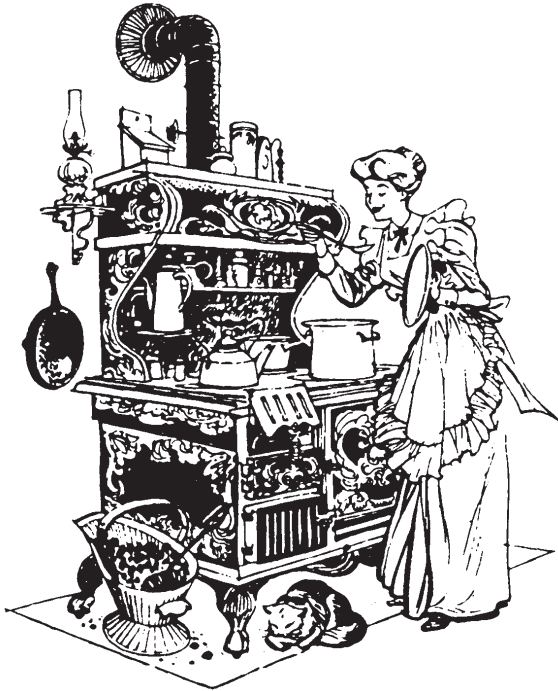


# Appetizers





# Appetizers

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Appetizers are treats that can be served either at the start of a meal or at a reception or open house. Listed below are suggestions for quick and easy appetizers, along with some advice to follow for staying within the guidelines for a healthy diet:

Salsa has become one of America's most popular foods, primarily from its abundant use as an appetizer. Not only is salsa tasty, but it contains little or no fat.

For a change from basic salsa, mix with an equal amount of refried beans and top with cheese. Heat in the microwave and serve hot.

Chips are the natural companion to salsa, including potato chips and corn chips. Most potato and corn chips are fried, and therefore, contain a high level of fat. Baked chips, or even baked pretzels, are a good alternative when used with salsa. The taste of the salsa generally makes up for any loss of taste from baked rather than fried chips.

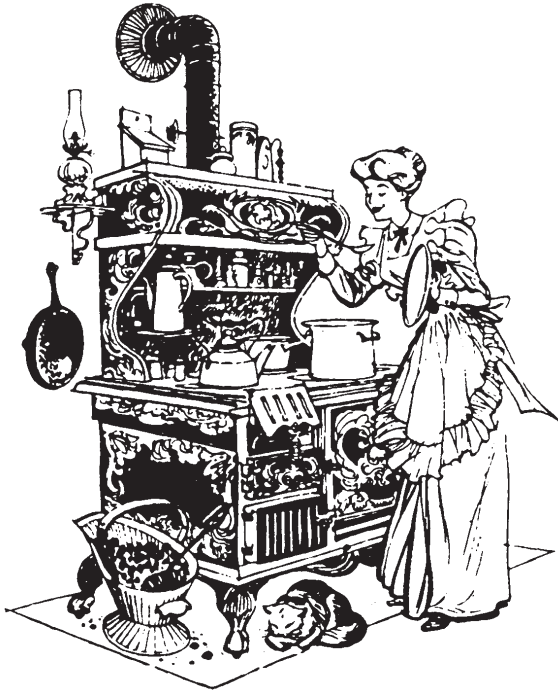
Cut raw vegetables arranged on a tray can make a decorative and colorful appetizer. Salad dressings make easy vegetable dips, but try to use low-fat versions. Most regular salad dressings are loaded with fat. Low-fat sour cream can be mixed with ketchup and garlic powder to make an easy vegetable dip.

Cream cheese has long been a versatile food to build a quick appetizer around. Reduced fat cream cheeses are a good choice. Top cream cheese with any of the following for a quick and easy appetizer:

- green pepper jelly
- drained small shrimp and cocktail sauce
- chopped pickle or pickle relish
- a dash of worcestershire sauce and chives
- chopped chutney and a dash of curry powder.

Each of these combinations can be served with crackers, thin-sliced toast or chips.

# Soups & Salads





# Salads

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Salads can be a good source of vitamins, minerals and fiber. Follow these suggestions when including salads as a part of your family's well-balanced diet:

- Iceberg lettuce has few nutrients. Substitute a variety of types of lettuce such as raddichio, Boston and Romaine.
- Avocados and olives are high in fat. Use these sparingly in salads.
- Cheeses also add fat to salads.
- Season salads with herbs instead of salt.
- Use low-fat or no-fat dressings; limit other dressings to 1 tablespoon.
- Substitute yogurt for sour cream in homemade dressings.
- Substitute low-fat or no-fat mayonnaise when making potato salad.
- Pickles and olives are high in salt. Use sparingly.

## Additions and Garnishes

Sliced Hard-Cooked Eggs - remove yolks which are high in cholesterol

Pimento

Radishes

Green Pepper

Chicken

Carrots

Celery

Tomatoes

Cooked Beets

Cauliflower

Broccoli

## Tips For Tossed Salads

Wash greens, drain and dry well prior to storing.

Tear greens instead of cutting to avoid bruising with a knife.

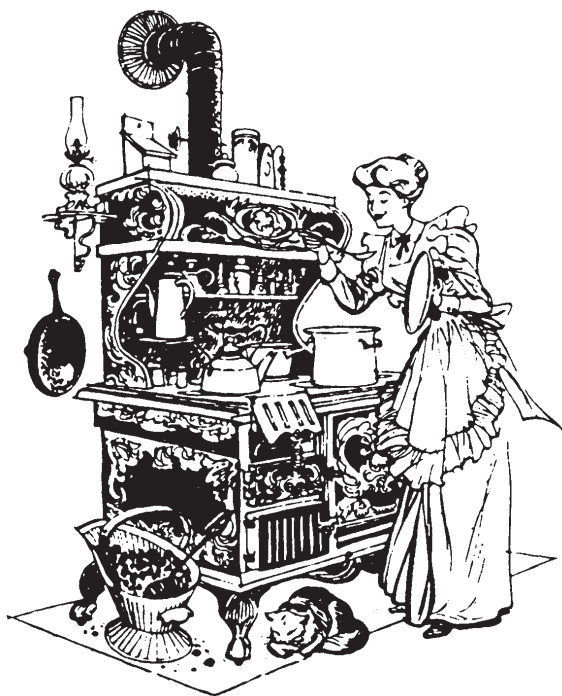
Remove the waxy outer skin of cucumbers before slicing.

Marinate tomato wedges separately in a vinaigrette; then add to salad.

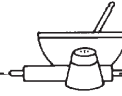
To core lettuce, smack head down hard on countertop, then twist core out.

- Remember to use low-fat or fat-free crackers as an accompaniment to salads!
- Check the labels on soups for ingredients you wish to avoid. Many commercially prepared soups are very high in salt and fat.
- When preparing homemade soups, use margarine instead of butter and herbs instead of salt.
- Many recipes call for milk as an ingredient for soups and sauces. Use skim milk or 1% if possible.
- When preparing dressings, use vegetable oils such as olive, sunflower or canola. These contain less fat and as with all vegetable oils ... they contain *no cholesterol!*

# Breads



# Baking Tips



## COMMON PROBLEMS (Common Failures)

## CAUSES OF PROBLEMS (Causes of Failures)

### Biscuits

- |                       |  |
|-----------------------|--|
| Rough biscuits .....  | Insufficient mixing  |
| Dry biscuits .....    | Baking in too slow an oven and handling too much                                   |
| Uneven browning ..... | Cooking in dark surface pan, too high a temperature and rolling the dough too thin |

### Breads (yeast)

- |   |   |
|---|---|
| Porous bread .....                                    | Over-rising or cooking at too low a temperature   |
| Crust is dark and blisters just under the crust ..... | Under-rising  |
| Bread does not rise .....                             | Over-kneading or using old yeast  |
| Bread is streaked .....                               | Under-kneading and not kneading evenly  |
| Bread bakes unevenly .....                            | Using old, dark pans, too much dough in pan, crowding the oven shelf or cooking at too high a temperature |

### Cakes

- |                                 |  |
|---------------------------------|--|
| Cracks and uneven surface ..... | Too much flour, too hot an oven and sometimes from cold oven start   |
| Dry cakes .....                 | Too much flour, too little shortening, too much baking powder or cooking at too low a temperature                              |
| Heavy cakes .....               | Too much sugar or baking too short a period  |
| Sticky crust .....              | Too much sugar   |
| Coarse grained cake .....       | Too little mixing, too much shortening, too much baking powder, using shortening too soft, and baking at too low a temperature |
| Fallen cakes .....              | Using insufficient flour, under-baking, too much sugar, too much shortening or not enough baking powder                        |
| Uneven color .....              | Cooking at too high a temperature, crowding the shelf (allow at least 2 inches around pans) or using dark pans                 |
| Uneven browning .....           | Not mixing well  |

### Cookies

- |                                      |  |
|--------------------------------------|--|
| Uneven browning .....                | Not using shiny cookie sheet or not allowing at least 2 inches on all sides of cookie sheets in oven |
| Soggy Cookies .....                  | Cooling cookies in pans instead of racks   |
| Excessive spreading of cookies ..... | Dropping cookies onto hot cookie sheets; not chilling dough; not baking at correct temperature       |

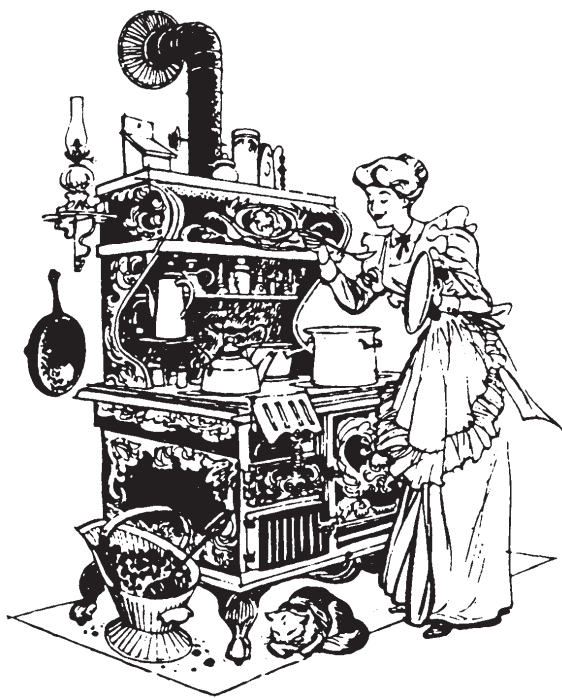
### Muffins

- |   |  |
|---|--|
| Coarse texture .....  | Insufficient stirring and cooking at too low a temperature |
| Tunnels in muffins, peaks in center and soggy texture ..... | Over-mixing  |

### Pies

- |  |   |
|--|---|
| Pastry crumbles .....                      | Over-mixing flour and shortening  |
| Pastry tough .....                         | Using too much water and over-mixing the dough                            |
| Pies do not brown (fruit or custard) ..... | Bake at constant temperature (400-425 degrees) in Pyrex or enamel pie pan |

# Breakfast/Brunch



# Common Kitchen Pans to Use as Casseroles

WHEN THE RECIPE CALLS FOR:



4-cup baking dish:  
9-inch pie plate  
8 x 1-1/4-inch layer-cake pan -C  
7-3/8 x 3-5/8 x 2-1/4-inch loaf pan -A



6-cup baking dish:  
8 or 9 x 1-1/2-inch layer-cake pan -C  
10-inch pie plate  
8-1/2 x 3-5/8 x 2-5/8-inch loaf pan -A



8-cup baking dish:  
8 x 8 x 2-inch square pan -D  
11 x 7 x 1-1/2-inch baking pan  
9 x 5 x 3-inch loaf pan -A



10-cup baking dish:  
9 x 9 x 2-inch square pan  
11-3/4 x 7-1/2 x 1-3/4-inch baking pan  
15 x 10 x 1-inch jelly-roll pan



12-cup baking dish or over:  
13-1/2 x 8-1/2 x 2-inch glass baking pan 12 cups  
13 x 9 x 2-inch metal baking pan 15 cups  
14 x 10-1/2 x 2-1/2-inch roasting pan 19 cups




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## TOTAL VOLUME OF VARIOUS SPECIAL BAKING PANS



Tube Pans:  
7-1/2 x 3-inch "Bundt" tube -K 6 cups  
9 x 3-1/2-inch fancy tube or "Bundt" pan -J or K 9 cups  
9 x 3-1/2-inch angel-cake pan -I 12 cups



10 x 3-3/4-inch "Bundt" or "Crownburst" pan -K 12 cups  
9 x 3-1/2-inch fancy tube -J 12 cups  
10 x 4-inch fancy tube mold (Kugelhupf) -J 16 cups  
10 x 4-inch angel-cake pan -I 18 cups



Melon Mold:  
7 x 5-1/2 x 4-inch mold -H 6 cups



Spring-Form Pans:  
8 x 3-inch pan -B 12 cups  
9 x 3-inch pan -B 16 cups



Ring Molds:  
8-1/2 x 2-1/4-inch mold -E 4-1/2 cups  
9-1/4 x 2-3/4-inch mold -E 8 cups

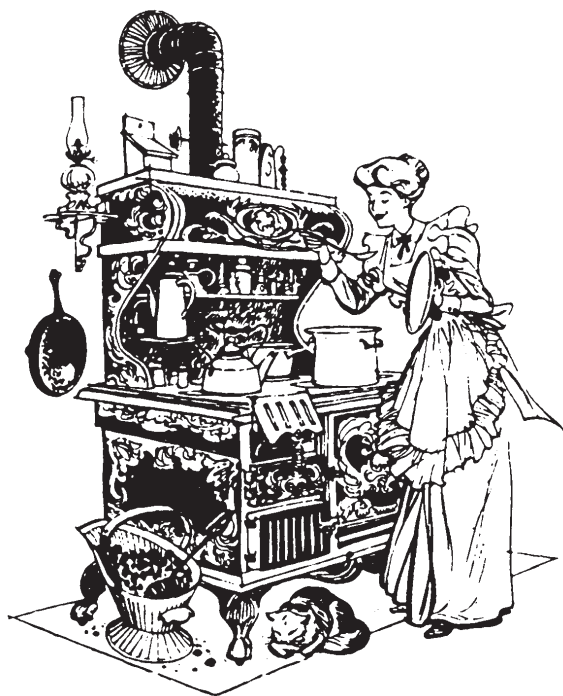


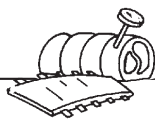
Charlotte Mold:  
6 x 4-1/4-inch mold -G 7-1/2 cups

Brioche Pan:  
9-1/2 x 3-1/4-inch pan -F 8 cups



# Main Dishes

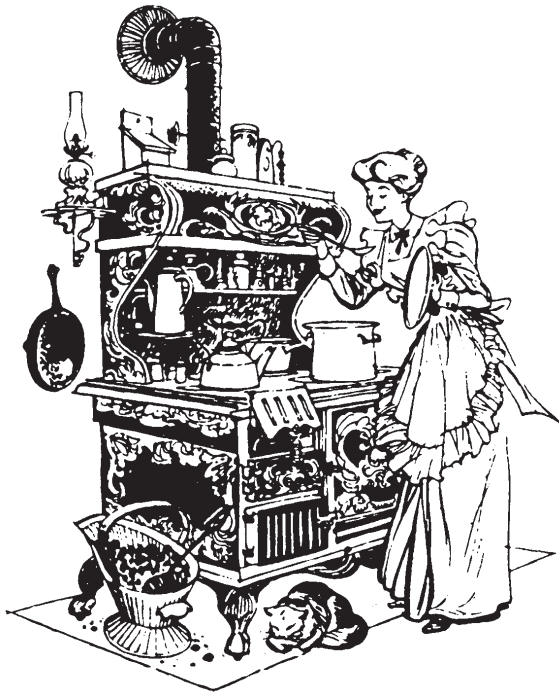




## Meat Cooking Chart

Roasting	Weight	Minutes Per lb.	Oven Temp.	Internal Temp.
<b>FRESH PORK</b>				
Rib and loin	3-7 lb.	30-40	325 F	175 F
Leg	5 lb.	25-30	325 F	170 F
Picnic shoulder	5-10 lb.	40	325 F	175 F
Shoulder, butt	3-10 lb.	40-50	325 F	170 F
Boned and rolled Shoulder	3-6 lb.	60	325 F	170 F
<b>BEEF</b>				
Standing ribs - rare	3-7 lb.	25	325 F	135 F
- medium	3-7 lb.	30	325 F	165 F
- well done	3-7 lb.	35	325 F	170 F
For rolled and boned roasts, increase cooking time 5 to 12 minutes				
<b>LAMB</b>				
Shoulder- well done	4-10 lb.	40	325 F	190 F
Shoulder - boned and rolled	3-6 lb.	40	325 F	182 F
Leg- medium	5-10 lb.	40	325 F	175 F
Leg- well done	3-6 lb.	40-50	325 F	182 F
Crown- well done	3-6 lb.	40-50	325 F	182 F
<b>SMOKED PORK</b>				
Shoulder and picnic hams	5 lb.	30-40	325 F	170 F
	8 lb.	30-40	325 F	175 F
Boneless butt	2 lb.	40	325 F	180 F
	4 lb.	25	325 F	170 F
Ham	12-20 lb.	16-18	325 F	170 F
	Under 10 lb.	20	325 F	175 F
	Half Hams	25	325 F	170 F
<b>VEAL</b>				
Loin	4-6 lb.	35	325 F	175 F
Leg	5-10 lb.	35	325 F	175 F
Boneless shoulder	4-10 lb.	45	325 F	175 F
<b>POULTRY</b>				
Chicken	3-5 lb.	40	325 F	170 F
Stuffed	over 5 lb.	30	325 F	170 F
Turkey	8-10 lb.	20	325 F	175 F
	18-20 lb.	14	325 F	175 F
Duck	5-10 lb.	30	325 F	175 F

# Vegetables & Side Dishes



# How To Can Vegetables



## POINTS ON PACKING

**Raw pack.** Pack cold raw vegetables (except corn, lima beans and peas) tightly into container and cover with boiling water.

**Hot pack.** Preheat vegetables in water or steam. Cover with cooking liquid or boiling water. Cooking liquid is recommended for packing most vegetables because it may contain minerals and vitamins dissolved out of the food. Boiling water is recommended when cooking liquid is dark, gritty or strong-flavored, and when there isn't enough cooking liquid.

## PROCESSING IN A PRESSURE CANNER

Use a steam-pressure canner for processing all vegetables except tomatoes and pickled vegetables.

**Directions.** Follow the manufacturer's directions for the canner you are using. Here are a few pointers on the use of any steam-pressure canner:

- Put 2 or 3 inches of boiling water in the bottom of the canner; the amount of water to use depends on the size and shape of the canner.

- Set filled glass jars or tin cans on rack in canner so that steam can flow around each container. If two layers of cans or jars are put in, stagger the second layer. Use a rack between layers of glass jars.

- Fasten canner cover securely so that no steam can escape except through vent (petcock or weighted-gauge opening).

- Watch until steam pours steadily from vent. Let it escape for 10 minutes or more to drive all air from the canner. Then close petcock or put on weighted gauge.

- Let pressure rise to 10 pounds (240 degrees F.) The moment this pressure is reached, start counting processing time. Keep pressure constant by regulating heat under the canner. Do not lower pressure by opening petcock. Keep drafts from blowing on canner.

- When processing time is up, remove canner from heat immediately.

With glass jars, let canner stand until pressure is zero. Never try to rush the cooling by pouring cold water over the canner. When pressure registers zero, wait a minute or two, then slowly open petcock or take off weighted gauge. Unfasten cover and tilt the far side up

so steam escapes away from you. Take jars from canner.

## HOW TO CHECK CANNING JARS

The first step in home canning should take place long before food and equipment are assembled and ready to go. Jars and other supplies should be checked prior to the canning session. In that way, you can replace damaged supplies and purchase new ones to avoid costly delays or inconvenience.

Here are some tips to help you.

**Choosing mason jars.** Jars manufactured especially for home canning generically are called mason jars and must be used when preserving. They are designed with a specially threaded mouth for proper sealing with mason lids. So, can with standard mason jars only.

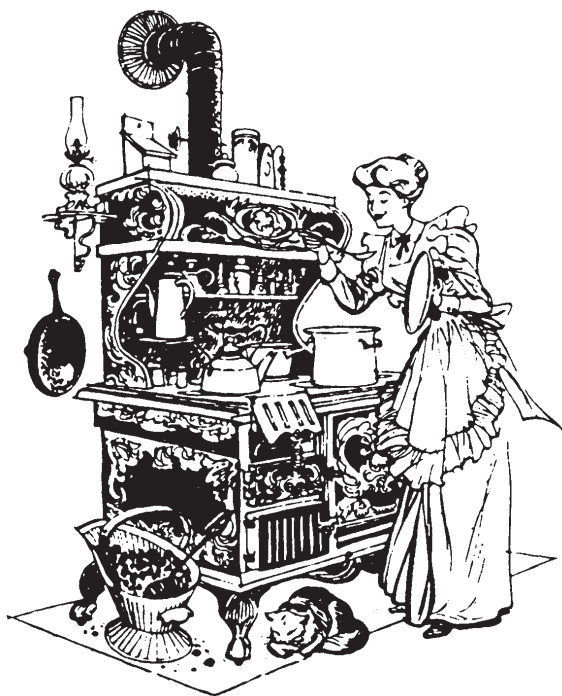
**Preparing glass jars.** Check all jars, rings and lids carefully. Discard any with nicks or cracks in top sealing edge and threads that may prevent airtight seals. Rings should be free of dents or rust. Select the size of closures - widemouth or regular - that fits your jar. Wash jars in hot, soapy water and rinse well. Then place in boiling water for 10-15 minutes. Keep jars in hot water until ready to use. Boil lid according to package directions.

**Closing glass jars.** Always wipe jar rim clean after food product is packed. Place lid on jar with button side up. Screw rings on firmly, but don't force. Do not re-tighten rings after processing or cooling.

A new lid that snaps down and clicks as the jar cools, providing visible proof of sealing, called Magic Button® is made by Owens-Illinois. Its red button pops up when the seal is broken. The Magic Mason jars that go with the special lids have metric measurements as well as customary U.S. measurements molded on the side.

**Jar transfer.** Use jar lifter or long-handled canning tongs to transfer jars to and from canner safely. Place hot jars on rack or towel, allowing 2 inches of air space on all sides for jars to cool evenly.

# Desserts



## *Candy Testing*

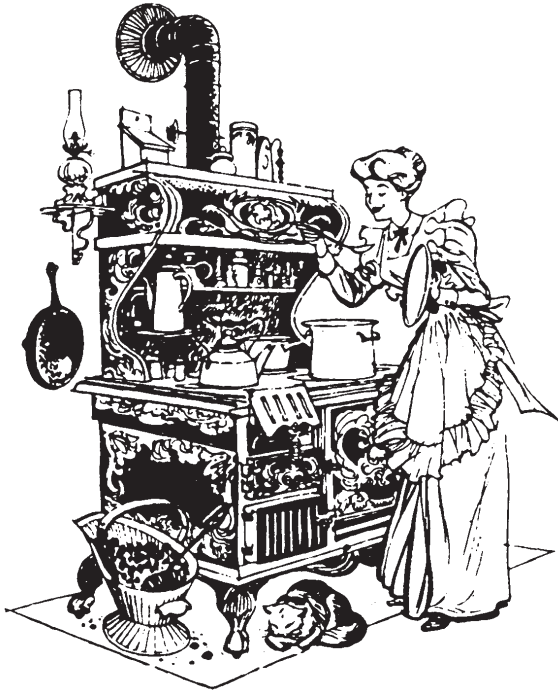


**Thermometer Test:** Check candy thermometer in boiling water. If it doesn't register 212 degrees, add or subtract the same number of degrees in recipe. Always make sure candy thermometer is covered with liquid, not just foam. Clip it to the side of the pan after syrup boils.

**Cold-Water Test:** Remove candy from fire. Drop a little syrup into small bowl of very cold, but not ice cold, water. Use a fresh cupful of cold water for each test. Form into ball with fingers, if possible.

Candy	Degrees	Stage	Cold Water Test
	230-234	Thread	Syrup spins 2-inch thread when dropped from spoon.
Fudge, Fondant	234-240	Soft Ball	Candy will roll into soft ball but quickly flattens when removed from water.
Divinity, Caramels	244-248	Firm Ball	Candy will roll into a firm ball (but not hard ball) which will not lose its shape upon removal from water.
Taffy	250-266	Hard Ball	Syrup forms hard ball, although it is pliable.
Butterscotch	270-290	Light Crack	Candy will form threads in water which will soften when removed from water.
Peanut Brittle	300-310	Hard Crack	Candy will form hard, brittle threads in water which will not soften when removed from water.
Caramelized Sugar	310-321	Caramelized	Sugar first melts, then becomes a golden brown and forms a hard, brittle ball in cold water.

# Sue Varnon Stacy's Christmas Dinner



Sue Varnon Stacy's  
Christmas Dinner

## Helpful Cooking Hints

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Frozen gravies or sauces may be a little thicker after thawing than when they were freshly made. Adding a little appropriate liquid - milk, broth, or bouillon - will thin them to the desired consistency.

For extra juicy, extra nutritious hamburgers, add 1/4 cup evaporated milk per pound of meat before shaping.

To ripen green pears, just place 2 or 3 in a brown bag, loosely closed, and store at room temperature out of direct sunlight.

In making pickles, use white vinegar to make clear pickles and coarse salt which comes in 5 pound bags. This is not rock salt. Avoid using iodized salt for pickle making. Most pickles are better if allowed to stand six weeks before using.

Lemon gelatin dissolved in 2 cups of hot apricot nectar with 1 teaspoon of grated lemon added for zip makes a perfect base for jellied fruit salad.

Put a tablespoon of butter in the water when cooking rice, dried beans or macaroni, to keep it from boiling over. Always run cold water over it when done to get the starch out. Reheat over hot water, if necessary.

Never put a cover on anything that is cooked in milk unless you want to spend hours cleaning up the stove when it boils over.

Anything that grows under the ground, start off in cold water - potatoes, beets, carrots, etc. Anything that grows above ground, start off in boiling water - English peas, greens, beans, etc.

To clean aluminum pots when they are stained dark, merely boil with a little cream of tartar, vinegar or acid foods.

Baking powder will remove tea or coffee stains from china pots or cups.

Canned cream soups make excellent sauces for vegetables, fish, etc. Celery with lobster, black bean or onion with cauliflower, tomato with lamb chops.

Slip your hand inside a waxed sandwich bag and you have a perfect mitt for greasing your baking pans and casserole dishes.

To reheat roast, wrap in aluminum foil and heat in a slow oven.

Hard boiled eggs will peel easily if cracked and placed in cold water immediately after taking out of the hot water.

You can cut a meringue pie cleanly by coating both sides of the knife lightly with butter.

When recipe calls for adding raw eggs to hot mixture, always begin by slowly adding a small amount of hot mixture to the beaten eggs to avoid curdling.

To remove fish odor from hands, utensils and dish cloths, use one teaspoon baking soda to quart of water.

To keep icings moist and to prevent cracking, add a pinch of baking soda to the icing.

If soup tastes very salty, a raw piece of potato placed in the pot will absorb the salt.

Pour water into mold and then drain before pouring in mixture to be chilled. Will come out of mold easier.

When rolling cookie dough, sprinkle board with powdered sugar instead of flour. Too much flour makes the dough heavy. When freezing cookies with a frosting, place them in freezer unwrapped for about 2 hours - then wrap without worrying about them sticking together.





## **Annie Sloan Morgan**

Circa 1891 – 1967

This photo was taken of Annie Sloan Morgan  
and Hardy Bass Morgan, Sr. on the day of  
their 50th Wedding Anniversary  
in January 1963.



# Low Calorie Dishes

How many calories do you need a day?

Needs vary from one person to the next, but as a part of the new food labeling regulations, FDA and the Food Safety and Inspection Service of the U.S. Department of Agriculture have adopted a 2,000 calorie diet as the basis for calculating Daily Reference Values and the percentages of Daily Values that will appear on these new labels. It's important for each person to know their own calorie needs, so we've included some valuable information to help you determine your daily needs.

## Factors To Be Considered In Determining Your Daily Calorie Needs:

- body size
- age
- height
- weight
- activity level
- metabolism

## Recommended Energy Intake:

Category	Age	Calories Per Day		
		Light Activity	Moderate Activity	Heavy Activity
Children	4-6		1,800	
	7-10		2,000	
Males	11-14		2,500	
	15-18		3,000	
	19-24	2,700	3,000	3,600
	25-50	3,000	3,200	4,000
	51+		2,300*	
Females	11-18		2,200	
	19-24	2,000	2,100	2,600
	25-50	2,200	2,300	2,800
	51+		1,900*	

\* based on light to moderate activity.

Pregnant women in their second and third trimesters should add 300 calories to the figure the table indicates for their age. Nursing mothers should add 500.

## Activity Levels:

Very Light: Driving, typing, painting, laboratory work, ironing, sewing, cooking, playing cards, playing a musical instrument, other seated or standing activities.

Light: Housecleaning, child care, garage work, electrical trade work, carpentry, restaurant work, golf, sailing, table tennis, walking on a level surface at 2.5 to 3 miles per hour.

Moderate: Weeding, hoeing, carrying a load, cycling, skiing, tennis, dancing, walking 3.5 to 4 miles per hour.

Heavy: Heavy manual digging, tree felling, basketball, climbing, football, soccer, carrying a load uphill.

The information shown here is from the  
National Academy of Sciences' 1989 Recommended Dietary Allowances.

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Lillian MacArthur Smith



## **Lillian MacArthur Smith**

October 29, 1913 – February 23, 1994



# Substitutions

1 c. whole milk	1/2 c. evaporated milk and 1/2 c. water  1/2 c. condensed milk and 1/2 c. water (reduce sugar in recipe)  4 Tbsp. powdered milk and 1 c. water  4 Tbsp. nonfat dry milk plus 2 tsp. shortening and 1 c. water	1 c. sifted cake flour	1 c. minus 2 Tbsp. sifted all-purpose flour
1 c. sour milk	1 c. sweet milk and 1 Tbsp. lemon juice or vinegar  1 c. sweet milk mixed with 1 Tbsp. lemon juice or 1 Tbsp. vinegar or 1-3/4 tsp. cream of tartar	1 c. sifted all-purpose flour	1 c. plus 2 Tbsp. sifted cake flour
1 c. sweet milk	1 c. sour milk or buttermilk plus 1/2 tsp. baking soda	1 whole egg	2 egg yolks, plus 1 Tbsp. water (in cookies, etc.) or 2 egg yolks (in custards, etc.)
1 c. sour, heavy cream (for sour milk recipe)	1/3 c. butter and 2/3 c. milk	1 c. canned tomatoes	1-1/3 c. cut-up fresh tomatoes, simmered 10 minutes
1 c. sour, thin cream (for sour milk recipe)	3 Tbsp. butter and 3/4 c. milk	1 c. molasses	1 c. honey
1 c. butter or margarine (for shortening)	4/5 c. bacon fat (clarified), increase liquid in recipe 1/4 c.  2/3 c. chicken fat (clarified), increase liquid in recipe 1/4 c.  7/8 c. cottonseed, corn, nut oil (solid or liquid)  7/8 c. lard and salt	1 c. honey	3/4 c. sugar plus 1/4 c. liquid
1 (1 oz.) square unsweetened chocolate	3 Tbsp. cocoa plus 1/2 Tbsp. shortening	1 c. granulated sugar	1-1/3 c. brown sugar or 1-1/2 c. powdered sugar
1 Tbsp. cornstarch (for thickening)	2 Tbsp. flour (approx.)	1 tsp. baking powder	1/4 tsp. baking soda plus 1/2 tsp. cream of tartar
1 Tbsp. flour (for thickening)	1/2 to 2/3 Tbsp. cornstarch or 1 Tbsp. minute tapioca or 1 whole egg, 2 egg whites or 2 egg yolks		

## Sizes of Cans

No. 1 can	1-1/2 cupfuls used for baked beans, meats, soups, fruits, vegetables
No. 1 (tall)	2 cupfuls
No. 2 can	2-1/2 cupfuls used for beans, peas and corn
No. 2 1/2 can	3-1/2 cupfuls used for tomatoes, spinach, beets and pumpkin
No. 3 can	4 cupfuls
No. 5 can	7 cupfuls (almost 1/2 gallon) used for fruit juice
No. 10 can	1 gallon used for both fruits and vegetables