

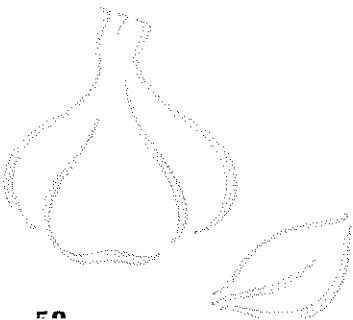


Main Dishes

Chicken to Keep the Gods at Bay *Jeanie Gillespie*

- 1 chicken cut-up, or use any pieces you like
- 1 cup dry vermouth
- 4–5 large heads of garlic, separated into cloves,
but don't peel cloves, just remove papery outside
- Pinch of tarragon and pepper

Brown chicken pieces. Add wine, tarragon and pepper. Bring to boil, then add garlic. Cover and cook for 45 minutes to an hour. When done, serve with bread and squeeze garlic out on it and eat. Chicken is almost incidental.



Pagan Cornish Pasties *Annie Laurie Gaylor*

Filling

- 6 cups potatoes, cut in small wedges
- 2 cups diced rutabaga
- 1½ lb sirloin tip, cubed, or round steak
- ½ cup chopped onion
- 3 Tbsp butter (or more)
- 1 Tbsp salt
- 1 tsp black pepper

Crust

- 3 cups flour
- 1 cup butter-flavored vegetable shortening
- 1 egg
- 1 tsp salt
- 1 cup ice water

Make crust by mixing flour, salt, cutting in shortening. Lightly beat egg, add enough water to make one cup, add to mixture. Chill in plastic wrap one or more hours. Preheat oven to 400°.

Mix all ingredients for filling (except butter). To make 6 extremely generous pasties, divide dough into six equal parts. (Or make up to 12 petite pasties by dividing into 12 portions.) Roll out each portion on floured surface to a circle about 8 inches. Apportion filling by placing on top half of each circle of dough. Dot half a tablespoon of butter over each portion, and fold dough over it, pressing to seal like you seal a pie. Bake on cookie sheets for 15 minutes at 400°, then reduce heat to 375° and bake about half an hour. Yum! Kids will eat this with ketchup; grown-ups prefer a sweet salsa or chili sauce. Don't skimp on butter when preparing or it may be dry. Left-over filling can be cooked in covered dish alongside pasties.

Hungarian Archbishop's Creole *Bette Chambers*

Heretically simple and tasty.

Steal two young fryers from the Archbishop's backyard coop. In a very large skillet (15- to 20-inch), sauté the breast meat until browned. (Use other edible parts in a later recipe.) Add $\frac{1}{2}$ to $\frac{2}{3}$ cups water, cover, and simmer for 40 minutes until very tender. Remove breast meats, set aside to cool. Then remove bone and skin, and separate meat into strips for later use.

In the same skillet, add to the drippings and sauté:

- 1 or 2 large, sweet onions, cubed
- 2 green peppers, chopped
- A handful of fresh bean sprouts
- 3 large Bok Choy leaves and stems, chopped

In a separate pan, prepare $1\frac{1}{2}$ cups of any variety of rice. Add saffron if desired for color. Add to sauteed ingredients in the skillet:

- 1 can (15-oz) okra, drained
- 1 can (12- to 15-oz) artichoke halves or quarters, drained
- 1 can (15-oz) spiced stewed tomatoes
- 1 can (15-oz) tomato sauce,
or 1 can (8-oz) tomato paste
- 10–20 ripe black olives

Stir and add seasonings:

- 2–3 heaping Tbsp Madras curry powder, or your own curry mixture
- A pinch of black pepper. (Salt is unnecessary, as canned veggies have enough)

When skillet mixture is thoroughly heated and has simmered for ten minutes, stir, then top with strips of the cooked breast meat.

Without saying “Grace,” or permitting anyone else to, serve at table by spooning directly onto mounds of the cooked rice on heated plates. Top each serving with a teaspoon of East Indian Chutney.

Alternative: Add cooked rice to final cooking in skillet, place in insulated “Thermos” type carrier, and take to a Freethinkers’ picnic. Don’t forget the chutney!

Serves 8 atheists.

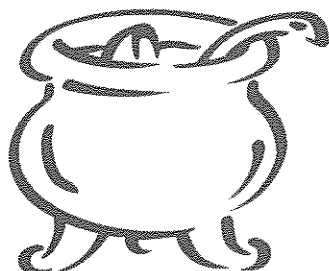


Boom Boom Knale *Flo Ninelles*
(pronounced keh-NAIL)

This heirloom recipe was brought from Bromberg by a Roman Catholic Austrian who settled in Ohio. When her daughter eloped with a German Lutheran, she banned the daughter from her home. After she relented ten years later, her daughter chose to remember her recipe for knale and to forget her recipe for religion.

- 1½ lb chuck beef, finely ground
- 1 small onion, minced
- 2 medium garlic cloves, minced
- 2–3 eggs
- 2 small potatoes, boiled and chopped with a knife
- 2 cups flour
- Milk
- Broth made from piece of lean boiling beef
or beef soup bone

With a light, freethinkers' touch mix ground chuck, onion, potatoes, garlic and a little salt and pepper. Add a small amount of milk, enough to make small balls of dough. Drop balls into boiling broth, and boil for 20 minutes. Serve in soup bowl, ladling broth over like a sauce. Traditionally accompanied by gherkins or sweet pickles, and coleslaw.



Tourtiere *Annie Laurie Gaylor*
(Pork Pie)

This Quebecois classic came to me courtesy of Blodwyn Piercy, editor of the Humanist In Canada.

- 1 lb raw pork, minced
- 1 small onion, diced
- 1 small garlic clove (optional)
- $\frac{1}{2}$ tsp savory
- $\frac{1}{2}$ tsp salt
- $\frac{1}{4}$ tsp celery salt
- $\frac{1}{8}$ tsp pepper
- $\frac{1}{4}$ tsp cloves
- $\frac{1}{2}$ cup water
- Breadcrumbs ($\frac{1}{2}$ cup dried or 1–2 cups fresh)
if necessary

Combine ingredients. Bring to boil in heavy pot. Cook uncovered 20 minutes or long enough to remove pink, and reduce water, stirring frequently. Mixture should be damp, not watery. Add breadcrumbs if needed. Cool. Place in uncooked double pie shell. Bake 400° for 20 to 25 minutes.

Chicken or Veal Picata *Jo Kotula*

- 4 chicken breast halves or 4 pieces of thin veal
- 1 egg, beaten
- 1 cup chicken broth
- 3 Tbsp capers
- ½ stick sweet butter
- Juice of ½ lemon
- Flour for dredging
- Salt and pepper to taste
- Lemon or lime slices
- Parsley for garnish

Pound the meat until it is relatively thin. Salt and pepper to taste. Dip in flour and then in beaten egg. Sauté slowly in butter, or use olive oil. After both sides are nicely browned, and the meat is done, place on a platter in a warm oven.

In the same skillet simmer one cup chicken broth until about ⅔ cup remains. Add capers, lemon juice and pour over meat. You may garnish with thin slices of lemon or lime and add parsley.

As an alternative for chicken broth, dissolve 2 cubes of bouillon in white wine.

Sweet & Sour Atheist Chicken *Paul Gaylor* (All chickens are Atheists)

Cut one pound or so of boneless chicken breast into one-inch chunks. Marinate 1–3 hours in one cup orange juice mixed with 2 tablespoons of soy sauce. Drain, salt lightly, and flour. Brown in a skillet in a mixture of butter and shortening over medium heat. Continue cooking for 15 minutes in a baking dish in a 325° oven. While chicken bakes, make sauce:

- 1 can pineapple chunks
- ¼ cup pineapple juice (or water)
- ⅓ cup light brown sugar
- ¼ cup wine vinegar
- 1 Tbsp soy sauce
- 2 Tbsp cornstarch
- 1 medium onion, sliced

Cook together in saucepan on medium-low until mixture thickens, stirring often. Add several strips of green pepper and pour over chicken in baking dish. After 10–15 minutes add one large tomato cut in 10–12 pieces. Bake for another 10–15 minutes and serve over rice.

Rice

Mix one cup long grain white rice with 2 cups water, a dollop of butter or olive oil and a heaping teaspoon of Herb Ox chicken granules. Bring to a boil, turn down to simmer, cook and cover 15 minutes. Remove from heat and let stand 10 minutes with cover on.

If it's a hot day you can skip the oven and do the whole dish on top of stove.



Wisconsin Spaghetti *Paul Gaylor*
(Sabrina's Favorite, Non-garlic)



- 4 large fresh tomatoes, peeled
- 1 rib celery, sans leaves
- 1 carrot, peeled
- 2 small onions, peeled
- 1 parsnip, peeled (nice, if you have it)
- 1 tsp salt
- 3 tsp sugar

Liquefy above in electric blender. Place in large sauce pan, bring almost to boil, reduce heat to simmer and cover.

- 1½ lb ground round or very lean ground beef
- 1 onion, finely chopped
- 1 rib celery, chopped
- 1 can (8-oz) tomato sauce
- ½ cup water
- 1 Tbsp wine vinegar
- Sugar to taste
- 1 tsp basil
- 1 cup fresh mushrooms, sliced
- 1 small green pepper
- Salt and pepper to taste

Brown meat, chopped onion and chopped celery in a frying pan. When browned season lightly with salt and pepper. Add to ingredients in sauce pan. After simmering together an hour, add vinegar, sugar, basil, finely chopped green pepper and canned tomato sauce to sauce pan. Bring back to simmer and simmer one-half hour. Add a little water, if needed.

Sauté one cup sliced fresh mushrooms in lemon-butter. Add to sauce pan and simmer one-half hour more. Add salt and pepper to taste. Serve with one pound cooked spaghetti or pasta of your choice.

Serves 6.

Chicken Salad with Rice and Cashews *Catherine Fahringer*

- 3 cups chicken, cooked
- 3 cups rice, cooked, cooled
- 1½ cups celery, sliced
- ½ cup green onions, sliced
- ¾ cup coarsely chopped cashew nuts
- 1 tsp curry powder
- ½ tsp white pepper
- 1 cup mayonnaise
- 1 can (15½-oz) sliced pineapple; drain and reserve
one-fourth cup of the syrup
- 2 tsp lime juice
- Salt to taste
- Lettuce

Mix chicken, rice, celery, onions and cashews in a large bowl. Set aside. Blend seasonings with mayonnaise, ¼ cup pineapple syrup and lime juice. Pour over chicken mixture and toss lightly; chill. Arrange pineapple slices on a bed of lettuce and top each with a mound of salad. If desired, garnish with tomato wedges. Sour cream may be substituted for about ⅓ of the mayo, if you like.

Serves 6.

Chicken Salad With No Religious Nuts *Dan Barker*

- 2–3 cups chicken, cooked, bite-size pieces
- 1 large apple, tart, peeled, diced
- 1 cup seedless red grapes, cut in half
(substitute: peach, nectarine)
- 1 cup chopped celery
- ½ cup chopped nuts (almonds or walnuts)
- ¼ cup mayonnaise
- 1 Tbsp lime juice
- 1 Tbsp honey
- Salt
- Pepper

Combine chicken, apple, grapes, celery, nuts in a bowl. Combine mayonnaise, lime juice, honey in small bowl, blend well. Add salt and pepper to taste. Mix into salad and toss until evenly coated.

Suggestion: Serve on a bed of lettuce, or on cantaloupe.

Serves about 4 people.



Asian Salad *Kelly Dennis*

*The preparation for this salad takes about one hour, give or take.
Everyone seems to like it.*

Dressing

- $\frac{3}{4}$ cup oil
- $\frac{1}{4}$ cup rice wine vinegar or white vinegar
- 2 Tbsp soy sauce
- 2 Tbsp peanut butter
- $\frac{1}{4}$ – $\frac{1}{2}$ tsp pepper
- 2 garlic cloves, minced

Salad

- 2 Tbsp oil
- 2 whole chicken breasts, cut into small strips
- $\frac{1}{4}$ tsp garlic salt (or fresh cloves)
- 4 or 5 fresh carrots, peeled, sliced, and steamed 3–4 min
- $\frac{1}{2}$ cup fresh bean sprouts (optional)
- $\frac{1}{3}$ cup thinly sliced green onions
- Stalk of broccoli, washed, sliced, and steamed
3–4 minutes
- Lettuce torn, as much as desired to make salad
- Tomato wedges
- Fresh cilantro (optional)

Use blender or processor to mix dressing. Cook chicken strips in oil with garlic salt. Prepare ingredients separately and then combine. Serve with dressing on the side.

Penne Gorgonzola *Shelly Johnson*

- 1/4 cup olive oil
- 2 Tbsp garlic, chopped
- 1/4 cup chopped red onion
- 1 Tbsp basil /oregano mix
- 2 tomatoes, chopped
- 1 cup sliced mushrooms
- 6–8 oz pasta, cooked
- 1/4 cup liquid from cooked pasta
- 1/3 cup romano cheese, crumbled
- 1/3 cup gorgonzola, crumbled
- Salt and pepper

Sauté chopped garlic in olive oil for 3–5 minutes. Add onion and basil /oregano mix and cook 3–4 minutes longer. Add chopped tomatoes and cook 3–5 minutes more. Add sliced mushrooms, pasta liquid, salt and pepper and simmer 5 minutes.

Toss sauteed ingredients in large bowl with penne noodles. Mix in cheeses until slightly melted.

Convalescent's Casserole *Sara Bryant*

This dish is bland and digestible, but very nutritious.

- 3 cups chicken, diced, cooked
- 1 cup cooked rice
- 2 cups soft bread crumbs
- $\frac{1}{3}$ cup diced celery
- $\frac{1}{4}$ cup chopped pimento
- 4 eggs, beaten
- $\frac{1}{4}$ tsp poultry seasoning
- 2 cups chicken broth
- Mushroom sauce
- Salt to taste

Combine chicken, rice, bread crumbs, celery and pimento. To beaten eggs add salt, poultry seasoning and chicken broth. (A substitute for fresh broth is two bouillon cubes dissolved in two cups of hot water.) Stir into chicken mixture. Bake in a buttered baking dish (9 × 9) in moderate oven about 55 minutes. Cut into squares and serve with mushroom sauce.

Add sauteed fresh mushrooms to a cream sauce, or condensed mushroom soup diluted with one-third cup of milk and heated will do if fresh mushrooms are absent. Peas may be added to the sauce.

Szechwan Beef With Broccoli *Bob Nentwich*

- 1 lb flank steak, shredded to the size of wooden matches
- 1 egg white
- 1 Tbsp cornstarch
- ½ cup shredded green pepper
- 1 cup fresh broccoli, cut into bite-size pieces
- 2 Tbsp fresh ginger root, chopped very fine

Sauce

- 2 Tbsp soy sauce
- 2 Tbsp sherry wine
- 1 tsp chili paste with garlic (available in Oriental markets)
- 1 tsp sugar
- ¼ cup beef or chicken stock

Blend sauce ingredients together with wire whisk. Set aside.

Combine beef with cornstarch and egg white. Mix with hand.

Heat one cup oil to 400° in wok or frying pan. Stir-fry beef one minute. Remove by draining through strainer. Reheat oil and stir-fry beef for one more minute. Drain again and set aside.

Clean residue from wok. Heat 2 tablespoons oil to 400°. Stir-fry vegetables and ginger root for one minute. Add beef. Increase heat to 425°. Add sauce mix and stir fry one more minute.



Infidel Enchiladas *Ed and Maria Susterich*

- 1 lb of ground lean beef
- 1 package. (10-oz) corn tortillas
(approximately 12 tortillas)
- 1 can (11-oz) mild enchilada sauce
- 1 medium onion, chopped into small pieces
- ½ cup chopped green peppers
- 2 cups cheddar cheese, shredded
- ¼ tsp cumin
- ¼ tsp oregano
- ½ tsp garlic, more if desired
- Salt and pepper to taste

Tortillas

In a pan heat 2 tablespoons cooking oil and dip tortillas to soften, a few seconds on each side, one at a time.

Sauce

In a medium size pan, heat enchilada sauce with added ⅔ cup of water. Salt and pepper to taste, and add a dash of cumin and garlic.

Beef Filling

In a separate pan put ground beef and remainder of all ingredients (except cheese). Cook until well done.

Filling the Tortilla

In a plate, spread a few tablespoons of the prepared sauce. Then spread a tortilla and top it with a tablespoon or two of the meat mixture, one tablespoon of the sauce, and about one tablespoon of cheese.

Next, roll up the filled tortilla and place it seam side down in a 13 × 8 × 2 pan. Repeat this procedure until all the rolled-up, filled tortillas are placed in the pan. Pour over the rest of the enchilada sauce and top with rest of cheese.

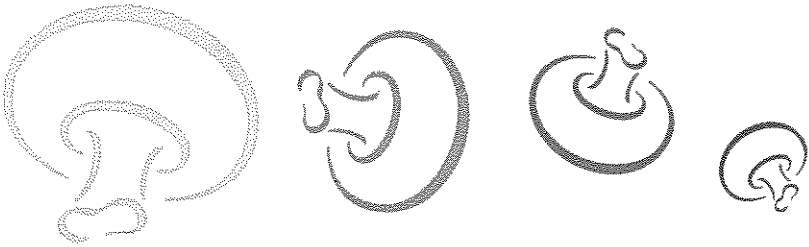
Bake

Bake at 350° about 20 minutes, or longer. Top each serving with sunny side-up egg or sour cream, as desired.

Baked Chicken in Sour Cream *Terri Crowley*

- 4 chicken breasts
- 1 cup fresh mushrooms
- 1 can mushroom soup
- ½ cup of sherry
- 1 cup sour cream
- Paprika

Arrange chicken in shallow baking dish so pieces do not overlap. Cover with mushrooms. Combine soup, sherry, and sour cream, stirring until blended. Pour over chicken, covering it. Dust with paprika. Bake at 350° for 1½ hours. Oh Boy!



Harold's Famous Lasagna *Harold Slatore*

- 1 1/4 lb very lean ground chuck
- 3 cans (15-oz) tomato sauce
- 2 medium onions, chopped
- 6 cloves garlic, minced
- 1 bell pepper, chopped
- 4 Tbsp olive oil
- 1/2 tsp marjoram
- 2 tsp oregano
- 3 bay leaves
- 1 Tbsp basil
- 2 tsp parsley flakes
- 1/4 tsp whole rosemary
- 1/4 tsp whole thyme
- 1 tsp dijon mustard
- 1 tsp worcestershire sauce
- 2 tsp sugar
- 1 tsp salt
- 1 tsp grated sapsago cheese
- 1/4 tsp ground cumin
- 1/4 tsp ground allspice
- 1/4 tsp ground nutmeg
- 1 cup water
- 8 oz mushrooms, quartered
- 8 oz lasagna noodles
- 1 1/2 lb shredded mozzarella cheese
- 1 lb ricotta cheese
- 4 oz grated parmesan cheese

Brown meat in olive oil. Add bell pepper, onion, and garlic. Sauté until onion is limp, stirring occasionally. Add mustard, worcestershire, marjoram, oregano, bay leaves, basil, parsley, rosemary, thyme, cumin, allspice, nutmeg, and mushrooms. Brown one or 2 minutes. Stir in tomato sauce, water, sugar, salt, and sapsago. Simmer 4 1/2 hours.

While sauce simmers, grate mozzarella. Cook noodles in 6 quarts boiling, salted water and drain. Rinse noodles in cold water to prevent sticking.

In buttered, 13 × 9 pan layer as follows: Sauce, noodles, spoons of ricotta, sprinkle of parmesan. Repeat to form 3 layers, ending with cheese. Bake at 350° about 45 minutes, until cheese just starts to brown. Let stand 10 minutes before serving.

Pygmalion Cabbage Pie *Annie Laurie Gaylor*

This is reputed to have been one of George Bernard Shaw's favorite dishes!

- 1 medium white cabbage
- 3 Tbsp butter
- 2 eggs, hard-boiled
- ½ cup cheddar cheese, grated
- 2 Tbsp milk
- 1 egg yolk
- Double pie-crust

Melt butter in large saucepan. Add finely shredded cabbage to butter, and sauté gently for 5 minutes. Line 9-inch pie dish with pastry. Put one layer of sliced hard-boiled egg, then layer of cabbage, salt and pepper, then layer of cheese. Repeat layers once more. Cover pie with remaining pastry. Brush top with a little milk mixed with egg yolk. Bake at 350° for 25–30 minutes.



Mulligatawny *Eva Jackson*

From the Tamil word, "milakutawni" (pepper-water)

- 1 cup (8-oz) yellow peas
- 5 cups stock
- 1 parsnip, finely chopped
- 1 large onion, finely chopped
- 4 peppercorns
- 1 Tbsp olive oil
- 1 bay leaf
- 1 tsp curry powder
- 1 Tbsp soy sauce
- 1 Tbsp fresh lemon juice
- Garam masala (below)

Sauté parsnip and onion until onion is browned in the oil. Mix in the garam masala and curry, and cook for a few minutes more, stirring constantly, being careful it doesn't burn.

Slowly pour in the stock and peas. Add peppercorns and bay leaf, and bring to a boil. Simmer gently one hour. When peas have reduced to a puree, remove bay leaf and season with lemon juice and soy sauce. Beat lightly with a fork to give a light/smooth texture.

Serve over rice. Serve relishes on side: raisins, chopped apple, coconut. Serve like curry.

Garam Masala (homemade curry)

- 4 tsp finely chopped onion
- 1 tsp ground turmeric
- $\frac{1}{4}$ –1 tsp cayenne pepper
- $\frac{1}{2}$ tsp ground ginger
- $\frac{1}{4}$ tsp finely chopped garlic
- $\frac{1}{2}$ tsp ground coriander
- $\frac{1}{4}$ tsp ground cumin

Pound all ingredients together to a paste.

Easy Hamburger Quiche *Terri Crowley*

- 1 pastry shell (9-inch), unbaked
- ½ lb ground beef
- ½ cup real mayo
- ½ cup milk
- 2 eggs
- 1 Tbsp cornstarch
- 1½ cup chopped cheddar or swiss cheese
- ⅓ cup sliced green onion
- Dash pepper

Brown meat. Drain, set aside. Blend next four ingredients until smooth. Stir in meat, cheese, onion, and pepper. Turn into pastry shell. Bake at 350° for 35–40 mins or until golden brown on top and knife inserted in center comes out clean.

Add mushrooms to this, too!

Hearty Bean Bake *Betty Bell*



- 4 cups canned baked beans
- 1 apple, chopped fine
- ¼ cup raisins
- ¼ cup chopped onion
- ¼ cup brown sugar
- ¼ cup sweet relish
- 1 Tbsp prepared mustard
- ¼ cup catsup

Mix altogether and bake in a covered casserole in a slow oven (250°) about 1½ hours. Meat eaters may add a few strips of bacon, fried and crumbled, or bits of leftover ham.



Epicurean Stir-fry *Helen Hakeem*

- 1 can (20-oz) chunk pineapple
- 2 large cloves garlic
- 1 tsp ginger
- 2 Tbsp oil
- 1 chicken breast, split, skinned, boned
- 2 carrots, sliced
- 1 green pepper, sliced
- 4 oz spaghetti, cooked
- 3 green onions, chunked

Sauce

- $\frac{1}{3}$ cup reserved pineapple juice
- $\frac{1}{3}$ cup soy sauce
- 1 Tbsp cornstarch
- 1 Tbsp sesame oil

Drain pineapple reserving $\frac{1}{3}$ cup juice. Cut chicken into chunks. In large skillet, stir-fry chicken with garlic and ginger in oil for 2 minutes. Add pineapple, carrots, and bell pepper. Cover, steam 2 to 3 minutes until vegetables are tender-crisp. Stir in spaghetti. Combine sauce ingredients, pour into skillet along with green onions. Toss until all is mixed and heated through.

Melody's Meat Loaf *Melody Cleveland*

- 2 lb ground chuck
- 1½ cups bread crumbs
- 2 eggs, beaten
- 16 oz tomato sauce
- ⅓ cup chopped onion
- ¼ cup chopped bell pepper
- ¼ cup chopped mushrooms
- 1½ tsp salt
- ¼ tsp pepper
- ¼ tsp garlic powder

Sauté last 6 ingredients in small amount of oil, mix in tomato sauce. Combine $\frac{3}{4}$ of the above tomato sauce mixture with all remaining ingredients. Shape into loaf and bake in preheated (350°) one hour.

Pour remainder of tomato sauce mixture over loaf and bake additional 15 minutes. Let stand 10 minutes before serving.

Makes about 8 servings.



Sauerbraten *Catherine Fahringer*

- 4–5 lb beef pot roast (top sirloin or bottom round)
- 2 cups water
- 2 cups cider vinegar
- 1 cup white wine
- 1 Tbsp salt
- $\frac{1}{2}$ tsp pepper
- 2 Tbsp white or brown sugar
- 2 medium onions, sliced
- 1 clove garlic
- 6 cloves
- 2 bayleaves
- 3 or 4 celery tops
- 12 gingersnaps

Place meat in large earthenware or glass bowl; do not use metal.

Heat vinegar and water; dissolve salt, pepper, and sugar in it. Top meat with sliced onions; pour vinegar mixture and wine over it. Add remaining ingredients except old-fashion gingersnaps to vinegar around meat. Cover and refrigerate 2 to 3 days, turning meat twice daily. Remove meat and drain well. Strain liquid and save.

Dredge meat with flour; brown in hot fat in heavy pan. Add $\frac{1}{2}$ cup of the strained liquid, cover and cook over low heat until meat is tender (3 to 4 hours). Add more liquid as needed.

Remove meat and keep hot. To make gravy, add more strained vinegar mixture to juice in the pan to make 3 cups liquid. Bring to boil and stir to dissolve all brown drippings. Add 12 gingersnaps, simmer and stir until gravy is thickened and smooth. Be sure to crush gingersnaps to fine crumbs before adding to gravy.

Note: See suggested accompaniment, next page.

Serves 8 to 10.

Kartoffelkloesse *Bob Nentwich*

Dumplings go very well with Sauerbraten or instead of potatoes or noodles in any dish with plenty of thick gravy

- 6 medium sized, mature baking potatoes
- 2 eggs, large
- $\frac{3}{4}$ cup flour
- $\frac{1}{2}$ cup bread crumbs
- $\frac{1}{4}$ tsp nutmeg
- 1 tsp salt
- 2 Tbsp fresh parsley, chopped fine

Peel potatoes, cut in quarters, and cook until tender. Put through a potato ricer, and spread on a kitchen towel. Allow riced potatoes to dry on the towel 4–8 hours.

Place potatoes in a large bowl, add remaining ingredients, and mix with hands until firm. Form 2-inch diameter balls, and drop into boiling salted water. Cook only 3 or 4 dumplings at a time. Dumplings should sink to bottom, then rise to surface. Cook for eight minutes after dumplings rise to surface. If they fall apart during cooking add a little flour to the mix.

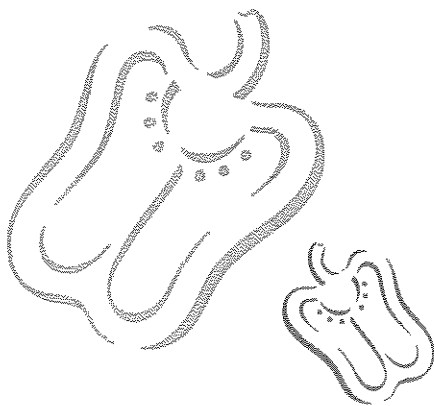
Note: Leftover dumplings can be refrigerated and sliced, then fried and served with leftover Sauerbraten gravy.

Mexicali Meat Loaf *Richard Gagnon*

- 1½ lb ground beef
- ¾ cup quick or old-fashioned oats, uncooked
- ½ cup tomato juice
- 1 egg, beaten
- 1 tsp salt
- ¼ tsp pepper
- 1 tsp chili powder
- 2 tsp minced onion
- 3 Tbsp butter
- 3 Tbsp all-purpose flour
- 1 tsp salt
- 1½ cups milk
- 8 slices (¼ lb package) process American Cheese, cut in pieces
- 1 can (12-oz) Mexican-style whole kernel corn, drained
- 2 small green peppers, cut into 8 rings

Combine first 8 ingredients thoroughly. Pack in bottom of 9-inch square baking pan or 2-quart oblong baking dish. Bake at 350° for 20 minutes. Drain off excess juice. Meanwhile melt butter in saucepan, blend in flour and salt until smooth. Add milk, bring to boil, cook for one minute. Add cheese, stir until melted. Stir in corn. Pour over partially cooked meat loaf. Top with green pepper rings. Return meat loaf with topping to oven. Bake an additional 20 minutes. Cool 10 minutes before cutting.

Serves 8.



Speedy Shrimp Supreme *Richard Gagnon*

- 2 cans (4¹/₄-oz each) shrimp
- 1 cup elbow macaroni
- 1 can cream of mushroom soup
- ³/₄ cup milk
- 2 oz sharp cheddar cheese, shredded
- ¹/₄ tsp pepper
- ¹/₂ tsp thyme



Cook elbow macaroni in salted boiling water approximately 15 minutes. Drain. Put cooked macaroni in buttered ovenproof casserole. Drain shrimp and rinse in cold water. Add shrimp, milk and mushroom soup to macaroni. Then add cheese, leaving a small portion for topping. Add spices. Mix well and top with cheese. Bake in 350° oven for 20 minutes.

Bean Bake with Meatballs *Jane Baxter*

Beans have always been a budget-stretcher, but they sure aren't as cheap as they used to be. About 150 years ago at the famous Delmonico's restaurant in New York the menu offered pork and beans for four cents, while bean soup could be had for two cents!

- 2 cups navy beans
- 1 tsp salt
- 1/2 lb lean bacon
- 1 tsp dry mustard
- 1 tsp ginger
- 1/3-1/2 cup honey
- 1 Tbsp chopped onion
- 2 slices bread
- 1/4 cup milk
- 1/2 lb ground chuck
- 1/2 lb ground smoked ham
- 2 tsp chopped onion
- 2 tsp brown sugar
- 1 egg, beaten
- 3 Tbsp soy sauce
- Salt and pepper to taste

Wash beans, cover with cold water and soak overnight. Cook over low heat with salt until tender. Drain, but reserve liquid. Fry bacon to remove most of the fat and place half of the bacon in a casserole. Add beans, then remaining ingredients combined with 1 1/2 cups of the bean liquid.

Heat milk, pour over bread slices and mix well. Add ground chuck and ground ham. Mix in brown sugar, chopped onion, soy sauce, well-beaten egg and salt and pepper to your taste. Form small balls and brown lightly.

Press down into beans in casserole and arrange remaining bacon on top. Cover and bake at 300°, up to two hours. Remove cover for the last 15 minutes, if needed to brown bacon.

Hell Fire and Damnation Chili *Leonard Weiss*

- 2 lb cooked pinto beans
- 2 lb lean beef, cut to half-inch cubes
- 1 large can tomatoes
- 1 small can tomato paste
- 2 sticks celery, cut to half-inch lengths
- ½ green bell pepper, cut up
- 1½ cup chopped onions
- 1 small can mushrooms
- 1½ cup brown sugar
- ¼ cup vinegar
- 1 tsp salt
- 1 tsp KCl salt
- 1 tsp ground cloves
- ¼ cup molasses
- 2 tsp ground dry mustard

Optional additives

- ¼ tsp cayenne pepper
- ¼ tsp cinnamon
- ¼ tsp black pepper
- 1 tsp MSG powder

For additional fire

- 1 drop Tabasco sauce to an amount sufficient to produce damnation desired.

In large kettle or pot cover beef cubes with water and bring to a boil. Skim all that comes to the surface. Continue low boil for one hour. Then add all other ingredients with water to liquidity desired and boil another hour at low heat. Fifteen minutes before serving add 3 tablespoons chili powder plus any of the additional optionals desired. Serve with soda crackers. Have plenty of ice water available.



Kentucky Chili *Dill Henderson*

This is Chili Kentucky style from my kin there.

- 2 lb ground beef
- 1 large onion
- 1 can (14- to 16-oz) chili hot beans
- 1 can (14- to 16-oz) stewed tomatoes
- 1 can (46-oz) of tomato juice
- 1 package McCormick chili seasoning
- 1 can (17- to 18-oz) spaghetti
- 3 small cans of V-8 tomato juice

Take 2 lb ground beef, crumble. Chop onion, add to ground beef. Cook meat and onion together until meat changes color. Drain off fat, discard. Place into a large kettle: chili hot beans, stewed tomatoes, $\frac{1}{2}$ to $\frac{3}{4}$ of tomato juice, meat and onion mixture, McCormick chili seasoning. Mix well, turn heat down to simmer for about 30 minutes, stir occasionally. Cover kettle while simmering. Add can of spaghetti after about (30) min to the above. Add tomato juice to desired consistency.

Add 3 small cans of V-8 juice; now cook just long enough to heat spaghetti and additional juices.

Liberal Linguini *Dale Hagen*

This is less a recipe than a process. The results are delicious but different each time, in fact, if it turns out the same, it is not being done right.

Fresh vegetables should always be used. Not being a vegetarian myself, I have not tried this without meat, but I would think the outcome would be just fine if meat was not used.

Brown a ¼ pound or so of diced bacon in a heavy fry pan over medium high heat. Add any or all of the following ingredients to the bacon and drippings. The quantity of vegetables should suit your taste, appetite, and the capacity of your fry pan. I usually cut the vegetables coarsely and add them in the order shown below, allowing them to cook briefly between additions.

Onion
Tomato, peeled and chopped
Garlic
Zucchini, sliced
Celery
Mushrooms
Green bell pepper
Red bell pepper
. . . or any other vegetable you like

Stir and fry until tender but slightly crunchy. Add any or all of these seasonings to taste.

Red pepper
Allspice
Black pepper
Seasoned salt
Salt
Basil
Oregano
Bay leaf
Thyme
Anise

Parsley
Parmesan cheese
... or any others that suit your fancy

Pour on enough tomato sauce to coat the mixture, $\frac{1}{2}$ cup or so. Do not overdo this step, the sauce should not resemble a marinara sauce. Cut the heat and bring to a simmer. Add any or all of these meats and heat through.

Pepperoni, sliced
Shrimp
Italian sausage, cooked
Ham, diced
Chicken, diced, cooked
Meatballs, cooked
... or any other of your favorites

Top with any or all of these garnishes, to your taste.

Black olives, pitted
Fresh parsley, chopped
Scallions, chopped
Green olives, stuffed
Fresh parmesan cheese, grated
... or, you guessed it, any of your choice

This concoction can be served over, under, or mixed into cooked linguini, al dente, of course, or any other pasta shape you like. Serve with garlic bread, tossed salad and red wine. ... if you want to.



Angelic Lasagna *Angela Poe*

It's surprising to me how many people still continue to cook the noodles when preparing lasagna. Believe me folks, it is not necessary to wrestle with those slippery things ever again! This recipe makes a large amount and leftovers can always be served later by simply popping into microwave. I usually make the sauce a day in advance just to save time.

- 1 large jar favorite spaghetti sauce
- 1 quart tomato juice
- 1 lb ground beef
- 1 large onion, chopped
- 10–12 lasagna noodles, straight from the box
- 2 large packs mozzarella cheese, shredded
- 2 Tbsp dry Italian seasoning
- 1 tsp salt
- 1/2 tsp pepper

Brown ground beef and onion, breaking into small pieces while cooking. Drain off most of the fat. In large cooker, combine spaghetti sauce, tomato juice, and seasonings. Add meat and onion mixture, stirring well. Simmer for several hours. Grease deep loaf pan (9¼ × 13 × 2). Using ladle, generously cover bottom of pan with sauce mixture. Then a layer of dry noodles and a good sprinkling of mozzarella. Repeat this process until pan is nearly full, ending with the cheese. Lay a strip of aluminum foil loosely on top and bake at 350° for 1½ hours, removing foil for the final 15–20 minutes, allowing to brown.

Serve and listen to the compliments! So easy you'll love it and it works like a charm every time!

Open-Minded Open Faced Sandwich *Gina Billington & John Sigwald*

- 4–6 mushrooms, sliced, sauteed in butter
- 1 ripe avocado, mashed, with a dash of lemon juice and another of garlic powder
- 2–4 slices of a fairly dense whole wheat bread, preferably one with a hint of honey
- Monterey Jack cheese, grated (cheddar is okay too)

Toast bread. Spread avocado mixture over toast. Place mushrooms on avocado mixture; sprinkle with grated cheese. Broil sandwiches until cheese melts.

Makes 2 thick sandwiches or 4 thin ones. (We prefer them generously endowed.)

Toasty Tuna Sandwiches *Terri Crowley*

- 1 can tuna (6½-oz) drained
- ½ cup cooked peas
- ¼ cup finely chopped celery
- ¼ cup finely chopped onion
- 2 hard-cooked eggs, chopped
- 2 Tbsp pickle relish
- 1½ tsp dijon-style mustard
- ¾ tsp salt
- ⅛ tsp pepper
- ⅓ cup sour cream
- 4 large English muffins split, toasted, and buttered

Preheat oven to 350°. Combine tuna, peas, celery, onion, eggs, pickle relish, mustard, salt and pepper. Gently fold in sour cream. Divide mixture evenly on four English muffin halves. Cover with top halves. Bake 12–15 minutes until heated through.