## EQUIVALENTS

### CEREALS:
- **Cornmeal**: 1 cup → 5 cups cooked
- **Macaroni**: 3 1/2 ounces → 2 cups cooked
- **Noodles**: 4 ounces → 3 cups cooked
- **Rice, long grain**: 1 cup → 3 cups cooked
- **Rice, packaged, precooked**: 1 cup → 2 cups cooked
- **Spaghetti**: 7 ounces → 4 cups cooked

### CRUMBS:
- **Bread, fresh**: 1 1/2 slices → 1 cup soft crumbs
- **Bread, dry**: 1 slice → 1/4 cup dry crumbs
- **Chocolate Wavers**: 19 wafers → 1 cup crumbs
- **Graham Crackers**: 14 squares (2 1/2” sq.) → 1 cup crumbs
- **Potato Chips**: 4 ounces → 2 cups coarsely crushed
- **Saltine Crackers**: 28 crackers → 1 cup finely crushed
- **Vanilla Wafers**: 22 wafers → 1 cup finely crushed

### DAIRY PRODUCTS:
- **Butter**: 1 stick → 1/2 cup
- **Cheese**: 1 pound Cheddar → 4 cups, grated
- **Cheese, cream**: 4 ounces Blue → 1 cup, crumbled
- **Cream, whipping**: 2 ounce package → 6 tablespoons
- **Cream, whipping**: 1 cup → 2 cups, whipped

### FRUITS & VEGETABLES:
- **Bananas, whole**: 1 pound (3 to 4) → 1 1/3 cups, mashed
- **Lemons**: 1 medium → 3 tablespoons juice, 1 tablespoon grated rind
- **Oranges**: 1 medium → 1/3 cup juice, 1 to 3 tablespoon grated rind
- **Onions**: 1 medium → 1/2 cup chopped

### FLOUR:
- **All-purpose, unsifted**: 1 pound → 4 cups
- **Cake**: 1 pound → 4 3/4 cups

### SUGAR:
- **White, granulated**: 1 pound → 2 1/4 cups
- **Confectioner’s**: 1 pound → 3 1/2 cups
- **Brown, firmly packed**: 1 pound → 2 1/2 cups
### FRIED GRITS

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Measurement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Leftover grits</td>
<td>1/2 teaspoon salt</td>
</tr>
<tr>
<td>2 eggs</td>
<td>Dash pepper</td>
</tr>
</tbody>
</table>

Cut cold grits into 1/4-inch slices. Beat eggs with salt and pepper. Dip slices of grits into egg mixture; brown in lightly buttered skillet over low heat, about 10 minutes.

### SESAME SEED STICKS

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Measurement</th>
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</thead>
<tbody>
<tr>
<td>3/4 cup (1 1/2 sticks) butter</td>
<td>4 - 6 tablespoons iced water</td>
</tr>
<tr>
<td>2 cups flour</td>
<td>2 tablespoons melted butter</td>
</tr>
<tr>
<td>1 teaspoon salt</td>
<td>1/2 cup sesame seeds</td>
</tr>
<tr>
<td>1/4 teaspoon cayenne</td>
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</tbody>
</table>

With a pastry blender, cut butter into sifted dry ingredients. Add water, a tablespoon at a time, until flour is moistened, as for pastry. Roll out on floured board to 1/8 inch thickness and cut into strips 1 x 3 inches. Brush with melted butter; sprinkle generously with sesame seeds. Place on ungreased cookie sheet; bake in 375°F oven for 15 minutes. Before removing from pan and while still hot, sprinkle with a little salt. Yield: 8 dozen.

### SWEDISH MEAT BALLS

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Measurement</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 slices toasted bread</td>
<td>Dash allspice</td>
</tr>
<tr>
<td>1/4 cup plus</td>
<td>1/2 clove garlic, minced</td>
</tr>
<tr>
<td>2 tablespoons milk</td>
<td>1/8 teaspoon pepper</td>
</tr>
<tr>
<td>1 1/4 pounds ground beef</td>
<td>1 egg, slightly beaten</td>
</tr>
<tr>
<td>1/2 onion, finely chopped</td>
<td>1 cup bouillon</td>
</tr>
<tr>
<td>1 teaspoon salt</td>
<td>Dash nutmeg</td>
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</tbody>
</table>

Crumble bread into small bowl, add milk. Stir to blend until of paste-like consistency. Pour mixture over meat in large bowl. Add onion, salt, nutmeg, allspice, garlic, pepper, and egg. Beat with wooden spoon until stiff. Spoon out rounded teaspoons of meat mixture and roll into balls. Melt shortening in electric skillet at 350°F; brown meatballs. Heat bouillon for 5 minutes and pour over meatballs. Cover and lower temperature to 210°F for 30 minutes or until bouillon is absorbed. Serve in electric skillet set on “keep warm.” Yield: 30 meatballs.

If cooking on stovetop, follow directions as above with the following changes: Melt shortening in a large frying pan on medium-high heat, brown meatballs. Pour heated bouillon over meatballs, cover and lower temperature to low-medium heat for 30 minutes or until bouillon is absorbed. Serve in crock pot or chafing dish.

### BROILED PARTY LOAF

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Measurement</th>
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<tbody>
<tr>
<td>1 loaf French bread</td>
<td>1/4 cup brown sugar</td>
</tr>
<tr>
<td>2 tablespoons prepared mustard</td>
<td>1/2 cup chopped onion</td>
</tr>
<tr>
<td>5 tablespoons soft butter</td>
<td>2 cups grated American cheese</td>
</tr>
<tr>
<td>1 can (#303) pork &amp; beans, drained</td>
<td>4 wiener, halved</td>
</tr>
</tbody>
</table>

Cut bread in half lengthwise. Spread with combined mustard and butter. Combine beans, sugar and onion; spread on buttered surface. Top with grated cheese. Broil 4 inches from heat for 4 minutes. Add wiener; broil for 4 more minutes.

### CHEESE STRAWS

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Measurement</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 cup (1 stick) butter</td>
<td>1 1/2 cups sifted flour</td>
</tr>
<tr>
<td>2 cups finely grated sharp Cheddar cheese</td>
<td>1/2 teaspoon salt</td>
</tr>
<tr>
<td>1 cup crisp rice cereal</td>
<td>1/2 teaspoon cayenne</td>
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</tbody>
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### CHEESE WAFERS

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Measurement</th>
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<tbody>
<tr>
<td>1/2 cup (1 stick) butter</td>
<td>1/8 to 1/4 teaspoon</td>
</tr>
<tr>
<td>1 cup shredded sharp Cheddar cheese</td>
<td>1/2 teaspoon cayenne</td>
</tr>
<tr>
<td>1 cup crisp rice cereal</td>
<td>1 cup flour</td>
</tr>
</tbody>
</table>


### SAUSAGE-CH EESE BALLS

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Measurement</th>
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<tbody>
<tr>
<td>1/2 pound hot pork sausage</td>
<td>1/2 pound sharp cheese, grated</td>
</tr>
<tr>
<td>1 1/2 cups biscuit mix</td>
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</tbody>
</table>

Cook sausage; remove from skillet and place on paper towel to remove excess grease. Combine cheese and biscuit mix in a bowl; stir in sausage. Shape heaping teaspoons of mixture into small balls. Bake in a 450°F oven for 10 minutes or until brown. Yield: 75 to 100 balls. To Freeze: Place sausage balls on a cookie sheet; freeze and then transfer to freezer bags. Bake when ready to serve.
COOKING WITH ENTERGY

MYSTERY CHEESE BALL

1 package (8 ounces) cream cheese
1/4 pound Cheddar cheese, grated
3 jars (5 oz. each) blue cheese
2 teaspoons Worcestershire sauce
2 teaspoons onion juice
1/2 cup chopped parsley
1/2 cup chopped nuts
1/2 cup chopped pimiento

Have cheeses at room temperature. In electric mixer, cream the cheeses with Worcestershire sauce and onion juice; store in the refrigerator overnight. Shape into a ball and roll in nuts, parsley and pimiento. Place in center of tray on platter and arrange assorted crackers and chips around it. To Store: Wrap in waxed paper and refrigerate or wrap in freezer paper to freeze for future use.

SWISS CHEESE FONDUE

1/4 cup (1/2 stick) butter
1 tablespoon salt
4 tablespoons flour
1 tablespoon salt
3 cups milk
1 pound Swiss cheese, grated
1/2 cup dry white wine

Melt butter in fondue pot; blend in flour and salt. Stir until smooth; gradually add milk, stirring constantly until thick and smooth. Add cheese and stir until melted. Stir in wine; keep warm on low setting. Serve with French bread cubes. Yield: 6 servings.

DRIED FIGS

Select perfect, ripe figs. Add 2 tablespoons of slaked lime to each gallon water. Soak figs in lime solution 1 hour. Drain. Soak in fresh water 30 minutes. Drain again. Combine 4 cups sugar and 4 cups water; boil in syrup for 10 minutes. Drop in figs and cook rapidly until clear, about 40 to 50 minutes. Drain. Place in single layer on trays, cover with cheesecloth, and place in sun several days, turning each day. Bring indoors at night. If weather is damp, place in warm oven, 200° F., until weather clears. Continue to dry until figs are clear.

COCKTAIL PIZZAS

1 package hot roll mix
1/2 cup mincéd onion
1 tablespoon cooking oil
2 cans (8 ounces each) tomato sauce
1/4 teaspoon dried oregano
1/4 teaspoon garlic salt
1/4 pound Mozzarella cheese, grated

Prepare roll mix according to package directions; let rise. Sauté onion in oil until tender, add tomato sauce and seasonings. Simmer 10 to 15 minutes. Punch down dough on lightly floured board and divide into 4 equal parts. Roll each part to 1/4-inch thickness; cut into circles with floured 2-inch cookie cutter. Snap edge of each circle about every 1/4 inch with scissors and pinch edge to make a rim. Brush center of each circle with additional oil, sprinkle with 1/2 teaspoon Mozzarella cheese, then 1/2 teaspoon tomato sauce mixture, then 1/2 teaspoon processed cheese. Top some with sliced stuffed olives, some with green or ripe olives or halved cooked shrimp. The hors d’oeuvres can be frozen at this time. To serve: place on cookie sheet and bake in 450° F. oven 10 to 12 minutes. Yield: 40 pizzas.

CORN DOGS

1 cup pancake mix
2/3 cup water
2 tablespoons cornmeal
1 tablespoon sugar
8 wiener
8 wooden skewers

Combine pancake mix, cornmeal, sugar and water. Beat until smooth. Let stand 10 minutes to thicken. Dip wiener in batter to coat. Heat oil 1-inch deep in skillet. Fry coated wiener in hot oil a few at a time, for 2 to 3 minutes or until crisp and brown. Drain. Insert wooden skewer in one end. Yield: 4 servings.

HOME ROASTED PEANUTS

Place peanuts on a cookie sheet. Bake in a 350° F. oven for 30 to 35 minutes; shake pan occasionally. To test peanuts; crack shell and if red skin slips easily, peanuts are roasted.

SALTED PECANS

Spread 1 cup pecan halves in shallow pan. Coat with 1 teaspoon oil. Bake in 350° F. oven for 10 minutes. Sprinkle with 1/2 teaspoon salt.
**TOASTED PECANS**

Spread unshelled nuts on baking sheet; roast in 400° F. oven for 20 minutes. Cool; crack and shell.

**TOASTED PUMPKIN SEEDS**

Remove fiber from 2 cups unwashed seeds. Combine with 1 1/2 teaspoon melted butter or oil and 1 1/4 teaspoons salt. Mix well. Spread in shallow pan. Toast in 250° F. oven for 30-40 minutes until browned and crisp, stirring often, to brown evenly.

**APPETIZER EGG ROLLS**

**Egg Roll Skins**

| 6 eggs | 2 cups sifted flour |
| 2 1/4 cups water | 1 1/2 teaspoons salt |

Beat eggs and water until light and foamy. Sift dry ingredients into egg mixture and beat until smooth. Reserve 1/2 cup batter for sealing rolls. For each skin, spoon 2 tablespoons batter into heated greased skillet and quickly spread with back of spoon to form a 4-inch round. Fry on one side only until edge begins to curl. Remove with spatula; place on flat surface, cooked side down, and cool until skins can be handled.

**Filling**

| 1 tablespoon cooking oil | 1 can (1 pound) bean sprouts, drained |
| 2 teaspoons sesame seed | and minced |
| 1/2 pound lean cooked pork or ham, minced | 3 green onions, minced |
| 1/2 pound cooked shrimp, minced | 1 1/2 teaspoons salt |
| 1 medium onion, grated | 1 teaspoon monosodium glutamate |
| 1 can (3 ounces) mushrooms, minced | 1 teaspoon sugar |

Combine oil and seeds. Cook over low heat until seeds are brown. Add remaining ingredients and heat, stirring gently, 5 minutes. Remove from heat and cool. Place 1 heaping tablespoon of filling in center of cooked side of each egg roll skin. Roll, tuck in ends envelope fashion, and seal with reserved batter. Cover with damp cloth; chill overnight. When ready to serve, fry in deep hot fat (375°F.) for 10 to 15 minutes, turning occasionally. Serve hot. Yield: 26 rolls.

**HARD-COOKED EGGS**

Place eggs in saucepan and cover with cold water to at least one inch above the eggs. Cover saucepan and bring to a rolling boil. Turn heat on low and simmer 15 to 20 minutes. Immediately place eggs in cold water and peel.

**SOFT-COOKED EGGS**

Place eggs in saucepan and cover with cold water to at least one inch above the eggs. Cover saucepan and bring to a rolling boil. Remove from heat and let stand 1 to 4 minutes, depending on individual taste. Cool eggs for several seconds in cold water to make them easier to handle.

**EGG BECHAMEL**

| 6 hard-cooked eggs | 1 teaspoon prepared mustard |
| 1 tablespoon vinegar | 1 can (2 ounces) deviled ham |
| 1 tablespoon mayonnaise | 1 teaspoon sugar Paprika |
| 1 tablespoon butter, softened | 1/8 teaspoon turmeric |
| 1 can (3 ounces) mushrooms, minced |

Cut eggs into halves lengthwise; remove yolks. Mash yolks; stir in remaining ingredients. Fill egg whites with yolk mixture; arrange in greased shallow baking dish. Pour Bechamel Sauce (recipe below) over eggs; bake in 350° F. oven 15 minutes, or until heated thoroughly. Sprinkle with paprika before serving. Yield: 6 servings.

**Bechamel Sauce**

| 1 1/2 tablespoons butter | 5 bay leaves in 1/2 cup hot water |
| 2 tablespoons flour | 6 tablespoons milk |
| 1/8 teaspoon pepper | 1/2 cup grated American cheese |
| 1/8 teaspoon paprika | 1 bouillon cube dissolved |

Melt butter; add flour, pepper, and paprika. Blend well. Add bouillon and milk gradually, stirring constantly. Cook over low heat until thick, about 5 minutes. Remove from heat; add cheese and stir until cheese is melted.
STUFFED EGGS

6 hard-cooked eggs, halved 1/2 teaspoon dry mustard
1/2 teaspoon salt 3 tablespoons mayonnaise, vinegar or enough cream
to moisten
1/4 teaspoon pepper

Remove yolks and mash with fork; add remaining ingredients. Mix well. Refill whites with egg yolk mixture, heaping it lightly.

Variation: Add to egg yolk mixture any of the following:
2 tablespoons minced cooked ham, chicken, crisp bacon, dried beef, minced veal, liverwurst, grated cheese, minced pickle, chopped olives, flaked tuna, lobster, salmon, shrimp, crab meat, anchovies, or sardines.

BREAD AND BUTTER PICKLES

3 quarts sliced cucumbers 1 teaspoon cinnamon
3 onions, sliced 1/2 teaspoon ginger
1/2 cup salt 2 tablespoons mustard seed
3 cups vinegar 1 teaspoon turmeric
1 cup water 1/2 teaspoon celery seed
3 cups brown sugar 1 pod hot red pepper
1 piece horseradish

Mix cucumbers, onions and salt. Let stand 5 hours. Drain. Boil vinegar, water, sugar, and seasonings 3 minutes. Add cucumbers and onions; simmer 10 to 20 minutes. Do not boil. Pack into hot jars and seal at once. Process in boiling-water bath for 5 minutes. Yield: about 8 pints.

CHERRY TOMATO PICKLES

3 cups sugar 2 tablespoons celery seed
3 cups vinegar 2 teaspoons mustard seed
1 tablespoon whole allspice 1-inch cinnamon sticks
1 tablespoon whole cloves 4 pints cherry tomatoes, stemmed
5 bay leaves

Combine sugar, vinegar and spices (tied in cheesecloth bag). Bring to boil; reduce heat and simmer, uncovered, 10 minutes. Remove spice bag. Add tomatoes; bring to boil and immediately remove from heat. Pack in hot jars; add bay leaf to each jar. Fill with boiling hot vinegar mixture to within 1/2-inch of top. Seal. Process in boiling-water bath for 10 minutes. Yield: 5 pints.

CHOW CHOW

1 quart chopped cabbage, about 1 small head 1 quart vinegar
2 cups chopped green tomatoes, about 4 1 cup sugar
3 onions, chopped 2 tablespoons ground mustard
1 1/2 sweet green peppers, chopped 1 1/2 tablespoons white mustard seed
1 1/2 sweet red peppers, chopped 2 1/4 teaspoon celery seed
3/4 teaspoon whole cloves (tied in bag)
3 tablespoons salt

Combine chopped vegetables in an enameled pan or glass jar and sprinkle with salt; let stand overnight in a cool place. Drain well. In a saucepan, bring to a boil the remaining ingredients; add well drained vegetables and cook slowly until tender, about 30 minutes. Pack into hot jars and process 10 minutes at simmering temperature. Yield: about 4 pints.

DILL PICKLES

35 to 40 cucumbers Dill, green or dry
3 tablespoons mixed pickling spices 1/2 cup salt
3/4 cup sugar 1 quart vinegar

Wash, dry and cut cucumbers in half lengthwise. Add spices (tied in a cheesecloth bag), sugar, salt and vinegar to water. Simmer 15 minutes. Pack cucumbers into hot jars, leaving 1/4-inch head space. Process in boiling-water bath for 15 minutes. Yield: about 7 pints.

Note: Substitute 3 tablespoons dill seed to each quart for head of dill.

Kosher Dill Pickles: Follow recipe for Dill Pickles. When packing cucumbers into hot jars, add 1 clove garlic, 1 bay leaf, 1/2 teaspoon mustard seed and 1 piece red pepper to each jar.

SOUR PICKLES

Medium cucumbers 1 cup salt
1 gallon cider vinegar 1 cup sugar
1 quart water 1 cup white mustard seed

FIG PICKLES

1 gallon fresh figs
5 cups sugar
2 quarts water
2 sticks cinnamon

3 cups vinegar
1 tablespoon whole cloves
1 tablespoon whole allspice
2 quarts water
1 tablespoon whole allspice
2 sticks cinnamon

Peel figs. (If unpeeled are preferred, pour boiling water over figs and let stand until cool). Add 3 cups sugar to water; boil until sugar dissolves. Add figs and cook slowly for 30 minutes. Add remaining sugar, vinegar and spices, tied in bag. Boil until figs are clear. Let stand 12 to 24 hours in cool place. Heat to simmering; pack immediately into hot sterilized jars. Process pints or quarts in water bath 30 minutes at simmering temperature. Yield: about 6 pints.

MIRLITON PICKLES

8 medium mirlitons
1 tablespoon mustard seed
4 teaspoons salt
2 1/2 cups cider vinegar
4 medium onions

2 1/2 cups sugar
1/4 teaspoon ground cloves
2 teaspoons ground turmeric

Peel and slice mirlitons and onions. Sprinkle with salt; let stand 2 hours. Drain and wash. Combine mirliton mixture with remaining ingredients; bring to a boil, but do not allow mixture to boil. Pack in hot jars; seal and process in boiling-water bath for 10 minutes. Yield: 5 pints.

PICCALILLI

1 1/2 cups chopped green peppers
1 1/2 cups chopped red bell peppers
1 1/2 cups chopped onions

2 tablespoons mustard
2 tablespoons salt
1 cup sugar
2 3/4 cup cider vinegar
1 tablespoon celery

Cover vegetables with water; add salt and boil 2 minutes; drain. Mix remaining ingredients and bring to boil. Add vegetables; boil 2 minutes. Pour into hot sterilized jars. Seal. Process in boiling-water bath for 5 minutes. Yield: 2 pints.

PICKLED CAULIFLOWER

4 pounds cauliflower, (2 large)
2 cups coarse salt
1 gallon water
1 quart vinegar
2 cups sugar
1 tablespoon whole allspice
2 teaspoons mustard seed
4 bay leaves
2 sticks cinnamon

Wash cauliflower; separate into flowerets. Place in brine made of salt and water. Let stand for 1 hour. Make syrup of vinegar, sugar and spices (tied in cheesecloth bag). Boil 3 to 5 minutes. Add drained cauliflower; cook 3 to 4 minutes. Pack in sterilized jars. Cover with hot syrup and seal at once. Yield: 4 pints.

PICKLED EGGS

2 tablespoons sugar
2 cups white vinegar
1 teaspoon salt
1 medium onion, sliced
1 teaspoon mixed pickling spices
12 to 16 hard-cooked eggs, peeled

Combine sugar, salt, spices, vinegar and onion; simmer about 8 minutes. Strain and pour over eggs in jar. Seal and let stand 2 days before serving. If desired, add sprig of dill, a clove, a few caraway seeds, a slice of garlic, or onion to the brine.

PICKLED OKRA

2 cups cider vinegar
2 tablespoons dill seed
2 cups water
2 tablespoons celery seed
1 tablespoon salt
1/2 teaspoon hot pepper sauce
2 tablespoons mustard seed release sauce
1 pound small okra pods
2 cloves garlic

In a saucepan, simmer vinegar, water, salt, seed and pepper sauce for 10 minutes. Cut stem ends off okra and place pods in hot sterilized jars. Put a clove of garlic in each jar. Pour hot pickling liquid in jars. Seal and process in boiling-water bath for 10 minutes. Let ripen at least 3 weeks before opening. Yield: 2 pints.
### PICKLED ONION

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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</thead>
<tbody>
<tr>
<td>1 gallon small white onions</td>
<td>1</td>
</tr>
<tr>
<td>1 cup salt</td>
<td>$\frac{1}{2}$ qts</td>
</tr>
<tr>
<td>Small red peppers</td>
<td>3</td>
</tr>
<tr>
<td>Bay leaves</td>
<td>3</td>
</tr>
<tr>
<td>3 tablespoons white mustard seed</td>
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### PICKLED VEGETABLE SALAD

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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</thead>
<tbody>
<tr>
<td>4 cups white wine vinegar</td>
<td></td>
</tr>
<tr>
<td>1 cup sugar</td>
<td></td>
</tr>
<tr>
<td>1 tablespoon salt</td>
<td></td>
</tr>
<tr>
<td>$\frac{1}{2}$ cup mixed pickling spices</td>
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</tbody>
</table>

Boil vinegar, sugar, salt and spices, tied in cheesecloth, for 10 minutes. Add vegetables; boil for 5 minutes. Remove spice bag and pack vegetables in jars. Fill to within 1 inch of top of jar and add syrup to within $\frac{1}{2}$ inch of top. Seal; process in boiling-water bath for 30 minutes. Yield: 4 pints.

### Sweet Icicle Pickles

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>20 cucumbers, 4 to 6-inches long</td>
<td></td>
</tr>
<tr>
<td>1 cup salt</td>
<td></td>
</tr>
<tr>
<td>$\frac{1}{2}$ gallon water</td>
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Put cucumber strips in stone jar or stainless steel container. Add salt to water and bring to a boil. Pour over cucumbers. Cover with plate and weight down to keep cucumbers under brine. Cover and let stand 1 week in cool place. Remove scum each day. Drain, discarding brine; rinse cucumbers thoroughly. Cover with boiling water; let stand 24 hours. Drain. Add alum to cucumbers; cover with boiling water. Cover; let stand 24 hours. Drain. Add spices (tied in cheesecloth bag) to sugar and vinegar; bring to a boil. Pour over cucumbers; cover and let stand 24 hours. Drain syrup; bring to a boil and pour over cucumbers. Repeat this step each day for 4 days. Pack pickles into hot jars. Heat syrup to boiling; pour boiling hot over pickles, leaving $\frac{1}{4}$-inch head space. Adjust caps. Process in boiling-water bath for 10 minutes. Yield: about 6 pints.

### PICKLED PEACHES

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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</thead>
<tbody>
<tr>
<td>3 pounds (6 3/4 cups) sugar</td>
<td>1</td>
</tr>
<tr>
<td>2 cups vinegar</td>
<td>$\frac{1}{2}$ qts</td>
</tr>
<tr>
<td>2 tablespoons whole mace</td>
<td>(3-inch each) sticks</td>
</tr>
<tr>
<td>1 teaspoon whole allspice</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon whole cloves</td>
<td></td>
</tr>
<tr>
<td>6 pounds peaches, peeled</td>
<td></td>
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</tbody>
</table>

Combine sugar, vinegar and spices, tied in cheesecloth bag. Bring to boil; add peaches, a few at a time, to boiling syrup. Simmer until tender. Remove peaches; pack into hot jars. Boil syrup until thick; pour over fruit. Seal. Process 20 minutes in water bath at simmering temperature. Yield: 2 1/2 quarts.

### PICKLED PEPPERS

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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</thead>
<tbody>
<tr>
<td>1 gallon long red, green or yellow peppers</td>
<td>2 cups water</td>
</tr>
<tr>
<td>(Hungarian, Banana or other varieties)</td>
<td>$\frac{1}{4}$ cup sugar</td>
</tr>
<tr>
<td>2 cloves garlic</td>
<td>2</td>
</tr>
<tr>
<td>2 tablespoons prepared</td>
<td></td>
</tr>
<tr>
<td>1 1/2 cups salt</td>
<td></td>
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<tr>
<td>1 gallon water</td>
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Cut 2 small slits in each pepper. Wear rubber gloves to prevent burning hands. Dissolve salt in water. Pour over peppers and let stand 12 to 18 hours in cool place. Drain; rinse and drain thoroughly. Combine remaining ingredients; simmer 15 minutes. Remove garlic. Pack peppers into hot jars and pour boiling hot pickling liquid over peppers, leaving $\frac{1}{4}$-inch head space. Adjust caps. Process in boiling-water bath for 10 minutes. Yield: 8 pints. Note: For extra crisp peppers, add 1/2 teaspoon alum to each jar.
WATERMELON RIND PICKLES

4 quarts prepared watermelon rind
3 tablespoons slaked lime
2 quarts cold water
2 tablespoons whole cloves
1 quart white vinegar
3 sticks cinnamon
2 pieces ginger root
1 lemon, thinly sliced
3 tablespoons slaked lime
2 cups sugar
2 tablespoons whole cloves

Trim dark skin and pink flesh from thick watermelon rind; cut in 1-inch pieces. Dissolve lime in 2 quarts water; pour over rind. If needed, add additional water to cover rind. Let stand 2 hours in lime solution; 6 hours, if salt is used. Drain; rinse and cover rind with cold water. Cook until just tender; drain. Tie spices in cheesecloth bag and combine with remaining ingredients; simmer 10 minutes. Add watermelon rind and simmer until rind is clear; add boiling water if syrup becomes too thick. Remove spice bag. Pack, boiling hot, into hot jars. Process in boiling-water bath for 10 minutes. Yield: 7 pints.

SQUASH PICKLES

2 pounds yellow squash
2 small onions
1/4 cup pickling salt
2 cups sugar
3 cups cider vinegar
1 teaspoon celery salt
1 teaspoon turmeric
2 teaspoon mustard seed
3 cups cider vinegar

Thinly slice squash and onions; cover with 1-inch of water. Add pickling salt and let stand 2 hours. Drain. Combine remaining ingredients and bring to a boil. Pour over squash and onions; let stand 2 hours. Bring all ingredients to a boil. Pack into jars and process at simmering temperature for 15 minutes. Yield: 5 half pints.

POPCORN

2 tablespoons oil
1/3 cup popcorn

Place oil and popcorn in a 10-inch skillet. Cover tightly. Place on controlled top burner set at 375° F. (or in electric skillet) and heat for 3 minutes or until popping stops. Do not shake skillet. Pour into serving bowl. Yield: 1 1/2 quarts. For electric popcorn popper, follow manufacturer's directions.

POPCORN SNACK

Mix garlic salt, chili or curry powder or barbecue seasoning into melted butter. Drizzle the flavored butter over the popped corn and mix well.

CHICKEN LIVER PATE

3/4 cup (1 1/2 sticks) butter
1/2 cup chopped onion
1/4 pound fresh mushrooms, sliced
1/4 pound chicken livers quartered
1 1/2 teaspoons seasoned salt
1/4 cup chopped pecans
1 teaspoon lemon juice
1/8 teaspoon pepper
1/8 teaspoon cayenne
2 hard-cooked eggs, quartered

In 1 stick of butter, sauté onion until soft, about 5 minutes. Add mushrooms and chicken livers; cook until liver is just tender, about 5 minutes. Remove from heat; add remaining butter, seasoned salt, lemon juice, pepper and cayenne; stir until butter melts. Divide mixture into four parts. In electric blender, at high speed, blend the mixture one part at a time, adding 2 of the egg quarters to each part. Empty into a bowl as each part is blended. Stir nuts into entire mixture and refrigerate for about 30 minutes. Shape into ball on sheet of waxed paper or foil. Wrap well and refrigerate overnight. Serve with crackers. Yield: 2 1/2 cups, or enough for about 50 crackers.

CHICKEN WING STICKS

3 pounds chicken wings (approximately 18)
1/2 cup flour
1/2 cup grated Parmesan cheese
3/4 cup buttermilk
1 teaspoon salt
1 teaspoon paprika
1/8 teaspoon pepper
1/2 teaspoon oregano

Cut wings in half; use “drumstick” half for frying. Use remaining half for soup, stock or bone and fry as directed. Combine dry ingredients in a shallow dish. Dip chicken pieces in buttermilk; shake to remove excess. Roll in dry ingredients. Fry in deep hot fat (365° F.) for 5 minutes or until golden brown. Drain on absorbent paper. Yield: 18 hors d’oeuvres.

To Bake: Place in a 9 x 13 inch well greased baking pan. Bake in a 400° F. oven for 45 minutes or until crisp and tender.
RUMAKI  
(POLYNESIAN APPETIZER)

1 can (8 ounces) water chestnuts, halved  
1/3 pound chicken livers, cut into thirds or halves  
1/4 teaspoon ginger

8 bacon slices, cut crosswise into halves  
1/2 cup soy sauce  
1/4 teaspoon curry powder

Wrap chestnut half and piece of chicken liver with 1/2 slice bacon; secure with foodpick. Combine remaining ingredients and marinate appetizers for 1 hour. Place on broiler rack and broil until bacon is crisp, about 15 minutes. Turn once during broiling.  
Yield: 16 appetizers.

TURKEY REUBEN

1/4 cup sauerkraut  
1 tablespoon sour cream  
2 slices pumpernickel or rye bread  
1 tablespoon salad dressing

1 slice American or Swiss cheese  
4 thin slices turkey  
1 tablespoon butter

Combine sauerkraut and sour cream. Spread each bread slice with salad dressing; top with cheese, sauerkraut and 4 slices of turkey. Butter outside of sandwich; grill until cheese melts. Yield: 1 sandwich.

DEEP-FRIED CALAS

1 1/2 cups cooked rice, very soft  
1/2 package yeast  
1/2 cup warm water  
3 eggs, beaten

1 1/4 cups sifted flour  
1/4 cup sugar  
1/2 teaspoon salt  
1/4 teaspoon nutmeg

Mash hot rice and cool to lukewarm. Soften yeast in warm water and stir into lukewarm rice; mix well. Cover and let rise several hours or overnight. Add eggs, flour, sugar, salt and nutmeg. Beat only until smooth. Let stand in warm place for 30 minutes. Drop by tablespoons into deep hot fat (360° F) and fry until golden, about 3 minutes. Serve sprinkled with confectioners sugar or sugar mixed with cinnamon. Yield: 2 dozen.

BACON WRAP-AROUNDS

10 strips bacon, cut in half  
20 raw oysters

Partially cook bacon. Wrap each bacon slice around a raw oyster and broil until bacon is crisp. Serve with toothpicks. Makes 20 appetizers.

BROILED OYSTERS AND CHICKEN LIVERS

1 pint large oysters  
1 pound chicken livers  
Salt and pepper  
Flour  
1/2 cup (1 stick) butter

1 tablespoon lemon juice  
1 tablespoon Worcestershire sauce  
1/4 cup dry white wine

Drain oysters and livers; dust lightly in seasoned flour. Pan-broil in 2 tablespoons butter until oysters curl. Make sauce with remaining butter and ingredients; pour over oysters and livers. Serve hot on foodpicks.

COLD CRAB CANAPÉ

1 can (7 1/2 ounces) crab meat  
4 sweet pickles, minced

1/4 cup mayonnaise  
Juice of 1 lime

Mix crab, pickles and lime juice. Add mayonnaise to moisten. Serve on crackers. Makes 24 appetizers.

CRAB MEAT CHEESE BUNS

1 cup finely grated Cheddar cheese  
1 can (7 1/2 ounces) crab meat, drained and flaked  
1/4 cup butter, softened  
24 cocktail buns

Mix together cheese and butter; add crab meat. Spread mixture between bun halves; wrap in foil. Place on grill over slow coals and heat 10 to 15 minutes, turning frequently, until sandwiches are heated through and cheese begins to melt. Sandwiches can also be heated in a 350° F oven for 15 minutes. Makes 24 appetizers.
CRAB MEAT PATTIES

1 tablespoon butter
2 tablespoons flour
2 tablespoons grated Parmesan cheese
3/4 cup light cream
48 miniature patty shells

1/2 teaspoon salt
Dash black pepper
Dash cayenne pepper
1 egg yolk, beaten

In a saucepan, melt butter over low heat. Add flour and stir until smooth. Add cheese and cream. Cook, stirring constantly, until thickened. Remove from heat. Stir in crab meat, salt, pepper, and egg yolk. Spoon into patty shells and broil 3 inches from source of heat for 3 minutes or until hot. Yield: 48 patties.

CRAB PUFFS

1 stalk celery, minced
1 medium onion, minced
1 tablespoon cooking oil
2 cans (7 ounces each) crab meat

1/2 cup cracker meal
1/2 cup thick white sauce
2 eggs, well beaten
1/2 teaspoon pepper
1/2 teaspoon seasoned salt

Sauté onion and celery in oil on Controlled Surface Heat set at 250° F. Drain on absorbent paper. Combine with crab meat, white sauce, eggs, seasonings and cracker crumbs. Chill; shape into balls by using additional cracker meal. Fry in deep hot shortening (375° F.) until golden brown. Drain and serve. Yield: 3 dozen puffs.

CRAB SANDWICHES

1 large package cream cheese
1 can crab meat
1 teaspoon Worcestershire sauce
8 Holland Rusks

slices American cheese
1 medium onion,
finely minced
8 slices tomato

Combine cream cheese, enough mayonnaise to blend crab, onion, Worcestershire sauce and salt. Spread on rounds of Holland Rusks. Place a tomato slice on top of each open-faced sandwich. Place slices of American cheese on tomato. Place under broiler until cheese is slightly melted and browned. Yield: 4 servings.

CRAB SUPREME

1 cup diced celery
1 onion, chopped
2 cloves garlic, crushed
1/4 cup olive oil
1 cup chicken broth
1 cup tomato juice
3 cups crab meat

1/4 teaspoon pepper
1 bay leaf
1/4 cup soy sauce

Sauté celery, onion, and garlic in olive oil. Stir in chicken broth, tomato juice, Worcestershire sauce, pepper and bay leaf. Cover and cook over low heat for 40 minutes. Remove bay leaf; add soy sauce and crab meat and simmer for 20 minutes. Serve hot with crackers or in miniature patty shells. Yield: 4 cups.

HOT CRAB APPETIZERS

1 can (6 ounces) crab meat, drained
1 teaspoon salt
1 tablespoon marjoram
2 tablespoons flour
1 cup light cream
2 tablespoons sherry
2 tablespoons butter
1 egg yolk
6 slices white bread

Combine crab meat, salt, marjoram, sherry and white pepper; set aside. In saucepan, melt butter; remove from heat and stir in flour. Beat egg yolk into cream. Stir cream into the butter-flour mixture and heat until thickened, stirring constantly. Mixture will be very thick. Pour sauce on crab mixture and toss. Using a small cookie cutter, cut 4 rounds from each slice of bread. Toast rounds on one side only. Mound crab mixture on untoasted side of each round. Place under broiler until lightly browned. Serve hot. Yield: 24 appetizers.

CRAB-CHEESE BURGERS

1 small can crab meat
1/2 cup processed cheese, diced
1/4 cup prepared mustard
6 hamburger buns

1 cup celery, chopped finely
1/2 cup onion, chopped
Salt and pepper to taste

CRAB MEAT PATTIES

1 tablespoon butter 1 cup cooked crab meat
2 tablespoons flour 1/2 teaspoon salt
2 tablespoons grated Parmesan cheese Dash black pepper
3/4 cup light cream 1 egg yolk, beaten
48 miniature patty shells

In a saucepan, melt butter over low heat. Add flour and stir until smooth. Add cheese and cream. Cook, stirring constantly, until thickened. Remove from heat. Stir in crab meat, salt, pepper, and egg yolk. Spoon into patty shells and broil 3 inches from source of heat for 3 minutes or until hot. Yield: 48 patties.

CRAB PUFFS

1 stalk celery, minced 1/2 cup cracker meal
1 medium onion, minced 1/2 cup thick white sauce
1 tablespoon cooking oil 2 eggs, well beaten
2 cans (7 ounces each) crab meat 1/2 teaspoon pepper
Sauté onion and celery in oil on Controlled Surface Heat set at 250° F. Drain on absorbent paper. Combine with crab meat, white sauce, eggs, seasonings and cracker crumbs. Chill; shape into balls by using additional cracker meal. Fry in deep hot shortening (375° F.) until golden brown. Drain and serve. Yield: 3 dozen puffs.

CRAB SANDWICHES

1 large package cream cheese slices American cheese
1 can crab meat 1 medium onion, finely minced
1 teaspoon Worcestershire sauce Salt to taste
8 Holland Rusks 8 slices tomato

Combine cream cheese, enough mayonnaise to blend crab, onion, Worcestershire sauce and salt. Spread on rounds of Holland Rusks. Place a tomato slice on top of each open-faced sandwich. Place slices of American cheese on tomato. Place under broiler until cheese is slightly melted and browned. Yield: 4 servings.

CRAB SUPREME

1 cup diced celery 2 tablespoons Worcestershire sauce
1 onion, chopped Dash of white pepper
2 cloves garlic, crushed 1/4 teaspoon pepper
1/4 cup olive oil 1 bay leaf
1 cup chicken broth 1/4 cup soy sauce
1 cup tomato juice 3 cups crab meat

Sauté celery, onion, and garlic in olive oil. Stir in chicken broth, tomato juice, Worcestershire sauce, pepper and bay leaf. Cover and cook over low heat for 40 minutes. Remove bay leaf; add soy sauce and crab meat and simmer for 20 minutes. Serve hot with crackers or in miniature patty shells. Yield: 4 cups.

HOT CRAB APPETIZERS

1 can (6 ounces) crab meat, drained 2 tablespoons sherry
1 teaspoon salt 2 tablespoons butter
1 tablespoon marjoram 1 egg yolk
2 tablespoons flour 6 slices white bread
1 cup light cream

Combine crabmeat, salt, marjoram, sherry and white pepper; set aside. In saucepan, melt butter; remove from heat and stir in flour. Beat egg yolk into cream. Stir cream into the butter-flour mixture and heat until thickened, stirring constantly. Mixture will be very thick. Pour sauce on crab mixture and toss. Using a small cookie cutter, cut 4 rounds from each slice of bread. Toast rounds on one side only. Mound crab mixture on untoasted side of each round. Place under broiler until lightly browned. Serve hot. Yield: 24 appetizers.

CRAB-CHEESE BURGERS

1 small can crab meat 6 hamburger buns
1/2 cup processed cheese, diced 1 cup celery, chopped fine
1/4 cup prepared mustard Salt and pepper to taste

OYSTERS WITH COCKTAIL SAUCE

3/4 cup tomato catsup  
1/3 cup lemon juice  
4 teaspoons prepared horseradish  
1/4 teaspoon hot sauce

2 teaspoons  
1/4 teaspoon onion salt  
1/4 teaspoon celery salt  
3 dozen small oysters

Combine all ingredients except oysters; chill several hours. Place 6 oysters in each of 6 custard cups and pour about 3 tablespoons of sauce over each serving. Nest each custard cup in small bowl filled with crushed ice. Yield: 4 servings.

OYSTERS ROCKEFELLER

1/2 package frozen chopped spinach  
6 small green onions  
2 stalks celery  
1/3 bunch parsley  
1/3 head lettuce  
1/2 cup (1 stick) butter, softened  
3/4 cup bread crumbs  
1 teaspoon anchovy paste

1 tablespoon  
1/8 teaspoon hot sauce  
1 1/2 tablespoons absinthe  
flavored liqueur  
1/4 cup grated Parmesan cheese

Place spinach, green onions, celery, parsley and lettuce in blender container. Blend thoroughly to puree. Add to butter and 1/4 cup bread crumbs. Add Worcestershire, anchovy paste, hot sauce, absinthe and salt; mix thoroughly. Place oysters on half shell; set in pan of rock salt that has been heated in 450°F oven 20 minutes. Spread 2 tablespoons sauce over each oyster. Top with 1 teaspoon combined cheese and remaining crumbs. Bake in 450°F oven 30 minutes. Broil, 3 inches from heat, until brown. Yield: 6 servings.

QUICK SHRIMP STICKS

4 slices whole wheat bread  
1/2 lb. shrimp, cooked  
1/2 small onion  
1 teaspoon sugar  
2 egg whites

1/2 lb. shrimp, cooked  
1 small piece ginger  
Dash of salt and pepper  
Bread crumbs

Cut each bread slice into 4 strips. Combine shrimp, onion and ginger in blender to chop. In medium-size bowl, mix shrimp with seasonings; add egg whites and beat until stiff. Spread on bread strips; sprinkle with bread crumbs. Fry in deep fat until golden brown. Yield: 16 appetizers.

SHRIMP BALLS

1 cup raw diced shrimp  
3 tablespoons minced onion  
2 tablespoons butter  
2 1/2 cups mashed potatoes

1 egg, well beaten  
Salt and pepper  
1 clove garlic, minced  
1 tablespoon minced parsley


SHRIMP NEWBURG

1 1/2 cups breakfast cream  
1 1/2 tablespoons sherry wine

1/2 cup (1/2 stick) butter, melted  
2 tablespoons flour  
3/4 teaspoon salt  
1 pound cooked shrimp, halved

1 1/2 cups breakfast cream  
1/8 teaspoon hot sauce  
2 egg yolks, beaten  
1 tablespoon minced parsley

Combine butter, flour and seasoning. Add cream gradually and cook until thick, stirring constantly. Stir small amount of hot sauce into yolks; add to remaining sauce, stirring constantly. Add shrimp; heat. Remove from heat and slowly stir in sherry. Serve on toast points. Yield: 6 servings.

SHRIMP OR OYSTER PO BOY

1 pound cleaned shrimp or O il  
1 quart oysters  
1 package Po Boy buns  
Seasoned Fish Fry

1 egg, well beaten  
1 package  
Seasoned Fish Fry

Dip shrimp or oysters in Fish Fry; fry in deep fat at 375°F until golden brown. Drain. Place on buns and enjoy.
COOKING WITH ENTERGY

SHRIMP LOAF

3 tablespoons lemon juice
3 packages (3 ounces each) Philadelphia cream cheese
1 1/2 cups fresh boiled shrimp, chopped fine
3/4 cup finely chopped parsley or celery
1 cup mayonnaise
1 large can shrimp or fresh cooked shrimp
1 can tomato soup
2 envelopes unflavored gelatin
Salt and pepper to taste
3/4 cup finely chopped green onions

You may use both the fresh shrimp and 1 can shrimp or 2 1/2 cups of the fresh boiled shrimp.


SHRIMP ROCKEFELLER

2 packages (10 ounces each) frozen spinach
1/2 cup (1 stick) butter, melted
1 1/2 teaspoon Worcestershire sauce
2 teaspoons anchovy paste
1/2 teaspoon salt
1/4 teaspoon hot sauce
1 teaspoon celery salt
2 cloves garlic
12 green onions
1/4 cup grated Parmesan cheese
1/2 cup chopped parsley
2/3 head lettuce, chopped
3 slices white bread, crusts removed
1 pound shrimp, cleaned
3/4 cup water
2 tablespoons butter, melted
1/2 cup dry bread crumbs

Cook spinach according to package directions, reserving liquid. In blender container, blend 1 stick butter, spinach liquid and seasonings. Gradually add the greens. Add bread moistened in water. Place 4 shrimp in each of 6 greased ramekins, pour sauce over each. Mix butter with crumbs; sprinkle on shrimp. Top with cheese. Bake 15 minutes or until brown. Yield: 6 servings.

SHRIMP REMOULADE

2 lbs. boiled shrimp, peeled and deveined
Lettuce
Remoulade sauce

Let shrimp cool after boiling. Mix shrimp with Remoulade Sauce and place in small covered bowl; store in refrigerator at least 24 hours. When ready to serve, stir and use in salad bowl over chopped lettuce. Shrimp Remoulade prepared this way will last a week in the refrigerator. Sauce alone can be stored in refrigerator up to 2 months.

Remoulade Sauce

1 pint tomato catsup
1/2 pint olive oil
1/2 pint mayonnaise
1/2 can tomato paste
1 sprig parsley
1 dill pickle
1 egg white
1 tablespoon A-1 sauce
1 tablespoon horseradish
1/2 teaspoon hot pepper sauce
1 tablespoon Worcestershire sauce
1 tablespoon powdered mustard
1 level teaspoon melted butter
3 cloves garlic, pressed
8 or 9 green olives
1/2 teaspoon salt
1 tablespoon prepared mustard
1/2 teaspoon sugar

Grind very fine in food chopper the dill pickle, garlic, green onion, parsley, bell pepper and green olives. Add tomato catsup, olive oil, tomato paste, mayonnaise, A-1 sauce, Worcestershire sauce, horseradish, sugar, salt, hot sauce, butter and mustard. Mix well. Add egg white, which has been beaten 2 minutes. Makes 1 quart.

BUYING GUIDE FOR 50 FULL-SIZED SANDWICHES:

(1 slice per sandwich)
Ham (canned) 1/8 inch slice 10 pounds
Roast beef or veal (bone-in weight) 1/8 inch slice 20-25 pounds
Turkey 1/8 inch slice 17 pounds
Cheese 1/8 inch slice 3 pounds
Ready-to-serve sliced meats 1/16 inch slice 7-9 pounds
White sandwich loaf 8 pounds
Whole wheat 6 pounds
Rye 4 pounds
Butter 2 teaspoons per sandwich 1 1/2 pounds
Mayonnaise 2 teaspoons per sandwich 1 quart
FILLING FOR SANDWICHES

One cup of spread or finely chopped filling will make about 8 full-sized sandwiches. Allow 2 rounded tablespoons of filling per sandwich.

BUTTER SPREAD FOR SANDWICHES

Always spread both slices of bread to the edge with softened butter to keep soft fillings from soaking in, yet avoiding any dry bites. For a variation, add 2 teaspoons prepared mustard to 1/2 cup (1 stick) butter.

FREEZING SANDWICHES

Sandwiches can be prepared in advance and frozen. Any bread will freeze well, but some fillings do not. It is best to omit crisp salad-type vegetables, because they lose their crispness.

Hard-cooked egg whites should not be frozen, as they turn rubbery.
Salad dressings and mayonnaise should be used sparingly, since both tend to separate, making sandwiches soggy. Bottled salad dressings, such as Russian, French and Italian, work well as binders and add flavor to fillings.

To check a filling, freeze a small amount in a custard cup, covered, overnight. Then, thaw and look for any separation or watering.

Storage Time: 1 to 2 months.

Thaw party sandwiches at room temperature for 30 minutes. Unwrap open-faced sandwiches for thawing. Whole sandwiches should be individually wrapped. Allow 2 to 3 hours for thawing at room temperature. Frosted sandwich loaf will thaw in about 3 hours, unwrapped.

AVOCADO FILLING

2 cups mashed avocado (about 3) 1 tablespoon lemon juice 1/2 cup mayonnaise 1/4 cup minced parsley

Combine ingredients and chill. Sufficient spread for two ribbon loaves or 48 finger sandwiches.

CHECKERBOARD SANDWICHES

Cut 3 slices each of whole wheat and white bread, 1/2-inch thick. Remove crusts. Spread a slice of white bread with softened butter or cream cheese and place a slice of whole wheat on it. Spread this with creamed mixture. Place it a slice of white bread, making whole wheat bread the middle layer. Repeat this process beginning with a slice of whole wheat so that a slice of white bread is the middle layer this time. Trim each pile evenly, and cut each pile in 3 one-inch strips. Spread these strips with creamed mixture and put together in such a way that a white block will alternate with a whole wheat one, forming a checkerboard at ends. There will be two “checkered” loaves. Wrap each loaf in waxed paper and place in refrigerator. When ready to serve, slice about 1/4-inch thick.

BANANA-PEANUT BUTTER SPREAD

1/2 cup peanut butter 1/4 cup orange juice 1/4 cup mashed banana

Combine ingredients until well blended. Yield: 8 sandwiches.

CHEESE FILLING

1 pound (4 cups) grated Cheddar cheese 1 tablespoon minced onion 1/2 cup mayonnaise or 1/4 cup prepared mustard salad dressing 1/2 cup chopped stuffed olives


CHEESE-OLIVE SPREAD

1 cup stuffed olives 1/4 pound (1 cup) process cheese, cubed 4 strips bacon, cooked

Place all ingredients in blender or food processor, blend to smooth spread. Add cream or liquid from olives if mixture is too thick. Yield: 6 full-sized sandwiches.
CHICKEN OR HAM SALAD

4 1/2 cups finely chopped
or ground cooked
chicken* or ham
1 1/2 cups minced celery
1 cup mayonnaise
3/4 teaspoon salt
6 tablespoons chopped
stuffed olives or pickle

Thoroughly combine all ingredients. Yield: filling for approximately 4 1/2 cups cooked meat.

*One 5-pound chicken yields approximately 4 cups cooked meat.

CUCUMBER SANDWICHES

1 large cucumber
3 tablespoons vinegar
1 tablespoon lemon juice
1 tablespoon sugar
1/4 teaspoon salt
Dash pepper
1 teaspoon grated onion
4 packages (3 ounces each)
cream cheese
1 to 2 drops green food
coloring

Peel cucumber, remove seeds and grate coarsely. Soak pulp 15 minutes in vinegar, lemon juice, sugar, salt and pepper. Drain. Blend onion with cream cheese; add drained cucumber and food coloring. Mix well. Spread 1 dozen open-faced sandwiches; cut into fingers or squares. Garnish with parsley.

MEAT SPREAD

Blend 1/4 cup mayonnaise, 1 teaspoon prepared horseradish, 1/2 teaspoon salt, 1/2 stalk celery cut into 1-inch pieces, 1 cup cubed cooked meat and 1 slice of onion. Yield: 1 cup.

ONION-BACON FILLING

4 bunches green onion
2 cups mayonnaise
1/2 to 1 pound cooked
bacon

Chop tops and bottoms of onions very fine; stir in mayonnaise. Crumble bacon finely; add to onion mixture. Mix well. Spread on thin bread. Remove crust from sandwiches. Yield: 25 full-sized sandwiches.

PINWHEEL SANDWICHES

Remove crusts from all sides of a fresh, unsliced loaf of bread with the exception of the bottom crust. With a sharp knife, cut bread lengthwise in slices 1/8 to 1/4-inch thick. Spread the long slices with a cheese spread or any smooth filling. Beginning at one end, roll the bread as for a jelly roll. Spread melted butter on the last lap of the bread to seal it. Wrap the small rolls in waxed paper and place in refrigerator. When ready to serve, slice about 1/4-inch thick.

EGG SALAD

4 hard-cooked eggs
1/2 stalk celery, minced
1/4 cup mayonnaise
1/4 teaspoon onion salt
1/2 teaspoon salt
1/8 teaspoon pepper

Combine yolks with celery, mayonnaise, salt and pepper. Stir in minced whites. Yield: 12 full-sized sandwiches.

RIBBON SANDWICHES

Put three or more slices of bread together with prepared filling. Wrap tightly in waxed paper. Chill. Cut in 1/4-inch slices just before serving. Use alternate slices of white and dark bread.

EGG-Olive FILLING

1 cup pecans
2 hard-cooked eggs
1 bottle (7 ounces)
stuffed olives
1/2 cup mayonnaise
1 medium onion, minced
Salt
Pepper

Put pecans, eggs, olives and onion through meat chopper or chop finely. Season to taste with salt and pepper. Add just enough mayonnaise for spreading consistency. Yield: 6 full-sized sandwiches.

ROLLED SANDWICHES

Trim crusts from fresh bread. Put slices between 2 damp towels and roll tightly with rolling pin. Spread slices with desired filling. Roll up and seal edges with melted butter. Roll each sandwich in waxed paper; twist ends tightly. Store in refrigerator.
SANDWICH LOAF

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Quantities</th>
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<tbody>
<tr>
<td>1 small loaf unsliced sandwich bread</td>
<td>3-4 tablespoons cream</td>
</tr>
<tr>
<td>Softened butter</td>
<td>3 packages (3 ounces each)</td>
</tr>
<tr>
<td>3 recipes of fillings</td>
<td>cream cheese</td>
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</tbody>
</table>

Cut crust from the bread and slice lengthwise in 4 slices. Spread butter over each center slice. Spread the top of the bottom slice with one of the fillings. Place the next slice over and spread with another filling, pressing firmly. Spread last filling on third slice and top with fourth slice. Press firmly. Blend cheese and cream, adding a pinch of salt. Spread over top and sides of the loaf. Chill several hours. When ready to serve, slice into 3/4 to 1-inch slices.

SHRIMP SPREAD

<table>
<thead>
<tr>
<th>Ingredients</th>
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<tr>
<td>1 package (3 ounces) cream cheese</td>
<td>1 teaspoon prepared mustard</td>
</tr>
<tr>
<td>Dash garlic salt</td>
<td>2/3 cup minced shrimp</td>
</tr>
<tr>
<td>1 stalk celery, minced</td>
<td>2 tablespoons mayonnaise</td>
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<tr>
<td>1 tablespoon catsup</td>
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Combine softened cheese and garlic salt. Stir in remaining ingredients. Yield: 8 full-sized sandwiches.

TUNA FILLING

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Quantities</th>
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<tbody>
<tr>
<td>2 cans (7 ounces each) tuna, drained</td>
<td>3/4 cup minced celery</td>
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<tr>
<td>2 hard-cooked eggs, minced</td>
<td>1/2 cup chopped sweet</td>
</tr>
<tr>
<td>1/4 cup minced onion</td>
<td>pickle chips</td>
</tr>
<tr>
<td>1/2 cup minced onion</td>
<td>1/2 cup mayonnaise</td>
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</tbody>
</table>

Combine tuna, eggs, celery, pickle and onion. Add mayonnaise; mix well. Yield: 8 sandwiches or 4 generous salads.

CANDIED CUSHAW

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Quantities</th>
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<tbody>
<tr>
<td>1 cushaw</td>
<td>1/2 cup (1 stick) butter</td>
</tr>
<tr>
<td>1 1/2 cups sugar</td>
<td></td>
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</tbody>
</table>

Cut neck of cushaw into small rounds about 1/4-inch thick. Remove rind; place in large saucepan. Cover with water; add butter and sugar. Cook over low heat, carefully turning once, until syrup thickens and looks crystallized. The large end of the cushaw can be coarsely grated and prepared in the same manner. Yield: 6 servings.

ARTICHOKE BALLS

<table>
<thead>
<tr>
<th>Ingredients</th>
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<tbody>
<tr>
<td>2 cans artichoke hearts</td>
<td>1/2 cup Italian bread crumbs</td>
</tr>
<tr>
<td>1 large clove garlic, minced</td>
<td>1/2 cup Parmesan cheese</td>
</tr>
<tr>
<td>2 to 4 tablespoons olive oil</td>
<td>Salt and pepper</td>
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</table>

Drain artichoke hearts and mince finely. Combine with remaining ingredients until mixture can be molded into small balls. Bake in 350°F oven for 15 minutes. Yield: about 4 dozen.

To Freeze: Arrange artichoke balls on a cookie sheet; freeze, and then transfer to freezer bags. To serve, place frozen balls on cookie sheet and bake in 350°F oven for 15 minutes or until golden brown.

HOT OLIVE CHEESE PUFFS

<table>
<thead>
<tr>
<th>Ingredients</th>
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<tbody>
<tr>
<td>1 cup grated sharp cheese</td>
<td>1/2 teaspoon paprika</td>
</tr>
<tr>
<td>3 tablespoons soft butter</td>
<td>24 small stuffed olives, well drained</td>
</tr>
<tr>
<td>1/2 cup sifted flour</td>
<td>1/4 teaspoon salt</td>
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</tbody>
</table>

With electric mixer, cream butter and cheese. Stir sifted dry ingredients. Mix well. Wrap 1 teaspoon cheese dough around each stuffed olive, completely covering. Place wrapped olives on heavy sheet of cardboard and wrap securely for freezing. Freeze. To serve: unwrap desired number of frozen puffs; arrange on ungreased cookie sheet; bake in 400°F oven 10 to 15 minutes or until brown. Serve warm. Yield: 24 puffs.

PARTY SWEET POTATOES

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Quantities</th>
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</thead>
<tbody>
<tr>
<td>6 yams, cooked and sliced</td>
<td>2 cups brown sugar</td>
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<tr>
<td>1/2 cup (1 stick) butter, melted</td>
<td>1 cup pecans</td>
</tr>
<tr>
<td>1 can (1 pound 4 ounces) crushed pineapple, well drained</td>
<td>1/2 cup dry vermouth</td>
</tr>
<tr>
<td>1/8 teaspoon cinnamon</td>
<td>1/8 teaspoon nutmeg</td>
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Layer yam slices in 2-quart greased casserole with other ingredients, ending with brown sugar. Bake in 375°F oven until sauce thickens, about 1 hour. Yield: 8 servings.
STUFFED CELERY

1 celery heart
1 package (3 ounces) cream cheese
1/4 teaspoon chopped chives
Paprika
1/4 teaspoon Worcestershire sauce
1/8 teaspoon salt
1/2 teaspoon mayonnaise

Wash and dry pieces of celery from the heart; leave on a bit of foliage. Fill grooves with remaining ingredients that have been blended thoroughly. Sprinkle lightly with paprika.

STUFFED MUSHROOMS

16 large mushrooms
1/2 cup (1 stick) butter
1/2 cup seasoned bread crumbs
1 egg, slightly beaten
1 tablespoon minced onion
1 tablespoon chopped parsley
1/2 teaspoon salt
Dash pepper
Parmesan cheese
1 cup beef bouillon

Remove stems of mushrooms. Sauté chopped stems in 3 tablespoons butter. Add crumbs, egg, onion, parsley, salt and pepper. Brush mushroom caps with butter and arrange, cup side up, in buttered baking dish. Fill each cap with stuffing, sprinkle with cheese and dot with butter. Add broth to pan. Bake in a 375° F. oven for 15 to 20 minutes or until tender when pierced with a fork. Baste mushrooms occasionally with additional butter to keep them moist. Yield: 4 servings.

Variation: Substitute crab meat or chopped shrimp for mushroom stems in stuffing.

Notes: