



1968 - Colorado River - Jo Harrison in middle left, right front Elizabeth Higgins, back right Dorothy Higgins

# Vegetables, Pasta & Grains



*Bake Chili Rellenos*

*Boston Baked Beans*

*Calabazas Rellenas*

*California Ranch Rice*

*California Souffle Pie  
with Chicken Parmesan  
Sauce*

*Cauliflower Soufle*

*Confetti Rice*

*Fried Rice - Chow Fan*

*Good Shepard's Pie*

*Ham Loaf*

*Macaroni-Olive Casse-  
role*

*Mexican Rice*

*Millet Mashed Potatoes  
with Country Gravy*

*Noodles Delux*

*Oven Fried Eggplant*

*Ratatouille*

*Scalloped Potatoes*

*Shrimp Stuffed Eggplant*

*Song of India Rice*

*Spinach*

*Squash Puffs*

*Squash Saute*

*Western Frittata*

## **Oven Fried Eggplant**

Virginia Leipper

- 1/2 cup Mayonnaise (nonfat)
- 1 Tablespoon minced garlic
- 12 1/2 inch slices eggplant  
(about 1 Lb. unpeeled)
- 1/2 cup fine dry bread crumbs
- 1/2 cup grated Parmesan  
cheese
- 1/2 Tablespoon Italian season-  
ing
- cooking spray

Combine first 2 ingredients. Stir well. Spread over both sides of eggplant slices. Combine crumbs, cheese, and seasoning in shallow bowl. Dredge eggplant in crumb mixture. Place slices on baking sheet coated with spray. Bake at 425 degrees for 12 minutes, turn over and bake 12 minutes or until brown.

## **Squash Puffs**

Jo Harrison

- |                       |                     |
|-----------------------|---------------------|
| 1 1/2 lbs squash      | 1 egg               |
| 1 cup bread crumbs    | 1 cup grated cheese |
| 1 small onion, minced | 1/2 teaspoon salt   |
| few leaves rosemary   | 1/8 teaspoon pepper |

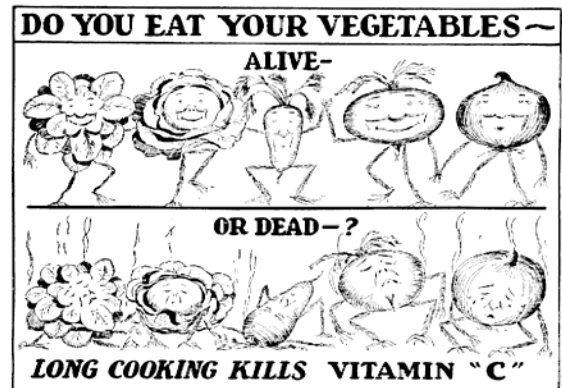
Cut up cook squash until tender and dry mash and mix with rest ingredients. Bake in custard cups top with cheese.

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THE KOOK-KWICK HANDBOOK

### CHAPTER V

#### Fresh Vegetables



One or more fresh vegetables should be included in every daily diet. Cooked in the Kook-Kwick, they require only a few minutes' time and, due to the fact that they are cooked in little or no water, there is less loss of the health-giving vitamins and mineral salts.

When the vegetables are fresh, no water is required in the inset dish in which they are cooked, and three to ten minutes' time is sufficient to cook them. If they are old, more time is required and better results will be obtained if a little water is added to them. In either case, place water in the bottom of the cooker, up to the rack. This will create the necessary steam.

*from Harrison family book 1930's*

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## **Ratatouille**

Diane Leipper

1 large onion	1 teaspoon salt
1 green pepper	1/8 teaspoon pepper
1 large eggplant	1/2 teaspoon basil
2 medium zucchini	1/2 teaspoon oregano
1/2 cup olive oil	1/2 clove fresh garlic, minced

Dice eggplant into 1-inch cubes and slice zucchini into 1/2-inch rounds. Chop onion coarsely and cut green pepper into squares. Use a heavy-bottomed saucepan with a lid. Saute the onion, garlic, and green pepper until they are soft; stir in the eggplant and zucchini and saute a few minutes more. Add tomato and seasonings. Cover and simmer gently for about 30 minutes or until all the vegetables are well cooked. Uncover and turn the heat up to evaporate some of the liquid. Serves 6 to 8.

Source: Laurel's Kitchen

*Mom is the one who introduced us to Ratatouille. This is another one of those recipes that has several variations depending on what you have. D.L.L.*

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## **Baked Chili Rellenos**

Diane Leipper

8 to 10 long (5 or 6 inches) green chiles (mild)	2 Tablespoons butter
10 oz. jack cheese, grated	1/2 teaspoon sea salt
5 eggs, well beaten	1/2 teaspoon pepper
	1/2 teaspoon cumin powder

Roast, peel, and seed the chili peppers. Layer them alternately with the grated cheese in a deep, buttered 1 1/2 quart casserole dish. Mix the beaten eggs, butter, salt, pepper, and cumin powder. Pour this mixture over the peppers and cheese. Bake 35 to 40 minutes at 350 degrees. Serves 4 to 6

Source: The Deaf Smith Country Cookbook

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## **Spinach**

Norma Wolf

- |                                  |   |
|----------------------------------|---|
| 2 12 oz. packages frozen spinach | 1/2 cup Parmesan cheese (more if you wish)                    |
| 1 onion, grated                  |   |
| 1 clove garlic                   | 1 teaspoon Worcestershire sauce (I usually add a little more) |
| 1 can mushroom soup              |   |
| 1 stick butter or oleo           | salt and pepper to taste                                      |

Cook spinach and set aside. Brown onion and garlic in butter. add mushroom soup, Parmesan cheese, Worcestershire sauce, salt and pepper. Add this mixture to cooked spinach. Bake until hot thoroughly. About 20 to 30 minutes at 350 degrees

© *The Cellar and Ice-House - The cellar, when properly constructed and cared for, is the most useful room in the house and no dwelling is complete without one.*

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## **Calabazas Rellenas**

Diane Leipper

- |                               |                             |
|-------------------------------|-----------------------------|
| 6 medium-sized zucchini       | 1/4 teaspoon pepper         |
| 1 package (3 oz) cream cheese | 1 cup (1/2 pint) sour cream |
| 2 tablespoons minced onion    | Paprika (optional)          |
| 1/2 teaspoon salt             |                             |

Cook whole zucchini a dente. Drain and allow to cool until you are able to handle them, then cut each zucchini in half lengthwise and scoop out seed into a small bowl. Mix the seeds with the cream cheese, onion, salt, and pepper. Stuff this mixture back into the zucchini halves; arrange them in a buttered square baking dish or pan. Spoon the sour cream evenly over the top of each. Sprinkle with paprika, if desired. Bake for about 10 minutes in a 325 degree oven. Serve immediately. Allow 2 zucchini halves for each serving. Makes 6 servings

Source: *Sunset Ideas for Cooking Vegetables*

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## **Boston Baked Beans**

Diane Leipper

1 lb dried navy or pea beans	1/2 cup light brown sugar
4 pieces salt pork (or ham)	2 Tablespoons molasses
1 large onion, sliced	2 teaspoons salt

Soak beans overnight in cold water in large saucepan. Drain, return beans to saucepan. Cover with cold water. Heat to boiling. Simmer, uncovered for 1 hour or until beans begin to split. Drain beans and reserve liquid. Place beans in 2 quart bean pot or baking dish. Add salt pork and onion slices to bean pot. Mix reserved liquid with brown sugar, molasses and salt in bowl. Pour over beans. Cover bean pot or baking dish. Bake at 350 degrees for 1 hour or longer. Makes 6 - 8 servings

Source: *Ninety Years of Great Cooking*

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## **Cauliflower Soufle**

Jo Harrison

3 Tablespoons butter	dash of pepper
4 Tablespoons flour	3/4 cup grated cheese
1 teaspoon baking powder	2 cups chopped cooked cauliflower
1 cup milk	3 egg yolks slightly beaten
1/2 teaspoon salt	3 egg whites stiffly beaten

Mix butter and flour and add milk and stir till thick. Add cauliflower and egg yolks fold in the egg whites. Bake in greased baking dish in pan of hot water till firm.

© *Hints to the employed - Above all, do not think your work degrading. No work is more honorable. The happiness and health of the family depends on you and no lady or gentleman will "slight" you or "look down" on you because you work.*

## Potato Pancakes (LATKAS)

4 cups grated baking potatoes  
1 onion (grated)  
2 eggs (slightly beaten)  
2 Tbs. flour  
1 Tsp salt

Mix onion & potatoes together and let stand 10 to 15 minutes. Drain, pressing down, to remove moisture. Mix in the eggs, flour, & salt. Heat a skillet on a simmer or medium burner. Cover the bottom of the skillet with  $\frac{1}{4}$  inch of oil you will have to add oil along. Drop mixture by heaping Tablespoons in hot grease. Brown to crisp, golden color. Drain on paper towel.

Jerry Pickering Moore

In regards to the family of Uncle Jim, Bob Skidmore had a favorite potato pancake recipe which he made for a big family gathering at their house which was the last time I saw Dad. I think it was when Kenneth was visiting.

MLS

## Mexican Rice

Jo Harrison

1 cup rice (uncooked)	1 small bell pepper
1 quart stewed tomatoes	1 teaspoon salt
1 small onion	oil and lard or drippings

First mince onion and pepper and fry slightly. Then wash rice and fry until light brown. Add strained tomatoes, cover closely and cook till done. Add a little hot water if juice is absorbed before rice is done.



# GLOBE "A1" KITCHEN CLUB NEWS



Presented in a spirit of helpfulness by GLOBE MILLS • San Francisco • Sacramento • Los Angeles • San Diego • Colton • Ogden, Utah  
Director, RUTH ADAMS JANUARY, 1934 Vol. I—No. III

## Let's Make a New Year's Resolution That's Fun to Keep!



ON THE day after New Year's I dropped in at a neighbor's house. She was dismantling the Christmas tree and her little six-year-old son was watching her with a sad look on his little face. "Mother," he said, "why can't we keep on having Christmas all year?"

Somehow, that childish remark set me to thinking. What is it about Christmas Holidays that are so heart-warming and bring such a feeling of happiness and goodwill? The gifts? The Christmas tree? No... those are for the children.

The friends who remember us and whom we think of... the gathering together of our brothers and sisters, aunts and uncles and cousins? Yes! That's what *makes* Christmas. Then the thought came to me... why not keep up the family gatherings by a real old-fashioned family dinner once a month? Why not keep more closely in touch with our good neighbors and our friends by continuing the hospitality of Christmas through the year? Families drift apart, friends lose touch with each other, new opportunities for helpful friendships for our husbands and our children are not created... unless we homemakers foster an atmosphere of true hospitality in our homes!

So let's make a resolution of HOSPITALITY for 1934. Let's have that family dinner once a month... let's keep the cookie jar and the doughnut jar always full for the neighbor who "drops in." Let's have a party on Valentine's Day, April Fool's Day... any day that offers the least possible excuse. Sandwiches, doughnuts and coffee; decorations from the ten-cent store; games; laughter... and everybody has a grand time. And the friendliness, the happiness, that these simple gestures of hospitality create will enrich your own life and the lives of your husband and your children beyond measure!

*Ruth Adams*  
Director GLOBE "A1" KITCHEN CLUB

## Club Members... Here's Your New GLOBE "A1" Kitchen!



*It has only one purpose... to help you with your kitchen and cooking problems*

FOR years, Globe Mills has maintained a big experimental kitchen and laboratory where every Globe "A1" product is constantly tested for quality, uniformity and results... but when the GLOBE "A1" KITCHEN CLUB was formed we felt we needed a different sort of kitchen... a homely, practical kitchen as near like the kitchens of our members as possible... where we could work out new recipes and test old favorites under actual home-kitchen conditions. So here it is... YOUR club kitchen!

### A RECIPE FOR A HAPPY NEW YEAR

from MRS. A. W. KESSER,  
R.R. 2, Box 591 A, Long Beach, Calif.

TAKE 12 fine, full-grown mounds, see that these are thoroughly free from all the old memories of bitterness, rancor, hate, and jealousy. Cleanse them completely from every clinging spite, pick off all specks of pettiness and littleness, in short see that these mounds are free from all the past. Have them as fresh and clean as when they first came from the storehouse of time. Cut these months into 30 or 31 equal parts. This batch will keep for just one year. Do not attempt to make up the whole batch at one time, as so many persons spoil the entire batch in this way, but prepare one day at a time as follows:

Into each day put 12 parts of faith, 11 of patience, 10 of courage, 9 of work (some people omit this ingredient and spoil the rest), 8 of hope, 7 of fidelity, 6 of liberty, 5 of kindness, 4 of rest (leaving this out is like leaving Sesame Oil out of the salad—don't do it), 3 of prayer, 2 of meditation, and 1 well-selected resolution.

If you have no conscientious scruples, put in about 1 teaspoonful of good spirits, a dash of fun, a pinch of folly, a sprinkling of play, and a heaping cupful of good humor. Pour into the whole a liberal amount of love and mix with a vim. Cook thoroughly in a fervent heat, garnish with a few smiles, and a sprig of joy. Then serve with quietness, unselfishness, and cheerfulness, and a Happy New Year is a certainty.

We wish that you could drop in on us some sunny morning and admire our new range... our electric refrigerator... our tile sink... our clever cupboards... and our dinette with its corner cupboard. You'd find us busily baking pies and cakes from Globe "A1" Flour... trying out new casserole dishes with Globe "A1" Noodles, Macaroni or Spaghetti... or perhaps we would be mixing up some extra special salad dressings with Globe "A1" Cooking and Salad Oil. Then, about noon when everyone was hungry, you would sit down at our blue and yellow table set with our new fluted china and taste all the good things we had worked out in the morning.

You see, we are not satisfied with merely making up our selected Kitchen Club recipes, we "try them out" on the executives of Globe Mills at informal luncheons. So we know that every Kitchen Club recipe is one that will please the men, and after all, that's a very important part of home cooking, isn't it?

We want you to feel that you have a big share in your Kitchen Club and its kitchen, for Globe Mills has built it just for you and the thousands of other users of Globe "A1" Products.

#### HELP WANTED!

We want some ideas for bridge party or club luncheons for our March issue. Send in your menu, recipes and ideas for table decorations before Feb. 15th. Five prizes of \$2 each for the best five. Address "LUNCHEON CONTEST," Globe Mills, Los Angeles.

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## **California Ranch Rice**

Virginia Leipper

1 cup chopped onion	1 bay leaf
4 Tablespoons butter	salt
4 cups rice (cooked)	pepper
2 cups sour cream	2 8 oz. can whole chilies
1 cup cottage cheese	2 cups grated cheddar cheese

Saute chopped onions in butter, add rice, sour cream, cottage cheese, bay leaf, salt and pepper. Mix together. Put a layer of rice mixture in greased casserole, then a layer of chilies (seeded and cut in strips), and 1/2 cup of cheese. Repeat, ending with a layer of rice. Bake at 375 degrees for 25 minutes. Remove from oven, sprinkle remaining 1/3 cup cheese over top, bake 10 minute longer. Serves 8.

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## **Confetti Rice**

Diane Leipper

→ Have Ready

1 cup raw brown rice, cooked (3 cups)

→ Saute

1 small onion, chopped (until golden in oil as needed)      2/3 cup mixed nuts, chopped 1/2 cup ground sesame seeds

1 cup mixed dried fruits, chopped

→ Stir in

1/4 - 1/2 teaspoon cloves      cooked rice

1/2 teaspoon salt      butter (optional)

I like to add the chopped dried fruits to the rice during the last 5 minutes or so of cooking, then saute the onion and nuts and add them to rice and fruit.

Serve with fresh steamed green beans.

*From Diet for a Small Planet*



## **Fried Rice - Chow Fan**

Virginia Leipper

4 cups cooked rice	3 eggs, beaten
1 cup diced chicken, pork, seafood, beef or ham, raw or cooked	salt to taste
1/4 cup diced bacon	2 Tablespoons soy sauce
4 Tablespoons oil	1 cup bean sprouts
1/2 cup diced mushrooms (optional)	1/2 cup green onions, cut in 1/4 inch length

Heat pan, add bacon and stir fry the eggs; remove from pan. Add meat and saute' simmer 2-3 minutes; remove from pan. Add oil and rice stirring frequently until lightly golden, then add salt and soy sauce. Return eggs and meat to rice; mix thoroughly. Add green onions, mushrooms and bean sprouts and saute 1 minute. Serves 6.

Source: Hawaiian Cuisine

*When I was visiting friends in NMI had the opportunity to cook on a Great Majestic wood burning stove. The stove had beautiful cast iron ship medallions on the back which you could flip down to set your coffee or soup pot on to keep warm. It was a great stove for cooking beans. I would build a fire in the stove first thing in the morning, put on a pot of beans and let them simmer for hours. I have often wished I could have kept that stove but it wouldn't fit in a '59 Karmen Ghia. - DLF*

*To use noodles  
beat yolks from cake  
beat yolks a little salt and flour  
enough to make a stiff dough make about  
6 or 8 wads roll real thin and let dry then  
cut and cook in chicken broth*

Tressia Lang

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## **Noodles Delux**

Jo Harrison

1 6 oz. pkg egg noodles	2 teaspoons worchestershire sauce
1 cup cottage cheese	dash tobasco sauce or red pepper
1 cup sour cream	1/2 teaspoon salt
1/4 cup chopped onion	1/2 cup grated cheese
1 clove garlic, chop fine	

Cook noodles till tender in 3 quarts boiling water and 1 Tablespoon salt, drain. Mix lightly cottage cheese, cream, onion, garlic, woshter sauce, etc. etc. Place in buttered baking dish, sprinkle with grated cheese, bake 40 minutes in moderate oven, 350 degrees.

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## **Macaroni-Olive Casserole**

Jo Harrison

1 cup uncooked macaroni	1/4 cup minced olives
1 can Asparagus Soup	1/4 cup chopped parsley
1/4 cup grated cheese	Buttered bread crumbs

Cook macaroni in unsalted water; drain and rinse with cold water. Combine macaroni, soup, cheese, olives, parsley; turn into a greased casserole and top with buttered crumbs. Bake in a moderate oven for 30 minutes. Serves 4.

*Macaroni and cheese is one of my favorite things. As long as you have the basics - macaroni and cheese - you can vary or add ingredients to your hearts content. A recent (10/7/98) article in the local newspaper called M&C "the crown jewel of comfort foods." My only criteria is that it has to be from scratch and cannot come in any pre-packaged form - DLF*

## **Good Shepard's Pie**

Diane Leipper

### **Topping**

2 cups leftover mashed potatoes or 3 medium potatoes  
1/4 cup milk

1 Tablespoon margarine or Better-Butter and  
1/2 teaspoon salt  
pinch paprika

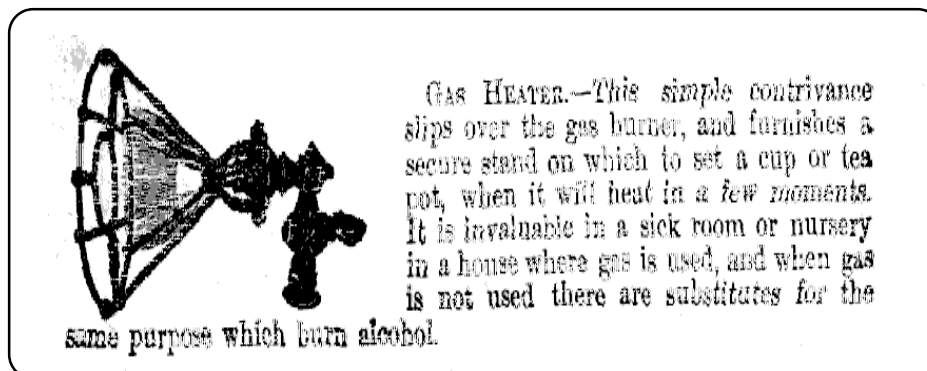
### **Filling**

1 pound broccoli  
1 bunch spinach or swiss chard  
1 green pepper, diced  
1 pound of 4 medium carrots, diced

3/4 cup fresh tomatoes, chopped or  
1/4 cup tomato paste and 1/2 cup water  
1 bay leaf  
1/2 teaspoon basil  
1 teaspoon salt

Unless you have leftover mashed potatoes cook the potato chunks in fast boiling water until soft. Mash well with margarine, milk and salt. Save the potato water for bread making. Cut broccoli into flowers and stems. Peel and slice the stems in 1/4-inch rounds. Wash spinach thoroughly and cut into bite-size pieces. Preheat oven to 350 degrees. Saute onion in oil. Add broccoli, green pepper, and carrots and then the basil and bay leaf. Stir well and add tomatoes. Bring to a boil, cover and turn heat to low and simmer for 15 minutes or until vegetables are just tender. Stir in spinach. Add salt. Put vegetables into a 9" X13" baking dish. Spread potatoes over top and bake for 10 to 15 minutes, until the potatoes are piping hot. Shake paprika over top before serving. Serves 4 to 6

Source: Laurel's Kitchen



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## **California Souffle Pie**

*Diane Leipper*

Basic Pastry	Monterey Jack Cheese (6 oz.)
1/4 cup butter or margarine	2 (14 oz.) cans artichoke hearts, drained, quartered
1/4 cup all-purpose flour	1/4 cup chopped pimiento
1 teaspoon dill weed	1/4 cup sliced green onion
1/4 teaspoon salt	1 Tablespoon butter or margarine
dash pepper	4 eggs, separated
1 cup milk	1/2 teaspoon cream of tartar
1 1/2 cups shredded process	

Preheat oven to 400 degrees. Prepare Basic Pastry dough (use favorite pie crust recipe). On lightly floured board, roll out dough until it is about 2 inches larger than an inverted 10-inch deep-dish pie plate. Fit dough into the pie plate. Trim to extend 1/2 to 1 inch beyond edge of pie plate, fold under and flute; do not prick the pastry shell. Bake 10 minutes or until lightly browned. Remove from oven; set aside.

Reduce oven temperature to 300 degrees. In medium saucepan, melt 1/4 cup butter or margarine. Blend in flour, dillweed, salt, and pepper. Stir in milk. Stir constantly over medium-high heat until mixture thickens and bubbles. Remove from heat.

Add cheese; stir mixture until cheese is melted; set aside. In a medium skillet, cook artichoke hearts, pimiento and green onion in 1 Tablespoon butter or margarine until onion is tender. Drain, if necessary; set aside.

In a large bowl, beat egg whites and cream of tartar with electric mixture on high speed until stiff peaks form. In small bowl, beat egg yolks with electric mixer on high speed until thickened and lemon-colored, about 5 minutes. Gradually beat cheese mixture into egg yolks. Pour egg yolk mixture over beaten egg whites and fold together gently.

Spoon artichoke mixture into bottom of pastry shell. Pour souffle mixture over artichoke mixture. Bake 45 to 55 minutes or until a knife inserted in center comes out clean. Serve at once sprinkle with Paprika to taste and serve with Chicken Parmesan Sauce.

*Source: Brunch Cookery*

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## **Chicken Parmesan Sauce**

Diane Leipper

3 Tablespoons butter or margarine	Dash of pepper
3 Tablespoons chopped green onion	3/4 cup milk
2 Tablespoons dice pimiento	1 cup chicken broth
3 Tablespoons all-purpose flour	1 1/2 cups cubed cooked chicken
1/4 teaspoon salt	1/4 cup grated Parmesan cheese.

In a medium saucepan, melt butter or margarine. Add onion and pimiento. Cook until onion is tender. Blend in flour, salt, and pepper. Stir in milk and chicken broth. Stir constantly over medium-high heat until mixture thickens and bubbles. Stir in chicken and Parmesan cheese; heat through. Makes 2 3/4 cups of sauce.

Can also be used for pastry shells or over toast.

☉ *To preserve game and poultry in summer, draw as soon as possible after they are killed, wash in several waters, have in readiness a kettle of boiling water. Plunge them in, drawing them up and down by the legs, so that the water may pass freely through them ; do this for five minutes, drain, wipe dry, and hang in a cold place; when perfectly cold, rub the insides and necks with pepper; prepared this way, they will keep two days in warm weather, when washed thoroughly.*

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## **Song of India Rice**

Diane L. Leipper

1 1/4 cups raw brown rice with 2 Tablespoons soy grits (optional)	1 Tablespoon butter
1 onion sliced	1 Tablespoon curry powder
1 apple, cored and sliced	1/2 cup cashews and raisins

Cook brown rice with soy grits according to standard procedures. When the rice is about done prepare the rest of the ingredients. Melt butter in large frying pan. Saute cashews, apple, and raisins in butter. Add curry powder. When rice is done mix in with sauted ingredients heat through and serve. Can serve with yogurt.

*From Diet for a Small Planet*

*I often vary this recipe by adding spinach, kale, chard or other greens, using cheddar or jack cheese and cooking it all in a frying pan instead of broiling. Anita is the one who introduced me to Frittatas - DLL*

## **Western Frittata**

Diane Leipper

- |   |  |
|---|--|
| 4 slices bacon                                  | 1/2 to 1 teaspoon dried oregano, crushed |
| 1 cup chopped zucchini                          | 1/4 teaspoon pepper                      |
| 1/3 cup chopped green pepper                    | 6 eggs, beaten                           |
| 1/3 cup chopped onion                           | 1/4 cup grated Romano cheese             |
| 1 1/3 cups cooked small shell macaroni, drained | Dairy sour cream or chili sauce          |
| 1/2 teaspoon celery salt                        |  |


In an 8-inch ovenproof skillet, cook bacon until crisp. Drain on paper towels. Reserve 2 Tablespoons drippings in skillet. Crumble bacon and set aside. Cook zucchini, green pepper and onion in reserved bacon drippings until tender. Stir in cooked macaroni, celery salt, oregano, pepper and bacon.

Preheat broiler at moderate temperature. Poor eggs evenly over zucchini mixture in skillet. Cook over medium heat until bottom is set and slightly browned, about 5 minutes. Place under preheated broiler about 3 inches from the heat; broil 2 minutes. Sprinkle with Romano cheese. Broil 1 or 2 minutes more or until top is set and lightly browned. Serve in wedges topped with sour cream or chili sauce. Makes 4 to 6 servings.

Source: Brunch Cookery

*Wine Kraut  
(Red Cabbage)*

1- 3 lb. head of red cabbage  
 1- large onion - finely chopped  
 1- large apple - diced  
 3- tbsp bacon fat  
 3/4- c. vinegar  
 1- c sugar  
 2- tbsp. salt



*Method: Shred cabbage as for  
 Cole slaw. Pour scalding  
 water over and let stand 3  
 minutes. Drain. Add all other  
 ingredients and cook  
 20 minutes (15 min.  
 in pressure cooker.)  
 May be made with  
 white cabbage.*

*From Helen Mac Duff  
 Virginia Leipper's (Mrs. J. A.)  
 collection*

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## **Millet Mashed Potatoes**

Anita D. Leipper

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|---|---|
| 1 cup millet                                  | 2 cups cauliflower, about 1/2 pound,<br>coarsely chopped            |
| 1 Tablespoon sunflower oil (or other<br>kind) | 2 - 2/12 cups water, less for pressure<br>cooking, more for boiling |
| 1 onion coarsely chopped                      |   |
| 1/2 teaspoon unrefined sea salt               |   |

Rinse and drain millet. In pressure cooker or pot, heat oil and saute onion briefly. Add millet and continue to saute. Add remaining ingredients, cover and bring to pressure or boil. Turn heat low to pressure cook for 15 minutes or boil for 1/2 hour. No flame spreader needed. When millet is done, while still hot, puree mixture in food processor or Foley Food Mill (ricer) until smooth, or mash ingredients well. Transfer to serving bowl and allow to sit for about 10 - 15 minutes before serving for texture to firm up to proper consistency. Serve with gravy poured over or at the side.

Variation - Casserole - Preheat oven to 350. Prepare as above reserving 1 teaspoon oil, then transfer mixture to corn-oiled pie pan or casserole dish. Smooth surface. Mix remaining 1 teaspoon oil with 1 Tablespoon soy sauce and drizzle it over top. Bake for 1/2 hour. Let sit 15 minutes before serving. Makes 9 servings.

Source: Meridith McCarty recipe

I USUALLY MAKE A CASSEROLE  
AND MAKE MORE GRAVY WITH  
LOTS MORE FRESH SAGE FROM MY  
GARDEN  
*Anita Leipper*

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## **Country Gravy**

Anita D. Leipper

- |  |  |
|--|--|
| 1/3 cup whole-wheat pastry flour               | 1 teaspoon unrefined sea salt  |
| 2 Tablespoons sunflower oil (or other<br>kind) | 1 Tablespoon fresh sage, minced, or<br>1 1/2 teaspoons dried, crushed. |
| 2 cups cool water                              | 2 Tablespoons parsley, minced.   |
| 1 Tablespoon natural soy sauce                 |  |

To prepare gravy, in skillet or saucepan heat oil, add flour, and stir until oil is completely absorbed. Set pan aside to cool, about 15 minutes. Mix remaining ingredients except parsley and gradually add liquid to flour stirring with a wire whisk to avoid lumping. (Gravy should be no more than 1 inch deep in pan in order for it to cook in this brief amount of time.) When all liquid is added, bring mixture to boil, stirring occasionally. Lower heat to simmer uncovered until desired consistency is reached, 10 - 15 minutes. Stir in parsley in last 2 minutes of cooking. (For larger amounts, increase ingredients proportionately, but allow more time for cooking, about 1/2 hour for 4X recipe.)

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## **Scalloped Potatoes**

Diane L Leipper

4 medium potatoes (about 1 pound) peeled and cut into 1/8 inch slices	1/8 teaspoon pepper
3 Tablespoons all-purpose flour	1 cup milk
1 teaspoon salt	2 Tablespoons butter or margarine
1 teaspoon garlic powder	Paprika

### **additional ingredients**

Cheddar cheese	1 Onion, sliced
Cooked ham, cubed	

Preheat oven to 350 degrees. Combine flour, salt, garlic powder. and pepper. Start layering other ingredients beginning with a layer of potatoes then sprinkle some flour mixture (then onions and ham and cheese) then repeat until all ingredients are used. Pour milk over potato layers, dot with butter, (add last layer of cheese) sprinkle with paprika and place in oven. Bake for at least 1 hour or until potatoes pierce easily.

Source: Kenmore Micro/Convection Cooking

*Sometimes I precook the potatoes a little before layering. This cuts down on cooking time and ensures potatoes get done. - DLF*

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## **Squash Saute**

Diane L. Leipper

3 Zucchini	1/2 - 1 teaspoon marjoram
3 Yellow crookneck	1/2 - 1 teaspoon thyme
1 small onion	2 - 3 Tablespoons butter
1 clove garlic	

Slice squash into thin length-wise planks. Cut onion into thin circles. Dice garlic. Melt butter in large frying pan then add onion and garlic. Saute until just tender then add squash and herbs. Mix thoroughly, add a little water if necessary. Put lid on pan and simmer on low until squash is tender.

*This is a recipe I made up myself and it turned out so good I decided I better write it down. - DLF*