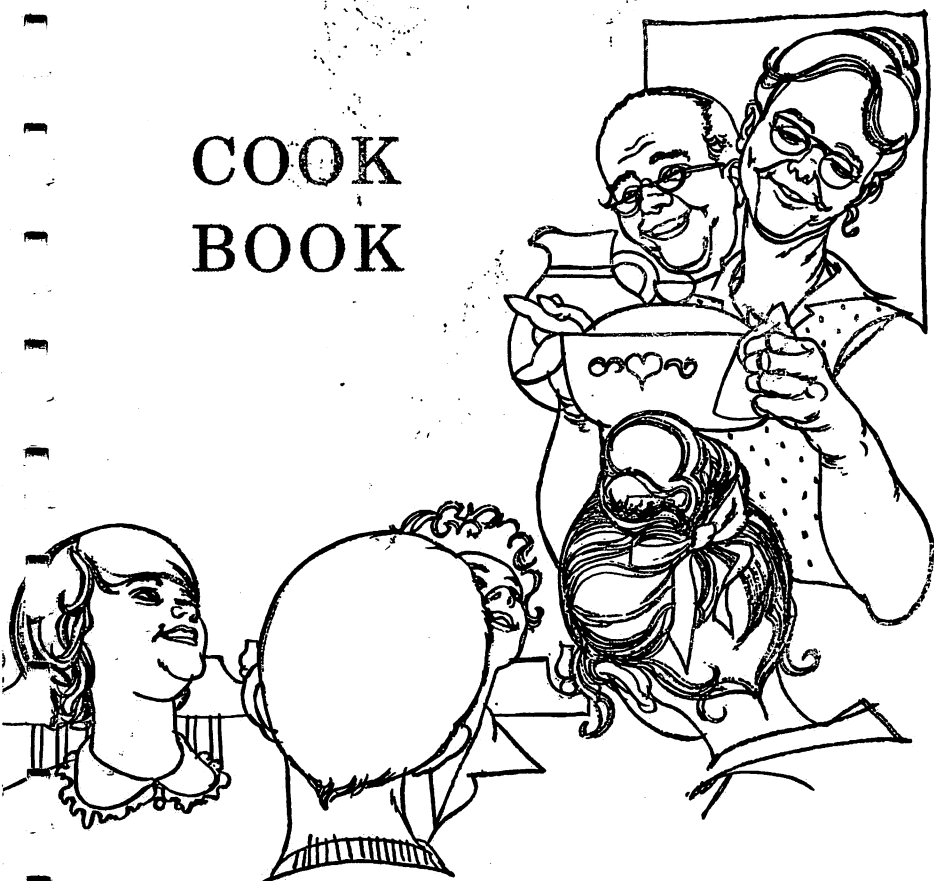


Family Favorites

COOK
BOOK



Family *Favorites* COOKBOOK

There was once a time before cookbooks, when loving hands created meals from whatever seasonal ingredients were available. Recipes were not written down – they were handed down.

Today, our families are sometimes separated by miles, and our busy schedules are often too tight for cooking together. But we can still carry on our traditions. That's the purpose of this booklet.

A big THANK YOU goes to all of you who have mailed me your favorite recipes. Please continue to send in recipes as they come to mind. I hope to print a future edition of the Family Favorites Cookbook.

Joanne Wilson
June 1994

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Salads

COPONATINA

Tony Calabrese / Gulfport, FL

My mother Josephine prepared this dish during eggplant season. Many people call it CAPONATA. Enjoy it with a crusty piece of Italian bread.

1 pound large green olives
5 large unpeeled eggplants, cut in 1" cubes
olive oil
1 stalk celery, sliced
5 large onions, chopped
one 12-ounce can tomato paste
½ cup wine vinegar
pinch of nutmeg and cloves
4 tablespoons sugar
½ cup capers (optional)

Rinse the olives, smash them, and remove the pits. (The cook's treat was to nibble on the olive pits while working.) Fry the eggplant in olive oil. Drain and set aside. Fry the celery and onions in the same oil. Add the olives, tomato paste, and three cans of water. Simmer 15 minutes. Combine the vinegar, spices, sugar, and salt and pepper in a cup. Add to the tomato mixture. Add eggplant and capers. Chill and enjoy.

GREEN MOLD

Alice Powell / Elkins Park, PA

When I first started to play tennis in 1959, my friend Paula brought this to a tennis party. I've loved this mold ever since.

2 packages lime Jello (3 ounces each)
2 cups boiling water
1 can (13 ounces) crushed pineapple and juice
½ pint sour cream or ½ pint plain yogurt
1 cup cottage cheese
½ cup raisins and/or ½ cup crushed walnuts

Mix all the ingredients, pour into a mold, and refrigerate for about 5 hours. When the jello is solid, put the pan in a sink of hot water and turn over on a plate.

It's lovely and delicious!

JELLO CABBAGE SALAD

Joanne Rearnkham / Boca Raton, FL

This was Grandmother Wilson's standard salad. She served it nearly every time we visited.

1 package lemon, pineapple, or orange Jello
cabbage
carrots
celery (if desired)
pineapple

Use pineapple juice from the fruit for the cold water part of making jello. Grate in vegetables and fruit after making up jello.

Main Dishes

CHICKEN WITH LIME

Joanne Wilson / Boca Raton, FL

My children affectionately call this "yellow staining chicken" because of the way the plates look after dinner.

6 chicken thighs,	dash cayenne pepper
skinned	½ teaspoon ground chervil
black pepper	½ teaspoon ground coriander
¼ cup cooking oil	¼ teaspoon turmeric
¼ cup minced onion	2 tablespoons soy sauce
1 clove garlic,	1 or 2 limes, quartered
minced	

Sprinkle chicken with black pepper. Heat oil in large skillet over medium heat. Add chicken and brown on both sides. Push chicken to side of pan; drain off all grease except 1 tablespoon. Add onion and garlic; saute til golden. Add cayenne, chervil, coriander, and turmeric. Stir. Add soy sauce and about ¼ cup water. Reduce heat and cook slowly, covered, turning occasionally, about 20 minutes or til tender. (Add a little water during cooking if chicken begins to stick.)

At the end of cooking, cook on HIGH a short while if necessary to evaporate remaining liquid. Squeeze one lime on chicken and pan; scrape pan to deglaze. Section remaining lime to to squeeze on chicken while eating.

LOWFAT OPTION: Instead of cooking oil, use a nonstick skillet and coat it with vegetable oil spray.

Serves 3.

CHILI CON CARNE

Robert G. Wilson / Oroville, CA

This chili recipe is one I developed and find it is enjoyed by most chili lovers.

- 1 pound ground chuck
- 1 onion (approximately 1 ½ cups)
- 2 tablespoons vegetable oil
- 2 tablespoons chili powder
- 1 red bell pepper
- 1 small jalapeno pepper (seeded! use just outer part)
- ½ medium green pepper
- 1 #2 can kidney beans
- 2½ cups strained tomatoes or tomato sauce

Saute ground chuck and onion in oil 10-15 minutes until meat is cooked. Dice the various peppers finely. Add the to the meat, along with the rest of the ingredients. Cook 45 minutes.

Serve East Coast style with rice.

Serves 6.

CHINESE FRIED RICE

Mary Elnitsky / Philadelphia, PA

This is a good recipe that we all like and make once in awhile.

- ½ cup diced green onions
- 1 cup diced celery
- 3 tablespoons butter or margarine
- 1 jar (2½ ounces) sliced mushrooms, drained
- 3 cups cooked Carolina Long Grain Rice
- 2 tablespoons soy sauce
- 1 egg, slightly beaten

In a skillet, saute the green onion and celery in butter. Stir in mushrooms, rice, and soy sauce. Cook 10 minutes over low heat, stirring occasionally. Stir in beaten egg and cook only until the egg is done.

If desired, serve with extra soy sauce.

Makes 6 servings.

ELBOW MACARONI, COTTAGE CHEESE, AND BACON

Joanne Wilson / Boca Raton, FL

This was one of Diddy's (Grandpop Nicholas's) favorite meals. When I was small Mom made this for my lunch, and now I sometimes make it for my own daughters.

1 pound elbow macaroni
1 pound cottage cheese
1 pound bacon

Cook the bacon til crisp, drain, and cut up. Boil the elbows. Toss the macaroni with the cottage cheese and bacon. Add salt and pepper to taste. Serve warm.

Serves 4.

FRANKS AND FIXINS ALL AMERICAN CASSEROLE

Mary Elnitsky / Philadelphia, PA

Our family all love this recipe. We have had it for about 25 years.

1 pound frankfurters, cut in 1-inch pieces
2 cans (28 ounces each) Boston style baked beans
½ cup finely chopped onions
½ cup finely diced green peppers
⅔ cup bottled barbecue sauce

Combine all ingredients in a casserole that holds at least 2½ quarts. Bake at 400° for 45 minutes or until bubbling hot.

Makes 8 servings.

"I THOUGHT YOU SAID YOU DIDN'T KNOW HOW TO COOK" DISH

Debbie Powell / North Wales, PA

Many years ago, a gourmet cook friend of mine gave me this recipe. It's simple, but tastes complicated and delicious!

2 chicken breasts (boneless)
1 can cream of mushroom soup
8 ounces sour cream
¼ to ½ pound mushrooms
½ cup sherry (cheap kind, from state store)
lemon pepper
chives

Mix sour cream, cream of mushroom soup, and sherry and simmer. Then pour over the chicken. Then sprinkle chives, lemon pepper, and mushrooms on top. Bake at 350° for 1 hour.

Serves 2.

MARY'S BORSCH

Ann Calabrese / Gulfport, FL

A thick soup - kind of tasty, if you like beets. This recipe is from my sister Mary, but Mom would make it with fresh beets, including the stems and leaves.

ham bone	1 can chopped beets
1 large onion, chopped	1 teaspoon vinegar
2 cups or so milk	3 potatoes, cooked
flour	(optional)

Fry onion til soft. Mix milk with a little flour, add the ham bone, and let cook a few minutes. Add the beets (including the juice), vinegar, and potatoes. Cook for about a half hour.

JOANNE'S PASTA

Joanne Rearnkham / Boca Raton, FL

This is a true 30-minute dinner. I didn't write down measurements – just adapt the ingredients to your own taste and to what you have in the refrigerator.

Use equal amounts of these

(start with one handful):

basil – fresh, chopped

sun-dried tomatoes in oil, diced

cilantro – fresh, chopped

parsley – fresh, chopped

fresh grated romano/parmesan cheese

Flavor with:

sauteed garlic

red hot pepper

flakes

salt

Don't use dried ingredients - It will be awful.

Final touch: Douse all with olive oil; add juice of ½ to 1 whole lemon.

Add hot pasta.

POSSIBLE SUBSTITUTIONS OR ADDITIONS:

Add already cooked vegetables such as diced asparagus or tiny peas.

JULIA'S HOLOPSES

Ann Calabrese / Gulfport, FL

During cabbage season on the farm, I remember the delicious aroma of Mom's holopses coming from the kitchen. She'd make a huge pot (15" across!) on her wood stove - enough for our 9 hungry appetites.

- 1 large head of cabbage**
- 2 pounds ground pork**
- 1 pound ground beef**
- 2 eggs, beaten**
- 1 cup rice**
- 1 large can tomatoes**
- 1 onion, chopped**
- ¼ pound bacon, chopped**

Put the whole cabbage in a pot of boiling water. Remove individual leaves from the core as they reach a half-cooked stage (be careful!) Cut the vein off each leaf. Also, half cook the rice. Fry bacon and onion together and pour it all over the rice (including the drippings). Mix. Cool. Mix in eggs, salt, and pepper. Put about ½ cup filling onto each leaf (more or less depending on the size of the leaf). Roll up tight, tucking in the ends as you go.

Place a few layers of cabbage on the bottom of a pot. Stack the holopses in the pot. Lay any leftover broken leaves on top. Pour the can of tomatoes and a little water on top. Bake, uncovered, at 350° for 2½ hours.

ORANGINES (RICE BALLS)

Joanne Wilson / Boca Raton, FL

For years we thought this was an exclusive recipe from Grandmom Josephine. But when visiting Italy last year, my parents discovered that rice balls are sold for \$1 apiece on street corners everywhere!

FILLING

1 can peas, drained

2½ pounds pork
(large grind)

2 large onions

3 to 4 diced chicken
gizzards

two 12 ounce cans
tomato paste

1 quart water

spices: pepper, nutmeg, cloves

RICE

3½ quarts water

2 pounds rice

2 tablespoons salt

2 eggs, beaten

COATING

4 eggs, beaten

1 box bread crumbs

1½ pounds lard

FILLING: Brown onions and pork. Add gizzards; cook about 30 minutes over medium heat. Add paste and water. Cook til meat is tender. Stir in spices and cook til almost dry. Add peas. Chill, covered, for a day.

RICE: Wash rice and boil in the water and salt until you can see the bottom of the pot when scraped with a large spatula. Put in a bowl. Mix in eggs one at a time. Cover tightly with waxed paper and allow to cool a few hours.

ASSEMBLY: Form rice into balls the size of oranges, with about 1 tablespoon meat filling as the center. Dip in beaten eggs and then in bread crumbs. Fry in the lard. Serve hot with the remaining filling as a sauce.

Makes about 35 balls.

PASTA MY WAY

Eleanor D. Wilson / Oroville, CA

Try it – you'll like it!! I promise!

⅓ cup raisins
1¼ pounds linguine
3 cloves chopped garlic
6 tablespoons olive oil
10 ounces escarole, shredded
(or Swiss chard or spinach)
6 tablespoons pine nuts

In a small bowl, soak the raisins in water for about 30 minutes. Drain and set aside.

Bring water to boil for the linguine. Meanwhile, saute the garlic in the olive oil over low heat about 2 minutes; be careful not to burn it. Add the escarole. Stir to coat well. Add salt and pepper if desired. Stir occasionally for a few minutes. Add cooked pasta and raisins. Stir frequently for 2 minutes. Arrange on a warm platter. Sprinkle with pine nuts.

WONDERFUL OPTIONS: 3 anchovy fillets soaked in a little milk, then drained (reduces strong flavor)
OR: 6 ounces crumbled sausage sauteed with the garlic.

PIEROGES

Ann Calabrese / Gulfport, FL

In my childhood, this was a Friday dish with no meat. It uses ingredients that were abundant on the farm. Always serve pieroges with plenty of sour cream.

potatoes
cottage cheese
1 tablespoon bleu cheese
fried chopped onions

DOUGH

1 cup flour
1 tablespoon oil
salt and water as needed

Set aside about a cup of the fried onions. Peel, boil, and mash the potatoes. Add cheeses and rest of onions. Mix all the dough ingredients together, adding enough water to make a workable dough. Let rest 30 minutes or more. Place about a tablespoon of potato mixture on the dough. Fold the circle in half, stretching if necessary. Moisten the edges and seal. Boil several at a time for about three minutes.

They are done when they rise to the top. Remove with a slotted spoon and add to the reserved onions. Serve with sour cream.

MODERN DAY VARIATIONS: Use instant potato flakes, following the recipe on the box. Use cream cheese and American cheese, to taste. Taste it while you're cooking!

RICHARD'S TOFU WITH RED CURRY PASTE

Richard Rearnkham / Boca Raton, FL

I request this dish whenever Richard offers to cook. The contrast of spicy curry paste and soft tofu is wonderful. And the best part is, I usually get to take home some leftovers! - jcw

1 box of soft tofu, cut in one-inch squares
 1 lime, size of small onion
 2 cloves garlic, chopped
 1 tablespoon red curry paste (hot*)
 nam pla (fish sauce) or salt *
 2 green onions(decoration) *
 2 spoons of oil * personal flavor

Oil in pot. Slice onion the long way, garlic any way. Add red curry. Fry medium heat til garlic turns a little yellow. Then tofu. Stir, put lid on 3 to 4 minutes. Stir and cook until it boils. Ready to serve on rice. Green onion on top (deco only).

SCAFFASADA

Tony Calabrese / Gulfport, FL

This sandwich recipe was brought over from Sicily by Josephine Calabrese. It features an an incredibly delicious contrast of warm fresh bread and cool ricotta cheese.

1 pound bread dough
 1 pound ricotta
 ½ pound shredded provolone, mozzarella, or
 parmigiana cheese
 grated locatella cheese
 salt and pepper to taste

Break dough into pieces about the size of hot dog rolls, flatten, and let them rise. Drop into deep oil and fry until brown. Slit open and fill with ricotta, shredded cheese, grated cheese, salt, and pepper. Eat while warm.

POTATO PLATSKAS (PANCAKES)

Babe Zelenik / Las Vegas, NV

This was a Friday dish that my angel mother used to prepare for our family of seven children. It was the "main dish," served with sour cream.

6 large potatoes, grated
3 eggs
1 large onion
3 teaspoons baking powder
1 cup flour
salt and pepper to taste

Fry in bacon fat or lard.

I remember coming home from school and my mother would be in the middle of grating, grating, and more grating of the potatoes (the old fashion way). Can you imagine the amount of potatoes, not to mention bruised knuckles. The preparation of this meal, I am sure was an all day job for her. She served it with love always!

UPSIDE DOWN PIZZA

Babe Zelenik / Las Vegas, NV

Origin unknown . . . Enjoy.

1½ pounds ground beef	2 egg whites
1 medium onion, chopped	1 cup milk
15 ounce can or jar pizza sauce	1 tablespoon oil
	1 cup flour
½ teaspoon garlic powder	½ cup grated Parme-
¼ teaspoon oregano	san cheese
8 ounces mozzarella cheese, grated	

Preheat oven to 350°. Meanwhile, brown beef and onions. Drain off fat. Blend in pizza sauce, garlic, and oregano. Put mixture in a greased 9x13 pan and sprinkle with mozzarella.

In a small bowl, mix eggs, milk, oil, flour, and a pinch of salt. Pour over meat mixture and sprinkle with Parmesan cheese. Bake for 30 minutes.

Note: Can add mushrooms, bell pepper strips, sausage, etc.

Vegetables

BAKED CAULIFLOWER

Alice Powell / Elkins Park, PA

This recipe is from Pauline Powell, my mother-in-law. It is a German recipe handed down over 100 years ago from her mother.

- 1 large head cauliflower
- 1 onion, diced
- 1 tablespoons chopped parsley
- 1 clove garlic, minced
- one 16 ounce can stewed tomatoes OR
2 cups fresh stewed tomatoes
- ½ teaspoon salt
- ¼ teaspoon pepper
- ½ cup grated Parmesan cheese

Wash cauliflower and break into small flowerets. In a covered casserole, combine onion, parsley, garlic, and tomatoes. Add salt, pepper, and cheese. Add cauliflower and mix thoroughly.

Cover and bake at 350° for 40 minutes, or until cauliflower is tender.

Makes 6 servings.

RED BEETS WITH HORSERADISH

Mary Elnitsky / Philadelphia, PA

This recipe was my mother's from Poland. We always make it for Easter.

- 3 cups cooked or canned red beets, drained and coarsely chopped
- 6 ounces prepared cream-style horseradish
- 2 tablespoons brown sugar
- 1 teaspoon vinegar
- ¼ teaspoon salt

Combine all ingredients. Cover and refrigerate three days.

WORLD'S BEST POLENTA

Eleanor D. Wilson / Oroville, CA

Foods of childhood are popular nowadays. These so-called comfort foods bring back memories. This one is easy, tasty, AND what else coming from me -- nutritious.

- 6 cups water (part or all chicken broth is delicious)
- 1½ cups polenta cornmeal
(part regular cornmeal optional)
- 3 tablespoons olive oil
- 5 tablespoons fresh basil (or 2-3 tablespoons dried)
- 3-7 tablespoons Parmesan cheese

Cook all except oil and cheese in top of double boiler for one hour, stirring occasionally, until creamy consistency. Add cheese and oil. Serve with toppings of choice: (1) roasted red peppers (2) sauteed mushrooms (3) tomato sauce. Add some walnuts for variation.

Desserts

CALJUNAS

Helen del Conte / Clementon, NJ

This baked filled cookie was Pop del Conte's mother's favorite and his too.

DOUGH

4 cups flour
2 tablespoons oil
8 eggs
¼ cup baking powder
1 teaspoon salt
2 teaspoons vanilla

FILLING

4 pounds chestnuts OR
2 cans ceci (chickpeas)
salt
1 cup honey
grated orange rind
3 tablespoons cocoa

Knead dough ingredients into a smooth pliable ball. Divide in four equal balls, cover, and let sit. Slit chestnut shells, cover with water, and cook til tender, 20-30 minutes. Press ceci/chestnuts through a food mill, mash, and mix in other filling ingredients. Roll each ball of dough about ¼ inch thick. Place scant tablespoons of filling over the dough about 2 inches apart, as you would for ravioli. Cover with another dough sheet. Cut into squares and crimp edges. Bake.

CONOLLI

Joanne Wilson / Boca Raton, FL

Always the "primo" Italian pastry in my family, conolli were reserved for the most special occasions.

SHELLS

6 cups flour
4 tablespoons sugar
2 eggs
6 tablespoons lard
½ cup cold strong coffee
oil for deep frying

FILLING

Italian Creme Filling
(see separate recipe)
citron pineapple
chocolate
almonds
maraschino cherries

Thoroughly mix the flour, sugar, lard, eggs, and coffee. Roll out thin; cut into 5 inch circles. Wrap circles loosely around conolla sticks (6 inch pieces of broomstick) and wet ends to join. Fry them - including the sticks - in deep fat til blistered and done. Cool. Shells may be made several days ahead and stored in airtight containers.

Mix Italian Creme Filling with diced citron pineapple and small bits of chocolate. Be sure the filling is well chilled before filling the canolli. Fill the shells with a butter knife. Dip one end in shaved chocolate (or jimmies) and dip the other end in finely chopped almonds. For garnish, center a half maraschino cherry on the almond end.

ITALIAN CREME FILLING

Joanne Wilson / Boca Raton, FL

Use this to make conolli or to fill between the layers of Italian Creme Cake.

3 pounds ricotta cheese

1 quart cold milk

$\frac{3}{4}$ cup cornstarch

3 egg yolks

$\frac{3}{4}$ cup sugar

1 teaspoon vanilla

whole cinnamon

sticks

Beat egg yolks and sugar in 3 cups of the milk and heat. Add cinnamon sticks. Dissolve cornstarch in the remaining cup of cold milk and pour into the hot milk mixture. Cook together, stirring constantly, until you can see the bottom of the pan when scraped with a spoon. Add vanilla. Put mixture in a dish to cool.

When cool, remove the cinnamon sticks, add ricotta, and put the mixture through a food mill TWICE. Then add a little sugar.

GIGULANO (SESAME COOKIES)

Joanne Wilson / Boca Raton, FL

I remember watching Grandmom Josephine's deft hands as she formed this dough into fancy designs. The same basic dough was used for either fruit-filled cookies or sesame-coated cookies.

DOUGH

5 pounds flour

2 pounds sugar

1 pound butter

1 pound shortening

5 tablespoons

baking powder

6 eggs

1 cup milk

1 tablespoon flavoring:

vanilla, orange, almond, anise, or lemon

1 pound sesame seeds OR

FILLING

dried pears tangerine

walnuts skins

dried apricots 1 jar preserves

dried prunes whiskey

raisins citron

dried figs jar cherries

corn or maple syrup

Mix the dough the way you would pastry dough. For sesame cookies, form into logs about the diameter of your little finger. Roll in sesame seeds moistened with milk.

For filled cookies, grind the filling ingredients and add syrup to taste. Grind two times, put into a container, and refrigerate until ready to use.

Roll out the dough. Cut with scissors or a razor blade to make fancy shapes and edges. Make flowers and fancy designs. Encase a teaspoon of filling in two dough pieces. Brush with milk and decorate with sprinkles.

For either cookie, bake at 400° about 10 minutes.

MOM'S PUMPKIN PIE

Joanne Wilson / Boca Raton, FL

Mom would make this pie in an extra deep dish. The best way to eat a piece is straight from the refrigerator without a plate or fork -- right, Anthony?

1 can pumpkin
 (2½ size, 20 ounces)
 2 cups evaporated milk
 2 cups sugar
 4 eggs
 1 teaspoon salt
 3 teaspoons cinnamon
 2 teaspoons nutmeg
 1 teaspoon ginger

OIL CRUST

2 cups flour
 ½ cup oil
 ¼ cup milk
 1 teaspoon sugar
 pinch of salt
 1 teaspoon vanilla

Make the crust: Mix ingredients lightly. Roll out between waxed paper and line an oiled deep pie pan. Flute the edge decoratively to stand about a half inch higher than the top of the pan.

Beat the eggs, sugar, milk, and salt. Add to the pumpkin and beat. Mix spices with a small amount of pumpkin mix until smooth. (Use the empty can for this.) Add spice mixture to the rest. Pour into pan, filling as high as you dare. (Do this right on the oven shelf to avoid spilling.) Bake at 450° for 10 minutes, then lower to 325° for 30 minutes.

OATMEAL DROP COOKIES

Joanne Rearnkham / Boca Raton, FL

Grandmom del Conte would serve these when I visited her on weekends during my college years. Then she would send me back with a big batch to enjoy in my dorm.

2 cups flour	2 eggs
1½ teaspoons baking powder	¾ cup molasses
1 teaspoon vanilla	2 cups rolled oats
¾ cup oil	½ to 1 cup nuts

Drop on greased cookie sheet. Bake at 350° 12-15 minutes.

Make 2 dozen large cookies.

PECAN TARTS

Joanne Rearnkham / Boca Raton, FL

This recipe is from a friend from Cocoa Beach. It is a Christmas classic.

CRUST

1 cup flour
one 3-ounce package
cream cheese
1 stick butter

FILLING

1 egg
1 cup brown sugar
1 cup pecans or
walnuts

Make the crust: Let butter and cheese soften. Cut into flour. Blend til dough forms. Combine the filling ingredients. Press dough into tart pans. Fill shells ¾ full. Bake at 350° for 30 to 35 minutes.

Makes 24 small tarts.

RAISIN FILLED COOKIES

Robert G. Wilson / Oroville, CA

This cookie was a favorite treat whenever I visited my Grandmother Heller in Wilkes-Barre, Pennsylvania as a boy.

½ cup butter
 1 egg
 3½ cups flour
 1 teaspoon baking soda
 1 cup sugar
 ½ cup milk
 2 teaspoons baking powder

FILLING:

2 cups raisins
 ½ cup sugar
 9 tablespoons water
 3 tablespoons lemon
 juice

Make the filling: Mix filling ingredients in a saucepan. Cook slowly, stirring constantly, until thickened (about 5 minutes). Add a tablespoon flour if necessary.

Make the dough: Thoroughly mix together the butter, sugar, and egg. Stir in the milk. Sift together the dry ingredients and stir them in. Chill the dough. Roll out one sixteenth of an inch thick. Cut 3-inch rounds or squares. Place on baking sheet. Place a rounded teaspoonful of filling on each. Roll over like a turnover, pressing edges together with the floured tines of a fork or fingertip. Bake at 400° for 8 to 10 minutes.

Makes 7 dozen.

TARALLI

Mary del Conte / Clementon, NJ

This recipe is from my mother, Elena Coruzzi.

6 eggs	7 cups flour, sifted with:
1 cup sugar	6 teaspoons Rumsford baking powder
1 cup milk	1 teaspoon vanilla - pure extract
1 cup oil	1 teaspoon anise seed
	1 teaspoon anise extract

Beat eggs with sugar until sugar is dissolved. Also vanilla, oil. Fold in (by hand with wooden spoon) the flour. There should be enough flour to make a smooth ball, not sticky. Knead until mixed thoroughly, not too much, on board. Form into rings or any shape. Place on oiled baking tins sprinkled with flour. Bake in moderate oven, 350°, about 30 minutes or until golden. Cool on rack.

I brush the tops with milk and sprinkle with sesame seeds. I make double the amount into four rounds, or taralli. You may add nuts and raisins. Ice with lemon juice and powdered sugar.

Etcetera...

GARLIC BREAD ala DADDY (FOR MEN ONLY)

Les Wilson / Boca Raton, FL

This recipe is designed so that only men would understand it. Having a dish that only Dad makes adds a special spice to your family dinners.

1 loaf of Italian bread
Butter Buds or substitute like REAL BUTTER
Garlic Powder
Onion Powder
Oregano
Basil

Resaw the bread as you would to make half inch stock from five quarter lumber. Spread the butter buds like giving the lawn a good liming. Work this into the pores as if you were steel wooling between coats of polyurethane. Sprinkle the rest of the spices about the same as lawn fertilizer. If you aren't using healthy artificial stuff and insist on using REAL BUTTER, add a little salt to taste.

Cook both pieces in toaster oven like a slice of toast. The kind of ovens that shut off automatically are the best because you can set them and go back to the ball game. A regular oven will do but you'll have to hang out in the kitchen watching that it doesn't burn. You could miss a really good play and it makes you a likely target to get roped into helping with dinner.

LUCKY PRUNE PIEROGE

Ann Calabrese / Gulfport, FL

A traditional Elnisky family recipe, this was only served at the Christmas Eve feast. Kind of a fun thing.

1 pound pitted prunes
some clean nickels

DOUGH

1 cup flour
1 tablespoon oil
salt and water as needed

Mix all the dough ingredients together, adding enough water to make a workable dough. Let rest 30 minutes or more. To make the pieroge: Take a piece of dough the size of a walnut. Roll out to a 3-inch circle. Place one clean nickel inside some of the prunes. Place a prune on the dough circle. Fold the circle in half over the prune, stretching to reach. Moisten the edges and seal. Boil several at a time for about three minutes.

They are done when they rise to the top. Coat them with melted butter so they don't stick together.

TO SERVE: Using your spoon (not a fork) carefully bite into it. The people who find a nickel will be lucky all year.

BANANA / PEANUT BREAKFAST DRINK

Alice Powell / Elkins Park, PA

This is a great breakfast "Pick er Upper."

1 ripe banana
2 teaspoons creamy peanut butter
1 teaspoon sugar
1 cup milk

Combine all ingredients in a blender container.
Cover and process until smooth.

Makes one serving.

PASKA (UKRAINIAN EASTER BREAD)

Joanne Wilson / Boca Raton, FL

This delicious sweet loaf was brought to church on Easter morning to be blessed by the priest. As children, we thought that it was a sin to let a crumb drop to the floor. In a way, perhaps it was.

1½ teaspoons dry yeast	½ stick butter,
3 tablespoons sugar	melted and cooled
1½ cups lukewarm	2 teaspoons salt
milk	egg wash (beat an egg
about 8 cups flour	lightly with a table-
3 eggs, beaten lightly	spoon of cold water)
2 to 4 colored hard-boiled Easter eggs	

In a large bowl, combine yeast, a little sugar, and ½ cup warm water. After 15 minutes, add the milk and 2½ cups of the flour, stirring until smooth. Let rise, covered, 1 hour or until light and bubbly. Mix in the eggs, sugar, butter, salt and 5 cups of the remaining flour. Knead 10 minutes. Take ⅔ cup of the dough and knead enough flour into it to make it very stiff. Let both dough balls rise til double TWICE, punching down in between.

Put the big ball into a buttered 10" casserole, at least 4" deep. Let rise til it climbs halfway up. Form the small ball into 2 ropes and make a cross on top of the loaf. Let rise 15 minutes. Gently place colored eggs on top. Bake at 425° for 10 minutes, brush with egg wash, and bake at 350° for another 50 to 60 minutes. If it browns too fast, cover with foil part way through.

Makes a large loaf.

PEPPER RELISH

Margaret Wilson / Lindenwold, NJ

Take care now and good luck, if you do try this.

one dozen green peppers
one dozen red peppers
one dozen onions
2 cups vinegar
½ teaspoon celery seed
1 teaspoon ground cloves
4 cups sugar
2 teaspoons mustard seed
1 teaspoon cinnamon

Grind the peppers and onions and add two small handfuls of salt. Put in a colander and let drain over night. Then put in a cooking pot and add the rest. Stir thoroughly and bring to a good rolling boil – but I let it boil five minutes or more. Put in jars while hot.

I like to use jars that I can seal with the dome top, but have had to use jars and put wax on them inasmuch as some of the wax adheres to the relish and you lose this. Let me also say that I had to buy cloves, and do you know what I paid? Hold your breath – a little over an ounce — \$2.15.

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GREEN MOLD 4
"I THOUGHT YOU DIDN'T KNOW HOW TO COOK" DISH 8
ITALIAN CREME FILLING 21
JELLO CABBAGE SALAD 4
JOANNE'S PASTA 9
JULIA'S HOLOPSES 10
LUCKY PRUNE PIEROGES 28
MARY'S BORSCH 8
MOM'S PUMPKIN PIE 23
OATMEAL DROP COOKIES 24
ORANGINES (RICE BALLS) 11
PASKA (UKRAINIAN EASTER BREAD) 30
PASTA MY WAY 12
PECAN TARTS 24
PEPPER RELISH 31
PIEROGES 13
POTATO PLATSKAS (PANCAKES) 15
RAISIN FILLED COOKIES 25
RED BEETS WITH HORSERADISH 18
RICHARD'S TOFU WITH RED CURRY PASTE 14
SCAFFASADA 14
TARALLI 26
UPSIDE DOWN PIZZA 16
WORLD'S BEST POLENTA 18

