

ORIGINAL NESTLÉ TOLL HOUSE CHOCOLATE CHIP COOKIES

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|----------------------------------|---------------------------|-----------------------------------------------------------------|
| 2/4 c. all-purpose flour | 3/4 c. granulated sugar | 2 c. (12 ounces) NESTLÉ TOLL HOUSE Semi-Sweet Chocolate Morsels |
| 1 tsp. baking soda | 3/4 c. packed brown sugar | 1 c. chopped nuts |
| 1 tsp. salt | 1 tsp. vanilla extract | |
| 1 c. (2 sticks) butter, softened | 2 eggs | |

COMBINE flour, baking soda and salt in small bowl. Beat butter, granulated sugar, brown sugar and vanilla in large mixer bowl. Add eggs one at a time, beating well after each addition; gradually beat in flour mixture. Stir in morsels and nuts. Drop by rounded tablespoon onto ungreased baking sheets.

BAKE in preheated 375° F. oven for 9 to 11 minutes or until golden brown. Let stand for 2 minutes; remove to wire racks to cool completely. Makes about 5 dozen cookies

PAN COOKIE VARIATION:

PREPARE dough as above. Spread into greased 15 x 10-inch jelly-roll pan. Bake in preheated 375° F. oven for 20 to 25 minutes or until golden brown. Cool in pan on wire rack. Makes about 4 dozen bars

FOR HIGH ALTITUDE BAKING (5,200 feet):

INCREASE flour to 2½ cups. Add 2 teaspoons water with flour and reduce both granulated sugar and brown sugar to ¾ cup each. Bake at 375° F., drop cookies for 8 to 10 minutes and pan cookie for 17 to 19 minutes.

EASY DOUBLE CHOCOLATE CHIP BROWNIES

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|--------------------------------------------------------------------------|----------------------------|
| 2 c. (12 ounces) NESTLÉ TOLL HOUSE Semi-Sweet Chocolate Morsels, divided | 3 eggs |
| 1/4 c. (1 stick) butter or margarine, cut into pieces | 1 1/4 c. all-purpose flour |
| | 1 c. granulated sugar |
| | 1/4 tsp. baking soda |
| | 1 tsp. vanilla extract |
| | 1/2 c. chopped nuts |

MELT 1 cup morsels and butter in large, heavy saucepan over low heat; stir until smooth. Remove from heat.

ADD eggs; stir well. Add flour, sugar, baking soda and vanilla; stir well. Stir in remaining morsels and nuts.

SPREAD into greased 13 x 9-inch baking pan.

BAKE in preheated 350° F. oven for 18 to 22 minutes or until wooden pick inserted in center comes out slightly sticky. Cool completely.

Makes 2 dozen brownies

OLD FASHIONED CHOCOLATE CHIP OATMEAL COOKIES

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|-----------------------------------------------|-----------------------------------------------------------------|
| 2 c. all-purpose flour | 2 tsp. vanilla extract |
| 1 tsp. baking soda | 2 eggs |
| 1 tsp. salt | 2 c. (12 ounces) NESTLÉ TOLL HOUSE Semi-Sweet Chocolate Morsels |
| 1 c. (2 sticks) butter or margarine, softened | 2 c. quick oats |
| 1 c. granulated sugar | |
| 1 c. packed light brown sugar | |

COMBINE flour, baking soda and salt in small bowl. Beat butter, granulated sugar, brown sugar and vanilla in large mixer bowl until creamy. Add eggs one at a time, beating well after each addition. Gradually beat in flour mixture. Stir in morsels and oats.

DROP by rounded tablespoon onto ungreased baking sheets.

BAKE in preheated 350° F. oven for 8 to 11 minutes or until golden brown. Let stand for 2 minutes; remove to wire racks to cool completely.

Makes about 5 dozen cookies

GERMAN SWEET CHOCOLATE CAKE

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|-------------------------------------------------|------------------------------|
| 1 pkg. (4 oz.) Baker's German's Sweet Chocolate | 1 cup butter or margarine |
| 1/2 cup boiling water | 1 cup sugar |
| 2 cups sugar | 4 egg yolks |
| 2 1/2 cups sifted Swans Down Cake Flour® | 1 teaspoon vanilla |
| 1 teaspoon baking soda | 1/2 teaspoon salt |
| 1 cup buttermilk | 4 egg whites, stiffly beaten |

Melt chocolate in boiling water. Cool. Cream butter and sugar until fluffy. Add yolks, 1 at a time, beating well after each. Blend in vanilla and chocolate. Sift flour with soda and salt; add alternately with buttermilk to chocolate mixture, beating after each addition until smooth. Fold in beaten whites. Pour into three 8- or 9-inch layer pans, lined on bottoms with paper. Bake at 350° for 30 to 40 minutes. Cool. Frost tops only.

COCONUT-PECAN FROSTING

Combine 1 cup evaporated milk, 1 cup sugar, 3 slightly beaten egg yolks, 1/2 cup butter or margarine, 1 teaspoon vanilla. Cook and stir over medium heat until thickened—about 12 minutes. Add 1 1/2 cups Baker's® Angel Flake® Coconut and 1 cup chopped pecans. Cool until thick enough to spread; beat occasionally. Makes 2 1/2 cups.

GERMAN SWEET CHOCOLATE PIE

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|-------------------------------------------------|-----------------------------------------|
| 1 pkg. (4 oz.) Baker's German's Sweet Chocolate | 1 1/2 cups (13-oz. can) evaporated milk |
| 1/4 cup butter | 3 tablespoons cornstarch |
| 1 1/2 cups sugar | 2 eggs |
| 1/8 teaspoon salt | 1 teaspoon vanilla |
| 1 unbaked 9-inch pie shell, highly fluted | |
| 1 1/3 cups Baker's® Angel Flake® Coconut | |
| 1/2 cup chopped pecans | |

Melt chocolate with butter over low heat, stirring until blended. Remove from heat; gradually blend in milk. Mix sugar, cornstarch, and salt thoroughly. Beat in eggs and vanilla. Gradually blend in chocolate mixture. Pour into pie shell. Combine coconut and nuts; sprinkle over filling. Bake at 375° for 45 to 50 minutes, or until puffed and browned. (Filling will be soft, but will while cooling.) Cool at least 4 hours before cutting. Note: If top browns too quickly, cover loosely with foil last 15 minutes of baking.

GERMAN SWEET CHOCOLATE CAKE

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|---------------------------------------------------------|------------------------------------------------|
| 1 package (4 ounces) BAKER'S® GERMAN'S® Sweet Chocolate | 1 cup (2 sticks) margarine or butter, softened |
| 1/2 cup water | 2 cups sugar |
| 2 cups all-purpose flour | 4 egg yolks |
| 1 teaspoon baking soda | 1 teaspoon vanilla |
| 1/4 teaspoon salt | 1 cup buttermilk |
| | 4 egg whites |
| | Coconut-Pecan Frosting (recipe follows) |

HEAT oven to 350° F. Line bottoms of 3 9-inch layer pans with waxed paper.

MICROWAVE chocolate and water in large microwavable bowl on HIGH 1 1/2 to 2 minutes or until chocolate is almost melted. **STIR UNTIL CHOCOLATE IS COMPLETELY MELTED.**

MIX: flour with baking soda and salt; set aside. Beat margarine and sugar until light and fluffy. Add egg yolks, one at a time, beating well after each addition. Stir in melted chocolate and vanilla. Add flour mixture alternately with buttermilk, beating after each addition until smooth. **BEAT** egg whites until they form stiff peaks. Gently stir into batter. Pour batter into prepared pans.

BAKE for 30 minutes or until cake springs back when lightly touched. **REMOVE** from oven; immediately run spatula between cake and sides of pans. Cool in pans 15 minutes. Remove from pans; peel off waxed paper. Cool on wire racks.

SPREAD Coconut-Pecan Frosting between layers and over top of cake. Makes 12 servings.

Coconut-Pecan Frosting: combine 1 1/2 cups (12 ounce can) evaporated milk, 1 1/2 cups sugar, 4 slightly beaten egg yolks, 3/4 cup (1/2 sticks) margarine or butter and 1 1/2 teaspoons vanilla in saucepan. Cook over medium heat, stirring constantly, until mixture thickens and is golden brown, about 12 minutes. Remove from heat. Stir in 2 cups BAKER'S® ANGEL FLAKE Coconut and 1 1/2 cups chopped pecans. Beat until cool and of spreading consistency. Makes about 4 1/4 cups.

• RECIPE OF THE WEEK •

1



Carob Chip Cookies

This new version of the traditional toll house cookie is made with honey and contains no sugar or chocolate.

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| 1/2 cup soft margarine or butter | 1 teaspoon baking powder |
| 1/2 cup honey | 1/4 teaspoon salt |
| 1 egg | 2 tablespoons El Molino wheat germ |
| 1 teaspoon vanilla | 1 cup CaraCoa carob nuggets |
| 1-1/4 cups sifted El Molino whole wheat pastry flour | 1 cup chopped nuts |

Cream margarine or butter; add honey slowly beating until light and fluffy. Add egg and vanilla and beat well. Sift together flour, baking powder and salt and add to creamed mixture. Stir in wheat germ, carob chips and nuts. Chill dough. Drop from teaspoon on lightly oiled baking sheet. Bake at 350° for 12 to 15 minutes. Makes about 5 dozen cookies.

SUN GIANT HOLIDAY COOKIES

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|------------------------|----------------------------------|
| 1 1/2 C. butter | 1/2 C. Sun Giant chopped dates |
| 1 C. powdered sugar | 1/2 C. Sun Giant chopped almonds |
| 1 T. honey | 1/2 C. Sun Giant raisins |
| 1/4 t. almond extract | 3 1/2 C. flour |
| 2 t. grated lemon peel | 1/2 t. salt |
| 2 medium eggs | 1/2 t. baking soda |
| 2 T. milk | |

DIRECTIONS:

In a medium bowl, cream butter, powdered sugar, honey, almond extract, grated lemon peel, eggs and milk. Add dates, almonds and raisins and mix well. Combine flour, salt, and baking soda, and blend into egg mixture. On lightly floured surface roll dough to 1/4" thickness and cut with flour-dusted cookie cutter. Place sun shapes on ungreased baking sheet. Bake 10-12 min. at 375 degrees, until lightly golden brown. Decorate with sliced almonds if desired.



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|-----------------------------------------|
| 1/2 cup chopped SUN GIANT dates |
| 1/2 cup SUN GIANT raisins |
| 1/2 cup SUN GIANT whole natural almonds |
| 3 tablespoons water |
| 1 cup butter or margarine |
| 1 tsp. vanilla |
| 1 tsp. rum flavoring |
| 3 1/2 cups flour |
| 1/2 tsp. salt |
| 3/4 cup sugar |
| 1 egg |

In a blender, grind almonds to meal. Set aside. In a small sauce pan combine water, dates, and raisins. Cook till mixture boils. Pour into blender and puree. In a medium bowl, cream butter and sugar. Add raisin mixture, egg, vanilla, and rum flavoring. Mix together flour, almond meal and salt. Add to butter mixture to form dough; mix thoroughly. Chill dough for at least 2 hours. On a floured surface, roll dough to about 1/4-inch thickness. Cut with cookie cutters. Place on ungreased cookie sheet and bake at 350 degrees F. for 12-15 minutes.

CALIFORNIA COOKIES

• RECIPE OF THE WEEK •

7



Carob Macaroons

Soft, moist and chewy cookies, for party treats or lunchbox.

1 cup margarine or butter
1 cup honey
2 beaten eggs
2 cups sifted El Molino whole
wheat pastry flour
1 teaspoon baking powder

1/4 teaspoon baking soda
1/2 teaspoon salt
1/2 cup CaraCoa carob powder
1 cup El Molino rolled oats
1 cup grated coconut
1/2 teaspoon almond extract

Cream margarine. Add honey gradually and beat well. Add beaten eggs. Add sifted dry ingredients, rolled oats, coconut, and almond extract and mix well. Drop from a teaspoon onto an oiled cookie sheet. Bake 12 to 15 minutes in 350° oven, or just until edges begin to brown. Makes about 6 dozen cookies.

Pumpkin Walnut Cookies

1/2 cup butter or margarine
1 1/2 cups brown sugar, packed
2 large eggs
1 cup cooked or canned pumpkin
1 teaspoon vanilla
1 teaspoon grated lemon peel
1 teaspoon lemon juice
2 1/2 cups sifted all-purpose flour
3 teaspoons baking powder
1 teaspoon salt
1 1/2 teaspoons pumpkin pie spice
1/4 teaspoon ginger
1 cup coarsely chopped Diamond Walnuts
Cream butter and sugar together until fluffy. Beat in eggs, one at a time. Stir in pumpkin, vanilla, lemon peel and juice. Resift flour with baking powder, salt and spice; blend into butter mixture. Stir in walnuts. Drop by tablespoonfuls onto greased baking sheets 2-in. apart. Bake at 375° F. 12 to 14 min. Makes about 2 1/2 doz. 3-in. cookies.
To decorate: Spread cookies with a vanilla butter cream frosting and make "face" with walnut pieces and candy corn.

S.

As difficult as it is to believe with some of our recent weather, we soon will be dragging out the charcoal burners for a summertime of cooking and entertaining.

For those of you who wish to add some new touches to your meat and vegetables, here is a collection of sauces and marinades to stimulate your own creative abilities.

DRESSINGS FOR COOKED ASPARAGUS OR OTHER GREEN VEGETABLES

Peel and seed one fresh tomato. Chop finely and add to heated mayonnaise. Stir well so mayonnaise will not separate.

1 cup grated sharp cheddar cheese added to hot white sauce, and stirred until cheese melts. You may use canned white sauce.

¼ cup freshly grated Parmesan or romano cheese added to warm melted butter.

To the above add about ¼ cup chopped pine nuts.

Toasted sliced almond nuts added to warm melted butter.

Marinate vegetables in any type bottled Italian salad dressing for at least 24 hours before serving cold. Keep refrigerated.

SPECIAL BUTTER FOR CHARCOAL BROILED STEAKS

½ pound butter (more or less depending upon how

LIZ'S KITCHEN

By LIZ HILL

many steaks you are preparing)

¼ teaspoon dry mustard

2 tablespoons chopped chives

½ teaspoon beau monde

2 tablespoons Worcestershire sauce

Dash of liquid pepper

Soften butter to room temperature. Blend well with all other ingredients. Spread on steaks as they are taken off grill.

TERIYAKI MARINADE

⅔ cup soy sauce

¼ cup salad oil

2 cloves garlic, minced

2 tablespoons fresh ginger, grated

2 teaspoons dry mustard

1 tablespoon honey

Combine ingredients and marinate chicken or steak overnight before cooking on outdoor barbeque. This marinade is particularly good used on flank steak.

HERB MARINADE

¼ cup salad oil

1 cup lemon juice

1 teaspoon salt

1 teaspoon thyme

1 teaspoon marjoram

1 teaspoon fresh sage

1 clove garlic, minced

¼ cup chopped onion

Combine all ingredients and use to marinate lamb or chicken.

ROSEMARY MARINADE

¼ cup salad oil

¼ cup red wine vinegar

2 teaspoons crushed rosemary

salt and pepper to taste

½ cup chopped onion

Combine all ingredients and use to marinate lamb or chicken.

BASTING BUTTER

½ cube butter

1 teaspoon Worcestershire sauce

Few drops liquid pepper

½ teaspoon dry mustard or 1 teaspoon grey poupon mustard

Use to baste steak while it is cooking over hot coals.

Reno food columnist Liz Hill invites readers to share recipes by writing to Liz's Kitchen, Gazette/Journal Food, Box 22000, Reno, Nev. 89520-2000. (Please include your telephone number.)

FamilyCircle

NESSELRODE PIE WITH CHOCOLATE • DESSERT



FamilyCircle

STRAWBERRY CREAM BOWL CAKE • DESSERT



FamilyCircle

SUGAR COOKIE LEAVES • SPRITZ FINGERS • DESSERT



NESSERODE PIE WITH CHOCOLATE

Bake shell at 425° for 12 minutes.

Makes 6 servings at 80¢ each.

- 1/2 package piecrust mix
- 1 tablespoon sugar
- 1 envelope liquid baking chocolate
- 2 envelopes unflavored gelatin
- 1/2 cup sugar
- 4 eggs, separated

- 1 1/2 cups milk
 - 1/4 cup rum
 - 1/4 teaspoon cream of tartar
 - 1 jar (10 ounces) nesselrode dessert sauce
 - 1 cup heavy cream, whipped
- Chocolate "leaves"**

1. Prepare piecrust mix following label directions, adding 1 tablespoon sugar to dry mix, and blending water for mix with liquid chocolate before stirring into mix. Roll out pastry and fit into 9-inch pie plate. Trim and flute to make a stand-up edge; prick shell with a fork.

2. Bake in a hot oven (425°) for 12 minutes, or until golden. Cool on wire rack.

3. Blend gelatin and 1/4 cup sugar in large saucepan; beat in yolks and milk. Cook, stirring constantly, until gelatin is dissolved and mixture is thickened. Pour

into large bowl; stir in rum.

4. Place bowl in pan of ice and water to speed setting. Chill, stirring occasionally, until slightly thickened.

5. Beat egg white with cream of tartar until foamy. Beat in remaining 1/4 cup sugar, until meringue forms soft peaks.

6. Stir nesselrode sauce into gelatin mixture until blended. Fold in whipped cream and then meringue. Spoon into pastry shell. Chill until firm, overnight. Decorate with whipped cream and chocolate "leaves."

STRAWBERRY CREAM BOWL CAKE

Makes 12 servings at 31¢ each.

- 2 cups boiling water
- 1 package (6 ounces) strawberry flavor gelatin
- 2 packages (10 ounces each) frozen strawberries in quick-thaw pouch, thawed

- 1 teaspoon lemon juice
 - 1 package (7 ounces) miniature jelly rolls
 - 1 cup heavy cream, whipped
- Strawberry Glaze (recipe follows)**

1. Stir boiling water into strawberry gelatin in a large bowl until completely dissolved.

2. Drain strawberries, reserving syrup. Puree strawberries in container of electric blender; stir into dissolved gelatin, along with lemon juice. Chill mixture in refrigerator, stirring occasionally, until as thick as unbeaten egg white.

3. While mixture chills, cut jelly rolls into 1/4-inch slices. Line a 2-quart mixing bowl with plastic wrap. Arrange jelly roll slices close together to line bowl.

4. Fold whipped cream into thickened strawberry mixture until no streaks of white remain. Spoon into jelly roll-lined bowl. Chill until firm, about 3 hours or overnight.

5. Unmold dessert onto serving plate. Garnish with additional heavy cream, and serve with Strawberry Glaze.

STRAWBERRY GLAZE: Stir reserved strawberry syrup into 2 teaspoons cornstarch in a small saucepan. Cook, stirring constantly, until mixture thickens and clears; cool; refrigerate.

SUGAR COOKIE LEAVES

Bake at 350° for 8 minutes.
Makes 4 dozen for \$2.44

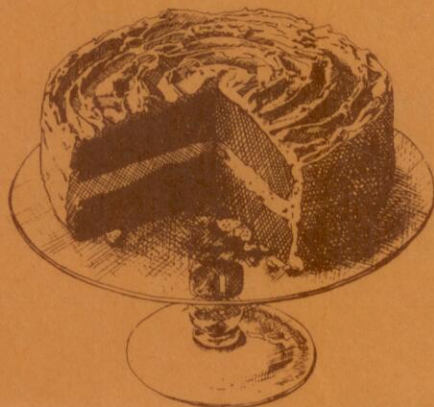
Sift 1 1/2 cups sifted all-purpose flour, 1 teaspoon baking powder, 1/2 teaspoon baking soda and 1/2 teaspoon ground nutmeg onto wax paper. Beat 1/2 cup softened butter, 1 egg and 1/2 cup sugar in a medium-size bowl with electric mixer until fluffy, about 3 minutes. Stir in 1/2 tablespoons milk and 1 teaspoon vanilla. Stir in sifted dry ingredients until mixture is smooth. Chill several hours or overnight until firm enough to roll. Roll out dough, 1/4 at a time on floured surface to a 1/4-inch thickness. Cut into leaf shapes with a floured cookie cutter. Put on ungreased cookie sheets, 1 1/2 inches apart. Bake in moderate oven (350°) for 8 minutes or until golden. Cool on wire racks. Ice with 1 package 10X (con-

fectioners') sugar blended with 1/3 cup water, 1 teaspoon vanilla and food coloring to tint pale yellow or orange; let set. Decorate with "veins" of cooled melted semisweet chocolate.

SPRITZ FINGERS

Bake at 375° for 8 minutes.
Makes 6 dozen for \$4.37

Beat 1 1/2 cups softened butter, 1 cup sugar, 3 egg yolks, 1 teaspoon vanilla and 1/4 teaspoon salt in a large bowl until fluffy. Sift in 3 1/2 cups sifted all-purpose flour blending to make a soft dough. Fill pastry bag with star tip. Pipe out dough into 3-inch lengths onto ungreased large cookie sheets. Bake in moderate oven (375°) for 8 minutes. Cool on wire racks. Dip ends in cooled melted semisweet chocolate then into chopped pistachio nuts.



Carob Buttermilk Cake

This is a classic El Molino recipe—a cake with old-fashioned goodness and richness.

1/2 cup margarine	1-1/2 teaspoon cinnamon
1 cup dark brown sugar	1/2 teaspoon baking powder
2 eggs	1/2 teaspoon baking soda
1 cup sifted El Molino whole wheat pastry flour	1/2 teaspoon salt
1/2 cup CaraCoa carob powder	1/2 cup buttermilk
	1 teaspoon vanilla

Cream margarine and brown sugar. Add eggs and beat well. Combine all dry ingredients and sift together three times. Add sifted dry ingredients to creamed mixture alternately with buttermilk, beating well. Place in oiled 8 by 8 inch baking pan and bake at 350° for 25 to 30 minutes. Cool and frost with your favorite icing. Or, sprinkle the top of the cake with chopped nuts just before baking.

Note: To make the two-layer cake as illustrated, simply double the recipe.

MELTING INSTRUCTIONS

IN MICROWAVE: Microwave 1 cup (6 ounces) morsels in uncovered microwave-safe bowl on HIGH (100%) power for 1 minute; stir. Microwave at additional 10 to 20 second intervals, stirring until smooth. To melt 2 cups morsels, microwave a few seconds longer.

IN SAUCEPAN: Melt morsels in small, heavy saucepan over *lowest possible* heat. When morsels begin to melt, remove from heat; stir. Return to heat for a few seconds at a time, stirring until smooth.

FAMOUS FUDGE

2	tblsp. butter or margarine	1 1/2	c. (9 ounces) NESTLÉ TOLL HOUSE Semi-Sweet Chocolate Morsels
2/3	c. CARNATION Evaporated Milk		
1 1/2	c. granulated sugar	1/2	c. chopped pecans or walnuts
1/4	tsp. salt	1	tsp. vanilla extract
2	c. (4 ounces) miniature marshmallows		

COMBINE butter, evaporated milk, sugar and salt in medium-size, heavy saucepan. Bring to a boil over medium heat, stirring constantly. Boil for 4 to 5 minutes, stirring constantly. Remove from heat.

STIR in marshmallows, morsels, nuts and vanilla. Stir vigorously for 1 minute or until marshmallows are melted. Pour into foil-lined 8-inch square baking pan; chill until firm.

Makes 3 dozen pieces

"Crisp Cinnamon Bread"

(do not refrigerate)

Day 1 Recipe Starter

Always leave covered

* Day 2 - Stir

* Day 3 - Stir

Day 4 - Stir

Day 5 - Add: 1c sugar, 1c flour, 1c milk

Day 6 - Stir

Day 7 - Stir

Day 8 - do nothing

Day 9 - do nothing

Day 10 - 1c flour, 1c sugar + 1c milk

Put into 3 separate containers
1 cup each for friends

To the remaining starter
Add:

1c oil

4 eggs

2 teaspoons vanilla

1 teaspoon Baking powder

1 cup sugar

1 small Box instant vanilla pudding

1 teaspoon soda

over

2 Teaspoon Cinnamon
2 Cups flour

Beat By Hand: Add 1 Cup
of nuts, 1 Cup Raisins.

Bake at 325 for 1 hour, in
2 loaf pans or 1 Bundt pan

Friendship Bread

Shrimp Creole

A West Coast
Fisheries Development
Foundation Recipe



1-1/2 pounds Tiny Pacific Shrimp
3 tablespoons butter
1 cup coarsely chopped onion
1 cup coarsely chopped green pepper
1 cup coarsely chopped zucchini or celery
2 cloves garlic, finely minced
4 large tomatoes, peeled and chopped
1 can (8 ounces) tomato sauce

1/2 teaspoon black pepper
2 teaspoons shredded fresh lemon rind
3 whole cloves
1 bay leaf
1/2 teaspoon dried thyme
1/2 teaspoon honey
3 tablespoons finely minced fresh parsley

Rinse shrimp with cold water; pat dry with paper towels. Set aside. In large saucepan, over medium heat, melt butter. Add onion, green pepper and zucchini; sauté until tender but not brown. Add garlic and tomatoes; bring to boil. Reduce heat. Add tomato sauce, pepper, lemon rind, cloves, bay leaf, thyme and honey. Simmer for 15-20 minutes, stirring frequently. Stir in shrimp; heat thoroughly. Serve over hot rice. Garnish with parsley. Makes 6 servings.

TPS-101-250M-7/81-VGP

Snapper en Papillote

(Snapper in paper cases)

1-1/2 pounds Pacific Snapper or Perch fillets
7-1/2 ounces Pacific crabmeat
4 ounces tiny Pacific shrimp
2 lemon slices
1 bay leaf
1/8 teaspoon dried thyme, crushed
3 cups water
1 teaspoon salt
1/2 cup finely chopped onion

2 cloves garlic, minced
2 tablespoons butter
3 tablespoons flour
1/2 teaspoon salt
1 cup cream
2 egg yolks, beaten
1/4 cup dry white wine
3 ounces fresh mushrooms, sliced
parchment or brown paper

Rinse fish and shellfish with cold water; pat dry with paper towels. Set shellfish aside. Cut fish into 6 equal-size serving portions. In large skillet, combine lemon, bay leaf, thyme, water and 1 teaspoon salt; bring to boil. Reduce heat. Add fish; cover and simmer for 15 minutes, or until fish flakes easily when tested with a fork. Remove fish, reserving stock. Strain stock, reserving 1-1/2 cups. In medium saucepan, over medium heat, cook onion and garlic in butter until onion is tender. Blend in flour and 1/2 teaspoon salt. Add reserved stock and cream. Continue cooking, stirring constantly until sauce thickens. Remove from heat. Gradually stir moderate amount of hot mixture into egg yolks; return to hot mixture. Add wine; blend. Stir in crab, shrimp and mushrooms; heat through.

(See back side for assembly instructions and microwave directions)

PRF-101-250M-2/81-VGP

A West Coast
Fisheries Development
Foundation Recipe



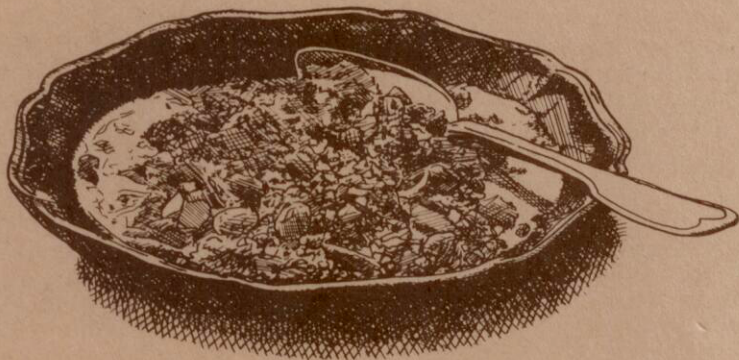
Northwest Cioppino

1-1/2 lbs. Fresh Oregon Trawlfish
(perch, snapper) fillets
1 cup tiny shrimp
1 dozen steamer clams (optional)
1 cup chopped or sliced onion
2 cloves garlic, finely minced
1/4 cup vegetable oil
1 (8 oz.) can tomato sauce
1 (28 oz.) can tomatoes, undrained

1/2 cup water or 1/2 cup dry white wine
3/4-1 tsp. ea. dried sweet basil, thyme,
marjoram and oregano
1 bay leaf
4 whole cloves (optional)
1/4 cup chopped parsley or
1 T. dried parsley flakes
1/4 tsp. pepper
2 tsp. salt

Cut fish into 1/2-inch chunks and set aside. Saute onion and garlic in oil until onion is tender but not brown. Add tomato sauce, tomatoes, liquid and all seasonings except parsley. Let simmer 20-30 minutes until as thick as desired, stirring occasionally. Add fish chunks and cook until just done, about 10 minutes. Add scrubbed steamer clams in shell, cook until clams open. Just before serving, add cooked shrimp and parsley. Makes 8-10 servings.





Homemade Granola

This cereal has all of the good ingredients of granola, but it also contains bran flakes, an excellent source of dietary fiber.

5 cups El Molino rolled
oats
1 cup El Molino bran
flakes
1-1/2 cups El Molino
sesame seed

1-1/2 cups El Molino
wheat germ
1 cup El Molino soy flour
1 cup noninstant dry milk
1 cup broken cashew nuts,
or almonds

1 cup El Molino
sunflower seed
1 cup vegetable oil
1 cup honey
1 cup dates, finely
chopped
1 cup raisins or currants

Combine all dry ingredients except dry fruit in a very large mixing bowl. Combine honey and oil in a large measuring cup. Pour over dry ingredients, folding in with a large wooden spoon until well coated. Pour into a large roasting pan and bake at 250° about 1 hour or until light brown in color, stirring occasionally. Immediately fold in dried fruit while mixture is still warm. Cool and store in glass jars with tight lids.

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WHOLE WHEAT BREAD

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|------------------------|------------------------|
| 2 T. active dry yeast | 1 T. salt |
| 2/3 c. powdered milk | 3 T. molasses |
| 2 c. warm water (110) | 5 c. whole wheat flour |
| 1/4 c. vegetable oil | |

Dissolve the yeast, molasses, and $\frac{1}{2}$ cup of the water in a large mixing bowl and let sit for 5 minutes. Stir in the remaining water, oil, and salt. Add flour one cup at a time, until dough is too stiff to stir. Knead on a floured surface until dough is smooth and pliable. Place dough in an oiled bowl and set in a warm place to rise until doubled in bulk. Punch down and knead about 10 minutes. Shape into two loaves. Place loaves into pans and let sit in a warm place until not quite doubled in bulk. Bake at 350 for 35 to 45 minutes.

OATMEAL (CRACKED WHEAT) BREAD

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| 4 c. boiling water | 2 c. Scottish oats or cracked wheat |
| 1/4 c. butter | 1 T. dry yeast |
| 2 eggs | 1/2 c. warm water (110) |
| 4 t. salt | 4 C. whole wheat flour |
| 1/4 c. molasses | 5 c. unbleached flour |
| 1/4 c. honey | |

Combine water, butter, eggs, salt, molasses, honey, and oats - soak for one hour. Mix yeast and water and let proof for 5 minutes. Add flour one cup at a time until stiff. Knead on a floured surface. Place dough in an oiled bowl, cover, and place in a warm place to rise. Knead, shape into loaves, and place into three loaf pans to rise until doubled in bulk. Bake at 360 for 45 minutes. Makes 3 loaves.

Double yeast for a quicker bread.

PITA - MIDDLE EASTERN "POCKET" BREAD

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|----------------------------|-----------------------|
| 1 t. honey | 1 T. salt. |
| 2 1/2 c. warm water (110) | 1 T. vegetable oil |
| 1 T. active dry yeast | 3 c. unbleached flour |
| 3 c. whole wheat flour | |

Stir honey into water; sprinkle yeast on top and let sit 5 minutes. Stir in whole wheat flour, salt, and oil. Add enough unbleached flour to make a soft dough. Knead on floured surface for 10 minutes. Place dough in an oiled bowl and set in warm place to rise. Punch down and divide into 12 equal parts. Using a rolling pin, roll each part into a circle 5 inches in diameter. Place on baking sheet about 4 at a time. Bake at 450 for 10 minutes; let cool. Cut away one end and fill with a favorite sandwich ingredient.

WHOLE WHEAT FRENCH BREAD

- 3 c. WHOLE WHEAT FLOUR 1 T. salt
- 4 1/2 c. unbleached flour 2 1/2 c. hot water (120 to 130)
- 2 T. active dry yeast
- 2 T. honey 1 egg white, beaten

Combine 1/2 of both kinds of flour in a large bowl. Add yeast, honey, and salt. With a mixer at low speed, beat in water. Increase speed and beat for 4 minutes. Stir in more flour to make a soft dough. Knead about 10 minutes. Allow to rise in a warm place until doubled in bulk. Punch down dough and divide into 4 parts. Form loaves and place on oiled cookie sheets. Cut diagonally with a knife about 1/4 inch deep. Brush loaves with egg white and allow to rise until doubled, about 35 minutes. Brush again with egg and bake in a 400 oven for 30 minutes.

WHOLE WHEAT SOURDOUGH BREAD

Combine 7 1/2 cups whole wheat flour and 1 1/2 cups soy flour. Add two eggs, 100 mg. vitamin C, 3 cups sourdough starter, and two cups water. Mix well. Allow to stand in a warm place (90 F) until doubled in size (about four hours). Add ~~one~~ one tablespoon salt, three tablespoons oil, and one teaspoon baking soda. Add enough more flour to make a soft dough and knead well. Form into three loaves or two free form loaf. Allow to rise until not quite doubled in bulk. Bake at 400 for 40 minutes.