

PUMPKIN CAKE ROLL

CAKE:

3 eggs
1 cup sugar
2/3 cup pumpkin
1 tsp. lemon juice
3/4 cup flour
1 tsp. baking powder
2 tsp. cinnamon
1 tsp. ginger
1/2 tsp. nutmeg
1/2 tsp. salt
1/3 cup chopped walnuts

FILLING:

1 cup powdered sugar
6 oz. cream cheese
4 tbs. margarine
1/2 tsp. vanilla

DAY ONE:

1. Grease a 15 x 10 x 1 inch jelly roll pan. Line jelly roll pan with a sheet of waxed paper the same size of pan (place waxed paper on top of the Crisco).
2. Preheat oven to 375 degrees.
3. Beat 3 eggs at high speed with mixer for 5 minutes.
4. Beat in 1 cup sugar.
5. Stir in 2/3 cup pumpkin and 1 tsp. lemon juice.
6. In separate bowl, mix together flour, baking powder, cinnamon, ginger, nutmeg, salt.
7. Fold dry ingredients into pumpkin mixture.
8. Spread into prepared pan. Top with chopped walnuts.
9. Bake at 375 degrees for 15 minutes.
10. When done turn cake onto towel covered with powdered sugar. Roll towel and cake together into a log shape. Let cool.

DAY TWO:

1. Unroll cake.
2. Beat together FILLING ingredients until smooth.
3. Spread on cake.
4. Roll cake, chill. Slice and serve.

GRILLED CHEESE SANDWICH

Makes one sandwich

- 1 tablespoon margarine, softened
- 2 slices bread
- 1 slice cheese (American, Swiss, cheddar, mozzarella, etc.)

1. Spread margarine on one side of each bread slice. Put one slice, butter side down, into a 6 inch skillet. Put slice of cheese on top. Put second slice of bread, butter side up, on the cheese.
2. Put skillet on burner, turn heat to medium-low. Cook till bottom side is toasted and golden. This will take about 3 minutes. Check to see if the sandwich is done by lifting it with the pancake turner.
3. Use pancake turner to turn sandwich over. Cook other side till toasted and golden. This will take about 1-2 minutes. Turn off burner. Lift sandwich out with pancake turner. Serve.

BAKED TURKEY EGG ROLLS

YIELD: about 8 egg rolls

- 2 tsp. oil
- 1 tbs. soy sauce
- 1 tsp. cornstarch
- 2 cups finely shredded Napa cabbage
- 1/2 cup bean sprouts
- 1 medium carrot, finely shredded
- 1 tbs. sliced green onion
- 1/4 pound ground turkey
- 1/4 tsp. five-spice powder
- 8 egg roll skins

DAY ONE:

1. Shred cabbage, measure bean sprouts, shred carrot, chop onion.
2. Mix soy sauce and cornstarch; reserve.
3. Heat 2 tsp. oil in wok or 10 inch skillet; heat over medium high heat until hot. Add cabbage, bean sprouts, carrot and onions; stir-fry 5 to 7 minutes or until cabbage is wilted. Remove mixture from wok.
4. Add turkey, five-spice powder, and gingerroot to wok; stir-fry over medium heat until turkey is no longer pink.
5. Add reserved soy sauce mixture and the cabbage mixture, cook and stir about one minute or until thickened. Place turkey mixture in covered container, label, place in refrigerator.

DAY TWO:

1. Preheat oven to 400 degrees.
2. Place approximately 1/4 cup turkey mixture slightly below center of egg roll skin. Cover remaining skins with dampened towel to keep them pliable (soft).
3. Fold bottom corner of egg roll skin closest to filling over filling, tucking the point under.
4. Fold in and overlap the 2 opposite corners.
5. Brush the fourth corner with water; roll up enclosed filling to seal. Cover finished egg rolls with dampened towel or plastic wrap to keep them from drying out.

6. Repeat steps 2 through 5 with remaining egg roll skins and turkey mixture.
7. Place egg rolls seam sides down, on greased cookie sheet. Lightly spray egg rolls with nonstick cooking spray.
8. Bake 15 to 20 minutes or until golden brown. Serve with hot mustard and/or sweet and sour sauce.

CHERRY CHEESE PASTRY

SERVES 8 to 10

5 oz. cream cheese
1/3 cup sugar
2 tsp. lemon juice
2 cups Bisquick
1/4 cup margarine
1/3 cup milk
1 can cherry pie filling

1. In medium mixing bowl, **cream** together cream cheese, sugar and lemon juice; set aside.
2. In large bowl, place Bisquick and margarine, **cutting in** margarine. Add milk and stir with a fork until a ball forms.
3. Turn dough onto a floured surface and roll into a 10 inch by 16 inch rectangle.
4. Spread the cream cheese mixture down center 1/3 of dough (lengthwise).
5. Cut dough into 1 inch wide strips on both sides of filling; fold strips in criss-cross fashion over filling.
6. Slide onto an ungreased baking sheet.
7. Bake at 425 degrees 15 to 20 minutes, or until lightly browned.
8. After baking, spread pie filling down center.
9. This pastry is best if served at room temperature or refrigerated.

69561- ORANGE CORN MUFFINS (double recipe)

1 c. yellow cornmeal
1 c. all purpose flour
1/3 c. sugar
4 tsp. baking powder
1/4 tsp. salt
1 egg, beaten
1 c. milk
1/4 c. vegetable oil
1 tbsp. grated orange peel

In a mixing bowl, combine cornmeal, flour, sugar, baking powder and salt. In another bowl, combine egg, milk, oil and orange peel. Add to cornmeal mixture, stirring just until ingredients are combined. Fill greased muffin tins 2/3 full. Bake at 425 degrees for about 15 minutes or until lightly brown. Remove from the tins and serve warm. Yield: 12 muffins. If cooking for two: Freeze cooled muffins to enjoy months later.

QUICK CRANBERRY PUNCH (double)

2 qts. cranberry juice
4 c. orange juice
1 lemon, sliced
1 ~~qt.~~ liter ginger ale

Combine cranberry juice and orange juice; chill. Add chilled ginger ale at serving time. Float lemon slice on top. makes

PAN GRAVY

Remove fat from drippings in pan. Stir in $\frac{1}{4}$ c. flour or mix 3 T. cornstarch with $\frac{1}{4}$ c. water and add. Cook over low heat, stirring constantly, until mixture is smooth and bubbly. Stir in 2 cups water or potato or vegetable water. Heat to boiling. Boil and stir constantly. Sprinkle with salt and pepper to taste.

CRANBERRY SAUCE

Mix 1 c. water and 1 c. sugar in saucepan. Heat to boiling; boil 5 min. Stir in 2 c. cranberries. And boil rapidly for 5 min. longer. Cool; cover and refrigerate at least 8 hours.

BASIC STUFFING

$\frac{1}{4}$ C. butter	3 stalks celery
1 large onion, chopped	1+ c. finely chopped parsley
4 c. soft diccd bread	1 T. sage, oregano poultry seasoning or favorite herb
$\frac{1}{2}$ to 1 c. turkey broth or water	salt and pepper to taste
$\frac{1}{2}$ c. chopped mushrooms (opt.)	$\frac{1}{2}$ lb. sausage (opt.)
1 apple, chopped(opt.)	

Cook the sausage and set aside. Saute celery and onion 1 min. remove from heat. Combine with remaining ingredients. Season to taste. Cool.. Stuff turkey.

Pumpkin Pie

8-inch Pastry for 8-inch Crust Pie

1 egg

1 $\frac{1}{2}$ cups pumpkin

$\frac{2}{3}$ cup sugar

$\frac{1}{2}$ teaspoon salt

$\frac{3}{4}$ teaspoon ground cinnamon

$\frac{1}{4}$ teaspoon ground ginger

$\frac{1}{8}$ teaspoon ground cloves

1 $\frac{1}{4}$ cups evaporated milk

Heat oven to 425. Prepare pastry. Beat eggs slightly with hand beater; beat in remaining ingredients. Place pastry-lined pie plate on oven rack; pour in filling. Bake 15 minutes.

Reduce oven temperature to 350. Bake until knife inserted in center comes out clean, 8-inch pie 35 minutes longer, 9-inch pie 45 minutes longer; cool. Serve with sweetened whipped cream if desired.

Broccoli Deluxe

1 pound broccoli or 2-10 oz. Pkg. frozen cut broccoli
3 med. onions quartered or 2 c. frozen small onions
¼ c. butter or margarine
2 T. flour
¼ t. salt
1 c. milk
1 3ounce package cream cheese
½ c shredded sharp American cheese
1 c. soft bread crumbs

Wash broccoli, remove outer leaves and tough parts of stalks. Cut off the buds and the remaining part of the spears into 1 inch pieces. In a covered pan, use a steamer and 1 inch of water and cook broccoli until crisp tender, about 10 min. Drain. Cook frozen or fresh onions in boiling salted water till tender. Drain. In saucepan melt half of butter. Blend in flour and salt and dash of pepper. Add milk. Cook, stirring constantly, till thickened and bubbly. Reduce heat; blend in cream cheese until smooth.

Place vegetables in a 1 ½ quart casserole. Pour sauce mixture over and mix lightly. Top with American cheese. Melt the remaining butter; toss with breadcrumbs. Sprinkle atop casserole. Bake at 350 till heated through, 40-45 minutes. Makes 6 servings.

Glazed Carrots

1 ½ pound fresh carrots
1/3 c packed brown sugar
½ t salt
½ t grated orange peel
2 T margarine or butter

Scrape carrots and remove ends, cut into 3/8 inch lengthwise strips. Heat 1 inch salted water to boiling. Use a steamer and add carrots. Cover and heat to boiling and cook for about 15 min. or until crisp tender. Cook and stir brown sugar, salt and orange peel in margarine in 12-in skillet until bubbly. Add carrots; cook over low heat, stirring occasionally, until carrots are glazed and heated through, about 5 minutes. Makes 5 to 6 servings.

Sweet Potato Mallow

1 pound sweet potatoes or yams
½ c. dairy sour cream
1 egg yolk
½ t. salt
¼ tsp. ground mace
¾ c. miniature marshmallows

Wash sweet potatoes but do not pare. Heat enough salted water to cover potatoes to boiling. Cook until tender, 30 to 35 min., drain. Slip off skins. Beat sweet potatoes, sour cream, egg yolk, salt and mace in small mixer bowl on medium speed until smooth. Pour into 1-quart casserole; top with marshmallows. Cook uncovered in 350 oven until marshmallows golden brown; about 30 minutes. 4 servings

MENU FOR THANKSGIVING LAB

Roast turkey	Cranberry Sauce	Stuffing
Mashed Potatoes	Gravy	Sweet Potato Mallow
Glazed Carrots	Broccoli deluxe	
	Corn Muffins	
Pumpkin Pie	Punch	

ROAST TURKEY

Rub cavity of turkey with salt if desired. Fill wishbone area with stuffing. Fasten neck skin to back with skewer. Fold wings across back with tips touching. Fill body cavity lightly. Do not pack--stuffing will expand. Tuck drumsticks under band of skin at tail or tie or skewer to tail.

Place breast side up in a shallow roasting pan. Brush with butter. Insert meat thermometer so tip is in thickest part of inside thigh muscle or thickest part of breast meat and does not touch bone. Cover with foil and bake according to chart. Remove foil last half hour to allow turkey to brown. When done, remove from oven and let stand for 20 min. for easiest carving. Prepare gravy. Remove every bit of stuffing from turkey. Refrigerate promptly after using. Use gravy & stuffing within 1 to 2 days; heat thoroughly before serving. The cooked turkey meat within 2 to 3 days after roasting. If frozen, it can be kept up to 3 weeks.

TIME TABLE FOR ROASTING

2 to 16 lb.	3 1/4 to 4 hrs.
7 to 21 lb.	4 to 4 1/4 hrs.

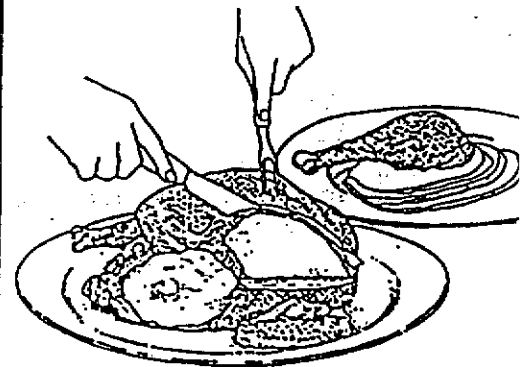
Set oven at 450 degrees. Turn temperature down to 350 degree after 1 hr. and continue to roast until temp. reaches 185. Drumstick should move up and down easily or twist out of the joint.

Mashed Potatoes

16 med. potatoes, cut up
 1/2 cup butter
 approx. 1/2 to 3/4 cup milk
 salt and pepper to taste

Peel potatoes and cut each potato in thirds. Place in sauce pan and cover with lid; bring to a boil. Cook until they can be easily pierced with a fork. Remove from heat and drain. Use electric hand mixer to mash, add butter and enough milk to reach desired consistency. Season with salt and pepper. Serves six.

CARVING TURKEY OR CHICKEN



Gently pulling leg away from body, cut through joint between thigh and body. Remove leg. Cut between drumstick and thigh; slice off meat. Make a deep horizontal cut into breast just above wing. Insert fork in top of breast and, starting halfway up breast, carve thin slices down to the cut, working upward. (To carve duckling, cut into quarters or halves with kitchen scissors.)

BROWNIE NUT CAKE

Mix together and set aside:

2 c. sugar

2 c. flour

Place in saucepan:

1 stick (1/2 c.) margarine

1/4 c. cocoa

1/2 c. oil

1 c. water

Bring to boil and pour flour and sugar into this mixture. Mix well.

Then add:

2 beaten eggs

1 tsp. baking soda

1 tsp. vanilla

1/2 c. buttermilk

Mix well and pour into greased jelly roll pan.

Bake at 400 degrees for 20 minutes.

ICING

Bring to boil:

1 stick (1/2 c.) margarine

1/4 c. cocoa

1/2 c. milk (NOT buttermilk)

Remove from heat and add:

1 box powdered sugar

1/4 tsp. vanilla

1/2 to 1 c. nuts

Spread on cooled brownies.

LASAGNA (serves four)

- 6 lasagna noodles
- 1/4 tsp. dried oregano, crushed
- 13 oz. canned spaghetti sauce, with or without meat
- 1 cup cottage cheese
- 6 oz. sliced, or 2 cups grated mozzarella cheese

DAY ONE

1. Boil 4 cups of water in a sauce pan.
2. Add lasagna noodles to boiling water.
3. Boil according to package directions, or about 8 to 9 minutes.
4. Drain in colander.
5. Lay drained noodles flat on clean surface (clean towel).
6. Add oregano to spaghetti sauce.
7. Pour 1/4 cup spaghetti sauce in an 8 inch by 8 inch square baking pan.
8. Layer 1/2 noodles.
9. Layer 1/2 cottage cheese.
10. Layer 1/2 spaghetti sauce.
11. Layer 1/2 mozzarella cheese.
12. Repeat steps 8 to 11.
13. Cover with foil.
14. Label with names, period, and date.

DAY TWO

1. Preheat oven to 375 degrees.
2. Remove foil covering.
3. Bake prepared lasagna for 30 minutes.
4. Let stand 10 minutes before serving.
5. Serves four.

Work in groups of four. Divide the work so there are two cooks and two partners. Make sure the table is set appropriately before eating on day 2.

GINGERBREAD HOUSE

Makes 7 small houses.

3 eggs
2 c. molasses
1 1/2 c. salad oil
1 c. brown sugar
8 1/4 c. flour
1 1/2 tsp. salt
3 tsp. ginger
3 Tbsp. baking powder
3 tsp. cinnamon
1/2 tsp. cloves

Beat eggs. Add other liquids and mix well. All the remaining ingredients. Mix well. Chill one hour or more. Grease a cookie sheet with sides.

Divide dough into 5 or 6 equal pieces (depending on number of students in your group). Roll dough out directly on the cookie sheet, no thicker than 3/8". Place patterns on dough, leaving some space between pieces. Cut around patterns with a sharp knife and remove excess dough. Bake at 350 degrees for 10 to 15 min. Remember small pieces will take less time to bake. Test for doneness by lightly touching center of piece. It should not leave an impression. You **MUST** trim around doors and windows as soon as it comes out of the oven and the pieces are still hot.

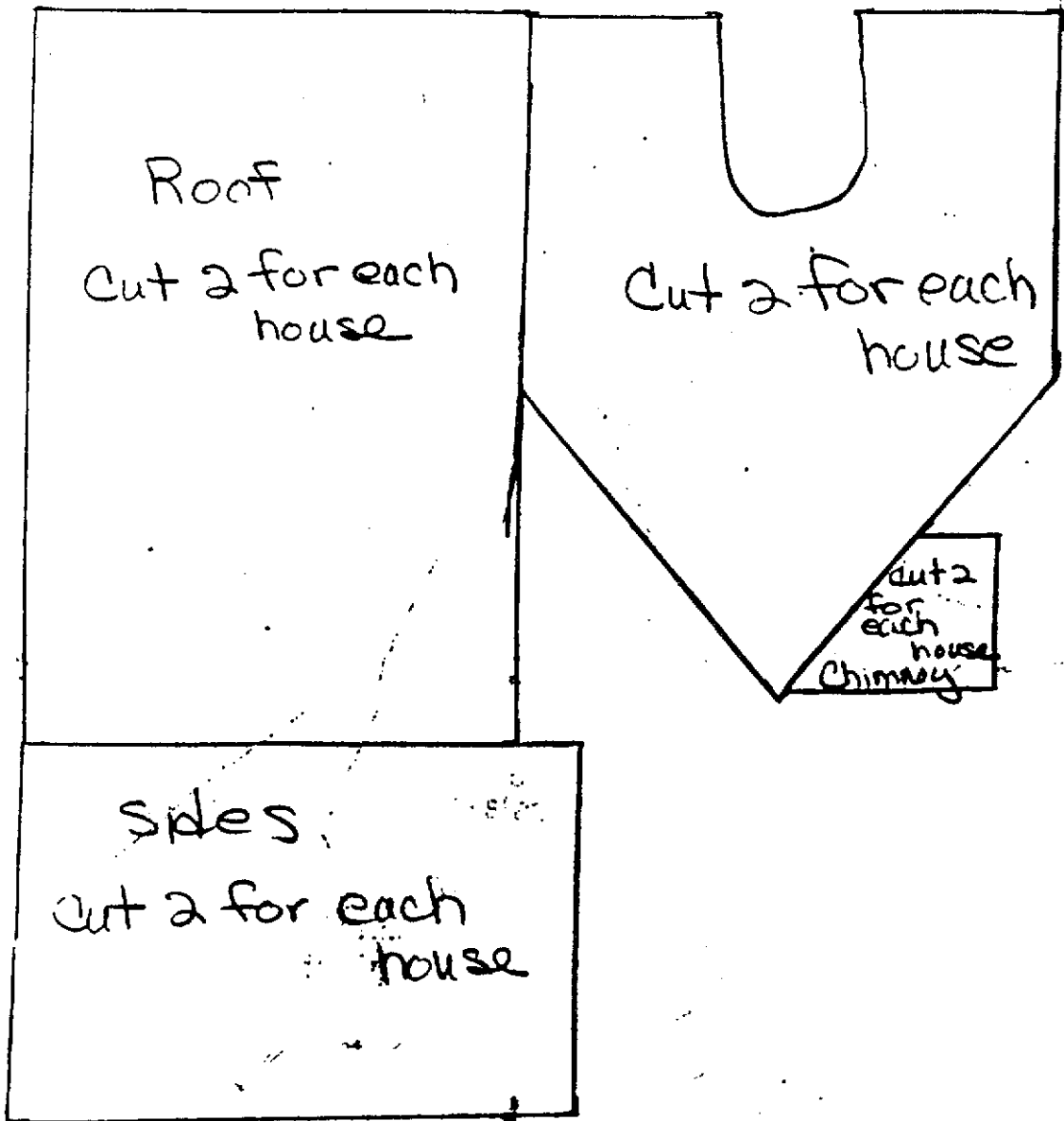
GINGERBREAD HOUSE ICING

4 egg whites
3-3/4 cups powdered sugar
1/4 tsp. cream of tartar

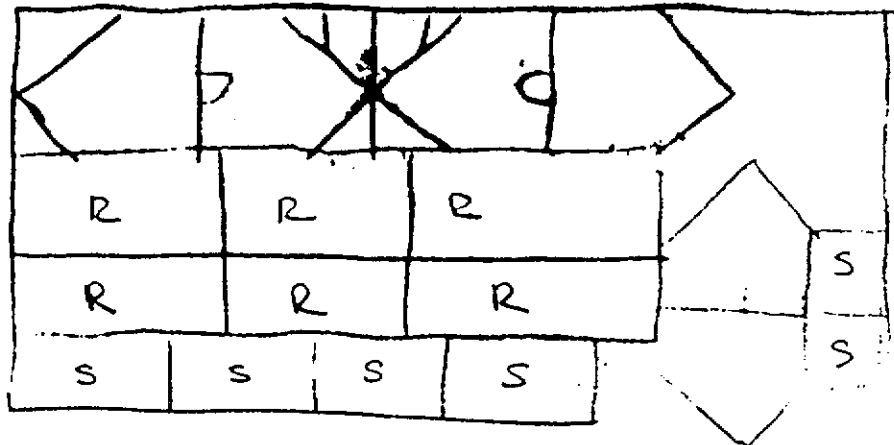
In large bowl, beat together eggs whites, powdered sugar, and cream of tartar with electric mixer at low speed until blended. Turn mixer to high speed; continue beating 7 to 10 minutes until thick and soft peaks form and a knife drawn through mixture leaves a clean-cut path. Use immediately or cover and store in airtight container in refrigerator. Use with 1 to 2 days. Once you begin working with the icing, keep it covered with a damp towel to prevent drying out. This icing dries hard. Makes 3-3/4 cups icing.

TO ASSEMBLE HOUSE: Prepare Gingerbread House Icing. Keep icing covered with a damp towel during assembly or it will dry out. Place icing in a large pastry bag fitted with a large plain round 1/4-to 1/2-inch diameter decorating tube, filling half-full at a time. Use a 12-inch square piece of cardboard for the base. Cover with foil. Draw lines at right angles on the base where you want the front and left-side wall of the house to stand. Ice over the lines using bag filled with icing. Place side wall upright in place; then pipe a strip of icing up edge where front wall will attach to it. Stand front wall in place attaching to side wall at right angle. Hold the pieces upright for a few minutes until icing has set. Then prop walls up placing a heavy jar in corner for support. Let stand 30 minutes or until icing sets. Remove jar. With icing, cement right-side wall of house to front, piping icing strip on base and on edge of front wall as before. Put icing on base and on side walls where back will attach. Stand back in place. Let stand about 30 minutes or until set. Ice top edges of house; lay roof pieces over them, using jar or can under roof overhangs to prevent slippage while drying. Roof pieces should meet but not overlap. Fill any space between them with icing. Check house and make sure all seams are filled with icing. Let house stand until all icing has dried. Frost with remaining icing and decorate with assorted candies.

Possible ASSORTED CANDIES -- wafers for roof, gumdrops, candy corn, mini-candy canes, spicetts, M&M's, gummy bears, etc. YOU MUST BRING THESE ITEMS!!!!



lay out on cookie sheet.
Repeat 2 more times
(Pcs. for 3 houses - 1/3 dough)



RECIPES COLLECTION

ROYAL (MERINGUE POWDER) ICING

Ingredients:

- 3 Tbsps. Meringue Powder
- 1 lb. Powdered Sugar (4 cups)
- 6 Tbsps. Water

Directions:

1. Place all the ingredients in electric mixer bowl.
2. Beat at low speed for 7-10 minutes or until peaks form.

NOTE: For portable mixers, beat at high speed for 10-12
minutes.

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