

# *East River's* **Country cookin'**

*with Doris Leraas*

VOLUME III



Country Cookin' is a regular column in the East River GUARDIAN, published monthly by EAST RIVER ELECTRIC POWER COOPERATIVE, Drawer E, Madison, SD 57042. Recipes in this booklet were contributed by the readers. Included are Coffee Cake, Fruit Salad, Ham, Chicken, Vegetables, Bars, Yeast Bread and Barbecue Sauce recipes.

## BRUNCH CAKE

Mrs. Marjorie McGreevy, Sioux Falls

### TOPPING:

- 1/3 cup brown sugar, packed
- 1/4 cup flour
- 1/2 teaspoon cinnamon
- 2 tablespoons soft butter (or margarine)
- 1/2 cup chopped pecans

### CAKE:

- 1 stick (1/2 cup) butter (or margarine)
- 1 package (8 oz.) cream cheese
- 1 1/4 cups sugar
- 2 eggs
- 1 teaspoon vanilla
- 1 3/4 cups sifted flour
- 1 teaspoon baking powder
- 1/2 teaspoon soda
- 1/2 teaspoon salt
- 1/4 cup milk

Preheat oven to 350 degrees. Combine topping ingredients in bowl, mixing until crumbly. Cream butter cream cheese, sugar, eggs and vanilla well. Sift flour, baking powder, salt and soda together. Add to creamed mixture alternately with milk, mixing well after each addition. Spread batter in a greased 9x13 inch pan. Sprinkle with topping. Bake 35 to 45 minutes until cake tests done.

## MARILYN'S COFFEECAKE

Marilyn Fleming, Blair, NE

- 2 cups flour
- 1 small pkg. Instant Vanilla Pudding
- 1 small pkg. Butterscotch Pudding (inst.)
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 4 eggs
- 1 cup granulated sugar
- 3/4 cup cooking oil
- 1 cup water
- 1 teaspoon vanilla

Mix all together, pour into greased 9x12 pan. Sprinkle brown sugar and cinnamon over top of batter. Bake in 350 degree oven 25-30 minutes.

## EVENING COFFEE CAKE

Mrs. Virgil Kassahn, Wheaton, MN

Mix like pie crust dough:

- 4 cups flour
- 3/4 cup butter or margarine
- 1/2 teaspoon salt
- 6 tablespoons sugar

### ADD:

- 1 pkg. yeast (dissolved in 1/2 cup warm water or milk)
- 3 egg yolks
- 1 cup scalded milk, cooled
- Take small amount of dough and roll very thin on floured board. Put in shallow pans, leaving half of dough to overlap and form cover. Add filling of prunes, apples, dates or raisins (which have been pre-cooked and thickened). Press cover over filling and place in cool place overnight. The next morning bake in a 350 degree oven until crust is brown.

## STRAWBERRY COFFEECAKE

Mrs. Lee Bjorkman, Arlington, SD

- 1/2 cup sugar
- 1 cup flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 cup milk
- 1 egg
- 2 tablespoons butter (melted)
- 1 1/2 cups fresh strawberries, sliced

### TOPPING:

- 1/2 cup flour
- 1/2 cup sugar
- 1/4 cup butter
- 1/4 cup chopped walnuts
- Combine batter ingredients, except strawberries, beat for 2 minutes to blend. Spread into a greased 8x8x2 in. pan. Sprinkle berries evenly over batter. Combine topping ingredients, mix into crumbs. Sprinkle over strawberries. Bake in 375 degree oven for 35-40 minutes.

## RHUBARB COFFEECAKE

Ruby Tweet, Volga, SD

- 1 1/2 cup sugar
- 1/2 cup margarine
- 1 egg
- 1 teaspoon vanilla
- 2 cups flour - sifted
- 1 teaspoon soda
- 1 cup buttermilk
- 2 cups raw rhubarb (cut up)

Cream sugar, shortening, egg and vanilla, add 1 cup flour. Blend in another cup flour alternately with buttermilk to which soda has been added. Fold in rhubarb. Place dough in a greased 9x13 pan. Sprinkle sugar and cinnamon on top. Bake in 350 degree oven for 45 minutes. Serve with whipped topping.

## OVERNITE COFFEE CAKE

Mrs. Virginia Mitchell, Houghton, SD

- 2 cups flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- 1/2 teaspoon salt
- 2/3 cup butter or margarine
- 1 cup white sugar
- 1/2 cup brown sugar
- 2 eggs
- 1 cup buttermilk

### TOPPING

- 1/2 cup brown sugar
- 1/2 cup chopped walnuts
- 1/2 teaspoon cinnamon
- 1/2 teaspoon nutmeg

Sift: flour, baking powder, baking soda cinnamon and salt. Cream butter and sugars. Add eggs and dry ingredients with buttermilk. Spread in greased and floured 13x9x2 baking pan. Combine topping ingredients, mix well and sprinkle over batter. Place in refrigerator overnight (or for 8 hours) bake in 350 degree oven 45 minutes or until done.

## JEWISH COFFEE CAKE

Marie Walters, Amiret, MN

- 1 cup shortening
- 2 scant cups sugar
- 4 eggs
- 3 cups flour
- 3 teaspoons baking powder
- 1/2 teaspoon salt
- 1 cup milk

Cream shortening, add sugar and cream well. Add eggs one at a time, beating well after each addition. Add rest of dry ingredients alternately with milk.

### SUGAR MIXTURE

- 3/4 cup brown sugar
- 3 teaspoons cinnamon
- 1 cup chopped nuts

Put 1/4 of dough in an angel food pan, sprinkle with 1/4 cup of sugar mixture. Repeat, making 4 layers, ending with sugar mixture. Bake in 350 degree oven for 1 hour. Cool thoroughly before removing from pan.

## CRANBERRY NUT CAKE

Mrs. Clyde Miller, Wessington, SD

- 1/4 cup brown sugar (packed)
- 1/2 cup chopped walnuts
- 1/4 teaspoon cinnamon
- 2 cups Bisquick baking mix
- 2 tablespoons granulated sugar
- 1 egg

- 2/3 cup water or milk
- 2/3 cup whole cranberry sauce
- Confectioner's sugar icing

Heat oven to 400 degrees. Grease a 9x9x2 pan. Mix together brown sugar, walnuts and cinnamon, set aside.

Combine baking mix, granulated sugar, egg and water. Beat vigorously for one-half minute. Spread in pan. Sprinkle with nut mixture. Spoon cranberry sauce over top. Bake for 20-25 minutes. While warm, spread with Confectioner's sugar icing. (1 cup sugar, 1/2 teaspoon vanilla and 1 tablespoon water. )

## **SUPER CHERRY SALAD**

Mrs. David Dennis, Hitchcock, SD

1 pkg. (3 oz.) lemon jello  
2 cups sweetened red cherries  
1 tablespoon lemon juice  
2 cups cottage cheese  
1 cup hot cherry juice  
1 cup whipped cream or topping  
1/2 cup nuts  
Dissolve jello in hot cherry juice. Cool until it begins to set. Whip, add remaining ingredients and refrigerate.

## **EASY FRUIT SALAD**

Mrs. Larry Crane, Mitchell, SD

1 pkg. Instant Vanilla pudding  
1 9 oz. container whipped topping  
1 lge. can fruit cocktail  
1 can mandarin oranges  
1 can crushed pineapple  
2 cups miniature marshmallows  
Mix pudding according to package directions except add only one-half the milk. Blend with whipped topping. Drain fruits and add to mixture. Stir in marshmallows and chill.

## **FRUIT SALAD**

Mrs. Merel Wheeler, Montrose, SD

### **DRESSING:**

1/4 cup tapioca  
2 1/2 cups fruit juice  
1/2 cup sugar  
dash of salt  
Mix together, let set for 5 minutes, then bring to a boil over medium heat, stirring often. When thickened, cool.

### **ADD:**

1 can mandarin oranges (drained)  
1 can fruit cocktail (drained)  
1 No. 2 can pineapple chunks (drained)  
2 cups miniature marshmallows  
(Any combination of fruits can be used)  
Refrigerate.

## **SWEET HEART SALAD**

Cathy Morris, Elk Point, SD

2 cups crushed pineapple  
1/4 cup sugar  
1 envelope plain gelatin  
1/4 cup cold water  
2 pkgs. (3 oz.) cream cheese  
1 cup whipped cream (or topping)  
Dissolve gelatin in cold water, let stand 10 minutes. Cook pineapple and sugar together until sugar is dissolved. Add gelatin. Cool. When it begins to thicken fold in cream cheese and cream. Pour into 11x7 in. pan, refrigerate until solid. Can garnish with marachino cherries.

## **ORANGE SALAD**

Diane Wartner, Russell, MN

1 pkg. vanilla pudding  
1 pkg. vanilla tapioca pudding  
1 can fruit cocktail  
1 can mandarin oranges  
1 (13 oz.) can crushed pineapple  
1 1/2 cups miniature marshmallows  
Drain all juices and add enough water to make 3 cups. Add to pudding and cook. Cool. Stir in fruits, marshmallows (sliced bananas, if desired).

## **FRUIT SALAD**

Helen Lee, Ortley, SD

1 (1 lb.) can fruit cocktail (not drained)  
1/2 cup colored miniature marshmallows  
1 sliced banana  
few strawberries, raspberries or any fresh fruit  
Combine the above ingredients, slowly stirring in one (3 oz.) package instant lemon pudding. Mix thoroughly. It thickens as you stir.

## **SUPER DUPER FRUIT SALAD**

Mrs. Charles Graves, Artesian, SD

1 can diced pineapple (drained)  
2 bananas, sliced  
1/2 cup chopped nuts  
2 oranges, cut in small pieces  
Cover the above ingredients with the following dressing: Combine pineapple juice, 1/2 cup sugar, 1 beaten egg, 1 tablespoon cornstarch. Cook until thick, cool. Pour over fruits.

## **TRIPLE TROPIC SALAD**

Mrs. Carl Malz, Sisseton, SD

Cantaloupe (cut in cubes)  
White seedless grapes  
Sliced peaches (fresh or canned)

Add enough sugar to please taste.  
Mix together and let marinate in refrigerator long enough to mix flavors.

## **CHERRY FRUIT SALAD**

Mrs. Harold Weischedel, Blunt, SD

1 can cherry pie filling  
1 can fruit cocktail (drained)  
1 can mandarin oranges (drained)  
1/2 cup miniature marshmallows  
2 sliced bananas  
Mix all ingredients together and chill before serving.

## **STRAWBERRY SURPRISE**

Audrey Morse, Elk Point, SD

2 pkgs. (3 oz.) strawberry gelatin  
2 cups hot water  
2 pkgs. (10 oz.) frozen strawberries  
1 13 1/2 oz. can crushed pineapple  
2 large bananas (finely diced)  
1 cup sour cream  
Dissolve gelatin in hot water. Add strawberries, stir occasionally until thawed. Add pineapple and bananas. Pour half of mixture in 8x11 pan. Chill until firm and spread with sour cream. Pour rest of gelatin mixture on top and refrigerate until firm.

## **7UP SALAD**

Leona Wessels, Huron, SD

1 cup crushed pineapple  
1 bottle 7Up  
1 cup sweetened applesauce  
1 pkg. (3 oz.) raspberry jello  
Heat applesauce - add jello, stir well.  
Cool. Add pineapple and 7Up, chill overnight.

## **FRUIT MACARONI SALAD**

Mrs. W. Seppanen, Lake Norden, SD

1-8 1/4 oz. can crushed pineapple  
4 beaten eggs  
1/2 cup sugar  
1/4 cup lemon juice  
3 cups cooked ring macaroni  
1 cup whipping cream (or 2-3 cups whipped topping)  
3 cups cored, diced apples  
1 cup miniature colored marshmallows  
Drain pineapple, reserving syrup. Chill pineapple. Combine eggs, reserved syrup, sugar and lemon juice. Cook and stir over medium low heat until mixture thickens. Add to cooked macaroni. Cover and chill several hours or overnight. Add cream that has been whipped to chilled macaroni, along with apples, marshmallows and pineapple. Serve in lettuce cups.

## **FRUIT SALAD**

Mrs. Ernest Dufek, Geddes, SD

1/4 cup lemon juice  
1 can sweetened condensed milk  
1 lge. carton whipped topping  
1 teaspoon almond flavoring  
1 can cherry pie filling  
1 can (13 1/2 oz.) crushed pineapple (drained)  
1/2 cup each, coconut, pecans (opt.)  
Mix lemon juice, condensed milk and whipped topping together, add almond flavoring. Mix in other ingredients and chill. Use large bowl or 9x13 cake pan.

## BREAKFAST SOUFFLE

Mrs. David Fruechte, Verdi, MN

2 cups diced, cooked ham  
9 eggs, beaten slightly  
3 cups milk  
1 1/2 teaspoons dry mustard  
1 teaspoon salt  
3 slices bread, cut in 1/4-in. cubes  
1 1/2 cups grated Cheddar cheese  
Spread ham in greased 9x13 pan. Beat eggs, blend in milk, dry mustard, salt, bread cubes and cheese. Spread over ham, cover pan and refrigerate overnight. Uncover and bake at 350 degrees for 1 hour.

## MANDARIN HAM SALAD

Virginia Mitchell, Houghton, SD

3 cups cooked ham cubes  
1 can (13 1/2 oz.) pineapple chunks, well drained  
1 can (11 oz.) mandarin oranges, drain  
1 can (16 oz.) bing cherries, drain  
1 1/2 cups miniature marshmallows  
1 cup dairy sour cream  
1/3 cup mayonnaise  
2 cups cooked rice  
lettuce

Combine ham, pineapple, cherries, mandarin oranges and marshmallows. Mix sour cream with mayonnaise and rice. Toss all ingredients. Serve in lettuce cups, sprinkle with toasted coconut or slivered almonds.

## HAM-POTATO BAKE

Mrs. Clifton Johnson, Hudson, SD

1 can (6 oz.) shoestring potatoes  
1 cup cooked ham, cubed  
1 cup whole kernel corn  
1 cup milk  
1 can cream of chicken soup  
1 teaspoon minced onion  
Mix all ingredients together. Put in a greased casserole, sprinkle crushed potato chips on top. Bake in 350 degree oven for 45 minutes.

## HAM AND BROCCOLI BAKE

Julie Englert, Worthing, SD

1 jar (8 oz.) Cheez Whiz  
2 cans cream of chicken soup  
1/2 cup milk  
1/2 cup chopped onion  
4 tablespoons margarine  
2 pkg. (20 oz.) broccoli  
4 cups cubed ham  
1 cup Minute Rice, uncooked  
1/2 tablespoon Worcestershire sauce

In large bowl blend cheese, soup and milk. Cook onion in margarine until tender. Cook broccoli; add together with onion, ham, rice and Worcestershire sauce to soup mixture. Pour into two 2-qt. casseroles. (Freeze one). Bake unfrozen one in 350 degree oven for 35-40 minutes. To bake frozen dish put covered casserole in 400 degree oven for 1 1/2 hours, uncover and cook 30 minutes longer.

## HAMARONI SKILLET SUPPER

Vivian Hrdlicka, Wagner, SD

1 cup elbow macaroni, uncooked  
1 1/2 tablespoons margarine  
1/4 cup chopped onion  
2 tablespoons diced green pepper  
1/8 teaspoon dried marjoram  
1/8 teaspoon dill weed (optional)  
dash of pepper  
4 1/2 teaspoons flour  
1 cup milk  
2 cups diced, cooked ham  
1 cup finely diced processed cheese  
Cook macaroni in boiling, salted water until tender, drain. Meanwhile, melt margarine, add onion, green pepper, dill weed, marjoram and pepper. Cook til onion is tender. Blend in flour. Gradually add milk, cook and stir until thickened. Add macaroni and ham, heat through, add cheese just before serving.

## HAM AND EGG SALAD

Mrs. Algot Holmstrom, Clark, SD

2 qts. chilled salad greens  
6 hard cooked eggs, quartered  
2 lbs. cooked ham, cubed  
8 to 10 cherry tomatoes  
1 cup sliced celery  
1 tablespoon chopped onion  
1/4 cup chili sauce  
1/4 cup mayonnaise  
1/4 cup minced parsley  
lemon wedges  
Wash and chill salad greens, tear into bite-sized pieces and place in large salad bowl. Add eggs, ham, tomatoes, onion and celery, toss. Combine chili sauce with mayonnaise, blend well. Serve as dressing to accompany salad. Garnish salad with parsley and lemon wedges, if desired.

## CREAMY HAM CASSEROLE

Mary Jean Hennen, Minneota, MN

1 med. head cauliflower  
2 cups cooked ham, cubed  
1 can (3 oz.) mushrooms, drained  
4 tablespoons butter  
1/3 cup flour  
1 cup milk  
1 cup (4 oz.) American cheese, cubed  
1/2 cup sour cream  
1 cup soft bread crumbs  
1 tablespoon melted butter  
Cook cauliflower florets until tender. Combine with ham and mushrooms. In medium saucepan melt butter, stir in flour, add milk and cook, stirring, until thick. Add cheese and sour cream to sauce. When melted add to cauliflower-ham mixture. Turn into two-quart casserole. Toss crumbs in melted butter and sprinkle over top. Bake uncovered in 350 degree oven for 40 minutes.

## APPLESAUCE HAM

Mrs. Ray Fier, Taunton, MN

1/4 cup thick applesauce  
1/3 cup strained, mild honey  
1 tablespoon prepared mustard  
1 center-cut slice ham, 1 in. thick  
Combine applesauce, honey and mustard, spread 1/3 over top of ham slice. Bake in 325 degree oven about 1 hour, basting frequently with remaining sauce.

## SWEET AND SOUR HAM

Norma Ouellette, Vermillion, SD

2 cups cubed, cooked ham  
2 tablespoons packed brown sugar  
1 1/2 tablespoons corn starch  
1 cup pineapple tidbits  
2 teaspoons prepared mustard  
3 teaspoons vinegar  
3/4 cup water  
1/2 teaspoon salt  
2 cups hot, cooked rice  
Place ham in casserole. Combine sugar and cornstarch, drain juice from pineapple into sugar mixture. Stir in mustard, vinegar and water. Pour over ham. Bake in 350 degree oven for 20 minutes or until sauce is thick. Remove from oven, stir in pineapple and salt. Serve over hot rice.

## EASY SCALLOPED HAM

Mrs. W.E. Strube, Big Stone City, SD

1 can cream of mushroom soup  
1 tablespoon minced onion  
1/2 teaspoon salt  
dash of pepper  
4 cups sliced, cooked potatoes  
1 can peas, drained  
2 cups diced, cooked ham  
Combine soup, onion and seasonings in a 2 qt. casserole. Stir in remaining ingredients. Bake in 350 degree oven for 45 minutes.

## B-B-Q CHICKEN

Mrs. Pete Wesseling, Stickney, SD

1 cut up fryer  
1 (10 oz.) bottle Pepsi Cola  
1 cup catsup  
Mix Pepsi and catsup. Place chicken pieces in 9x13 cake pan and pour mixture over. Bake for about one hour in 350 degree oven. DO NOT COVER.

## CHICKEN SALAD

Mrs. Tom Greseth, Claire City, SD

2 cans (5 oz.) boned chicken  
2 hard boiled eggs, cut up  
1/2 cup olives, cut up  
1 cup chopped celery  
1 tablespoon minced onion  
1 cup salad dressing  
1 pkg. Knox gelatin, dissolved in 1/4 cup water, adding 1/2 cup boiling water.  
Mix the above and pour into a 9x13 pan  
Dissolve 1 package lemon jello in 3/4 cup hot water, add 1/2 cup orange juice and whip in 1 cup cranberry sauce.  
Pour over chicken mixture. Refrigerate.

## HOT CHICKEN SALAD

Mrs. Marvin Godber, Letcher, SD

4 cups cooked chicken, diced  
4 cups celery, diced  
1 cup blanched almonds, slivered  
2/3 cup green pepper, cut in strips  
4 tablespoons pimento strips  
4 tablespoons minced onion  
2 teaspoons salt  
4 tablespoons lemon juice  
1 cup salad dressing  
1/2 cup melted butter  
2 cups cracker crumbs  
American cheese slices  
Combine chicken with other ingredients, except crackers and butter. Put in 9x13 baking dish, top with cheese slices, covering casserole. Put buttered crumbs on top. Bake in 350 oven for 45 minutes.

## KENTUCKY FRIED CHICKEN

Mrs. A. Kirschenmann, Hosmer, SD

3 lbs. chicken, serving size pieces  
2 pkgs. Italian salad dressing mix (dry)  
3 tablespoons flour  
2 teaspoons salt  
1/4 cup lemon juice  
2 tablespoons softened butter  
1/2 pint salad oil  
1 cup milk  
1 1/2 cups pancake mix, combined with 1 teaspoon paprika, 1/2 teaspoon sage and 1/4 teaspoon pepper  
Wipe chicken dry. Make paste of first 5 ingredients, brush to coat chicken evenly. Stack pieces in bowl, cover and refrigerate several hours. About 1 1/2 hours before serving, heat half of oil in two large skillets (so chicken won't be crowded). Dip pieces in milk, then in pancake mixture. Coat well. Dust off excess and lightly brown about four minutes on each side. Place in one layer in a shallow pan. Spoon remaining milk over pieces, seal pan with foil. Bake for 1 hour at 350 degrees. Uncover, bake 10 minutes at 400 degrees to crisp chicken, baste again with milk.

## CHICKEN SUPREME

Mrs. Adah Theel, Brookings, SD

2 cups stewed chicken (bite size pieces)  
1 cup cooked shell macaroni  
3/4 cup grated cheese  
1 tablespoon minced green pepper  
2 tablespoons chopped pimento  
salt and pepper  
2 cups chicken stock  
1 cup sweet cream  
Heat chicken stock and cream, thicken with 3 tablespoons flour (moisten with some of the liquid). Place rest of ingredients in casserole, blend in thickened mixture. Top with 1/2 cup bread crumbs that have been blended with 2 tablespoons butter. Bake in 350 degree oven until firm and brown on top (takes about 25-30 minutes).



## CHICKEN AND RICE DISH

Mrs. John Ruesink, Corsica, SD

1 cup uncooked, regular rice  
1 can cream of chicken soup  
3 cans water

Put rice on bottom of greased 9x13 in. pan. Cut one chicken into serving size pieces and place on top of rice, sprinkle with salt and pepper. Mix soup and water together, pour over rice-chicken mixture. Cover with foil and bake in 325 degree oven 1 1/2 hours (or until chicken is tender). Remove foil last 15 minutes to let chicken brown.

## CHEESE-CRUMB CHICKEN

Mrs. Mike Heilman, Bowdle, SD

1/4 cup butter or margarine  
3/4 cup crushed Ritz crackers  
1/2 cup grated Parmesan cheese  
1 tablespoon dried parsley flakes  
1/2 teaspoon garlic powder  
1/8 teaspoon pepper  
2 1/2-3 lb. frying chicken  
Melt butter in saucepan. Mix crushed crackers, Parmesan cheese, parsley flakes, garlic powder and pepper in bowl large enough to roll chicken in. Cut up chicken, roll in butter then in cracker-cheese mixture. Place chicken, skin side up, in a buttered pan. Sprinkle with remaining crumbs. Bake in 350 degree oven for 2 hours.

## BAKED CHICKEN

Carol Foiles, Raymond, SD

3/4 cup honey  
1 stick margarine  
1 teaspoon curry powder  
1/4 cup prepared mustard  
Bring above ingredients to boil. Place chicken, skin side up, in pan. Pour sauce over and bake for 1 1/2 hours at 350 degrees.

## CHICKEN AND DUMPLINGS

Maddie Mardian, Frederick, SD

1 fryer, cut in 8 pieces  
2 ribs celery, cut up  
3/4 cup chopped onion  
2 teaspoons salt  
1/8 teaspoon pepper  
1/8 teaspoon thyme leaves  
1 pkg. (10 oz.) frozen mixed vegetables (or peas and carrots)  
1 can (10 oz.) refrigerated biscuits  
Place chicken in large pot, add celery,

onion and seasonings, cover with water. Heat to boiling, reduce heat, simmer covered for 30 minutes. Add frozen vegetables, boil 5 minutes. Open refrigerator biscuits, break each in thirds and drop into simmering broth. When all biscuits are in broth, cover and simmer for 10 minutes or until biscuits are cooked through. Serve in deep bowls with a sprinkle of chopped parsley.

## CHICKEN PARMESAN

Ann Kuiper, Alpena, SD

1/4 cup fine, dry bread crumbs  
4 tablespoons grated Parmesan cheese  
1/4 teaspoon oregano, crushed  
Dash garlic powder  
Dash pepper  
2 lbs. chicken parts  
1 can cream of mushroom soup  
1/2 cup milk  
Paprika  
Combine crumbs, 2 tablespoons Parmesan, oregano, garlic and pepper; roll chicken in mixture. Arrange in shallow 2 qt. baking dish. Bake in 400 degree oven for 20 minutes. Turn chicken, bake 20 more minutes. Meanwhile, blend soup and milk; pour over chicken. Sprinkle with paprika and remaining Parmesan. Bake 20 minutes longer or until chicken is tender. Arrange on a platter, stir sauce and pour over chicken.

## **SWEET 'N SOUR VEGETABLES**

Mrs. Norbert Miller, Farmer, SD

1/2 cup celery, cut diagonally  
1/2 cup each, green pepper and carrots  
cut in small pieces  
1 small onion, sliced in rings  
1 zucchini, inch slices  
Combine and put into casserole with  
sauce: Bake in 325 oven for 1 hour.  
2 tablespoons cornstarch  
2 tablespoons Tang  
1 teaspoon sugar  
1 teaspoon vinegar  
1/4 cup cold water  
pinch of salt

## **CHEESE VEGETABLE DISH**

Mrs. Joseph Conlon, Longlake, SD

1/4 cup butter  
4 tablespoons flour  
2 cups milk  
2 cups grated cheese  
2 teaspoons salt  
2 cups diced, cooked potatoes  
1 cup cooked peas  
1 cup diced, cooked carrots  
1 onion, minced  
Make white sauce of butter, flour and  
milk. Add salt and cheese, stirring until  
cheese melts. Arrange remaining ingredi-  
ents in buttered dish, pour white sauce  
over and bake in 350 oven for 30 min.

## **CHEESE VEGETABLES**

Mrs. Bill Baer, Flandreau, SD

1 pkg. frozen cauliflower  
1 pkg. frozen broccoli  
1 pkg. frozen green beans  
Cook according to package directions,  
drain, mix together in large casserole.  
1 can cream of mushroom soup  
1 jar (8 oz.) Cheeze Whiz  
Heat until smooth and stir into  
vegetables. Sprinkle one package frozen  
onion rings on top of casserole, bake  
in 300 degree oven for 1-1 1/4 hours.

## **PAPRIKA ONIONS**

Donna Hanson, Sioux Falls, SD

4 large Bermuda onions  
1 teaspoon dry mustard  
1/4 cup honey  
1/4 cup vinegar  
1/2 teaspoon salt  
2 Tablespoons salad oil  
1/2 teaspoon paprika  
Peel onions, cut in half and place cut  
side up in one layer in heavy skillet.  
Add water to cover, salt lightly, cover  
and simmer 10 minutes. Drain. Com-  
bine remaining ingredients and pour  
over onions. Simmer for 30 minutes  
(or until tender). Baste occasionally to  
glaze onions. Remove onions to warm  
serving plate. Bring sauce to boil and  
spoon over onions.

## **CARROTS AU GRATIN**

Mrs. Barbara Walters, Wagner, SD

3 cups cooked, sliced carrots, drained  
1 can (10 1/2 oz.) cream of celery soup  
4 oz. (1 cup) American cheese, shred  
1/4 cup fine bread crumbs  
1 tablespoon melted butter  
Combine carrots, soup and cheese in a  
1 qt. casserole. Combine bread crumbs  
and butter, sprinkle on top of carrot  
mixture. Bake in 350 degree oven  
for 20-25 minutes.

## **POTATOE CASSEROLE**

Mairs Webster, Wilmot, SD

8 or 10 large potatoes, cooked  
1 package (8 oz.) cream cheese  
1 cup sour cream with chives  
1 teaspoon garlic salt  
Mash potatoes, combine all ingredients  
and put in greased casserole. Top with  
3 tablespoons butter and sprinkle with  
paprika. Bake in 350 degree oven until  
brown on top.  
May be made ahead and refrigerated--  
instant potatoes can also be used.

## OVERNIGHT CASSEROLE

Mrs. Joe Michels, Willmar, MN

(Combine the day before and refrigerate until time to bake)

2 packages (10 oz.) of each; frozen cauliflower, peas and lima beans  
1 package frozen onions  
8 oz. Cheddar cheese, grated  
2 cans cream of mushroom soup  
3/4 soup can milk  
1 cup chopped celery  
12 fresh carrots, sliced and cooked  
2 cans (5 oz.) water chestnuts, sliced  
salt, pepper and garlic powder to taste  
Buttered bread crumbs

Cook frozen vegetables until tender. (Do not overcook). Combine cheese, soup and milk. Add to vegetables, seasonings and water chestnuts. Pour into buttered casserole and top with buttered bread crumbs. Cover and bake in 350 degree oven for 20 minutes. Uncover and bake until bubbly in center (about 20 minutes longer).

## TURNIP & ONION CASSEROLE

Mrs. Roy Colman, Ivanhoe, MN

2 pounds turnips  
3 cups thinly sliced onions  
salt and pepper  
1 chicken bouillon cube  
1/2 cup boiling water  
2 tablespoons butter

Pare turnips, cut in half and then into thin crosswise slices. Arrange alternate layers of turnip and onion in a greased 2 1/2 qt. casserole. Sprinkle layers with salt and pepper. Dissolve bouillon cube in boiling water and pour over vegetables. Dot with butter. Bake, covered, in a 400 degree oven 1 to 1 1/4 hours, or until turnips are tender.

## CORN & MUSHROOM BAKE

Joyce Balliet, Eureka, SD

1 can (17 oz.) whole kernel corn, drain  
2 eggs  
1 can (4 oz.) button mushrooms, drain  
1/2 teaspoon salt  
1/4 teaspoon onion salt  
2 tablespoons butter  
1/2 cup milk  
1/2 cup fine cracker crumbs

Mix drained corn and beaten eggs in a buttered casserole. Drain mushrooms, reserving 1/4 cup liquid. Stir in mushrooms and salts. Sprinkle cracker crumbs on top. Dot with butter. Add reserved mushroom liquid to milk and pour over crumbs. Bake uncovered in 350 degree oven for 35-40 minutes.

## VEGETABLE DISH ITALIAN

Jeanie Goede, Sioux Falls, SD

4 cups peeled zucchini, cubed  
4 whole tomatoes, peeled and cut into eighths (or 1 qt. canned)  
1 medium onion, diced  
1 cup celery, chopped fine  
1 green pepper, diced  
1 cup cubed bread or croutons  
1 cup Cheddar cheese, shredded  
1 teaspoon salt  
1/4 teaspoon pepper  
2 teaspoons Italian seasoning or oregano  
3 tablespoons butter

Saute zucchini, onion, celery, and green pepper in butter. Add seasonings and tomatoes when tender. After tomatoes are well warmed through, put in a casserole, top with bread crumbs and cheese. Bake in 350 degree oven for one-half hour or until cheese melts.

## PECAN BARS

Mrs. Albert Ahrendt, Emery, SD

### CRUST

1 1/3 cups flour

1 cup brown sugar

1/2 cup soft butter

Mix until crumbly and press into a 9x13 pan. Bake in 350 degree oven for 15 minutes.

### FILLING

2 eggs, beaten

1/2 cup dark corn syrup

1 cup brown sugar

2 tablespoons flour

1 teaspoon vanilla

1/2 teaspoon salt

1/2 cup chopped pecans

Mix eggs, syrup, sugar, flour, vanilla and salt. Pour over baked crust.

Sprinkle pecans over top. Bake for 25 minutes in 350 degree oven until top-ping is set. Cool. Melt 1 package (6 oz.) milk chocolate chips and spread over top. Cool and cut.

## CHERRY BRUNCH BARS

Jane Jensen, Ree Heights, SD

1 cup butter or margarine

1 teaspoon vanilla

1 1/2 teaspoons baking powder

1 3/4 cup sugar

3 cups flour

4 eggs

1/4 teaspoon salt

1 can cherry pie filling

Cream together butter or margarine and sugar, add eggs and beat well. Add vanilla. Sift dry ingredients together and add to creamed mixture, mixing well. Put 2/3 of batter in bottom of a greased jelly roll pan. Spread cherries on top, drop remaining batter over cherries. Bake in 350 degree oven for 30-40 minutes. When cool, dust with confectioner's sugar and cut in squares.

## BROWNIES (LARGE BATCH)

Mary Breitag, Leola, SD

2 cups white sugar

1 1/2 cups shortening

2 eggs

1 cup milk

2 cups sifted flour

3/4 cup cocoa

1/2 teaspoon baking powder

1/2 teaspoon salt

1/2 cup nutmeats

1 teaspoon vanilla

Cream together sugar and shortening, add eggs and milk. Sift together flour, cocoa, baking powder and salt. Add to creamed mixture. Stir in nutmeats and vanilla. Beat well. Pour onto cookie sheet and bake in 350 degree oven for 25 minutes.

### FROSTING

Combine 1 cup sugar, 1/2 teaspoon salt 1/4 cup cocoa and 1/2 cup milk. Bring to a quick boil. Remove from heat and add 1 tablespoon butter and 1 teaspoon vanilla. Stir in 1 1/2 cups sifted powdered sugar. Spread warm frosting on cooled brownies.

## FROSTED BROWNIE BARS

Mrs. Albert Loeb, Leola, SD

1 cup boiling water

1 teaspoon soda

1 cup sugar

1/2 cup salad oil

1 egg

1 teaspoon vanilla

1 3/4 cups flour

1 tablespoon cocoa

1/2 teaspoon salt

Dissolve soda in boiling water, cool.

Combine sugar, oil, egg and vanilla, add dry ingredients alternately with soda mix. Spread in greased, floured 9x13 pan. Sprinkle with 1/2 cup brown sugar and 1 cup chocolate chips. Bake in 350 degree oven for 30 minutes.

## BEETNICK COOKIE BARS

Mrs. L. Greteman, Beardsley, MN

2 tablespoons butter  
1 1/2 cups sugar  
1 cup salad oil  
3 eggs  
1 cup pureed beets (or baby food)  
1 teaspoon vanilla  
2 cups flour  
1/2 teaspoon soda  
1/4 teaspoon baking powder  
Mix in order given. Bake in greased  
11x16 pan in 350 degree oven about  
30 minutes or until done. Frost when  
cool.

## PUMPKIN BARS

Mrs. Richard Lentsch, Howard, SD

1 cup salad oil  
2 cups sugar  
4 eggs, beaten  
1 can (reg. size) pumpkin  
1/2 teaspoon salt  
2 teaspoons cinnamon  
1 teaspoon soda  
2 cups flour  
1/2 cup chopped nuts  
Mix all together thoroughly. Bake on  
a large greased cookie sheet in 350 de-  
gree oven for 20-25 minutes.

## O'HENRY BARS

Mrs. Boyd King, Chamberlain, SD

4 cups oatmeal  
2/3 cup margarine  
1/2 cup white syrup  
1 cup brown sugar  
3 teaspoons vanilla  
1 pkg. (6 oz.) chocolate chips  
2/3 cup crunchy peanut butter  
Melt margarine, combine with syrup,  
sugar and vanilla and pour over oatmeal  
Pat in a 9x13 pan. Bake in 350 degree  
oven for 15 minutes. Melt chocolate  
chips and peanut butter and spread  
over bars while warm.

## MOUNDS COOKIE BARS

Mary J. Abraham, Elk Point, SD

2 cups graham cracker crumbs  
1/4 cup powdered sugar  
1/2 cup margarine, melted  
2 cups coconut  
1 can (14 oz.) sweetened, condensed  
milk  
1 teaspoon vanilla  
1 pkg. (6 oz.) chocolate chips  
Combine crumbs, powdered sugar and  
margarine. Press into 9x13 pan. Bake  
in 350 degree oven for 10 minutes.  
Combine coconut, sweetened, cond.  
milk and vanilla. Spread on crust.  
Bake for 12 minutes in 325 degree  
oven. Melt chocolate chips and spread  
on top of bars. Cool and cut.

## SALTED PEANUT BARS

June Herke, Howard, SD

1 1/2 cups flour  
2/3 cup melted butter or margarine  
1/2 cup brown sugar  
Mix together and spread in jelly roll  
pan. Bake 10 min. in 350 degree oven.  
3 tablespoons butter  
3 tablespoons water  
1/2 cup white syrup  
1 pkg. (12 oz.) butterscotch chips  
Mix together and stir over low heat  
until melted. Add 1 can (12 oz.) salted  
Spanish peanuts. Pour over baked  
crust. Cool and cut in bars.

## SOUR CREAM NOUGAT BARS

Mrs. Wm. Barrett, Watertown, SD

Melt 3 tablespoons butter in a 9x13 in.  
pan. Add 1/2 package Sour Cream  
Chocolate cake mix. Sprinkle on top:  
1 1/2 cups miniature marshmallows  
1 pkg. (6 oz.) chocolate chips  
1 cup coconut  
1 cup nuts  
Pour 1 can sweetened, condensed milk  
over the top. Bake in a 350 degree  
oven for 30 minutes.

## POTATO WHITE BREAD

Mrs. Otto Loeck, Balaton, MN

1/2 cup potato flakes

2 1/2 cups hot water

2 tablespoons sugar

1 tablespoon salt

1/4 cup vegetable oil

3 cups flour

1 pkg. instant dry yeast

In mixing bowl measure and mix potato flakes and water. Add sugar, salt and oil, stir well. Add flour and yeast. Stir to form soft ball. Add 2 cups (or more) flour to make a firm dough. Knead til smooth, cover and let rise until double. Knead down, let rest 15 minutes. Form into 2 loaves, let rise until double and bake in 350 degree oven 30-35 minutes.

## TOMATO BREAD

Mrs. Albert Loeb, Leola, SD

2 cups tomato juice

2 tablespoons butter

3 tablespoons sugar

1 teaspoon salt

1/4 cup catsup

1 pkg. active dry yeast

1/4 cup warm water

7 to 8 cups flour

Heat tomato juice and butter together until butter is melted. Add sugar, salt and catsup. Cool to lukewarm. Dissolve yeast in warm water, add tomato mixture and 3 cups of flour. Beat with mixer at medium speed for 2 minutes, scraping bowl occasionally. Mix enough flour, a little at a time, to make a soft dough that leaves the sides of the bowl. Turn onto lightly floured board and knead until smooth and elastic. Place in lightly greased bowl, turning dough over to grease top. Cover and let rise until doubled (1-1 1/2 hours). Punch down, divide in half, cover and let rest 10 minutes. Shape into two loaves and place in greased loaf pans. Cover and let rise until almost doubled. Bake in 350 degree oven about 30 minutes.

## OVERNIGHT SWEET ROLLS

Diane Wartner, Russell, MN

In evening mix:

1 tablespoon sugar

1 teaspoon salt

2 pkgs. yeast in 1 cup warm water

Let soak up good, then add:

3 cups warm water

4 cups flour

Stir until bubbly (have in large bowl), set in warm place overnight. In the morning add:

1 cup sugar

1 cup cooking oil

2 beaten eggs

Add enough flour to make a big, soft ball. Set in warm place to rise. Knead down once, shape and bake in 350 degree oven 30 minutes.

## DILLY BREAD

Mrs. Ruth Ellis, Academy, SD

1 pkg. dry yeast

1/4 cup warm water

1 cup cottage cheese (warm)

2 tablespoons sugar

1 tablespoon minced onion

2 teaspoons dill seed

1 teaspoon salt

1/4 teaspoon soda

1 egg, beaten

2 1/4 cups flour

Dissolve yeast in warm water, add all of other ingredients except 1 1/4 cups of flour, beat with mixer. Add remaining flour and knead. Cover, let rise one hour. Knead and shape into loaf. Put into greased loaf pan (also grease top of loaf), let rise until doubled. Bake in 350 degree oven for 45 minutes.

## BARBECUE SAUCE

Mrs. Wm. Lubinus, Salem, SD.

1 cup catsup  
1 tablespoon Worcestershire sauce  
1 teaspoon tabasco sauce  
1 cup water  
1/4 cup vinegar  
1 tablespoon sugar  
1 teaspoon salt  
1 teaspoon celery seed  
Mix together and simmer for 30 minutes. Turn chicken and baste several times during the cooking process.

## SPECIAL BARBECUED RIBS

Mrs. David Scholten, Armour, SD

1 tablespoon celery seed  
1 tablespoon chili powder  
1/4 cup brown sugar  
1 tablespoon salt  
1 teaspoon paprika  
2 1/2 pounds loin back ribs  
1 can (8 oz.) tomato sauce  
1/4 cup vinegar  
Combine celery seed, chili powder, sugar, salt and paprika. Rub one-third of mixture on ribs. To remaining mixture add tomato sauce and vinegar. Heat and use to baste ribs frequently while they are cooking over low heat.

## SAVORY LEMON CHICKEN

Jill Entenman, Brandon, SD

1/3 cup cooking oil  
1/3 cup white wine  
2 teaspoons lemon & pepper  
1 teaspoon prepared mustard  
1/2 teaspoon tarragon leaves  
1/2 teaspoon onion powder  
3 lbs. small chicken pieces  
Combine all ingredients except chicken. Pour over chicken, cover and marinate for one hour. Turn occasionally. Cook chicken over hot coals, turn and baste with marinade, about 50 minutes.

## BARBECUE SAUCE

Mrs. Charles Storm, Mt. Vernon, SD

Combine all ingredients and bring to a boil:  
1/4 cup white vinegar  
1/4 cup lemon juice  
1/4 cup salad oil  
1/4 teaspoon salt  
1/8 cup soy sauce  
Dash black pepper  
Grease grill lightly and place chicken on it, skin side down. Sprinkle with salt. Turn chicken frequently, until done, brushing with sauce often. Allow 45 minutes to grill chickens.

## TEXAS STYLE BBQ CHICKEN

Jeanne Skains, Albee, SD

2 tablespoons vinegar  
6 tablespoons catsup  
6 tablespoons mustard  
1 onion, chopped  
8 tablespoons brown sugar  
4 dashes hot sauce  
1 teaspoon crushed red pepper  
1 tablespoon Worcestershire sauce  
salt and pepper to taste  
Add 1 cup water to above and cook down to a thick sauce. Pour over cut up chicken and grill. Baste during grilling time.

## CHICKEN-PORK BBQ SAUCE

Mrs. Earl Millar, Highmore, SD

1 can (16 oz.) tomato sauce  
3 tablespoons prepared mustard  
1 clove garlic - minced  
3 tablespoons molasses  
3 drops tabasco sauce  
5 drops Worcestershire sauce  
3 tablespoons brown sugar  
Juice of 1 lemon  
Cook over low heat until thick. Keep brushing on meat as it cooks on grill.

# Let's put all the pieces together!

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If we're going to clean up the land and air . . . electricity will do it. Why? . . . well electricity is the cleanest source of modern energy at the point of use. There's no soot, dust, or smoke.

It makes sense . . . use of clean electricity can and will be the answer to pollution and environmental problems.

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