



East River's

Country Cookin'

Volume XV



**From our
*Consumer's Cupboards***

❖ **Bon Homme-Yankton Electric**

Tabor, SD

❖ **Charles Mix Electric**

Lake Andes, SD

Filled Raisin Cookies*Violet Thum, Scotland*

½ c. shortening
1 c. sugar
2 eggs
2 T. thick cream
Combine ingredients and press a
tablespoonful onto cookie sheet. Place tsp.
of filling into cookie. Bake 11-12 min. at 350°.

Filling:

2 c. raisins
½ to ¾ c. sugar
3 T. flour
1 t. vanilla
2 ½ c. flour
¼ t. soda
½ t. salt
1 t. cinnamon
1 t. allspice
1 t. nutmeg

Cover with water, cook until thick.

German Chocolate Apple Cake*Loretta Kortan, Tabor*

Beat 3 eggs, blend in 1 can apple pie
filling. Blend this into 1 box German
chocolate cake mix and bake as directed.

Chocolate Chip Bars*Marilyn Hejna, Utica*

½ c. margarine
1 c. flour
Mix until crumbly. Pat into 9x13 pan.
Bake 350° 10 minutes. Cover with 2
beaten eggs, 2 T. flour, 1 c. brown sugar, ½ t.
baking powder, 1 t. vanilla, 1 ½ c. coconut, 1
c. nuts, 1 c. chocolate chips. Mix and
spread over crust. Bake 20 min. - 325°.

Carrot Pennies*Dorothy Dvoracek*

4 ½ c. carrots
1 can tomato soup
onion, to suit your taste
1 c. sugar
1 T. prepared mustard
1 t. Worcestershire sauce
green pepper, optional
½ c. cooking oil
½ c. vinegar
1 t. salt

Cook sliced carrots. Put in bowl. Cover
with layer of peppers and onion. Mix and
heat rest of the ingredients, bring to boil.
Beat until smooth and pour over carrot
mixture. Refrigerate and let stand
overnight.

Fluffy Mint Dessert*Sally Florey*

40 chocolate cream-filled cookies, (Oreo's) crushed
½ c. margarine, melted
2 cartons (12 oz. each) Cool Whip, thawed
2 c. miniature marshmallows
1 pkg (5 ½ oz.) small pastel mints

Reserve ¼ c. crushed cookies for garnish.
Combine the remaining cookies with
butter; press into an ungreased 13x9"
pan. Fold together Cool Whip,
marshmallows and mints; spread over
crust. Garnish with reserved cookies.
Refrigerate until firm.

Cole Slaw Salad*Lois Slaba*

1 pkg. coleslaw mix
¼ c. chopped onion
¼ c. sunflower seeds
3 T. vinegar
1 pkg chicken flavor Ramen noodles
seasoning to taste
¼ c. slivered almonds
¼ c. oil
¼ c. sugar

Mix all ingredients except noodles
together. Just before serving, break
noodles and mix in. Season to taste.

Oven Omelet*Sally Florey*

8 eggs, beaten
2 c. cooked crumbled sausage
2 c. shredded Cheddar cheese
2 c. milk
1 c. crushed saltine crackers
¼ c. chopped green pepper
½ t. salt
¼ c. onion, chopped

Combine all ingredients in a large bowl;
pour into a greased shallow 3-quart or
13x9" baking dish. Bake uncovered at
350 for 45 minutes or until a knife
inserted comes out clean. Let stand 5
minutes before serving. Can be prepared
in advance and refrigerated overnight.
Remove from fridge 30 minutes before
baking.

❖ **Clay-Union Electric**
Vermillion, SD

Chicken Tortilla Bake

Dixie M. Busch, Mission Hill

3 c. shredded chicken or turkey
2 cans (4 oz) chopped green chilies
1 c. chicken broth 1 can mushroom soup
1 can chicken soup 1 small onion
12 corn tortillas
2 c. shredded cheddar cheese, divided

Combine the first six ingredients and set aside. Layer half of the tortillas on the bottom of a greased 9x13 pan, cutting to fit pan, if desired. Top with half of the first mixture and half of the cheese. Repeat layers. Bake uncovered at 350° about 30 minutes. 6-8 servings.

Cranberry Cake

Gwen Duermier, Volin

Cream: 2 T butter, 1 c. sugar, 1 t. vanilla.
Sift together - alternating with milk: 2 c. sifted flour, 3 t. baking powder, ½ t. salt, 1 c. milk.
Fold in 1 c. raw whole cranberries. Pour into greased & floured 8x9 pan. Bake 400° - 35 mins.

Cheesy Spaghetti Bake

Shelly Bendert, Gayville

½ lb. hamburger 1 ¾ c. spaghetti sauce
8 oz. spaghetti 2 c. mozzarella cheese

Brown ½ lb. hamburger. Add spaghetti sauce to hamburger. Cook on low 5 minutes. Add 8-oz. cooked spaghetti to hamburger mixture. Add 1 c. mozzarella cheese. Spoon these ingredients into 8" baking dish. Top with 1 c. mozzarella cheese. Bake at 375° for 15-20 minutes. Let stand 5 minutes before serving.

Did you know? After chopping onions, rubbing your hands gently with salt will remove the smell of onions from your hands.

Spraying the inside of pans with non-stick cooking spray prevents water from boiling over when cooking.

❖ **Codington-Clark Electric**
Watertown, SD

Apple Pizza

Linda Meidinger

1 loaf thawed frozen bread dough
1 pt. Applesauce ½ c. flour
½ c. margarine 1 t. cinnamon
½ c. sugar

Grease 9x13 pan. Pat dough out to edges. Spread applesauce on top. Cream margarine & sugar. Add flour & blend. Crumble mixture over applesauce. Sprinkle with cinnamon. Bake at 350° -30 minutes.

Pepperoni Bites

Linda Meidinger

1 c. shredded mozzarella cheese
½ c. chopped pepperoni ½ c. pizza sauce
2 pkgs. (10 ea) refrigerated biscuits
1 T. milk ¼ c. grated Parmesan cheese

For filling, in bowl combine mozzarella cheese, pepperoni, & pizza sauce. Set aside. Separate biscuits. Flatten biscuits to 3" circles. Place about 1 rounded tablespoon filling in center of each circle. Bring edges of dough together. Pinch to seal. Place seam side down on greased baking sheets. Brush with milk. Sprinkle with Parmesan. Bake 350° for 12-15 mins. or til golden. Serve warm.- makes 20.

Broccoli-Grape Salad

Linda Meidinger

1 bunch fresh broccoli, tips only
1 c. chopped celery
¼ c. chopped green onions (or less if you wish)
½ lb. bacon, fried crisp & crumbled
½ c. chopped green pepper
1 c. seedless red grapes
1 c. green seedless grapes
Dressing: 1 c. Miracle Whip salad dressing
¼ c. sugar 1 T. vinegar

Wash broccoli & whole grapes. Chop celery, onions and green pepper. Fry and crumble bacon. Mix all ingredients together. Mix Miracle Whip with sugar & vinegar & pour over salad. Toss until ingredients are coated. Refrigerate several hours.

❖ **Dakota Energy Cooperative**
Huron, SD

❖ **Douglas Electric**
Armour, SD

Veggie Cheese Chowder

2 c. water 2 c. diced raw potatoes
½ c. diced carrots ½ c. diced celery
¼ c. diced onion 1 t. salt
¼ t. pepper

Cook in large kettle for 10-12 minutes. Make white sauce & add to veggies, stir carefully. Heat thoroughly & serve.

White Sauce:

Melt ¼ c. butter in pan. Add ¼ c. flour, stirring until smooth, cooking one minute. Slowly add 2 c. milk, stirring and cooking until thick. Add 1 c. diced lean ham and 2 c. cubed Velveeta cheese. Stir until cheese is melted, then add to veggies. Serves 6.

Country Breakfast

12 oz. spicy or mild pork sausage
½ c. onion (chopped fine)
4 c. frozen hashbrowns (thawed)
1 ½ c. shredded Co-Jack cheese
3 eggs (beaten) 1 c. milk
½ t. pepper/salt Salsa dip

Cook sausage & onions, drain. In a 9x13" baking dish, layer potatoes, ½ of cheese, sausage mix & remaining cheese. Combine eggs, milk, salt & pepper and pour over above. Bake 350° for 50-55 mins. Let set 10 mins. Then serve. Pass salsa to spread on top.

Morning Coffeecake

1 c. sugar 1 c. oil
4 eggs 2 c. flour
1 t. baking powder ½ t. salt
1 can pie filling (any kind)

Mix sugar & oil. Beat eggs well & add to sugar mixture. Stir in flour, baking powder & salt. Mix together & put ½ the mixture in greased 9x13" pan. (Mixture will be thick) Put whole can pie filling over first half of mixture in pan and put rest of mixture over pie filling. Sprinkle with sugar & cinnamon. Bake 350° - 35 mins. Drizzle with powdered sugar frosting.

Snack Mix Squares

Nicole Ziebart

2 ½ c. halved pretzel sticks 2 c. corn chex
1 ½ c. M&Ms ½ c. butter or margarine
1/3 c. creamy peanut butter
5 c. miniature marshmallows

In large bowl combine pretzels, cereal & M&Ms. In large saucepan over low heat, melt butter & peanut butter. Add marshmallows; cook & stir until marshmallows are melted & mixture is smooth. Pour over pretzel mixture; stir to coat. Press in greased 13x9x2" baking pan. Cool until firm. Cut into squares.

Ice Cream Pizza

Shana Bialas

Mix together: 1 ¾ c. oreo crumbs, ½ c. sugar, 6 T. margarine (melted)
Line pizza pan with foil - pat in crust. Freeze for 10 minutes. Add ¾" high cookies and cream ice cream - top with skor chips, mini M&Ms, Hershey syrup or whatever you like.

Colorful Vegetable Salad

Sheila Sanders

6 c. broccoli (cut in bit size pieces)
6 c. cauliflower (cut in bit size pieces)
2 c. cherry tomatoes (cut in half)
1 large red onion
1 can (6 oz) pitted ripe olives - sliced
1 envelope ranch salad dressing
2/3 c. vegetable oil ¼ c. vinegar

Combine dressing, oil & vinegar - mix well. Add to vegetables. Refrigerate for 3 hrs. before eating.

Tip: When making chocolate cake, use cold coffee instead of water for a rich mocha flavor.

❖ **FEM Electric**
Ipswich, SD

❖ **H-D Electric**
Clear Lake, SD

Chocolate Cake /Fudge Frosting

Sue Hoyle

2 c. sugar	2 ½ c. flour
2 eggs	½ c. cocoa
2/3 c. shortening	1 t. soda (heaped)
1 t. vanilla	1 t. salt
1 c. milk	1 c. boiling water

Measure sugar, eggs, shortening & vanilla in large mixing bowl and mix until creamed. Measure flour, cocoa, soda and salt into sifter. Sift flour mixture together into small bowl and set aside. Alternately add milk and sifted flour mixture to creamed sugar mixture while mixing. Add boiling water & mix well. Bake 350 in greased 9x13 pan 45-55 minutes. Remove from oven and cool on wire rack.

Frosting:

Combine 1 c. sugar, ¼ c. milk, & ¼ c. margarine in medium saucepan. Bring to boil 30 seconds. Remove from burner & add 1 t. vanilla, ½ c. chocolate chips, 5 large marshmallows. Beat until smooth & thick and frost cake immediately.

Vegetable Stuffing Casserole

Rhonda Tuscherer

1 box Stove Top stuffing
1 bag California Blend vegetables
1 can cream of chicken soup
½ lb. Velveeta

Mix stuffing as directed. Melt cheese & soup in microwave, add frozen vegetables. Spread stuffing in bottom of 9x13 pan. Top with cheese/vegetable mixture. Cover & bake at 350° -40 mins.

Our Favorite Sauce

Justin Larson

3 T. mayonnaise	1/2 t. mustard
2 t. catsup	few drops of Tabasco sauce

Mix together. Leftover sauce keeps well in refrigerator.

Potato Cheese Soup

Jane Evenson

6-8 potatoes (peeled & cubed)	
1-2 stalks celery, diced	1 onion chopped
2-3 carrots, sliced	
1 (8 oz). pkg cream cheese softened	
2 c. or more milk	¼ c. margarine softened
1 can (10 ¼ oz.) cream of chicken or 1 can (14 oz) chicken broth	salt & pepper to taste
4 strips bacon (fried & crumbled)	

Place vegetables in a kettle, cover with water and cook until tender. Combine cream cheese, butter and soup or broth in a mixing bowl. Stir well. Drain all or part of the water from vegetables- depends on how thick of soup you like. Add cream cheese mixture to vegetables. Add milk, salt, pepper & bacon. Reheat on low temp. Serves 10-12.

Heavenly Angel Pie

Donna Jean Schwartz

1 ½ c. granulated sugar	¼ t. cream of tartar
4 egg whites	3 T. shredded coconut
4 egg yolks	6 T. lemon juice
1 T. grated lemon rind	1/8 t. salt
1 pt. heavy cream	strawberries

While oven heats to 275°, sift 1 c. sugar with 1/4 t. cream of tartar. Separate 4 eggs & beat whites til stiff, not dry peaks. Slowly add sugar, beating until meringue is very stiff, glossy peaks, spread it over bottom and up sides of well-greased 9" pie plate just to rim. Make bottom ¼" thick. Sprinkle rim with 2 T. coconut. Bake 275 - 1 hour (should be light brown & crisp). Cool. Beat 4 egg yolks slightly in double boiler top & stir in ½ c. sugar, 3 T. lemon juice, 1 T. grated lemon rind, 1/8 t. salt. Cook over boiling water until thick (about 3 mins.) When mixture is cool, whip 1 c. cream, fold into custard. Pour into meringue shell making sure you fill small pockets as you go. Smooth top. Refrigerate 24 hours. Garnish with 1 c. whipped cream & strawberries.

❖ **Intercounty Electric**
Mitchell, SD

❖ **Kingsbury Electric**
DeSmet, SD

Hot Dish for a Large Group (serves 20-25)
Gloria Kothe

Cook 1 pkg medium egg noodles – drain.
Add: 1 can mushroom soup, ½ c. grated cheese, 1 can cream of celery soup, ½ c. milk, 1 t. grated onion, 3 c. diced boiled chicken.

Make a white sauce with chicken broth, add pimentos or stuffed olives for color. Bake 45 mins. at 325°. You can crush some potato chips and sprinkle on top.

Orange Delight
Colette VanHecke

60 Ritz crackers, crumbled
¼ lb. butter or oleo
½ c. white sugar
1 can sweetened condensed milk
1 (6 oz) can frozen orange juice
1 (8-9 oz) container whipped topping
2 cans drained mandarin oranges

Mix Ritz crackers, butter, sugar. Save ¾ c. for topping and put rest in 9x13 pan. Beat sweetened condensed milk and frozen orange juice. Add and fold in container whipped topping and drained mandarin oranges. Spread this on crust, sprinkle with reserved crumbs. Let set 24 hours in refrigerator before serving.

Philadelphia Cream Cheese Cake
Margo Edwards, Forestburg

Crust: 1 ¼ c. fine graham cracker crumbs, ¼ c. sugar, & 6 T. butter or margarine, melted. Combine crumbs, butter & sugar and press firmly into a 8" square pan or 9" pie plate. Chill.
Filling: 4 packages (3 oz) cream cheese, softened, 2 c. cold milk, 2 T. sugar, 1 t. vanilla, & 1 package (small) instant vanilla pudding. Beat cream cheese until very soft, blend in ½ c. milk, add remaining milk, sugar, pudding and vanilla. Beat well. Pour over crust. Chill until very firm. Serve with cherry pie filling and whipped topping. Serves 6-8.

Swedish Kringler
Arlene Schoenfelder

Bottom layer: 1 stick butter, 1 c. flour, 1 T cold water

Make like pie crust. Divide in half & make 2 (3' wide) strips on large cookie sheet. Don't pat or press this mixture down – leave it crumbly.

Top layer: 1 stick butter, 1 c. cold water
Bring to boil, take off burner immediately. Add 1 c. flour & stir well. Add 3 eggs, 1 at a time, beating well after each. Add 1 t. vanilla. Spoon out on top of first mixture. Press with hands (wet hands with cold water). Bake at 350° - 55 minutes. Cool & frost.

Frosting:
2 T. butter, 1 ½ c. powdered sugar, half & half to right consistency, 1 t. vanilla.

Corn Beef Hotdish
Rox Jensen

3 ½ c. noodles, cooked
1 can corn beef, chopped
1 can cream of mushroom soup
1 can asparagus 1 jar pimento
½ lb. Velveeta cheese

White sauce:
3 T. butter, 3 T. flour, 3 cups milk

Add soup & cheese to white sauce. Put rest of ingredients in layers in cake pan. Top with cheese mixture. Bake 40-50 mins. at 350°.

Spaghetti Carbonara
Rox Jensen

1 lb. Italian sausage ½ lb. diced bacon
4 T. butter ½ c. chopped parsley
4 eggs well beaten & ¾ c. Half and Half
½ c. grated Parmesan cheese
fresh ground black pepper onion
garlic cloves

Brown sausage & bacon with 2 T. butter. Add pepper, onion and garlic as desired. Cook spaghetti ..When done, toss all in large bowl – spaghetti, meats, eggs ½ & ½ mixture, parmesan, parsley and 2 T butter.

❖ **Lake Region Electric**
Webster, SD

Orange Julius

Trudy Smith

1 c. milk	1 c. water
¼ c. sugar	1 t. vanilla
9 ice cubes	6 oz. frozen orange juice

Blend all ingredients in blender and serve.

Oven Beef Stew

Joyce Kwasniewski

2 lbs. beef stew meat	4 med. potatoes, diced
6 med carrots, diced	1 med. onion, chopped
2 c. tomato juice	1 c. water
3 T. quick cooking tapioca	1 t. sugar
2 t. salt	½ t. black pepper

Preheat oven to 350°. Coat 9x13" baking dish with nonstick cooking spray. In baking dish, combine beef, potatoes, carrots, onions; mix well. In large bowl, combine remaining ingredients; mix well. Pour over beef & vegetables. Cover tightly with aluminum foil, bake 2-2 ¼ hours-or til beef & vegetables are tender.

Banana Split Dessert

Mavis Teslow

1 stick margarine 2 c. graham cracker crumbs
Pour melted margarine over graham cracker crumbs.
Spread evenly in 9 x13 pan. Chill.
2 eggs; well beaten, 2 c. powdered sugar, 2 sticks margarine
Add beaten eggs to powdered sugar & margarine.
Beat well for 10 mins. Spread over crumbs.
3 c. sliced bananas
1 large can crushed pineapple, drained
9 oz. container whipped topping
chocolate syrup
Arrange bananas to cover mixture in pan. Layer pineapple over bananas. Spread on whipped topping and drizzle with chocolate syrup. Garnish with cherries; if desired. Keep refrigerated. Serv.12-15

❖ **Lincoln-Union Electric**
Alcester, SD

Hamburger Wild Rice Soup

Audrey Hemme

2 c. cooked wild rice (1/2 c. uncooked)
1 lb. ground beef
1 can cr. of potato soup 2 soup cans water
1 can cream of celery soup
1 c. shredded cheddar cheese
1 t. dried parsley flakes

Cook rice in 3 qt. pan with plenty of water & some salt. Bring to boil & reduce to a simmer for 60 mins. Brown ground beef & drain. Drain rice & combine all ingredients in 3 qt. pan and simmer low until cheese has melted. Serves 4-6.

Chicken Breast Hot Dish

Diane Neu

1 c. rice	1 can cream of mushroom soup
1 can cream of chicken soup	1 c. milk
½ c. butter or margarine	

Mix above ingredients and put in 9x12 inch pan. Melt ½ c. butter or margarine. Dip 8 chicken breasts in the butter. Season. Put chicken on top of rice mixture. Sprinkle ½ package dry Lipton onion soup on top. Cover with foil. Bake 2 ½ hours at 350°.

Karo Crazy Krunch

Diane Neu

2 quarts popped corn (or 2 ½ bags microwaved buttered popcorn)
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1 1/3 c. sugar	1 c. margarine
½ c. clear Karo syrup	1 t. vanilla

Remove the unpopped hulls before putting in roaster. Mix popped corn in a large roaster. Combine sugar, margarine, and syrup in 1 ½ quart saucepan. Bring to boil over medium heat. Stir constantly 10-15 minutes or until mix turns a light caramel color. Remove from heat and stir in vanilla. Pour over popcorn mix. Spread to dry. Break apart, store in tight container.

❖ Lyon-Lincoln Electric

Tyler, Minnesota

Bacardi Rum Cake

Audrey Hammer

1 c. chopped pecans or walnuts
1 - 18 ½ oz. yellow cake mix*
1 - 3¾ oz. pkg. Jell-o Vanilla instant pudding
4 eggs ½ c. cold water
½ c. oil ½ c. Bacardi rum (80 proof)

*If using cake mix with pudding already in the mix, omit instant pudding, use only 3 eggs and 1/3 c. oil. Preheat oven to 325°. Grease and flour 10" tube or 12 cup Bundt pan. Sprinkle nuts over bottom of pan. Mix cake ingredients together. Pour over nuts. Bake 1 hour. Cool. Invert on foil covered cookie sheet. Prick top and sides.

Glaze: ¼ lb. butter, ¼ c. water, 1 c. sugar, ½ c. Bacardi dark rum

Melt butter in saucepan. Stir in water and sugar. Boil 5 min., stirring constantly. Remove from heat. Stir in rum.

Spoon glaze over top and sides. Allow cake to absorb glaze. Repeat until glaze is used up. Remove to serving plate.

Popcorn Cake

Beverly Schwing

½ c. salad oil ½ c. butter or margarine
1 lb. marshmallows 4 qts. Popcorn
1 c. dry roast peanuts 1 # gumdrops
Melt oil & margarine with marshmallows. Mix popped corn with peanuts & gumdrops. Pour marshmallow mixture over popcorn mixture & mix until well coated. Grease a tube pan & press mixture in firmly. Chill until set. Kids & most adults will love it!

Pepped Up Potato Salad

Audrey Hammer

1 ½ t. mustard seed 1 t. celery seed
3 T. vinegar
Soak mustard seed & celery seed in vinegar several hours or overnight.
¾ t. salt, ½ c. finely chopped green onions & tops-- combine with soaked seeds. Pour over: 5 c. diced cooked potatoes
Then add: ¾ c. mayonnaise, 2 hard cooked eggs. Chill. Excellent with grilled steak.

❖ McCook Electric

Salem, SD

Excellent Fluffy Egg Bake

Jenny Snyders

3 eggs, beaten ½ c. Bisquick
3 T. melted butter 1 ½ c. milk
salt & pepper to taste (optional)
2 t. or more chopped onion
1 c. shredded cheddar cheese 1 c. chopped ham

Mix together in order given, pour into greased square Pyrex dish. Bake approximately 35 minutes at 350°. Can double recipe for 9x13 pan.

Crème De Menthe Cake

Karen Knudson

- 1) Per box instructions prepare white cake mix with pudding in the mix, stir in 6 T. crème de menthe ice cream syrup and 1-2 drops green food coloring. Bake according to instructions on the cake mix. Cool.
- 2) Spread 1 jar Hot Fudge Sauce over cooled cake.
- 3) Combine 12 oz. Cool Whip with 5-6 T. crème de menthe & 1 or 2 drops green food coloring. Frost cake with Cool Whip mixture. Store in frig. Keeps long time.

Taffy Apple Salad

Camille Thompson

1 (1 lb.) can chunk pineapple (drain & save juice)
½ c. sugar 1 ½ t. white vinegar
1 T. flour 1 egg, well beaten
3 apples, diced 4 c. mini marshmallows
1 ½ c. dry roasted peanuts 1-8oz. Cool whip

Cook pineapple juice, sugar, flour, vinegar & egg until thick. Remove from heat & let cool. Fold in Cool Whip. Pour over pineapple, diced apples, marshmallows, and 1 c. peanuts. Refrigerate overnight and add ½ c. peanuts before serving.

Tip: A slice of soft bread placed in the package of hardened brown sugar will soften it again in a couple of hours.

❖ Northern Electric

Bath, SD

Hamburger Rolls

Doris Conraads

1 lb. or more hamburger 1/3 c. evap. milk
1 c. commercial stuffing, prepared
1 can cream of mushroom soup
2 T. worchester sauce
1 T. catsup salt & pepper to taste

Mix milk & meat & divide in 5 parts. Roll out into patties on wax paper to about 6" circles. Place 1/5 of stuffing in center of each pattie & roll up. Place rolls in casserole & cover with mixture of soup, catsup, Worcestershire sauce, salt & pepper. Bake uncovered 350° - 45 mins.

Porcupines

Milissa Gross

1 1/2 t. salt 1/2 c. chopped onion
1/4 t. pepper 1 lb. hamburger
2 c. canned tomatoes 1/2 c. rice

Mix together hamburger, salt, pepper, onion, and rice. Form into balls about the size of a quarter. Brown in frying pan with a little oil. Drain fat; add tomatoes, cover, and simmer 45 minutes.

Easy Smoke Pheasant

Chris Larson

1 T. Tenderquick 1 T. Liquid Smoke
Desired amount of boneless pheasant

In microwavable dish, put enough water to cover pheasant. Add Tenderquick & liquid smoke to water. After mixing water, liquid smoke & Tenderquick, add pheasant. Make sure pheasant is completely covered with mixture. Cover dish. Microwave on high for approximately 30 mins.. Let cool until liquid can be drained.

❖ Oahe Electric

Blunt, SD

Enchiladas – American Style

Leona Wright

1 lb. ground beef oil for frying tortillas
1/2 c. quick oatmeal
2 (10 oz.) cans enchilada sauce
1/2 t. salt 1 large onion, chopped
1/8 t. garlic powder
1 pint creamed cottage cheese
dash of pepper 1 dozen tortillas
1 c. grated Jack or mild cheddar cheese

Brown the ground beef. Add the oats, salt, garlic powder & pepper & stir well. Fry the tortillas in hot oil just to soften. Dip each tortilla in enchilada sauce, place a T. of chopped onion, ground beef mixture & cottage cheese in each tortilla. Roll up the tortilla and place in a baking dish. Spoon remaining enchilada sauce over the enchiladas and sprinkle with grated cheese. Bake 350° - 30 mins.

Hamburger Casserole

Mavis Walton

1 lb. browned hamburger 3 medium potatoes
1 can pork & beans 1 small chopped onion
grated cheddar cheese bacon bits

Take a baking dish & spray with cooking spray. Layer ingredients in this order: pork & beans, browned hamburger, onion, potatoes. Dot with butter or margarine. Cover & bake 40 min. at 350°. Add cheese and top with bacon bits and bake 15 min. longer.

Favorite Coffee Cake

Therese Kruger

Cake: 1 1/2 c. flour, 1 egg, 3/4 c. sugar, 2 1/2 t. baking powder, 3/4 t. salt, 1/4 c. shortening, 3/4 c. milk

Topping: 1/3 c. brown sugar (packed), 1/4 c. flour, 1/2 t. cinnamon, 3T firm butter.

Grease pan. Blend all cake ingredients. Beat vigorously for 1/2 min. and spread in pan. Mix all topping ingredients together until crumbly. Sprinkle topping over cake batter. Bake at 375° for 25-30 mins. until wooden pick inserted comes out clean. Serve warm. Make 9-12 servings.

❖ **Renville-Sibley**
Danube, MN 56230

Pheasant Casserole

Pam Binnebose

24 oz. pheasants (cube thighs & breast ¾ cubes)
1 c. mayo (1/2 c. less tangy)
1 c. chopped celery
½ c. chopped onion 1 small jar pimento
1 can cream of mushroom soup
1-6 oz. can mushrooms 2 T. flour
1 t. seasoned salt

Mix above ingredients. Use 9x13 pan (ungreased). Bake at 375° for about 45 min. Serve with rice or mashed potatoes.

Salad

Darla Ruschen

1 package vanilla pudding
1 package tapioca pudding 3 c. water

Cook together until thick. While still hot, add 1 package orange jello. Cool. Then add 1 c. whipped cream or Cool Whip, 1 can crushed pineapple (drained very thoroughly) and 1 can mandarin oranges (drained very thoroughly).

Buttermilk Brownies

Diane Maurice

2 c. flour ¼ c. cocoa
2 c. sugar ½ c. buttermilk
½ t. salt 2 eggs
1 c. margarine 1 t. baking soda
1 c. water 2 t. vanilla

Mix flour, sugar & salt. Bring margarine, water & cocoa to boil. Pour over dry ingredients & add buttermilk, eggs, baking soda & vanilla. Mix well & put in greased & floured jelly roll pan. Bake 350°. Test with toothpick to see if done.

Oven Cleaning: Mix your own cleaner from baking soda, two squirts of liquid dishwashing soap and water. Sprinkle water on the bottom of the oven. cover grime with mixture, then sprinkle more water on top. Let it sit overnight and you will be able to wipe up grease easily!

❖ **Sioux Valley Southwestern**
Colman, SD

Millionaire's Salad

Sharla Haugen

Mix: 1 can cherry pie filling (or blueberry)
 1 can sweet and condensed milk
 ½ c. chopped walnuts
 2 c. small marshmallows
 1 can pineapple tidbits (drained)
 1 carton Cool Whip

Scrumptious Chicken and Noodles

Sharla Haugen

Cook: ½ bag wide egg noodles
Sauté the following in 2 T. butter until soft:

 ½ c. chopped green pepper
 ¼ c. minced onion
Add: 1 c. sour cream
 1/3 c. milk
 1 can cream of chicken soup
 2 c. cooked cubed chicken breast

Mix above with noodles; put in casserole and bake at 350° for 35 minutes. (Can put crushed crackers on top)

Warmer-Upper Beef Stew

Martin McGrane

2-3 lbs. lean beef, cut in 1" chunks
6 large potatoes, peeled and cut into chunks
6 large carrots, peeled and cut into 1" sections
1 large onion, peeled and quartered
1 clove garlic or ½ t. garlic powder
3 T. Worcestershire sauce
1 T. sugar
1 t. each of salt, allspice and ground cloves

Melt vegetable shortening to thinly cover the bottom of a heavy pot or kettle. Coat beef chunks in flour mixed with salt & pepper and add to shortening. Cook over med. high heat stirring frequently until meat is evenly browned. Add 2-3 c. hot water and cook covered over low heat for approximately 90 minutes (until meat is tender). After meat is done, add remaining ingredients and cook until vegetables are tender - approx. 1 hour over low heat). Stir occasionally and add more water if required.

❖ **Traverse Electric**
Wheaton, MN 56296

Crunchy Pickle & Ham Appetizers

Marilyn Timm

1 pkg (12 oz) Oscar Mayer Smoked Cooked Ham
1 jar (24 oz) Claussen Kosher Dill Spears, drained
1 tub (8 oz) Philadelphia soft cream cheese

Pat ham and pickle spears dry with paper towel. Spread 13 ham slices each with 1 T. cream cheese. Top each with 1 pickle spear; roll up. Refrigerate 1 hour or overnight. Cut each pickle roll into 4-6 pieces to serve. Makes 62-78.

Chow Mein Hotdish

Don O'Leary

1 lb. hamburger 1-6 oz. pkg chow mein noodles
1 can cr. of chicken soup 1 small onion, chopped
1 can cr. of mushroom soup 1 c. celery, chopped
1 can chicken with rice soup 1 T. soy sauce

Brown hamburger, onion, celery. Drain & put in casserole & add soups. Small amount of water can be added if not moist enough. Add soy sauce.

Parmesan Breadsticks

Einer Satter

1 can (11 oz.) refrigerated soft breadsticks
3 T. butter or margarine, melted
¾ c. (3 oz) Kraft 100% grated Parmesan cheese

Separate dough; cut each piece in half to make 16 breadsticks. Dip in butter; coat with cheese. Twist dough couple of times & put on ungreased cookie sheet. Bake 350°, 14-18 mins. or until golden brown.

Pineapple Angelfood Cake

Sue Wilts

1 one-step angel food cake mix
1 20-oz can crushed pineapple with the juice

Add two above ingredients & mix together til well blended. Pour in 9x13" cake pan. Bake 350°, 35 mins. Do not underbake. Cool upside down. Serve with whipped cream & maraschino cherries.

❖ **Tri-County Electric**
Plankinton, SD

Pecan Bars

Gladys Boyd

1 pkg. yellow cake mix ½ c. margarine, melted
1 egg 1 c. chopped pecans
½ c. brown sugar 1 ½ c. dark corn syrup
1 t. vanilla 3 eggs

Reserve 2-3 c. dry cake mix & put remaining mix in large mixing bowl. Add margarine, 1 egg & mix until crumbly. Press into greased 13 x 9" pan. Bake 15-20 mins. or until light brown at 350°. Mix reserved cake mix, sugar, syrup, vanilla & eggs. Beat at medium speed for a minute or two & pour over partially baked crust. Sprinkle with pecans. Return to oven - bake 30-35 mins. or until filling is set. Cool, cut into bars.

Poppy Seed Bread

Deb Thelen

1 white or yellow cake mix 2 T. poppy seeds
1 (3 ½ oz.) pkg instant pudding (I use lemon)
4 eggs ½ c. vegetable oil
1 c. hot water

Mix with mixer. Fold in poppy seeds last. Bake in 2 greased loaf pans at 350° for 40-50 mins.

Sand Art Brownies

These make wonderful gifts!

5/8 c. all purpose flour ¼ t. salt
1/3 c. cocoa ½ c. flour
2/3 c. brown sugar 2/3 c. white sugar
½ c. semisweet choc. chips
½ c. vanilla chips
½ c. walnuts

Mix 5/8 c. flour with salt. **Layer ingredients in clean wide mouth quart jar in the order given** (left to right). Attach a decorated tag to the outside of the jar with the following directions:

Sand Art Brownies

1. Preheat oven to 350°. Grease one 9x9" square baking pan. 2. Pour the contents of the jar into a large bowl and mix well. 3. Stir in 1 t. vanilla, 2/3 c. vegetable oil and 3 eggs. Beat until just combined. Pour the batter into the prepared pan - bake at 350 for 25-30 mins. Enjoy!

❖ **Turner-Hutchinson Electric**
Marion, SD

Broccoli Cheese Casserole

Martha Gesick

- ½ c. quick cooking rice, measure & cook
according to package directions
1 – 10 oz. pkg. Frozen chopped broccoli –
cooked
½ c. Cheese Whiz ½ stick butter or margarine

Combine cooked broccoli, Cheese Whiz
and butter. Mix until cheese & butter are
melted. Add cooked rice. Mix. Bake 30-
35 min. at 350 in uncovered casserole.

Chicken Delight

Shirley Regehr, Marion, SD

- 1 pkg. onion soup mix
1 (8 oz) bottle Russian dressing
1 jar (8 oz) apricot preserves
(Mix above three ingredients together).
8-10 chicken breasts (deboned) 8-10 pieces)
Dip chicken in bowl of dip – lots of it. Put in
casserole single layer (9x13). Cover and bake at
350 for 40-50 mins. Serve with rice. (Can freeze
sauce if too much.)

Lemon Angel Whip

Shirley Regehr

- 1 c. orange juice 1 c. pineapple juice
1 c. sugar 1 small package lemon gelatin
2 c. whipped cream or topping
1 small angel food cake

Heat juices until boiling. Add sugar and gelatin
and stir until dissolved. Let set until slightly
thickened. Add whipped cream or topping. Mix
well. Cube angel food cake in 9x13 pan. Pour
gelatin mixture over the cake pieces. Refrigerate.

Barbecued Pheasant

Lucile Stirling

Cut pheasant in pieces. Salt & pepper the pieces, and
dip in beaten egg and then dip in fine bread crumbs. Fry
in butter to delicate brown.. Cover with the following
sauce that has been cooked 3 minutes.

- 1 can tomatoes 1 T. vinegar
1 T. brown sugar 1 t. allspice
1 t. thyme chopped onions
chopped celery

Put pheasant & sauce in pan, cover tightly & simmer
for one hour. .

❖ **Union County Electric**
Elk Point, SD

Dessert

Carol Jorgensen

- 1 (20 oz) can pie filling
1 (20 oz) can crushed pineapple (undrained)
1 pkg. yellow cake mix
2 sticks butter, melted 1 c. flaked coconut
1 c. chopped nuts

Grease the pan; spread pie filling on the
bottom. Put pineapple on top. Sprinkle
cake mix on top of pineapple. Cover with
melted butter. Top with coconut and
nutmeats. Bake one hour at 350°.

Chocolate Éclair Cake

Lavonne Klemme, Akron, Iowa

Lightly butter 9x13 cake pan. Layer whole
graham crackers in bottom of pan. Mix 2
packages vanilla instant pudding with 3 c. milk.
Fold in 1 large container of Cool Whip. Put half
of this mixture over the graham crackers. Lay a
second layer of whole graham crackers over the
pudding. Then put the last half of pudding
mixture over the graham crackers. Finish with one
more layer of graham crackers. Pour chocolate
sauce over top.

Chocolate sauce: 2 T. white syrup, 1 t. vanilla,
1 ½ c. powdered sugar, 6 T. margarine, 2 squares
melted chocolate, 2 T. milk.

Melt margarine & chocolate together and mix in
other ingredients. Beat well before pouring on top
of graham crackers. Refrigerate.

Ice Cream Dessert

Carol Jorgensen

- 1 qt. Orange sherbert 1 qt. Vanilla ice cream
2 c. Ritz crackers 4 T. sugar
8 T. melted butter

TOPPING: 1 c. sugar, 6 T. butter, 4 T.
real lemon, 3 eggs beaten. Cook these
ingredients and let cool.

Soften sherbert and ice cream and mix.
Mix cracker crumbs, sugar, and butter.
Put in 9 x 13 pan. Save ½ c. out for the
topping. Add sherbert and ice cream
mixture on top of cracker crumbs. Add
the topping and ½ c. crumbs on top. Put
in freezer to freeze.

COMMON FOOD EQUIVALENTS

Food	Amount	Approximate Measure
Butter or other shortening	1 pound	2 cups
Cheese		
Cheddar or American	4 ounces	1 cup shredded
Cottage	1 pound	2 cups
Cream	3 ounce package	6 tablespoons
	8 ounce package	1 cup (16 tablespoons)
Chocolate		
Chips	6 ounce package	1 cup
Unsweetened	8 ounce package	8 squares (1 ounce each)
Coconut		
Shredded or Flaked	4 ounce can	about 1 1/3 cups
Coffee, ground	1 pound	80 tablespoons
Cream		
Whipping	1/2 pint	1 cup (2 cups whipped)
Sour	8 ounces	1 cup
Flour		
All-purpose	1 pound	about 3 1/2 cups
Cake	1 pound	about 4 cups
Lemon		
Juice	1 medium	2 to 3 tablespoons
peel, grated	1 medium	1 1/2 to 3 teaspoons
Marshmallows	1 large	10 miniature
	about 11 large or	
	110 miniature	1 cup
Nuts		
Almonds	1 pound in the shell	1 to 1 3/4 cups nutmeats
	1 pound shelled	3 1/2 cups
Pecans	1 pound in the shell	2 1/4 cups nutmeats
	1 pound shelled	4 cups
Peanuts	1 pound in the shell	2 1/4 cups nutmeats
	1 pound shelled	3 cups
Walnuts	1 pound in the shell	1 2/3 cups nutmeats
	1 pound shelled	4 cups
Orange		
Juice	1 medium	1/3 to 1/2 cup
Peel, grated	1 medium	1 to 2 tablespoons
Sugar		
Brown	1 pound	2 1/4 cups (firmly packed)
Confectioner's	1 pound	about 4 cups
Granulated	1 pound	2 cups

EMERGENCY SUBSTITUTIONS

An emergency is the only excuse for using a substitute ingredient - recipe results will vary. Following are some stand-ins for staples.

FOR	USE
1 1/2 t. cornstarch	1 T. flour
1 whole egg	2 egg yolks plus 1 T. water (in cookies) or 2 egg yolks (in custards and similar mixtures)
1 cup fresh whole milk	1/2 c. evaporated milk plus 1/2 c. water or 1 c. reconstituted nonfat dry milk plus 2 T. butter
1 ounce unsweetened chocolate	3 T. cocoa plus 1 T. fat
1 cup honey	1 1/4 c. sugar plus 1/4 c. liquid

EQUIVALENT MEASURES

3 teaspoons = 1 tablespoon
 16 tablespoons = 1 cup
 2 cups = 1 pint
 4 cups = 1 quart
 2 pints = 1 quart
 4 quarts (liquid) = 1 gallon
 5 1/3 tablespoons = 1/3 cup
 8 ounces = 1 cup



The big and small of it

A Touchstone EnergySM Cooperative is:

Big enough to be innovative and develop new programs for wise, efficient use of electricity and to provide useful services beyond electricity, and . . .

Small enough to be responsible and accountable to its members and involved in strengthening the communities it serves.



Touchstone EnergySM

The power of human connections