

# HOME COOKING AT THE KNIGHTS

The 1996 Knight Family Calendar

In anticipation of this year's calendar, Dennis suggested that each of the seven siblings do some reminiscing about the menus which I prepared during their growing-up years. As my contribution, I came up with recipes for the many requested favorite dishes and any accompaniments I knew to be appropriate.

In those events where a treasured recipe was no longer in my possession, I reconstructed one from memory and gave it a test run using whoever was available (or didn't hide out) as a guinea pig. If some of the recipes don't quite work out, please forgive me and my failing memory, and improve the recipe with any additions, substitutions or deletions which ring a bell with your palate. Then send your improved recipe to me.

*Love, Mom*

Thanks for everyone's cooperation in pulling this calendar together. All of you had great suggestions, and your comments add a lot. Mom worked diligently and well on the project, and it was a pleasure for me to type the recipes. As I did each menu, I was reminded of the wonderful capacity Mom has always had to assemble tantalizing meals, and I know you will agree that, at age 81, her ability to recreate today what we remember from two or three decades past is remarkable.

In those instances where a specific dish was part of more than one menu, we inserted the recipe in the calendar just once, and distinguished those recipes by placing them in a shaded box, and cross-referenced them to the appropriate place in the calendar.

Hope you enjoy this opportunity to relive and share with your families a special part of our childhood.

*Love, Denny*

## Tim: Chili, Sloppy Joes, Potato Salad

*My most favorite meal happened just a couple of weeks after I got out of the hospital. It was the year 1968 and I was thirteen years old. It was winter, and Momma asked if I would like to go sledding. Would I ever! I called my friends Jeff Collins and Kelly Cowper, and I gathered up Nicky and Barbara (I think Nick was 7 and "Sissy" was about 6). We all went to Happy Jack and we had a blast! We sledded 'til we were worn out and, of course we all were starved, especially Jeff (ha!). And of course, here's Momma with a picnic basket with hot chili, sloppy joes and buns and hot chocolate with the big marshmallows. I don't know how she kept the food so hot all that time, but Momma's Momma. Anyway, on the way down from the Summit, I heard Kelly in the back seat say "maybe my Mom will take us next week", and Sissy said "yeah, but not like Grandma's!". I knew what she meant. You couldn't get a meal like that at the Brown Palace.*

### CHILI

- 1½ lbs lean ground beef
- 2 cans chili beans or pinto beans in chili gravy
- 1 can crushed tomatoes
- 2 cloves garlic, crushed and finely chopped
- 1 large onion, peeled and diced
- 1 large can tomato sauce
- 1 packet chili seasoning mix
- 1 tsp New Mexico chili powder. (You will find this in the Mexican food section)
- 1 tsp salt
- ½ tsp black pepper

In medium large saucepan, brown ground beef, stirring in onion, garlic, chili seasoning, chili powder, salt and pepper. Continue cooking and stirring until onions are soft but not browned. Add beans, tomatoes, tomato sauce and 3 cups water. Bring to a boil and continue gentle boiling for 30 minutes. Reduce heat and let simmer until ready to serve. Check on liquid adding only enough water to make it the consistency you prefer for chili.

Optional: Top with chopped onion, shredded cheese, sour cream and sunflower seeds. Any or all of these are a tasty addition to chili and classy it up to a full meal deal.

### SLOPPY JOES

- |                             |                          |
|-----------------------------|--------------------------|
| 1 lb lean ground beef       | ½ tsp chili powder       |
| 2 tbsp corn meal            | 1 tbsp oil or shortening |
| 1 tbsp Worcestershire sauce | 2 tbsp brown sugar       |
|                             | 1½ c. tomato juice       |

Brown meat, add rest of ingredients. Simmer 15 to 20 minutes. Spoon onto split hamburger buns.

### POTATO SALAD

- 6 medium russet potatoes
- 2 c. chopped celery
- 1 c. chopped onion
- ½ c. chopped sweet pickles
- ½ c. chopped pimento
- 6 eggs, hard cooked, peeled

Dice 4 eggs, reserve 2 for garnish. Cook potatoes in salted boiling water until tender. Drain and allow to cool only partially before peeling and dicing. (The salad usually comes out nicer if you assemble it while the potatoes are still slightly warm.)

Combine and mix well in small bowl:

- 1 c. mayonnaise
- 3 tbsp yellow mustard
- 2 tbsp sugar
- 1 tsp salt
- ½ tsp pepper, white if available
- 2 dashes tabasco

In large mixing bowl, combine potatoes, celery, onion, pickles and pimento, then add mayonnaise mixture, blending all ingredients well, and gently stir in diced eggs. Transfer to attractive serving bowl. Slice reserved eggs, arranging on top of salad along with diced pimentos, parsley or celery leaves for a nice garnish.

Chill until ready to serve. Always tastes better if made the day before serving.

## Kathi: Salmon Loaf, Parsley Potatoes, Creamed Peas, Chocolate Skillet Cake

*Almost everything Mom cooked was my favorite, but for some reason the two meals I submitted stand out in my mind. However, I do know that the dessert portion of our supper was very important to me. In fact, I think it did a lot to set my mood for the repast. Almost daily, I would check with Mom to see "what's for dessert?" If the dessert happened to be chocolate skillet cake, cinnamon pudding, or chocolate meringue pie, I was just about as happy as a kid could get. Once, mom fixed a Baked Alaska for Sunday dinner! In contrast to those wonderful desserts, if she served us something like fig newtons or canned grapefruit sections, I felt just a "little bit" neglected.*

### SALMON LOAF

- 1 can red (or pink) salmon, drained, boned and flaked. Reserve liquid in measuring cup.
- 1 c. chopped celery
- ¼ c. chopped onion
- ½ c. chopped sweet pickles
- 1½ c. crushed saltine crackers
- 3 eggs, beaten
- 1 pkg. macaroni and cheese

Preheat oven to 350°. Prepare macaroni and cheese according to instructions on box, but omitting milk. In medium mixing bowl, combine salmon, celery, onion, sweet pickles, egg and 2 tbsp sweet pickle juice added to reserved salmon liquid. Add enough milk to liquid in measuring cup to make ½ c. total liquid; add to salmon with crushed crackers. Mix well. Press one half of salmon mixture into bottom of loaf pan sprayed with Bakers Joy. Press all of macaroni and cheese on top of salmon layer, then press remaining salmon mixture on top of macaroni and cheese. Smooth top. Put loaf pan in utility pan with one inch water in it. Bake at 350° for 1 hour. Turn out loaf onto serving platter. Slice in 1 inch thick slices to serve. A nice garnish would be lemon wedges, sweet pickle fans and/or bits of pimento and parsley.

Please see CREAMED PEAS recipe opposing December calendar.

### PARSLEY POTATOES

An old fashioned way to judge the proper amount of potatoes to cook is to prepare the number you think you should have, and then add one more. My mother taught me to cook one good sized potato for each person and one for the pot. You will soon learn the correct number but always remember that too much is better than too little. Leftover potatoes are a handy commodity to have in the refrigerator. Left over mashed potatoes make wonderful patties dipped in flour and fried in whatever drippings are available. If baked or boiled potatoes are among your leftovers, you are half way to heaven in converting them to hash browns. Never throw potatoes away, at least not before they have started to grow hair. You should receive a star on your forehead every time you think of a new approach to leftovers!

Oh, yes, I'm supposed to be writing a recipe, not giving a lecture.

Now that we have determined the amount of potatoes we should cook, the rest really comes easy. Peel and boil the potatoes in generously salted water. It is much easier to season the potatoes with salt while they are being boiled than after they are completely cooked and almost ready for the table.

When potatoes are fork tender, remove from heat and drain thoroughly. Return pot and potatoes to heat for about 1 minute, shaking the pot to dry potatoes. Slice 1/2 cube butter or margarine over cooked potatoes, shaking pot again to evenly distribute butter. Sprinkle with 2 or 3 tbsp parsley, freshly chopped. Serve immediately.

### CHOCOLATE SKILLET CAKE

- 1 Duncan Hines chocolate cake mix - your choice
- 1 12-oz jar marshmallow creme
- 3 small Hershey Bars, without nuts

Spray electric skillet and inside of lid with Bakers Joy. Prepare cake mix following directions on package, using any necessary altitude adjustments. Pour batter into skillet, turning heat to medium high. Replace lid and cook until cake tests done by finger tip test. Turn off skillet heat. While cake is still warm, cover with marshmallow creme. Immediately break Hershey Bars and scatter pieces over marshmallow creme. Replace lid for a few minutes until chocolate pieces are very soft. Remove lid and swirl melted chocolate over surface of cake. Replace lid until cake is served. Just in case you want to use the skillet before the cake is used up, transfer the remainder to plastic container with lid or cover with Saran.



## Jim: Chinese Noodles, Carrot & Raisin Salad, Fried Hominy, Cinnamon Pudding

*What I remember most is the conglomeration of scents coming from the kitchen. I could almost always tell what we were having from the smell. I especially remember the aroma of the Chinese noodles and, although I don't know if we actually ever had fried hominy with it, it sounds like a good combination to me. Fried hominy always reminded me of the smell of a restaurant.*

Use HOMEMADE NOODLES recipe opposite November calendar.

### CHINESE NOODLES

1½ to 2 lbs pork shoulder roast or steak. It isn't necessary to use an expensive cut of pork.  
3 c. sliced celery  
3 c. chopped onion

Remove all fat and bone from meat, reserving for broth to use for cooking noodles. Cut all lean meat into small bite-size pieces. Brown lean meat in skillet sprayed with Pam. Add celery and onions to browned meat and cook until vegetables are limp but not browned. In rather large pot, heat 4 to 6 cups salted water to boiling. Add meat trimmings and cook until very tender, adding 1½ tbsp chicken bouillon to enhance the flavor of the broth. Discard all fat and bone adding lean meat to celery & onion mixture, reserving broth. Reheat the broth to boiling in the rather large pot. Add prepared noodles. Cook noodles for 15 to 20 minutes, maintaining enough broth to cover the noodles about ½ inch or so. Add prepared meat and vegetables to noodles. Stir and continue to simmer until ready to serve.

In the very early years we served this dish with creamy mashed potatoes. In this calory counting era you may prefer to forego the potatoes and/or replace them with another favorite vegetable or salad.

### CARROT & RAISIN SALAD

3 c. shredded carrots  
1 c. raisins, soaked to soften, drained and patted dry with paper towels  
1/2 c. chopped walnuts or pecans  
2/3 c. good quality mayonnaise  
3 tbsp. sugar  
2 tsp. vinegar  
dash of tabasco

Lightly mix all ingredients with a fork. Transfer to salad bowl, garnishing with coarsely chopped nuts.

### FRIED HOMINY

Any pork suitable for frying, such as pork chops, pork steak, ham, sausage, or even bacon  
2 large cans hominy or enough smaller cans to make an equal amount  
1 can applesauce  
½ c. sugar  
1 tsp cinnamon

Season fresh pork with salt and pepper and dust lightly with flour. Cured pork will not need extra seasoning or flour. If using sausage, shape into patties.

Spray fry pan with Pam or coat lightly with shortening or oil. Cook meat on both sides over medium heat until meat is very tender and lightly browned. Remove meat from fry pan and keep warm. Drain hominy and add to meat drippings. Season well with salt and pepper. Increase heat and cook hominy until lightly browned, hot and glazed with meat drippings, adding just enough water to keep from sticking. Transfer hominy to deep platter, spacing portions of meat around edge. Serve with applesauce which has been heated with sugar and cinnamon.

### CINNAMON PUDDING

1 tbsp butter	1¾ c. flour
1 c. sugar	2 tsp baking powder
1 c. milk	2 tsp cinnamon

Stir until smooth. Pour into greased utility pan, 9x13 inches. Then prepare syrup.

1½ c. water  
2 c. brown sugar  
2 tbsp butter

Boil together for five minutes. Gently pour over batter. Bake at 375° until cake tests done. Batter will form layer of cake on top while syrup forms a layer of sauce on the bottom. Serve with cream, whipped cream or ice cream.

## **Maureen:** Homemade Noodles with a Homegrown Hen, Perfection Salad, Creamy Mashed Potatoes, Harvard Beets, Chocolate Pudding

*I'm not sure Mom will ever admit to this; however, I have a vivid picture of her taking on a job that was customarily Dad's. With the help of Jerry and myself she was able to catch the fattest hen in the henhouse. Then, in her plaid cotton house dress and apron, hatchet in hand, she placed the unlucky bird on a stump in the backyard and, with one whack, the headless chicken bounded around the yard for what seemed like an afternoon, but was only a few minutes. There was a pot of scalding water waiting on the backyard fireplace and there, with a little help from Jerry and me, Mom plucked the hen. After bringing it inside to finish cleaning, we discovered 3 egg yolks inside, in fruitless anticipation of future breakfasts. These, boiled with the chicken, were the next best thing to the wishbone and homemade noodles. This particular dinner, homemade noodles and chicken, was **always** eaten at the dining room table, usually with Grandpa & Grandma Payton present. Yum, yum.*

NOODLES: See Homemade Noodle Recipe opposite November calendar.

MASHED POTATOES: Use your own recipe or favorite instant

### FRICASSEE OF CHICKEN WITH NOODLES

Prepare noodles anytime previous to cooking the chicken.

Follow the directions for fricassee of chicken opposite the June calendar, up to and including removing the vegetables and adjusting the level of the broth. Using heat high enough to keep the broth boiling vigorously, slowly add the noodles, stirring with a long fork to keep them from sticking together. Reduce heat and keep cooking for 10 to 12 minutes. At this point, hopefully there will be enough broth to cover noodles. If not, add water to allow the noodles to be swimming in broth. Bring back to the boiling point for 3 or 4 minutes. Remove chicken pieces to shallow pan, plate or platter, keeping warm while reheating noodles and transferring them to a deep bowl. Arrange chicken pieces atop the noodles, ladling some broth over the chicken. Traditionally, our family has served chicken and noodles with mashed potatoes along with a favorite vegetable and/or salad.

### HARVARD BEETS

2 no. 2 cans beets (diced, sliced, or preferably tiny whole) drained  
¾ c. reserved beet juices  
¾ c. sugar  
1/2 c. vinegar  
3 tbsp corn starch  
2 dashes tabasco  
¼ tsp. cinnamon  
¼ tsp. cloves

Combine all ingredients in heavy, medium sized pot. Bring to boil over medium heat, stirring briskly with wire whisk. Add beets, reduce heat to low. Cook for 5 to 10 minutes until sauce is thick and glossy. Keep warm or reheat at serving time. The beautiful jewel tone of this dish makes any garnish, well, garish.

### CHOCOLATE FUDGE PUDDING

1 ½ c. sugar	3 eggs, beaten
½ tsp salt	2 tbsp cornstarch
2 c. canned milk	½ c. cocoa
1 c. water	2 tbsp butter or margarine
	2 tsp vanilla

Mix sugar, salt, cornstarch and cocoa until well blended. Add milk. Stir to mix. Bring to boil for 1 minute. Remove from heat and pour half of mixture into beaten eggs. Stir well, then add egg mixture to other half of cornstarch mix. Continue to stir while boiling one more minute. Add butter and vanilla. Serve hot or cold with topping of your choice.

### PERFECTION SALAD

*(Yes, Maureen, this salad did have a special name, just as you thought)*

1 large pkg. lemon Jell-O	1 no. 2 can crushed pineapple, undrained
2 c. shredded carrots	1 small jar diced or sliced pimentos.

In a medium sized utility dish heat 1 ¾ c. water to boiling (in microwave). Remove from 'nuker', add pineapple, shredded carrots, pimento and 2 dashes tabasco sauce. Stir to distribute the ingredients, then add 1 c. cold water and stir again. Refrigerate until firmly set. A more modern touch is to top the salad with 1/2 8 oz. container Cool Whip mixed with 2 heaping tablespoons mayonnaise. The final touch of a sprinkling of coarsely chopped pecans is truly a perfection.

## **Jerry:** Spare Ribs & Sauerkraut, Dumplings, Cinnamon Pudding

*One time we were going for a ride (to Casper, I think). We took along a picnic, and Dad had fried the chicken. We stopped in Wheatland Canyon to eat. Mom was spreading the food out, and discovered that Dad had forgotten to dip the chicken in flour. It was a great picnic, though, and even the chicken tasted good.*

### SPARE RIBS AND SAUERKRAUT

2½ to 3 lbs lean spareribs  
1 to 2 lb pliofilm bag sauerkraut, rinsed and drained  
2 tbsp brown sugar  
2 tbsp chili sauce  
Potatoes, peeled and quartered (1 potato per diner)

Use a large enough roasting pan with lid to accommodate racks of ribs without crowding. After arranging ribs in roaster, season well with salt and pepper. Add 1 cup of water to pan. Cover snugly. Roast at 350° for 2 to 3 hours, basting frequently and checking for dryness. The ribs should be basking in steam but not swimming in liquid. When they are pleasingly brown and very tender, add sauerkraut to pan. Sprinkle with 2 tbsp brown sugar and 2 tbsp chili sauce thinned with 2 tbsp water. Continue cooking until all ingredients are steamy hot and ribs are super tender. About a half-hour before the dish is ready to serve is a good time to add peeled and quartered potatoes, one for each diner. While this is almost a complete meal, perhaps you will want to add a tasty bread. I think my choice would be heated hard rolls.

### DUMPLINGS

2 c. Bisquick mix  
2/3 c. milk  
1 beaten egg

*Dumplings are a bread product which is appealing to add to many stew-like dishes such as stewed chicken, beef stew, and spareribs and sauerkraut. Use your imagination! You will think of something tasty that I haven't.*

Sometimes the dumpling recipe given on the Bisquick box lists 1 egg, and sometimes it doesn't. But trust me! You will be happier with your dumplings if you include an egg, and it doesn't really add a lot to the expense of the finished product. Oh well, let's get started.

Stir ingredients together to form a soft dough. Arrange whatever meat and vegetables you are using to be just above the surface of the boiling broth. Drop dough by spoonful onto the hot mixture, trying to place the dumplings on the meat or vegetables rather than in the liquid. Cover sauce pan with a well fitting lid and cook for 12 minutes. Don't peek! Dumplings should be done in ten to twelve minutes (then you may peek). If the sauce pan you have used is attractive, take it to the table and proudly serve the concoction directly from the pot. Otherwise arrange the meat and vegetables in a deep platter with the dumplings nestling cozily on the top.

Afterthought: 2 tbsp chopped parsley added to the dough is a nice and tasty addition to the meal.

Please see CINNAMON PUDDING recipe opposite March calendar.

## **Tim:** Pink Pancakes, lots of butter

*Pink pancakes on a weekend morning made me think I was Mom's favorite, until I noticed Kathi with pink pancakes, and she even got more butter. so now we all know who's Mom's favorite.*

### PINK PANCAKES

Krusteaz Pancake Mix - enough to fill the "breakfasters" at your table.

Using the directions on the package, adjust the quantities to conform with the capacities of said breakfasters. Using 2 or 3 drops of red food coloring to tint the batter a very pale pink. Be careful! If the pancakes are a dark pink, your junior kitchen critics will receive them with 'yuks' rather than 'aaahs'. Bake the pancakes on a hot griddle and serve with homemade maple syrup (see HOMEMADE MAPLE SYRUP recipe opposing the September calendar). Don't be penurious with the butter or Tim will be offended. Serve generously with whatever breakfast meat your family likes or demands, or depending on how close it is to payday.

**Maureen:** Creamed Eggs on Toast ("Eggs ala Goldenrod"), Carrot Salad, Glazed Carrots, Carrot Cake

**CREAMED EGGS ON TOAST  
(EGGS ALA GOLDENROD)**

8 eggs, hard cooked, peeled, yolks separated from whites

White (or cream) sauce:	1 can evaporated milk
4 tbsp butter or margarine	1 can fresh milk
4 tbsp flour	½ tsp. salt

Melt butter in heavy sauce pan. Add flour and blend with wooden spoon over low heat. Add salt. Continue cooking and stirring with a wire whisk until sauce thickens and is smooth. Keep warm while dicing the egg whites and pressing the yolks through a coarse sieve or tea strainer. Add the diced whites to the sauce, stirring with wooden spoon to mix. Reheat to just below boiling and spoon over toast triangles arranged on individual serving plates. Lightly spoon sieved egg yolks over sauce to portray the "goldenrod" name. If sauce is too thick add more milk and reheat.

**GLAZED CARROTS**

1 lb. tiny peeled carrots  
1/4 c. butter or margarine  
3/4 c. brown sugar

Cook carrots in salted water until completely tender. Drain, return to heat adding butter and brown sugar. Continue cooking on medium heat, shaking pan or stirring gently until glaze cooks down and carrots are glossy. Keep warm until serving time. They are so pretty that no garnish is necessary.

**CARROT CAKE**

1½ c. vegetable oil	1 tsp cinnamon
2 c. sugar (1½ c. if in Laramie)	½ tsp salt
4 eggs	1 tsp vanilla
2 c. flour	2 c. grated carrots
1 tsp baking soda	1 c. crushed pineapple, drained
2 tsp baking powder	1 c. chopped nuts

Mix sugar, oil and eggs in large bowl until creamy. Sift dry ingredients together; add to creamed mixture on low speed. Add vanilla, carrots, pineapple and nuts. Fold in by hand until blended. Pour into bundt or tube pan which has been sprayed with Bakers Joy. Bake 45 to 50 minutes at 350°, or until cake tests done by toothpick method. Remove from oven. Let stand for 10 minutes before turning out on plate.

**FROSTING**

1 lb. powdered sugar	3 oz. pkg cream cheese
1 cube butter	2 tsp vanilla

Cream together cheese, butter and vanilla. Add powdered sugar. Beat on high speed of mixer until very fluffy. Spread on cake.

Please see CARROT & RAISIN SALAD recipe opposite March calendar.

*NOTE: This recipe wasn't specifically requested by anyone, but it is needed to complete Maureen's chicken & noodles request (April calendar), and is a general family favorite that goes with dumplings or noodles*

**FRICASSEE OF CHICKEN WITH DUMPLINGS (OR NOODLES)**

1 large whole frying chicken, cut into serving size pieces  
5 or 6 cups of water in large pot with close fitting lid  
1 large coarse stalk of celery. It can be a big, tough one you would not think of using in a salad. It should be washed and broken into pieces that will fit into the pot.

1 large onion, either white or yellow, washed but not peeled or trimmed.  
1 large carrot, washed but not peeled or cut up.  
1 tbsp. whole pepper corns or 1 tsp ground black pepper  
1 tsp. salt

Add all ingredients to pot with close fitting lid. Cover and bring to a boil over medium high heat for 10 minutes. Remove from heat and skim foam from surface. Return to low or moderate heat. Keep liquid boiling gently and continue cooking for two hours or until chicken is very tender. If the goal is chicken and noodles, retain the broth level just above the pieces of chicken. However, if you are making chicken and dumplings, keep the liquid just below the level of chicken. With slotted spoon, remove all of the vegetables and discard. They have now served their purpose to flavor both the chicken and the broth. Arrange chicken pieces to make a fairly even base for the dumplings, if that is the final step. Prepare dumpling batter according to recipe I've given. Maintain heat at just barely boiling and drop batter onto pieces of chicken rather than into broth. A soup spoon makes a nice size for individual servings. Proceed as directed in the dumpling recipe. If you haven't peeked too soon, you will be ready in 10 to 12 minutes to serve this delicious dish with pride.

## Denny: Shrimp Salad, Tomato Slices, Ritz Crackers, Pineapple Upside Down Cake

*Once in a while, Monsignor McDevitt would give Mom or Dad a dispensation permitting them to serve us meat on Fridays. Little did he know, with Mom's cooking, "fish day" was hardly a sacrifice or penance. . .we looked forward to it! Among many savory Friday meals, my favorite was shrimp salad, especially in the summer. Just thinking about it, I can taste the fresh, lively taste of the shrimp, celery and other ingredients. To do it justice, scoop it off the plate with a Ritz cracker!*

### SHRIMP SALAD

1 lb. tiny cooked salad shrimp, rinsed and drained on paper towels.  
1 ½ c. celery, diced  
¼ c. sweet onion, finely chopped  
½ c. pimentos, diced  
½ c. sweet pickles, diced  
6 hard cooked eggs, peeled. Dice four eggs, reserving 2 to slice for garnish

Combine shrimp, celery, onion, pimentos and pickles in medium size mixing bowl. Then add Salad Dressing and lastly the chopped eggs. Toss lightly and transfer neatly to a pretty glass salad bowl. Garnish with celery leaves and/or parsley, pimento strips and sliced eggs. Chill and serve with Ritz crackers (to make Dennis happy). Oh yes, a few lemon wedges would also be nice.

### DRESSING FOR SHRIMP SALAD

¾ c. good quality mayonnaise	¼ c. sour cream
3 tbsp chili sauce	2 tbsp lemon juice
2 tbsp sweet relish	1 tbsp sugar
	dash of tabasco sauce

Mix all ingredients well. Spoon on top of Shrimp Salad. Toss lightly just before serving and then garnish.

### PINEAPPLE UPSIDE DOWN CAKE

Melt in a heavy frying pan 1/4 cup butter or margarine. Add and spread evenly 1 cup of brown sugar. Arrange 8 to 10 slices of pineapple neatly over sugar mixture. Cover with batter. Bake at 400 degrees until top is brown and crusty, about 35 minutes. Cut around edge of pan to loosen cake. Place serving plate over cake and invert the pan. Hopefully, it will drop out nicely. Place a plumb maraschino cherry in the center of each pineapple slice. Serve hot, warm or cold, garnished with whipped cream.

Batter:

Sift together 1-1/2 cups of flour, 2 tsp baking powder, 1/2 tsp salt, 1/3 c. sugar. Mix 1 beaten egg, 1/2 c. milk, 1/2 c. melted butter. Stir gently into flour mix.

## **Mick:** Sausage Biscuits and Gravy, Caramel Pudding

*I loved (and still do) biscuits and gravy for breakfast, lunch or dinner. I try to make that fairly often and I do pretty well with the gravy, but have never been able to make biscuits like Mom does.*

### GRAVY

1 lb Manor House (Safeway) sausage, regular or hot  
3/4 c. flour  
1 can evaporated milk  
2 c. cold water

Brown sausage in large, ungreased skillet. Do not drain. Stir flour into cooked sausage with wooden spoon until well blended and bubbling. Continue cooking on low heat for 5 or 6 minutes. Add water and milk, stirring briskly until gravy boils and thickens. Add more water if necessary to make gravy medium-thick. Noting that the sausage contains a varying amount of spices, season to taste. Serve over Dixie Biscuits.

### DIXIE BISCUITS

Make rolled biscuits, using directions on Bisquick package. Turn dough out on floured surface, sprinkling on about 1/4 c. flour. Knead dough 4 or 5 times to incorporate flour and make smooth ball. Roll out to 1/2 inch thickness. Brush cooking oil over surface of dough. Fold over in half, pressing halves together lightly. Cut with 2 inch biscuit cutter. Spread baking pan with 2 tbsp. cooking oil. Place biscuits on pan, turning them over so that tops are coated with oil. Bake at 400° for 10 to 12 minutes until golden brown

### EAGLE BRAND CARAMEL PUDDING

1 can Eagle Brand Sweetened Condensed Milk

Remove label from Eagle Brand Milk. Stand unopened can of milk in large cooking pot. Fill pot with water to 2 inches above top of can. Weigh can down with a brick or rock, or other heavy object such as one of Mick's biscuits. Bring water to a boil, then reduce heat to keep water just barely boiling. Maintain water level above top of can. This is very important! Continue boiling for 3 hours, occasionally checking on water level. At the end of three hours, remove pot from heat, drain off water, and remove can from pot. Let cool for one hour or more until cold. Keep in refrigerator until ready for serving. With can opener, remove both ends from can and push pudding through onto a serving plate. Cut into 6 slices, serving on a small plate with a dollop of whipped cream, ice cream or Cool Whip. Because this is a very rich dessert, you may choose to cut slices in half for serving.

Suggestion: You might want to do several cans at a time, as this is a time-consuming project, using several hours of electric or gas energy.



## **Kathi:** Corn Fritters & Homemade Maple Syrup, Eggs, Bacon

*Remember how good Mom was at making the simplest meal seem like there could be no better? I remember when Jim, myself, Mick and Tim were young kids (the older ones never fell for this con), Mom would often ask in her excited voice "if tonight we would like to have a 'cowboy' or 'cowgirl' supper?" The answer was always "YES!" This meal was only proposed when Dad was at work and Mom was having an especially hectic day. The cowboy supper consisted of milk poured over broken pieces of toast and sprinkled with sugar, while the cowgirl supper was simply white bread prepared the same way. (Mom was definitely an expert at child psychology!)*

### CORN FRITTERS

- 1 1/4 c. Bisquick
- 2 tbsp sugar
- 1 egg, lightly beaten
- 1/4 c. milk, beaten with egg
- 1 1/2 c. whole kernel corn, drained

Combine and stir corn into dry ingredients. Add liquid ingredients and stir just until well blended.

Heat 2 to 3 cups oil in deep pan. When oil is hot, drop rounded spoonful of batter (I use a soup spoon) into oil. Cook until rich, golden brown.

Remove from oil with slotted spoon. Drain on paper towels. Check to see if one fritter is completely cooked in center. If it is still raw, return to oil and cook for a short time longer. Keep fritters warm while cooking succeeding batches, probably about five each time.

Sift powdered sugar over fritters and serve with homemade maple syrup and bacon or other breakfast meats. These are suitable for either breakfast or supper.

### HOMEMADE MAPLE SYRUP

- 3 c. sugar, either white or brown (I think you will prefer brown)
- 3/4 c. Karo syrup, either light or dark (you decide this one)
- 3/4 c. water
- 1 to 2 tsp Mapleine flavoring
- 1/2 c. butter or margarine

Combine all ingredients in medium sauce pan. Cook on medium high heat for 10 minutes. Serve with corn fritters, pancakes, waffles, french toast, fried mush, or anything else your heart might desire.

## **Denny:** Fried Mush, Maple Syrup, Bacon, Bread Pudding

*It was always nice to waken to the aroma of bacon and mush! If mush were an evening meal, I'd like bread pudding for dessert.*

### FRIED MUSH

- 3 c. yellow corn meal
- 2 c. cold water
- 1/2 c. sugar
- 1 tsp salt

*Before getting the urge to make fried mush, start collecting no. 2 cans (16 oz.). Wash well, rinse and dry. Set aside for use on that special day. Three cans should accommodate this amount of mush.*

Add corn meal to 2 c. cold water. Let rest for 15 minutes. In the meantime, bring 4 c. water to boil in medium size heavy sauce pan. Add sugar and salt to boiling water, reduce heat. Using long handled wooden spoon or spatula, very carefully add soaked corn meal to boiling water. Stir very quickly, being prepared to pop a lid on the pan. As the mixture thickens it bubbles very vigorously and becomes a lethal weapon! Be alert! Reduce heat to very low and continue cooking for 15 minutes. By this time the corn meal should be well cooked. Spray inside of cans with Pam. Spoon mush into prepared cans. Tap briskly to remove air bubbles. Cover tops of cans with foil or Saran. Chill until ready to fry. To extract mush from can, remove bottom of can with can opener, leaving it in place over the mush.

Mix 1/2 c. flour with 1/4 c. sugar. Push cylinder of mush onto flour mixture, gently rolling mush over and cut into 1/2 inch slices. Continue flouring all surfaces. Heat 1/2 c. shortening, oil or bacon drippings in large fry pan. Transfer slices of chilled mush to fry pan. Saute over medium heat until both sides are nicely browned. (This is a rather slow process, but don't give up! The end result is worth the frustration. This part of the process probably explains why this dish was not a weekly event. Nine people could easily devour three times this recipe)

Serve with homemade maple syrup and the breakfast meat entree of your choice. There is no rule against serving this dish as an evening or main dish, but in the event you decide on taking this venture be prepared with lots of chilled mush and a fresh order of patience. Fresh or canned fruit is a nice complement to this menu.

### BREAD PUDDING

- |  |                                  |
|--|----------------------------------|
| 1 loaf stale or day old French bread,<br>cubed & toasted in low oven | 1 c. sugar                       |
| 1 qt. milk, scalded  | 1/4 tsp salt                     |
| 3 eggs, well beaten  | 1 c. raisins, soaked and drained |
| 3 tbsp butter or margarine   | 1 tbsp vanilla                   |
|  | 2 tbsp cinnamon                  |

Cut bread into 1 inch cubes, put into baking dish, distribute raisins over bread. In medium bowl combine sugar, salt, vanilla and cinnamon. Pour hot milk into bowl and stir to dissolve sugar, then add beaten eggs. Stir. Pour milk mixture over bread mixture. Sprinkle top lightly with cinnamon. Bake at 350° for 1 hour. Table knife inserted in center should come out relatively clean. Serve warm or cold with milk or cream, style of your choice.



## **Jerry:** Green Beans & Ham Hocks with Boiled Potatoes, Corn Bread and Spice Cake with Coffee Frosting for Dessert

*One time during the war, Mom & Dad saved enough gas coupons to go fishing at Albany. We caught so many fish that Dad put them in a gunny sack and dumped them into the bathtub when we got home! The next morning, we had brook trout and biscuits for breakfast.*

### GREEN BEANS & HAM HOCKS WITH BOILED POTATOES

3 lbs. crisp green beans, fresh  
2½ to 3 lbs smoked ham hocks  
2 lbs small, new red potatoes, washed but not peeled; or russet potatoes, peeled and quartered, one potato for each person.

Prepare green beans by snapping off stem and tail ends, breaking each bean into two or three pieces. To maintain my reputation as a whizzer with the scissor, I make the bean preparation easy by cutting them with the kitchen shears. After washing the beans, put them in a generous size pot, covering them with water an inch or two above the level of the beans. Do not salt them at this time, but add the ham hocks to the pot. Turn the heat to high until the water comes to and maintains a full, rolling boil. Reduce heat enough to continue the water boiling for about two hours. Keep the water level a little above the beans. When the beans are tender done, remove the ham hocks, removing all skin, fat and bones. Return meat to the pot and add the potatoes. At this time add salt and pepper to your taste. Remember, this is an old fashioned recipe so none of that tender-crisp stuff is acceptable. Well done is the proper definition. Serve generously in bowls or plates which make room for plenty of broth. For some people, chopped onions are a must as a topping for the dish, and many of us think of this as one of our favorite meals which would not be complete without corn bread.

### CORN BREAD

Although corn bread is simple to make from scratch, it is hard to beat Gold Medal Corn Bread Mix; however, it takes 2 packets to make enough corn bread for most purposes. Nonetheless, I will give you the recipe I always used before the advent of GMCBM.

¼ c. vegetable shortening, oil or drippings	1½ tsp. salt
1 c. yellow corn meal	1 c. milk
1 c. all purpose flour	1 egg
1½ tsp. baking powder	

Preheat oven to 425°. Put shortening, oil or drippings in heavy skillet and heat in oven for about 5 minutes, tilting skillet to cover bottom with hot oil. Combine dry ingredients. Add egg, milk and melted shortening. Mix well. Pour batter into hot skillet, sprinkle top with sugar. Bake 15 or 20 minutes or until golden.

### SPICE CAKE

Duncan Hines Moist Deluxe Spice Cake Mix	1 c. raisins
3 eggs	1 c. chopped nuts
1-1/3 c. water	1 tsp. cinnamon
1/3 c. oil	½ tsp cloves

Spray 3 8-inch layer cake pans with Bakers Joy. Preheat oven to package recommended temperature. Following basic recipe on box, mix batter using high-altitude adjustments if you live above 3,500 ft.

Using small microwave-safe bowl, cook raisins in 1 cup water for 2 minutes on high power. Drain and pat raisins dry with paper towels. Sprinkle with 1 tbsp flour blending with raisins using fingertips. Add spices, raisins and nuts to prepared batter.

Pour evenly into treated cake pans. Bake at 350° for 33-36 minutes. Cake is done when toothpick comes out clean. Cool in pans on rack for 15 minutes. Remove from pans. Cool completely before frosting with coffee frosting.

### COFFEE FROSTING FOR SPICE CAKE

3 c. brown sugar	¾ c. shortening (Crisco)
¼ tsp salt	¾ c. milk
	3 tsp essence of coffee

Using 2 small cups, fill 1 cup with hot water. Let stand until cup is hot. In the other cup put 2 or 3 tbsp water. Put this cup in microwave on high power for 2 minutes. Water should be very hot. In the meantime, empty first cup and dry it. Hopefully, it will still be quite warm. Measure 3 tsp instant coffee or espresso into this cup. Measure 3 tsp of the very hot water into instant coffee. Stir until coffee is completely dissolved. Set aside and reserve for flavoring frosting.

Mix brown sugar, salt, shortening and milk in heavy weight, medium size sauce pan. Mix well and bring to boil. Cook rapidly for exactly 2 minutes. Remove from heat and cool completely before beating. Beat with electric mixer until creamy and spreading consistency. Add 3 tsp essence of coffee. Mix well. Frost and stack layers. This cake will be very tall and may need to be anchored to keep top layers from sliding. For this emergency, be prepared with toothpicks or bamboo skewers.

## Mick: Beef Stroganoff over Homemade Noodles, Lemon Meringue Pie

*I liked to check early in the morning to see if Mom had fixed Dad some fried potatoes for breakfast before he went to work. He usually left some, and I would always finish them off. P.S...Beef Stroganoff tastes even better the next morning!*

### BEEF STROGANOFF

1 tsp garlic salt	½ c. sliced mushrooms
½ tsp salt	1 ½ tbsp flour
½ tsp paprika	1 c. beef broth
¼ tsp pepper	1 tbsp Worcestershire sauce
½ c. butter or margarine	1 tsp dry mustard
1 ½ lbs sirloin steak, thinly sliced	½ c. sherry wine
½ c. sliced green onions	1 ½ c. sour cream
	Boiled noodles or steamed rice

Cut steak first into half-inch strips, then into 1 inch pieces. Combine first four ingredients and work into meat with fingers. Melt butter in heavy skillet or electric fry pan and brown seasoned meat. When meat is partially browned add onion and continue browning. Stir in flour until blended. Combine next four ingredients and pour over meat. Cover and simmer for 15 minutes. Just before serving add the sour cream and mix well. Keep hot but do not boil again after adding sour cream. Serve over noodles or rice.

### LEMON MERINGUE PIE

1 deep dish pie crust, frozen, baked

Filling: 1/3 c. flour	1/3 c. lemon juice
1/3 c. cornstarch	1 ½ tbsp butter or margarine
1 ½ c. + 1 tbsp sugar	5 egg yolks, beaten
Few gratings of lemon peel	2 ¼ c. water

Mix thoroughly the sugar, cornstarch and lemon rind. In medium saucepan, heat water to boiling. Slowly add cornstarch, flour and sugar mix, stirring constantly with wire whisk. Continue cooking over medium heat until clear and thickened. Add beaten egg yolks and continue cooking over low heat for ten minutes. Mixture should be quite thick. Remove from heat, stir in butter or margarine and lemon juice. Turn into baked pie crust. Top with Never Fail Meringue. Bake at 375° until meringue is nicely browned. Remove from oven. Cool at room temperature until completely cold. Chill until serving time.

### NEVER FAIL MERINGUE

for lemon or any soft pie

1 tbsp cornstarch	1/2 c. sugar	4 egg whites
2 tbsp cold water	dash of salt	
½ c. boiling water	1 tsp vanilla	

Blend cornstarch and cold water in small saucepan. Add boiling water, stir and cook until clear and thickened. Let stand until completely cold. Beat egg whites at high speed until foamy. Gradually add sugar and beat until stiff but not dry. Turn mixer to low speed, add salt and vanilla. Gradually beat in cornstarch mixture. Turn mixer again to high speed and beat well for 1 minute. Pile meringue high on pie, avoiding working it too much in spreading it. Bake in moderate oven for ten minutes or until evenly golden brown. This meringue cuts beautifully and never gets sticky.

### HOMEMADE NOODLES

4 eggs, lightly beaten	2 c. flour, divided	1 tsp salt
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Add 1 ½ c. flour to beaten eggs. Stir until well mixed. Put remaining flour onto a large, clean work surface. I use my kitchen table top. A kitchen counter is too high for some of us to roll out the dough. Turn mixed dough onto a pile of dry flour and knead until pliable and stiff enough to roll. Keep dough somewhat soft but not sticky. Form dough into a ball and start to work it out. Working from the center of the dough, roll toward an edge, rotating the sheet of dough to keep working toward the edge. It is not necessary to keep it in a perfect circle, but keep rolling until the entire sheet is very thin. Sprinkle pinches of flour on the spots that become sticky, both on the top and underneath.

Okay! Use your muscles and keep on rolling. When you can't make it any thinner, relax, and slide the sheet of dough onto a large dish towel, small tablecloth, or whatever. Now find a spot in your house large enough to hold it. It doesn't matter if it becomes somewhat misshapen while you are juggling it around. You can always unfold the lapped over areas so that it is finally reclining in a single layer. Don't worry about the holes that have emerged. In the end, the wonderful bowl of noodles will not tell a soul how hard you struggled to do the job right. Cover the sheet of dough with another piece of some kind of cloth or several paper towels. Let it dry for an hour or two, but don't let it get hard. Check now and then to see that it is still pliable.

When it has lost some of its dampness, begin at one side to roll it, jelly-roll style. It may be more convenient to cut it in half, making it into two rolls. Slice the rolled dough into very thin strips and then, with your fingertips, separate them into a loose pile. Now you will discover you have a pretty big batch of noodles ready to add to a tasty dish of chicken and noodles, Chinese noodles or some other product of your imagination. Divide this mountain into four small hills and tuck each one into a ziplock bag to freeze for future use. Now you are ready to put together a sumptuous feast that you never dreamed you worked so hard to accomplish. I think at this point you would agree that it would be a shame to exert all that energy for just one meal, when the finished product freezes and stores so well.

## Jim: Bull Meat Sandwiches, Creamed Peas, German Chocolate Cake

*I remember going to Davidson's Grocery Store in the old Buick wagon to pick up an extra good piece of bull meat that Jimmy Davidson had saved back for Mom. Mom would boil it with spices and cut it thin for sandwiches.*

### "BULL MEAT" SANDWICHES

*Bull meat came from the butcher's block, sorted from a variety of beef cuts which were used in making a high quality of ground beef. Because bull meat was super lean, it afforded the butcher the privilege of adding as much, or as little, fat to produce his claim of the 'finest ground beef in the state'. This declaration was straight from the butcher's mouth. (Jimmy Davidson, that is.) Jimmy provided the Knight family with the best of ground beef in addition to the wonderful big lean chunks of bull meat which gave this dish its name. Aside from being very lean, the bull meat was tantalizingly flavorful. Having no idea what today's expert butchers use to produce their many varieties of ground beef, I also know not where you can buy a nice big piece of bull meat. Rather than discarding Jim's request as impossible, I decided to substitute lean rump roast or beef brisket as an alternative. - Mom*

- 3 to 5 lb bull meat, lean rump roast or beef brisket
- 2 large onions, washed but not peeled or cut.
- 2 large carrots, washed but not peeled or cut
- 3-4 stalks coarse celery, washed but not trimmed, cut into pieces to fit the pot

Using a large pot (dutch oven), add meat and water to almost cover meat. Add 2 tbsp pepper corns or 1 tsp ground black pepper and 2 tsp. salt. Bring to full rolling boil before lowering heat to keep water just boiling. Continue to cook for 3 to 4 hours or until meat is very tender. Remove and discard the vegetables as they have given their all in flavoring the meat and are no longer tasty in themselves.

Remove meat from broth. Cool completely before wrapping in plastic wrap or foil. Refrigerate until ready to make sandwiches. Slice meat as thin as possible, cutting off only what you need for the sandwiches you are making at that time. Rewrap and keep the roast refrigerated for making additional sandwiches as desired.

### CREAMED PEAS

- |                               |              |
|-------------------------------|--------------|
| 10 oz. pkg frozen peas        | 3 tbsp flour |
| 1 c. evaporated milk          | ½ tsp salt   |
| ¼ c. soft butter or margarine | 1 tsp sugar  |

In medium small saucepan heat 1 c. water, salt, sugar and peas. Cook 5 or 6 minutes over medium low heat. Do not overcook. Make a roue by blending together the soft butter and flour. Add milk to cooked peas (undrained). Bring to boil again over low heat. Stir in the roue and continue stirring and cooking until milk is thickened. Add a few shakes of pepper (white, if you have it). Keep pan covered over very low heat until ready to serve. Stir gently again before serving.

### GERMAN CHOCOLATE CAKE

- 1/2 c. boiling water
- 1 pkg. Baker's German Sweet Chocolate
- 1 c. shortening
- 1½ c. sugar
- 4 egg yolks unbeaten
- 1 tsp vanilla
- 2¼ c. all purpose flour
- 1 tsp salt
- 1 tsp baking soda
- 1¼ c. buttermilk
- 4 egg whites stiffly beaten

Melt chocolate in boiling water. Cool. Cream shortening and sugar until fluffy. Add egg yolks, one at a time, beating well after each one. Add melted chocolate and vanilla. Mix well.

Sift together flour, salt and soda. Add alternately with buttermilk to chocolate mixture, beating well after each addition until smooth. Fold in beaten egg whites. Pour into three 8-inch layer pans sprayed with Bakers Joy.

Bake at 375° for 25 or 30 minutes or until surface of cake springs back when lightly touched. Cool. Frost tops only and stack. If layers tend to slide, anchor them with toothpicks.

### COCONUT PECAN FROSTING

Combine 1 c. evaporated milk, 1 c. sugar, 3 egg yolks, ½ c. butter or margarine, 1 tsp. vanilla in medium size, heavy sauce pan. Cook and stir over medium heat until thickened (about 12 minutes). Add 1-1/3 cups angel flake coconut and 1 cup chopped pecans. Beat until thick enough to spread.