

# East River's Country cookin'

with  
*Doris Leraas*

VOLUME IV

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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 Apple, Asparagus, Fish & Seafood, Pork, Potato and Party Food recipes.

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## 6.4 APPLE MACAROONS

Rose Engberg, Bruce, SD

6 med. apples, peeled  
½ to ¾ cup sugar  
1 teaspoon cinnamon  
1/2 cup coconut  
1/2 cup pecans, broken in pieces  
1/4 cup butter  
1/2 cup sugar  
1 egg, well beaten  
½ teaspoon vanilla  
¾ cup all purpose flour

Slice apples thinly into 9x9x3" pan. Mix sugar and cinnamon and sprinkle over apples. Sprinkle over coconut and pecans. Cream shortening, butter, sugar and egg until fluffy. Stir in vanilla and stir in flour. Spread batter evenly over apples. Bake in 350 degree oven 30 to 35 minutes. Cut into squares and serve warm or cold with whipped cream.

## CREAM APPLE SQUARES

Elaine Goldhammer, Wagner, SD

2 cups flour  
2 cups brown sugar, firmly packed  
1/2 cup soft butter  
1 cup chopped nuts  
1-2 teaspoons cinnamon  
1 teaspoon soda  
1/2 teaspoon salt  
1 cup dairy sour cream  
1 teaspoon vanilla  
1 egg  
2 cups apples, peeled & chopped

In large bowl combine first three ingredients. Blend at low speed until crumbly. Stir in nuts. Press 2 ¾ cup of mixture into ungreased 9x13 pan. To remaining mixture add cinnamon, soda, salt, sour cream, vanilla and egg. Blend well. Stir in apples, spoon over crumb base, distributing evenly. Bake in 350 degree oven 25-35 minutes. Cut in squares and serve with whipped cream.

## JEWISH APPLE CAKE

Beth Serck, Fairview, SD

5 apples, sliced thin  
3 teaspoons cinnamon  
1/2 cup sugar  
3 cups flour  
2 cups sugar  
1 teaspoon salt  
3 teaspoons baking powder  
1 cup oil  
4 eggs  
2 ½ teaspoons vanilla  
1/4 cup orange juice

Mix 1/2 cup sugar with cinnamon and blend with apples. Set aside. Mix dry ingredients in mixer on low speed. Add oil, eggs, vanilla and orange juice. Mix until blended. Put half of batter in greased and floured tube pan. Add half of apple mix and pour rest of batter on top, adding rest of apples last. Bake in 350 degree oven for 1 hour and 20 minutes.

## HONEY APPLE NUT BREAD

Cindy Foster, Fulton, SD

2 cups presifted flour  
2 eggs, slightly beaten  
1/2 cup shortening  
1 cup honey  
1 teaspoon soda  
1/2 teaspoon salt  
1 cup nuts, chopped  
1 cup applesauce

Cream shortening, honey and eggs together. Beat until light. Mix dry ingredients into creamed mixture alternately with applesauce. Add nuts. Pour into greased loaf pan, bake in 325 degree oven for 60 minutes. Can be served warm or cooled. Slice thin and spread with one 3 oz. package softened cream cheese mixed with 1 tablespoon maraschino cherry juice.

## FRESH APPLE DESSERT

Mrs. Glenn Burger, Huron, SD

4 eggs  
1½ cups sugar  
2/3 cup sifted flour  
1 cup chopped nuts  
1 teaspoon baking powder  
1/2 teaspoon soda  
1/2 teaspoon salt  
1 teaspoon cinnamon  
1/4 teaspoon nutmeg  
2 cups finely chopped apples  
Beat eggs for 4 minutes, beat in sugar. Mix rest of dry ingredients together and add to egg-sugar mix. Finally stir in chopped apples, mix well and pour into 9x12 pan. Bake in 350 degree oven for 50-60 minutes. Serve with Caramel Sauce.

### Caramel Sauce

1/2 cup butter  
1/2 cup brown sugar  
1/2 cup white sugar  
1/2 cup cream

Bring to boil, stirring constantly, over medium heat. Boil hard for one minute, cool.

## NOBBY APPLE CAKE

Doris Zimmerman, Chokio, MN

6 tablespoons butter  
2 cups sugar  
2 eggs  
1 teaspoon cinnamon  
1 teaspoon nutmeg  
2 teaspoons baking soda  
2 cups sifted flour  
6 cups diced apples  
2 teaspoons vanilla

Cream butter and sugar, add eggs and mix. Sift remaining dry ingredients and add to sugar-egg mixture. Stir in apples and vanilla. Bake in 9x12 pan in 350 degree oven for 45 minutes.

## SOUR CREAM APPLE PIE

Zee Conn, Mina Lake, SD

1 unbaked piecrust  
1 tablespoon flour  
1/4 teaspoon salt  
3/4 cup sugar  
1 egg  
1 cup sour cream  
1/2 teaspoon vanilla  
2 cups chopped apples  
Beat egg, mix with apples. Combine dry ingredients and add to egg-apple mixture. Stir in sour cream and vanilla. Pour into pie crust, bake in 400 degree oven 15 min. Reduce heat and bake at 350 degrees for 30 minutes. Mix and crumble topping ingredients and sprinkle on top of pie. Return to oven and bake 10 minutes longer.

### Topping

1/3 cup sugar  
1/3 cup flour  
1/4 cup butter  
1/2 teaspoon vanilla  
Cinnamon

## DUTCH APPLE DESSERT

Berniece Ticknor, Vermillion, SD

1/4 cup margarine  
1½ cups graham cracker crumbs  
1 can (14 oz.) Eagle Brand milk  
1 cup sour cream  
1/4 cup lemon juice  
1 can apple pie filling  
1/4 cup chopped walnuts  
1/2 teaspoon cinnamon

Preheat oven to 350 degrees. In shallow baking dish melt margarine in oven, sprinkle in crumbs, stir well and press on bottom of dish. In medium bowl mix together milk, sour cream and lemon juice. Spread over crumbs. Spread pie filling over creamy layer. Bake for 25 minutes. Cool. Mix nuts and cinnamon together and sprinkle over dessert.



## ASPARAGUS TIMBALES

Mrs. Charles Clapp, Hendricks, MN

2 tablespoons butter or margarine  
1/4 cup flour  
1 teaspoon salt  
1/2 cup bread crumbs  
3 eggs, beaten  
1/2 teaspoon paprika  
1 cup milk  
2 cups cooked asparagus  
Melt butter, add flour and seasonings, gradually add the milk to make a sauce, stirring constantly while sauce thickens slightly. Stir in asparagus, bread and eggs. Pour into oiled mold or cups. Stand in pan of hot water and bake in 350 degree oven until firm, like a custard.

## BAKED ASPARAGUS

Mrs. L. Arhart, Woonsocket, SD

2 to 2 1/2 lbs. asparagus pieces (frozen)  
1 can mushroom soup  
1 cup mild cheddar cheese, shredded  
1 cup white cheese, shredded  
1 cup Club cracker crumbs  
Mix soup with asparagus pieces, put in casserole. Mix cheeses and cracker crumbs, sprinkle on top of asparagus. Bake in 325 degree oven for 1 1/2 hours. (If using fresh asparagus, decrease baking time.)

## ASPARAGUS HAM BAKE

Barbara Coleman, Springfield, SD

6 thin slices cooked ham  
12 asparagus spears, cooked  
2 cups cooked rice  
1 can cheddar cheese soup  
Pour rice into greased casserole. Roll two asparagus spears in each ham slice, place on top of rice. If desired, top with corn flake crumbs, chopped onion or parsley. Cover. Bake in 350 degree oven for 20 minutes.

## ESCALLOPED ASPARAGUS

Mrs. E. Bohnenkamp, Dell Rapids, SD

1 can cut asparagus  
1 pkg. potato chips  
1 tablespoon minced onion  
1 can cream of mushroom soup  
1/3 cup grated American cheese  
3 slices bread  
1/4 cup melted butter

Drain asparagus, reserve liquid. In bottom of greased casserole put a layer of crushed potato chips; layer of asparagus, sprinkle with half of minced onion. Repeat in order once more. Blend asparagus liquid and soup, pour over all. Break bread into small pieces and mix with melted butter. Put bread over top of casserole, sprinkle with grated cheese. Bake in 350 degree oven 30 minutes.

## ASPARAGUS CREAM SOUP

Mrs. Bob Rabe, Denver, CO

1/2 stick butter or margarine  
2/3 cup white sauce mix  
1 chicken flavor bouillon cube  
1 cup finely chopped, cooked asparagus  
2 cups water

Cook asparagus in water, drain and set aside, saving the water. Melt butter, add white sauce mix, bouillon and asparagus water to make 2 cups. Bring to boil over moderate heat, stirring constantly. Boil about one minute, add asparagus. Heat to serving temperature.

### White Sauce Mix

2 3/4 cups instant nonfat dry milk  
1/2 cup cornstarch  
1 teaspoon salt  
1/2 teaspoon pepper

Combine dry milk, cornstarch, salt and pepper. Store mixture in tightly covered jar at room temperature.

Use mix as needed, stirring thoroughly before each use.

## PIE PAN ASPARAGUS

Mrs. G. Berberich, Volin, SD

1/4 cup butter or margarine  
1/4 cup flour  
3/4 cup chicken broth  
3/4 cup milk  
1/2 cup grated cheddar cheese  
1/4 cup grated Parmesan cheese  
1/2 teaspoon salt  
1/8 teaspoon pepper  
2 lbs. hot, cooked asparagus spears  
1/8 teaspoon pepper  
2 tablespoons grated Parmesan cheese

Melt butter in saucepan; blend in flour. Add chicken broth and milk, cook, stirring constantly until mixture is thick and bubbly. Add cheddar, 1/4 cup Parmesan, salt and pepper; stir until cheeses melt. Place asparagus in 10" pie pan. Pour sauce over and sprinkle with 2 tablespoons Parmesan cheese. Broil until bubbly.

## ASPARAGUS SOUP

Shirley DeZotell, Estelline, SD

2 lbs. asparagus (cooked)  
1/4 cup onion, finely chopped  
4 tablespoons butter  
2 tablespoons flour  
1 can chicken broth  
1 cup cream  
1/8 teaspoon mace or nutmeg

Reserve 1 1/2 cups of asparagus cooking water, add to asparagus and whirl in blender until mixture is smooth. Saute onion in butter in large saucepan until tender but not brown. Stir in flour and cook until bubbly. Gradually stir in chicken broth, bring to a boil while stirring. Lower heat and simmer 3 minutes. Add asparagus puree, 1/2 cup cream and mace or nutmeg. Bring to boil. Whip remaining cream and serve soup with dollop of cream on each serving.

## ASPARAGUS CASSEROLE

Kathryn Lounsbury, Centerville, SD

1 lb. asparagus (cooked)  
3 boiled eggs, sliced  
6 slices American cheese  
1 can cream of mushroom soup  
3/4 cup toasted buttered bread crumbs  
1/2 cup milk

Arrange asparagus, eggs, cheese and crumbs in two alternate layers in a 2-quart baking dish. Combine soup and milk and pour over top. Final topping, last of bread crumbs. Bake covered in 350 degree oven for 25-30 minutes.

## CHICKEN & ASPARAGUS

Mrs. L. Larson, Marshall, MN

1 pkg. (1 lb.) Creamettes (uncooked)  
2 cans cream of mushroom soup  
1 can asparagus, drained  
1 medium onion, cut fine  
2 cups cooked chicken, diced  
1/2 lb. Velveeta, diced  
1 small can pimientos, chopped  
1 large can mushrooms

Mix all together and let stand in refrigerator over night. Bring back to room temperature one hour before baking. Bake in 350 degree oven for one hour. (Serves 8)

## ASPARAGUS CASSEROLE

Mrs. Leonard Herr, Madison, SD

1 cup rice, cooked  
1 pkg. asparagus (cooked)  
2 tablespoons butter  
1 onion, chopped  
1 green pepper, chopped  
3/4 cup Velveeta or Cheese Whiz  
1 can cream of chicken soup  
Saute onion and pepper in butter until soft and lightly browned. Mix with cooked rice and asparagus. Add one-half of cheese and cream of chicken soup. Pour into casserole and top with rest of cheese. Bake in 350 degree oven until heated through

## **BAKED FISH FILLETS**

Mrs. D. Murphy, Woonsocket, SD

2 lbs. frozen fish fillets, thawed  
1/4 cup melted butter  
8 oz. potato chips, crushed fine  
salt and pepper to taste  
paprika

Dip seasoned fillets in melted butter, roll in potato chips and sprinkle lightly with paprika. Put in ungreased baking pan and bake in 350 degree oven 40 to 50 minutes or until browned. Serve with lemon wedges or fish sauce.

## **DEEP FRIED FISH**

Mrs. Nicky Thompson, Tyler, MN

1 egg  
1/4 cup milk  
1/2 cup flour  
1/2 teaspoon baking powder  
1/2 teaspoon salt (or less)  
1/2 teaspoon melted fat

Mix all together. Cut fish into tiny bits and dip in batter, then roll in crushed cracker crumbs. Deep fat fry for only a couple minutes or until batter is light brown.

## **FISH CHOWDER**

Mrs. Georgia Goodell, Redfield, SD

1 lb. fish fillets  
4 med. potatoes, peeled and diced  
1 tablespoon fat  
1 onion, diced  
2 cups milk  
Salt and pepper

Cook fish slowly in small amount of water until fish flakes. Remove fish, cook potatoes in same water. Cool fish and flake. Brown onion in fat (bacon, margarine or shortening). Mix all ingredients in fish - potato water, heat. Salt and pepper to taste.

## **FISH IN FOIL**

Mrs. Clarence Richards, Viborg, SD

Place individual fish servings on sheet of foil; sprinkle each piece with 1 tablespoon vegetable oil, salt and pepper to taste and paprika. Double fold foil edges and wrap securely. Place wrapped pieces on flat pan and bake in 425 degree oven (or place on hot grill), for 20 minutes. For variation, brush each piece with liquid smoke before wrapping.

## **OVEN CRUSTY FISH**

Mrs. Harold Fornia, Jefferson, SD

1 egg  
1 tablespoon water  
3/4 tabasco sauce  
1/2 teaspoon salt  
1 1/2 pounds fish fillets  
1 cup corn flake crumbs  
2 tablespoons melted butter or oil  
Lemon wedges

Combine egg, water, tabasco sauce, and salt and beat. Dip fillets in mixture and then coat with crumbs. Place on foil-lined sheet, drizzle with melted butter. Bake in 375 degree oven 20-30 minutes or until fish flakes. Serve with lemon wedges.

## **FISH FILLET ELEGANTE**

Mrs. Elroy Green, Wilmot, SD

1 lb. frozen fish, thaw & separate  
Fresh ground pepper  
2 tablespoons margarine  
1 can cream of shrimp soup  
1/4 cup Parmesan cheese  
Paprika

Preheat oven to 400 degrees. Arrange fish fillets in buttered pan, dust with pepper and dot with margarine. Spread shrimp soup over fillets and sprinkle with cheese and paprika. Bake 20-25 minutes, serve with lemon.

## **BUTTER HERBED FISH**

Mrs. Randy Bauer, Mina, SD

1/2 cup butter (melted)  
2/3 cup crushed crackers  
1/4 cup Parmesan cheese  
1/4 teaspoon garlic powder  
1/2 teaspoon EACH basil, oregano  
and salt  
1 lb. fish fillets  
Mix cracker crumbs with cheese  
and seasonings. Dip fish in butter,  
then into crumb mixture. Bake on  
shallow pan in 350 degree oven for  
25-30 minutes.

## **CANNED FISH**

Hazel Bouren, Ree Heights, SD

(For each pint)  
Fresh fish cut in 1x2 in. pieces  
1 teaspoon catsup  
1 teaspoon salad oil  
1 teaspoon vinegar  
1/2 teaspoon salt  
Soak fish overnight in a light salt  
brine. Pack fish in pint jars while  
still raw. To each jar add remaining  
ingredients. Seal. Process at 10 lbs.  
pressure for 1 hr. and 40 minutes  
(100 minutes) in pressure cooker.

## **FRIED FISH**

LaVernice Whistler, Spencer, SD  
Soak fresh fish in beer for 3 hours  
or overnight. Remove from beer and  
roll in Bisquick seasoned with salt  
and pepper to taste. Makes a fluffy  
batter whether pan or deep fat fried  
and will not be greasy.

## **POOR MAN'S LOBSTER**

Bonnie Keppen, Madison, SD

2 pounds cod fillets  
6 cups water  
1/2 cup wine vinegar  
1 teaspoon onion flakes  
1 teaspoon lemon juice  
Mix together all ingredients except  
fish. When at full boil, add fish and  
boil for 12 minutes. Drain and serve  
with melted butter.

## **BUTTERED COD (Microwave)**

Mrs. Anna Lentz, Gary, SD

1½ lbs. cod fish fillets  
2 tablespoons margarine  
1/2 teaspoon salt  
Dash of pepper and paprika  
Cut fish into 6 portions, arrange on  
glass baking dish. Dot with margarine,  
sprinkle remaining ingredients  
on top. Cover with saran wrap and  
microwave 6 to 7 minutes on high.

## **GOLDEN-BAKED FISH**

Mrs. Arthur Dahl, Rutland, SD

2 teaspoons salt  
1/2 cup milk  
2½ inch halibut steaks  
1½ cups slightly crushed corn flakes  
2 tablespoons melted butter  
Dissolve salt in milk, dip fish into  
milk, then into corn flakes. Pour  
butter over fish. Bake on greased  
cookie sheet in 400 degree oven for  
20 minutes. Serve with Tartar Sauce.

## **Tartar Sauce**

1 cup mayonnaise  
1 teaspoon grated onion  
1 tablespoon minced dill pickle  
1 teaspoon minced parsley  
1 teaspoon chopped pimentoes

## **LEMON BUTTERED FISH**

Mrs. D. Hurley, Gann Valley, SD

1/4 cup butter  
1/4 cup Real Lemon juice  
1/4 cup water  
1 chicken bouillon cube  
1/4 teaspoon thyme leaves or dill  
1 pound fish  
Thaw fish, if frozen. In large skillet  
combine butter, juice, water and  
bouillon. Heat until all is dissolved.  
Add fish, cover pan and simmer  
10-12 minutes. Garnish with paprika.

## HERB SALMON BAKE

Joyce Johnson, Artesian, SD

2 cups seasoned croutons  
1 can salmon, drained & flaked  
2 cups grated cheddar cheese  
4 eggs, beaten  
2 cups milk  
1/2 teaspoon Worcestershire sauce  
1/2 teaspoon dry mustard  
1/2 teaspoon salt

Preheat oven to 350 degrees.

Grease a 1½ qt. casserole. Spread one cup croutons on bottom of dish, then layer 1 cup salmon and one cup cheese, repeat layers with rest of croutons, salmon and cheese. Beat eggs, Worcestershire sauce, milk, mustard and salt together, pour over layers and bake one hour. Test for doneness by inserting knife near center. Serves 6.

## HOT SEAFOOD CASSEROLE

Mrs. Harold Hobbie, Flandreau, SD

1/2 cup chopped green pepper  
2 tablespoons chopped onion  
1¼ cup chopped celery  
1 cup salad dressing  
1 small can crab meat  
2 small cans shrimp  
½ teaspoon salt  
½ teaspoon Worcestershire sauce  
2 cups cooked rice  
1 can cream of celery soup

Mix all ingredients together and put into a buttered 9x13 baking dish. Sprinkle crushed potato chips on top. Bake in 375 degree oven for 30 minutes.

If served cold as a salad after baking and chilling, omit potato chips.

## SALMON CASSEROLE

Mrs. Helen Kokes, Tabor, SD

1 can salmon  
1/3 cup milk  
1/2 lb. American cheese  
2 cups prepared biscuit flour  
3/4 cup milk

Flake salmon in casserole. Melt cheese in top of a double boiler; add 1/3 cup milk while stirring. Pour over salmon. Mix biscuit flour and 3/4 cup milk and make biscuits. Cut each in half and place around edge of casserole. Bake in 425 degree oven until lightly browned.

## HEARTY SHRIMP CHOWDER

Mrs. Judy Van De Wiele, Tracy, MN

4 tablespoons butter  
1 cup chopped celery  
2/3 cup chopped onion  
2 jars sliced mushrooms  
2 (10 3/4 oz.) cans shrimp soup  
3 cups milk  
2 cans corn  
2 (4½ oz.) cans shrimp (rinse & drain)  
2 cups diced, cooked potatoes  
1/2 teaspoon salt  
1/4 teaspoon pepper  
Dash of tobasco sauce  
1/4 teaspoon cayenne pepper

Saute celery and onions in butter until tender but still crisp, add mushrooms. Stir in cream of shrimp soup, milk, corn, shrimp, potatoes, and seasonings. Heat. Can be kept warm in crock pot.

## TUNA STUFFED POTATO

Shirley DeZotell, Sioux Falls, SD

6 medium potatoes  
6 tablespoons butter or margarine  
small amount of milk  
1 teaspoon salt  
1/8 teaspoon pepper  
1 can tuna, drained  
1 cup grated American cheese  
2 tablespoons onion

Bake potatoes in 400 degree oven until done. Split potatoes and remove from shell. Add margarine, milk and seasonings, whip until smooth. Grate onion, mix with tuna and add to first mixture. Fill potato skins. Sprinkle cheese on top. Return to oven and bake until cheese melts.



## COMPANY TUNA BAKE

Mrs. Robert Hauger, Irene, SD

3/4 cup diced green pepper  
3 cups sliced celery  
2 medium onions, chopped  
1/4 cup margarine  
3 cans (10½ oz.) cream of mushroom soup  
3 cans (9½ oz.) tuna, drain & flake  
2 cups milk  
24 oz. pkg. medium noodles  
1 cup toasted, slivered almonds  
12 oz. processed cheese  
1½ cups salad dressing  
1 can (4 oz.) chopped pimientos  
Cook pepper, celery and onion in butter for 8 to 10 minutes. Cook noodles and drain. Blend soup and milk together and heat. Add onions and cheese, continue heating and stirring until cheese melts. Turn noodles into large pan. Add soup mixture to salad dressing, pimientos and tuna. Pour over noodles, mix lightly. Spread almonds over top. Bake in 375 degree oven about 40 minutes or until done.

## SHRIMP DELIGHT

Mrs. Marcella Enstad, Pierpont, SD

1 pkg. (3 oz.) lemon gelatin  
1 pkg. (3 oz.) lime gelatin  
3 cups hot water  
1 pkg. (8 oz.) cream cheese  
1 cup finely chopped celery  
1 cup whipped cream  
2 cans shrimp (rinse & clean)  
1/4 cup salad olives  
1 tablespoon lemon juice  
1 tablespoon grated onion  
1 cup salad dressing  
Stir together gelatins and hot water, add cream cheese, stirring until dissolved. Chill until it starts to thicken. Fold in celery and whipped cream, pour into 9x13 pan. Mix together remaining ingredients and serve atop gelatin mold.

## SALMON-PEAS BAKE

Doris Roduner, Miller, SD

1 (1 lb.) can salmon  
2 cups fine cracker crumbs  
2 tablespoons minced onion  
1/2 teaspoon salt  
2 eggs, well beaten  
3/4 cup liquid (salmon juice & milk)  
1/4 teaspoon pepper  
1/2 teaspoon celery salt  
1 tablespoon lemon juice  
3 tablespoons melted butter  
Combine all ingredients, mixing thoroughly. Pour pea sauce in lightly greased baking dish, spread evenly. Spread salmon loaf over sauce. Bake in 350 degree oven for 35 minutes. (Serves 4-6).

### Pea Sauce

1 pkg. frozen peas  
2 tablespoons butter  
3 tablespoons flour  
1 teaspoon salt  
1½ cups milk  
pepper to taste  
1/4 teaspoon Worcestershire sauce  
Melt butter, add flour and seasonings. Mix thoroughly. Add milk, stir until thick. Let peas stand at room temperature until they separate. Add to sauce.

## TUNA-NOODLE CASSEROLE

Mrs. Gilbert Hook, Howard, SD

1 pkg. (8 oz.) large noodles  
1 large can tuna  
1 can asparagus  
1 cup salad dressing  
1 can cream of mushroom soup  
1 can cream of chicken soup  
1 cup grated sharp cheese  
Cook noodles in boiling salted water, drain. In large baking dish layer tuna, noodles and asparagus. Mix salad dressing and soups and pour over layers. Sprinkle with cheese. Bake in 350 degree oven for 1/2 hour.

## **PORK AND SAUERKRAUT**

Naomi Johnson, Arlington, SD

- 5-6 lb. pork loin roast
- 3/4 teaspoon salt
- 1/4 teaspoon pepper
- 2 lbs. canned kraut, drained
- 1 large onion (coarsely chopped)
- 1 clove garlic, sliced
- 1 (6 oz.) can frozen apple juice concentrate (thawed)

Preheat oven to 500 degrees. Rub pork with salt and pepper. Place on rack in roasting pan and brown in hot oven for 10 minutes. Drain off any accumulating grease.

Mix kraut and onion in separate pan and heat thoroughly. Pour kraut mixture over roast, sprinkle sliced garlic over the top. Dribble apple juice over the pork and kraut mixture. Turn oven down to 200 degrees, cover top of roasting pan with aluminum foil. Let roast at least 8 hours.

## **CHOP SUEY CASSEROLE**

Mrs. Keith Dunham, Lennox, SD

- 1 lb. pork, cubed
- 1 lb. veal, cubed
- 2 tablespoons shortening
- 2 cups fine noodles (uncooked)
- 1 can chicken rice soup
- 1 can cream of mushroom soup
- 4 cups thinly sliced celery
- 1 cup chopped onion
- 1 quart water
- 1/2 teaspoon salt
- 2 tablespoons soy sauce
- 1 cup sliced mushrooms

Brown meat in hot shortening in skillet. Put all ingredients in slow cooker, stir, cover and cook on low 6-8 hours or until meat is tender. Stir several times while cooking. (Celery is still crisp at 6 hours, if desired soft, cook for 8 hours.)

## **SAUSAGE CAKE**

Mrs. Bob Sanborn, Viborg, SD

- 1 lb. mild sausage (fresh & raw)
- 3 cups brown sugar, packed
- 2 cups flour
- 1/2 teaspoon cloves
- 1 teaspoon cinnamon
- 2 cups raisins
- 1/2 cup nuts
- 1 cup hot coffee
- 1 teaspoon soda

Mix together raisins, nuts, coffee and soda. Add rest of ingredients, mixing thoroughly. Pour into a 9x13 pan and bake in 350 degree oven 60 to 80 minutes, or bake in a sheet cake pan for 30 to 40 minutes. Frost with white or caramel frosting.

## **SEASONED PORK BALLS**

Joan DeRouchey, Mitchell, SD

- 1 lb. seasoned pork sausage
- 1/2 cup finely diced apples
- 1 1/2 tablespoons chopped celery

Mix well together. Form into small balls and bake on cookie sheet at 400 degrees for 12-15 minutes.

## **BARBECUED PORK**

Deb Dusseau, Fulton, SD

- 3 medium onions
- 4-5 lb. pork roast (trim fat)
- 2 cups water
- 16 oz. bottle barbeque sauce

Slice one onion into crock pot, add roast and another sliced onion. Add water, cover and cook on low 8-12 hours. Remove bone and fat from meat, drain liquid. Return meat to crock pot with 1 chopped onion, 1 bottle of barbeque sauce and 1/4 cup water. Cover and cook 1 1/2 to 2 hours on high, stirring two or three times. Serve on buns.

## **NIPPY CHOP PLATTER**

Connie Wittrock, Sioux Falls, SD

6 lean pork chops (thick sliced)  
Prepared mustard  
1/4 cup flour  
1 teaspoon salt  
1/4 teaspoon pepper  
2 tablespoons melted fat  
1 (10½ oz.) can chicken rice soup  
Spread pork chops with thin coat of mustard on both sides. Combine flour, salt and pepper in bag; shake chops in mixture to coat, then brown in melted fat. Place chops in baking dish; cover with soup. Cover, bake in 350 degree oven for 40 minutes.

## **PORK CHOP CASSEROLE**

Mrs. Kerry Hansen, Columbia, SD

Pork chops  
thin sliced, raw potatoes  
1 can French style green beans,  
(drained)  
1 can cream of mushroom soup  
Brown pork chops. Place in bottom of casserole. Layer sliced potatoes over chops, add beans. Top with cream of mushroom soup. Bake in 375 degree oven for one hour or until potatoes are done.

## **ORANGE BAKED CHOPS**

Elaine Olson, Mina, SD

6 pork chops  
1/2 cup orange juice  
1 teaspoon salt  
1/4 teaspoon pepper  
1/2 teaspoon dry mustard  
1/3 cup brown sugar  
Trim fat from chops. Place in shallow pan. Mix other ingredients together and pour over meat. Bake uncovered in 350 degree oven for about one hour, baste occasionally.

## **PORK CHOP CASSEROLE**

Mrs. Willard Epp, Marion, SD

8 pork chops  
2 cups rice  
1/2 onion, chopped  
1/2 green pepper, chopped  
2 cups tomato juice  
1 3/4 cups water  
1/8 teaspoon marjoram  
2 teaspoons salt  
pepper

Brown chops in hot fat. Place rice on bottom of roaster or large casserole. Place chops on top of rice. Mix tomato juice, water, onion and green pepper together with seasonings and pour over chops and rice. Bake in 350 degree oven for one hour.

## **BAKED PORK CHOPS**

Mrs. M. Heezen, Plankinton, SD

4 pork chops  
1 tablespoon dry onion soup mix  
2 tablespoons French salad dressing  
1/4 cup water  
Place chops in casserole, top with soup mix, pour on salad dressing and water. Bake covered in 350 degree oven for one hour.

## **PORK CHOP CACCIATORE**

Mrs. L. Wichmann, Balaton, MN

6 pork chops 3/4" thick  
sliced onion  
1 pkg. spaghetti sauce mix  
1 (1 lb.) can tomatoes  
1 tablespoon brown sugar  
Brown pork chops on both sides, season with salt and pepper. Place in baking pan and top with a thin onion slice on each chop. Combine rest of ingredients and pour over chops. Cover and bake in 350 degree oven for 1 hour. Uncover, top each chop with a green pepper ring. Bake 15 minutes more.

## PARMESAN POTATO STICKS

Lois Deal, Herman, MN

2 lbs. potatoes  
1/2 cup butter or margarine, melted  
1/2 cup dried bread crumbs  
1/2 cup grated parmesan cheese  
1/2 teaspoon salt  
1/8 teaspoon garlic powder  
1/8 teaspoon pepper

Peel potatoes and cut lengthwise into quarters and each quarter into wedges. Roll wedges in melted butter, then in crumbs, cheese, salt, garlic powder and pepper. Place in single layer in shallow baking pan. Pour remaining butter over all. Bake in 400 degree oven 30-35 minutes or until tender.

## O'RILEY POTATOES

Verna Rosenbaum, Elk Point, SD

Cook potatoes with jackets on to give better flavor. Grate layer of potatoes in casserole, add layer of grated onion, layer of grated cheese, layer of green pepper, grated and a small jar of pimientos. Continue layers until casserole is almost full, pour over a can of chicken broth and bake, uncovered, in a 350 degree oven for 1 to 1½ hours, or until brown and bubbly.

## SUPREME POTATOES

Mrs. D. Schroedermeier, Davis, SD

10 cups cooked, sliced potatoes  
1 container onion chip dip  
1 (12 oz.) container sour cream  
1 can cream of celery soup  
1/2 to 1 lb. cheddar cheese

Mix together all ingredients except cheese. Place in a 9 x 13 pan. Cut cheese in chunks and place on top of potato mixture. Bake in 275 degree oven for 45 minutes.

## ZESTY POTATO CASSEROLE

Mrs. Frank Hughes, Huron, SD

2 cups diced, raw potatoes  
3/4 cup tomatoes  
2 tablespoons butter  
1/4 cup water  
1/2 teaspoon paprika  
1/2 clove garlic, sliced  
1/4 cup chopped parsley

Alternate layers of potatoes and tomatoes in casserole. Combine butter, water, seasonings, garlic and parsley. Pour over potatoes and tomatoes. Cover and bake in 375 degree oven 40 minutes or until tender.

## RAW POTATO PANCAKES

Mrs. Geneva Mueller, Utica, SD

2 eggs, beaten  
1 teaspoon salt  
1/8 teaspoon pepper  
1 small onion, finely grated  
4 medium raw potatoes, finely grated  
1/3 to 1/2 cups bread crumbs  
(enough to soak up potato liquid)  
Combine all ingredients. Fry as pancakes in oil. (Electric fry pan setting is 350 degrees.) Fry long enough on both sides until potatoes are cooked through.

## POTATO PANCAKES

Sonia Roberts, Pukwana, SD

2 cups cold, mashed potatoes  
2/3 cup milk  
2 teaspoons baking powder  
1/2 cup whole wheat flour  
3 eggs

Combine all ingredients and form into pancakes about 3 inches round. Fry pancakes in buttered pan. Leftover corn or sauteed onions can be added.



## CHEESE POTATO PUFF

Mrs. Ray Sneller, Parker, SD

12 potatoes (medium size)  
6 tablespoons butter  
2 1/4 cup soft cheese (cubed)  
1 1/4 cup milk  
3/4 teaspoon salt  
2 eggs (beaten)

Peel potatoes and cook in salted water; drain and mash. Add butter, cheese, milk and salt; beat until cheese is melted. Fold in eggs. Pour into 9 x 13 pan, bake in 350 degree oven for 30 to 45 minutes until puffy and golden brown. (Can be prepared in advance and refrigerated -- allow longer baking time.)

## POTATO SOUP

Mrs. Gary Timm, Wheaton, MN

6 to 7 large potatoes, diced  
1 1/2 cups diced summer sausage  
1/2 cup chopped onion  
1 pint cream  
1 tablespoon flour

Salt and pepper to taste

Place potatoes, summer sausage and onion in large kettle, cover with water and simmer until done. DO NOT DRAIN. Add rest of ingredients and simmer until thickened and serve.

## BAKED POTATO SLICES

Mrs. J. Luckett, Wess. Springs, SD

Choose one potato for each person. Scrub potatoes and cut in one inch slices, leaving skins on. Melt butter in shallow baking pan. Dip potato slices in melted butter so all sides are coated (1/4 cup for every 5 potatoes). Bake in 325 degree oven for 45 minutes, season with salt and pepper.

## POTATOES ROMANOFF

Mrs. Arthur Torness, Sisseton, SD

6 cups cubed potatoes (boiled)  
2 cups cottage cheese  
1 cup sour cream  
1 clove garlic, minced  
1 teaspoon salt  
2 tablespoons chopped chives or green onions  
Grated cheddar cheese  
Paprika

Combine all ingredients except grated cheese. Place in buttered casserole, top with grated cheese and sprinkle of paprika. Bake in 350 degree oven 25 to 30 minutes.

## QUICK DILL POTATOES

Mrs. John DeWall, Watertown, SD

1/3 cup water  
1 teaspoon salt  
2 1/2 cups pared, cubed potatoes  
2 tablespoons finely chopped onion  
1/2 cup light cream  
Snipped fresh dill or dill seed

Bring water and salt to boiling in heavy saucepan. Add potatoes and onions; cover and cook until the potatoes are almost done and most of the water is absorbed (about 10 minutes). Add cream, simmer 2 or 3 minutes, stirring occasionally. Pour into serving dish; sprinkle with dill and a dash of pepper.

## QUICKIE POTATOES

Mrs. J. Hinrichs, Wess., Spgs., SD

Scrub enough potatoes for your meal. Do not peel. Grate potatoes into long slivers and fry in one tablespoon hot fat. Grated onion can be added. Sprinkle lightly with salt and pepper and fry until crisp and golden.

## SUNFLOWER SNACK

Mrs. B. Ellingson, Sisseton, SD

- 1 cup sunflower seeds
- 3½ to 4 qts. hot popped popcorn
- 1 cup shredded coconut
- 2/3 cups raisins
- 1/2 cup honey
- 1 tablespoon cinnamon
- 1 teaspoon salt

Combine sunflower seeds, popcorn, coconut and raisins. Blend rest of ingredients together and pour over mixture. Toss to coat thoroughly. Spread on lightly buttered, rimmed baking sheet and bake in a 275 degree oven 40 minutes, stirring every 10 minutes. Cool to crisp. Store in airtight container.

## LIME FRUIT DIP

Mrs. Kathy Rand, Parker, SD

- 1 cup lime juice
- 1 can sweetened condensed milk
- 1 container (8 oz.) cool whip
- Few drops green food coloring

Mix all ingredients together. Can be served with any type of fruit.

## FRANKS 'N' FRUIT

Mrs. John Schwab, Andover, SD

- 2 lbs. Smokees (cut in thirds) or cocktail franks
- 2 tablespoons soy sauce
- 1 jar (18 oz.) red plum jam
- 4 tablespoons brown mustard
- 3 tablespoons chili sauce
- 2 No. 2 cans chunk pineapple (drained)
- 1 medium jar red maraschino cherries (drained)

Heat franks in heavy pan. DO NOT BROWN. Add remaining ingredients. Lower heat so mixture just bubbles. Cook until sauce is sirupy and franks are glazed. May be transferred to slow cooker at this point. Spear with cocktail picks to serve.

## TACO DIP

Cathy Hively, Balaton, MN

- 1 large ripe avocado (peeled)
- 1 pkg. (8 oz.) cream cheese
- 1/2 cup sour cream
- 1 tablespoon milk
- 1 tablespoon lemon juice
- Taco hot sauce
- Salt to taste

Blend ingredients in blender. Spread on platter or tray and refrigerate. Top with chopped onions, tomatoes, lettuce and cheddar cheese. Serve with taco chips.

## SHRIMP SPREAD

Grace Corkin, Redfield, SD

- 1 tablespoon unflavored gelatin
- 1 tablespoon cold water
- 1/3 can tomato soup
- 1 pkg. (8 oz.) cream cheese
- 1/3 cup salad dressing
- 1/4 cup onion, finely chopped
- 1 can shrimp (small chunks)

Soften gelatin in water. Heat soup over low heat, add cheese and stir until smooth. Add remaining ingredients. Pour into mold and chill for 5 hours or more. Serve with crackers.

## CRANBERRY SALAD

Mrs. Marvin Gengerke, Groton, SD

- 2 packages cranberries
- 1 1/2 cups sugar
- 1 lb. green grapes
- 1 container cool whip or 2 cups whipped cream
- 1 pkg. miniature marshmallows nutmeats (if desired)

Grind cranberries with food grinder. Add sugar and let stand overnight. Next morning add cut up green grapes, cool whip and miniature marshmallows (and nuts, if desired).

## **PARTY DESSERT**

Mrs. Wendelin Geier, Roscoe, SD

- 1 cup flour
- 1/2 cup butter
- 1/2 cup nuts
- 8 oz. cream cheese
- 1 cup powdered sugar
- 2 cups cool whip
- 2 1/2 cups milk
- 1 pkg. (3 3/4 oz.) pistachio instant pudding
- 1 pkg. (3 3/4 oz.) vanilla instant pudding

Mix flour, butter and nuts together. Put in 9 x 13 pan and bake 15 minutes in 350 degree oven. Cool. Whip cheese, sugar and 1 cup cool whip, spread on cooled crust. Whip milk and puddings together and spread on top of cheese mixture. Spread one cup cool whip over all and sprinkle with nuts. Refrigerate (or can be frozen.)

## **CHEESE PINWHEELS**

Deborah Foxley, Platte, SD

- 20-30 slices white bread
- 1 pkg. (3 oz.) cream cheese (soft)
- 2 tablespoons prepared mustard
- 1/2 cup shredded cheddar cheese
- 1/2 cup finely diced salami
- bacon slices

Trim crusts and flatten bread slices by rolling slightly with a rolling pin. Combine cream cheese and yellow mustard; stir in cheese and salami. Spread filling on bread slices. Roll up each slice, starting with one corner, then cut in half. Roll 1/2 slice bacon around each pinwheel and fasten with a wooden toothpick. Place pinwheels on broiler pan, bake in 425 degree oven 20 to 25 minutes (until bacon is crisp). These can be frozen and baked and served when needed.

## **CHEESE BALL**

Darlene Kertscher, Alexandria, SD

- 1/2 lb. longhorn cheese
  - 1/2 lb. Velveeta cheese
  - 1/2 teaspoon garlic salt
  - 1/2 cup chopped pecans
- Grated onion to taste  
Finely grate cheeses and onion. Mix well. Add garlic salt and pecans and mix. Shape into ball and roll in chili powder. Keep in refrigerator.

## **APPETIZERS**

Mary Crane, Mitchell, SD

- 3 cups biscuit mix
- 1 lb. bulk sausage, uncooked
- 1/2 cup chopped celery
- 1/2 cup chopped onion
- 2 1/2 cups shredded cheddar cheese
- 3/4 cup milk

Mix all together, shape into balls. Bake on unbuttered baking sheets in 350 degree oven for 12 to 15 minutes. Serve warm. (I use my electric griddle to serve from. Set dial on warm and let guests serve themselves.)

## **HOT CHEESE PUFFS**

Mrs. Harlan Monson, Milbank, SD

- 1/2 cup shredded cheese
- 1 1/2 tablespoons soft butter
- 1/4 cup flour
- 1/2 teaspoon paprika
- 1/4 teaspoon Worcestershire sauce
- Dash pepper
- Dash salt
- 12 medium sized olives  
(pitted ripe or stuffed green)

Cream cheese and butter. Blend in flour, paprika, Worcestershire sauce, pepper and salt. Mold a slightly rounded teaspoon of dough around each olive, covering completely. Place on ungreased cooky sheets. Bake in 400 degree oven for 12 minutes or until golden brown.

# ENERGY SAVING TIPS ON APPLIANCES

Agricultural Information Office, SDSU

Medium to heavy weight cookware will spread heat more evenly and retain heat more efficiently than lighter weight cookware.

Porcelain finishes retain received heat and allow cooking on lower settings as compared to plain metal appliances.

Don't overload household circuits. A 15 amp circuit will carry up to 1800 watts and a 20 amp circuit will carry up to 2,400 watts.

If you are using an extension cord, make sure the wattage of the cord is equal to or greater than the electrical appliance.

Always turn off an appliance when not in use.

Keep portable appliances out of drafts.

Double or triple the recipe and freeze the amount not needed for a meal.

Prepare a complete meal in an appliance. Use aluminum foil to separate foods in the pan.

When purchasing a new electrical appliance, look for energy saving appliances which are now on the market and cost no more than regular appliances.



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