



Lynn Lankton
Beverly Phillips

Whole Meal Cookbook



Quantity Cooking for
Churches, Camps
Presbytery Dinners
Soup Kitchens



**Not just a collection of recipes,
But foods that go together**

This book bears the marks of many individuals:

My mother, who set an example of gathering in people and feeding them both with grace and good food.

Camp staff, who kept me on my toes, worked hard and gave me great satisfaction as I watched their skills develop.

Campers, who shared ideas and recipes and offered their help in the kitchen.

The book also grew out of my experience as a kindergarten teacher. It was there that I learned the importance of creating an environment where it is safe to learn; making it possible for the innate eagerness to learn to blossom. This is just as important for high school, college age and older adults; as it was for kindergartners. The kitchen staff needs to feel they are in an environment where they can be successful.

Lynn Lankton

Graduate of the College of Wooster, 1951;
Pestalozzi Froebel Elementary teaching certificate
1967; Food Coordinator Presbyterian Camp,
1966-1990.

Food production and preparation was an important part of my growing up years because that was my mother's vocation, her career. Both my father and my mother grew up on farms in Nebraska, and my grandparents still lived there during my childhood. So growing food and preserving it (including beef, pork and chicken) consumed much of the time and the effort of the people I loved. Meals together as an immediate family and in the wider family group were always witness to the fact that the food was the fruit of the labors of the adults--and the children!

Love and labor went into the preparation, serving and sharing of food in those days. Much of what Lynn shares in this cookbook are things that women from that era knew and practiced, but have been forgotten in these years of the easy availability of food.

My inspiration, therefore, is the women then who worked so hard to feed their families and to the women now who the world over still work long and hard to feed their families.

Beverly Jane Phillips

Hastings College, 1958; San Francisco Theological Seminary, 1961; Hunger Action Enabler for Chicago Presbytery, 1980; Ordained as Hunger Action Enabler, 1988.

Table of Contents

	<u>Page</u>
INTRODUCTION	1
Chapter 1 THEOLOGY	4
Chapter 2 MENU PLANNING (The Whole Meal)	7
Chapter 3 RECIPES	18
Chapter 4 KITCHEN TIPS	73
Chapter 5 MEAL PREPARATION	77
Chapter 6 HOSPITALITY	84
Chapter 7 HUNGER INVOLVEMENT	86
APPENDIX A	
APPENDIX B	
INDEX OF RECIPES	

INTRODUCTION

PHP

During the 16 years of its existence the Hunger Committee of the Presbytery of Chicago has sought ways to encourage lifestyle change among the people in Chicago Presbytery. This has also been a continuing concern of the Presbyterian Hunger Program. In 1987 the PHP made grants of \$500.00 to each of 40 Hunger Action Enablers around the country for the purpose of helping them implement a lifestyle strategy in their presbyteries which would reflect a commitment to a just, participatory and sustainable society.

The Hunger Action Enabler of Chicago Presbytery received one of the grants and the Hunger Committee began brainstorming about how the money could be used in this presbytery. A decision was made to ask Lynn Lankton to write a cookbook. In it she would share

- the nutritious recipes
- meal plans
- philosophy of cooking
- meal planning techniques

that she used as the Food Coordinator and Cook at the Presbyterian Camps at Saugatuck, Mich.

Most North Americans eat too much of the wrong kinds of food, while millions of people the world over go hungry. The continual appearing of new fad diets, the popularity of spas and weight reduction products/activities bears clear witness to that fact. Lifestyle change is already a part of many Americans' lives when it comes to eating. This recipe book speaks to lifestyle change.

The book is a guide for preparing the WHOLE MEAL. Eating involves more than good recipes. Just as the gathering of people is enriched by having a stimulating variety of people, so a meal is enhanced by the right combinations of food.

The purpose of the book is to give some guidelines for planning, preparing, and serving nutritious, attractive and satisfying meals for groups of people as well as to help us understand that what we eat does affect the rest of the world.

Much has been written about the nutritional benefits of eating WHOLE GRAINS...the book carries this idea further by planning the WHOLE MEAL...a meal that contains elements that satisfy the body and soul. Eating together should be more than a time to fill the body...it can be the time when special bonds are formed. The book is an attempt to create this special atmosphere.

Mealtime is more than food: it involves making the menu, setting the stage for eating (creating an atmosphere), and serving quantity food with quality.

When people come to eat, it is important to "set the stage"...to help them feel that they are expected, and that you are prepared for them. The dining area should say:

I expected you.

I looked forward to your coming.

I'm glad you're here.

Our hope and prayer is that this cookbook will benefit not only those who use it and the guests at their tables, but also that it will make all of us more aware of what our eating habits say to our Christian brothers and sisters who have so little to eat and of our responsibility to them.

The recipes and the meal plans in this book are for groups of 50. The foods used and the menus suggested are healthy and nutritious and can serve as guidelines for cooking for smaller numbers. The intention of the book is to assist those responsible for the planning, preparation and serving of food at

camps

conferences

church dinners

soup kitchens

Presbytery/Synod meetings

Preparing nutritious food for our own health is important but it should lead us to become sensitive to the needs of others for whom hunger is a daily experience.

The Igbo people in Nigeria say: If you are rich and well-fed but your brother, sister or your parents are hungry, you are still poor. But if you are poor because your brother, sister or parents are well-fed, you are a very rich person.



Chapter One Theology

"Behold, I stand at the door and knock;
if anyone hears my voice and opens the
door, I will come in to her and eat
with her, and she with me."

Rev. 3:20,21

Part of Jesus' demonstration of his acceptance of people is the act of eating with them. In this passage from Revelation, John portrays Jesus' acceptance of the repentant sinner in terms of eating together. After Jesus called Matthew to be His disciple, Matthew gave a great feast for Him (Luke 5:27-29). Jesus called Zaccheus to come down out of the tree with haste "for I must stay at your house today. (Luke 19:5). Such a visit would surely have included eating together. After His resurrection Jesus ate with friends in Emmaus (Luke 24:30)

In the final hours of his life, Jesus taught us to eat in remembrance of Him. Eating is more than just putting food in our bodies to stay alive and well. Our Lord has made it a sacramental act that draws us to Him and thereby to other people who confess Him as Lord.



When we sit down at a table to eat we are bound to others whom Christ loves and would eat with because He taught us that we are all sisters and brothers with one Parent. Therefore, the buying, preparing and eating of food takes on a deeper meaning for us.

Because of the meaning Jesus has given to food we cannot buy and consume food carelessly and unthinkingly. Satisfying our hunger has special meaning when we consider that 450 million of God's people never get their hunger satisfied; that so many of our brothers and sisters are going hungry. We are tied to them by our love for God and God's love for us. This is not intended to make us feel guilty about eating, but rather to make us aware that we are one with those who are malnourished and those who starve.

Since eating is a multi-billion dollar business these days, it is harder to keep it as a sacrament than it was in the days when almost everything on a family's table was produced by the family. It is harder than in the days when all the dishes brought to a church dinner were prepared from the pantries of families whose labor was part of the sharing of the food. In these days when we buy almost everything pre-packaged and pre-prepared, there is less joy and satisfaction in the preparation of it and little thought given to the preciousness of food for all of us.



Buying and eating **sensibly & responsibly** is more than just a discipline that will bring good health to us and our families. It is a way of saying to God and to the world, "I do care about all of God's people. I will select my food and eat it in the knowledge that God cares for all people."

We should demonstrate that same love when we eat together in the larger Christian community by giving thought to the health of our own bodies, the health of our Christian brothers and sisters throughout the world, and the health of the planet earth.

This concern for our eating habits and their effects on others is a big step in the direction of taking action for the sake of God's hungry people. Further actions will be discussed in the last chapter. The idea of treating the meals at Presbyterian Camps at Saugatuck as a learning experience and part of the whole camp program, rather than just something that needs to be done, expresses the importance of eating together and of eating the right foods.

Chapter Two The Whole Meal

FOOD COMBINATIONS THAT MAKE A MEAL

Planning a menu is more than putting good recipes together. Foods in the right combination will enhance each other, while the wrong combination may make the meal less satisfying. The menu should be planned to meet nutritional requirements, of course, but it also needs to include variety in

taste, color, texture

A meal that consists of all spicy foods or all bland is not very satisfying. A colorful meal that is appealing to the eye seems to taste better. Crisp and crunchy foods help give a feeling of variety to the meal. A well thought out meal can express for you, "I'm glad you're here" and "I care about you". Meal planning is like getting dressed in the morning: there is nothing wrong with stripes and plaids, but you usually don't wear them together. Combining them detracts from both. The right combination of foods is important when planning a menu.

IT IS IMPORTANT TO OFFER CHOICES

There are many ways to offer choices without being wasteful:

At breakfast, along with the main entree, you can have boxed unsweetened prepared cereal available as well as a serving bowl with homemade granola. On days when you are serving pancakes, offer many toppings such as a variety of warm syrups, yogurt, and warm applesauce.

Granola

When you are planning soup for lunch, serve four or five different kinds on a soup bar rather than offering only one kind. Include a variety of toppings such as homemade croutons, chow mein noodles, and crackers. Most leftover soups can be frozen and served at the next soup bar.

Soup

To give a variety to tossed salad, serve it with an accompanying condiment plate that has two or three salad dressings, two kinds of olives, garbanzo beans, sunflower nuts or whatever else your imagination can dream up. Keeping the condiments separate from the salad makes it possible to serve leftover salad again and still have it crisp, fresh tasting and good looking.

Tossed Salad

Serve a variety of fresh fruits in bowls or platters that people can choose from. Keep in mind colors when choosing the combinations:
apples, bananas, pineapple quarters,
plums, green grapes.

Fresh Fruits



JUICE

Set up juice bars with a variety of un-sweetened canned juices such as apple, grapefruit, apricot, pineapple, and grape. You can have ice water on each table so that people are encouraged to drink water. No ice machine? -- if you have freezer space, just put about 1" of water into each pitcher and freeze them. Just before meal time fill each with cold water.

Keep RECORDS of MENUS served to each group. It will help you remember what you served before and you can plan a different menu when they come again.

Other things to consider besides variety when planning menus.

Each group has its own "personality" and it helps to be aware of this. A group may have food preferences because of its ethnic background. Be open to helping people on special diets so that they feel well fed. The age of the participants should be considered when planning the menu. Food can also help to enhance the program theme, so be creative in your planning.

The SIZE of the group and the EQUIPMENT you have to work with need to be part of your planning. Put together a menu that can be done successfully with the number of ovens, cooking pots and serving dishes that are available to you.

Plan your menu so that any LEFTOVERS can be used well. When considering what to serve a group, try to plan how you can use the leftovers you may have. For instance, if you are not sure about how much a group would eat, it

would be better to plan to serve spaghetti instead of lasagna; spaghetti can be frozen and served again and still look fresh, while lasagna does not usually look as appetizing the second time around.

Try hard and faithfully not to have any leftovers, but serve them again when you do. Some things that we throw away are useless to anyone else, but throwing away food (or anything that is still useable) shows extravagance and disregard for the needs of other people.

Leftovers

We try to have tossed salad on a menu after having a raw vegetable plate so that any leftover raw vegetables can be put into the tossed salad. Leftover cooked vegetables can be added to quiche or soups. Leftover frozen cooked peas can be added to beef stew just before serving to give the stew a touch of color. Stale bread can be kept in an oven with a pilot light to be used at a later time for making stuffing. Cooked cereal can be added to bread dough when making whole grain yeast breads. Salads will often make a nice salad bar and leftover desserts that freeze well can be saved until there is enough to make a nice variety dessert tray.

Review

1. Offer choices.
2. Keep records.
3. Know your group.
4. Know your kitchen.
5. Use leftovers.

sample MENUS

breakfast

Meat is not served at breakfast because we want to stress eating lower on the protein scale. In order to have a well balanced diet, our bodies need essential amino acids (important in the makeup of protein). Adequate protein comes from eggs, and complimentary foods such as grains with dairy products. Many breakfast meats are high in fat content and chemical additives, and are not a reasonable choice for good nutrition.

The average North American consumes about 97 grams of protein every day. The National Academy of Sciences in Washington D.C. recommends 54-56 grams (1.9 ounces) for men and 44-46 grams (1.4 ounces) for women.

basic to every breakfast
--is fruit juice, boxed cereal, homemade granola, 2% milk, cocoa, coffee, tea, main entree (choose one of the following four suggestions).

1. Cooked cereal, brown sugar, raisins
Add one of the following breads:
toast, jam
doughnuts
bagels, cream cheese, jam
English muffins, jam
coffeecake
warm raisin bread
warm cinnamon bread
2. Scrambled eggs
Add one of the breads from #1
3. French toast, butter, syrup
4. Pancakes, syrup, yogurt, applesauce

lunch

For centuries people in other parts of the world have prepared combinations that provide sufficient usable protein. Latin Americans eat rice with beans or corn. In India a pea or lentil puree is eaten over rice. The Chinese and Japanese use bean noodles, bean curd, and bean sprouts with rice. Cornmeal mush eaten with beans is in style in many African countries.

We keep meat at a minimum in our lunch menus. Americans are used to getting their protein requirements from meat, but we want to show how to prepare nutritious and satisfying meals without relying on meat to be the main food. (Choose one of the following six suggestions.)

1. Soup bar, crackers, bread, butter, peanut butter, jam, coffee, tea, juice.

A. Add one of the following:

toasted cheese sandwich
tuna fish salad/tomato wedges/leaf
lettuce (omit salad)
homemade rolls, shaved meat, pickles,
mustard, mayo
egg salad/leaf lettuce (omit salad)
meat/cheese platters, pickles,
mustard, mayo
quiche

B. Add one of the following salads:

vegetable bowl/dip
relish plate/raw vegetables
cottage cheese
sliced tomatoes/cucumbers, leaf
lettuce/mayo plate
three bean salad
tossed salad/dressing plate
spinach salad/dressing plate

C. Add one of the following desserts:

cookies
fresh fruit
jello
pudding
popsicles
ice cream or sherbet

2. Macaroni and cheese, bread, butter, peanut butter, jam, coffee, tea, juice

Add one of the following breads:

muffins
cornbread, honey
garlic bread
homemade yeast rolls

Add one of the above salads and desserts from B and C lunch

3. Pita, refried beans, hamburger, tomatoes, lettuce, onions, green peppers, grated cheese, picante sauce, ranch dressing or tzazeki sauce, coffee, tea, juice

Add one of the above desserts from #1 lunch.

4. Chef salad, dressing plate, soup, crackers, bread, butter, peanut butter, jam, coffee, tea, juice

Add one of the above breads and desserts from # 1 B and C lunch.

5. Baked beans, macaroni or pasta salad, cheese or sliced meat, bread, butter, peanut butter, jam, coffee, tea, juice

Add one of the above desserts from #1 lunch.

6. Pizzaburgers, bread, butter, peanut butter, jam, coffee, tea, juice

Add one of the following salads:

vegetables/dip
tossed salad, dressing plate
spinach salad, dressing plate

Add one of the above desserts from #1 C lunch.

dinner

Protein maximizing combinations are:

MILK and/or LEGUMES (beans, eaten with peas, lentils	GRAINS (rice, corn, wheat, etc.) and SEEDS
--	--

This is the one meal in the day that we usually include meat. When choosing salads and vegetables, pick a variety of colors. If salad is primarily green, serve with a yellow or orange vegetable. (Choose one of the following twelve suggestions.)

1. Turkey, dressing or rice or mashed potatoes, gravy, cranberries, vegetable, coffee, tea, milk, bread, butter

Add one of the lunch salads or apple-sauce or waldorf salad from #1 C lunch.

Add one of the following desserts:

fruit platter
melon bowl
hot fudge sundae
apple crisp
cake
cheesecake
pie
fruit cobbler
sherbet

2. Spaghetti, homemade bread, butter, jam, coffee, tea, milk, tossed salad or spinach salad, dressing plate,

Add one of the following desserts:

fresh fruit
cheesecake
hot fudge sundae
sherbet

3. Ham, scalloped potatoes or rice or baked potatoes/sour cream, vegetable, bread, butter, jam, coffee, tea, milk

Add one of the following salads:

cottage cheese/fruit/leaf lettuce
5-cup Salad
tossed salad or spinach salad/
dressing plate
fruited jello/leaf lettuce

Add one of the desserts from #1 dinner list.

4. Fish, herbed rice or baked potatoes/sour cream, lemon slices, vegetable, bread, butter, coffee, tea, milk

Add one of the following salads:

tomato/cucumber/leaf lettuce/mayo
cottage cheese/fruit/leaf lettuce
spinach or tossed salad/dressing
plate
coleslaw

Add one of the above desserts from #1 dinner.

5. Beef stew, biscuits or homemade yeast rolls, butter, honey, coffee, tea, juice

Add one of the following salads:
tossed salad or spinach salad/dressing plate
cottage cheese/fruit/leaf lettuce
fruited jello/leaf lettuce
tomato/cucumber/leaf lettuce

Add one of the desserts from #1 dinner.

6. Roast beef, gravy, vegetable, bread, butter, coffee, tea, milk, herbed rice or baked potato/sour cream or mashed potatoes

Add one of the following salads:
coleslaw
tomato/cucumber/leaf lettuce
tossed or spinach salad/dressing plate
cottage cheese/fruit/leaf lettuce
5-cup salad

Add one of the desserts from #1 dinner.

7. Meat loaf, baked potato/sour cream or herbed rice or scalloped potatoes, vegetable, bread, butter, coffee, tea, milk

Add one of the salads from #6 dinner.

Add one of the desserts from #1 dinner.

8. Chicken ala king, biscuits, butter, honey, coffee, tea, milk

Add one of the following salads:
fruit salad/leaf lettuce
cottage cheese/fruit/leaf lettuce
tossed or spinach salad/dressing plate
tomato/cucumber/leaf lettuce/mayo

Add one of the desserts from #1 dinner.

9. Cashew chicken, or chicken chow mein, rice, chow mein noodles, soy sauce, muffins or bread, butter, coffee, tea, milk

Add one of the following salads:

fruited jello/leaf lettuce
cottage cheese/fruit/leaf lettuce
tomatoes/cucumbers/leaf lettuce/mayo

Add one of the desserts from #1 dinner.

10. Sweet and sour chicken, rice, noodles, soy sauce, muffins or bread, butter, coffee, tea, milk, fruited jello/leaf lettuce or cottage cheese/fruit/leaf lettuce

Add one of the desserts from #1 dinner.

11. Roast pork or pork tenderloin, dressing or mashed potatoes, gravy, vegetable, bread, butter, coffee, tea, milk

Add one of the following salads:

applesauce
waldorf
tossed salad or spinach/dressing plate
tomato/cucumber/leaf lettuce
cottage cheese/fruit/leaf lettuce

Add one of the desserts from #1 dinner.

12. Baked potato bar, baked potato, butter, sour cream, bar-b-que beef or chicken ala king, sliced olives, hot bacon, dressing, bread, butter, coffee, tea, milk

Add one of the following salads:

tossed salad or spinach dressing plate
tomato/cucumber/leaf lettuce
cottage cheese/fruit/leaf lettuce

Add one of the desserts from #1 dinner.

RECIPES

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Recipes

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recipes

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recipes

Main Course



YOU JUST INVENTED THE "ONE POT MEAL"

CHICKEN A LA KING

serves 50

Melt:

1 3/4 lbs oleo

Stir in with wire whisk:

4 c flour

scant 1/2c chicken base

3 1/4 qts hot water

2 qts milk (or use 2 cups non-fat dry plus 2 qts hot water)

Stir and cook until thick.

Pour into sprayed steam pan.

Add:

6 lbs pulled* chicken

Cook together in small amount of water:

3 c chopped celery

1/2 c dry onions

1 T Worcestershire sauce

Add to chicken and flour mixture.

Keep warm in low oven (250°) until serving time.

Add green peas and chopped red pimientos before serving.

Serve with biscuits or homemade rolls.

CHOW MEIN

serves 50

Thaw, place in large oven pan:

5 lbs pulled* chicken pieces

Sauce:

Combine and cook until thick:

10 T or less grated ginger root

1/3 c sugar

2 3/4 c cornstarch

3/4 c soy sauce

1/2 c dry chicken stock

10 3/4 c water

Add to chicken.

Stir fry and add to chicken:

5 c onions, sliced lengthwise

Place in 275° oven to keep warm. Just before serving stir-fry and add:

7 1/2 c celery, sliced diagonally

(save celery leaves for garnish)

7 1/2 c bean sprouts

*Pulled chicken is cooked chicken pieces (not chopped).

SWEET AND SOUR CHICKEN

serves 50

Prepare vegetables for stir-fry

- Peel and chunk 5 cucumbers
- Slice diagonally 10 stalks celery
- Slice thinly 3 onions

Drain and save juice from 1 #10 pineapple chunks.

Cut up into chunks:

- 4 green peppers
- 8 tomatoes

Make sauce by combining:

- 3 3/4 c brown sugar
- 3 3/4 c vinegar
- 3/8 c soy sauce
- 1 whole ginger root - grated
- 1/2 c cornstarch
- pineapple juice

Add to sauce

- 5 lbs pulled chicken

Warm sauce in 250° oven

1/2 hour before serving, stir fry:

- cucumbers
- celery
- onions
- pineapple chunks

Just before serving add peppers and tomatoes.
Serve with rice and chow mein noodles.

BAKED CHICKEN

Order chicken cut into 8 pieces. Figure on one chicken feeding 5 people.

Wash chicken in cold water. Pull off excess fat. Lay chicken on sprayed baking pan. Sprinkle with flour. Ladle melted butter over chicken. Bake 350° for 1 1/2 hours. Serve on platter with a topping of fresh chopped parsley.

For variety: add chopped onion and garlic to the melted butter.

BEEF STEW

4x11x20 pan

serves 50

Combine in sprayed steam pan:

- 5 to 7 lbs stew meat
- 2 large onions, chopped
- 3 stalks celery cut in 1" pieces
- 18 large carrots cut in 1" pieces
- 4 1/2 lbs potatoes cut in large cubes

Sprinkle with:

- 4 T salt
- a little pepper

Mix together and add:

- 1/3 c sugar
- 3/4 c tapioca
- 3 c V-8 juice

Toss all ingredients. Cover pan tightly with foil.
Bake 5 hours at 250°. (For richer look, add
Kitchen Bouquet before serving.) Add frozen,
cooked peas just before serving.

MEAT LOAF

serves 50-60

Mix:

- 10 lbs hamburger
- 6 c uncooked oatmeal
- 6 eggs
- 1 1/2 c dry onions
- 3 1/2 T salt
- 2 t pepper
- 6 T Worcestershire sauce

Add:

about 4 quarts milk

Mixture will be very juicy. Spread in flat pan to
about 2" deep.

Piquant sauce

Combine:

- 4 c catsup
- 1 c brown sugar
- 1/4 c dry mustard
- 2 t nutmeg

Cover meat loaf with piquant sauce. Bake at
350° for about 2 hours. Cut in squares to
serve.

POTATO BAR/MAIN COURSE

Wash baking potatoes, wrap in foil. Bake 350° to 400° for about 2 hours or until done. Serve with all or any of the following:

- barbecue meat
- chicken a la king
- hot bacon dressing
- sliced black olives
- broccoli cheese sauce
- sour cream
- butter
- chives

BROCCOLI CHEESE SAUCE

Follow the recipe for cheese soup but add less milk than called for. Or use canned cheese sauce. Warm in 275° oven. Just before serving, add cooked broccoli pieces. Keep broccoli bright green. Don't overcook!

BARBECUE MEAT

Slice leftover roasts thin on meat slicer. Add barbecue sauce to taste. You may cut the taste of barbecue sauce by adding gravy. Warm in 275° oven.

FISH

Many suppliers offer fish entrees. Although they are often more expensive than meat, it is nice to offer fish when possible. One that we like is Cod Almondine. This comes ready to bake. Decorate with lemon slices and parsley sprig.

SPAGHETTI SAUCE 4x11x20 pan serves 50

Combine in sprayed steampan:

- 3 #10 cans whole tomatoes
- 1 #10 can tomato paste (or less)
- 1 c dry onions
- 1/4 c basil (leaf)
- 4-5 bay leaves
- 1/4 c leaf oregano
- 2-3 T garlic powder
- 1/2 c dried parsley flakes
- 1/4 c sugar or honey
- pepper

Cook in oven 250° - 275° all day (uncovered).
1 1/2 hours before serving add thawed, frozen
protein-enriched meatballs (2 - 3 per person).
If sauce seems too thick, add water.

PASTA

Bring large pan of water to boil. Add a little
salt and salad oil. Drop pasta into water and
continue to boil until pasta is "al dente." Drain
into large colander. For a spaghetti dinner,
figure 1 pound per 8 people.

BAKED POTATOES

Scrub potatoes, cut in half crosswise. Put cut
side down on lightly buttered baking pan. Bake
350° for 2 hours or until done. The baking time
depends on your oven and the amount being
cooked. To serve, sprinkle cut side with paprika
and sprinkle with parsley flakes.

OVEN COOKED RICE 4x11x20 pan serves 50

White Rice

Spray pan

Measure:

4 lbs or 10 c rice

Add:

4 qts hot water

4 t salt

Stir and cover tightly. Bake at 350° for 1 hour or longer.

Brown Rice 4x11x20 pan serves 50

Measure:

2 qts rice

3 1/4 qts water

1 T salt

Cook as for white rice - it may take a bit longer.

Variations

For rice served with beef, use diluted beef consume. Omit salt

Herbed rice - omit salt

Add:

3/4 c dry onions

sliced celery

variety of herbs (dill, bay leaves, oregano, basil)

1/4 c chicken base

BAKED BEANS

serves 50

Cover with water and soak over night:

7 lbs navy beans

Drain and cover with fresh water and cook for 1 1/2 hours or until tender. Drain beans, save the liquid.

Mix together:

3 1/2 c molasses
1 3/4 c catsup
2 T + 2t dry mustard
4 T + 2t salt
1 3/4 t pepper
2 large onions, chopped

Add to beans. Cover tightly. Bake 4-8 hours if necessary, add reserved liquid. If too runny, take off cover.

QUICHE

for six 9" pies

Saute:

2 chopped onions

Grate:

5 c cheese (preferably white cheddar)

Mix together:

15 eggs
5 c evaporated milk
5 c milk
2 1/2 t salt
2 dashes pepper
2 dashes nutmeg

Use homemade pie shells or use frozen pie shells with edges crimped to look homemade. Prick pie shells with fork. Bake pie shells at 400° for about 10 minutes.

Line shells with sauteed onions. 1/3 to 1/2 c per pie. Put scant cup of grated cheese in each shell. Fill with egg mixture. Bake on metal trays for 375° for 45-50 minutes.

PORK TENDERLOIN

You will need 2 pork tenderloins for each table of 8.

Split tenderloins down the long way, but don't cut all the way through. Pound flat. Sprinkle with salt and pepper. Mound dressing along one tenderloin. Cover with second tenderloin, tuck in ends. Tie in 2 or 3 places. Top with 2 or 3 half-slices of bacon. Bake 350° about 2 hours. Baking time will vary depending on how many roasts you are cooking. Serve on platters decorated with cinnamon apple slices and a parsley sprig.

DRESSING

Save leftover breads, biscuits, and rolls to use in making dressing. Put breads into a large pan, add lukewarm water and break into small pieces with hands. Add sliced celery and chopped onions. Melt butter and add. Season with salt, pepper and poultry seasoning. Cover tightly. Bake 350° about 4 hours. Uncover the last hour so that dressing will brown. Stir from edges so that it will brown evenly. You can determine the amount needed by measuring the dressing in the bowl you will be serving it in and multiplying by the number of tables to be served.

ROASTS

Many suppliers offer pre-roasted meat. These will guarantee quality and serving portions. These can help you plan so that you don't run short or cook too much. There are a variety available such as: ham, beef, pork, turkey breasts.

With a meat slicer, it is easy to cut these just before serving and place on platters. Decorate with sliced fruit and parsley sprigs.

GRAVY

To make gravy from the pan drippings of roasts, mix together flour and cold water to thin soup consistency. Add to drippings and stir with a wire whip, while cooking on top of the stove. Add water if mixture is too thick. Season to taste with salt and pepper.

MACARONI AND CHEESE

serves 50

Cook in 2 gallons water:

3 lbs macaroni
1/2 c salad oil
1 T salt

Drain

Cheese sauce

Melt:

2 lbs oleo
Add and simmer 4-5 minutes

3 c flour
2 T + 2 t dry mustard
2 T + 2 t salt

Mix together and add:

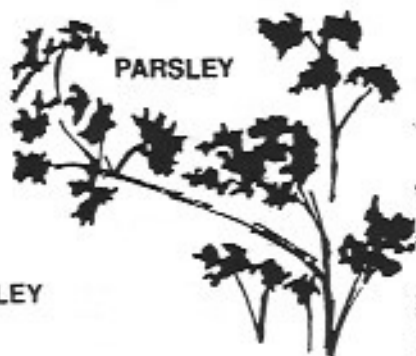
1 1/2 gallons hot water
6 c dry milk

Cook until thickened. Add:

4 lbs grated American cheese
1/4 t tabasco sauce
2 T Worcestershire sauce

Add to cooked macaroni. Put in sprayed 1-1/2 quart casserole dishes. Bake at 350° for 30 minutes or until light brown. Sprinkle with paprika. Before serving add a sprig of parsley.

Salads



RELISH PLATES

For each table of 8, dish into 5 1/2 oz. souffle cups 2 or 3 of the following:

- pickle slices
- olives
- corn relish
- pickled beets

Place the above on a dinner plate. Just before serving, add cut fresh vegetables such as:

- carrot sticks
- celery sticks
- radish roses
- zucchini sticks
- cucumber sticks

When choosing vegetables, keep color in mind. Store carrots, celery, and radishes in cold water. Store cucumbers and zucchini in covered bowl.

VEGETABLE BOWL/DIP

Use sour cream or plain yogurt as a base. Add lemon juice, Dry ranch dressing mix and garlic to taste. Dish into 5 1/2 oz. Soufflé cups. Place in center of a round bowl. Just before serving, fill bowl with a variety of 3 or 4 kinds of cut vegetables:

- cauliflower florets
- broccoli florets
- carrot slices
- green pepper chunks
- yellow peer chunks
- red pepper chunks
- celery wedges
- radish roses

To crisp the vegetables, prepare ahead and store in cold water in the refrigerator. (Do not put peppers in water...store in a covered bowl.

TOSSED SALAD

Wash romaine lettuce and spin dry. Break into small pieces, being careful not to twist. Place in serving bowl. Cut up raw vegetables and add to above. Grate carrots and put a handful in the center of the bowl. Top carrots with a sprig of parsley. Score cucumber with a fork, slice on a meat slicer and arrange around edge of bowl. Cut tomato wedges and arrange between carrots and cucumbers. Serve with a dressing plate for each table.

For chef salad: add quarters of hard boiled eggs between tomato wedges.

DRESSING PLATE (for green salads)

Fill 5 1/2 oz. souffle cups with some of the following:

- green olives
- black olives
- sunflower nuts
- parmesan cheese
- alfalfa sprouts
- garbanzo beans
- croutons

Place on serving plate with 2 or 3 dressings. Serve dressings in 5 oz. juice cups.

For chef salad - add: grated cheese, shaved ham and shaved turkey.

SLICED TOMATO/CUCUMBER/
LEAF LETTUCE SALAD

For each table of 8, fill a 5 1/2 oz. souffle cup with mayonnaise, ranch or green goddess dressing. Place this on a dinner plate. Lay leaf lettuce around the plate. Slice tomatoes on a meat slicer and arrange about 16 slices around the plate on top of the lettuce. Score cucumber with a fork, and slice on the meat slicer. Arrange a circle of cucumber slices around the souffle cup.

MACARONI SALAD

serves 50

Cook 2 or 2 1/2 pounds macaroni in boiling salted water. Add a little oil to the water. Drain well. Add:

chopped onions
about 10 chopped hard boiled eggs
2 c chopped celery
1 c pickle relish
enough mayonnaise to keep it moist (macaroni will absorb the mayonnaise as it sets)

Season with salt, pepper, a little dill. Dish into serving bowls, ring with leaf lettuce. Decorate with sliced hard boiled eggs, paprika, parsley sprig.

CELERY SEED DRESSING

makes 1 gallon

Mix in large bowl:

5 c sugar
3 T dry mustard
1/2 c dried onion
3 c vinegar
8 c oil
1/2 c celery seed

Blend in blender in small amounts

HOT BACON DRESSING

serves 50

Fry onions until clear and bacon until crisp

1/2 lb onions, chopped

1 lb bacon

Combine and bring to boil in top of double boiler placed directly on stove top:

2 c water

2 c vinegar

1 1/2 c sugar

1 T salt

1/2 t pepper

Blend, then stir into hot liquid with a wire whip:

1/2 c cornstarch

1 c cold water

Cook 10 minutes until thick. Add onion and bacon, stirring constantly from bottom of pan. Warm in double boiler before serving.

FRENCH DRESSING

makes 1/2 gallon

Blend well in blender:

3 c sugar

2 c catsup

1 c vinegar

1/4 c Worcestershire Sauce

4 t salt

4 c salad oil

TZAKEKI SAUCE

Mix together:

1 medium cucumber, seeded and minced

6 cloves garlic, crushed

1/2 t salt

1/2 c vegetable oil

1/2 c red wine vinegar

Drain 4 c yogurt for 1 hour. Discard liquid. Add above mixture.

SPINACH SALAD

Wash spinach leaves. If they are not as crisp as you would like, place them in a bowl of warm water and let them set for about 1 hour. Spin dry. Pick off stems, and pull off pieces being very careful not to twist. Spinach bruises very easily. Mound spinach into a serving bowl for each table. Chop onion and add a little to each bowl. Slice water chestnuts and add a few to each bowl. Wash alfalfa sprouts, spin dry, and mound in the center of the salad. Slice hard boiled eggs and make a circle around the top of the salad. Sprinkle egg slices with a little paprika.

Serve with hot bacon dressing on the side or with a dressing plate.

COLESLAW

Grate cabbage on fine blade of vegetable grater. To determine amount needed, measure by serving bowlfuls needed.

Grate carrots, chop onion and green pepper.

Mix dressing in bowl:

- salad dressing or mayonnaise
- garlic powder
- Lawry's season salt
- dill weed
- sugar
- crushed pineapple with juice

Add the above to the cabbage mixture, dish into serving bowls, decorate with parsley sprig.

FRUIT SALAD

Chopped fresh fruit such as:

 melons, apples, grapes, peaches or pears.

May also use some drained canned fruit.

Toss with a dressing of:

 yogurt, honey, and a little nutmeg

5 CUP SALAD

1 #10 can drained mandarin oranges*

1 #10 can drained pineapple chunks*

8 c miniature marshmallows

6 c coconut

Enough sour cream to bind the above together.

Mound into serving bowl and decorate with slices of orange and parsley sprig.

*save juice to use in jello later.

FRUITED JELLO SALAD

Chop canned fruit such as:

 pears, peaches, pineapple, or fresh
 bananas.

Lay fruit in flat pan.

Make jello according to directions using fruit juice as part of the liquid. Pour over fruit and refrigerate to set. If bananas are used, save enough jello to add another layer after first layer is set. This will keep bananas from turning brown. Cut in squares and serve on plates ringed with leaf lettuce.

COTTAGE CHEESE/FRUIT SALAD

6 pounds of cottage cheese will feed 50 people.

Fill a 15 oz. cereal bowl with cottage cheese. Unmold onto dinner plate. (If cottage cheese starts to stick, rinse bowl with cold water before filling.) Ring the cottage cheese with pieces of leaf lettuce. Arrange drained, canned fruit around cottage cheese. Top center of cottage cheese with parsley sprig.

Suggestions for fruit:

pears, peaches, apricots, pineapple or fresh tomatoes.

WALDORF SALAD

3 chopped apples will serve 6-8 people.

Chop unpeeled apples into bowl with a little mayonnaise so they will not turn brown. Slice celery thin and add to above. Add whipped cream and mayonnaise to taste. If desired, add a little confectionery sugar. Mound into serving bowls, ring with leaf lettuce and top with chopped walnuts or pecans.

CREAMY POTATO SALAD

serves 50

Boil until tender:

6 lbs potatoes

Peel and cube, transfer to bowl.

Add:

6 c sliced celery
3 c chopped onion
7 1/2 c mayonnaise
4 T sugar
2 T celery seed
2 T vinegar
2 T prepared mustard
3 T salt

Decorate with leaf lettuce and sliced eggs.

THREE BEAN SALAD

serves 50

Drain and combine:

- 1/2 #10 can red kidney beans
- 1/2 #10 can wax beans
- 1/2 #10 can green beans

Add:

- 2 1/2 c diced onions
- 4 c diced celery
- 1 c diced green peppers (about 3)
- 1/2 c fresh parsley, chopped

Combine and add:

- 1 1/2 quarts cider vinegar
- 1 quart salad oil
- 1 pound sugar
- 2 T + 2 t salt

Let stand overnight in refrigerator to develop flavor.

PASTA SALAD

serves 50

Add to boiling salted, oiled water:

3 lbs rotini or pasta shells
Cook till "al dente." Drain well. Toss with 1 c olive oil.

Add:

- 1 c red vinegar
- 1 1/2 t salt
- 14 or 15 minced fresh basil
- 3 green pepper, diced
- 2 medium red onions, minced
- 3 c chopped pimento
- 1 c sliced black olives
- 2 or 3 c garbanzo beans

Just before serving, add 1/2 c chopped fresh parsley. If salad needs more flavor you can add Italian dressing. This salad is best if made a day ahead and allowed to season through. Dish into serving bowls and decorate with chopped parsley.

Soups



LENTIL SOUP

serves 50

Cook until tender:

4 lbs lentils
10 bay leaves
12 qtz water

Saute together and cook until carrots are tender:

4 c chopped onions
16 chopped carrots
8 cloves garlic, crushed
4 T dried parsley
8 T olive oil
4 T salt or to taste
dash pepper
4 t dried oregano
a little cumin (optional)

Add to lentils:

12 c V-8 juice
sauteed ingredients

Bring to boil. Simmer together until ready to serve.

BEAN SOUP

serves 50

Place in large, slow cooker:

9 qtz water
1 c dry onions
3 bay leaves
8 cloves garlic
6 c dry pinto beans (if using navy beans first soak overnight)
3/4 c ham style base
pepper

Scrub, grate and add:

5 potatoes
5 carrots

Cook until beans are soft.

Add for desired taste and thickness:

1 1/2 T dry parsley flakes
1 1/2 c instant mashed potatoes
dash nutmeg

CHICKEN NOODLE SOUP

serves 25

Mix together:

3 c diced cooked chicken
scant 1/3 c chicken base
20 c water
1 c thinly sliced celery
a little pepper
1/8 c fennel
1/2 c dry onions

Cook:

4 c noodles

Drain noodles and add to soup. For variety use tarragon in place of fennel.

BROCCOLI SOUP

serves 50

Saute until onions are translucent:

9 c chopped onions
1/2 c butter
4 bay leaves

Add:

5 medium green peppers, chopped
20 c chopped broccoli
15 c water
1 or 2 T salt

Cook until broccoli is tender, but still bright green. (If you have leftover broccoli, you may use that but omit from this step and add later.)

Add:

4 c milk

Puree in blender until smooth. Season with a bit of:

allspice
pepper
basil or thyme

Decorate soup with small scoops of sour cream and parsley flakes.

GARDEN POTATO SOUP

serves 50

Saute in butter or olive oil:

- 3 large grated carrots
- 1 large chopped onion

Add:

- 8 c washed potatoes thinned down with milk to soup consistency
- 4 cloves crushed garlic
- 3 T fresh basil (use less if dried)
- dill (small amount)
- fresh garden herbs to taste (oregano, tarragon, thyme, marjoram)
- salt and pepper to taste

BEEF CABBAGE SOUP

serves 50

Combine:

- 2 cans beef, or 4 c cooked beef in juice
- 1 c tomato paste
- 1 c dried onions
- brown sugar to taste
- basil, pepper, salt to taste
- 2 cans beef consomme
- water to taste
- 1 to 2 small heads of cabbage, grated

Cook until cabbage is done.

CHILI

serves 50

Brown:

- 6 lbs hamburger meat

Drain fat and put hamburger in another pan.

Add to hamburger and saute in a little fat:

- 3 large chopped onions
- 1 green pepper

Add:

- 1-2 #10 cans tomatoes
- 1 #10 can kidney beans
- 2 T chili powder or more if you like it spicy
- a little salt

Simmer or keep warm in low oven.

CHEESE SOUP

serves 50

Saute together:

- 3/4 c butter
- 1 c chopped onion

Add to above:

- 2 c grated carrots
- 2 c grated celery

Cover and cook over low heat.

Make roux of:

- 3 c Wondra flour
- 3/4 c butter

Mix together with ship and add to roux:

- 4 c hot water
- 1 c dry milk
- 1/2 to 3/4 c chicken base

Add to above:

- 7 qtz water
- 1/2 #10 can cheese sauce

SOUP BARS

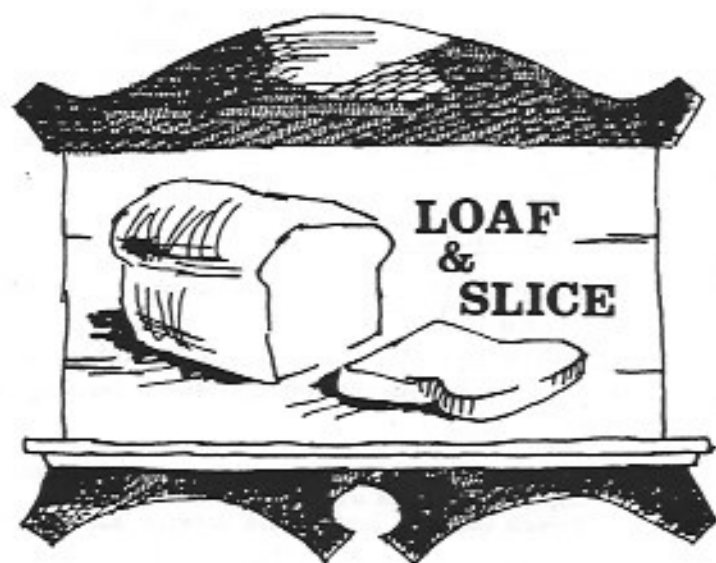
Rather than offering only one kind of soup to your group, make a soup bar. Set up a table in the dining area where the group can come and choose their own soup. People always enjoy choices and it is less wasteful to make a variety of soups instead of a large amount of one kind. You can offer as few as 3 kinds of soup to 4 or 5 kinds. If you are serving more than 50 people, set up another soup bar for each 40-50 people.

CANNED SOUPS

In order to give variety to soup bars and to save time and effort, you may want to use some canned soups. Heinz makes good tasting soups which can be improved in the following ways:

- Tomato** - make with milk instead of water
- Clam Chowder** - make with milk instead of water
- Asparagus** - make with milk instead of water
- French Onion** - just before serving add dry croutons and mozzarella cheese
- Mushroom** - make with milk, add mushrooms, tarragon and a few drops of egg coloring

Sandwiches



PIZZABURGERS

makes 4 dozen

Brown:

5 lbs hamburger meat
dry onions

Add:

3/4 #10 can pizza sauce or spiced tomato
paste plus water
1/2 #5 can mushroom soup concentrate (optional)
salt, pepper

Spread on 1/2 hamburger bun or English muffin.
Top with grated mozzarella cheese. Warm in 350°
oven for 20 minutes to brown cheese.

TOASTED CHEESE SANDWICHES

Make 1 sandwich for each person.

Slice cheese on meat slicer. Lay one slice of bread on a tray. Top with one slice of cheese. Cover with another slice of bread. Brush top slice with melted butter. Put sandwich on warm grill, butter side down. Brush top slice with butter and turn to brown when first side is light brown. These may be grilled ahead and rewarmed for 30 minutes in a 250° oven. To serve, cut diagonally and arrange 10 halves on a platter.

BARBECUE MEAT

Slice leftover roasts thin on meat slicer. Add barbecue sauce to taste. You may cut the taste of barbecue sauce by using gravy as part of the barbecue sauce. Warm in 275° oven.

MEXICAN PITA

Hamburger:

Cook in 275° oven til brown 1 pound of hamburger per 8 people. Season with Worcestershire sauce, salt and pepper. Chop meat so it is crumbly and keep warm in 200° oven. You may add onions, cumin, oregano, and basil if you want a spicier meat

Refried beans:

Follow recipe in cookbook for refried beans.

Pita pocket bread:

Cut in half. Wrap 8 pieces in foil or plastic wrap depending on whether you will warm them in an oven or microwave.

Dice tomatoes:

Making a 15 oz. bowlful per table of 8 people.

Grate cheese:

Making a 15 oz. bowlful per table of 8 people.

Chop green pepper and slice onions making a small bowl for each table.

Slice lettuce thinly on meat slicer, a 15 oz. bowlful for each table.

Dish up picante sauce and ranch dressing for each table.

In place of ranch dressing you may serve tzazeki.

REFRIED BEANS

serves 50

Soak overnight:

5 c beans (navy or pinto)

12 c water

Chop and add:

4 c onions

3 c carrots

1 c celery

Season with:

2 t basil

2 t salt

1/2 t pepper

2 1/2 T cumin

1 T garlic powder

1 t hot red pepper

2-3 bay leaves

Cook until soft, adding water as necessary. Add more seasoning if necessary.

Add 1/4 c parsley flakes before serving.

MEAT/CHEESE PLATTERS

Slice a variety of meats such as:

Bologna

Salami

Pastrami

Braunsweiger

Arrange on platters and slice a variety of cheeses such as:

Swiss

American

Mozzarella

Arrange on platter and decorate with parsley sprigs.

SHAVED MEAT

Buy rolls of turkey, chicken or turkey/ham. Shave meat on meat slicer. About 24 shaves per table of 8. Mound in bowl and top with parsley sprigs.

EGG SALAD

serves 50

Hard boil about 50 eggs. Chop eggs and mix with mayonnaise, a little Worcestershire sauce and a little dry mustard. Season with salt and pepper. Serve in bowl with leaf lettuce and top with parsley sprigs.

TUNA SALAD

serves 50

2 4 lb cans of tuna, drained
Sliced celery and chopped onion to taste

Add: mayonnaise, lemon juice, Worcestershire sauce to taste.

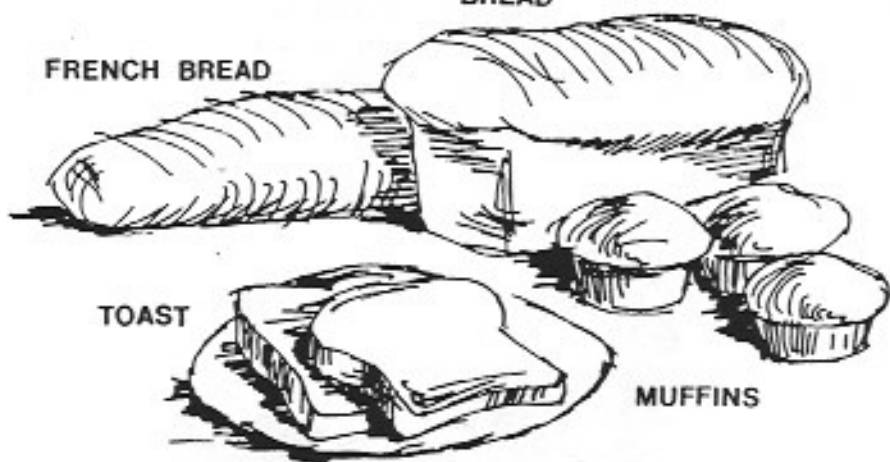
Dish into serving bowl, ring with leaf lettuce. Top with parsley sprigs.

Optional: place tomato wedges on top.

Breads

OATMEAL
BREAD

FRENCH BREAD



TOAST

MUFFINS

GOLDEN CARROT BREAD

6 loaves

Heat together until warm:

- 4 1/2 c milk
- 1 c butter
- 3/4 c honey
- 3 t salt
- 1 1/2 c finely shredded carrots
- 1 1/2 c coarsely shredded potatoes

Cool to lukewarm.

Dissolve:

- 6 T yeast in
- 3/4 c warm water

Combine the above.

Add:

- 6 c flour

Beat until smooth.

Add:

- 12 c flour (makes stiff dough)

Knead for 10 minutes.

Place in greased bowl and cover. Let rise for two hours. Punch down and divide into 6 parts. Make 3 ropes of each part and braid. Put on greased baking sheet and let rise. Bake at 375° for 30-40 minutes. Brush with melted butter.



FRENCH BREAD

6 loaves

Dissolve:

6 T dry yeast in
1 1/2 c warm water
1 1/2 t sugar

Combine and cool to lukewarm:

6 T sugar
6 T fat
6 t salt
6 c boiling water

Add yeast mixture.

Stir in:

24 c flour

Knead for 10 minutes.

Place in greased bowl.

Let rise until double.

Punch down.

Let rise 15 minutes.

Divide into 6 loaves.

Make 4-5 diagonal slashes across tops.

Let rise until double.

Mix and brush on:

2 beaten eggs
4 T milk

Bake at 400° for 20 minutes.

WHOLE WHEAT COMMUNION BREAD

6 loaves

Dissolve:

$\frac{2}{16}$ T yeast in
 \approx 9 c lukewarm water

Add:

$\frac{1}{2}$ 1 1/2 c molasses
 $\frac{1}{8}$ 3/8 c oil

Pour mixture over:

3 9 c whole wheat flour
 $\frac{1}{2}$ c 1 1/2 c nonfat dry milk
1 T 3 T salt

Beat for 3 minutes.

Add:

1 3 c whole wheat flour
4 about 12 c white flour

Knead 5-10 minutes.

Place in greased bowl.

Cover and let rise until double.

Punch down.

Divide into 1 lb - 1 1/2 lb loaves.

Make 3 ropes of each part and braid.

Let rise.

Bake at 375° for 45 minutes.

Brush with melted butter.



"WHENEVER YOU EAT TOGETHER... THINK OF ME"

OATMEAL BREAD

12 loaves

Combine:

6 c quick oats
3 c whole wheat flour
3 c brown sugar
6 T salt
3/4 c margarine

Add and mix in:

12 c boiling water
OR

(Use 12 c leftover oatmeal. Omit quick oats and water)

Dissolve:

6 T dry yeast in
3 c warm water

Add to lukewarm batter.

Stir in:

30 c white flour

Knead 5-10 minutes.

Place in greased bowl.

Cover.

Let rise until doubled.

Punch down and let rise again.

Shape into loaves.

Bake at 350° for 30-40 minutes.

Brush loaves with margarine for softer crust.

Variations: Use other cooked cereals such as
7 grain, amaranth, rolled wheat in
place of oats.

CORNBREAD WITH
SESAME SEEDS

2x16x23 pan

80 pieces

Mix together:

- 5 c flour
- 1/2 c + 2 T baking powder
- 3 T + 1 t salt
- 10 c yellow cornmeal
- 2 1/2 c wheat germ
- 2 1/2 c powdered milk

Add to dry ingredients:

- 7 1/2 c milk
- 2 1/2 c honey
- 20 eggs, slightly beaten
- 1 1/4 c vegetable oil

Beat well for 1 minute.
Pour into greased pan.

Sprinkle with:

- 3 1/3 c unshelled sesame seeds

Bake at 400° until tests done.

BANANA BREAD

2x16x23 pan

Mix together:

- 10 c (about 35) mashed overripe bananas
- 3 1/3 c salad oil
- 20 eggs
- 6 2/3 c sugar

Sift together and add to above:

- 20 c flour
- 7 T + 2 t baking powder
- 2 1/2 t baking soda
- 5 t salt

Grease and flour pan.
Bake at 350° for about 2 hours.

BISCUITS makes 10 pans of 8 or 9 biscuits

Add: 2 - 5 lb box Pillsbury Biscuit Mix
10 c water

Using a #16 scoop, drop into a shallow pan. Lightly coat with flour. Place about 9 in 9" sprayed pie pans. Bake at 400° until done. Brush with butter. Serve warm.

COUNTRY CORN MUFFINS 60 muffins

Combine:

6 1/4 c yellow cornmeal
5 c unsifted flour
1 1/4 c sugar
1 1/4 c dark brown sugar
5 t baking soda
1 1/4 t salt
5 eggs

Mix together and add to above:

5 c buttermilk
3 1/3 c corn oil

Stir until moistened.

Use #16 scoop.

Scoop into paper-lined muffin pans.

Bake at 425° for 20 minutes.



MUFFINS

YOGURT MUFFINS

75 muffins

Cream together:

3/4 c butter (or 3/4 c oil)

4 1/2 c sugar

Add and cream:

12 eggs

Stir in:

6 c yogurt

1 1/2 c milk

Stir in - leave lumpy:

12 c flour

1 T baking soda

1 T salt

4 T baking powder

Add (optional):

chopped walnuts and raisins,

or blueberries,

or poppy seeds and raisins or nuts.

Use #16 scoop. Scoop into paper-lined muffin pans. Bake at 425° for 20 minutes.

CARROT OR ZUCCHINI OATMEAL MUFFINS

60 muffins

Combine:

6 1/4 c flour

2 1/2 c sugar

1 1/4 c rolled oats

2 1/2 T baking powder

2 1/2 t salt

2 1/2 t cinnamon

Combine and add:

10 beaten eggs

5 c grated vegetable

1 3/4 c oil

Add (optional):

1 1/4 c chopped pecans or walnuts

Use #16 scoop

Scoop into paper-lined muffin pans.

Bake at 400° for 25 minutes.

REFRIGERATOR BRAN MUFFINS

80 muffins

Soak together:

2 qts buttermilk (or 2 c dry to 2 qts water)
30 oz. bran flakes

Mix together:

4 c sugar
10 c flour
3 T + 1 t baking soda
2 t salt

Beat:

8 eggs

Melt:

2 c oleo

Mix all together well.

Store in covered container in refrigerator. Will keep 3 weeks.

When ready to use, scoop into greased or paper-lined muffin pans with a #16 scoop.

Bake at 400° for 15 minutes.



BREAKFAST MUFFINS

makes 52

Mix:

2 c oleo or butter
2 1/4 c sugar

Mix together:

4 1/2 c white flour
4 1/2 c whole wheat pastry flour
3 T baking powder
3 t salt
1 1/2 t nutmeg
1 1/2 c wheat germ

Add dry ingredients alternately with:

3 c milk

Bake at 350° for 20 - 25 minutes.

Dip tops in melted oleo, then in cinnamon/sugar mixture just before serving.

Variations:

Blueberry muffins - add 2 c blueberries,
omit nutmeg

Apple muffins - omit nutmeg, add 3 t
cinnamon, 6 c grated raw apple
top before baking with:

1/2 c brown sugar
1/2 c chopped nuts
3/4 t cinnamon

Surprise muffins - fill muffin cup 1/2 full,
add 1/2 t jelly, fill with more batter.

Raisin muffins - add 3 c raisins.

Nut muffins - add 3 c chopped nuts.

SOUR CREAM COFFEE CAKE

70-80 pieces

2x16x23 pan

Cream together:

2 1/4 c butter

4 1/2 c sugar

Add one egg at a time:

9 eggs

Add:

1 1/2 T vanilla

Sift:

9 c flour

1 1/2 T baking soda

1 1/2 T baking powder

2 t salt

Add sifted ingredients to wet ingredients alternately with:

4 1/2 c sour cream

Put batter into pan and sprinkle with topping.

Topping

Mix: 3/4 c sugar

1 1/2 c brown sugar

1 1/2 T cinnamon

1 1/2 c chopped pecans

Bake at 325° for 45 minutes or longer.

DONUTS

Ludwig sour cream doughnuts: to serve place in a large pan and warm in a 250° oven for 30 minutes. Watch closely so that they don't brown.

Frozen yeast doughnuts: follow directions for heating. Dip in cinnamon/sugar or sugar or glaze.

Cake doughnuts: warm same as sour cream doughnuts.

ENGLISH MUFFINS or BAGELS

Buy frozen. Let thaw. Brush with melted butter. Toast in broiler til golden brown. Stack in pan, cover with foil, prick foil with fork and keep warm in a 250-300° oven until serving time. Make 1 1/2 bagel pieces per person.

TOAST

Allow 1 1/2 slices per person. Toast in toaster, brush with melted butter. Stack in pan and cover with foil. Prick foil and keep warm in a 250-300° oven til serving time.

GARLIC BREAD

A good way to use up bread or buns that are getting stale. Melt butter and crushed garlic buds together. Add about 1/2 as much olive oil as the amount of butter used. Spread on bread or buns with a pastry brush. If desired, dried herbs may be sprinkled on top. Heat in 400° oven until lightly browned.

CROUTONS

Cut bread into cubes with bread knife. Spread on baking pan. Sprinkle with a variety of dry herbs such as: basil, parsley, or oregano. Melt butter and pour over bread cubes. Bake at 350° until lightly browned. Watch closely.

FROZEN BREAD DOUGHS

Many suppliers offer a variety of frozen bread dough, such as:

- vegetable
- pumpernickle
- whole grain
- cinnamon
- raisin

Use these to add interest to you meals when there isn't time to make your own.

Desserts

PIE



PAN CAKE



COOKIES



FRUIT



BANANA CAKE

2x16x23 pan

Cream together:

- 4 c brown sugar
- 4 c white sugar
- 4 c shortening

Add:

- 2 T + 2 t baking soda
- 1 c milk
- 8 t vanilla
- 8 c bananas

Sift twice and add:

- 2 T + 2 t baking powder
- 12 c flour

Pour into greased and floured pan.

Bake 350° until done.

CHOCOLATE

2x16x23 pan

70 pieces

OATMEAL CAKE

Mix together:

- 2 qts cooked oatmeal*
- 1 1/4 lbs oleo or butter
- 2 qts sugar
- 10 eggs

Sift together:

- 5 c flour
- 1 T + 1 t baking soda
- 2 1/2 c cocoa

Add:

- 1 T vanilla

Mix and bake at 350° for 1 hour.

*You may substitute 1 quart dry oatmeal plus 2 quarts hot water. Let cool before adding the rest of the ingredients.

CARROT CAKE

2x16x23 pan 50 pieces

Mix:

3 c oil
4 1/2 c honey
5 c grated carrots
12 well beaten eggs

Sift and add:

3 c whole wheat pastry flour
3 c white flour
3 T baking powder
1 T salt
1 T cinnamon
1 1/2 T baking soda

Fold in:

3 c chopped walnuts

Grease and flour pan.

Bake at 300° for 40 minutes or longer.

Cake rises a lot. Cool and serve with dollop of honey/cream cheese. Top with pecan halves.

**GINGERBREAD
WITH WHEAT GERM**

2x16x23 pan 70-80 pieces

Combine in a mixing bowl:

16 c unsifted flour
2 T + 2 t baking soda
2 T salt
1/4 c cinnamon
2 T + 2 t ginger
2 t cloves
2 c sugar
4 c wheat germ

Blend:

2 c dry buttermilk
4 c hot water

Add:

4 c cold water
3 c molasses
3 c honey
2 2/3 c melted butter
16 beaten eggs

Combine wet and dry ingredients.

Beat until smooth.

Pour into well-greased pan.

Bake at 350° for 1 hour or until it tests done with toothpick.

OATMEAL CAKE

2x16x23 pan

70 pieces

Combine and let stand:

- 6 c oatmeal
- 7 1/2 c boiling water
- OR
- substitute 7 1/2 c cooked oatmeal

Cream together:

- 3 c shortening
- 6 c brown sugar
- 6 c white sugar

Add:

- 12 eggs
- 2 T vanilla

Add oatmeal mixture to shortening/egg mixture and beat well.

Sift together:

- 9 c flour
- 2 T baking soda
- 2 T baking powder
- 1 T salt
- 2 T cinnamon

Add and beat well. Pour into greased and floured pan. Bake 350° until done.

Topping

Mix together and spread on hot cake:

- 3 c brown sugar
- 2 c oleo
- 1 1/2 c milk
- 3 c chopped nuts
- 6 c coconut

Broil til light brown.

WACKY CAKE

2x16x23 pan 70-80 pieces

Sift together:

12 c flour
1 1/2 c cocoa
1/4 c baking soda
8 c sugar
2 T salt

Add and mix:

2 1/2 c oil
1/2 c vinegar
1/4 c vanilla
8 c water

Pour into ungreased pan. Bake at 350° until it tests done.

BLACK WALNUT CAKE

2x16x23 pan

Cream together:

6 c sugar
2 c shortening or margarine

Beat in:

8 eggs
4 c thinly sliced bananas
4 t vanilla

Combine and add:

3 c buttermilk (1/2 c dry buttermilk mixed with
3 c water)
4 t baking powder

Sift together and beat in:

8 c flour
4 t baking powder

Add:

1 t black walnut flavoring
2 1/2 c chopped black walnuts

Substitute English walnuts if black walnuts are not available. Pour into greased and floured pan. Bake 350° til done, about 1 hour.

WHITE CAKE

2x16x23 pan

70-80 pieces

Combine:

10 c flour
5 T baking powder
1 T + 1 t salt

Beat for 30 seconds:

3 3/4 c shortening

Add:

7 1/2 c sugar
2 1/2 T vanilla

Beat until fluffy.

Add alternately with dry ingredients:

5 c milk

Beat until stiff and fold in:

25 egg whites

Bake at 375° in greased and floured pan.

CHOCOLATE FROSTING

for 2x16x23 cake

Heat until melted:

1 1/3 c butter or oleo
1 c water

Stir in:

1 c cocoa
about 10 c powdered sugar (add gradually so frosting
does not become too thick)

1 1/2 T vanilla

Beat until creamy.

BUTTER CREAM FROSTING

for 2x16x23 cake

Cream together:

2 c shortening
2 c butter or oleo
2 T + 2 t vanilla

Add and mix well:

4 c sugar

Heat:

3 c milk almost to boil

Add to butter and sugar mixture by dribbling
slowly down side of mixing bowl (if added
too fast, the frosting will be runny).

This frosting serves better cold.

CHEESE CAKE

2x10x16 pan

40 pieces

Filling

Beat together:

- 4 1/2 lbs cream cheese
- 2 c plus 1 T sugar
- 1 1/2 T vanilla
- 1 T lemon juice plus zest

Add and mix well:

- 12 beaten eggs

Graham Cracker Crust

Mix and press into pan:

- 5 c graham cracker crumbs
- 1/2 c sugar
- 1 c melted butter

Pour filling into crust.

Bake at 350° for 1 hour.

Cool and spread with topping.

Sour Cream Topping

Mix together:

- 3 c sour cream
- 3/4 c sugar

Shave semi-sweet chocolate square with vegetable peeler directly over top.

APPLE CRISP

serves 50

- 2 - #10 cans sliced apples (about 24 cups)

In six sprayed 1 1/2 quart casseroles put:

- 4 c apples
- 1 t cinnamon

Topping:

- 3 c oleo or butter
- 4 c sugar
- 6 c or a little more flour

Cut together or blend with beater until crumbly.
Bake at 350° for 45 minutes or until lightly browned. Serve warm.

COBLER

serves 50

Filling

Combine in saucepan:

- 8 qts cherries
- 8 c sugar
- 2/3 c quick-cooking tapioca
- 3 1/2 c water

Let stand 5 minutes, stirring occasionally. Cook and stir until slightly bubbly.

Add:

- 2/3 c butter

Pour into sprayed casseroles and keep warm.

Topping

Sift together:

- 10 c flour
- 1 1/4 c sugar
- 1/3 c baking powder

Cut in:

- 2 1/2 c butter

Combine and add all at once to dry ingredients:

- 10 slightly beaten eggs
- 2 1/2 c milk

Stir enough to moisten.

Use #16 scoop to place 8 mounds on each fruit-filled casserole dish.

Bake 400° oven for about 20 minutes.

Timesaver: Use 3 - #10 cans of cherry pie filling in place of fresh cherry mixture. Heat pie filling in oven before adding topping.



FRENCH SILK PIE

for each pie

Cream together:

1/2 c butter

3/4 c sugar

Melt and cool 1 square chocolate.

Add:

2 eggs - beat 5 minutes each

1 t vanilla

Pour into baked cool pie shell.

Time saver: use frozen pie shells, let them thaw a few minutes so edges can be re-crimped to look like "homemade".

Chill 4 hours or overnight.

Serve with whipped cream and chopped pecans.

APPLE CRUMB PIE

for each pie

Filling

Fill pie shell with:

5-7 pared and sliced apples

Mix and put over apples:

1/2 c sugar

3/4 t cinnamon

Crumb Topping

Combine:

1/3 c sugar

3/4 c flour

Cut in:

6 T butter or oleo

Sprinkle on top of pie.

Put thin strips of foil around edges of crust to keep from browning too soon.

Bake 400° until done.

Time saver: use frozen pie shells, let them thaw a few minutes so edges can be re-crimped to look like "homemade". Substitute 4 cups canned, sliced apples for fresh.

Variation: Apple/Rhubarb Pie

4 c apples

1 c rhubarb

1/2 c sugar

1/2 t cinnamon

PUMPKIN or
SWEET POTATO PIE

for each 9" pie

Put into blender:

- 1 c cooked pumpkin or sweet potatoes
- 1/2 c sugar
- 1 t cinnamon
- 1/4 t ginger
- 1/4 t nutmeg
- 1/4 t cloves
- 1 t vanilla
- 1 c milk
- 2 eggs

Pour into unbaked pie shell. Bake 10 minutes at 425°, then about 30 minutes at 375° til filling is set. To keep edges from browning too soon, wrap with a narrow strip of foil.

PIE CRUST

six 9" pie shells

- 5 c flour
- 1 t salt
- 2 1/2 c shortening
- 1 egg
- 2 t vinegar

Sift the flour and salt together. Add shortening and cut in until the mixture has the texture of coarse meal. Put egg and vinegar in 1 cup measure. Fill the cup with cold water. Stir to break the egg. Combine with the flour mixture and roll out.



HOT FUDGE SAUCE

serves 50

Sift together:

2 1/4 c cocoa

5 c sugar

Add, using wire whisk:

3 c evaporated milk

Add:

1/2 lb butter

Cook for 5 minutes, then add:

1 T vanilla

OR

Heat slowly:

18 squares of semi-sweet baking chocolate

3 c evaporated milk

Be sure to dissolve all lumps with a wire whisk.

Add and cook for 5 minutes:

5 c sugar

1/2 lb butter

Add:

1 T vanilla

ICE CREAM

serves 50

(for hand-crank freezer use 2 - 6 qt. freezers)

Whip together:

6 c sugar

6 eggs

10 c milk

3 c evaporated milk

3 T vanilla

Make sure all eggs are mixed in well.

CHOCOLATE CHIP COOKIES

100 cookies

Beat together:

- 4 t vanilla
- 1 lb oleo
- 1 c brown sugar
- 2 c white sugar

Add:

4 eggs

Mix together and add:

- 2 t. baking soda
- 2 t. salt
- 4 $\frac{1}{2}$ c. flour

Add:

- 3 c oatmeal
- 1 c wheat germ
- 1 c chocolate chips
- 2 c walnuts

Test bake 1 cookie. If too thin, add more flour.
Use #40 scoop. Drop on sprayed cookie sheet.
Bake at 350° for 10-15 minutes.

GINGER COOKIES

makes 6 dozen

Cream together:

- 1 1/8 c shortening or butter
- 1 1/2 c brown sugar
- 1 egg
- 3/8 c dark molasses

Mix together and add:

- 3 3/8 c flour
- 3/4 t salt
- 3 t baking soda
- 1 1/2 t cinnamon
- 1 1/2 t ginger
- 3/4 t ground cloves

Use #40 scoop to make balls. Roll each ball in granulated sugar. Place 2" apart on sprayed baking sheet. Bake at 350° for 12-15 minutes.

AMISH SUGAR COOKIES

makes 60 cookies

Mix:

1 c sugar
1 c powdered sugar
1 c butter

Add:

1 c cooking oil
2 eggs
1 T vanilla

Mix and add:

1 T + 3/4 t baking soda
2 1/4 t cream of tartar
1/2 t salt
4 c flour

Add:

1 t lemon flavor

Use #40 scoop and drop on a greased cookie sheet. Bake at 350° for 10-15 minutes. Cool on rack, sprinkle with powdered sugar.

BLOND BROWNIES

makes 48 pieces

2x10x16 pan

Combine:

5 3/4 c flour
2 T + 2 t baking powder
1 t salt

Cream together:

1 1/3 c melted oleo
5 c brown sugar

Add one at a time:

6 eggs

Add dry ingredients to egg mixture.

Add:

2 c chopped nuts
1 c chocolate bits (optional)

Spray pan. Bake at 350° for about 45 minutes. These brownies are still moist when done.

CHOCOLATE BROWNIES

50 pieces
2x10x16 pan

Melt:

3 c oleo

Add:

3/4 c cocoa

In separate bowl, beat:

12 eggs

Add to eggs and beat til light:

6 c sugar

Combine both mixtures and add:

4 1/2 c sifted flour

Add:

2 T vanilla

4 c chopped nuts

Pour into greased pan. Bake at 350° 30-45 minutes. Test with toothpick. It should look a bit gooey. Cool and cut into squares.

JELLO CUPS

Make a variety of flavors of jello using:

6 oz. dry jello

1 qt water or part fruit juice

Heat 2 c liquid, add jello, stir until dissolved. Add remaining 2 cups liquid. Pour into 4 oz. souffle cups. Refrigerate til set. Put whipped cream into pastry bag. Top jello with dollop of whipped cream. Arrange a variety of colors on trays. For 50, you will need to make 1 gallon of jello.

TAPIOCA PUDDING

50 1/2-cup servings

Heat to 180-185° in double boiler:

5 1/2 qts cold milk

Combine:

1 1/2 c minute tapioca

2 1/2 c sugar

1 1/2 t salt

1 1/2 c eggs, slightly beaten (7-8 eggs)

2 c cold milk

Cook over hot water for 8 minutes or until slightly thickened. Remove from hot water. Let stand for 20 minutes.

Add:

1 1/2 T vanilla

Pour into serving dishes. Chill. Mixture thickens as it cools. Sprinkle with nutmeg before serving.

RICE PUDDING

serves 50

Combine:

8 quarts milk, scalded

2 2/3 c rice

2 2/3 c sugar

2 t salt

1 t cinnamon

16 eggs, slightly beaten

Pour into sprayed pan. Bake at 275° or until rice is tender. Stir occasionally while baking. It will thicken up as it cools.

PINEAPPLE PLATTERS

Cut pineapple lengthwise into quarters taking care to keep part of the green top attached to each section. With a sharp knife, cut out hard center core. Cut pineapple loose from rind (but leave in rind). Cut pineapple into cubes. Place pineapple quarter on platter. Stick a few toothpicks into pineapple cubes. Arrange a variety of fresh fruit around pineapple such as:

orange quarters/apple quarters/banana halves/plums/small bunches of grapes/kiwi quarters/melon wedges



MELON BOWLS

BANANAS

Cut melons into wedges through stem end. Arrange in round bowl. For variety and a pretty effect, alternate honeydew and cantaloupe. If honeydew are too long, the wedge can be cut in half. You can also add wedges of watermelon for more color. Decorate with a small cluster of wild grape leaves.

FRUIT BOWLS

Use any combination of the following:

Apples/oranges/plums/grapes/bananas

For more color, decorate with wild grape leaves.

Miscellaneous



FRENCH TOAST

80 pieces serves 50

Combine:

- 32 eggs
- 8 c milk
- 1 c sugar
- 2 t cinnamon

Dip bread in batter. Fry on low heat grill until golden brown. Keep warm in low 225° oven. If not serving immediately, refrigerate. Cover tightly with foil. Warm in 225° oven for 20-30 minutes. Sprinkle with powdered sugar before serving.

WHEAT GERM PANCAKES

serves 50

Combine:

- 9 c wheat germ
- 7 1/2 c flour
- 1/2 c baking powder
- 6 T sugar
- 3 T salt
- 2 t cinnamon
- 1 t ginger
- 1/2 t mace

Combine separately:

- 18 eggs
- 2 1/4 c salad oil

Mix:

- 1 1/2 c dry milk
- 13 1/2 c water

Combine all ingredients. Fry on hot griddle.

OVEN SCRAMBLED EGGS

4x11x20 pan serves 50

Preheat oven to 350°. Spray pan.

Melt in pan:

- 2/3 lb. oleo

Beat and add:

- 5 doz eggs
- 6 1/4 c hot water
- 1 1/4 c dry milk
- 1 1/4 T salt
- white pepper

Bake approximately 1 hour, stirring once or twice.

GRANOLA

1x18x27 pan

On each oiled tray put:

- 4 c oatmeal
- 4 c rolled wheat
- 4 c coconut
- 1 c sunflower seeds
- 1/2 c sesame seeds
- 1/2 cup any nuts (almonds, cashews, filberts,
pecans, Brazil

Heat until mixed well:

- 1/2 c oil
- 1/2 c honey
- 1/2 c peanut butter

Pour over dry ingredients.

Mix with hands and spread evenly on tray.

Bake in 325-350° oven until brown.

Add after baking:

- 2 c raisins

COOKED CEREAL

Start with cold water, add dry cereal, a little salt and cook on top of stove (or in double boiler if you don't want to keep close watch).

Oatmeal: 1 part cereal to 2 parts water

Rolled wheat: 1 part cereal to 2 parts water.

7 grain: 3 c cereal to 8 c water.

For variety add a little amaranth to water before other grain and cook.



STEAMING CEREAL

COCOA MIX

serves 50

Combine:

16 oz instant chocolate mix

12 c dry milk

16 oz non-dairy creamer

Use 1/3 c for 1 cup hot water

ORANGE TEA MIX

makes 1 gallon

Combine:

1/2 pkg orange beverage mix (the kind that
makes 2 gallons)

1 c instant tea (4 pkgs)

1 pkg lemon beverage mix

1 1/8 t cinnamon

1 t powdered cloves

Use 1-2 t per cup

YOGURT

makes 2 qts

Combine in large bowl and stir well:

3 c powdered milk

6 c warm water

Add:

1 can evaporated milk

Combine separately:

1/2 c yogurt

1 c milk from bowl

Blend until smooth and return to bowl.

Add (for more solid yogurt):

1 T gelatin dissolved in cold water

Mix well.

Put warm to hot water in bottom pan of thermal.

Pour yogurt mix into top pan of thermal.

Close thermal and allow to sit overnight.

Chapter Four Kitchen Tips

Make the best use of the equipment you have. Equipment can often be used in a variety of ways that you may not have thought of.

Freezers:

ICE WATER FOR TABLES

Fill pitchers with an inch of water. Put in freezer. When frozen fill pitcher with water.

VARIETY DESSERT TRAYS

Freeze leftover desserts. Make a variety dessert tray when you have enough.

SOUP BAR

Freeze leftover soups for a later soup bar.

REHEATING BREADS

Freeze leftover french toast, bagels, and muffins for use another time.

Meat Slicer: This is a very versatile machine. It is convenient to use for slicing cheese, tomatoes, cucumbers, lemons, oranges, and bunches of celery. It is also good for shaving lettuce for use in tacos or pita.

Thermal Units:

YOGURT

Set yogurt mixture in them overnight to keep at the right temperature.

SOUP BARS AND CASSEROLES

The insert pans make good serving pans.

CANOE LUNCHES

Food can be kept warm or cold until serving time.

9 Inch Pie Tins:

BISCUIT PANS AND QUICHE PANS

These are a good size to use when making for a table of 8. Biscuits can be left whole and put into a paper napkin lined basket. Quiche can be set on a dinner plate and sprinkled with paprika and decorated with a sprig of parsley.

Serving Bowls: Use these to help determine AMOUNTS of food needed. It is easier to estimate quantities needed if you measure by bowlfuls: i.e. if you are serving 80 people at 10 tables of 8, you will need 10 bowlfuls.

Ovens:

WARM SYRUP

If you have a gas oven with a pilot light, put syrup containers in the oven the night before so you will have warm syrup for pancakes or waffles in the morning.

LEFTOVER BREADS

Store in an oven that has a pilot light to keep from molding. The dry bread can be used in bread pudding or dressing.

Ice Cream Scoops: Use these for making MUFFINS, CUPCAKES, COOKIES and BISCUITS. This will keep your baked goods to a uniform size: #40 for cookies, #16 for biscuits and muffins.

Dishwasher:

BAKED POTATOES

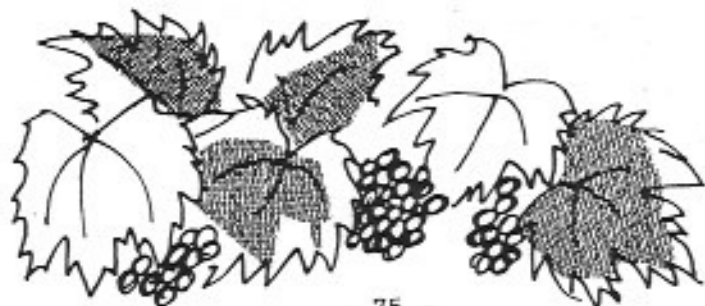
When washing a large number of potatoes, put them through the dishwasher. Even if your dishwasher has an automatic soap dispenser, it is still alright to use. The rinse water will remove any soap.

LEFTOVER FOODS can be used in many ways. Following are some ideas:

- PEAS (frozen, not canned) - Just before serving add to beef stew or chicken ala king for a bright green color.
- FRUIT - Use in fruit salads, fruit cups or jello salad.
- BAKED GOODS - Freeze for later use on variety platters or baskets.
- MASHED POTATOES - Use in yeast breads or in making potato soup.
- BROCCOLI - Add to quiche or cheese sauce or make into Broccoli soup.
- ROASTS - Use to make barbecue, or slice for cold meat platters for sandwiches.
- SALADS - Offer a salad bar when there is enough variety.
- JELLO - Remelt and reform for salad or dessert cups.
- COOKED CEREAL - Use in place of dry cereal and water in bread and cake recipes. Simply measure the cooked cereal to equal the water in the recipe and omit the uncooked cereal.

It is best to keep LEFTOVERS at a minimum. When serving more than one dining hall, serve each a different vegetable and then switch the vegetable the next day. Soup bars, salad bars and dessert trays are a good way to use up leftovers.

Look outside the kitchen for GARNISHES. Wild grape leaves make a nice addition to fruit bowls. An herb garden is an asset to any kitchen.



The way food is SERVED makes a difference, not only in looks but whether it can be served another time. Serve pasta separate from sauce so that any leftovers will look just as fresh as the second time around. Pasta can be rewarmed by dropping into hot water for a few minutes. Serve green salads with dressing on the side: they keep crisper this way.

LIMP GREENS can often be revived in warm water. Let them stand about one hour. Spin out the water. SHAVED LETTUCE will store well under cold water.

PLAN AHEAD!

TIME and MISTAKES can be saved by doing work ahead:

PANCAKES - measure out dry and wet ingredients the night before so that the two can be easily combined in the morning.

FRENCH TOAST - large quantities can be made the day ahead.

SERVING BOWLS - count out early before serving time to keep last minute decisions to a minimum.

COLD FOODS - Dish into serving bowls as soon as prepared. Store in cooler until mealtime.

BAKED GOODS - Try to plan work day so there is time to redo if you have a failure.

Chapter Five Meal Preparation

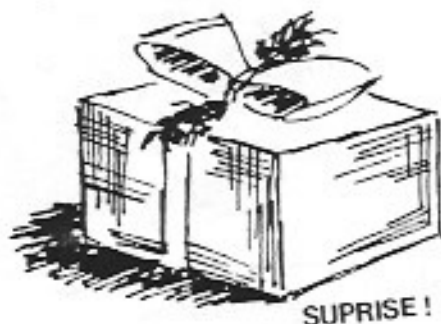
How to Organize So the
Inexperienced Can Succeed in the
Kitchen and Work as a Group.

two myths:

There are two myths that need to be changed:

1. Food Service is just to feed people;
2. Food Service begins and ends in the kitchen.

Food service can do more than merely feed people. Working together to prepare a meal can be an opportunity to train others in skills that they can use throughout their lives. We all need to eat. To be able to prepare food well, to serve it graciously and to make it attractive is a gift we can offer to each other. Food Service offers a chance for success that has immediate feedback. Many times our work does not offer a chance to see results, but when you're cooking meals you can quickly see the acceptance of your efforts.



Food Service does more than stay in the kitchen. It is important to create the ambience you want in the dining room. . .you want it to be a place where the meal can be enjoyed. Something as simple as picking wild flowers for the table can create the feeling that you wanted this meal to be special for your guests. Your planning of nutritious meals can say "I care about your health." Having the correct number of tables and chairs for the group is another way to say "I prepared especially for you."

Preparing a meal together need not be hard work. . .it can be a time of fellowship. Just as the quilting bee produced a quilt while providing fellowship, so can meal preparation produce a feast in the midst of fellowship. This takes careful planning but it is worth the effort when the meal becomes more than just a time to eat. You can create a meal that is more than food--it can become a meal with soul.



On the Job Training

Following are some guidelines for organizing so the inexperienced can succeed.

- A. Gender doesn't matter...males and females can both learn to cook.
- B. No kitchen secrets...everyone is invested in running the kitchen. It reduces the "I don't know how." You can do this by labeling shelves, posting slicing guides, quantity lists, menus and schedules. Recipes should be organized and readily available to all. Even alphabetizing the spices on the shelf makes them easier to find.
- C. Make a work schedule for the week. Include space for day off, day to serve, day to sweep or mop. Fill in the schedule with the group you are working with so that each person feels they have control over their own schedule and are involved at some time in every aspect of running the kitchen.
- D. Make a daily work list of foods that need to be prepared. Let people choose what they want to do by putting a check mark near the part they want to do. When they are finished with that project, they cross it off. There are days when simple tasks are all you want to handle, on other days you may feel like doing a more complicated task. The list allows each person to pick the job that fits their mood and yet makes it possible to have the meal prepared. As the one in charge, you can give guidance and

encouragement. You and others can be the mentors that help others to feel confident. The more mentors there are, the more joyful teaching becomes.

Make your list with your group in mind. If they are inexperienced, include not only what to do but how to dish it up, how to garnish, and where to store it until serving time. The list empowers people to choose the way they can comfortably help.

It may seem like a lot of bother to make a work list, but it can do a lot to build a group.

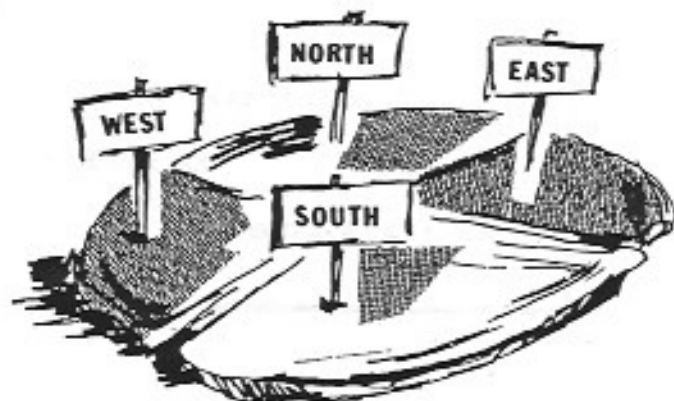
1. It allows everyone a choice of work.
2. It creates a challenge to move to more difficult tasks and allows for independence to move to higher skills.
3. It allows freedom to fit the task to each one's mood...the tasks are not handed down, but are freely chosen.
4. The head cook can be in control without being authoritarian.

E. Allow time for mistakes. Plan the work schedule far enough in advance so that mishaps can be corrected and do not become catastrophes. Most mistakes occur when people are under pressure. Much of the breakfast preparation can be done the night before and lunch and dinner can be well organized before lunch. By doing this, if a mistake is made it is O.K....we all make them and we'll have the time to make it right.

F. Quantities are determined by bowlfuls. Large numbers are hard to comprehend. It is easier to make the right amount, if you measure amounts by serving bowl. Once you know how many people a bowlful serves, it is easy to figure out the amount you need by multiplying it by the number of tables.

For instance, instead of making a huge bowl of tossed salad, you make the number of serving bowls of salad you need equal to the number of tables you are serving. It is easier to determine the amount 8 people will eat than it is to estimate how much 96 people will eat (12 bowlfuls). This reduces the waste that sometimes occurs when you don't know how to estimate amounts.

When first cooking for large groups, the tendency is to cook too much. This is not good stewardship of the world's food supply. Responsibly distributing the food at a meal is important, just as equal distribution of food in the world is important. Encourage people to check other tables for more food.



G. Good equipment helps make the task easier. It is not always possible to have the tools you want, but if you do have some control over this, I would suggest the following:

- good refrigeration
- dependable ovens
- commercial mixer with grating attachment
- adequate baking pans and cooking pots
(including some double boilers)
- sharp knives
- cutting boards
- accurate measuring cups
- spoons
- good kitchen scales
- commercial dishwasher that sterilizes

REVIEW

gender

"no secrets"

work schedule

work list

"mistakes"

bowlfuls

equipment

Ordering Food

Keep a balance between prepared foods and "from scratch" foods. It is more satisfying and often more healthful for you to cook from scratch, but the welfare of the food preparers should be part of the consideration. There may not be enough time and energy always to cook from scratch. Don't overburden the food preparers. They need to be high on your list of priorities.

Recipes which use a number of prepared foods can be very expensive and mixes can be very expensive. You may think you are cooking from scratch but you could be very surprised at the cost of the finished product.

Food is a gift of God to us. The book of Genesis tells us that God gave humankind the plants and the trees for food. We are instruments for God's giving when we share our food with family and friends and when we make it possible for people who are hungry to eat.

order for "pretty"

Don't forget to order for "pretty". Think of the meal as a gift that you are giving. Garnishes on food are like the bow on a gift package, so make your gift of a meal as attractive as you can. Food that looks appetizing helps the eaters feel good about what they are eating. Very often garnishes can be found outside the kitchen door. The wild grape leaves are a nice touch to melon bowls and fruit platters. Parsley and fruit such as sliced oranges make a nice addition to meat platters and do not add much to the total cost.

Chapter Six

Hints On Hospitality

or, What Happens When the Food Leaves the Kitchen (observations by William Lankton)

After the food is prepared, something must be done with it---unless you just put it out in the backyard. Someone has to assume the responsibility to "present it" in the dining hall. And, some groups are just about as casual about it as that. Here are some considerations as to what a reasonable, and warm-hearted leader can do to help people feel comfortable about the food.

1. INSTRUCTIONS to the group should be as SIMPLE as possible. Abide by this, unless for "special effects" you want to make them "sound" complicated, arcane, or mysterious. Special effects can sometimes be as important in the dining hall, as in the movies. For example: use stand-up cards on each table that list the country of origin of the foods served, or that list complete protein combinations. Make your own list.
2. BREVITY is always a virtue in giving directions. It is better to have two shorter periods of instructions during a meal, than a lengthy one in the beginning which makes the hot food cold, and the cold food warm.
3. Use WIT and WHIMSY. It's not quite the same as being "corny" or funny. But, there is no reason to be dull. Look for opportunities to pleasantly surprise and amuse folks. Try to offer them a more pleasant atmosphere and environment than they might expect.

4. Within the limits of your PERSONALITY, try to be as CHEERFUL as possible. You should try to convince folks that everything is going to be "okay". You need to help them believe that they will SUCCEED with the meal. Use your own style to be a convincing leader.
5. Whose "JOB" is it to SELL the food? It is the responsibility of the leaders to "sell the food." That means that you try to convince the people in your group to EAT and ENJOY whatever is served, even if it is not your favorite food. It also means that your ATTITUDE and ENCOURAGEMENT is important in setting the tone of the group at your table. It means that you help them find enough food in the meal to satisfy their hunger until the next meal.
6. Don't forget the FOOD SERVICE STAFF. There are any number of ways to make eating an easy and enjoyable experience. Leaders should always remember that the meal is made possible only by the efforts of the Food Service staff, and should never allow folks to treat them like servants.
7. Avoid "hazing" persons. Avoid making anyone feel uncomfortable when they haven't understood the procedure. For example: never applaud or clap when someone comes in a few minutes late to a meal. You yourself may be embarrassed when you later discover what delayed them. Never make them perform rituals during a meal. As a leader you need to protect the individuals in your group.

Chapter Seven Hunger Involvement

Bread dough used to make baskets...
Beans, peas, lentils used to make pictures...
Dried fruits, nuts arranged in a wreath...
Vegetables to make a centerpiece...
Cookies to decorate the Christmas tree...

What do these have in common? They are all food items used for decoration which seems simple enough and usually very attractive. But underlying them all is the fact that we in the United States take a very precious commodity--**food**--for granted. 700 million people in the world, more than the entire population of the western hemisphere, do not get enough food for an active and healthy life while we are using food to make crafts and decorations.

One of the purposes of this book has been to help quantity cooks be aware of how to plan meals and cook responsibly. This is foundational to hunger action in group settings, in individual and family life. Beyond being sensitive to the way we use and abuse food, there are many things that we can do to help people get out of poverty.

BE INFORMED

Viewing the problem as one of **poverty** rather than as one of **hunger** gives us a truer picture of the causes and therefore more effective ways to respond.

the cause of hunger

The cause of hunger is not a shortage of food. There is enough food being produced to feed everyone on earth 3,000 calories a day. People go hungry because they cannot afford to buy the food. They have no money. In the United States where the abundance of food available is visibly displayed in stores and supermarkets all across the country there are 32.5 million people who are so poor that they are hungry or eating improperly most of the time. Of these 18 million are people who hold jobs that pay too little. The food is available. . .they have no money with which to buy it.

Don't accept myths and standard explanations of why people are hungry. Explore the issue for yourself. A good place to start is with Ron Sider's book, Rich Christians in an Age of Hunger. Two other books to help you think about why Christians should care about people who are hungry are The Rich, the Poor and the Bible by Conrad Boerma, and Hunger for Justice, by Jack A. Nelson.

BE ACTIVE

Taking bags of groceries to pantries is important as an interim measure but it is in no way a solution to the problem. Giving to hunger offerings is important, but neither is it the solution, **unless** the offering includes a component that will address self-development, job-creation, job training and education.

In order to escape poverty, people must have opportunities to learn to support themselves--a bag of groceries from the local pantry doesn't last a family any longer than the bag of groceries that you and I buy at the store lasts our families.

In addition to taking food to pantries and giving money to direct food relief locally, you can give to the One Great Hour of Sharing Offering (or your denominational offering for hunger relief.) Money given to the OGHS is used by the Presbyterian Hunger Program for direct food relief, but also for projects that help people in the United States and in other countries to become self-sufficient. OGHS funds are also used by the Self-Development of People Committee to fund projects that are initiated by the people and operated by the people for the benefit of the people. By giving to this offering, you do more than emergency relief. You give people dignity and self-esteem as you help them prepare to provide for themselves and their families in the future.

Another way to be active is to get involved personally in pantries, soup kitchens, or homeless shelters. Many times those services need people to pick up from a source, to help with bookkeeping or with the distribution of the food.

Joining a public policy advocacy group such as Bread for the World is another way to do something about the problem of poverty. Through participation in such groups, you can work to change the systems that make it difficult for people to get out of poverty. BFW doesn't do direct, emergency relief, but over the years Christians active in BFW have generated millions of dollars worth of help for people who are poor by influencing elected representatives to pass legislation which will help people who are poor. You can join BFW by writing to them at 802 Rhode Island Avenue, N.E., Washington D.C. 20018.

BE PRAYERFUL

The task we are called to is the task that Jesus gave us to do when he said, "Truly, I say to you, as you did it to one of the least of these my brethren, you did it to me."

Our reason for wanting to feed the hungry is not out of any "goodness" on our part, it is because our Lord has told us to do it. Biblical passages to meditate on to guide your prayers for people who are hungry and for yourself as you seek to serve them are:

Matthew 25:31-46

Deuteronomy 15

Luke 1:46-55

Jeremiah 22:15

Praying is, in reality, the first step in hunger action; but it is listed last because it is an activity which may and probably will lead to action for you far beyond what is suggested above.

be Informed

be Active

be Prayerful

APPENDIX A

UNIQUENESS OF CHRISTIAN CAMPING AND FOOD SERVICE

Unique conjures up the word opportunity. If we are unique, then what are our opportunities?

Whenever a group meets together for more than one day, it must deal with the human factor of living. Those involved in camping have both the interest and the experience in these.

In most cases a camp will feed more people than any other institution in our Presbyteries. This gives us the opportunity to be an agency that teaches and interprets things that we have expertise in, to the church.

1. We can be the PLACE where others LEARN and PRACTICE what it means to be good STEWARDS of food:

- control of waste
- eating lower on the protein scale
- eating food that takes less energy to produce

- EXAMPLES?
- teaching about complimentary proteins less need for meat.
 - how to eat to be healthy/less fat, sugar, salt
 - ways of combining food groups to meet nutritional needs

2. We can be teachers of **quantity cooking**. Churches are often looking for help--they are cooking for youth groups, family nights and other events--often with little experience. Camps can help by:

- sharing recipes
- sharing tips on quantity cooking--people tend to cook too much
- offer seminars for those involved in food service in the local church
- offer summer internships for others to learn to cook responsibly and healthfully

3. Another opportunity we have is: TO MAKE OUR FOOD SERVICE SO INVITING that people will want to copy our style, and I think there are ways we can help that happen:
 - a. Turn your dining hall into an INFORMATION CENTER--load it with POSTERS, give out RECIPES, be willing to SHARE what you know.
 - b. Make the room as attractive as possible.
 - FLOWERS on table, centerpieces so that people feel expected.
 - RIGHT number of tables set up and chairs so that they know you prepared for THEIR visit.
 - c. COOK HEALTHFUL MEALS.

APPENDIX B

THE PARABLE OF THE FLAX (A Meditation on Food Service at Camp)

Since the dawn of time, people have depended upon HERBS for many things. These aromatic plants have helped us ward off DISEASE, flavor our FOOD, and add BEAUTY to our garden.

The names of many herbs appear in the Bible, and Jesus chose a most humble one to illustrate the Parable in which the kingdom of heaven was compared to the seed of the mustard.

Let us in Food Service use the Flax plant as our symbol. Flax has been so versatile and basic to life: just as FOOD SERVICE is basic to camp life and is also called upon to be versatile.

Flax is one of the earliest known textile fibers and today is grown in many temperate and subtropical countries for the production of linseed oil and linen fiber. Flax was cultivated in prehistoric times, possibly at first for food. It has been found in the Stone age ruins of lake dwellings of Switzerland. The ancient Egyptians made linen cloth from flax fibers--and it was cultivated there and in Palestine in Biblical days. The kings and merchant princes wore fine linens and the sails of the famed ships of Tyre were made from the linen of Egypt.

The women of Palestine laid stalks of flax on the flat roofs of their houses to dry and bleach in the sun--then they spun them into fine linen.

Flax is a most versatile herb--not only important for textile and oil and food but even the residue of the seed has been used. After pressing for oil, it was used for cattle feed. The delicate blue flower of the plant was a favorite in the garden.

The flavor of the flax is not distinct--it is used more for its texture and food value in bread and cookies.

NOW LET'S APPLY ALL THIS TO FOOD SERVICE.

We in Food Service are basic to the camp operation and have been around since the earliest days of camping--just as the flax seed was in prehistoric Switzerland. Food Service has been alive and well, spanning the time from the early chuck wagon days through some of our elegant camp banquets of today.

We in Food Service are called upon to be versatile and helpful in many ways in camp life, just as flax was used in clothing, sails, oil, food and cattle feed. We in Food Service (or our product) permeate all aspects of camp life. We appear in the dining hall 3 times a day, at the campfire in the form of snacks, on the canoe trip as a sustaining lunch, in special programming as creative cookouts or treasure hunts, and in worship when we bake communion bread.

The people of Palestine took coarse flax fibers and spun them into fine linens. We take coarse flour and knead it into fine breads.

Another characteristic of flax is its unusual habit of dropping its petals by late MORNING--a response that those of us working in a hot kitchen can identify with.

The flowers of the flax after being dried, will contribute a bright color to a pot pourri. We in Food Service contribute a bright spot in the camp life.

The flavor of flax seed is not distinct--it is used more for texture and food value. We in Food Service may feel indistinct but we give texture and health to the camp life.

Dear God,

Ghandi said - to a hungry person, the only form in which God can appear is that of BREAD.

Take us as a flax seed, knead us into your sustaining bread so that we can be used. Just as the early herbs were used to ward off disease, flavor food well and add beauty to the garden, use us to promote the health of people, satisfy their hunger and add beauty to your world.

Amen.

INDEX OF RECIPES

	<u>Page</u>
Amish Sugar Cookies	66
Apple Crisp	60
Apple Crumb Pie	62
Bacon Dressing	31
Bagels	52
Baked Beans	25
Baked Chicken	20
Baked Potatoes	23
Banana Bread	48
Banana Cake	55
Barbecue Meat	22, 40
Bean Soup	36
Beans, Refried	42
Beef Cabbage Soup	38
Beef Stew	21
Biscuits	49
Black Walnut Cake	58
Bran Muffins	51
Bread Dough, Frozen	54
Breakfast Muffins	52
Broccoli/Cheese Sauce	22
Broccoli Soup	37
Brownies, Chocolate	67
Brownies, Blond	66
Buttercream Frosting	59
Canned Soup	39
Carrot Bread	44
Carrot Cake	56
Carrot Muffins	50
Celery Seed Dressing	30
Cheese Cake	60
Cheese Sandwiches, Toasted	40
Cheese Sauce	22
Cheese Soup	39
Chicken ala King	19
Chicken, Baked	20
Chicken Noodle Soup	37
Chicken, Sweet and Sour	20

	<u>Page</u>
Chili	38
Chocolate Brownies	67
Chocolate Cake	58
Chocolate Chip Cookies	65
Chocolate Frosting	59
Chocolate Oatmeal Cake	55
Chow Mein	19
Cobbler	61
Cocoa Mix	72
Coffee Cake, Sour Cream	53
Coleslaw	32
Cooked Cereal	71
Cottage Cheese Fruit Salad	34
Cornbread with Sesame Seeds	48
Corn Muffins	49
Croutons	54
Dip	28
Doughnuts	53
Dressing (Stuffing)	26
Dressing Plate (for Salad)	29
Eggs, Oven Scrambled	70
Egg Salad	43
English Muffins	53
Fish	22
Five Cup Salad	33
French Bread	45
French Dressing	31
French Silk Pie	62
French Toast	70
Fruit Bowls	69
Fruit Salad	33
Fruited Jello Salad	33
Garden Potato Soup	38
Garlic Bread	54
Ginger Cookies	65
Gingerbread with Wheat Germ	56
Golden Carrot Bread	44
Granola	71
Gravy	27

	<u>Page</u>
Hot Fudge Sauce	64
Ice Cream	64
Jello Cups	67
Jello Salad	33
Lentil Soup	36
Macaroni and Cheese	27
Macaroni Salad	30
Meat/Cheese Platters	42
Meat Loaf	21
Melon Bowls	69
Mexican Pita	41
Oatmeal Bread	47
Oatmeal Cake	57
Oatmeal Cake, Chocolate	55
Oatmeal Muffins.	50
Orange Tea Mix	72
Oven Cooked Rice	24
Oven Scrambled Eggs	70
Pancakes, Wheat Germ	70
Pasta	23
Pasta Salad	35
Pie Crust	63
Pineapple Platters	69
Pizzaburgers	40
Pork Tenderloin	26
Potato Bar	22
Potato Salad, Creamy.	34
Potato Soup	38
Pumpkin Pie	63
Quiche	25
Refried Beans	42
Refrigerator Bran Muffins	51
Relish Plate	28
Rice, Oven Cooked.	24
Rice Pudding.	68
Roasts	26

	<u>Page</u>
Salad Dressings	30, 31
Shaved Meat	42
Soup Bar.	39
Soups	36-39
Sour Cream Coffee Cake	53
Spaghetti Sauce	23
Spinach Salad	32
Stew, Beef	21
Sugar Cookies	66
Sweet & Sour Chicken	20
Sweet Potato Pie	63
Tapioca Pudding	68
Three Bean Salad.	35
Toast	54
Toasted Cheese Sandwiches.	40
Tomato Cucumber Salad.	30
Tossed Salad	29
Tuna Salad.	43
Tzakeki Dressing.	31
Vegetable Bowl	28
Wacky Cake	58
Waldorf Salad	34
Wheat Germ Pancakes	70
White Cake	59
Whole Wheat Communion Bread	46
Yogurt	72
Yogurt Muffins	50
Zucchini Muffins	50