

ENTRÉES



LAMB OR BEEF STEW

4 oz. well cooked beef or lamb
 1/2 cup liquid
 1/2 cup cooked green peas
 1/4 cup cooked carrots
 Dash celery salt

Blend and heat.



CHEESE SOUFFLÉ

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| 1 cup milk | 2 cups cheddar cheese, grated |
| 1/4 cup flour | 4 whole eggs, separated |
| 1/4 cup margarine, melted | 1 egg white |
| 1/4 tsp. salt | 1/4 tsp. Cream of Tartar |

Heat milk to boiling, but do not boil. Combine and mix flour and margarine. Add to hot milk while stirring. Cook until thickened and smooth. Add salt and grated cheese to cream sauce. Mix until cheese melts. Beat egg yolks and add a small amount of hot cheese sauce to egg yolks while stirring. Add egg mixture back to cheese sauce while stirring. Let mixture cool. Beat egg whites (must be at room temperature) and cream of tartar until stiff, but not dry. Fold into cheese mixture. Pour cheese mixture into 2 quart casserole or souffle dish greased on bottom only. Place dish in pan of hot water and bake at 325° for 1 hour and 15 minutes until knife inserted comes out clean.

EASY CHEESE SOUFFLÉ

1 can (10-3/4 oz.) condensed cheddar cheese soup
6 eggs, separated

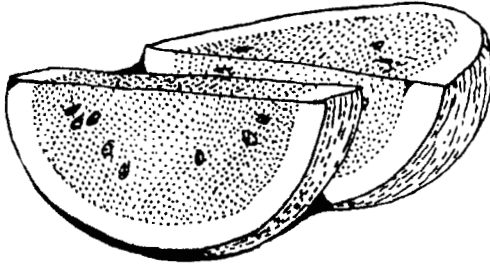
Heat soup in saucepan stirring constantly; remove from heat. Beat egg yolks until thick and lemon colored; stir into soup. In large bowl using clean egg beater, beat egg whites until stiff; fold soup mixture into egg whites. Pour into 1-1/2 quart casserole. Bake in 300° oven 1 to 1-1/4 hours or at 400° for 30 minutes.



CHICKEN IN A ZIP

1/2 cup milk
1/2 cup chicken
1/2 cup drained vegetables (peas, carrots, potatoes, etc.)

Blend well.



Don't let the seeds spoil your enjoyment of a watermelon. Just spit out the seeds.

DOUBLE DECKER CHICKEN MOLD

First Layer:

- 1 envelope unflavored gelatin
- 1/2 cup cold water
- 1 can (10-1/2 oz.) condensed cream of chicken soup
- 1/4 cup mayonnaise
- 1 tbsp. lemon juice
- 1 cup cooked, blended chicken
- 1/4 tsp. onion powder
- Dash of pepper

Second Layer:

- 1 envelope unflavored gelatin
- 1/2 cup orange juice (strained)
- 1 can (1 lb.) jellied cranberry sauce

First Layer:

Sprinkle gelatin into cold water to soften. Place over low heat, stir until gelatin is dissolved. Remove from heat. Blend soup, mayonnaise and lemon juice; stir in gelatin. Chill until mixture begins to thicken. Fold in remaining ingredients, pour into 1-1/2 quart mold. Chill until almost firm.

Second Layer:

Sprinkle gelatin into orange juice to soften. Place over low heat, stir until gelatin is dissolved. Remove from heat. Crush cranberry sauce with fork; add gelatin. Chill until mixture begins to thicken. Pour on top of chicken layer. Chill until firm. Unmold and serve.

EGGS FLORENTINE

Frozen spinach
Eggs
Cream of Celery soup
2 cups cheddar cheese

Place cooked frozen spinach in large flat casserole dish. Scoop out space for raw eggs. Place raw egg in each hole.

In saucepan, combine Cream of Celery soup (no water) and 1-1/4 cups cheddar cheese. Melt together and pour over spinach and eggs.

Sprinkle with remaining cheddar cheese and bake at 350" for 30 minutes.



CHEESE GRITS

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| 2 cups grits | 2 rolls Kraft garlic cheese |
| 1 stick butter | Pepper and salt |
| 1 bunch green onions, chopped fine | Tabasco |

Cook grits according to package directions. While hot, add cheese, butter, onions. Season to taste. Place in well buttered casserole and cook 425" for one hour.



*"We get knocked down, but we get
up again and keep going!"*

II. Corinthians 4:9

GLAZED HAM RING

| | |
|--|-----------------------------------|
| 1 can (10-1/2 oz.) condensed onion soup | 1 egg, slightly beaten |
| 1-1/2 lbs. ground cooked ham | 1/2 cup firmly packed brown sugar |
| 1 lb. ground pork | 1 tbsp. vinegar |
| 1 cup soft rye bread crumbs | 1 tsp. dry mustard |

To make loaf, mix thoroughly 3/4 cup soup, ham, pork, bread crumbs, and eggs. In shallow baking dish (13x9x2"), shape firmly into ring (2-inches high with 4-inch opening). Bake at 350° for 1 hour 30 minutes. Meanwhile, to make glaze, in small saucepan, combine remaining soup, brown sugar, vinegar, and mustard. Heat; stir occasionally. Brush loaf often with glaze while baking.



DEVILED HAM SPREAD

Small can deviled ham - refrigerate. Shape into loaf.

Mix one small can finely chopped and mashed ripe olives with about 1/2 small jar German mustard.

Coat ham loaf with mixture.

The bird with a broken pinion never
soared so high again, but
its song is sweeter.

HAMBURGER CASSEROLE

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| 1 lb. ground beef | 8 oz. pkg. sour cream |
| 1 small clove garlic, minced | 1 small block cheddar cheese, grated |
| 1 tsp. oregano | 1 bag egg noodles |
| 16 oz. tomato sauce | |
| Salt and pepper | |

Brown ground beef and drain. Stir in garlic, oregano, tomato sauce, salt and pepper to taste, Simmer sauce while cooking egg noodles, When noodles are done, drain and stir in sour cream. In greased (PAM) baking dish, layer noodles, sauce, and cheese until dish is full. End with layer of cheese. Bake at 425" for 20 minutes or until cheese is melted and casserole is bubbly.



IMPOSSIBLE LASAGNA PIE

1/2 cup creamed cottage cheese
 1/4 cup Parmesan cheese
 1 lb. ground beef, cooked and drained
 1 tsp. oregano leaves
 1/2 tsp. basil leaves
 1 (6 oz.) can tomato paste
 1 cup shredded Mozzarella cheese
 1 cup milk
 2/3 cup buttermilk baking mix
 2 eggs
 1 tsp. salt
 1/4 tsp. pepper

Heat oven to 400". Grease a 10x1-1/2 inch pie plate. Layer cottage and Parmesan cheese in plate. Mix beef, herbs, tomato paste and 1/2 cup Mozzarella; spoon on top. Beat milk, baking mix, eggs, salt and pepper 15 seconds in blender on high or 1 minute with hand beater. Pour into plate. Bake until knife inserted between center and edge comes out clean, 30 to 35 minutes. Sprinkle with remaining Mozzarella.

CHOPPED CHICKEN LIVER

Saute 1/2 pound diced onions in 2 tbsps. margarine. Add to skillet one pound of chicken livers. Cook livers and onions uncovered until they lose their pinkness. Add 1 tsp. salt and 1/2 tsp. pepper. Blend mixture with 3 hard cooked egg yolks. Thin to desired consistency with mayonnaise. Taste and adjust seasoning. Store in bowl covered with plastic wrap. Serve unmolded.



MAIN COURSE IN A ZIP · LIVER

1/2 cup diced liver
 1 slice of cooked onion
 1/4 cup liquid (water or pan drippings or soup)
 1 cup cooked spinach leaves or any other vegetable
 Butter
 Salt
 Pepper

Blend and heat.

Hope perches in the *soul*,
 and sings.. .
 And never stops at all —
 Emily Dickinson

CHICKEN LIVER PÂTÉ

1/2 lb. chicken livers
 1 clove garlic, minced
 2 oz. butter
 Seasoning to taste
 1 tbsp. sherry
 2 tbsps. single cream

To decorate: lettuce, lemon slices

Wash livers. Fry livers and chopped garlic in the butter until cooked, about 7 minutes. Season to taste. Remove from heat, add sherry then pound or put through a liquidiser. Add the cream just before the end of mixing. Put into a dish and place in fridge to set. Serve in scoops on top of lettuce decorated with lemon slices.



Yesterday *is* already a dream, and tomorrow is only a vision; but today, well-lived, makes every yesterday a dream of happiness, and every tomorrow a vision of hope.

LIVER PÂTÉ EN GELÉE

1-1/2 tsps. unflavored gelatin
1 cup canned condensed beef broth
4 whole mushrooms (canned)
1 can (4-3/4 oz.) liver pâté
1 tbsp. butter or regular margarine
1 tsp. brandy
Thin slices toast

In small saucepan, sprinkle gelatin over 1/4 cup undiluted broth; let stand 5 minutes, to soften. Heat over low heat, stirring constantly, until gelatin dissolves. Remove from heat. Add remaining broth:

Place 1-1/2 cup decorative mold in pan of ice and water. Spoon about 2 tablespoons gelatin mixture into mold. Let stand a few minutes, until almost set.

Cut mushrooms in half. Arrange, in a pattern, on set gelatin in mold. Add enough gelatin mixture to cover mushrooms.

In small bowl, combine liver pâté, butter, brandy. With electric mixer or fork, beat until combined.

Turn mixture into empty liver pâté can, making top even; invert onto waxed paper. With can opener, remove end of can. Lift can, and carefully push pâté through can, onto center of set gelatin in mold, being careful to keep its shape.

Spoon remaining chilled gelatin mixture around and over pâté. Refrigerate, covered, 3 hours, or until firm.

To unmold: Run sharp knife around edge of mold. Invert over serving plate. Place a hot, damp dishcloth over mold; shake gently to release. Lift off mold.

Remove crusts from toast; cut toast diagonally in quarters. Arrange triangles around mold.

LIVERWURST MOUSSE RING

- 2 tbsps. unflavored gelatin
- 3/4 cup water
- 1 can consomme.
- 1 lb. liverwurst
- 2 (3 oz.) pkg. Philadelphia cream cheese
- 1/3 cup mayonnaise
- 3 tbsps. Worcestershire
- 1/4 tsp. celery salt
- 1/4 tsp. tabasco sauce
- 1/4 tsp. onion powder

Soak gelatin in water. Heat one half of consomme. to boiling point, add gelatin and cool. Combine mixture with all other ingredients, stir well. Pour into buttered mold and chill. Serve.



MEAT LOAF

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| 1-1/2 lbs. ground beef | 1/2 tsp. salt |
| 1 cup medium cracker crumbs | Dash thyme |
| 2 eggs, beaten | Dash marjoram |
| 1/2 cup onions, chopped | 2 tbsps. horseradish |
| 2 tbsps. green pepper, chopped | 4 tsps. Worcestershire sauce |
| Chili sauce, as needed | |

Combine all ingredients, except chili sauce. Mix well and shape this mixture into a loaf in a baking dish. Score the loaf by pressing top with wooden handle of spoon. Fill the score marks with chili sauce. Stick a bay leaf in the meat loaf and bake in 350° oven for 1 hour.

MINI-MEAT LOAVES

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| 1 can (10-3/4 oz.) condensed tomato soup | 1 tsp. salt |
| 2 lbs. ground beef | 1/4 tsp. pepper |
| 1/4 cup fine dry bread crumbs | 1/4 tsp. rubbed sage |
| 1 egg, slightly beaten | 1/4 tsp. thyme leaves, crushed |
| 1/4 cup finely chopped onion | 2 tbsps. shortening |
| | 2 to 4 tbsps. water |

Mix thoroughly 1/4 cup soup, beef, bread crumbs, egg, onion, salt, and 1/8 teaspoon each pepper, sage, and thyme. Shape firmly into 6 mini-meat loaves. In skillet, brown loaves in shortening; pour off fat. Stir in remaining soup and seasonings and water. Cover; cook over low heat 20 minutes or until done. Stir occasionally.



MEXICAN OLÉ

Mexican Hash Mix:

Blend and strain:

- 1 can roast beef hash
- Broth or water
- Mexican salad seasoning

Dorito cornbread (see recipe)

Sour Cream

Marie's avocado dressing

In a bowl place a layer of the Dorito cornbread. Then a layer of Mexican hash mix. Place dots of sour cream on top and spread top with Marie's avocado dressing.

BASIC OMELET

3 eggs
1/4 tsp. salt
1 tbsp. cold water
1 tbsp. butter or margarine

In medium bowl, with wire whisk or rotary beater, beat eggs with salt and water just until well mixed. (Mixture should not be too frothy.) Meanwhile, slowly heat a 9-inch heavy skillet or omelet pan. To test temperature, sprinkle a small amount of cold water on skillet; water should sizzle and roll off in drops. Add butter; heat until it sizzles briskly it should not brown.

Quickly turn egg mixture, all at once, into skillet. Cook over medium heat.

As omelet sets, run spatula around edge, to loosen. Tilt pan, to let uncooked portion run underneath. Continue loosening and tilting until omelet is almost dry on top and golden-brown underneath.

To turn out, loosen edge with spatula. Fold, in thirds, to edge of pan; tilt out onto plate.

Fill with deviled ham, liver pâté, or your favorite meat blended to the proper consistency.



“Now is no time to think of what you do not have.
Think of *what* you can do with what there is.”

Ernest Hemingway

10-MINUTE-OMELET

4 eggs, separated
 1/4 tsp. salt
 1/8 tsp. pepper
 1 tbsp. flour
 1 tbsp. softened butter or margarine
 1 tbsp. water

Beat egg whites with salt until stiff but not dry. Beat egg yolks with pepper, flour, butter or margarine and water until fluffy. Fold beaten yolks into beaten whites. Pour into well-greased 8-9 inch skillet heated until a drop of water sizzles. Cover tightly. Reduce heat to low and cook 8 to 10 minutes on top of range until surface of omelet is dry when touched lightly with fingertip. Fold in half and serve promptly.



OYSTERS ROCKEFELLER

1 jar strained spinach
 1 tbsp. onions or shallots, chopped
 1/2 pint raw oysters and oyster juice
 2 tbsps. butter
 Salt
 Pepper

Simmer the oysters, oyster juice, butter, onions, salt, and pepper until the oysters are wrinkled. Be sure there are no shells left on the oysters. *Blend* until nice and smooth. In a small bowl put most of the spinach on the bottom. Layer the oyster mixture on top of spinach. Put dots of spinach on top for garnish. Heat in microwave for 1-1/2 minutes or oven for 5 to 7 minutes.

QUICHE LORRAINE

Crust:

1 cup flour
 1/2 cup butter
 1 pkg. (3 oz.) cream cheese

Combine flour, butter and cream cheese for crust. Form into ball. Wrap in wax paper and chill at least 30 minutes.

Filling!

1 pint light cream
 1/2 cup Cheddar cheese, grated
 2 eggs
 1/4 lb. bacon, fried and finely chopped and mashed to form powder
 Salt and pepper to taste

Scald cream. Add grated cheese, eggs, bacon powder, salt and pepper. Take out the crust and roll into thin, flat form. Bake in round pie pan for 10 minutes at 450°. Then put in filling, and bake for approximately 30 minutes or until the quiche is firm and can be cut into slices.



“My heart is quiet and confident, O God.
 I will greet the dawn with a song!”

Psalm 57:7&8

SALMON LOAF (HOT)

1 (16 oz.) salmon
 3 slices - day old bread
 Cold water

Remove bones from salmon. Hold bread under running water and squeeze out excess water. Place salmon and bread in bowl. Mix well.

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| 2 beaten eggs | 1 tsp. onion powder |
| 1/2 cup sour cream | 1 tsp. thyme |
| 2 tbsps. chopped parsley | 1 tsp. mint leaves (crushed) |
| 2 tps. Worcestershire | 1 tsp. black pepper |
| 1 tsp. basil | 2 tbsps. melted butter |

Add the remaining ingredients to salmon mixture. Stir with a fork until thoroughly blended with salmon.

Put salmon loaf in 10" buttered deep dish pie plate. Brush top with melted butter. Bake for 30 minutes at 400°. Immediately after removing from oven, pour over top the following sauce:

Sauce:

1 can mushroom soup
 1/2 cup evaporated milk
 1 tsp. curry powder
 Dash of black pepper
 2 tbsps. melted butter
 2/3 cup Velveeta cheese

Heat soup. Add milk, cheese, curry powder, pepper, and butter. Mix well.

RICE KRISPIE BALLS

Mix:

Cheese or meat spreads (i.e., deviled ham and roast beef spread)

Chopped pimento, olives and pickles (can be omitted)

Mayonnaise

Rice Krispies

Roll small spoonfuls of mix in Rice Krispies.

(Good for lunch when sandwiches can no longer be eaten).



“People can be divided into three groups:
those who make things happen, those who
watch things happen, and those who
wonder what happened.”

John W. Newbern

SALMON MOUSSE

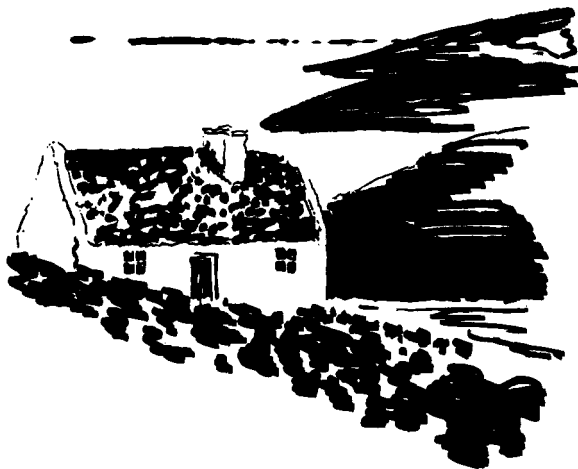
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| 1 envelope unflavored gelatin | 1/4 tsp. paprika |
| 2 tbsps. lemon juice | 1 tsp. dried dill |
| 1/4 tsp. onion powder | 1 lb. can salmon, drained (remove bones) |
| 1 cup boiling water | 1 cup whipping cream |

Empty gelatin into blender. Add lemon juice, onion powder and water. Blend well at high speed. Add mayonnaise, paprika, dill and drained salmon. Blend at high speed. Add cream one-third at a time, blending after each addition. Blend an additional 20 seconds. Pour into quart mold and chill overnight.



BREAKFAST SAUSAGE HASH

Use any kind of sausage patty you like (mild to hot). Cook well and add to one small can of roast beef hash. Add liquid and pan drippings and blend or liquify. Strain. (Good with soft scrambled eggs with butter or soft boiled egg).



The smile on your face is the light in the window that tells people that **you** are at home.

IMPOSSIBLE SEAFOOD PIE

1-1/2 cups cooked and cleaned crab meat or shrimp (blend shrimp)
 1 cup shredded American or Cheddar cheese (about 4 oz.)
 1 (3 oz.) package cream cheese, cut into 1/4-inch cubes
 3 tbps. diced pimiento
 1/4 cup sliced green onion
 2 cups milk
 1 cup buttermilk baking mix
 4 eggs
 3/4 tsp. salt
 Dash of nutmeg

Heat oven to 400°. Grease 10x1-1/2-inch pie plate. Mix crab meat, cheese, pimiento and onion in plate. Beat milk, baking mix, eggs, salt and nutmeg until smooth - 15 seconds in blender on high or 1 minute with hand beater. Pour into pie plate. Bake until knife inserted in center comes out clean, 35 to 40 minutes. Cool 5 minutes.



STEAK PURÉE

Buy a good grade of meat (New York strip or Fillet) or it will always be too grainy and hard to remove the fiber by blending.

Cook the steak in a pan the way you wish. Salt and cut it into small pieces. Place steak with the pan juice and water in blender and blend to the consistency you want (using the pan juice and drippings will make the steak purée taste delicious).

(A serving of your favorite thick smooth gravy would be a bonus to this recipe).

TUNA CASSEROLE

- 1 can of tuna
- 1 can of Cream of Mushroom soup
- 1 small pkg. of egg noodles

Cook noodles; warm soup and tuna together. Spray casserole dish with Pam. Mix noodles in with soup and tuna. Bake at 350° for 25 minutes.



CREAMY TUNA MOLD

- 2 envelopes unflavored gelatin
- 2 cups cold water
- 1 can (10-1/2 oz.) condensed cream of celery soup
- 1 tbsp. lemon juice
- 1 pkg. (3 oz.) cream cheese, softened
- 1 can (7 oz.) tuna, drained, flaked and pureed in blender

In saucepan, sprinkle gelatin into 1 cup cold water to soften. Place over low heat, stirring until gelatin is dissolved. Remove from heat. Place soup, lemon juice and cream cheese into blender. Gradually blend in gelatin and remaining water. Chill until slightly thickened. Fold in remaining ingredients. Pour into 5 cup molds. Chill until firm. Unmold and serve.

SPEEDY TURKEY LOAF

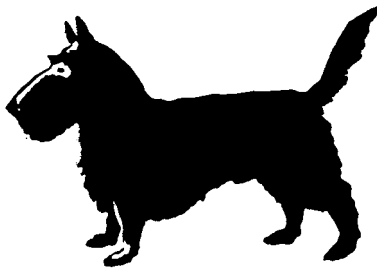
1 roll (1-1/2 lbs.) frozen ground turkey, thawed
2 slices rye bread, crumbled (2 cups)
2 eggs, beaten
1 small onion, minced (1/4 cup)
1/4 cup chopped parsley
1-1/2 tsps. salt
1/4 tsp. pepper
1/2 cup mint jelly, heated
Cherry tomatoes
Pitted ripe olives
Parsley

Combine ground turkey, bread crumbs, eggs, onion, parsley, salt and pepper in a medium bowl until well blended. Pack mixture into an 8x6x2-1/2-inch loaf pan; invert onto microwave-safe tray; cover lightly with plastic wrap.

Microwave on high, turning tray several times, 30 minutes, or until firm. Remove and spoon mint jelly over to glaze. Allow turkey loaf to stand 10 minutes.

Transfer loaf to heated serving platter with two wide pancake turners. Garnish with cherry tomatoes, ripe olives and parsley.

COOK'S TIP: Turkey mixture can be made and shaped the night before and placed on microwave-safe tray. Then refrigerate and add 5 minutes to cooking time.



*One reason why a dog is such a lovable creature is that his tail wags instead of **his** tongue.*

TURKEY MOUSSE

1 (15 oz.) can puréed turkey or 2 cups diced, blended turkey
1 envelope gelatin
1/4 cup cold water
1/2 cup chicken broth
1/2 cup mayonnaise
1 tbsp. lemon juice
1/4 tsp. onion powder
1/2 tsp. tabasco sauce
1/4 tsp. paprika
1-1/2 cups cottage cheese

Soften gelatin with cold water. Add chicken broth to soften gelatin, stirring until dissolved. Cool. Add mayonnaise, lemon juice, onion powder, tabasco, and paprika.

Whip cottage cheese in blender till smooth and creamy. Add to gelatin mixture, then fold in turkey. Pour into 1-1/2 quart mold and chill.

Serve with heated jellied cranberry sauce.



We may give without loving,
but we cannot love without
giving.

HELPFUL HINTS MAIN DISHES

TIME SAVERS:

1. Puree roast, steak, chicken or fish - then mix with mashed potatoes — add Half and Half to desired consistency — reheat in microwave oven — then add a couple pats of butter. Season to taste.
2. Puree ham with either peaches or sweet potatoes — use juice to thin.
3. Egg salad (use mayonnaise to obtain correct consistency — pureed ham or chicken may be added to vary the taste).
4. Try hot breakfast cereals with Half and Half and butter.
5. Use canned roast beef or canned beef hash to build a meal around. Blend the meat with broth or milk, flavor and freeze the extra for later.
6. Try blending canned salmon for a different taste treat!

DID YOU KNOW...

1. Curry powder, Dijon mustard, garlic juice or garlic powder are excellent spices for canned, strained meats.
2. The dark meat of chicken stays more moist than the white meat when blending.

