

# Breakfast



*Butterfly Waffles*  
*Coffee Cakes*  
*Doughnut Holes*  
*Hikers' Mix*

*Tassajara Granola*  
*Pineapple doughnuts*  
*Savory Swiss*  
*(Rifle Club) Eggs*

*Sweet Milk Pancakes*  
*(Swedish)*  
*Waffles*



*1956 - From back left - Jeaninne Grosse, Al & Leah Grosse Mary Stitt on right, Robert Leipper, David Grosse, Karen Grosse*

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## Waffles

Virginia Leipper

2 cups flour	3 eggs, separated
2 Tablespoons sugar	2 cups milk
1 teaspoon salt	7 Tablespoons shortening
4 teaspoon baking powder	

Sift flour, sugar, salt, and baking powder together. Beat egg yolks, add milk and melted shortening. Pour into dry ingredients and beat until smooth. Beat egg whites until stiff. Fold into flour mixture. Yields about 6 waffles.

*This is the basic recipe Mom uses but it never turns out exactly the same because she varies the ingredients depending on what she has on hand or on how creative she decided to be.*

*She also often uses any left over dough as the basis for bread. DLL*

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## Butterfly Waffles

Leah Grosse

1 cup flour	1 teaspoon sugar
1/2 cup canned milk	1/2 teaspoon salt
1/2 cup water	1 egg, unbeaten

Beat egg very slightly, add sugar, salt and then milk and flour alternately. Let stand 1 hour. Heat fat to 365 degrees. Dip mold into fat, let drain briefly and then dip into batter. Dip into fat and fry 50 seconds or so until light brown and waffle falls off mold. Turn to brown other side. Drain on paper and sift on powdered sugar.

*Robie makes these for me for Christmas and I can remember Mother making them for special occasions -JGR*

WAFFLE IRON.—The man who has never eaten waffles should make haste to enjoy the delightful experience. Once tried, they are ever after favorites in the bill of fare. The waffle iron is a very peculiar machine. The waffle is put in, locked up, baked on one side to a lovely brown, turned over, prison and all, until the other side is a still lovelier brown, and then released steaming hot ready for the table. The cut represents the best waffle iron, which with fair usage would last a century.



(477)

☛ *The Kitchen - A well-appointed sink is a necessity in every kitchen, and should be near both window and range, so has to have light, and also be convenient to the hot water.*

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## ***Sweet Milk Pancakes (Swedish)***

*Corrine Wright*

→ Mix in blender

1 cup flour	2 tsp Royal Baking Powder (can't find it now, 1 of other kind, I guess - MLS)
2 Tablespoon sugar	
1/2 tsp salt	
3 eggs	2+ cups milk

Fry-bake like crepes, fold and serve with hot butter and syrup or melt lingonberry preserves with butter or whole lingonberries and whipped cream



**CORRUGATED SPOONS.**—These are used for beating eggs, and are much more rapid in their work than the ordinary spoon. While not equal to the improved egg-beaters, they are several steps in advance of the old method.

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## ***Savory Swiss (Rifle Club) Eggs***

*Delores Dahme*

1 cup margarine	1/4 teaspoon salt
1/2 lb. cheddar cheese, shredded	1/4 teaspoon pepper
1 doz. eggs	2 teaspoons prepared mustard
1 cup half & half	

→ Optional

parsley	Beau Monde
Thyme	

Melt cup of margarine and pour half into a 13 X 9 X 2 Pyrex. Spread cheese evenly in pan. Lightly beat eggs with half & half and seasonings. Pour over cheese. Drizzle rest of melted margarine over and bake at 325 degrees for 40 - 45 minutes or until set. Serves six

# ***Pineapple Doughnuts***

*Anita Leipper*

- |                                 |                     |
|---------------------------------|---------------------|
| 1 (8 oz.) can crushed pineapple | 3 Tablespoons sugar |
| 1 egg                           | 1/4 teaspoon nutmeg |
| 2 cups biscuit mix              |                     |

Reserve 1-1/2 Tablespoons pineapple syrup for glaze. To remaining pineapple, add egg, biscuit mix, sugar and nutmeg and stir into stiff dough. Heat fat to 375 degrees. Drop dough by teaspoonfuls into hot fat. Fry to golden brown, about 3 min. turning once. Remove with broad fork or slotted spoon. Drain on paper towels. Dip some in pineapple glaze, others in confectioners sugar or cinnamon sugar. Makes 21/2 doz. doughnuts.

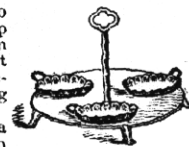
## ***Glaze***

Combine 1 cup sifted confectioners sugar with 1 1/2 Tablespoons pineapple syrup to make a thin glaze.

### ***Kitchen Luxuries***

**AN EGG POACHER.**—Break the egg carefully into the little cups and place them on the stand. Dip the stand into well-salted water, which has been brought to simmering point. When done each cut in shape of a shell, is taken off the stand and carefully tipped over a piece of buttered toast, leaving the egg in the pretty form of the cup.

**A SOAP SHAKER** is a perforated oval tin box with a long handle, which, after a cake of soap has been placed in it, is shaken in the dish water to make a suds.



*I can remember visiting Grandma Harrison and watching her sitting on a stool at a corner counter in her kitchen squeezing fresh orange juice. The oranges came from their trees in the back yard. Mom says that house was in Spring Valley, CA - DLL*

# ***Doughnut Holes***

*Bryan Leipper*

- |                     |                          |
|---------------------|--------------------------|
| 1 Tablespoon butter | 1 teaspoon vanilla       |
| 3 eggs              | 4 teaspoon baking powder |
| 1 cup milk          | 3/4 teaspoon salt        |
| 1 cup sugar         | flour                    |

Cream butter, sugar and beaten eggs. Add milk and flour enough for medium stiff batter. Drop by teaspoon into hot fat and fry until brown.

*Bryan picked up this recipe from the Merrills who lived in a trailer park in San Luis Obispo in 1973. Bryan was attending Cal Poly at the time. - VJLL*

# Coffee Cakes

Virginia Leipper

- 3/4 cup sugar
- 1/4 cup soft shortening
- 1 egg
- 1/2 cup milk
- 1 1/2 cup flour
- 2 teaspoon baking powder
- 1/2 teaspoon salt

Mix together the sugar, shortening and egg. Stir in the milk. Sift together and stir in the flour, baking powder and salt. Spread batter in greased and floured 9" square pan. Sprinkle with desired topping (see below). Bake until tests done, 375 degrees for about 25 to 35 min. 9 3" squares. Serve warm, fresh from the oven.

Cinnamon Coffee Cake sprinkle top with a mixture of 1/2 cup brown sugar and 1 1/2 teaspoon cinnamon.

## Struesel Filling

- 1/2 cup brown sugar
- 2 Tablespoons flour
- 2 teaspoon cinnamon
- 2 Tablespoons melted butter
- 1/2 cup chopped nuts

Struesel filled coffee cake mix together: 1/2 cup brown sugar; 2 Tablespoons flour; 2 teaspoon cinnamon; 2 Tablespoons melted butter; 1/2 cup chopped nuts. Spread only half the batter in pan. Sprinkle with half the streusel mixture. Add the remaining batter, and sprinkle remaining Streusel over top.

From: *The Betty Crocker Cook Book*



## If a Price Tag came on breakfasts

Were breakfast dishes marked with prices you would see this at a glance: Quaker Oats costs one cent per large dish! A chop costs 12 cents—two eggs cost 9 cents. One serving of bacon and eggs costs as much as 15 of Quaker Oats. A meat, egg, or fish breakfast, on the average, costs ten times Quaker Oats.

Then figure by calories—the energy measure of food value. Quaker Oats nutrition costs 6 1/2 cents per 1,000 calories. Meat, eggs and fish will average about nine times that.

Consider how that difference mounts up. It means 35 cents per breakfast in a family of five.



## The One-Cent Dish



The oat is the greatest food that grows. It is almost the ideal food in balance and completeness. As food for growth and vim-food it has age-old fame. Everybody should start the day on oats. Then think what you save when Quaker Oats is made your basic breakfast.

Calories per Pound	Cost per 1,000 Calories
Quaker Oats . . . . . 1810	Quaker Oats . . . . . 6 1/2c
Round Steak . . . . . 890	Average Meats . . . . . 45c
Average Fish . . . . . 375	Average Fish . . . . . 50c

from Myrtle Leipper's recipe box

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## **Hikers' Mix**

*Diane Leipper*

Roast to taste (separately) (dry roast in frying pan or oven)

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|-------------------------------------|--------------------------------------|
| 3 parts rolled oats                 | 1 part sunflower seeds               |
| 1 part white or brown rice (washed) | 1/2 part peanuts                     |
| 1 part sesame seeds                 | 1 part raisins (don't roast raisins) |

→ Other possibilities

- |                                      |                               |
|--------------------------------------|-------------------------------|
| 1 part almonds (chopped and roasted) | 1/2 part wheat germ           |
| 1 part walnuts (chopped and roasted) | 1 part chopped dates          |
| Pine nuts (roasted)                  | 1 part chopped dried apricots |
| Buckwheat groats (well roasted)      | 1 part coconut                |

Mix together all nuts, seeds and grains, with salt to taste. Cool and add raisins, chopped dates, or chopped dried apricots. Can be eaten with honey and milk, with sugar and cream, plain, cooked or raw. Must be chewed thoroughly to insure proper digestion.

*From: The Tassajara Bread Book*

☛ *Where there is a large amount of cooking to be done, the ashes should be cleared from under the slides of the ovens as often as twice a week in large or small families; this will insure the oven to bake well, and always the same, if the fire is properly arranged.*

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## **Tassajara Granola**

To every 10 cups of mixed dry ingredients in Hikers' Mix (unroasted - do not use rice)

→ Add

- |               |  |
|---------------|--|
| 1/2 cup oil   | just enough water to moisten all ingredients and aid in mixing in oil and honey. |
| 1/2 cup honey |  |

Spread out on cookie sheet or roasting pan. Roast in 250 degree oven for about an hour or until crunchy brown, stirring occasionally. After you take from the oven, add raisins, dates, dried apricot, dried apple or other dried fruit as you choose.

*From: The Tassajara Bread Book*



## Notes



*1962 - Huntsville State Park, TX  
From left seated Janet Leipper,  
standing, Bryan, Diane Leipper,  
Carol Reid, Anita, Virginia Leipper.  
Jo, Harrison*