

MEALS FOR FEASTING AND FASTING

*More than 75
Recipes from the
Parishioners of
Saint Anthony
Orthodox
Church*



Meals For Feasting and Fasting

More Than 75
Recipes from the Parishioners of
St Anthony's Orthodox church
Butler, Pennsylvania

Saint Anthony Orthodox Church

Antiochian Orthodox Christian Archdiocese of North America

400 S. Sixth Avenue
Butler, PA 16001
(724) 287-6893

The Most Reverend PHILIP (Saliba), Metropolitan of All North America

Rt. Rev. THOMAS (Joseph), Bishop of Charleston, PA and the Mid-Atlantic

Fr. Gregory Long, Priest

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About Our Church

THE ANTIOCHIAN ORTHODOX CHURCH

We are the jurisdiction of the Orthodox Christian Church whose roots trace directly back to first century Antioch, the city in which the disciples of Jesus Christ were first called "Christians" (Acts 11:26). The Orthodox Church is the oldest and second largest Christian group in the world. We are called by God our creator to worship and follow Him, and to proclaim to the world His message of love, peace, and salvation.

God loves all mankind and desires that all human beings should believe in Him, know Him, abide in Him, and receive eternal life from Him. To accomplish this, God Himself came into the world as a man, Jesus Christ, becoming man that we might become like God. The Antiochian Archdiocese sees itself on a mission to bring America to the ancient Orthodox Christian Faith.

Orthodoxy is as old as the Church itself, because it is the Church. The disciples and the apostles are traceable within our lineage. Their guidance and their wisdom are a major part of our life in the Church today. While it is true that we have bishops, archbishops, metropolitans and patriarchs, there is only one true head of our church: Jesus Christ. He is our head, our savior, our only way into the kingdom of heaven, our respite and our joy. Everything else is but a lens or a glass used to behold Him. That said, it is not easy to distill 2000-plus years of theology, hymnology, prayer, hagiography, martyrdom, liturgy, and practical living into a succinctly stated and clearly defined outline. The only way to truly understand the Orthodox Faith is to be Orthodox.

Some Facts about Orthodoxy

There are some 250 million Orthodox Christians in the world.

Most Christians in Greece, Romania, Bulgaria, Serbia, Russia and Ukraine are Orthodox.

more than 2,000,000 Americans are Orthodox Christians.

300,000 British people are Orthodox Christians

ST ANTHONY ORTHODOX CHURCH IN BUTLER

Saint Anthony Orthodox Church was formally blessed to serve the Orthodox faithful of Butler by Metropolitan ANTONY (Bashir) in October of 1958. Since then it has endeavored to serve its people and to bring others to the Orthodox faith under the care of Metropolitan PHILIP (Saliba) and its pastors. The community of Saint Anthony is multi-ethnic and completely pan-Orthodox, with a healthy mix of Orthodox-from-birth members as well as converts to the faith.

The mission of the Church is as it has always been:

- to care for the people of God, to serve the community of Butler
- to embody Christ's teachings through the careful practice of prayer, study, fasting, almsgiving and hospitality
- to proclaim the fullness of the Orthodox faith to the city of Butler and its surrounding areas.

PARISH HISTORY

- | | |
|-----------------------|---|
| April 25, 1948 | Syrian Orthodox Church Association is created with the intention of starting a church in Butler, PA |
| June 23, 1957 | The first weekly service was held in the Syrian Hall |

- September 14, 1958** Reverend Father Alexander Curry met with the Butler community and discussed the plans for the construction of a church.
- October 12, 1958**
- October 15, 1958** Metropolitan ANTONY (Bashir) gives his blessing for a church to be started in Butler, with the name of Saint Anthony.
- November 2, 1958** A vesper service followed by a meeting was held at Saint Peter and Paul Church in Lyndora, Fr. Curry and the New Castle Choir conducting the Vespers service.
- April 26, 1959** A combined church service with the Ukrainian faithful was held on Palm Sunday at St. Peter and Paul Ukrainian Orthodox Church.
- June 18, 1961** Ground was broken at the church's current location. The church hall was completed and first used for meetings in 1962. Church services were also held in the hall twice a month.
- April 7, 1963** A lengthy discussion was held concerning completing the church proper on top of the hall.
- April 18, 1965** It was decided that contractor work on the church would begin sometime before June 1 and completed by September 1.
- July 5, 1970** Deacon James Deep ordained into the priesthood by Metropolitan PHILIP (Saliba). Father Deep was assigned to our church and his first divine liturgy was celebrated at the church on July 12.
- 1972** The parish home at the south end of the church was started. It was completed in early 1973.
- October 13, 1974** Metropolitan PHILIP consecrates the sanctuary.
- 1992** Fr. Patrick Reardon is appointed to serve as the second priest of Saint Anthony.
- 1999** Fr. Gregory Long is ordained to the Holy Priesthood and is appointed to serve at Saint Anthony.

We hope you find this Cookbook edifying, and we hope that you will come and worship with us!

Feasting and Fasting

Our Church year is divided into seasons of fasting, with feasting days and seasons interspersed. In typical church practice, our fasting involved eating less and abstaining from certain foods, notable meat, dairy products, fish, and eggs, and alcoholic beverages. . However, there are certain days of relaxed fasting where fish may be allowed, and stricter fasting days where oils are not allowed. The church year cycles include:

The Nativity Fast before Christmas
 The Great Lenten Fast before Easter
 The Apostles Fast in June, prior to the Feast of Saints Peter and Paul
 The Dormition Fast in August, Prior to the Feast of the falling asleep of Mary, the Birthgiver of God

Normally, Wednesdays and Fridays throughout the year are also fast days in commemoration of the betrayal and death of our Lord and Savior Jesus Christ. Feast Days include the major days commemorating events in the life of our Lord, Birth giver of God, and individual saints.

The fasting regime of Orthodox Christians appears strict to many western Christians. However, like any human endeavor, standards are adapted to fit the health and life circumstances of each person. The real point of fasting is not to please God; it is to strengthen our souls and bodies for the struggle of the Christian life.

Meat Rolls

Two loaves Freezer dough or 16-20; frozen dinner rolls;
place in fridge the night before
2 ½ lb. lean ground beef
2 medium onions, diced
Juice of ½ lemon
Salt, pepper, allspice
½ stick butter

Brown meat; drain grease. Add diced onion, spices and butter. Cook till onion is soft & transparent. Add lemon juice. Let cool.

Remove bread dough from refrigerator, Let rise an hour or more, covered lightly with plastic
If using a loaf, slice into 8 or 10 slices, Let rise again about ½ hour Roll out dough
To fill, place meat mixture in center of each and fold in three sides to form triangle.
Pinch flaps together in the center. Put a little oil in baking pan. Put filled rolls in pan
Bake at 350° until browned on top & bottom.

Long and Hanna Families

Cheese Rolls

Prepare dough as in meat rolls, but only about 6 or 7
1 qt. dry cottage cheese
1 med onion finely diced
2 eggs
A little parsley, chopped

Mix ingredients very well until it sticks together well. Fill dough with cheese, and close up like meat rolls. Bake at 350° in oiled pan until brown

Long and Hanna Families

Stuffed Green Peppers

4-5 med-large peppers
1 lb lean ground beef
1 lb rice
1 large can tomato sauce (29 oz.)
One medium onion, chopped
Salt, Pepper, Allspice

Cut tops off peppers & clean out the inside. Sauté the onion in oil until soft. Mix onion and oil with meat, rice, seasonings, and a little of the sauce. Fill each pepper; keep it fairly loose – don't stuff them tightly. Place peppers upright in pot (it helps if they are somewhat snug in the pot so they stay upright and don't float). Add water and the rest of the sauce until the peppers are just covered. Cook on stove top for approx 1 to 1 ½ hours Let sit ½ hour before removing from pot

Long and Hanna Families

Kibbee (baked in a pan with no filling)

1 ½ lb ground beef, very lean
1 ½ lb bulgur #1
Salt, pepper, dash allspice
Clarified butter
Vegetable oil

Mix meat and bulgur, seasonings, add salt to taste Work well with hands, adding water to soften if necessary The texture should be "soft" not "stiff" Place in 13x9 pan; level & smooth Make five or six even lengthwise cuts Starting in the corner, make diagonal cuts to divide into diamond Shaped pieces (really parallelograms). Smooth oil over the top. Dot with clarified butter. Bake at 350° for one hour. Serve with laban (yogurt)

Long and Hanna Families

Homemade Laban (Yogurt)

½ gallon whole milk (can also use 2%)
4 oz plain yogurt from the store (this is your starter)

Cook the milk on low heat until it gently boils and the foam eventually Rises in the pot. Allow the milk to cool to 115° (or until you can hold the tip of your (clean) pinkie finger in the milk for just 10 seconds) Add the starter & mix gently but thoroughly. Cover with plastic, wrap in a towel, and place in an insulated place (the microwave works well) Leave overnight. In the morning, drain the excess liquid and place a clean white dish towel on the surface to absorb more of the liquid (or a few folded white paper towels). Cover with plastic and refrigerate. An hour or two later, remove the towel and spoon out about 4 oz to a clean container. This will be the starter for your next batch. Refrigerate between uses. Great with kibbee, stuffed grape leaves, stuffed peppers!

Long and Hanna Families

Clarified butter

1 lb butter

Place butter in a sauce pan and boil over low heat

Skim the foamy stuff that rises to the top Continue boiling and skimming until you can see the bottom of the pan clearly. Pour into a container and refrigerate; do not scrape the bottom into the container. Use for many ethnic recipes, great for frying eggs or grilling grilled cheese sandwiches!

Long and Hanna Families

Cheese and Chilies

The basic recipe has 3 ingredients...egg, cheese and a can of chilies. If you want to double or triple it you can – just keep the proportions equal.

For a square cake pan, use 1 of everything.

For a 13 x 9 inch pan, use 3 of everything.

This is great for a party as an appetizer

1 block of Monterey Jack Cheese (8 oz) shredded

1 egg

1 can of mild whole chilies.

I can't remember the brand name of the chilies, but you find them in the Mexican section. They come in a small can; not as big around in diameter as a tuna can, but about the same height. Unless you REALLY like hot stuff, make sure you Get the mild. I got the hot ones by mistake once and peeled the chilies off the bottom of the cheese and we still couldn't Eat the cheese! If you can find a can of whole chilies, you can use the chopped chilies. It will taste as good but will be harder to pick up a square.

When you open the can, the chilies will be folded around the Inside. Take them out, slit them open and remove the seeds. Lay them flat in the bottom of pan. Put the shredded cheese on top. Beat the egg and drizzle it over the top. Bake at 350° for 30-45 minutes. It will start to brown around the edges. Let cool for 15 minutes, cut into squares. That's it.

Dollie Sipos

Grandma B's Hearty Goulash

1 ½ # ground beef -- brown & drain of any fat drippings-set aside

Using a medium stock pot combine the following ingredients and simmer 10 minutes:

2 small cans of tomato paste and 4 cans of water (blended)

½ tsp garlic powder 6-8 stalks of celery chopped no leaves

½ tsp onion powder 3 sprigs fresh parsley chopped

½ tsp chopped Basil 2 cloves fresh garlic minced

3 Tbs sugar (more if you desire)

½ tsp each salt & pepper

1 large yellow onion chopped

Add the browned ground beef, 1 large can of stewed tomatoes, and 1-16 oz. can of red kidney beans. Simmer 30 minutes longer stirring occasionally so it does not stick. Turn burner to low until ready to serve.

In a large stock bring water to a boil and add your choice of a 1# box of pasta. I use spring noodles but my Grandkids like shells just the same. Cook as directed on the box and add to the goulash just before serving.

*If you are running short on time you can substitute two jars of spaghetti sauce in place of the tomato paste, onion & garlic powder and chopped basil.

Dorothy Breitenstein

Ham and Broccoli Casserole

2 packages (10 oz each) frozen chopped broccoli
2 cups cut up cooked ham
1 ½ cups shredded cheddar cheese
1 cup Bisquick
3 cups mild
4 eggs

Cook broccoli as directed on package. Drain. Spread in 13x9x2 ungreased baking dish. Layer ham and cheese over broccoli. Beat eggs, milk and Bisquick until smooth. Pour over cheese. Bake uncovered for 1 hour at 350 degrees.

Grape Leaves

1 cup long grain rice
1 ½ lbs beef or lamb, ground
½ tsp salt
½ tsp pepper
2 Tbsp melted butter
Grape leaves
Lemon juice, to taste

Soak rice in warm water for 10 minutes and drain. Combine ground meat, salt, pepper and melted butter. Mix well. Place 1 teaspoon of mixture in center of each grape leaf. Roll into long thin cigar shape. Line bottom of 3 quart pot with unrolled grape leaves. Arrange rolled grape leaves on top keeping them close together. Alternate direction of layers. Place inverted plate over the grape leaves as a weight. Add water to cover. Simmer over low heat, 45 minutes to 1 hour until cooked. Remove from pot and add lemon juice to taste.

Chook's BBQ Sauce

1 cup onions
1 cup celery
3 14 oz bottles of Heinz ketchup
2 cups water
½ cup lemon juice
½ vinegar
¼ cup Worcestershire sauce
½ cup brown sugar
1 T dry mustard
½ cup sesame seeds

Sauté onions and celery in oil. Add remaining ingredients. Bring to a boil. Simmer 2 hours. Add meat (chip chopped ham) and reheat to serve.

Ann Thomas

Corn Casserole

- 1 16-ounce can creamed corn
- 1 16-ounce can whole kernel corn, drained
- 1 cup sour cream
- 1 8-ounce package muffin mix
- ½ cup butter or margarine, melted
- 1 egg

Preheat oven to 350°. Combine ingredients in large bowl; mix well. Place in well greased 1 ½ cup casserole dish. Bake 50-60 minutes or until lightly browned and firm. Serve hot. Refrigerate leftovers. Makes 6-8 side dish servings.

Bob Evans Farm Cookbook
Submitted by Lance Shaeffer

Pulled Beef and Pork Barbecue

- 1 lb. beef rump roast
- 1 lb. pork roast
- 1 can 15 ounce tomato sauce
- 1 medium onion, chopped
- ½ cup sugar
- ½ cup cider vinegar
- Dash of celery salt
- Dash of garlic salt

Combine all ingredients in a Dutch oven or crock pot. Bake in oven at 350° for 4 ½ hours or until very tender; or in crock pot for 7-9 hours. Remove meat from pan, pull apart with two forks and return to liquid. Rewarm and serve on small to medium rolls. This recipe will serve one family for one meal or one person for two or so meals. Double or triple to serve larger groups.

Lance Shaeffer

Ham and Broccoli Casserole

- 2 packages (10 oz each) frozen chopped broccoli
- 2 cups cut up cooked ham
- 1 ½ cups shredded cheddar cheese
- 1 cup Bisquick
- 3 cups milk
- 4 eggs

Cook broccoli as directed on package. Drain. Spread in 13x9x2 ungreased baking dish. Layer ham and cheese over broccoli. Beat eggs, milk and Bisquick until smooth. Pour over cheese. Bake uncovered for 1 hour at 350 degrees.

Yams and Cranberries

- Put the following 3 items in a casserole:
- 1 29 oz can yams, drained and cut to bite size
 - 1 16 oz whole cranberry sauce
 - 1 small can chunk pineapple
- Heat in saucepan until sugar dissolves
- ¼ cup pineapple juice
 - 1 cup sugar
 - ¾ tsp cinnamon
 - ¼ tsp nutmeg

Pour mixture over yams. Bake @ 350° for 30 minutes. Great with ham or turkey

Dollie Sipos

Pastitso (Greek) Macaroni & Meat Casserole

1 large grated onion
¼ lb butter
2 lbs ground meat
1 Tbsp salt
¼ tsp black pepper
½ tsp cinnamon
4 Tbsp tomato paste
½ cup water
1 egg

Macaroni

1 lb elbow macaroni
3 eggs, beaten
1 ¾ cup grated Romano cheese

White Sauce

¼ lb butter
½ cup flour
5 egg yolks
3 cups milk
¼ cup grated Romano cheese

Brown onion in butter. Add meat. Stir until browned. Add salt, pepper, cinnamon, tomato paste and water. Cook, uncovered over medium heat about 20 minutes, stirring occasionally until water is absorbed. Remove from heat and cool. Beat 1 egg well and add to meat mixture.

Macaroni: Cook according to package directions. Rinse under hot water, drain and in large bowl toss macaroni with beaten eggs and cheese. **White Sauce:** Melt butter, add flour, mix well. Gradually add cold milk, stir well. Cook until thick, stirring often. Remove from heat. After 5 minutes, while sauce is cooling, beat egg yolks and blend into sauce. Add cheese. Butter 10 x 14" pan. Put ½ of macaroni in pan. Put meat mixture over macaroni, spread evenly. Pour white sauce over all. Bake in 375° oven for 45 minutes or until golden brown.

Baked German Potato Salad

from the Cooking from Quilt Country, Hearty Recipes from Amish and Mennonite Kitchens by Marcia Adams

Oven 375°
Serves 10-12
1 cup crisply cooked bacon, diced
2/3 cup cider vinegar
1 cup chopped celery
1 ½ cup water
1 cup chopped onion
½ cup chopped parsley
3 TBL flour
2 tsp celery seed
1 tsp salt
2 quarts potatoes, boiled peeled & sliced
½ tsp pepper
2/3 cup sugar

Fry bacon until crisp. Remove with slotted spoon and set aside. If there is not approximately ¼ cup of fat left in skillet, add additional bacon fat or vegetable oil. Add celery and onion and cook over medium heat for about 3 minutes. Add flour, salt and pepper and cook 2 minutes longer. Add sugar, vinegar and water all at once and stirring with whisk, bring to boil and cook for 1 minute. Add the parsley, celery seed and reserved bacon and combine. Remove from heat. Place the potatoes in a greased 9 x 13 casserole and pour the dressing over all. Mix gently. Bake for 45 minutes or until the casserole bubbles.

Lance & Diane Shaeffer

Kibbee St. Anthony's Style

Hushwee (filling):

1 lb ground round

1 large Spanish onion chopped small

Cook in frying pan until meat is done. Cool and refrigerate until ready to use.

Patties:

3 lb ground round or sirloin

3 lb #2 burghol (washed and soaked 45 min)

1 Tbsp and 2 tsp salt

2 tsp pepper

1 large Spanish onion (minced in processor)

Water while mixing, as needed to make workable mixture. Mix until it comes together and is stringy looking. This recipe will make approx 30 so make 60 balls. Flatten each ball thinner than hamburger patty. Place 1 large table- spoon of filling on patty and top with another patty. Seal edges and work in palms to make it mounded slightly in center. Place on oiled cookie sheet. Bake at 425° until browned (15- 20 min). Dip in rendered butter and drain.

Chicken and Rice – Syrian style

2-3 pounds chicken thighs with skin

3 T butter/oleo

1 large onion diced

Cook chicken in water until done. (skim) Remove chicken Do not discard water-keep warm.

Bone and cut chicken into bite size pieces. Put back into pot of reserved water. Add more water if needed (should be about 3 inches over chicken) Heat on medium. Saute onion in butter or oleo.

Add to chicken and mix well. Keep warm until rice is done.

See Loobee Recipe for Rice

Mousaka

(Eggplant Casserole)

2 medium eggplants

2 medium onions, chopped

2 Tbsp minced parsley

1 cup water

½ cup tomato paste

2 eggs, well beaten

½ cup grated cheese

¼ lb butter

½ cup olive oil

1 lb ground meat

Salt, pepper to taste

½ cup bread crumbs

Brown the meat and chopped onions in olive oil. Add water, tomato paste, parsley, butter, salt and pepper. Simmer for one hour or more until paste is thickened. In the meantime peel and cut lengthwise eggplants in ¼ inch thick slices. Sprinkle with flour and sauté in olive oil or butter to golden brown. Add to the cooked meat 2 Tbsp breadcrumbs and mix well. Butter a baking dish and sprinkle with breadcrumbs. Place half of eggplants in dish and spread half of meat on top. Add remaining eggplant and meat. Pour well beaten eggs on top and spread evenly. Sprinkle with grated cheese and breadcrumbs and bake in medium oven for about half an hour or until golden brown.

Sautéed Apples and Onions

3 T bacon fat or butter
2 large onions, thinly sliced
6 large apples Jonathan or Gala
skin on, cored and sliced 3/8 " thick
½ cup dark brown sugar, packed
1 tsp ground cinnamon
¼ tsp coarsely ground black pepper
1/8 tsp salt (omit if using bacon fat)

In a large sauté pan melt the fat or butter. Add the onions and sauté over medium heat for 8 minutes or until the onions begin to color. Add the apples to the pan atop the onions, then sprinkle on the brown sugar, cinnamon, black pepper and salt if using. Do not combine. Cover the pan, turn the heat to low and simmer without stirring until the apples are almost tender, about 10 minutes. Uncover, raise the heat to medium (there will be a lot of juice and that must be reduced a bit), and toss the mixture lightly to combine. Continue sautéing until the apples are tender, about 10 more minutes though that will vary from apple to apple, season to season and with the age of the apples. Serve warm.

Marcia Adams, *More Recipes from Quilt Country*, 1997

Lance Shaeffer

Egg and Sausage Bake

(Great for company breakfast, you can visit with your guests)

Must do ahead Serves 6-8

1 lb. bulk sausage or diced ham
9 eggs
3 cups milk
1 ½ tsp dry mustard
Dash pepper
12 slices white bread, cubed, crust remove
1 ½ cup grated sharp cheddar cheese
1 cup sliced, sautéed mushrooms
Brown sausage (or ham) and drain. Cool. Beat eggs and milk, add seasonings and bread cubes. Fold in sausage (or ham) and cheese. Put in lightly greased 9 x 13 casserole dish and refrigerate overnight. Remove from refrigerator about 1 hour before baking. Bake at 350° for one hour, cool slightly before cutting
Diane Shaeffer

Zucchini Soup

Sauté 2 chopped onions in 2 Tbsp oil for 4 minutes. Add 1 ½ tsp curry powder, sauté 1 minute. Add 2 cans chicken broth; bring to boil. Add 1 lb cubed potatoes (3 medium), 2 carrots sliced Boil for 10 minutes. Add 1 lb cubed zucchini. Boil 10 minutes. Puree mixture in blender. Reheat. Stir in 1/3 cup parsley and ½ tsp salt.

Dollie Sipos

Near Eastern Lamb Filling

makes about 4 cups
3 Tbsp vegetable oil or olive oil
2 large garlic cloves, minced
1 large onion, chopped
2 Tbsp chopped fresh parsley
1 ½ lb lean lamb cut into 1 inch cubes
2 medium tomatoes, peeled, seeded and diced
2 Tbsp fresh lemon juice
1 Tbsp red wine vinegar
1 ½ tsp salt
1/8 tsp ground red pepper
1/8 tsp ground cumin
Freshly ground pepper
½ cup water or broth (optional)
1 cup drained and rinsed garbanzo beans
Syrian bread (See Recipe in This Book)
Shredded lettuce and sliced tomato (garnish)

Heat oil in medium skillet over medium heat. Add garlic and onion and sauté until translucent. Add parsley and cook until wilted. Add lamb and sauté until browned on all sides. Stir in tomatoes, lemon juice, vinegar and seasonings. Cover and simmer until meat is almost tender, about 35 minutes (add water or broth if necessary to keep meat from burning). Stir in beans and continue cooking 10 minutes. Serve in Syrian bread pockets (See Recipe) and garnish with lettuce and tomato.

Tyropita (Greek cheese pie)

1 lb Greek feta cheese crumbled
1 lb cottage cheese
8 eggs
Salt and white pepper to taste
½ lb pastry sheets (phyllo)
½ lb butter melted
¼ cup kefaloteri cheese grated (optional)
Beat 4 whole eggs and add 4 egg yolks only. Beat until light and creamy. Fold into crumbled feta cheese, cottage cheese and grated kefaloteri. Season with salt and pepper to taste. Place eight buttered pastry sheets on greased baking pan and then pour cheese mixture on top. Cover with eight additional pastry sheets, brushing each with melted butter. Fold edges to retain mixture and brush with melted butter. Bake at 350° for 45 minutes. Cut in squares and serve warm.

Roast Leg of Lamb

5 lb leg of lamb
1 lemon
2 oz butter
1 cup water
several cloves of garlic
salt and pepper
Wash the meat well and set in roasting pan. Make several small incisions in the leg of lamb and place the peeled cloves of garlic into these incisions with a little butter. Sprinkle the meat with salt and pepper, rubbing it in. Melt the remaining butter and rub it over the outside of meat. Pour over the meat the juice of one lemon. Cover the roasting pan and cook in medium hot oven. Cook slowly. After a while add one cup of water to the liquid in pan and baste often until meat is browned and done to taste. If desired, when meat is half done, small peeled potatoes may be placed in the roasting pan around the lamb.

Brown Rice - Lentils

2 Tbs. margarine
1 clove garlic, - crushed
½ cup uncooked brown rice
1 can (10 Vi oz.) condensed chicken (or vegetable) broth
½ can water
1 medium green bell pepper coarsely chopped (1 cup)
1 small onion - chopped (¼ cup)
½ cup dried Lentils (4 oz.) sorted & rinsed
¼ tsp. red pepper sauce

Melt margarine in 2-quart saucepan over medium heat. Cook onion and garlic in margarine about 3 minutes, stirring occasionally, until onion is tender. Stir in lentils, rice, broth, water, and pepper sauce. Heat to boiling, reduce heat to low. Cover and simmer about 50 minutes, adding water if necessary until rice is tender and liquid is absorbed. Stir in bell pepper.

Prep time: 15min. Cook time: 55 min.
Makes 4 servings = ¾ cup each.

Jen Kolisch

California 3-Bean Chili

2 tbsp. Olive oil
1 cup chopped onion
1 green bell pepper, coarsely chopped
½ cup dry red wine
1 can (14.5 oz.) whole tomatoes, broken up
1 can (15 oz) each of black beans, red kidney beans, and white northern or pinto beans, drained and rinsed.

California Spice Blend:

4 tsp. Chili Powder
1 tsp. Each of Garlic Powder, ground cumin, oregano and basil leaves
2 tsp. Sugar
½ tsp. Salt
½ tsp. Seasoned pepper

1. Heat oil in large sauce pan over medium-high heat. Add onion and green pepper. Cook 5 min., stirring often.
2. Stir in Spice Blend and remaining ingredients. Bring to boil. Reduce heat and simmer 20 min., stirring occasionally. Garnish with shredded cheese and chopped onion if desired.

Makes 6 cups.

Easy Chili

2 lg. Onions, chopped
2 cans red kidney beans
1 lg. Can stewed tomatoes
2 green peppers, chopped, more or less to taste
1 T. chili powder
1 tsp. Garlic powder
1 tsp. Oregano
red pepper as desired
cumin as desired

Put all ingredients in a large stock pot. Bring to a boil. Cover and simmer for 2 hours, stirring every 10 minutes. Makes 4 servings.

Easy Lenten Chili

1 (16 oz.) can. light kidney beans
1 (16 oz.) can dark kidney beans
.1 can stewed tomatoes
1 (16 oz.) can tomato sauce
1 package mild chili seasoning mix:
 1 T chill powder
 garlic powder
 basil
 oregano
 salt and pepper

1 cup elbow macaroni

Simmer kidney beans, stewed tomatoes, tomato sauce, and chill seasoning, covered, for 1 hour. Add one cup elbow macaroni. Simmer 20 minutes longer. Sprinkle corn chips on top if desired. Makes 6 servings.

Two-bean and Bulgur Chili

1. T. vegetable oil
1 (8 oz.) can tomato sauce
1 med. Carrot
3 tsp. Chili powder
1 med. Green pepper, chop
2 tsp. cumin
1 med. Onion, chopped
1 (15 oz.) can dark red kidney beans rinsed and drained
2 garlic cloves, minced
2 c. water
½ c. uncooked bulgur wheat
1 (15 oz) can black beans rinsed and drained
1 (15 oz) can diced tomatoes

In 4 quart saucepan, heat. oil until hot. Add carrot, bell pepper, onion and garlic. Cook and stir for 4 minutes. Stir in all remaining ingredients. Bring to boil. Reduce heat to low. Cover and simmer 40 to 45 minutes, or until bulgur wheat and vegetables are tender and flavors are blended, stirring frequently to prevent bulgur from sticking to bottom of pan. If desired, sprinkle each serving with crushed corn chips. Makes 7 one cup servings.

Mary Bunn

Vegetarian Chili

4 medium zucchini, chopped
2 medium onions, chopped
1 medium green pepper, chopped
1 medium sweet red pepper, chopped
4 garlic cloves, minced
¼ cup olive or canola oil
2 cans (28 oz. each) Italian stewed tomatoes, cut up
1 can (15 oz.) tomato sauce
1 can (15 oz) pinto beans, rinsed and drained
1 can (15 oz) black beans, rinsed and drained
1 Jalapeño pepper, seeded and chopped
¼ cup each minced fresh cilantro and parsley
2 Tbsp. chili powder
3 Tbsp. sugar
1 tsp. salt
1 tsp. ground cumin

In Dutch oven, sauté zucchini, onions, peppers and garlic until tender. Stir in the tomatoes, tomato sauce, beans, jalapeno and seasonings. Bring to boil over med. heat. Reduce heat; cover and simmer 30 min, stirring occasionally. 16 servings. (1 cup)

Mary Bunn

Creole Fish

1 can diced tomatoes
¼ green pepper
½ medium onion
2 Tbs. oil
¼ tsp dry basil
salt and pepper to taste

Saute above ingredients about 10 minutes. Add fish. Cook until done. Can be served over rice.

Dorothy lanotti

Green Bean Stew

1 onion, diced
1 clove garlic, chopped
¼ cup olive oil
1 pound green beans
1 cup water
1 10-oz, can tomatoes (or sauce)
salt and pepper to taste

Saute onion and garlic in oil. Cut beans in half. Add to onion and garlic. Cover and let steam 30 minutes, mixing frequently. Add water and tomatoes until even with beans. Add seasoning to taste. Cook 15 min. or until tender.

Helen Corey

Serve over rice.

Rice for Green Bean Stew

Brown ½ cup orzo in 2 T. rendered butter. Add 2 cups Uncle Ben's rice and stir thoroughly. Add 4 cups boiling water and 1 T salt. Bring to boil and lower heat. Cook covered for 25 min. Do not lift lid. Do not stir. 6 - 8 servings

Dollie Sipos

Imjadra^{دج} heat & Lentils)

Parboil ½ cup lentils (10 min.) then rinse in colander. Boil 2 cups water - add salt. Add 1 cup washed burghol and lentils. Cover and cook 10 min. until ALMOST cooked. Remove lid to dry off. Cook lots of onions in a little oil. Mix with lentils and burghol. Eat with buttermilk.. laban or buttered noodles.

Madeline Esper

Indian Lentil- Vegetable Soup

3 Tbs, vegetable oil
2 medium onions, copped
2 cloves garlic, minced
1 Tbs. cumin
2 tsp. ground coriander
½ tsp. tumeric
¼ tsp cayenne pepper
2 cups red (or other) Lentils, rinsed and picked over
8 cups water
1 can (28 oz) whole plum tomatoes -- drained & chopped
½ cups potatoes - peeled, diced
1 cup carrots - diced
3 tsp salt
fresh ground pepper to taste

In large pot, heat oil over medium heat. Add onions and garlic and cook, stirring often until onions are softened about 5 minutes. Stir in cumin, coriander, turmeric, and cayenne. Add lentils and water. Bring to a boil. Reduce heat and simmer gently, partially covered for 15 minutes. Add tomatoes, potatoes, carrots and simmer - partially covered for 20 minutes. Serve immediately - if not later.

Makes 6 servings.

Jean Kolisch

Kulski

1 small head of cabbage

Chop up and sauté in canola oil. Amount of oil depends on amount of cabbage, (not supposed to swim in oil) Grate and onion and add to cabbage. Let cabbage get brown, Boil noodles and mix with cabbage.

Ann Thomas

Pasta with fresh Broccoli

1 lb. pasta or spaghetti
Olive or vegetable oil
4 garlic cloves, minced
1 bunch of fresh broccoli, chopped into florets and small pieces
salt and pepper (to taste)

Cook pasta or spaghetti according to package directions. Sauté garlic in about 3 T. hot oil for about 30 seconds to a minute. Add broccoli and continue sautéing for about 2 – 3 minutes, stirring frequently. Add salt and pepper to taste. Serve over hot pasta or spaghetti.

Pasta with Zucchini and Fresh Tomatoes

4 small zucchini (about 1 lb.)
3 cloves garlic, minced
3 large tomatoes, thinly sliced
1 Tbsp. Minced fresh parsley
2 onions, thinly sliced crosswise and separated in rings
2 tsp. Lemon Juice
1 Tbsp. White wine vinegar
¼ cup fresh minced basil
½ tsp. Red-pepper flakes
1 lb. Ziti

Halve the zucchini lengthwise and slice into ½" cross sections. Place in large bowl. Add lemon juice and toss well. Set aside. Cook ziti in large pot of boiling water until just tender about 8 minutes. Drain and place in large bowl. In large frying pan over medium heat. Cook the garlic for 30 seconds, stirring constantly; don't let it burn. Add onion, vinegar and zucchini. Cook for 3 to 4 minutes. Add the tomatoes, basil parsley and pepper. Cover the pan, reduce heat and Simmer until zucchini is tender, about. 5 to 7 minutes. Add the zucchini mixture to the pasta. Toss well. Makes 4 servings.

Casserole Perigies

Sauté onions in butter In casserole, layer onions, cooked noodles, prepared Hungry Jack potatoes, grated cheddar cheese, onions, noodles, potatoes. End with onions and grated cheese. Bake in oven at 350 for about 30 min.

Martha Renfrew

Presto Primavera

6 oz. uncooked pasta (spirals, macaroni, or penne)
1 can (14.5 oz.) Del Monte diced tomatoes with garlic and onion
1 can (8.5 oz.) Del Monte Sweet Peas, drained
1 can (8 oz.) Del Monte cut green beans, drained
1 can (8.25 oz.) Del Monte sliced carrots, drained

Cook pasta according to package directions; drain. Heat tomatoes and vegetables in large saucepan while pasta is cooking. Mix in pasta and heat through. Season to taste with salt and pepper. Garnish with chopped parsley if desired. 4 to 6 servings.

Mary Bunn

Sleek

3-10 oz. pkg. frozen Spinach, cooked as directed on package. When cool, squeeze water out. Add 1 cup (approx.) cooked black-eyed peas (you may like more peas) Simmer one large onion in oil or butter. Add all ingredients and mix together. Season to taste with salt, pepper and garlic. Optional: Add ¼ cup burghol which has been washed and set aside. 6 - 8 servings
Kay Thomas

(Some like the black-eyed peas in cans. I like to cook mine.)

(Can use swiss chard instead of spinach.)

Spaghetti Sauce

1 - 1 lb. 13 oz. can Tomato Puree
1 - 1 lb. 13 oz, can Crushed tomatoes or sauce
1- 1 lb. 13 oz. can Whole Tomatoes
1 cup water
1 large onion cut in big chunks
3 cloves garlic minced
¼ green pepper minced
1 stalk celery cut up
1 cup olive oil

Sauté last 5 ingredients till limp. Careful garlic doesn't burn. Add tomatoes and 1 cup water. Simmer 1 hour. Freeze leftovers for later use in quart containers.

Doris Josephs

Spanish Slaw

3 cups shredded cabbage
¼ cup chopped green pepper
1/3 cup vinegar
3 Tbsp. vegetable oil
4 tsp. sugar
1 Tbsp. diced pimientos
1 tsp. grated onion
1 tsp. celery salt
½ tsp. ground mustard
¼ tsp. salt
¼ tsp. pepper

In a bowl, combine cabbage and green pepper. In a jar with tight-fitting lid, combine remaining ingredients; shake well. Pour over cabbage mixture just before serving; toss to coat. Serve with slotted spoon. 6 servings

Spinach Turnovers

Dough:

3 pkg. dry yeast dissolved in ½ cup warm water

In pan:

12 cups flour
1 T. salt
½ cup sugar
4 cups warm water
½ cup oil
proofed Yeast

Mix and dump onto table to which ½ c. oil has been spread out. Knead until smooth and soft. Put dough in oiled pan and let raise 1 ½ hours.

Spinach

4 bags spinach washed and chopped
3 large onions, chopped
salt to taste

Make dough balls about size of tangerines. Raise ½ hr.
Squeeze spinach into another pan.
Add oil and lemon juice to taste.

Pam cookie pans. Flatten balls. Use large spoon to put spinach on dough- Fold over and squeeze seams. Let raise on pans 20 min. Preheat oven to 425, Bake 10-12 min. until golden.
Brush with oleo.

Makes about 32

~~Peg~~ Michaels

Quick Vegetable Soup

5 cups water
1 tsp. salt
2 beef or chicken bouillon cubes *vegetable*
½ cup celery chopped
1 can tomatoes
½ cup sliced carrots
1 chopped onion

½ cup cubed potatoes
½ cup ditalini
parsley

Combine first 7 ingredients. Simmer ½ hour. Add: Last 3 ingredients. Cook 15 min.

4 servings

Joe likes this

vegetable

Tuna Salad

1 can tuna, flaked
¼ cup finely chopped celery
½ cup finely chopped onion
1 or 2 hard cooked eggs, chopped (optional)
salt and pepper
¼ cup mayo mixed with 1 ½ tsp lemon juice

Combine all ingredients lightly.

Distribute between 4 sandwich buns.

Add lettuce.

Tuna Turnovers

Preheat oven to 400 F degrees

Combine:

1 cup tuna
Mayonnaise to moisten (about 1 Tbl)
1 cup shredded cheese (cheddar or colby)
Salt & Pepper to taste
1 tsp chives OR 1 tsp finely chopped onion

Prepare one recipe for biscuit dough, or a Bisquick recipe for roll out dough. Roll dough 1/8 "-1/4" into four-inch rounds or squares. Place about 2-1/2 Tbls. filling on each, fold over and seal. Brush tops with melted margarine.

Bake for 15 minutes.

Diane Schaeffer

Bill's Spinach

4 boxes frozen spinach
1 large onion chopped
½ cup bulgar
Oil

Cook frozen spinach in microwave for 10 minutes on high. Take out and mix. Cook 10 minutes more. Drain well. Press out all water. Put a small amount of oil in pan. Cook chopped onion until translucent. Add spinach and bulgar. Mix and cook for 20 minutes. Stir once in awhile.

Bill Thomas

Tabouleh

1 cup bulgar, cracked wheat

1 bunch scallions

2 large bunches parsley

4 large tomatoes

juice of 4 lemons

½ cup oil

salt & pepper to taste

3 Tbsp mint, chopped, optional

Rinse wheat several times in water and drain. Soak wheat in water to cover. While wheat is soaking, chop onions, parsley and tomatoes. Drain wheat; add the chopped onions, parsley and tomatoes, lemon juice oil and seasonings.

Green Beans Serbian Style

1 large onion, chopped

3 cloves garlic, chopped

2 medium hot banana peppers, diced
and seeds removed

¼ cup oil

1 15- oz can whole tomatoes

2 8-oz cans tomato sauce

1 lb fresh green beans OR 1 12-16-oz pkg. frozen green beans

¼ tsp paprika

salt, to taste

Sauté onions, garlic and peppers in oil until tender. Add tomatoes and sauce. Cook for 15-20 minutes. Add green beans, paprika and salt. Cook until tender.

Refrigerator Pickles

Sterilize jars and caps

Liquid: In saucepan

2 cups sugar

1 cup white vinegar

1 Tbsp salt

1 tsp celery salt

Simmer until sugar is dissolved. Cool

6 cups sliced thin (peeled) cucumbers

1 cup onion, chopped

1 cup green and red peppers, chopped

Slice veggies into a 1 gallon or ½ gallon jar to save space in refrigerator. Pour some liquid over and pack veggies down. Add more liquid to cover veggies. Clean rims.

Cap and refrigerate. Will keep in refrigerator for up to 1 year.

Dollie Sipos

"Loobee" – Syrian

4 cans cut green beans drained
2 cans tomato sauce
3 cans water
1 large onion sliced thin
Salt and pepper to taste

Mix all ingredients. Bring to boil, cover, lower heat to medium. Cook 1 hour or more until it thickens a little. Add 2-3 Tbls of oleo. Stir until melted. Serve with rice

Rice

½ cup orzo

2 cups rice Uncle Ben's

4 cups water

Salt

Brown orzo in 3 Tbls. Oleo on medium heat. Stir constantly (about 8-10 minutes) so it won't burn
Stir in the rice and mix well. Add water and salt Cover and cook 20-25 minutes. Stir before serving

Mary Bunn

M-E's Salad

Combine:

1 8 oz can pineapple tidbits undrained

1 11 oz can mandarin oranges drained

1 17 oz can peaches or fruit cocktail undrained

2 T lemon juice

Spinkle on 3 ¾ oz instant lemon pudding.

Toss and chill.

Ann Thomas

Morrocan Lentils

2 cups lentils	1 lb can tomatoes, chopped
4 cups water	½ cup parsley
1 onion chopped	4 garlic cloves
3 T. olive oil	1 bay leaf
1 tsp salt	

Clean and rinse lentils. Place lentils, water, chopped onion, olive oil and salt into a large pot. Bring to boil. Simmer 45 minutes or until liquid is absorbed. Add canned chopped tomatoes, parsley, garlic cloves, bay leaf and black pepper to taste. Simmer uncovered 20 minutes. Remove bay leaf.

Syrian Bread

Makes 18 pitas

2 ½ cups warm water (105°-115°F)

2 envelopes dry yeast

½ tsp sugar

½ tsp salt

5 cups whole wheat flour

2 cups unbleached white flour

Measure water into medium bowl. Sprinkle with yeast sugar and salt and stir to dissolve. Let stand until foamy. Add proofed, about 10 minutes. Thoroughly blend flours in another bowl. Remove 1 cup and blending well with wooden spoon (dough will be soft). set aside. Add remaining flour 1 cup at a time to yeast mixture. Lightly sprinkle some of the reserved flour onto dry work surface. Knead dough 10 minutes, adding flour as necessary but reserving at least ½ cup. Divide dough into 18 pieces. Roll each into ball, then in remaining flour. Using rolling pin, flatten each piece into circle about 6 inches in diameter and ¼ inch thick. Sprinkle baking sheets with remaining flour and place breads 2 inches apart on sheets. Cover with towel and set in warm draft-free area 20 minutes. The dough rises only slightly, pita will puff during baking. Bake in preheated 425° oven until puffed and golden brown, about 10 minutes.

Texas Sheet Cake

Garden of Eden Cookbook

2 cups flour 1 cup water
½ tsp salt 1 cup sour cream
2 cups sugar 1 tsp baking soda
2 sticks margarine 1 egg
4 T. cocoa

Sift together flour, salt and sugar. Set aside. In saucepan, bring margarine, cocoa and water to boil. Remove from heat and combine with sifted mixture. Mix well. In another small bowl, whip sour cream, baking soda and egg. Beat well. Combine with other mixture and mix thoroughly. Pour into greased jellyroll pan. Bake for 20 to 25 minutes at 375°. Ice cake while cake is hot, right out of oven

Icing:

1 stick margarine 1 lb powdered sugar
4 T. cocoa 1 tsp vanilla
6 T. milk chopped walnuts (optional)

Bring margarine, cocoa and milk to a boil and remove from heat. Add powdered sugar and vanilla to hot mixture, beating well. Ice cake while cake is hot. Sprinkle finely chopped walnuts on top

Dolly Sipos

Ruby Grape Pie

4 cups halved seedless red grapes (about 2 pounds)
2/3 cup sugar
½ tsp ground cinnamon
3 T corn starch
2 T lemon juice
1 T grated lemon peel
Pastry for double-crust pie
2 T butter or margarine

In a saucepan combine grapes, sugar to coat. Let stand for 15 minutes. Combine cornstarch and cinnamon. Toss to coat. Let stand for 15 minutes. Combine cornstarch, lemon juice and lemon peel; stir in grape mixture. Bring to boil, cook and stir for 2 minutes or until thickened. Line a 9 inch pie plate with bottom crust. Pour grape mixture onto crust. Dot with butter or margarine. Roll out remaining pastry to fit top of pie; place over filling. Trim, seal and flute edges; cut slits in top. Cover edges loosely with foil. Bake at 425° for 20 minutes. Reduce heat to 350°; remove foil and bake 30-35 minutes longer or until crust is golden brown. Cool on wire rack.

Paula Smeds

Submitted by Lance Shaeffer

Pumpkin Mousse

Easy, can do ahead

Can be made low calorie if you use skim milk

1 ½ cup cold milk

1 package (1 oz) sugar-free instant butterscotch pudding mix

½ cup canned pumpkin

½ tsp ground cinnamon

½ tsp ground ginger

¼ tsp ground allspice

1 cup Cool Whip topping, divided

In a large bowl whisk milk and pudding mix for 2 minutes. Let stand for another 2 minutes or until soft set. Combine the pumpkin; fold in ½ cup of the whipped topping. Transfer to 4 individual ramekins or pudding cups. Refrigerate until set. Garnish with remaining whipped topping

Paula Smeds

Submitted by Lance Shaeffer

Pizzelles

Beat: 4 eggs

Add:

2/3 cup sugar

2/3 cup oil

2/3 tsp lemon extract

1 tsp anise oil

Mix well. Add 1 1/3 cup flour. Mix well.

Refrigerate dough 2 or more hours.

Drop by tsp onto hot greased pizzelle iron.

Cook ¾ to 1 minute. Dust with powdered sugar.

Dollie Sipos

Cranberry – Apple Jello

Put the following 3 items in a serving bowl:

1 pkg (3 oz) Strawberry (or any red) Jello

1/8 tsp salt

1 ¼ cup boiling water

Mix until dissolved

Breakup 1 can cranberry sauce. Add to Jello. Chill

Fold in:

1 small can mandarin oranges, drained

2 cups chopped apples

Chopped nuts, optional

Chill until set.

Dollie Sipos

Lenten Cookies

1 cup unsifted flour
½ cup corn starch
½ cup confectioners sugar
4/3 cup oil or lentin margarine
1 tsp vanilla

Sift flour, comstarch, sugar.
Cream margarine. Add flour mixture and vanilla.

Refrigerate. 1 hour.

Shape into 1 inch balls. Flatten with fork.

Bake.

Dorothy lanotti

Lenten Chocolate Cake

3 3/4 cup flour
2 ½ cup sugar
½ cup cocoa
2 ½ tsp baking soda
1 ¼ tsp salt

Sift together ~- 3 times

2/3 cup oil plus 3 Tbs.
2 1/2 tsp vanilla
2 1/2 tsp vinegar
2 1/2 cup cold water
Beat together with dry ingredients

Bake 350 F 45mm.

Dorothy lanotti

Potato Chip Cookies

1 lb. oleo
1 cup sugar
1 tsp. vanilla
½ cup nuts
1 ½ cup crushed potato chips
3 ½ cups flour

Chill dough, roll into balls the size of walnuts.
Press with a fork.

Bake at 350 F for 10-15 min.

When cooled sprinkle with powdered sugar.

Dorothy lanotti

Pumpkin Cookies

Cream well in bowl:

- 1 cup sugar
- ½ cup Crisco
- 1 cup canned pumpkin
- 1 tsp vanilla

Sift together:

- ½ tsp. cinnamon
- 1 cup flour
- 1 tsp baking powder
- 1 tsp baking soda
- ½ cup nuts (chopped)
- 1/2cup raisins

Mix sugar, pumpkin, Crisco and vanilla. Blend well.

Add dry ingredients and mix well. Add nuts and raisins.

Drop by teaspoonfuls.

Bake at 375 F for 5 to 20 min.

Yield 4 dozen

Dorothy lanotti

Lenten Carrot Cake

- 2/3 cup brown sugar
- 1/2 cup granulated sugar
- 1 cup warm water
- 2/3 cup oil
- 2 cups grated carrots
- 2 1/2 cups flour
- 1/4 tsp. salt
- 2 1/2 tsp baking powder
- 1 tsp. baking soda
- 1 tsp cinnamon
- 1 tsp vanilla
- 2/3 cup ground walnuts

Combine water, sugar and oil. Stir in carrots. Add sifted dry ingredients, walnuts and vanilla. Mix until blended. Spread in lightly oiled and floured 14 x 10 x 2 pan.

Cover with foil.

Bake at 350 F for 30 min. Remove foil and finish baking for 15 to 20 min.

Dorothy lanotti

Lenten Cake

1 cup brown sugar (packed)
1 ¼ cup water
1/3 cup vegetable shortening
2/3 cup raisins
½ tsp nutmeg
2 tsp cinnamon
½ tsp ground cloves
1 tsp salt
1 tsp baking soda
2 tsp water
2 cups flour (sifted)
1 tsp baking powder

Boil brown sugar, 1 ¼ cup water, shortening, raisins and spices together for 3 min. Cool.
Add salt and baking soda which has been dissolved in 2 tsp water. Gradually add the flour and baking powder. Beat until smooth after each addition.

Bake in greased and floured 8x8x2 pan at 325 F about 50 min. or until done.

Dorothy lanotti

Applesauce Cake

1 cup applesauce
1 cup brown sugar
½ cup margarine
1 tsp. baking soda
1 tsp. baking powder
2 cups flour
1 tsp. each cinnamon, cloves and nutmeg
1 cup raisins

Combine ingredients and pour into a loaf pan.

Bake at 350 F for 1 hour.

Dorothy lanotti

Apple Crisp

8 cups sliced apples
1 ¼ cups flour
¾ cup brown sugar
1 stick oleo
1 tsp. cinnamon

Grease pan. Spread apples in pan. Combine sugar, flour and cinnamon. Cut in oleo until mixture is crumbly. Spread over apples. Bake at 350 F about 30 to 45 min.

Dorothy lanotti

Edie's Grape Salad

2 lbs. seedless grapes
12 oz cream cheese (room temp)
½ cup white sugar
16 oz sour cream
1 tsp vanilla (optional)
1 can pineapple tidbits drained
¼ cup brown sugar
½ cup chopped nuts

Wash, stem and dry grapes. Add vanilla.
Stir together cream cheese, sugar and sour
cream. Add grapes, pineapple. Mix well.
Top with brown sugar.

Refrigerate overnight. Stir in nuts and mix
well before serving.

Ann Thomas

Lenten Apple Cake

6-8 apples, peeled and sliced
1 ½ cup sugar
3 cups self rising flour or regular flour with 1 tsp baking soda
1 tsp salt
1 tsp cinnamon
1 tsp ground cloves
1 cup raisins
1 cup vegetable oil
1 tsp vanilla

Place apples and sugar on low heat in large pan, cook
until sugar melts. Mix dry ingredients and combine with
the apple mix. Place in a greased and floured 9 x 13 pan
Bake at 350° for 45-50 minutes or until tester comes out
clean. Dust with confectioner's sugar. Can drizzle with melted butter if desired

Edie's Grape Salad

2 lbs. seedless grapes
12 oz cream cheese (room temp)
½ cup white sugar
16 oz sour cream
1 tsp vanilla (optional)
1 can pineapple tidbits drained
¼ cup brown sugar
½ cup chopped nuts

Wash, stem and dry grapes. Add vanilla. Stir together cream cheese, sugar and sour cream.
Add grapes, pineapple. Mix well. Top with brown sugar. Refrigerate overnight. Stir in nuts and
mix well before serving.

Ann Thomas

Martha Joseph's Filled Cookies

Cream: 1 cup soft shortening

1 cup brown sugar

Add: 2 eggs ½ cup water & 1 tsp vanilla

Add: 3 ½ cup flour, 1 tsp soda and ½ tsp salt

Drop teaspoon of batter on ungreased cookie sheet and flatten. Put on teaspoon of filling. Cover with another teaspoon of batter. Bake at 375 for 12-15 minutes Can use any filling.

Ann Thomas

Eleanor Confer's Sugar Cookies

4 cups flour

2 eggs

1 pinch salt

2 tsp baking powder

2 cups sugar

8-10 Tbsp milk

½ tsp nutmeg

1 cup butter

Combine all ingredients except milk. Mix like pie dough, adding milk until dough reaches pie dough consistency. Chill. Roll and cut with cookie cutters. Bake at 350° for 8-10 minutes.

This recipe is a family tradition. My maternal grandmother, Eleanor Confer, made these every Christmas and other holidays. The nutmeg adds a wonderful flavor. This is Also an excellent cookie to make with raisin filling. Cut in rounds, put a small amount of raisin filling in the middle of one round, cover with another, pinch edges to seal and bake until browned.

Lance Shaeffer

Kourabiethes (Butter Tea Cookies)

1 lb sweet butter

½ cup confectioners' sugar

2 egg yolks

1tsp baking powder

6 cups cake flour

1 cup chopped almonds (browned)

1 oz whiskey

Soften butter at room temperature until very soft. Put in electric mixer and beat well. Add sugar and beat until fluffy and light colored. Add egg yolks and beat thoroughly. Sift flour and baking powder and mix into butter mixture. Add nuts. Add whiskey and knead thoroughly. Roll dough into balls and flatten slightly. Bake on cookie sheet at 350° for about 20 minutes. Sprinkle liberally with confectioners sugar

Baklava

1 ½ lbs. butter
2 lbs. chopped walnuts
2 tsp cinnamon
1 tsp cloves
2 lbs. phyllo pastry sheets

Combine walnuts and spices in large mixing bowl. Melt butter, removing salt until butter is clear. Brush bottom of 14 x 20" pan with melted butter repeating this process until four pastry sheets line the bottom of baking pan. Sprinkle with a thin layer of nut mixture. Add another pastry sheet, brush with butter, sprinkle with nut mixture, repeating this process until all ingredients are used, ending with four top layers of phyllo. Cut diagonal lines through top layers of phyllo to form diamond shapes. A whole clove bud may be placed in center of each diamond shape. Bake at 300° for one hour. Pour warm syrup over the baklava which has been slightly cooled.

Syrup:

4 cups water
rind of whole orange
4 cups sugar
2 lb jar of honey
1 cinnamon stick

Boil water, sugar, cinnamon stick and rind of orange and cook into medium syrup.
Remove from heat and add honey