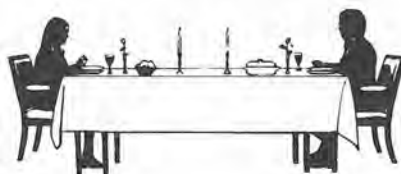


Cooking For One . . .



Table of Contents



Cooking for One or Two

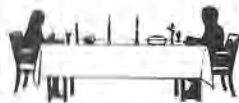
Where Do You Start?	4
Special Diets	6
Using Your Equipment	6
The Range	7
Range Safety	7
The Oven	7
Oven Meals	8
The Refrigerator	10
The Freezer	10
Small Appliances	13
Uses of Left-Over Meats	15
Casseroles and Vegetables	16
Hot Desserts and Cakes	20
When Company Comes	23
Eating Alone	25

We hope this book will help you to enjoy better living. It is part of our constant effort to assist you and all of our customers to get the best possible use from electricity, gas and steam.

This service is designed for you as a homemaker. Please call on us whenever you feel we can help.

HOME SERVICE DEPARTMENT
Rochester Gas and Electric Corporation

Where do you start?



Cooking for 1 or 2 can be done successfully if you follow some general rules in preparing and preserving the foods purchased. You as a meal planner should be interested in buying foods that fit your budget. Prepare them in ways that would prove most nutritious, more appealing and that would conserve energy, whether gas or electricity.

Refrigerator storage and proper freezer storage are your least expensive means of food preservation. Make the most use of them that you can.

This booklet has been designed to help those of you who cook just for yourselves and those who have reached retirement age and cook for just two.

Today's shoppers have many choices of convenience foods:

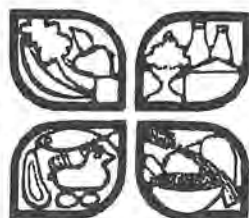
1. Canned and dried
2. Frozen: TV dinners and a variety of international favorites
3. Packaged meats: all cuts and sizes
4. Mixes: for most baked goods
5. Refrigerator breads and cookies
6. Packaged seasonings and sauces
7. Varieties of desserts

If fruits and vegetables are in too large a package for you, ask to have them wrapped in smaller packages. Remember

to shop wisely; always consider the expense of the item you want most. In order to save a few pennies, use these suggestions:

1. Try to plan menus ahead.
2. Write out a grocery list to avoid impulse buying.
3. Clip coupons from newspapers and magazines for sale items.
4. Try less expensive off-brand foods.
5. Use "Unit Pricing" the grocers make available to you. This helps you to compare the values in two different brands or different sizes of the same brand by showing the cost of the item per ounce, per pound, per quart, etc.
6. Open dating of dairy foods and many packaged foods gives you the option of not bringing home those foods that have passed their due date. Although this is not a guarantee towards freshness, it is a substantial guideline.

Whatever your age, you should always choose foods which are included in the Basic Four Food Groups. The Basic Four Food Groups are:



1. Milk and Milk Products. These include milk, cheese, ice cream, for example. You need two to four cups from this group per day; this, however, depends on age and size. The younger child needs more milk for growth.
2. Meat Group. You should try to get two servings from this group per day. Fish, poultry, eggs, dry beans and nuts can be used to supply this group.
3. Vegetables and Fruits Group. Four servings per day.
4. Bread and Cereal Group. Four servings per day. Macaroni and other noodle products and crackers are part of this group.

In eating foods from these groups, you will get the nutrients (proteins, carbohydrates, vitamins, minerals, fats, and water) most needed in a healthy and successful diet.

Remember to:

1. Stay away from diets that completely exempt any one of the four food groups.
2. Let your doctor be the one to tell when a diet is needed and what should or should not be eaten.
3. Consult dieticians or other experienced persons in the field of nutrition.
4. Be wary of the advice of neighbors and friends. The diet that works for them may not necessarily work for you.

Special Diets

Some people are not able to eat all foods that are available on the market. Foods have to be prepared in special ways such as for low sodium dieters, low cholesterol, low fat dieters, heart patients, ulcer patients, and persons with allergies.

Information and recipes for these particular diets can be obtained through many services in the Rochester community.

For information about dairy products:

Dairy Council 244-1433

For information about diets:

Dial-a-Dietitian 454-7445

Heart Association 232-2820

Meals on Wheels/Visiting Nurse Service 244-9090

For recipes involving persons with allergies or low calorie recipes:

Home Service Department

Rochester Gas & Electric Corp. 546-2700

Using Your Equipment

In the preparation of food, small appliances as well as major appliances would be helpful if you are cooking for yourself or for two. Remember to be careful in handling all hot utensils.



The Range

1. Be sure that the heat is turned off when not in use.

2. Cook in flat-bottomed pans for even heat distribution.
3. See that covers fit snugly to cut heat loss.
4. Put cooking containers on the range before you switch on the heat.
5. Try to use pots and pans with bottom diameters that are the same size as the cooking unit.
6. Adhere to suggested cooking times and settings (high, low, simmer, and so on) to avoid needless use of heat.

Range Safety

1. The wrong kind of clothing can be most hazardous in the kitchen. Loose sleeves can be easily ignited. Some synthetic fabrics are highly flammable.
2. Use good sturdy, non-flammable holders for hot pans and oven racks instead of towels or the corner of a dress. Wet holders create steam and can cause a burn.
3. Oven racks must be correctly inserted to engage stop feature. To keep from burning top of arm, always pull oven rack all the way out instead of reaching into oven to add or remove food.
4. Only use ovenproof ware in oven.
5. Accumulated greasy deposits in oven, range hood, and fan can ignite if overheated.

The Oven

1. Arrange the oven racks before you turn on the oven.
2. Pre-heat the oven only for baked goods and frozen casserole dishes.
3. Oven meals (several foods cooked in oven at same time) use less fuel and are convenient.
4. If you bake in aluminum containers, bake at the temperature and the time called for in the recipe. (Baking temperatures in recipes are based on aluminum pans.) If you're baking in glass or ceramic containers, use a temperature 25° lower than called for in the recipe.
5. Keep oven door closed. Every time you sneak a peek, heat sneaks out.

Oven Meals

Knockwurst Cabbage au Gratin Hot Rolls Fruit Cobbler*

Knockwurst

Temp: 400°F Time: 25-30 min

2 knockwurst

$\frac{1}{4}$ c water

1. Place knockwurst and water in small casserole. Cover.
2. Bake.

Cabbage Au Gratin

Temp: 400°F Time: 25-30 min

$1\frac{1}{2}$ c chopped cooked
cabbage

3 T grated cheese

$\frac{1}{4}$ c fine dry bread

$\frac{3}{4}$ c medium white sauce crumbs

1. Mix cabbage and white sauce.
2. Pour into a greased baking dish, cover with grated cheese and bread crumbs.
3. Bake.

Medium White Sauce

1 T butter

$\frac{1}{4}$ t salt

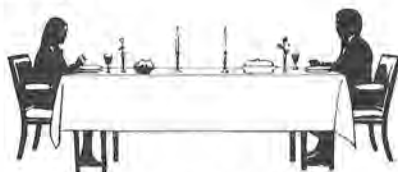
1 T flour

Few grains pepper

$\frac{3}{4}$ c milk

1. Melt butter, add flour, salt, and pepper and cook 1 minute.
2. Add milk and bring just to boiling point, stirring constantly.

*Fruit Cobbler on page 20



Salmon Loaf Baked "French Fried" Potatoes Spinach *Fruit Salad with Whipped Topping

*Fruit Salad on page 11

Salmon Loaf

Temp: 350°F Time: 45 min

- | | |
|---|----------------------------|
| 1 egg | 1½ c coarse cracker crumbs |
| 2 c pink or red salmon,
boned and flaked | 1 T lemon juice |
| ¼ c liquid from salmon | 1 t chopped onion |
| ½ c milk | ⅛ t salt |
| | ⅛ t pepper |

1. Blend egg into salmon. Stir in remaining ingredients.
2. Spoon mixture lightly into greased 8½ x 4½ x 2½ loaf pan and pat into shape.
3. Bake.

Baked "French Fried" Potatoes

Temp: 350°F Time: 50 min

- | | |
|-------------------|-----------------|
| 2 medium potatoes | Salt and pepper |
| 3 T melted fat | to taste |

1. Pare potatoes and cut in thin strips. Arrange in single layer in shallow greased pan. Brush with fat.
2. Bake, turning occasionally.
3. Season with salt and pepper before serving.

Spinach

Temp: 350°F Time: 40 min

- | | |
|--------------------------|------------|
| 10 oz pkg frozen spinach | ¼ t salt |
| 2 T butter | ¼ t pepper |

1. Arrange partially frozen spinach in a casserole dish.
2. Dot spinach with butter and sprinkle on seasonings.
3. Bake covered.

Whipped Topping

- | | |
|-------------------|-----------------|
| ¼ c ice water | ¼ c sugar |
| ¼ c dry skim milk | 1 T lemon juice |

1. Place water in bowl and add milk powder slowly.
2. Beat mixture until stiff; about 10 minutes.
3. Add sugar and lemon juice.
4. Chill before serving. Whip and beat again if topping separates.

Note: Both nutritious and tasty, this is a low cost, low calorie topping for salads and simple desserts.

The Refrigerator

1. Minimize the number of door openings by advance planning. Too many door openings wastes electricity.
2. Wrap foods properly so that odors will not spread throughout the unit.
3. Store perishable foods inside the refrigerator on the shelf and less perishable foods (butter, preserves, mayonnaise, etc.) on the door.
4. Clean the refrigerator with warm water and baking soda. (1 Tablespoon soda per quart water.)
USE NO ABRASIVES.
5. Never store food in paper bags in refrigerator.
6. Never line refrigerator shelves or hydrator pans with newspaper.

The Freezer

1. Some foods may be cooked while frozen such as vegetables, two-crust fruit pies, and small cuts of meat.
2. In thawing foods remember it is best to defrost on the refrigerator shelf.
3. Freezing foods will save time and money in that a large quantity of food can be bought at once. Foods will not deteriorate if held frozen within the recommended storage time (3-12 months, depending on type of food). The time you save can be spent doing other things.
4. Freeze small portions of foods that you are unsure about to be sure that the food meets your approval upon thawing.

Many foods prepared in large quantities can be frozen, especially meats.

Foods will taste as fresh as the day they were cooked if they are wrapped properly. Here are a few reminders for freezing your food:

- a. Use freezer paper and freezer tape, heavy duty aluminum foil, glass containers, or plastic containers with tight fitting lids to protect food from drying out.
- b. Try to expel most of the air from package before sealing.

Fruit Salad

- | | |
|----------------------------|----------------------|
| ¼ c pineapple chunks | ¼ c coconut |
| ¼ c mandarin oranges | ¼ c dairy sour cream |
| ¼ c miniature marshmallows | Salad greens |

1. Combine fruit with marshmallows, coconut and sour cream. Chill.
2. Serve on salad greens.

Nesselrode Ice Cream Pudding

- | | |
|--------------------------|------------------|
| ½ pint vanilla ice cream | 1 t rum extract |
| ¼ c cut-up candied fruit | 2 t chopped nuts |
| 2 T chopped raisins | |

1. Let ice cream soften just slightly.
2. Fold in remaining ingredients and freeze in refrigerator tray.

Note: *This recipe may be doubled easily.*

Cider Frappe

- | | |
|------------------|-----------------------------|
| ¼ c sugar | ¼ c lemon juice |
| ¼ c water | 1 c cider |
| ¼ c orange juice | 1 egg white, stiffly beaten |

1. Combine sugar and water and boil 3 minutes.
2. Add fruit juices and cider and pour into the freezer tray. Freeze until the mixture is firm one inch around sides of tray.
3. Quickly beat well, fold in the stiffly beaten egg white and return to freezer. Freeze until firm.

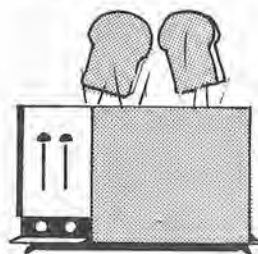
Deviled Egg Salad

- | | |
|-------------------------------------|-------------------------------|
| 2 hard cooked eggs | ¼ t Worcestershire Sauce |
| 1 T salad dressing or
mayonnaise | Salt and pepper to taste |
| ½ t lemon juice | Asparagus spears |
| ¼ t prepared mustard | Dash of paprika to
garnish |

1. Remove shells and cut eggs in half lengthwise.
2. Mash egg yolks. Combine with seasonings, mixing until smooth.
3. Refill egg whites with yolk mixture. Sprinkle with paprika.
4. Arrange on nest of lettuce with asparagus spears. Serve with French Dressing.

For variation, try:

- a. adding ¼ c flaked tuna and ⅛ t curry powder to yolk mixture.
- b. adding 3 slices crumbled, cooked bacon to yolk mixture.



Frozen French Toast

- | | |
|-----------|---------------------|
| 4 eggs | 1½ c milk |
| 1 T sugar | 8 slices bread |
| 1 t salt | Butter or margarine |

1. Combine eggs, sugar, salt and milk in a bowl and beat well.
2. Dip bread in mixture, coating both sides.
3. Brown bread on both sides in butter in skillet or place on a cookie sheet on the broiler pan and broil on each side for 3 to 4 minutes or until lightly browned.
4. To prepare for freezer, lay slices on greased baking sheet and freeze. When frozen, stack slices with waxed paper between and wrap for freezer.
5. To serve, place frozen bread in toaster until heated through.

Small Appliances

Many small appliances received as gifts can be used in several ways in your everyday cooking.

1. Use a fondue pot to:
 - a. heat soups
 - b. poach eggs
 - c. fry meat patties
2. Use a blender to:
 - a. chop celery, onion, nuts
 - b. beat and mix batters
 - c. grate cheeses
 - d. liquify foods for liquid dieters

Note: For fondue pots other than electric, use either denatured alcohol or wood alcohol for fuel. Fuel may be purchased at the prescription counter of your drugstore.



Fondue Pot

Fondue Sweet-Sour Sauce

- | | |
|-----------------------------------|-------------------------------------|
| $\frac{1}{2}$ c pineapple tidbits | 3 T water |
| $\frac{1}{4}$ c brown sugar | $\frac{1}{4}$ c white vinegar |
| $\frac{3}{4}$ T cornstarch | $\frac{1}{4}$ c green pepper strips |
| $\frac{1}{2}$ t salt | |

1. Drain pineapple, reserving syrup.
2. Combine brown sugar, cornstarch and salt. Slowly stir in water, vinegar and pineapple syrup.
3. Bring to a boil; simmer 5-7 minutes or until thick, stirring occasionally.
4. Add pineapple and green pepper. Simmer a few minutes longer.
5. Serve warm. Makes $1\frac{1}{4}$ cups sauce.
6. Pieces of beef or smoked pork may be dipped into the sauce.

Cheese and Crabmeat Fondue

- | | |
|--|--|
| 4½ oz can crabmeat or
tiny cleaned shrimp,
drained | ¼ cup aged Cheddar cheese
½ T light cream or milk
½ t Worcestershire Sauce |
| ¼ c butter or margarine | French bread |

1. Remove membrane from crabmeat.
2. Heat butter, cheese and cream in fondue pot, stirring constantly until melted.
3. Stir in Worcestershire Sauce and crabmeat.
4. Keep bubbling hot while spearing bread cubes and dip into mixture.

Blender

Basic Vegetable Soup

- | | |
|---------------------------------|--------------------------------------|
| 2 T chopped onion | ½ c cooked leftover
vegetables |
| 1 c beef or chicken broth | 1½ T parsley clusters |
| ¼ c cooked leftover
potatoes | ¼ t celery salt
½ c cream or milk |



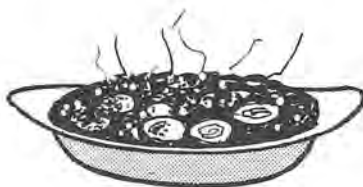
1. Put onion and ½ c broth into container and blend until onion is liquified.
2. Add remaining broth, potatoes, vegetables, parsley and celery salt. Cover and blend several seconds.
3. Add cream and heat in saucepan just to boiling point.

Quick Apple Sauce (uncooked)

- | | |
|-------------|------------------|
| 1 lb apples | ¼ c fruit juice |
| Salt water | Sugar (to taste) |

1. Wash and core apples. Do not peel. Cut into quarters.
2. Put sections immediately into salt water to keep from browning. (Use ½ t salt per cup of water).
3. Put juice and several sections of apple into blender container. Cover and blend.
4. With blender running, add remaining apples slowly.
5. Add sweetening.

Note: Cinnamon apple sauce may be made by adding 1-2 T cinnamon candies during blending process.



Uses of Left-Over Meats

Beef, Lamb, Pork, Veal

1. Dice meat and use in making Spanish Rice, Chili Con Carne or Chop Suey.
2. Slice meat very thin, heat in a Barbecue Sauce. Serve for dinner as meat course or serve on heated buns for lunch.

Ham

1. Grind the ham with pickle and onion. Moisten with mayonnaise and use as sandwich filling.
2. Add finely chopped ham to scrambled eggs or puffy omelets.

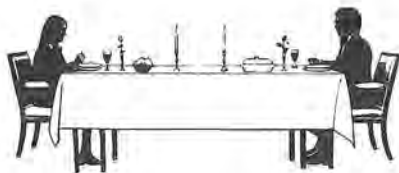
Sliced Meat-Broccoli Divan

Temp: 400°F Time: 25 min

1 lb broccoli, cooked	½ t grated onion
5 slices cooked meat, ¼" thick	⅓ c grated cheese
2 T butter or margarine	2 t prepared mustard
2 T flour	½ t salt
1 c milk	Dash cayenne pepper

1. Place the cooked broccoli in bottom of shallow baking dish. Arrange meat slices over broccoli.
2. Melt the butter or margarine. Add the flour and stir in the milk and onion. Cook until smooth. Add the cheese and cook, stirring constantly until the cheese has melted. Stir in the mustard, salt and cayenne pepper.
3. Pour mustard cheese sauce over the ham and broccoli. Bake.

Note: Avoid over-cooking the broccoli. Slices of chicken or turkey or ham may be used; also beef slices.



Casseroles and Vegetables

All-In-One Supper Casserole

Temp: 425°F Time: 40-45 min

½ c drained canned peas	½ c milk
¼ c diced cooked ham	⅛ t marjoram, crushed
½ c diced cooked or canned chicken	⅛ t rosemary, crushed
½ c condensed cream of chicken soup	½ c frozen French fried potato puffs

1. Combine peas, ham, chicken, soup, milk, marjoram and rosemary.
2. Pour in a greased 1½ quart casserole. Top with frozen potato puffs.
3. Bake uncovered.

Broccoli-Orange Sauce

¾ lb broccoli or 10 oz pkg frozen	½ c fresh orange juice
1 T butter or margarine	Dash salt
1 T flour	Paprika

1. Wash broccoli (if fresh); cook in a little salted water until tender and crisp. Cook frozen broccoli as directed on package; drain.
2. Melt butter in small saucepan; blend in flour and cook until frothy.
3. Add orange juice and salt. Cook and stir until thick and smooth. Serve over broccoli.

Green Beans with Mushrooms

1½ t minced onion	1½ t diced pimiento
1½ t salad oil	½ t minced parsley
4 oz can green beans, drained	3 oz can mushrooms, drained
	Salt and pepper

1. Saute onion in oil until transparent.
2. Add beans, pimiento, parsley and mushrooms. Season with salt and pepper.
3. Cover and heat thoroughly about 10 minutes.

Crispy Browned Hash

<i>2 servings</i>	<i>1 serving</i>
1 c chopped cooked beef	½ c
1 c chopped cooked potatoes	½ c
1 medium onion, minced	½ onion
1 T minced parsley	1½ t
Salt and pepper to taste	Same
½ c milk	¼ c milk
1 T fat or salad oil	1½ t fat or salad oil

1. Mix all ingredients except milk.
2. Heat fat in a heavy skillet. When fat is very hot, spread hash evenly in skillet. The pan should be hot enough to brown the bottom of the hash quickly, 10 to 15 minutes.
3. Add milk and mix. Cover and cook slowly until crisp, about 10 minutes.

Harvard Carrots

1 T sugar	Dash pepper
½ t cornstarch	1 c cooked sliced carrots
1 T vinegar	
1 T water	1½ t butter

1. Combine sugar and cornstarch in saucepan. Blend in vinegar and water.
2. Cook over medium heat until thick and bubbling, stirring constantly.
3. Add salt, pepper and carrots. Heat until carrots are hot. Stir in butter.

Chicken à la Cathy Buss *Temp: 350°F Time: 45 min*

- | | |
|----------------------------|-------------------------------|
| 1 c cut-up chicken pieces | ½ c milk |
| 2 T diced onion | 1 small pkg herb stuffing mix |
| ½ c celery | Chicken broth or water |
| ⅔ c dairy sour cream | 1 egg, if desired |
| ¾ c cream of mushroom soup | |

1. Cook chicken until tender; reserve broth and cool. Cut chicken in pieces.
2. Saute onion and celery until tender. Cool.
3. Combine sour cream, soup, milk, celery and onion. Pour over chicken in greased casserole and mix thoroughly.
4. Prepare dressing or stuffing as on package substituting chicken broth for water. If desired add an egg to make dressing moist.
5. Spread over chicken and bake.

Chopped Beef Toasts

- | | |
|--------------------------|-------------------------|
| ¼ lb ground beef | 2 slices white bread |
| ¼ t onion salt | 1 T butter or margarine |
| ½ t Worcestershire Sauce | |

1. Mix the beef, onion salt and Worcestershire Sauce.
2. Spread the bread with half the butter and toast on one side.
3. Spread the untoasted side from crust to crust with the beef; dot with the remaining butter and grill 3 inches from heat for 5 to 6 minutes. Serve very hot.

Pork Chop Skillet

- | | |
|---|-----------------------|
| 1 T honey | 2 medium tart apples, |
| ½ T browning sauce
(Kitchen Bouquet) | pared |
| 2 pork chops (trimmed) | ½ t salt |
| ¼ c apple juice or cider | ½ t pepper |
| 1 large yam, pared | ⅛ t cinnamon |
| | ⅛ t nutmeg |

1. Combine honey and browning sauce in a skillet. Place over low heat. Add pork chops and turn to coat on all sides. Increase heat, brown chops.
2. Add a little apple juice or cider to skillet, stirring to loosen bits. Add yam, cut into ½ inch rounds and quartered apples. Top with chops.



3. Pour remaining apple juice and seasoning over chops. Bring to a boil.
4. Cover and cook over medium heat until tender, about 45 minutes. Baste occasionally. If necessary, add more apple juice or cider.

Stuffed Green Peppers

Temp: 350°F Time: 45 min; then 15 min

- | | |
|--------------------------------------|----------------------------------|
| 2 large green peppers | $\frac{1}{3}$ c coarse dry bread |
| $\frac{2}{3}$ c boiling salted water | or cracker crumbs |
| $\frac{1}{3}$ lb ground beef | $\frac{1}{3}$ t salt |
| 6 oz can tomato sauce | $\frac{1}{8}$ t pepper |
| | 2 T chopped onion |



1. Cut a thin slice from the stem end of each pepper. Wash outside and inside. Remove all seeds and membrane.
2. Cook peppers in boiling salted water 2 minutes. Drain.
3. Combine meat with rest of ingredients. Stuff peppers lightly with mixture. Stand upright in small baking dish.
4. Bake covered 45 minutes; uncover and bake 15 minutes more.

Roasting Turkey Parts

Breast—rub with shortening, roast in open pan on rack 23-28 minutes per pound at 325°F.

Leg— rub with shortening, roast in open pan about 30-35 minutes per pound at 325°F.

Crispy Baked Turbot

Temp: 425°F Time: 20-25 min

- | | |
|-----------------------|-------------------------------|
| 2 medium turbots | 1 egg, beaten |
| $\frac{1}{4}$ c flour | $1\frac{1}{2}$ T cold water |
| 2 T onion, grated | 1 c corn flakes, crushed |
| 2 t lemon juice | $1\frac{1}{2}$ T bacon fat or |
| $\frac{1}{4}$ t salt | drippings |

1. Wash and clean turbots. Roll in flour.
2. Combine onion, lemon juice, salt, egg and water.
3. Dip fish in egg mixture, then roll in corn flakes.
4. Arrange on greased heat-proof platter. Melt drippings and pour over fish.

Note: Any mild fish such as sole, flounder, haddock, etc. can be used in this recipe.

Hot Desserts and Cakes



Fruit Cobbler

1-1½ c canned prunes,
plums, cherries, peaches
berries, or rhubarb
½ c juice
2 T-¼ c sugar
1 T flour

Temp: 400°F Time: 20-25 min
Juice and grated rind of
½ lemon
1 T butter or margarine
¾ c biscuit mix
1½ T sugar
⅓ c milk (about)

1. Place fruit and juice in greased 1 qt baking dish.
2. Mix sugar, flour and lemon rind, and sprinkle over fruit with lemon juice. Dot with butter.
3. Add sugar to biscuit mix, add milk and stir just enough to mix to a soft dough.
4. Spread dough on top of fruit. Bake in preheated oven. Juice will thicken to make sauce.

Spice Cake

1 c sifted all-purpose
flour
1½ t baking powder
½ t salt
½ c + 2 T sugar
½ t cinnamon
½ t allspice

Temp: 350°F Time: 30-35 min
¼ t cloves
¼ t nutmeg
½ t vanilla
½ c milk
¼ c shortening
1 egg

1. Sift flour, baking powder, salt, sugar and seasonings into mixing bowl.
2. Add vanilla to milk. Add ¼ cup of milk and all of the shortening to the dry ingredients.
3. Mix with electric mixer on slow speed (or beat with a spoon) for 2 minutes. During mixing, scrape batter from sides and bottom of bowl occasionally.
4. Add remaining milk and unbeaten egg. Continue mixing for 2 more minutes. The batter will be thin enough to pour easily.
5. Pour into greased 8 x 8 inch pan.
6. Bake in preheated oven.

Confectioners' Sugar Glaze

- 1 c confectioners' sugar
- ¼ c milk, water or lemon juice

1. Combine ingredients; pour over cake.

Baked Custard

- | | | |
|------------|--------------------|------------------------|
| | <i>Temp: 300°F</i> | <i>Time: 35-45 min</i> |
| 1 egg | ½ t vanilla | |
| 1½ T sugar | 1 c milk, scalded | |
| | Nutmeg | |

1. Add beaten egg, sugar and vanilla to scalded milk.
2. Pour into custard cups and sprinkle with nutmeg.
3. Place cups in baking pan filled with 1 inch hot water.
4. Bake in preheated oven until just set but still quivery.

Note: ¼ cup coconut may be added, if desired.

Banana Cup Cakes

- | | | |
|-----------------------|--------------------|------------------------|
| | <i>Temp: 375°F</i> | <i>Time: 25-30 min</i> |
| ¼ c shortening | ¼ t baking powder | |
| ¾ c sugar | ¼ t baking soda | |
| 1 egg | ¼ t salt | |
| ½ t vanilla | ½ c mashed bananas | |
| 1 c sifted cake flour | 2 T sour milk | |

1. Cream shortening; add sugar gradually.
2. Add egg and vanilla and beat well.
3. Sift flour with baking powder, soda and salt. Add alternately with banana and milk to creamed mixture.
4. Fill six large greased muffin cups two-thirds full.
5. Bake in preheated oven.

Rhubarb Sauce

- | | |
|-------------------|-----------|
| 1 c diced rhubarb | 2 T water |
| ¼ c sugar | |

1. Combine rhubarb, sugar and water in saucepan.
2. Cook 10 to 15 minutes, until tender.
3. Serve warm.

Note: Economy minded? Bake uncooked sauce with an oven meal at 375°F or 350°F for about 30 minutes.



Sweet Potato Pone

Temp: 350°F Time: 30 min

½ c sugar

½ c butter

1 c cooked mashed
sweet potato

¼ c milk

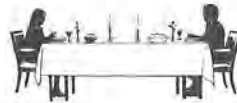
½ t powdered ginger

Grated rind of small
orange

1. Blend the sugar and butter, add cooked mashed sweet potato and milk. Beat well.
2. Add ginger and orange rind.
3. Put in shallow 1 qt baking pan.
4. Bake in preheated oven.

Note: *This is an excellent southern dessert that could be served hot with whipped cream.*

During the evening, a late snack is always acceptable. Why not try this soft cookie with a hot cup of milk?



Soft Sugar Cookie

Temp: 375°F Time: 12-15 min

¼ c sugar

¼ t salt

¼ t baking soda

¼ t grated lemon rind

¼ t nutmeg

½ c sugar

1 egg

1 T milk

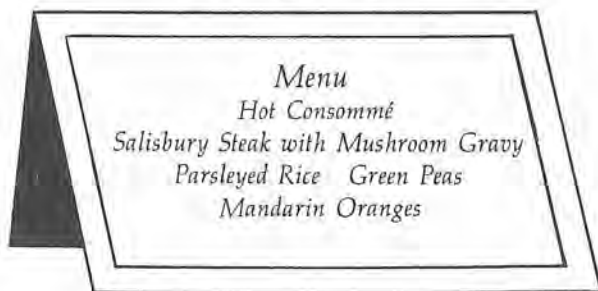
1 c sifted all-purpose
flour

½ t baking powder

1. Cream shortening and add salt, soda, lemon rind, nutmeg and blend well. Add sugar gradually and cream well.
2. Add egg and milk and beat well.
3. Sift flour and baking powder. Combine with creamed mixture.
4. Drop from spoon onto greased cookie sheet. Let stand a few minutes, then flatten by pressing with a damp cloth. Sprinkle with sugar and bake in preheated oven.

Note: *¼ c raisins may be added.*

When Company Comes



Hot Consommé

8 oz can beef consommé

1. Heat consommé just to the boiling point.
2. Serve hot.

Salisbury Steak

Time: 10 min

1 lb ground round steak $\frac{1}{4}$ t pepper
or ground beef 1 t salt

1. Combine meat, pepper, and salt. Shape into 4 plump oval patties.
2. Broil patties 5 minutes each side.
3. Serve with mushroom gravy.

Mushroom Gravy

$\frac{1}{4}$ c sliced mushrooms 2 T flour
or 2 oz can mushrooms 1 c water
1 beef bouillon cube

1. Saute mushrooms in a little fat.
2. Add flour to fat and stir. Add water and bouillon cube.
3. Cook until mixture boils, cube is dissolved, and sauce is thickened.
4. Serve over Salisbury Steaks.

Parsleyed Rice

$1\frac{1}{2}$ c cooked rice $\frac{1}{4}$ c minced parsley
2 T butter

1. Toss rice with minced parsley.
2. Serve hot with butter.



Neckbones

Temp: 350°F Time: 1½ hrs

- | | |
|----------------------|-------------|
| ½ c chopped onion | ⅛ t salt |
| 1 T margarine or fat | Dash pepper |
| 1 lb neckbones | ¾ c water |

1. Saute onion in margarine. When transparent, add neckbones and brown on both sides.
2. Add seasonings.
3. Transfer mixture to casserole with water.
4. Bake covered.

Collard Greens

Temp: 350°F Time: 1 hr and 15 min

- | | |
|---------------------------------|------------|
| 10 oz pkg frozen collard greens | ½ t salt |
| 2 T butter or margarine | ½ t pepper |

1. Place partially defrosted vegetables in casserole.
2. Dot with butter or cover with favorite sauce. Sprinkle with salt and pepper.
3. Cover and bake.

Note: Salt pork or bacon strips may be added for flavor.

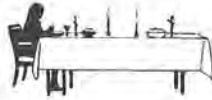
Southern Corn Bread

Temp: 400°F Time: 30 min

- | | |
|------------------------------|-----------------------------|
| ¾ c corn meal | ⅓ t salt |
| ¾ c sifted all-purpose flour | ¾ c milk |
| 1 T baking powder | 2 T melted bacon fat or oil |
| 1 T sugar | |

1. Sift the corn meal, flour and baking powder.
2. Add the sugar, salt, milk and fat, beating well.
3. Bake in a greased 8 x 8 inch pan.

Note: Left-over pieces may be split, buttered and browned in oven.



Eating Alone?

Why not brighten up that meal just a bit. After all, who deserves more luxury than you?

1. A bright tablecloth or placemat and a place setting always gives an "extra touch" effect.
2. Add a few flowers or any attractive centerpiece to the table.
3. Plan to eat in the dining or living room rather than the kitchen or place of preparation.
4. Try new recipes, especially those you always thought were too complicated.

These general rules are always acceptable when company is coming, but for once, consider yourself the "Guest."



Index

Breads

- French toast, frozen12
- Southern corn bread24

Casseroles

- All-in-one supper casserole16
- Chicken a la Cathy Buss18
- Hash, crispy browned17
- Pork chop skillet18
- Sliced meat-broccoli divan15

Convenience Foods

Desserts

- Baked custard21
- Banana cup cakes21
- Cider frappé11
- Fruit cobbler20
- Nesselrode ice cream pudding .11
- Soft sugar cookie22
- Spice cake20
- Sweet potato pone22

Equipment

- Blender14
- Fondue pot13
- Freezer10
- Oven7
- Range7
- Refrigerator10

Fish and seafood

- Cheese and crabmeat fondue ..14
- Crispy baked turbot19
- Salmon loaf9

Meat and poultry

Beef

- Chopped beef toasts18
- Neck bones24
- Salisbury steak23

- Chicken à la Cathy Buss18

- Knockwurst8

- Left-over beef, ham, lamb,
pork, veal15

- Pork chop skillet18

- Sliced meat broccoli divan15

- Turkey, roasting parts19

Nutrition

- Basic Four5
- Dairy Council6
- Dial-a-Dietician6
- Heart Association6
- Meals on Wheels6
- Special Diets6
- Visiting Nurse Service6

Open dating

Salads

- Deviled egg salad12
- Fruit salad11

Sauces

- Apple sauce14
- Confectioners' sugar glaze21
- Medium white sauce8
- Mushroom gravy23
- Rhubarb sauce21
- Sweet-sour sauce13
- Whipped dessert topping9

Shopping

Soups

- Hot consomme23
- Vegetable14

Unit pricing

Vegetables

- Beans, green17
- Broccoli-orange sauce16
- Cabbage au gratin8
- Carrots, Harvard style17
- Collard greens24
- Peppers, stuffed green19
- Potatoes, baked "french fried" .9
- Rice, parsleyed23
- Spinach9

... Or Two

