

the first edition



An IAGSDC Cookbook

put together by  
Miss Wella Balsam

New York

7/1/89

Dearest Jeffrey

How can I put into words  
how you & your family have  
affected my outlook on life?  
I'd better not tell, how...?  
Keep it hot, darlin'!

xxx Wella  
Balsam

# Menu

TO START WITH...  
RISIN' AN' SHININ'  
TO GO ALONG WITH...  
THE MAIN EVENT!  
DESSERT? WELL, MAYBE...

Welcome, darlin', to the wonderful world of cookin' an' eatin'! Gonna keep this ole intro short an' sweet-like, sos y'all can get down to the main purpose in this here cookbook - them recipes!!!

I sent the message out at the beginnin' of the year, and lord love a duck, some squaredancers answered the call! The cookbook contains around 40 delights an' delicious fixin's, all under the above 'menu,' but to be truly factual about it all...hon, those that sent stuff in, sometimes got a teensy toooo helpful in supplyin' yours truly with well over 90 recipes to choose from!! One dear soul kindly supplied me with 15 of them things, which made up a book an' a half itself! So I decided early on, to pick one recipe per person submittin.' Plain an' simple, I hope. An' I'm savin' them other recipes not used, fer what probably looks like another edition of the cookbook next year.

But that's another casserole to deal with later!

So start yer ovens, blenders, microwaver-things, mixers an' let's start cookin'!!

By the way, darlin', y'all may notice that some of the recipes aren't 'exactly' lookin' like all the rest in the book. As I had decided to limit the recipe submission to one-per-person, I also kept my eyeballs open fer recipes sent in, that could be put directly into the book, written as is. Thought it might make "From The Kitchen of:" a little more unique-like, instead of page after page of typin' or computerese stuff, borin' one silly! Might make y'all remember that certain recipe y'all enjoyed makin' fer yore 'friend' that y'all invited over fer dinner, or whatever!

So have fun, hon, and thank you fer supportin' yer friends who square dance AND cook, and the IAGSDC, too.

Love y'all,

xxx Wella

# To Start With...

## FLAMING CABBAGEHEAD WEENIES WITH PU-PU SAUCE

1 large cabbage, red or green  
1 can sterno  
25 to 30 cocktail franks

- Rinse cabbage and trim base so it stands evenly. Form decorative petals by curling a few outer leaves down from the top. Cut a space in the top center of the head deep enough to hold the sterno can inside, with rim of can even with cabbage.
- Light sterno. Stick cocktail franks into flaming cabbage on toothpicks, or if you are worried about burnt fingertips, provide long forks. Set warm PU-PU SAUCE nearby for dipping.

### Pu-Pu Sauce:

$\frac{1}{2}$ cup sour cream	1 Tbspn. wine vinegar
2 Tbspn. yellow mustard	1 small onion, minced fine
1 Tbspn. chili sauce	1 tspn. lemon juice
1 Tbspn. brown sugar	chili powder to taste
$\frac{1}{8}$ Tbspn. Worcestershire	salt to taste

- Combine all ingredients in a saucepan. Bring to a boil, stirring occasionally. Remove from heat; let stand at least one hour before serving.

Jim Pearce  
Squares Across The Border

## Stuffed mushrooms

Serves 6

$\frac{1}{2}$ C cooked crab meat	2 tbsp milk
$\frac{1}{2}$ celery stock	$\frac{1}{2}$ tsp. Worcest. Sauce
$\frac{1}{4}$ med onion.	$\frac{1}{4}$ tsp. thyme
2 tbsp natural bran	12 large mushroom caps.

Place all ingredients (except caps) in a blender or processor. Process until finely chopped. Stuff caps with mixture. Bake @ 350° for 10-15 min. or until lightly browned. Serve immediately.

Herb Seifert

Squares Across The Border

## CAVAIR PIE

A GREAT DISH FOR ALL TYPES OF RECEPTIONS.

- 1 PINT SOUR CREAM
- 1 PACKAGE OF DRY ONION SOUP MIX
- 2 HARD BOILED EGGS CHOPPED
- 1 2 OZ. SIZE JAR OF DOMESTIC CAVIAR

MIX FIRST THREE INGREDIENTS TOGETHER AND PUT IN A PIE DISH. KEEP IN REFRIGERATOR UNTIL SERVING TIME. THEN SPREAD CAVIAR ON TOP. PLACE ON BUFFET TABLE NEXT TO A BASKET OF FANCY CRACKERS - PREFERABLE LOW SALT VARIETY.

Mac McCARTHY  
TIMES SQUARES

## HAM & CHEESE BALL

- 8 oz. cream cheese
- $\frac{1}{2}$  cup mayonnaise
- 2 - 8 oz. tins of flaked ham
- 2 Tbspn. chopped parsely
- 1 tspn minced onion
- $\frac{1}{2}$  tspn. dry mustard
- $\frac{1}{2}$  tspn. Worcestershire suace
- $\frac{1}{2}$  cup chopped walnuts

Beat the cheese and mayonnaise until smooth. Stir in ham, parsely, onion, mustard and sauce.

Cover and chill several hours.

Form into ball(s), and roll in walnuts to coat.

Serve with crackers for spreading. (WILL FREEZE...)

John McGeragle  
Squares Across The Border

## PHYLLIS'S MEATBALLS

- 1 Lb ground beef, made into tiny meatballs according to your favorite recipe
- 1 Can cream of tomato soup, undiluted
- 2 Medium onions, chopped fine
- 2-3 Cloves chopped or crushed garlic
- $\frac{1}{4}$  Cup brown sugar
- $\frac{1}{4}$  Cup lemon juice
- 1 Tbsp curry powder

Brown meatballs in vegetable oil or shortening; set aside. Stir remaining ingredients into tomato soup, heat gently until smooth. Add meatballs and simmer slowly, covered, for about 1/2 hour. Serve over rice or noodles. Prepare the day before, if possible. Gets better as it stands. Also freezes well.

JAMES STACK SHAFFER  
TIMES SQUARES

# Risin' an' Shinin'!



## PANETTONE DI MILANO

5 cups pastry flour	4 egg yolks, room temperature
1 envelope yeast	2 eggs, room temperature
2 teaspoons lukewarm water	1 cup sugar
¼ teaspoon salt	* ½ cup lukewarm water
¾ cup butter, melted	¾ cup seedless raisins
	½ cup candied citron peel, cut in small pieces

This cake should be started the day before the actual baking.

Sift and measure flour. Blend yeast with water and let stand 5 minutes. Add yeast to ½ cup flour and mix well. Make a little ball of the dough and place it in a bowl in warm place 2 hours. When ball of dough has doubled in size, put 2 cups flour on pastry board, place yeast dough in middle, add enough lukewarm water to make a soft pliable ball and knead carefully. Cover well and let stand in warm place 3 hours. Place 1 cup flour on pastry board, add yeast dough and enough lukewarm water to make a soft pliable ball of dough and knead well. Let stand in warm place 2 hours.

When dough has risen again, place 1½ cups flour on pastry board, add dough, salt and melted butter and knead together well. Beat together egg yolks, whole eggs, sugar and ½ cup lukewarm water. Beat until frothy. Add to dough a little at a time, kneading constantly until everything is well absorbed. Add raisins and citron and knead well to distribute fruit evenly.

You may make one large panettone or two small ones. If you wish to make two, divide dough into 2 parts. Make either 1 loaf or 2 and let rise in warm place 4 to 6 hours, depending upon heat. The loaf or loaves should be double the original size with dough soft to the touch. Make a cross mark with a knife on each loaf and place on buttered paper on baking sheet and place in hot oven (400°F.) 5 minutes. Remove quickly and place ½ tablespoon butter in center of cross mark. Return to oven and bake at 400°F. 15 minutes. Lower heat to 375°F. and continue baking 45 minutes, or longer, according to size of loaf. This recipe will make 1 large or two small panettoni. This cake stays fresh a long time and is ideal served with coffee or wine.

\*Substitute ½ cup light rum for the water, if you'd like a little more 'taste' to your panettone!

Tony Ruocco  
Chi-Town Squares

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POT LUCK BEERBREAD

375

45 minutes

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combine in a bowl the following and mix by hand

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3 cups of Broadies self rising flour

$\frac{1}{2}$  can or bottle of beer

$\frac{1}{2}$  cup white sugar

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in a well greased and floured bread pan pour in

batter and top with  $\frac{1}{2}$  cup melted butter

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added features    1 cup of your favorite grated cheese  
                          dill    tarragon    basil    diced ham etc.

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D. Meyer  
Squares Across The Border

BANANA BREAD

3 medium-sized overripe bananas (black).  
...mashed and whipped

Add 1 cup sugar, and 2 pre-slightly-beaten eggs.

Mix together:     $\frac{1}{2}$  tspn. salt  
                          1 tspn. soda  
                          2 cups flour

Add this dry mixture SLOWLY to the banana mix.

Add 1 cup finely chopped nuts (all of one or combos: walnuts, pecans, and/or almonds).

Pour into regular-sized loaf pan, and put in pre-heated oven, 375°F., and bake until clean knife passes test, usually 45 minutes to one hour.

K.N. Almos  
Times Squares

## A Quick & Easy (Bradley Style) Coffee Cake

- 1)  $\frac{1}{2}$  cup nuts (chopped) < pref pecans >
- 2)  $\frac{1}{4}$  cup sugar (use dark brown or raw sugar)
- 3) 3 teaspoons CINNAMON
- 4)  $\frac{1}{2}$  cups sifted all purpose flour
- 5) 1 teaspoon baking powder
- 6)  $\frac{1}{2}$  teaspoon baking soda
- 7)  $\frac{1}{2}$  cup melted butter
- 8) 3 teaspoons vanilla extract
- 9) 1 cup sugar (reg white)
- 10) 2 eggs
- 11) 1 cup sour cream



- Mix Nuts, brown sugar & cinnamon together & set aside
- Put ~~the~~ All of the rest of the ingredients in to a large bowl & whip 'em up with an electric hand mixer. Pour  $\frac{1}{2}$  the batter into a greased  $9 \times 9 \times 2$ " pyrex baking pan. You can grease the pan with butter, cisco or your favorite oil based lubricant, just make sure not to include any stray pubic hairs. Sprinkle Nut, brown sugar & mixture over batter, but use only  $\frac{1}{2}$  of it. Pour over the rest of the batter, sprinkle the top with the rest of the nut-sugar-cinnamon mixture. Bake at  $375^{\circ}F$  for about





## RICE BREAD

$\frac{1}{2}$  cup scalded milk  
3 Tbspn. butter  
3 Tbspn. sugar  
1 tspn salt  
3 cups cooked rice  
1 cake yeast  
 $\frac{1}{2}$  cup scalded milk, cooled  
4 cups flour

Pour scalded milk over butter, sugar, and salt. Add to the cooked rice. Dissolve the yeast in the cool, scalded milk, and stir into rice mixture. Work in the flour to make a firm dough. Turn out onto a floured board, and knead until elastic (note\* this can be sensual!).

Put in greased bowl, cover with damp cloth and let rise until doubled. Punch the dough down, and turn it onto the board again. Knead for 2-3 minutes, than shape into 2 loaves. Place in well-buttered loaf pans (PAM works great), cover, and let rise until doubled again.

Brush the tops with melted butter. Bake @ 375 F for 45-50 minutes, or until golden brown and done. Makes two loaves.

Bill Eyler  
The Wilde Bunch



$\frac{1}{2}$  hour or until the cake tests done.

If you're planning for a larger group of porcine queens, you can double, triple, etc. the recipe, just be sure to use a likewise larger pan and it'll take a while longer to bake.

Janice Jo Bradley  
aka Tom Tripp  
Western Star Dancers

# To Go Along With...

## Pork Tenderloin Salad

### Dressing

1 tsp. root ginger (chopped fine)  
3 tbsp. BALSAMIC VINEGAR  
1 tsp. Dijon mustard  
1/4 cup vegetable oil  
2 tsp. honey  
1/4 tsp salt  
pepper.

### Salad

1 lb pork tenderloin  
(or chicken! yum!)  
1 clove garlic  
2 tsp soy sauce  
1 tbsp sesame oil  
1/4 tsp pepper  
8 cups mixed greens  
1 red pepper  
green onions, celery.

POUND pork (or chicken) with the 'ol meat cleaver 'till nicely mashed (or slightly pounded). Combine garlic, soy, oil, pepper. Brush on meat. Refrigerate at least 1 hour, or overnight.

PREPARE veggies. Refrigerate.

BROIL (or stir fry) meat. Reserve juices. Keep meat warm.

Combine meat juices with dressing ingredients in large jar so you can "shake it up". (Or use a bowl like normal people.) Arrange meat on greens, pour dressing over. Yum!

Don Kinloch  
Squares Across The Border



## 24-HOUR SALAD

3 egg yolks  
2 T sugar  
2 T vinegar  
2 T heavy pineapple syrup  
1 T butter (not margarine)  
Dash salt



Cook slowly until thick, stirring constantly.  
Cool.

1 C heavy whipping cream, whipped  
2 C canned white cherries, pitted and drained  
2 C canned pineapple chunks, drained  
2 oranges, peeled, sectioned, cut in pieces  
(remove as much of the whites as possible)  
24 large-size marshmallows, cut up (Don't  
use miniature ones; they don't taste the  
same. Use wet scissors to cut 'em.)

Fold cooked mixture into whipped cream.  
Fold in fruit and marshmallows. Chill 24 hours.

This recipe makes a lot of salad, maybe enough  
for 6 or 8, but I can't tell exactly because  
I always eat far more than my share.

Patty White  
Western Star Dancers

### PINEAPPLE STUFFING

$\frac{1}{2}$  cup butter  
1 cup sugar  
4 eggs  
1 can (1 lb 4 oz) crushed pineapple, drained  
5 slices of bread, cubed

Cream together butter and sugar. Beat in the eggs, one at a time.

Fold in crushed pineapple, then the bread cubes, and turn into a greased  $1\frac{1}{2}$  qt. casserole dish.

Bake at 350 F for 1 hour.

Great with ham or tropical chicken dishes. Excellent with chicken teriyaki!

Lorette Radclift  
Western Star Dancers

# Scalloped Tomatoes

1-215 3oz can whole plum tomatoes (progresso)  
1-14oz can water packed artichoke hearts  
1/2 C finely chopped onion  
1/4 C margarine  
3/4 t basil  
2 T (±) sugar  
Salt + pepper



Grease 1 1/2 qt Casserole. Drain tomatoes and artichokes. Rinse + quarter artichokes. Sauté onion in margarine until tender. Add tomatoes + artichokes + basil. Heat gently 2-3 minutes. Season with sugar, salt and pepper to taste. Bake in casserole at 325° 10-15 minutes or microwave until hot - allow to stand 5 minutes. Flavors to blend

Paul S. Goldberg  
Chesapeake Squares

## BORDER BEANS

Wash 2 lb. pinto beans.

Barely cover with water, and set to cook (always add boiling water to replenish).

After one hour, add 1/2 lb. (or more to taste) cut-up salt pork.

After two hours, add 6 garlic buds, cut-up.

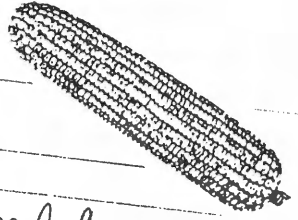
After 3 hours, add 2 tspn. oregano and 8 or 9 chilipequins, or the equivalent chili peppers or jalepeno (cut-up or mashed).

After 4 hours, add 2 tspn. salt. Tabasco sauce can also be added.

Cook one more hour. Serve hot.

Makes enough for a large group such as a backyard barbeque.

Pat Henson  
Squares Across The Border



# Carnival Twirlers Corn Pudding

Double	SINGLES
2 cans	17oz can whole kernel corn
8	4 TBS Butter
8	4 TBS FLOUR
1	1/2 tsp salt + dash of pepper
4	2 cups milk OR liquid from corn
4	2 eggs

TIP: Beat eggs first

Drain corn (use liquid with milk). Heat Butter + ADD FLOUR, salt + pepper. Stir until blended +

Remove from heat. Slowly add milk/liquid stirring constantly until mixture thickens + comes to a boil, ~~be~~ careful to keep smooth + Boil gently 1/2 min. Remove from heat. Beat eggs. Pour sauce over egg stirring constantly add corn, place in Casserole Bake 350° 40 min (until set) 6x10. round deep casserole takes longer.

TIPS: Combine liquid from corn + milk to make the required cups. When making sauce AVOID Lumps by stirring. Sauce will Burn easily use Low heat

- 1 16 oz can cooked garbanzo beans (or ½ Cup dry beans, cooked until tender and drained)
- 1 Cup cornbread crumbs
- 1 Cup pineapple juice
- 1 Cup chopped onion
- ½ Cup chopped celery
- 3 Tbsp oil
- ½ Cup chopped parsley
- 1 egg, beaten
- 1 tsp salt
- 2 pinches cayenne
- 1 Cup grated jalapeno cheese
- 10 pecans (optional)



Matthew Cooper  
Times Squares

Combine bread crumbs and pineapple juice and let them soak while you chop vegetables, beat egg, and grate cheese

Chop cooked garbanzos coarsely (do not puree) to retain nutty texture

Combine garbanzos, crumb mixture, and all remaining ingredients in order given (except pecans)

Put in an oiled loaf pan or small casserole. Top with pecans. Bake at 350°F about 40 minutes or until top is well browned. (Note that the loaf may be soft inside while hot)

Serve hot as a side dish (like stuffing). Serves 6.

Put leftovers in refrigerator; it makes a great sandwich (substitute for meatloaf)!

BOURBON SWEET POTATOES

- 8 medium sweet potatoes
- ½ stick butter (or more if necessary)
- 1 cup dark brown sugar
- 2 Tbspn. maple syrup or honey
- ½ cup fresh orange juice
- ¼ cup Bourbon
- 1 tspn. grated zest of orange



Heat oven to 450 F. Peel the sweet potatoes, and cut into fourths or eighths, depending on size. Brown well on all sides in a heavy skillet in the butter, about 20-30 minutes. DON'T BURN - the potatoes do not have to be fully cooked at this stage. Add more butter if necessary to prevent sticking. Arrange potatoes in a casserole that has a lid.

Mix the sugar, maple syrup, juice, Bourbon, and zest. Pour over potatoes. Cover casserole and bake 45 minutes. Remove cover and bake 20 minutes more, basting often.

Makes 8-10 servings.

Bill St. John  
Prime 8's

# The Main Event!

Jill's		Beef Noodle Casserole
Double	Single	
16oz	8oz	THIN (narrow) noodles
4 <del>1</del> LB	2 LB.	ground Beef
2 TBS	1 TBS	BUTTER
2 tsp	1 tsp	salt + pinch pepper
2 CAN	1 CAN	(small cans) Tomato Sauce
2 cup	1 cup	cottage cheese
16oz	8oz	Sour cream
1 cup	1/2 cup	chopped onion
2 cups	1 cup	grated sharp cheddar cheese

DIRECTIONS: WASH cooked noodles with cold water AND DRAIN. Sauté onions in Butter, Remove from PAN AND reserve  
Brown Meat, add salt, pepper + tomato sauce, simmer 10 min  
In a Bowl mix cottage cheese, onion, sour cream + cooked noodles.  
Layer noodle mixture, then meat alternating starting with noodle mixture + ending with meat on TOP. Sprinkle Thick with grated cheese  
BAKE 350° 25-30 min. single - 2qt pan  
double - 10x13 pan

Jill "Giggles" Marci  
Carnival Twirlers

MARIE'S SPECIAL  
SEAFOOD & TORTELLINI SURPRISE

Prepare:

1 pkg. of fresh tortellini, according to directions.  
(Meat tortellini is best!)

Meanwhile: Heat olive oil in a saute pan.

Quickly saute about  $\frac{1}{2}$  lb. medium-sized shrimp in a couple of cloves of chopped garlic in the oil. Set aside the shrimp and save the remaining oil.

Repeat for some Bay Scallops (about  $\frac{1}{2}$  lb.)  
Don't save this oil, along with the water.

Prepare sauce:

With a whisk at high heat, reduce the following by  $\frac{2}{3}$ ...

$\frac{1}{4}$  cup dry white wine  
 $\frac{1}{4}$  cup shallots, thinly sliced  
1 Tbspn. white wine vinegar

Bring to a boil and add:

2 Tbspn. cream  
1 stick butter ( $\frac{1}{2}$  lb), in small bits.

When butter is dissolved, remove from heat.

Add the juice of  $\frac{1}{2}$  lemon.  
Salt and pepper to taste.

Combine the tortellini, shrimp, scallops, and sauce.

Serve with parmesan cheese.

Marie Mohr  
Western Star Dancers



### Chicken Paprika

This makes an excellent dinner entree, and, true to my own self, it's pretty easy! Trust me, it's not too much paprika. And an added bonus, this keeps well on the stove if other things start to "cook" in the kitchen!

1/4 cup oil	1 green bell pepper, chopped
1/2 cup chopped onion	1+1/2 TBS paprika
1 or 2 cloves garlic, minced	1 tsp. salt
2+1/2 - 3 lbs chicken parts	3/4 cup chicken stock or broth
1 tomato, blanched & peeled	

Use a nice large pan that you can bring to the table. Sautee the garlic and onion until brown. Remove from pan and put aside. Wash & pat dry the chicken parts, then brown them in the pan. Put back the onions and add all the other ingredients. Cover and cook slowly for 30 - 40 minutes. Add more water or stock if necessary.

Gracie Kalstein  
Foggy City Dancers



## STUFFED FLOUNDER

4 lg fillets sprinkle with salt & pepper  
lay across each a crab leg or several  
shrimp, then roll up like jilly roll and  
spike with toothpic to hold together.

Place in a greased baking pan

Mix one can of cr of mushroom soup &  
1-cup frozen peas & pour over roll up's

may garnish with lemon & parsley

Cover & bake @ 350° for 30 mins

Try not to over cook or they will fall apart  
remove pic after serving.

Looks like you slaved over this dinner  
that only take a few mins.



James Mead  
Squares Across The Border

## ANNA'S FAVORITE CHICKEN

- 1 chicken, cut-up in pieces
- 1 stick of butter, and a little oil
- salt
- pepper
- 2-4 whole (or big chunks) garlic cloves
- 1 medium onion



Brown chicken in some of the butter (w/enough oil to keep  
it from burning).

Add salt, pepper, onions and garlic.

After chicken is browned, remove from pan.

Skin off onions & garlic, but save the butter & drippings.

Add:

- 1 can whole corn
- 1 pint heavy cream

Put the chicken back in the pot and simmer at low temperature  
for about 1 hour.

Serve with potatoes and a green vegetable.

Anna Damiani  
Western Star Dancers

## TOFU TAMALE PIE

Your friends will rave about this dish - experiment and change the recipe as you see fit.  
Great casserole for group events!

Saute in a 5-quart pan:

- 1 onion, chopped
- 1 medium bell (or Jalapeño) pepper, chopped
- 3 large cloves garlic, minced

Remove from heat.

Stir in:

- 2 lbs tofu, mashed well with fork
- 2 cans (16 oz each) tomatoes, broken
- 1 can (4½ oz) chopped black olives
- 2 cups kernel corn
- ¾ cup water
- 2 T chili powder
- 2 T beef-flavored bouillon
- ¾ t salt
- ¾ t garlic powder
- ½ t cumin
- ¼ t pepper
- 1 C corn meal

Bake at 350° for 45 minutes.

Remove from oven, and top with:

- 8 oz Monterey Jack cheese, thinly sliced

Return to oven for an additional 15 minutes.

Serves 6 to 8.



Melinda Napier  
Western Star Dancers

# Hawaiian BEEF

Mix - 1 CAN - PINEAPPLE (chunk or crushed)  
1 CAN - PORK + BEANS  
1 CAN - KIDNEY BEANS

DRAIN ABOVE INGREDIENTS - ADD TO LARGE  
CASSEROLE DISH.

Fry - 1 Lb - hamburger                      1 cup - Catsup  
1 ONION (chopped)                      1/8 cup - B. Sugar  
5-10 mushrooms (chopped)              2 tbsp - Vinegar  
1 tsp - Salt                                      2 tsp - dry Mustard

Pour MEAT mixture OVER BEAN - Mix WELL

BAKE 30 mins AT 350°

(CAN BE SERVED  
with RICE)

J. GAIL STEWART  
VAN. BC.

THE SQUARE DANCERS WIDOW

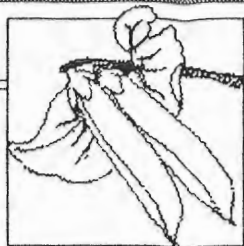
## CHILI RELLENO CASSEROLE

4 - eggs  
1 small can - evaporated milk  
1/2 # - cheddar cheese  
1/2 # - Monterey Jack  
1 large can - whole green chilis  
1 small can/bottle - salsa

Grate cheese. Put half of mixed cheese on bottom of 8 x 10 baking dish. Open chilis and lay over cheese. Mix eggs and evaporated milk and pour egg mixture over chilis. Top with remaining cheese.

Bake at 350° for 20 minutes. Pour salsa over the top and bake for an additional 10 minutes.

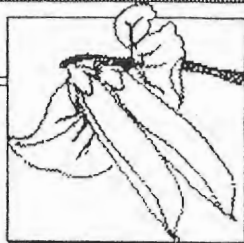
Jerry Hove  
Western Star Dancers



### ZUCCHINI CASSEROLE

1 & 1/2 lb. zucchini  
1 can cream of mushroom soup  
1/2 C grated (shredded) cheddar cheese  
1/2 C sour cream  
1 large grated carrot

1 medium onion chopped very fine  
1 small pkg. Peppridge Farm herb-seasoned stuffing  
(or coutons)  
1 stick of melted margarine  
salt and pepper to taste



### ZUCCHINI CASSEROLE

Cut unpeeled zucchini into bite size pieces. Par boil about 8 minutes. Drain well. Put squash & all ingredients (except stuffing & margarine) into bowl and mix gently.

In separate bowl, mix 1 pkg. Peppridge Farm stuffing (just as it comes from the pkg.) & 1 stick of melted margarine.

In a 2 & 1/2 qt. casserole alternate a layer of half the stuffing mix, a layer of squash mixture, and then the remaining stuffing on top. Bake uncovered at 325 degrees for 1 hour.



Marilyn Martinyak  
El Camino Reelers

# Dessert? Well, maybe...

Pecan Pie. You will need 3 eggs,  $\frac{2}{3}$  cups

Brown sugar, 1 cup Dark Corn syrup,  $\frac{1}{2}$  cup Butter

melted and  $1\frac{1}{4}$  cup pecan halves. 1 one unbaked  
pie shell.

Beat eggs slightly in mixing bowl add sugar  
Stirring until dissolved. Mix in corn syrup and  
melted butter, stir in 1 cup pecan halves. Pour

into a pastry shell, arrange  $\frac{1}{4}$  cup pecan halves on  
top place in a <sup>preheated</sup>  $350^{\circ}$  oven. Cover edges of

pie with foil to prevent over browning. For

25 mins, remove foil for edges and continue baking  
another 25 mins or until a knife inserted off center

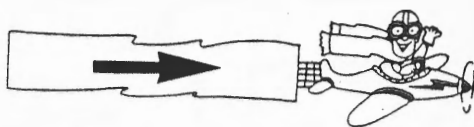
comes out clean. No Wella don't try to

do all your flatware instead of washing  
them! Cool chill if storing.

Brad Peterson  
Tinseltown Squares

## FIDDLE DIDDLES

- 2 cups sugar
- $\frac{1}{2}$  cup margarine or butter
- $\frac{1}{2}$  cup milk
- $\frac{1}{4}$  Tbsp. cocoa
- $\frac{1}{4}$  tsp. salt
- 1 tsp vanilla
- 3 cups rolled oats



Variations: Substitute 1 cup Rice Krispies for 1 cup rolled oats.  
Add 1 cup fine cocoanut or  $\frac{1}{2}$  cup coarsely chopped nuts.

## LOW-IN-EVERYTHING-EXCEPT-TASTE COOKIES \* (JANE - RUSSELL-TYPES- SPECIAL)

- 2 EGG WHITES
- $\frac{1}{3}$  CUP DARK BROWN SUGAR
- 2 SWEET 'N' LOW PACKETS
- 1 TEASPOON UNSWEETENED COCOA
- (OPTIONAL - 1 TSP. CHOCOLATE FLAVORED NO-CAL SYRUP)

HEAT OVEN TO 250° F AND COVER A COOKIE SHEET WITH BROWN PAPER FROM A GROCERY BAG.

- ~ BEAT THE EGG WHITES UNTIL STIFF AND DRY.
- ~ GRADUALLY ADD THE BROWN SUGAR, SWEET 'N' LOW AND COCOA WHILE CONTINUING TO BEAT.
- ~ ADD THE CHOCOLATE FLAVOR AND BEAT ANOTHER 30 SECS.
- ~ DROP THE MIXTURE BY SPOONFULS ONTO THE COOKIE SHEET OR SHAPE WITH PASTRY BAG AND TUBE.
- ~ BAKE ABOUT 45 MINUTES UNTIL CRISP AND DRY.
- (MAKES APPROX. 30 COOKIES)

\*NOTE - THESE MERINGUES ARE VERY LOW IN SODIUM, FATS AND CHOLESTEROL AND HAVE ONLY, GASP, ELEVEN CALORIES EACH.

- BARRY SCHILLER  
TIMES SQUARES

Method:

Mix sugar, margarine/butter, and milk in a large saucepan.

Bring to a boil, cook for 2 minutes, stirring constantly. Remove from heat, and add cocoa, salt, vanilla, and rolled oats.

Drop by teaspoonfuls onto waxed paper. Cool until set.

James P. D'Hont  
Squares Across The Border

## Hellina HANDBAG'S Foolproof Cheese CAKE

Preheat oven to 300°

Melt  $\frac{1}{4}$ C BUTTER, Pour over 20 crushed  
Arrowhead Baby Crackers or Graham  
Crackers

PAT firmly into bottom of 9" Springform  
pan.

With electric mixer:

Beat: 2 (8oz) packages Cream Cheese

Add: 1C SUGAR

4 LARGE EGGS - 1 at a time, beat well

2 t VANILLA

When Creamy - pour over crust. Bake  
at 300° 45-60 minutes - until  
Bubbly and ALMOST set in the  
middle when you jiggle it. Do Not  
Brown.

Remove from oven & cover with the following,  
mixed well:

1 (8oz) Carton SOFT Cream

2 TBS SUGAR

1 t vanilla

Bake an additional 70 minutes <sup>Cool on Rack</sup> <sub>warmer</sub> <sub>COLD</sub>

Hellina Handbag  
Times Squares

## Peanut Butter Fudge

### ingredients:

- 1 box brown sugar
- 1/2 cup water
- 1/4 stick of margarine
- 1 ladle peanut butter



Butter a plate or cookie sheet to pour fudge into. Cook brown sugar and water in a skillet until mixture drips from a spoon with the consistency of a hair. Then melt in margarine. Turn off heat and stir in peanut butter. Pour fudge on a plate or cookie sheet before it hardens.

Wally Straughn  
The Wilde Bunch

### SPEEDY CHEESECAKE PIE

#### 1) Graham Cracker Pie-Crust:

Either store-bought, or 1/2 cup graham cracker crumbs, mixed with 2 Tbspn sugar and 1/4 stick melted butter. Pat into a 10" pyrex pie pan

#### 2) Preheat oven to 325 F.

3) Beat 2-8 oz. Philly Cream Cheese (at room temperature) until fluffy. Continue beating and...

4) Gradually add 1/2 cup sugar

5) Add 4 eggs, one at a time - beat well after each.

6) Add 1 Tbspn. lemon juice, and 1 tspn. vanilla.



# The Official Nanaimo Bar Recipe

## Bottom Layer:

- ½ cup (125 mL) butter
- ¼ cup (50 mL) granulated sugar
- ⅓ cup (75 mL) unsweetened cocoa powder
- 1 teaspoon (5 mL) vanilla
- 1 egg
- 1 cup (250 mL) finely shredded coconut (unsweetened)
- 2 cups (500 mL) graham wafer (cracker) crumbs
- ½ cup (125 mL) chopped walnuts

## Filling:

- ¼ cup (50 mL) butter
- approx. 2 tablespoons (25 mL) milk
- 2 tablespoons (25 mL) vanilla custard or pudding powder\*
- 2 cups (500 mL) sifted icing sugar

## Top Layer:

- 2 squares unsweetened chocolate or 2 ounces (60g) semisweet chocolate
- 1 tablespoon (15 mL) butter

Bottom Layer: In saucepan over low heat, melt butter; add sugar, cocoa, vanilla and egg. Cook stirring, over medium heat until mixture thickens slightly, about a minute. Remove from heat and stir in coconut, crumbs and walnuts. Pat firmly into a buttered 9-inch (2.5 L) square pan. Refrigerate for at least an hour.

Filling: In medium bowl, cream butter; beat in milk, custard powder and icing sugar. If too thick to spread, add another teaspoon (5 mL) milk. Spread over first layer and refrigerate until firm.

Top Layer: In dish set over hot water or in microwave using low power, melt chocolate and butter. Spread over filling. Before chocolate hardens completely, mark out squares. Refrigerate or freeze. Makes about 24 squares.

—Courtesy of Greater Nanaimo Chamber of Commerce

\*If custard powder is not available, substitute 2 tablespoons (25 mL) instant vanilla pudding mix, but the result will not be official.

Wella Balsam  
Squares Across The Border

7) Pour into pie crust and bake 30-35 minutes

\*\*\*You still want a wet glossy top surface towards the middle, don't overbake.

8) Mix by hand with a rubber spatula:

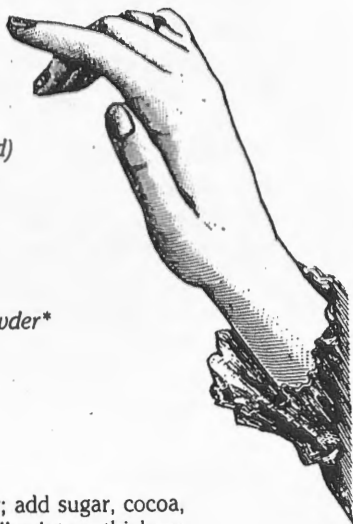
- 2 cups sour creme
- 2 Tbspn. sugar
- 1 tspn. vanilla - Pour over the bottom layer.

9) Bake 10 minutes longer

10) Cool to room temperature, cover with saran wrap and refrigerate.

Great by itself, or topped with sliced strawberries, or kiwi..

Art Katz  
Prime 8's



# SEX-IN-A-PAN

VERY-VERY-VERY - SINFUL, !!!  
BUT VERY-VERY-VERY - GOOD!

## BASE:

- $\frac{1}{2}$  C. MARG
- 1 C. ALL-PURP. FLOUR
- $\frac{1}{4}$  C. SUGAR.

## FIRST LAYER:

- 1 PACKAGE (500g) CAM. CHEESE, ROOM TEMP.
- $\frac{1}{2}$  C. ICING SUGAR
- 1 (500ML) TUB COOL WHIP

## SECOND LAYER

- 3C. MILK
- 1 (170g) PKG. INSTANT CHOCOLATE PUDDING MIX
- 1 (135g) PKG. VANILLA INSTANT PUDDING MIX

## THIRD LAYER:

- 1 (250-ML) CONTAINER WHIPPING CREAM, WHIPPED
- 12 CHOCOLATE WAFERS, COARSELY CRUSHED

### METHOD:

CUT MARG INTO FLOUR AND SUGAR  $\bar{c}$  A PASTRY BLENDER, MIXTURE SHOULD RESEMBLE FINE CRUMBS. PRESS INTO 10" SPRING FORM PAN. BAKE AT 325° F. FOR 25 MIN. COOL.

FOR FIRST LAYER, BEAT TOGETHER CAM. CHEESE AND ICING SUGAR UNTIL SMOOTH. STIR IN COOL WHIP. SPREAD ON BASE.

FOR SECOND LAYER, MEASURE MILK INTO BOWL. ADD PUDDING MIXES AND BEAT UNTIL WELL BLENDED, ABOUT 2 MIN. SPOON OVER CREAM CHEESE LAYER.

FOR THIRD LAYER, SPREAD  $\bar{c}$  WHIPPED CREAM AND SPRINKLE  $\bar{c}$  CHOCOLATE WAFER CRUMBS. MAKES 16-18 SERV. AS THIS DESSERT IS QUITE RICH

KEN VOLK  
SQUARES ACROSS THE BORDER

## LINCOLN-LEE PUDDING

Boil together in flat pan (12"x2" round):

- 1 cup brown sugar
- $1\frac{1}{2}$  cup (scant) water
- 1 cube butter or margarine...

Meanwhile, mix together:

- |                          |                                  |
|--------------------------|----------------------------------|
| $\frac{1}{2}$ cup flour  | $\frac{1}{2}$ cup nut meats      |
| $\frac{1}{4}$ tspn. salt | $\frac{1}{2}$ cup dates (cut-up) |
| $\frac{1}{2}$ cup sugar  | $\frac{1}{2}$ cup milk           |
| 1 tspn. baking powder    |                                  |

Drop this batter into boiling brown sugar mixture, like dumplings. Bake at 400-450° F, about 20 minutes.

Serve warm, or cold with whipped creme. Serves 8.

Larry Fritts  
Midnight Squares  
Western Star Dancers

# And...



## MICROWAVE CARMELCORN

2 quarts freshly popped corn	$\frac{1}{4}$ tspn. salt
$\frac{1}{2}$ cup brown sugar	$\frac{1}{4}$ tspn. soda
$\frac{1}{4}$ cup margarine	$\frac{1}{4}$ tspn. vanilla
2 Tbspn. dark corn syrup	

Place popped corn in a 4-6 qt. dish. Combine suagr, margarine, syrup and salt, and microwave (HIGH) for  $1\frac{1}{2}$  minutes; stir, then microwave more (HIGH) for 2-2 $\frac{1}{2}$  minutes. Add soda and vanilla. Stir well. Pour immediately over popcorn, stirring to coat evenly. Microwave (HIGH) for 2 minutes, stirring midway through cooking. Turn out onto foil to cool. Break into pieces, and store in airtight container.

Kathleen Rooney  
Gaslight Squares  
Puddletown Squares

## Sybil's Recipe for Sour Grapes

*Special*

### Ingredients

- 1 - Sybil in stunning outfit
- 6 to 100 - dreary drag queens in pathetic imitations of Sybil's stunning outfit

Place 6 to 100 dreary drag queen in large dance hall - add 1 Sybil in stunning outfit  
*viola!*  
-sour grapes (6 to 100 depending on how many drag queens used)  
some chilled

Sybil Presley  
Western Star Dancers

SUMMER TOMATO  
MEDITERRANEAN SANDWICH



Thick sourdough crusty bread  
Ripe juicy tomatoes  
Capers  
Fresh Basil  
Salt & Pepper  
Olive Oil & Vineagar

Pour oil, vineagar, salt & pepper in your plate. Mix it all up. Soak bread slices in it, and rub tomato halves onto it. Add capers and basil, and BITE INTO SANDWICH!!!

George Xuereb  
Squares Across The Border

April 1, 1989

Wella Balsam  
1868 William Street  
Vancouver, BC  
Canada V5L 2R6

**MELT AWAY  
INCHES!**

Dear Ms. Wella:

I can't tell you how excited I am that someone else shares an interest in our culinary heritage (no relation to Jim & Tammy) and would see to it that it is put down, in writing, but maybe I just did!

Anticipating the poundage we'll all be putting on after the publication of your cookbook, I have taken the liberty to include my very own version of a sure fire, tried and true, diet plan that I call "Fit To Be Tied Guide to Gay Square Dance Dieters Dieting Regime".

This puts the DIE back in diet and is designed to help you cope with the stress that can build up during the day or lunar cycle.

Please check with your hairdresser before starting any diet and follow as carefully as possible. Don't worry about falling off this diet because you can restart it at any time without beginning from scratch and pick up where you last left off.

This Diet is dedicated to the Florida Mustangs because of their excessive example to the rest of us on what exercising your elbows can do for you.

Yours in Crinoline in the Kitchen,

CoraMae

P.S. Are there any other beverages in the state of Florida besides BEER?

CoraMae Svelt  
Times Squares Renegade Brigade

Here is a page out of my upcoming revolutionary Diet Plan book to introduce you to the fabulous world of wallet weight reduction.

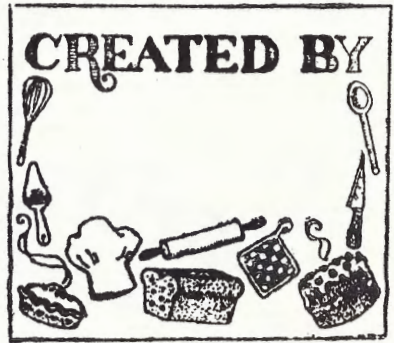
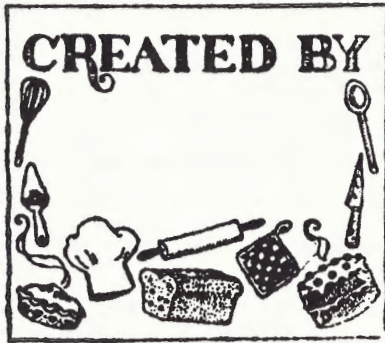
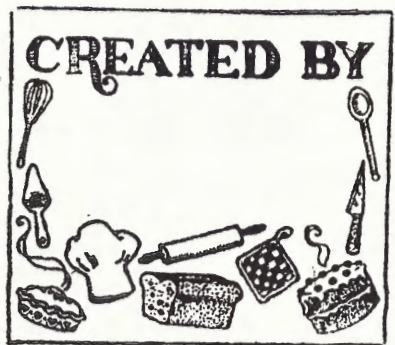
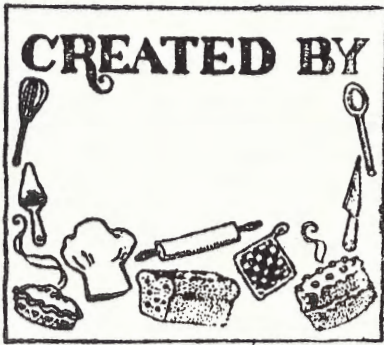
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<u>Breakfast</u>	1/2 grapefruit 1 slice whole wheat toast (burnt & dry) 8 oz skim milk
<u>Lunch</u>	4 oz lean broiled chicken breast 1 cup steamed spinach 1 cup herb tea 1 Oreo cookie
<u>Mid Afternoon</u>	Remainder of the Oreos in the package 2 pints double fudge ice cream 1/2 jar hot fudge sauce with nuts whipped topping of choice (marshmallow or whipped cream)
<u>Dinner</u>	2 loaves garlic bread w/ cheese large pizza with sausage, pepperoni & extra cheese 4 bottles or 1 large pitcher of beer (cans are high in calories) 3 Milky Way or Snickers candy bars
<u>Evening News</u>	entire frozen cheesecake but only in supine position

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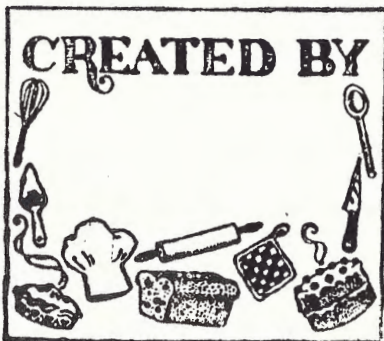
There are special rules for this diet that allow for lapses in will-power.

1. If you eat something and no one sees it, it has no calories.
  2. Saccharine cancels calories. Put NutraSweet on your frosted MiniWheats to avoid those extra pounds!
  3. Always eat a little less than your dining partner and you can subtract their calorie count from your meal. (Newton's law of inverse reactions)
  4. Food used for medicinal purposes NEVER counts: such as hot chocolate (consolation), hot buttered rums (catarrh) and Sara Lee cheesecake (divorce).
  5. Movie related foods do not have additional calories because they are part of the entire entertainment package and not considered part of one's personal fuel such as the pizza you polished off before arriving.
  6. Cookie pieces contain no calories. The trauma of breakage causes severe calorie leakage.
  7. Things licked off a knife or spoon have no caloric value. This does not include lowfat cottage cheese, only mayonnaise or peanut butter & jelly.
  8. Foods that have the same color have the same number of calories.  
Examples are:
    - spinach or pistachio nut ice cream
    - mushrooms or white chocolate Easter bunnies.
- Note: Chocolate is a UNIVERSAL color and may be substituted for any other food color.
9. For balanced health you should include one from the four Major food groups into every snack attack you have.  
Examples:
    - Dairy - bacon chive cheese dip
    - Starch - onion flavor potato chips or Rice Crispy bars
    - Seafood - microwave fish sticks or clam juice cocktail
    - Meat - Chicken McNuggets or malted milk balls for you vegetarians (see note on chocolate)
  10. Finally, avoid gyms; if you stay away from underweight people you don't look so heavy.
  11. If all else fails take a purge.



## **COPY, COLOR, & CUT!!**

Some little "somethin's" to make yer efforts  
in cookin' an' bakin' a little more fun,  
when y'all give to yore firends an family!





CREATED BY



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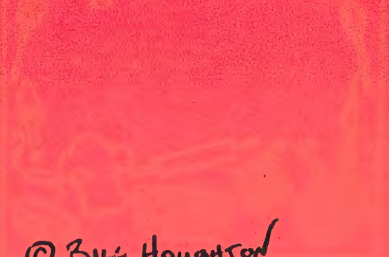
I BAKE  
A DANDY  
CAKE, TOO



COPY, COLOR, & CUT

Draw, color, and cut out the faces of the people in the picture. Use the words on the cards to make a story. Write the story on the back of the cards.

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1989