

## Chili

2# hamburger  
1 C chopped onions  
2 cloves garlic - minced

} Brown  
&  
drain

$\frac{3}{8}$  -  $\frac{1}{2}$  C flour  
4 t chili seed.  
1 t cumin  
1 t paprika  
1 t salt

} mix, stir  
into meat

1 can beef broth, add to meat  
& simmer about 5 min.,  
stirring frequently.

1 can tomato juice - 46 oz  
 $\frac{3}{8}$  C sugar  
1 can 16 oz chili beans

} Add  
meat  
mixture  
to this

**EGG DROP SOUP** (Makes 6 servings)

- 4 cups low-sodium chicken broth
- 2 tablespoons cornstarch
- 1/8 teaspoon ground black pepper
- 1/4 teaspoon grated fresh or ground ginger
- 1/8 teaspoon garlic powder
- 1/2 cup **egg beaters** Cholesterol-Free 99% Real Egg Product
- 1 scallion, thinly sliced, for garnish

In medium saucepan, over medium-high heat, heat 3 1/2 cups broth to boiling. In bowl, blend remaining broth and cornstarch, pepper, ginger and garlic powder. Slowly stir into boiling broth; cook, stirring until thickened. Reduce heat; gradually pour in **egg beaters** in slow, steady stream, without stirring. Cook 1 minute, stirring once or twice. Garnish with scallions.

**NUTRITION INFORMATION** per serving

Calories	40
Sodium (mg)	81
Cholesterol (mg)	0
Fat (gm)	0

Wou Ton Soup

1/2 lb pork  
water ches. <sup>1/2 salt</sup> cornstarch  
bamboo shoots

Wrap in skins

Chicken broth + 1 can water  
chinese cab. salt  
sliced chestnuts garlic  
bamboo shoots soy sauce  
dry shrimp (?)  
mushroom  
green onion

Corn soup

ch. broth - 1 can water  
boil  
cream style corn

egg - turn off heat  
sesame seed oil  
green onion  
Use corn starch to  
thicken.

# There's a Trick to Making Better Batter

By Geoffrey Tomb

Knight-Ridder News Service

**Q:** Now that it is Lent, I do wish you would print a recipe for battered-fried fish that is crispy like they serve at take-out fish and chips restaurants.

— A.C.

**A:** The secret to getting a crisp, puffy batter is to use baking powder without aluminum salts in it, to use water and not milk in the batter and to make sure whatever you are frying is completely dry.

## Basic Crispy Batter

- 1½ cups whole-grain flour
- 1 teaspoon black pepper
- 2 teaspoons baking powder
- 1½ cups liquid made up of water, one large egg and juice of one lemon or lime

Sift flour, pepper and baking powder together but do not mix with other ingredients until last minute before use. Make sure fish fillets are completely patted dry and have sat refrigerated for 30 minutes. Add water, beaten egg and lemon or lime juice to sifted flour and mix together just long enough to blend. It need not be smooth. Coat fish quickly and drop into deep-fat fryer that has been heated slowly to a temperature of 375 degrees. Fry until golden brown.

**Q:** I know the measured quantity varies if one is using store-bought, dried herbs rather than fresh herbs. But not all recipes calling for fresh herbs provide amounts you should substitute if using dried. Those of us who are either too lazy or too brown of thumb to grow fresh herbs would like to know. — M.N.

**A:** Just remember that the difference in dried herbs depends on whether they have been powder-dried or crush-dried. Powdered ones are stronger. When a recipe calls for one tablespoon of fresh herbs, simply substitute 1 teaspoon of powdered. If your dried herbs are crushed, use ½ teaspoon. But better yet, green up your thumb. There is very little taste in the dried stuff.

**A:** Several years ago while in the Far East, I enjoyed a Korean dish called Kim Chee. I have looked in various Eastern cookbooks for the recipe but cannot find one. Can you? — M.H.

**A:** Kim Chee is the national condiment of Korea, as frequently used as table salt or ketchup, even at breakfast. It has a pungent, spicy kick to it and most Koreans have a personal recipe or a secret way to prepare and age it like fine Port or soy sauce. This recipe is fairly mild and routine, but after you try it you might consider some embellishments such as salt-

firm, fresh and clean, shredded into 1½-inch strips

- ½ cup coarse salt
- 3 tablespoons finely chopped fresh ginger
- 3 tablespoons pressed garlic
- 3 tablespoons vinegar (optional)
- 1 cup chopped green onion
- 2 red chili peppers, seeds removed, soaked in lukewarm water for 30 minutes, dried and chopped
- 1 teaspoon paprika

Sprinkle strips of cabbage with salt and let stand at room tempera-

ture for four to six hours, until wilted. Drain off moisture that collects and dry. Toss wilted cabbage with remaining ingredients, adding vinegar for tangy flavor, if desired. Using pint jars, fill each sterilized jar with tossed cabbage up to a point two inches below top of jar. Add cold water to top but do not seal. Let stand at room temperature for three days until fermentation begins. Add salt if desired. Bubbles will appear when fermentation has begun. Tighten seals and refrigerate indefinitely. Makes three quarts.



## SOUTHERN SPOON BREAD

3 CUPS MILK  
1 $\frac{1}{4}$  CUPS CORNMEAL  
3 EGGS  
2 TABLESPOONS BUTTER  
1 $\frac{3}{4}$  TEASPOONS BAKING  
POWDER  
1 TEASPOON SALT

1. STIR MEAL INTO RAPIDLY BOILING MILK. COOK UNTIL VERY THICK, STIRRING CONSTANTLY, TO PREVENT SCORCHING.
2. REMOVE FROM FIRE AND ALLOW TO COOL. THE MIXTURE WILL BE COLD AND VERY STIFF.
3. ADD WELL BEATEN EGG, SALT, BAKING POWDER AND MELTED BUTTER. BEAT WITH ELECTRIC BEATER FOR 15 MINUTES. IF HAND BEATING IS USED BREAK THE HARDENED COOKED MEAL INTO THE BEATEN EGGS IN SMALL AMOUNTS UNTIL ALL IS WELL MIXED. THEN BEAT THOROUGHLY FOR 10 MINUTES USING A WOODEN SPOON.
4. POUR INTO 2 WELL GREASED CASSEROLES. BAKE FOR 30 MINUTES AT 375° F. SERVE FROM CASSEROLE BY SPOONFULS.

THIS IS THE SPOON BREAD FOR WHICH BOONE TAVERN IS SO FAMOUS. BE SURE TO USE WHITE CORNMEAL FOR THE TRUE SOUTHERN BREAD.

## SPOON CAKES

1 CUP BUTTERMILK  
1 1/2 CUPS WHITE CORNMEAL  
2 \* EGGS  
1/4 TEASPOON BAKING SODA  
1/2 TEASPOON BAKING  
POWDER  
4 TABLESPOONS MELTED  
BUTTER  
1/4 CUP WATER  
1/2 TEASPOON SALT

1. SIFT DRY INGREDIENTS.
2. ADD BUTTERMILK AND WATER. BEAT. ADD BEATEN EGGS. BEAT.
3. ADD MELTED BUTTER LAST AND BEAT ALL TOGETHER.
4. DROP BY SPOONFULS ONTO A HISSING HOT GRIDDLE WHICH HAS BEEN GREASED BEFORE COOKING EACH CAKE. ONE MAY USE A LARGE SKILLET IF DESIRED.
5. SERVE PIPING HOT FROM THE GRIDDLE.

THESE SPOON CAKES ARE ONE OF THE FAVORITE BOONE TAVERN HOT BREADS. THEY ARE CUT IN HALF AND EATEN BY BUTTERING A BITE AND HOLDING THE CAKE IN YOUR FINGERS. FOR ME . . . GIVE ME SPOON CAKES, HONEY AND COFFEE.

*I thought you might like  
this recipe also.*

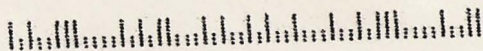
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*Erudine*

Mr. and Mrs. Charles Carter  
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Mr. & Mrs. Ralph Byers  
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## Vegetable Pizza

- 1 8oz. pkg. ref. Crescent rolls
- 1 8oz. pkg. Cream cheese
- 3/4 c Salad dressing
- 1 .04oz. pkg. Ranch style dressing mix
- 3 tsp. finely chopped onion
- 1C finely chopped broccoli - Carrots
- 1C .. .. Celery + tomato, ant up
- 1C .. .. Cauliflower (this amt. is very generous!)
- 1/2c sliced green olives
- 1/2c ripe olives, sliced

1c mild shredded cheddar cheese.

Preheat oven to 350°

Roll crescent dough on bottom of 9x13 pan  
& prick with fork. Bake 15 min. to light brown.

Mix together cream cheese, salad dressing,  
dressing mix & onion. Spread on cooled prepared  
crust. Toss together veggies & dried &  
sprinkle over dressing. Spread cheese  
over top. Cut in squares & serve on  
salad plates.

When Mrs. Jackson takes a vacation, one of her three daughters takes over the cooking. To make sure everything goes right, Mrs. Jackson makes a tape recording explaining the day-to-day duties. "I feel obligated to these people, and I want them to have the best," she said.

Here are some of Mrs. Jackson's favorite recipes.

### Jellyroll cake

- ¾ cup sugar
- 4 eggs
- Pinch salt
- ¾ teaspoon baking powder
- ¾ cup flour
- 1 teaspoon vanilla

Mix sugar, eggs, salt and baking powder, and beat until light in color. Add flour and vanilla. Mix well. Pour onto greased cookie sheet. Bake in 375-degree oven for 13 to 15 minutes. Loosen around edges, and place on cloth sprinkled with confectioners' sugar. Roll.

**To make the filling:** Mix 1 6-ounce package instant vanilla pudding, 1 cup confectioners' sugar and ½ cup chopped nuts. Add enough sour cream to make spreadable.

Unroll cake. Spread with filling. Roll up again, and wrap in waxed paper. Chill 30 minutes before slicing. Cake can be frozen.

### Corned beef croquettes

- 1 cup cooked rice
- 1 can sauerkraut (1 pound), chopped and drained
- 1 can corned beef (12 ounces)
- ¼ cup chopped onion
- 1 cup Swiss cheese, shredded.
- 2 eggs
- 1 teaspoon pepper
- 1 teaspoon salt
- 1½ cups bread or cracker crumbs

Mix all ingredients, except crumbs, together. Make into 2-inch balls. Let chill 30 minutes. Roll balls in

crumbs. Bake in 375-degree oven for 30 minutes.

**To make sauce:** Mix 1 cup mayonnaise, ¼ cup milk, ¼ cup mustard and 1 tablespoon lemon juice. Heat, or serve cold.

Croquettes may be frozen and baked at a later date. Serves 10.

### Meat loaf

- 1½ pounds ground beef
- 1 tablespoon grated celery
- 1 tablespoon grated onion
- 1 tablespoon grated green pepper
- 1 package dry onion soup mix
- 1 cup oatmeal or bread crumbs
- 1 cup milk
- 1 can cream of mushroom soup (10 ounces)

Combine ingredients and mix thoroughly. Pack in a 9-by-4-by-4-inch loaf pan. Pour ½ cup boiling water over. Bake 1 hour at 375 degrees or done. Cool and slice. Serves 8.