mixture)
- 2 cans cream chicken soup
- mushrooms-optional
- pimiento-optional
- 1 cup mayonnaise
- 1/4 cup chicken broth
- 1 tsp. curry powder (may be deleted if you choose)
- 1 Tbsp. lemon juice
- 8 ozs. grated cheddar cheese
- buttered bread crumbs mixed with lemon juice
- 9 x 13 baking dish

Place the broccoli on the bottom and the chicken on top in the baking dish. Mix all other ingredients and pour on top. Cover with the cheese and then with bread crumbs. Bake at 350 degrees for 45 minutes.

Catherine P. Berridge
Former member of Belles & Beaux

QUICK AND EASY BREAKFAST CASSEROLE

Tear up 4 slices of any kind of bread and place in greased baking dish, 13 x 9 x 2. Brown and drain 1 lb. bulk sausage meat or links. If links are used cut into slices. Spoon sausage over bread. Sprinkle with 1 cup sharp cheddar cheese. Beat together 6 eggs, 2 cups milk, 1 tsp. dry mustard 1 tsp. salt and dash of pepper. Pour over mixture in baking dish. Bake in preheated oven for 35-40 minutes at 350 degrees. Cheese will rist to the top during baking. May be prepared a day ahead and refrigerated overnight.

Belle Bishop-Sandpipers

CHICKEN SUPREME CASSEROLE

19

- 1 can cream mushroom soup
- 1 1/2 cup milk (mix with soup)

Add:

- 1 cup chopped cooked chicken or turkey
- 1/4 lb grated cheese (your choice)
- 2 hard boiled eggs chopped
- 1/4 tsp. salt
- 1 cup uncooked elbow macaroni

Pour into casserole or glass baking dish. Cover and refrigerate overnight. Next day preheat oven and bake at 350 degrees for one hour until brown on top.

Sheila Clause
Bayou Shufflers

EGGPLANT COMPANY CASSEROLE

- 1 1 large eggplant peeled and cubed (about 4 cups)
- 1 egg slightly beaten
- 1/3 cup milk
- 1/2 cup chopped onions
- 1 can undiluted cream of mushroom soup
- 3/4 cup herb seasoned stuffing mix
- 1 cup shredded cheddar cheese
- 2 Tbsp. melted margerine
- 1/2 herb stuffing mix (crushed)

Cook eggplant in salted boiling water for about seven minutes or until tender. Drain. Combine egg, milk, onion, soup, and stuffing mix and stir until blended. Add eggplant. Stir with rest of ingredients. Spoon all into 1 1/2 quart casserole. Combine cheese, margerine, crushed herb stuffing-sprinkle over top/ Bake at 375 degrees for about 30 minutes or until golden brown.

Marion Hagen
Seminole Promenaders
Sneads, Fl.

CHICKEN CHILI CASSEROLE

- 1 three pound chicken
- 1 onion chopped
- 3 tsp. butter
- 1 can cream mushroom soup
- 1 can cream chicken soup
- 1 can small chopped green chili
- 1 package corn tortillas

Boil chicken and take from bones. Brown onion in butter; add the soups and chili and chicken pieces with one cup of broth from the boiling of the chicken. Heat this through.

In casserole layer: 1 layer broken tortillas, 1 layer chicken mixture, 1 layer grated longhorn cheese, 1 layer broken tortillas, 1 layer chicken mixture, 1 layer cheese etc. Bake for 30 minutes in oven at 350 degrees.

Shelly Hafely

Joy Richardson
Editor
from my Betty Crocker Cookbook

BUSY DAY CASSEROLE

2 Tbsp. margerine
 1 lb. ground beef
 1/2 tsp. sage
 1/2 tsp. paprika
 1 Bay leaf
 4 large potatoes

1 or 2 medium size onions
 1 Tbsp. salt
 1/4 tsp. pepper
 1 16 oz. can tomatoes
 1/4 cup melted margerine

Brown meat in shortening and season with sage, bay leaf and paprika. Cut potatoes and onions in thin slices and arrange in layers alternately with meat in a medium size casserole. Combine remaining ingredients and pour over layers. Bake at 350 degrees for 1 1/2 hours.

Trudy Burd
 Belles & Beaux

WILD RICE CASSEROLE

1 lb. sausage
 1 large can mushrooms
 1 cup sliced onions
 2 cups wild rice mixture
 1/4 cup flour
 1/2 cup heavy cream

2 1/2 cups condensed chicken broth
 1 tsp. M.S.G.
 Pinch of oregano, thyme, & marjora
 salt and pepper
 1/2 cup toasted almonds

Brown sausage and onions in skillet. Cook rice according to directions on package. Combine other ingredients, except sprinkle almonds on top, of greased casserole. Bake for 25-30 minutes at 350 degrees.

Belle Bishop
 Sandpipers

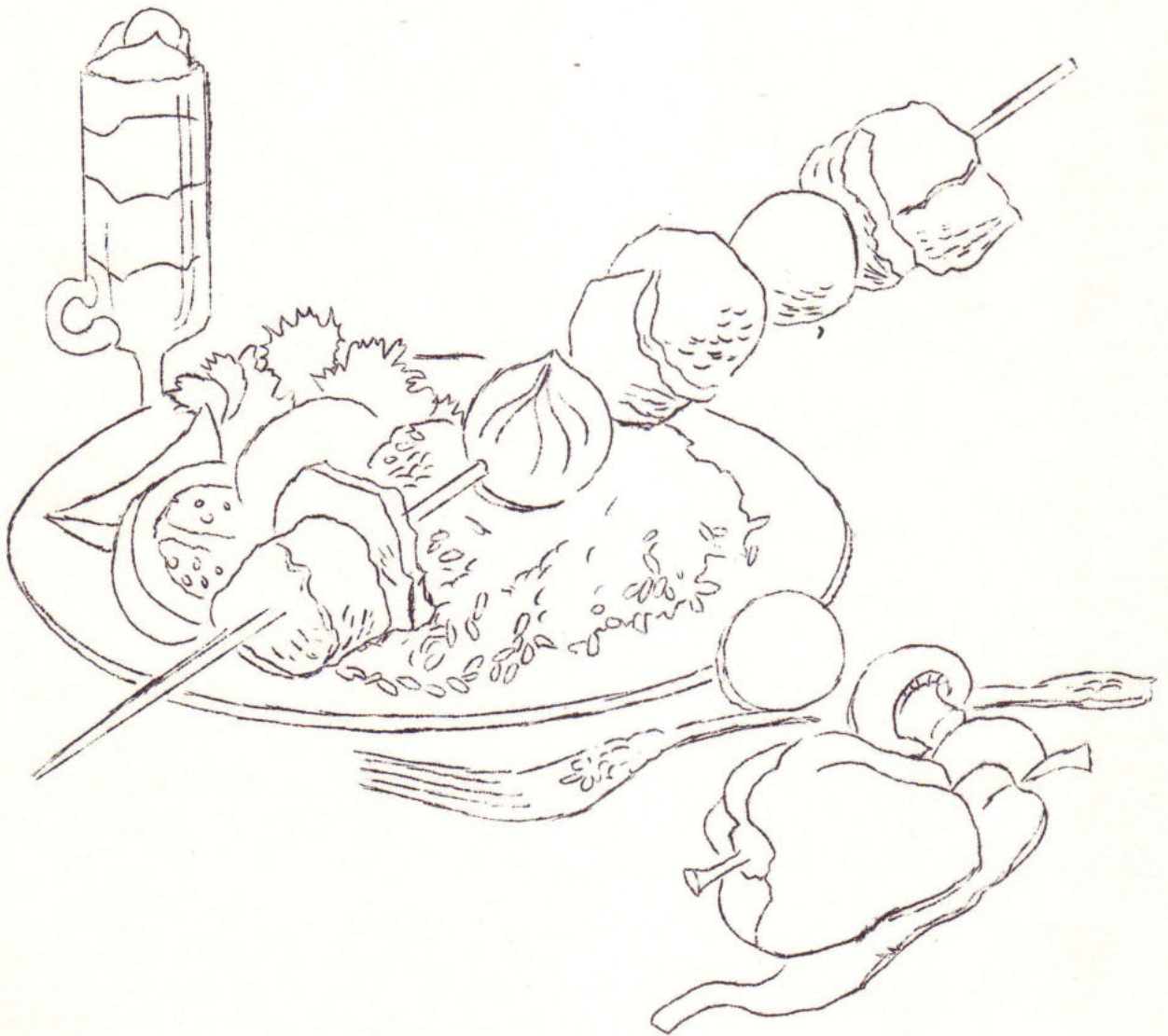
TUNA CHOW MEIN CASSEROLE

1 cup diced celery
 1/4 cup chopped onion
 2 Tbsp. chopped green pepper
 1 Tbsp. margerine
 1 can (6 1/2 oz.) tuna
 1/2 can (5 1/2 oz.) chow mein
 noodles(reserve 1/4 cup)

1 can cream of mushroom soup
 1/4 cup milk
 1/4 cup water
 1/8 tsp. pepper
 3/4 cup salted peanuts

Heat oven to 350 degrees. IN large skillet, cook and stir celery, onion and green pepper until onion is tender. Stir in tuna and remaining ingredients. Pour into ungreased 1 1/2 quart casserole. Sprinkle with reserved chow mein noodles. Bake uncovered for 30 minutes.

Joy Richardson
 Editor
 from my Betty Crocker Cookbook



MISCELLANEOUS

BARBACUE SAUCE

- 2 Tbsp chili sauce
- 1/4 cup ketchup
- 1 Tbsp brown sugar
- 1 Tbsp margerine
- 1 tsp onion salt
- 2 tsp dry mustard
- 1 tsp worchestershire sauce
- dash of garlic salt
- dash lemon juice

Heat in saucepan until margerine melts and use on the grill or in the oven on chops, chicken, roasts or whatever.

Pat Lorusso
Bayou Shufflers

BUTTERMILK SUBSTITUTE

Put 2 - 4 Tablespoons of vinegar into 1 cup of Homogenized milk or powdered milk (mixed with water). Mix well and set aside for 5 minutes.

Anneita Gilbourn
Seminole Promenaders

DEVILED EGGS

- 1 dozen boiled eggs
- 1/2 tsp salt
- Pepper to taste
- 1/2 tsp paprika
- 1 tsp dry mustard
- 2 tsp vinegar
- 4-6 Tbsp mayonnaise

Cut eggs in half and mix ingredients with yolks. Return yolk mixture to eggs. Chill.

Trudy Burd
Belles & Beaux

ICE CREAM

- 1/2 gal. milk
- 2 packages instant pudding (any flavor)
- 1 can carnation milk
- 1/2 pint whipping cream
- 2 Tbsp vanilla
- 1/2 doz. eggs
- 1 cup sugar

Beat eggs and sugar until light and fluffy. Add pudding and other ingredients. Freeze in electric or hand crank freezer until stiff or hard to turn.

Pat Lorusso
Bayou Shufflers

PAN COAT

Mix 1/4 cup Crisco and 1/2 cup flour thoroughly and refrigerate. Use whenever you need a greased and floured pan.

Olena Taylor-Pensacola

POTATO CANDY
(Excellent-will keep a long time)

Boil 2 medium sized potatoes; mash and add 2 Tbsp. butter. While still hot, add powdered sugar (approx. 2 lbs.) slowly. At first it will be very thin but keep adding powdered sugar and it will thicken up. When stiff, add any flavoring desired (vanilla, almond, etc.) plus 1/2 to 3/4 cup finely chopped nuts. Pat out on wax paper about 1/2 inch thick. Melt unsweetened baking chocolate and spread a thin layer over candy. When cool and hard, turn candy over and spread chocolate on other side. When set, cut into squares.

Marie Spilman
Tallahassee

PUNCH

2 regular packages Kool-aid-unsweetened and in color of choice
2 quarts water
1 cup sugar or sweetener
1 rounded tsp. citric acid (available at drugstore)
1 large can pineapple juice

Mix together in gallon jug. Add water to fill. Good with 1 large bottle of ginger ale added. Citric acid replaces lemon juice and is cheaper.

Edith Griffith
Swinging Yellow Rocks

SHERBET

6 cans orange (sunkist) drink
1 can eagle brand milk
1 can crushed pineapple

Mix well and freeze in ice cream freezer.
Excellent!

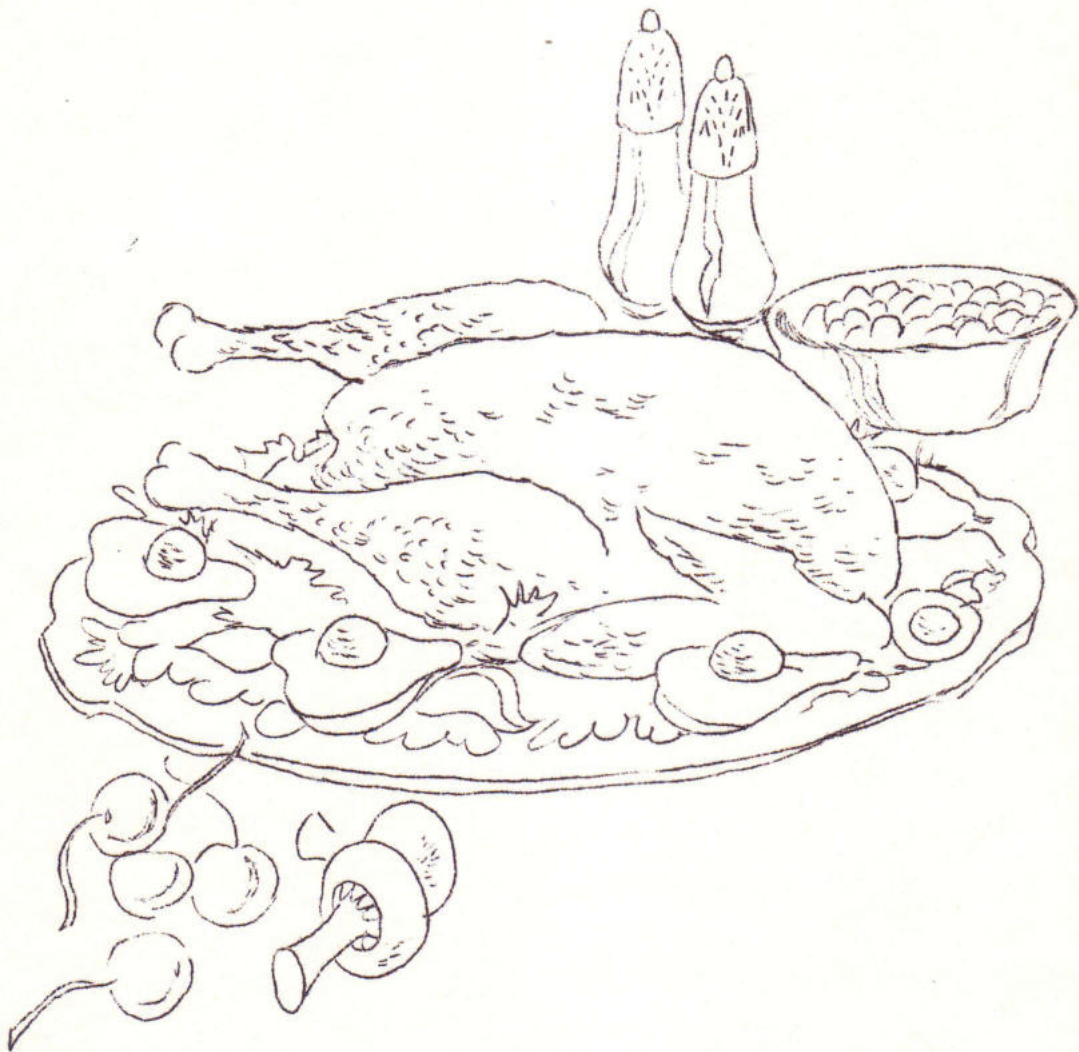
Anneita Gilbourn
Seminole Promenaders

SWEETENED CONDENSED MILK

1 cup non-fat dry milk solids
1/2 cup boiling water
2/3 cup sugar
3 Tbsp. melted margerine

Combine all ingredients in blender; process until smooth. Store in refrigerator until ready to use. Makes 1 1/4 cups.

Frances Jernigan
Central Florida Square and
Round Dance Association



POULTRY

CHICKEN AND YELLOW RICE

25

2 cups raw rice
1 Fryer cut up (flour & deep fry)
2 buttons of garlic
1 Bay leaf
1/2 tsp. saffron (one envelope)
3/4 cup oil (Wesson)
2 pimientos (small jar)
1 green pepper sliced

2 tsp. salt
3/4 cup tomatoes (1 can)
1 medium onion chopped
1 1/2 cup chicken broth
1 can tiny peas

Make broth ahead of time from backs and scrapes of fryer. Fry onions pepper and garlic in oil. Add tomatoes and broth. Boil for 5 minutes. Add bay leaf, salt, and washed rice. Add saffron and blend. Put in baking dish with chicken on top. Bake at 350 degrees for 40 minutes or until rice is tender and has absorbed moisture. Garnish with peas, slices of pimiento and slices of green pepper before baking.

Nellie Ashe
Panhandle Promenaders

OVEN FRIED CHICKEN

1 cup bread crumbs
1/8 tsp. pepper
1 tsp. salt
1-3 lb. fryer cut up

optional ingredients

1/4 cup grated parmesan cheese
1/4 cup finely chopped almonds
2 Tbsp. minced parsley
1/4 tsp. crushed dried thyme

Mix all dry ingredients. Mix together 1 cup melted butter, 1 crushed clove of garlic. Dip chicken in butter. Then roll in mixed dry ingredients. Place on a baking sheet and bake at 400 degrees for 45 minutes to one hour. Do not turn chicken.

Anneita Gilbourn
Seminole Promenaders

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CHICKEN CACCIATORY

1/4 cup olive oil or salad oil	1 tsp. salt
1 broiler cut up	1/4 tsp. pepper
2 medium onions cut up	1 tsp. oregano or basil
2 cloves garlic minced (or powder)	1 Bay leaf
2 cups canned tomatoes	1/4 to 1/2 cup of white wine
1 8 oz. can tomato sauce	

Brown chicken in oil-remove. Cook onions and garlic until tender. Combine remaining ingredients, except wine. Return chicken to frying pan, add sauce mixture. Cover and simmer for 45 minutes then stir in wine. Cook uncovered turning occasionally for about 20 minutes or until tender. Remove bay leaf and serve chicken with sauce ladled over. Yields 4 servings. Very good with Parmesan noodles.

Theresa Fowler
Sandpipers

PAPRIKA CHICKEN

3 lb. chicken cut up or chicken parts
1/3 cup flour
1 tsp. salt and pepper
1 tsp. paprika
4 Tbsp. margerine
1 cup sour cream
2 cups peeled sliced potatoes, (prepared before chicken)
3/4 cup sliced onion
2 cubes chicken bouillon dissolved in 1 cup hot water

Mix flour, salt and paprika and pepper in a sack and shake chicken pieces to coat well. Brown chicken in margerine in a 10 inch skillet. Arrange potatoes over the browned chicken, add additional salt and pepper if needed. Spread onions over all and gently pour the bouillon over the onions. Simmer 35 minutes or until chicken is tender. Remove chicken and potatoes to platter and stir sour cream into the drippings. Cook and stir until thoroughly mixed and serve with chicken and potatoes. Cook real slow and do not add more water.

Arthur and Ila Hinote
Mr. & Mrs.
Circle Squares-Pensacola

EASY HAWAIIAN CHICKEN

Place about 1 1/2 to 2 lbs. of skinned chicken parts of you choice in a baking dish. Salt and pepper to taste. In a saucepan combine the juice from 1 can of pineapple, 3 Tbsp. brown sugar, 1 Tbsp. whorchestershire sauce, 1 Tbsp. vinegar and 1 Tbsp. lemon juice and bring to a boil. Then arrange pineapple over top of chicken and pour the mixture over the top. Bake covered at 350 degrees for an hour or until chicken is tender. Very nice served with rice and a salad.

Joy Richardson



SALADS

RICE SALAD

28

- 3 cups chicken broth
- 1 cup vegetable oil
- 1 tsp. salt
- 1/8 tsp. red pepper
- 2 hard cooked eggs chopped
- 1/4 cup chopped dill pickle
- 1 (2 oz.) jar diced pimiento
- 1/2 cup mayonnaise
- 1 1/4 cup uncooked rice
- 2 Tbsp. vinegar
- 1/8 tsp. pepper
- 1 cup ripe olives
- 1 1/2 cup chopped celery
- 1 small onion minced
- 1 medium green pepper chopped
- 2 Tbsp. prepared mustard

Bring chicken broth to a boil and add rice. Reduce heat and cook covered for 25 minutes until all broth is absorbed. Combine vegetable oil, vinegar, salt, and pepper in a large mixing bowl and mix well. Stir in rice. Allow mixture to cool. Add remaining ingredients mixing well. Chill overnight. Yield about 10 servings.

Theresa Fowler
Sandpipers

FRUIT SALAD

- 2 cans mandarin oranges (drained)
- 1 can pineapple tidbits drained (reserve juice)
- 2 bananas sliced
- cherries as desired
- 1 reg. size instant vanilla pudding mix
- 1/2 tsp. vanilla

Mix the pudding mix and vanilla with one cup of the pineapple juice. (if there is not enough pineapple juice use some of the mandarin orange juice) Pour over the fruit and chill.

Bobbie Childs
Panhandle Promenaders

FRUIT SALAD

- 1 package lime jello
- 1 cup hot water; 1 cup cold water
- 1-3 oz package cream cheese
- 1 medium can fruit cocktail
- 1/2 package small marshmallows
- 1 cup whipped cream or dream whip

Add water to jello and mix. Allow cream cheese to soften, and add 3 or 4 Tbsp. of warm jello to this, and mix well. Allow jello to partially set. Add drained fruit cocktail to cream cheese mixture and mix well. Put partially thickened jello in blender and whip til fluff. Mix with fruit and cream cheese. Add whipped cream and marshmallows. Serve when firmly set.

Dot Bonam
Mr. & Mrs. Square Dance Club

ORANGE BLOSSOM RING MOLD

- | | |
|---|----------------------------------|
| 1 can (8 3/4 oz.) crushed pineapple drained (reserve juice) | 1 package orange gelatin (3 oz.) |
| 1 can mandarin oranges (slices) (drained) | 1 package lemon gelatin (3 oz.) |
| 1 cup orange sherbet | 3 1/2 cups water |

Place orange slices close together on bottom of ring mold. Make up gelatin combining orange and lemon gelatin, using water and reserved pineapple juice. Pour enough of gelatin into ring mold to cover orange slices and set to chill. Congeal rest of gelatin separately. When congealed add sherbet and beat until light and foamy, fold in pineapple. Pour into mold over orange slices and chill at least eight hours.

Virginia Wickman
Seminole Promenaders

7-UP JELLO SALAD

- | | |
|--------------------------------|-------------------------------|
| 1 package jello, lemon or lime | 1 large package cream cheese |
| 1 cup hot water | 3/4 cup chopped pecans |
| 1 cup 7-up | green food coloring for looks |

Mix jello and hot water. Add cream cheese until it is in small pieces. Add rest of ingredients and refrigerate.

Olena Taylor
Pensacola

CABBAGE SALAD

- | | |
|--------------------------------|------------------------|
| 1 medium head cabbage shredded | 1 green pepper chopped |
| 1 carrot grated | 1 onion chopped |

Let stand in salt water for awhile, then drain, get all the water out that you can. Pour salad dressing mixture over cabbage and chill. Will keep well in refrigerator.

SALAD DRESSING

- | | |
|---------------------|---|
| 1 1/4 cups sugar | Boil all ingredients together and cool. |
| 1/2 cup vinegar | |
| 1/2 cup oil | |
| 1/2 cup water | |
| 1 Tbsp. celery seed | |

Trudy Burd
Belles & Beaux

SALAD DRESSING

30

1 cup catsup	1 tsp. dry mustard
1 sweet onion	1 tsp. paprika
1 clove garlic	3 tsp. salt
3/4 cup vinegar	1 tsp. worchestershire sauce
2 scant cups sugar	1 cup oil

Put ingredients in blender and blend on high until smooth. Store in refrigerator.

Pat Lorusso
Bayou Shufflers

PHYL'S ITALIAN SLAW

1 medium head cabbage	1 cup Italian dressing(wish-bone)
1 medium bell pepper	1/2 cup Hellman's mayonnaise
1 medium white onion	

Thinly shred cabbage, onion and pepper in food processor. Remove to bowl with cover and toss well. Pour mixture of Italian dressing and mayonnaise, well blended, over slaw. Allow to marinate for 2 hours in refrigerator, serve cold. Delicious but fattening.

Phyllis Duke
Plantation Squares
Pensacola

CABBAGE SLAW DRESSING (keeps for months and goes a long way)

1 qt. mayonnaise	1 small can crushed pineapple
1 qt. relish drained	1 small can chopped pimiento
1/4 cup sugar	

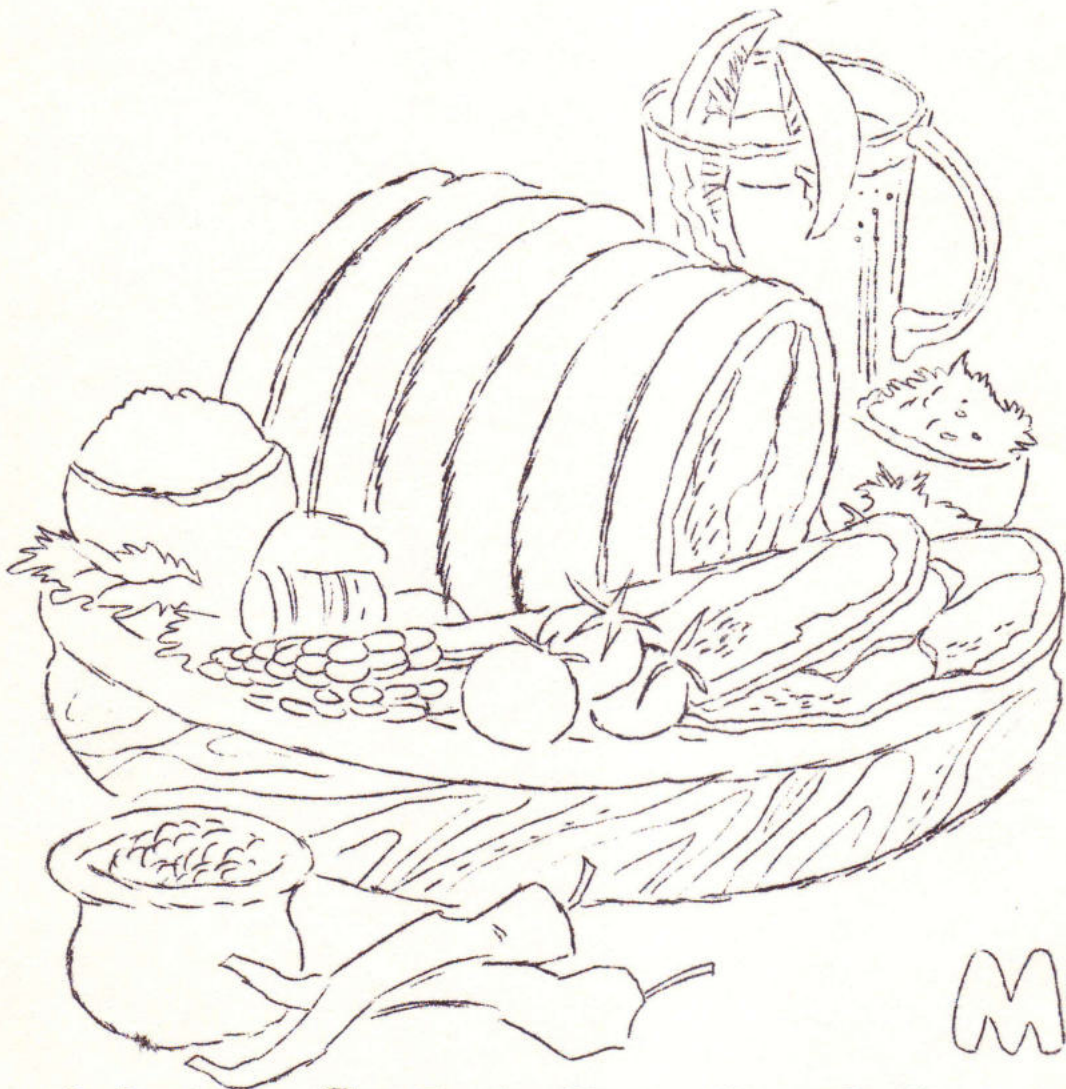
Mix all ingredients together and if too stiff add a little of the relish juice to thin down. Mix with grated cabbage as needed. Store in refrigerator.

Anneita Gilbourn
Seminole Promenaders

WATERGATE SALAD

Empty the contents of one can of crushed pineapple including the juice into a large bowl. Sprinkle 1 box of pistachio instant pudding mix over the pineapple. Mix in one large container of kool whip and add 1/2 to 1 cup of pecan pieces. Mix well and refrigerate.

Audrey McCullough
Sandpipers



MEAT
& VEGETABLE DISHES

DANISH MEATBALLS (FRIKADELLER)

32

- 1 lb. lean ground beef
- 1/2 lb. lean ground pork
- 1/4 cup flour
- 1 small onion grated
- 1 tsp. salt
- 1/4 tsp. pepper or to taste
- 2 eggs
- 1 cup milk
- shortening

Combine beef, pork, flour, onion, salt, and pepper. Mix well. Add milk and mix well. Add eggs one at a time and mix well. In heavy skillet melt enough shortening to coat bottom of pan and enough for all meatballs to be browned. Drop meatball mixture by scant 1/4 cup in melted shortening. Fry until well browned-occasionally shaking pan and turning carefully, brown the other side. Different!

Marion Hagen
Swinging Yellowrocks
Marianna, FL

RUEBEN BALLS

- 1/2 cup finely chopped onions
- 1 clove garlic
- 1 Tbsp. butter

Saute' these three and add 1 Tbsp. parsley, 3 Tbsp flour, 1/2 tsp. bouillon granules. Add 1/2 cup water and cook until bubbly. Add 16 oz. can of saurkraut and one can of corn beef both chopped fine. Chill this mixture and roll into balls. Dip balls into the following mixture; 2 beaten eggs, 1 cup milk, and 1 1/2 cups of flour. Then roll the balls in crumbs. Re-chill. Deep fry for 1 minute at 365 degrees. Makes about 4 doz. meatballs. Freeze very well. If frozen heat in oven for 20 minutes at 350 degrees.

Marge Thompson
Mr. & Mrs.
Circle Squares
Pensacola

VEGETABLE SOUP

- 3 lbs. hamburger cooked until done
- 10-12 medium potatoes, peeled and cubed and-boiled.

To the cooked hamburger meat add the following;

- potatoes
- 1 can english peas
- 1 can whole kernal corn
- 1 large can tomato paste
- 3 cans tomatoes

Boil-stirring constantly to avoid sticking for 15-20 minutes. Serves 12 people

Anneita Gilbourn
Seminole Promenaders

YANKEE POT ROAST IN MICROWAVE

Put a 3 lb. boneless chuck roast in a 2-3 qt. dish. Spread 2 large thinly sliced onions over the top. Salt and pepper to taste. Add 1/2 cup wine, 1/2 cup beef broth, cover and cook on high for 4 minutes. Cook on simmer for one hour. Add liquid if low. Add 3 medium potatoes (quartered), 4 carrots (peel and slice) and seasoning. Simmer for 40 minutes or until vegetables are tender.

Mary Bowie
Square 8"s

HAGEN'S SAURKRAUT AND FRANKS

Large can or 2 lb. bag of saurkraut
3 Tbsp. bacon fat (rounded)
1 tsp. carraway seeds

1 tsp. thyme or poultry seas.
- Frankfurters

In large pan heat bacon fat. Drain juice off saurkraut-mix in bacon fat. Add carraway seeds and thyme and mix well. Add enough water to just the top of the kraut. Bring to boil and then simmer for about 20 minutes. Put franks on top of kraut and cook until franks are hot.

Marion Hagen
Seminole Promenaders

STIR FRY BEEF AND BROCCOLI

1 Tbsp. cornstarch
1/4 tsp. pepper
1/3 cup dry sherry
1/4 cup soy sauce
3/4 - 1 1/4 lb. round steak
3 medium carrots

5 Tbsp. corn oil, divided
2 cups broccoli flowerets
3 small onions cut in thin wedges
1/2 cup sliced water chestnuts
1 clove garlic, minced or pressed
1/4 cup dark corn syrup

In a small bowl stir together cornstarch and pepper. Gradually stir in sherry, soy sauce and corn syrup until smooth; set aside. Cut beef diagonally across grain into very thin slices; then cut into 2 inch strips. Cut carrots on an angle into 1/4 inch pieces. In a large skillet or wok heat 3 Tbsp. oil over medium-high heat. Add carrots, broccoli, onions, water chestnuts and garlic. Stir fry for 2-4 minutes or until vegetables are tender-crisp. Remove from pan. Heat remaining 2 Tbsp. corn oil. Add beef, one-third at a time; stir fry 1 minute or until browned. Return all beef and vegetables to skillet. Re-stir cornstarch mixture; Stir into beef and vegetables. Stirring constantly, bring to a boil over medium heat and boil for one minute. Serve over rice.

From my friend and co-worker
Mrs. Jo Alice Chalk
(Editor)

SWEET & SOUR RED CABBAGE

34

- 1 head red cabbage (5 cups shredded)
- 4 slices bacon diced
- 2 Tbsp. brown sugar
- 2 Tbsp. flour
- 1/2 cup water
- 1/2 cup cider vinegar
- 1 tsp. salt
- 1/2 tsp. pepper
- 1 small onion sliced

Cook cabbage in 2 cups salted water until crisp and tender. Drain. Fry bacon: Remove bacon and half of fat. Add brown sugar, and flour. Blend well. Add water vinegar, water, onion, and cook until thick. (about 5 minutes.) Add bacon and cabbage and heat through. Garnish with more bacon. 6 servings.

Yvonne Parsons
Mr. & Mrs.
Pensacola

BAKED SWISS-CAULIFLOWER

- 1 large cauliflower separated into small pieces and cooked until crispy-tender
- 2 3/4 cup shredded swiss cheese
- 1 1/2 cup half & half
- 3 beaten egg yolks
- 1/4 tsp. nutmeg
- 1/2 tsp. pepper
- 1/2 cup bread crumbs
- 1/4 cup melted butter or marger-ine

Put cauliflower in 1 1/2 quart greased shallow baking dish. Combine next 5 ingredients and pour over cauliflower. Sprinkle bread crumbs on top and drizzle butter over them. Bake at 350 degrees 15-20 minutes. Six servings.

Virginia Wickman
Seminole Promenaders

SWEET POTATOES WITH TOPPING

- 3 cups cooked mashed sweet potatoes
- 1 1/2 cups sugar
- 2 eggs
- 1 tsp. vanilla
- 1/2 cup milk

Combine potatoes, sugar, eggs, vanilla, and milk. Pour into a casserole dish. Sprinkle with topping.

Topping:

- 1/3 cup butter
- 2/3 cup light brown sugar
- 1/3 cup flour
- 1 cup chopped pecans

Cut the butter into the sugar and flour. Add nuts and sprinkle over the top of the potato mixture. Bake at 350 degrees for 30 minutes.

Nellie Ashe
Panhandle Promenaders

CALIFORNIA POTATOES

- 32 oz. frozen hash brown potatoes
- 1/2 cup chopped onion
- 1 cup sour cream
- salt and pepper to taste
- 1 stick butter or margerine (melt)
- 2 cups sharp cheddar cheese (shred)
- 1 can cream chicken soup

Break potatoes into large bowl. Add and mix everything except butter. Put into greased 9 x 13 pan. Crush 2 cups corn flakes and mix with 1/2 stick melted butter. Spread on top of potatoes. Bake at 350 degrees for 35-40 minutes.

Vi Malone
Belles & Beaux

Yvonne Parsons
Mr. & Mrs.

MUSHROOM BUSINESS

Saute' 1/2 to 1 lb. fresh mushrooms (coarsely sliced) in butter just until they smell like mushrooms! Butter 3 slices of white bread cut into 1 inch squares. Put in casserole.

Combine mushrooms with 1/2 cup each of chopped onion, celery, green pepper and mayonnaise. Add 3/4 tsp. salt and 1/4 tsp. pepper. Put on bread squares in casserole. Cut 3 more slices of buttered bread as before. Put in casserole. Over it pour 2 eggs slightly beaten with 1 1/2 cups milk.

Refrigerate for at least one hour.

An hour before serving, spoon a can of undiluted mushroom soup over the top and add 2 more slices of bread diced smaller. Bake at 300 degrees for 60-70 minutes. Optional- About 10 minutes before it is done sprinkle some grated yellow cheese on top. Recipe may be halved.

Elizabeth Merting
Circle Squares
Pensacola

Virginia Wickman
Geminole Promoters

COPPER CARROTS

- 2 lbs. carrots
- 1 medium onion
- 1 small green pepper
- 1 cup sugar
- 1 tsp prepared mustard
- 1 can tomato soup
- 1/2 cup salad oil
- 3/4 cup vinegar
- 1 tsp. worchestershire sauce
- salt and pepper

Slice carrots thin and boil in salted water until crisp-tender, about 5 minutes. When cool alternate layers of carrots, Onion rings and green pepper thinly sliced. Make a marinade of the remaining ingredients, beating well until blended. Pour over vegetables and refrigerate. Allow to set at least two days before serving. Will keep for two weeks in refrigerator.

Mary Ann Wesner
Mr & Mrs.
Pensacola

Welfie Sells
Tehandle Promoters

SQUASH STIR -FRY

- 2 Tbsp. oil
- 1 large onion sliced in rings
- 3 medium yellow squash sliced
- 1/4 tsp. salt
- 1/2 tsp. pepper
- 1 clove garlic minced
- 3 medium zucchini sliced
- 3 tomatoes in wedges
- 1 cup shredded American cheese

Thinly slice all vegetables. Pour oil around top of hot wok coating sides until bottom is covered with oil. Add garlic and stir fry briefly. Add onion and cook one minute. Stir in zucchini and squash and cook for 2 to 3 minutes or until tender but crisp. Add tomatoes salt and pepper and stir well. Sprinkle cheese over vegetables stirring just until cheese melts. Serves 5 or 6.

Theresa Fowler
Sandpipers

CABBAGE CHOP SUEY

- 2 Tbsp shortening
- 3 cups shredded cabbage
- 1 cup thinly sliced celery
- 1 cup thinly sliced green pepper
- 1 medium onion thinly sliced
- 1 1/2 tsp. salt
- 1/4 tsp. pepper
- chow mein noodles

Heat shortening in large skillet. Add vegetables tossing lightly. Cover and cook over low heat for five minutes. Add salt and pepper and cook uncovered for one minute stirring gently. Put in bowl and sprinkle chow mein noodles over top.

Marion Hagen
Swinging Yellow Rocks

HEARTY VEGETABLE CHOWDER

- 1/4 lb. bacon coarsely chopped
- 2 cups boiling water
- 1/2 cup thinly sliced onion
- 1 cup sliced celery(diag)
- 1 cup diced potatoes
- 1 cup thinly sliced carrots
- 1 cup cut green beans(frozen, fresh, or canned-drained)
- 1 can whole kernal corn-drained
- 1/2 tsp. garlic powder
- 1 1/2 tsp. salt
- 1 Bay leaf
- 2 cups evaporated milk,undiluted or 8 oz. cream
- 2 Tbsp flour
- 1/4 cup water
- 1 jar pimiento coarsely chopped (4 oz. undrained)

1. In 3 to 4 qt. saucepan fry bacon until crisp. Remove, and set aside for garnish. 2. Add boiling water, raw vegetables and seasonings to bacon drippings. Stir; heat to boiling; reduce heat; Cover and slowly boil for about 20 minutes. 3. Add canned vegetables about 5 minutes before fresh vegetables are cooked tender. 4. Stir in evaporated milk. Blend flour and water smoothly and stir into soup. Add pimientos. Return to boiling, reduce heat, cover and simmer for five minutes. Makes about 2 quarts.

Billie Laird
Mr. & Mrs.
Pensacola



SHRIMP IN BEER CREOLE

Saute' 1/2 cup almonds in a little margerine. Drain and salt. Saute' 2 lbs. shrimp in butter or margerine until they are pink. Put shrimp and pan juices aside. Saute' 1 green pepper cut in strips and 1/4 lb. sliced mushrooms. Add 1 Tbsp. sweet Hungarian paprika and salt and pepper to taste. Cook until mushrooms are tender. Stir in one Tbsp. tomato paste, 1 cup of light beer, and pan juices from shrimp. Reduce liquid to 1/2 cup over high heat. Add 3/4 cup of creme fraiche or heavy cream and reserved shrimp. Heat until hot. Arrange shrimp over yellow rice cooked in chicken bouillon and top with almonds.

Belle Bishop
Sandpipers

BAKED MULLET

- 2 lbs. mullet fillets
- 1/2 cup French or Russian dressing (may use lo-cal)
- 1 1/2 cup crushed cheese crackers
- 2 Tbsp. cooking oil
- paprika

Skin fillets and cut into serving pieces. Dip fish in dressing and roll in cracker crumbs. Place on a well greased cookie sheet, 15 x 12 inches. Drizzle oil over fish. Sprinkle with paprika. Bake in an extremely hot oven at 500 degrees for 10-12 minutes or until fish flakes easily when tested. Makes six servings.

Belle Bishop
Belles & Beaux

BAKED SHRIMP CRAB SALAD

- 1 green pepper, chopped
- 1 onion, chopped
- 1 cup celery, finely cut
- 1 can crabmeat, shredded
- 1 can shrimp
- 2/3 to 1 cup mayonnaise
- 1/2 tsp. salt
- Pepper to taste
- 1 tsp. whorchestershire sauce
- 1 cup buttered bread crumbs or cracker crumbs

Combine green pepper, onion, and celery. Remove tendons from crab meat and flake. Remove black line from shrimp and cut int pieces. Mix crab and shrimp with vegetables. Add mayonnaise and seasonings. Place in buttered baking dish. Cover top with buttered bread crumbs. Bake at 350 degrees until top is nicely browned-about 30 minutes.

Bunny Whiteman
Florida Federation of Square Dancers

Catherine P. Berridge
Belles & Beaux

BAKED RED SNAPPER WITH SOUR CREAM STUFFING

3 or 4 lbs. dressed red snapper
 1 1/2 tsp. salt
 Sour cream stuffing
 2 Tbsp. melted fat or oil

Clean, wash, and dry fish. Sprinkle inside and out with salt. Stuff fish loosely. Close openings with small skewers or toothpicks. Place fish in a well-greased baking pan. Brush with fat. Bake at 350 degrees for 40 to 60 minutes or until fish flakes easily. Baste occasionally with fat. Remove skewers. serves 6.

Sour Cream Stuffing

3/4 cup chopped celery
 1/2 cup chopped onion
 1/4 cup oil
 1 qt. cracker crumbs
 1/2 cup sour cream
 1/4 cup diced peeled lemon
 2 Tbsp lemon zest
 1 tsp. paprika
 1 tsp. salt

Cook celery and onion in oil until tender. Combine all ingredients and mix thoroughly. Makes approx. 1 qt. stuffing.

Belle Bishop
 Sandpipers

CRAB AND RICE CASSEROLE

Set oven at 350 degrees for 25-30 minutes

1 cup cooked rice
 1- 7 1/2 oz. can of crab meat
 5 hard cooked eggs chopped
 1 1/2 cups mayonnaise
 1/8 tsp. dried tarragon leaves
 1 Tbsp. dried parsely flakes
 1 Tbsp. finely chopped onion

16 oz. can evaporated milk
 1/2 tsp. salt
 1/4 tsp. cayenne pepper
 pinch of pepper
 1 cup shredded cheddar cheese

Mix rice, crab and eggs together. Blend mayonnaise, tarragon, parsely, onion, evaporated milk, salt and cayenne pepper. Stir into crab mixture. Pour into a greased shallow 1 1/2 quart baking dish. Sprinkle with cheese. Bake 25-30 minutes until thoroughly heated and lightly browned. Serves 4.

Catherine P. Berridge
 Belles & Beaux

SHRIMP/ CRAB MOUSSE

2-3 oz. pkgs. cream cheese; 1 can cream of shrimp soup; 1 cup Fellman's mayonnaise; 1 bsp. finely grated onion; 1/2 tsp. worcestershire sauce
 1/4 tsp. each of salt and Accent; 1 envelope Knox gelatin; 1 lb finely chopped, cooked, peeled and deveined shrimp; 1 1/2 can claw crab meat.
 In top of double boiler blend first 3 items, add next 4 items. Pick crab meat. Add softened gelatin (in 1/4 cup cold water) and both meats. Stir well and pour into well oiled mold. Allow to set overnight. Turn onto tray and refrigerate for 30-60 minutes. Serve with crackers.

Catherine P. Berridge
 Belles & Beaux