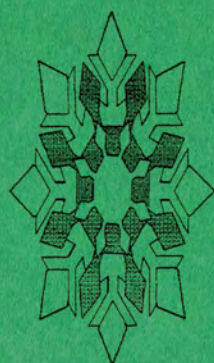


**'TIS THE SEASON  
AND OTHER MEMORIES**

**FAVORITE FOODS OF A LIFETIME**

**KEN INGLE**



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## INTRODUCTION

*My mother loved to cook. She was always finding recipes to try out. It helped, of course, that she had been trained to cook and had actually cooked professionally. We're not talking chef's cooking here but we are talking about good cooking. My childhood was filled with food that tasted great.*

*Years ago Mother sent me a hand-written book of recipes of my favorite foods from my childhood. It was a Christmas present. That was exactly the right time to send it. We ate well all year but Christmas was special. Mother made it magic -- no small feat for a family on a tight budget -- and food played a special role.*

*I guess most families of European background associate Christmas with festive baking: we all have our treasured memories. In my case, I came from a world that served plates of different delicacies. Mother seemed to have everyone's favorite recipe or at least all of the ones she found most tempting.*

*This is a book about memories of good food -- the food I've come to like over the years and how to prepare it. Unlike traditional recipe books, this one is a little different. I've accompanied each recipe with some commentary -- memories and reflections about my life and my adventures in good eating. The recipes come not just from my childhood but from throughout my life. I begin with Christmas because there's just so many good recipes to record. The second section covers everything else. It includes main course items, vegetable dishes, salads and their dressings, and all the other sweet tastes in foods and beverages that I've acquired throughout my life.*

*Please try some of the recipes and enjoy the food. I certainly have.*

*Ken Ingle  
Waterloo, Ontario  
May, 1997*

**To My Mother**

**Ruth**

**and all her lessons in love**

**and to my Father**

**Fred**

**and all his lessons in courage**

## TABLE OF CONTENTS

### 'TIS THE SEASON

TEA TIME: Scotch Short Bread...1; Cheese Fingers...2; Mincedmeat Squares...3; Dependable Pastry for Pies...3; Fingerprint Cookies...4; Swedish Tea Rings...4; Nanaimo Bars...5; Aunt Ida's Raisin-Filled Cookies...6; Coconut Squares...7; Vanilla Crescents...7; Chocolate Balls...8; Mom Hayes' Rice Cakes...8; Marzipan Bars...9; Chinese Almond Cookies...9; Butterscotch Slice...10; Butter Rum Drops...10; Date Sticks...11; Strawberries...11; Lemon Caraway Cookies...12; Grandma's Date Squares...12; Magic Macarons...13; Gumdrop Cookies...14; Rich Almond Squares...14; Aunt Verna's Mistletoe Cookies...15; Coconut Cherry Balls...16; Pineapple Cheese Cookies...16; Unbaked Brownies...16.

OTHER FOODS FOR CHRISTMAS: Stuffed Celery...17; Pineapple and Carrot Jellied Salad...17; Mushroom Rolls...18; Old-Fashioned Bread Stuffing...18; Mother's Brown Gravy...19.

POSTSCRIPT: 19.

### OTHER MEMORIES

MAIN COURSE ITEMS: Creamy Egg...21; Baking Powder Biscuits...22; Cream of Potato Soup...22; Beef in Mushroom Gravy...23; Meat Puff Balls...24; Pickled Beets...24; Harvard Beets...25; Mock Duck...26; Melton Mowbray Pork Pie...26; Green Pepper and Ham Macaroni and Cheese...27; Tomato/Mushroom Steak Casserole...28; Scalloped Potatoes...29; White Sauce...30; Lean 'n Lively Meat Loaf...30; Carrot and Celery Casserole...31; Ken's Basic Brown Rice Casserole...32; Spanish Rice...32; Chicken Seven Layer Dinner...32; Tomato Stew...33; Green Tomato Pickle...34.

SALADS AND THEIR DRESSINGS: Ken's Potato Salad...35; Brown Rice Salad...36; Macaroni Salad...37; Boiled Dressing...37; Fiesta Salad...37; Didi's Carrot Salad...38; Waldorf Salad...39; Austrian Red and White Cabbage Salad...39; Basic French Dressing...40; Cole Slaw...40; Spanish Orange Salad...41; Spicy Salad Dressing...41; Cottage Cheese and Lime Jellied Salad...42; Jellied Beet Salad...42; Jellied Beet and Pineapple Salad...43.

A WORLD OF SWEETNESS: Peanut Butter and Raisin Cookies...44; Grandma Cox's Layer or One Pan Cake...45; Ruth Ingle's Pure Orange Icing...46; Crumb Cake...47; Lemon Meringue Pie...47; Oatmeal Date Cookies...48; Baked Rice Custard Pudding...49; Minute Tapioca Cream...50; Baked Apples...51; Cream Easter Eggs...51; Cranberry-Apple Cooler...52; Joe's Oatmeal Cookies...53; Banana Bread...54; Blueberry Muffins...55.

SOME THOUGHTS ABOUT FOOD AND SHARING: 55.

'TIS THE SEASON

## TEA TIME

For many people in the world of my childhood the sweet delicacies of Christmas came with a cup of tea. It was the English way. While visiting, everyone would "put the kettle on" to make a cup of tea and then get out the baked goods (and the non-baked ones, too). Nobody baked the rest of the year the way they did at Christmas, that was what made Christmas baking so special. All those tins filled with so much pleasure. Women began weeks in advance to prepare their particular selection of special treats and you could always count on finding something at a friend's home you'd never tasted before. Each woman had her own favorites but they were always trying something new and sharing their recipes. The recipes that follow are my Christmas favorites. With a little luck, I'll list one or two you don't know but might like to try. I sure hope so.

### SCOTCH SHORT BREAD

One of Mother's closest friends was a woman she met while working up north in the 1930s as the cook in the Anglican mission school at Fort George in Quebec. Bella Watt was the wife of the local Hudson's Bay Company factor. They all literally arrived in the community together on the same boat. Bella's recipe for short bread was as basic to my childhood Christmas as you could get.

2 5/8 cups unbleached flour  
1 cup butter  
3/4 cup light [or golden] brown sugar

Cream butter and sugar well. Then add flour and mix thoroughly with your hands. Roll not too thick on a floured surface and cut into small-sized cakes with a fork or with a cookie cutter. Bake in a moderate oven (325 degrees F / 160 degrees C) until lightly browned.

I've also baked this recipe in round tins, pricking it in wedges with a fork before putting it in the oven. A tip about ingredients over time. This is a very old recipe. A few years ago I commented to a woman who baked a lot that the recipe seemed to be too dry to roll and cut. She looked at the ingredients and suggested I cut the flour to 2 1/2 cups, using the other 1/8th cup for flouring the rolling pin and counter top. It worked just fine. I should note that I don't sift pre-sifted flour when measuring my ingredients. If you do, the recipe may work well just as it is. I list unbleached white flour throughout this book because it's my personal preference. Please use the flour you prefer.



All my recipes are from older sources. With newer ovens that maintain a more constant temperature (they go on more often during the cooking period) you may have to reduce the temperature for some of the recipes. About 25 degrees Fahrenheit seems to work well for my oven. (Comparative reduction on the Celsius scale varies from 5 to 20 degrees depending on the specific temperature.)

\*\*\*

### CHEESE FINGERS

Mother's second (last) mission school was Shingwauk in Sault Ste. Marie. She met my father there when he joined the staff in 1939. Dad had emigrated from Leeds in Yorkshire when he was 17 and had worked on farms near Oxford Mills in the Ottawa valley earlier in the '30s. Mother was the laundry supervisor and Dad became the general assistant which included helping with the farming duties and with care of some of the boys. When Dad first proposed, Mother turned him down because she said she was too old for him (she was seven years his senior) but he wrote her a poem that convinced her she wasn't. Their marriage lasted more than 52 years.

The man who ran the school boilers was English. We called him "Pop" Hayes (his real name was Seymour). A big, tall man who loved to garden, he was married to an equally small Englishwoman named Nellie who loved to knit and sew. Of course we all called her "Mom". Mother and Dad were married on the Hayes' anniversary on January 18, 1941, with their daughter Marg and her fiance Wilf McLean acting as bridesmaid and best man. The service was held in the school chapel, the Bishop Fauquier, just across Queen Street from where the Hayeses lived in a two-storey home that had been sheathed in red stone cut from the Sault Ste. Marie shipping canal. The Hayeses and the Ingles celebrated their anniversaries together until Pop died in the 1950s.

Mom Hayes' recipe for cheese fingers is as much a part of my Christmas as is Bella Watt's short bread. I defy you to make just one lot. This is a narrative recipe as Mother wrote it out for me:

Combine 1 cup of grated cheese [I use extra old cheddar, the recipe works well with medium], 1 cup sifted unbleached flour, 1/2 teaspoon baking powder, 1/4 teaspoon salt, 1/4 teaspoon paprika [I've sometimes omitted this or substituted dry mustard], 1/3 cup shortening and 3 tablespoons cold water. Mix with fingertips the cheese, flour, baking powder, salt and paprika [sifted together] and shortening until mix is crumbly. Add water slowly, blending with a fork. [Try not to blend the cheese in completely.] Roll into a rectangle 1/8-inch thick. Cut into strips 3 inches by 3/4 inches. Bake in 400 degree F / 200 degree C oven 8 to 10 minutes. Serve warm and crisp. Can be re-heated in foil. [These freeze well, too.]

\*\*\*

## MINCEMEAT SQUARES

*This is the first of a few iffy recipes. It means I don't have the actual recipe but do have enough to offer that you might consider trying it. Mother never made mincemeat tarts for Christmas, she made squares instead. I asked Dad (he was a trained baker) how she did it but he wasn't sure so here goes.*

Roll out pastry to about 1/8-inch thickness on a floured surface and fit onto a cookie sheet. Spread mincemeat thinly over the pastry. Top with a second layer of pastry. Use one of those perforated pastry markers (or a fork) to mark the top layer of pastry into squares and lightly seal down the sections. Don't cut through the bottom layer of pastry (Dad says). Cut decorative vents with a fork in the tops of the squares. Bake in moderate oven until lightly browned. Break apart squares and store in tins. Will reheat well in foil.

*These were delicious and, as far as I know, Mother was the only one who made them. When she died she left behind no recipe for them so this is the best I can do. I do remember she used to add a little maraschino cherry juice to sweeten the mincemeat a bit, something Mom Hayes had taught her.*

\*\*\*

## DEPENDABLE PASTRY FOR PIES

*I guess I wasn't fair with the above recipe. This is a cook book and I should have provided a recipe for pastry. What follows is Mother's recipe from my Christmas book. It's a later one she got from Audrey Clay, a neighbor down our country road. I don't suppose it really matters what pastry recipe you use, they all seem to work well. I've used this recipe as is and with 1/4 teaspoon baking powder, an extra ingredient I found in an otherwise identical recipe in another cook book.*

5 cups unbleached flour  
1 pound shortening or lard  
1 teaspoon salt  
1/4 teaspoon baking powder (optional)  
1 egg  
2 tablespoons white vinegar  
Add cold water to egg and vinegar to make 1 cup liquid

Mix flour, salt and baking powder. With a pastry blender or 2 knives cut in shortening or lard until flaky. Make a well in the center of the mix and add water/egg/vinegar mix. Blend well with a fork but do not over mix. Store in refrigerator overnight or freeze. Makes 4 large pies.

\*\*\*

## FINGERPRINT COOKIES

*Mom Hayes made fingerprint cookies coated with chopped walnuts (or maybe pecans) and topped with what I believe were homemade red currant and perhaps mint or lime jellies. When I was a child, nuts were chopped in manual grinders where you cranked a handle and metal teeth did the work. (I have Mother's.) All our jams and jellies were homemade and most often from home-grown small fruits or seasonally bought apples, peaches, etc., that came in wooden slat, six-quart baskets. Any additional color in our preserves came from carefully added, all-vegetable dyes.*

*My recipe for fingerprint cookies is much more elaborate than Mrs. Hayes' (next) and comes from one of those Christmas issues of Woman's Day or Family Circle which I shamelessly bought for many years just to feed my interest in my favorite season of the year. I didn't mind feeding my face either. Some of my favorite cookies come from those sections which you could often rip or cut out of the magazines and keep.*

1/2 cup soft [not runny] butter or margarine  
1/4 cup packed light-brown sugar  
1 egg separated  
1 1/4 cups unbleached flour  
1/2 cup ground almonds  
Raspberry jam  
1/2 cup icing sugar  
2 1/2 teaspoons [real] lemon juice

Cream butter; add sugar and beat till light. Beat in egg yolk. Add flour. Form into ball and chill well. Roll into balls, dip into slightly beaten egg white and nuts. Shape again to make nuts adhere. With index finger dipped in flour, make indentation and fill with jam. Bake in 350 degree F / 180 degree C oven 12 to 15 minutes. Ice with sugar mixed with juice on the jam.

\*\*\*

## SWEDISH TEA RINGS

*Beyond her Christmas book, Mother wrote out and sent me quite a few recipes throughout the years after I left home. In going through the pack of them (I keep them in the back of her book) I came across this one. Despite it's name this is Mrs. Hayes' original fingerprint cookie recipe (Mother wrote her name in the top right-hand corner) and since it's different to mine (and now quite old) I thought I'd include it.*

Cream 1/2 cup butter; add 1/2 cup brown sugar. Beat 1 egg yolk lightly and add to creamed butter and sugar. Add 1 cup [unbleached] flour, blending thoroughly. Shape into small balls, then dip in egg white which has been slightly beaten. Roll in finely chopped nuts.

Put on greased baking pans and press hollow in center of each. Bake in a slow oven [250 to 300 degrees F / 130 to 150 degrees C] for 5 minutes. Remove from oven and press again in center. Return to oven for about 15 minutes. While they are still warm fill centers with jam or jelly.

*When I was young Mom Hayes and Mother used to pick local wild fruit to make jam. I will never forget the taste of those jams made from wild raspberries and those tiny, sweet strawberries. We could also obtain wild blueberries and gooseberries. Today, you can still sometimes buy wild fresh or frozen blueberries in the grocery store although they are quite expensive. Hybrid fruits just don't have the flavor of their wild cousins. Unless you can still find a place to pick wild fruit, their tastes (fresh as well as preserved) are now largely gone. We are the poorer for it.*

\*\*\*

### NANAIMO BARS

*This recipe comes from Mother's bridesmaid Marg McLean. She and Mrs. Hayes served Christmas goodies on those old-fashioned three layer plate stands. It always seemed like there were dozens of choices you could make of little finger foods and I'd guess there were usually at least a dozen and probably more in most homes we visited at Christmas. Marg's recipe uses Bird's custard powder so I guess it most likely was printed on one of their tins. Mother knew Bird's from up north; she used to make custard for the native children from it. They had it on Christmas Day one year with jelly and oatmeal cookies. This is one of those sinfully expensive and sinfully delicious recipes to make and eat. The best way to slice through the chocolate top is with a knife heated in hot water.*

1/2 cup butter  
1/4 cup white sugar  
1 egg  
5 tablespoons cocoa  
1 teaspoon vanilla

Combine and cook over hot water or in a double boiler until smooth. Remove from heat and add 2 cups graham cracker crumbs, 1 cup coconut and 1/2 cup chopped walnuts. Pack in 8-inch cake pan.

Cream together 1/4 cup butter, 2 tablespoons Bird's custard powder and 3 tablespoons milk. Blend in 2 cups icing sugar. Spread on chocolate mixture in pan and let stand for 1 hour.

Melt 3 squares bitter (unsweetened) chocolate with 1 teaspoon butter in double boiler. Spread this on top of the contents of the pan. Keep in the refrigerator. Cut in small squares or bars to serve.

*I suspect the name of this recipe contains it's origin in one of those two women's magazines I bought for so many years. Everybody knows about raisin tarts and they were as much a part of Christmas baking when I was a boy as they are a part of everyday commercial baking nowadays. This recipe takes time (and ingredients) to make but I think it's a great-tasting different way to essentially make raisin tarts in a butter-based pastry. I first made this recipe with extra strong vanilla a friend had brought Marg back from the Caribbean. Wow!!! Don't try adding more vanilla to match my experience, I tried. It was a once in a lifetimer.*

4 cups unbleached flour  
 1 teaspoon baking soda  
 1 teaspoon baking powder  
 1/2 teaspoon salt  
 1/4 teaspoon nutmeg  
 1 cup granulated sugar  
 1 cup packed light-brown sugar  
 1 cup butter  
 3 eggs  
 2 teaspoons vanilla  
 Raisin Filling (below)

In large bowl mix flour, baking powder, soda, salt and nutmeg. Thoroughly mix in sugars. With pastry blender or 2 knives cut in butter until particles are fine. Beat eggs with vanilla; add to flour mixture and mix thoroughly with a fork to smooth dough. Chill several hours or overnight until firm enough to handle easily. Divide dough in several portions. Work with one at a time, keeping remainder refrigerated. On floured pastry cloth, roll dough to 1/8-inch thickness. Cut out with floured 2-inch round cookie cutter, rerolling and cutting scraps. Put scant teaspoonful of filling on center of half the circles. Top each with plain circle. With tines of floured fork, press edges to seal. If desired, cut a decorative vent on top. Bake 1 1/2 inches apart on ungreased cookie sheet in preheated 375 degree F / 190 degree C oven until deep golden brown, 10 to 12 minutes. Remove at once to rack; cool. If desired, sprinkle with confectioners' sugar.

**RAISIN FILLING:** Mix well 3/4 cup sugar and 1 tablespoon cornstarch. In small saucepan heat 1 cup water and 2 cups seedless raisins to boiling. Add sugar mixture, then boil gently, stirring until liquid is clear and slightly thickened and raisins are plumped. Cool, then stir in 1 teaspoon vanilla.

*A note of caution. This recipe uses both soda and baking powder. Don't space these cookies too closely on the baking tray as they spread while cooking. Additionally, these cookies freeze well but don't top ones you intend to freeze with icing sugar. If you do want to use it sprinkle it on after you've defrosted them.*

## COCONUT SQUARES

*I've noted on my handwritten copy of this recipe that it comes from Woman's Day. This is a somewhat unusual recipe since it can be made with either light brown or granulated dark brown sugar. It's a nice slice and chewy, too. Unfortunately, walnuts are too often only used as a background taste for other ingredients. Not here -- you really do get to taste them in this recipe. And, yes, I have tried using both brown sugars and I prefer the granulated dark brown over the light brown.*

Put 1/2 cup soft butter in bowl and cream with 2/3 cup plus 2 tablespoons granulated dark brown sugar or 1/2 cup light brown sugar. Add 1 cup sifted unbleached flour and mix well. Pat into a 13 x 9 x 2-inch pan and bake in 375 degree F / 190 degree C oven for 12 minutes.

Slightly beat 2 eggs and add:  
1/2 teaspoon salt  
1 teaspoon vanilla  
1 cup flaked coconut  
1 cup chopped nuts (walnuts)  
1/4 cup sifted unbleached flour  
1 1/3 cups granulated dark brown sugar or  
1 cup light brown sugar

Mix well, spread evenly on mixture in pan, put back in oven and bake 20 minutes. Slice.

\*\*\*

## VANILLA CRESCENTS

*Don't ask me for the source of this recipe; I no longer remember. I do know I added it to my baking menu sometime in the 1960s. It calls for unsalted butter and added salt. Decide for yourself whether you want to go this route or just use regular salted butter. I always followed my recipe. It was light, delicious and definitely one of my favorites. These take a little time to shape but add a decorative touch to a mixed plate of Christmas cookies, tarts, etc.*

Cream 1/2 pound unsalted butter and 1/2 cup sugar.  
Beat in 2 cups sifted unbleached flour, 1/2 cup at a time.  
Add 1 1/4 cups ground almonds, 1 teaspoon vanilla and 1/2 teaspoon salt.

Shape in ball and refrigerate 1 hour.

Break off walnut-sized pieces of dough and shape into crescents on lightly buttered baking sheet.

Bake at 350 degrees F / 180 degrees C 12 to 15 minutes or until lightly colored.

Remove to cake rack and dust with confectioners' sugar.

## CHOCOLATE BALLS

*Here's another recipe that takes both ingredients and time but is worth all of both. These are refrigerator cookies and can be made as small as you wish to try. Make lots. Like regular chocolates, these tempt you to take seconds. This is another one of Marg's recipes.*

1 cup peanut butter  
2 tablespoons margarine  
1 cup icing sugar

Mix well, then add:

1/2 cup chopped dates  
1/2 cup chopped walnuts  
1/2 cup diced candied green and red cherries

Roll into balls. Melt four squares semi-sweet chocolate and add 2 tablespoons paraffin wax in double boiler and dip balls in it. Drain on wax paper and, when set, refrigerate.

*By the way, I found paraffin wax one Christmas at Canadian Tire. They had to go up in the warehouse and look for it but they did have it in stock.*

\*\*\*

## MOM HAYES' RICE CAKES

*I guess Mother certainly identified who gave her this recipe. It remains among my major memories of good food at Christmas when we went to visit the two people who were the closest thing I ever had to on-site grandparents. I seem to remember Mom Hayes making these in miniature tart tins (they really are tarts). Try to find ground rice; it gives a much nicer texture to the topping than rice flour which is all I've been able to find the last few years.*

3 tablespoons butter  
3 tablespoon fruit or white sugar  
4 tablespoons ground rice or rice flour  
1 egg well beaten  
1 to 1 1/2 teaspoons almond flavoring

Cream butter and sugar, add egg and flavoring, then mix in ground rice or rice flour. Line patty tins (small) with pastry and a little [raspberry] jam or marmalade, then the creamed mixture.

Bake in moderate oven [325 to 350 degrees F / 160 to 180 degrees C] 15 minutes.

\*\*\*

## MARZIPAN BARS

*After serving in World War II, my father became a machinist which is what his father had been before him. For several years he worked in a private machine shop that repaired boilers, etc. He became friends with an older co-worker named George Pearce and our two families used to visit back and forth once in a while and go on the occasional picnic. (They had a car, we didn't.) This is Edith Pearce's recipe and Mother noted that it is a variation of Mrs. Hayes' rice cakes. This one you serve as a slice.*

Line bottom of an 8- or 9-inch square cake pan with pastry [Page 3] rolled thin. Cover thinly with raspberry jam.

Next cream together 1/2 cup soft butter and 2/3 cup sifted white sugar. Add 2 eggs, 2/3 cup rice flour, 1/4 teaspoon salt and 1/2 teaspoon almond flavoring. Mix until creamy.

You can color the mix by separating it in 2 small bowls and adding enough green [vegetable dye] to tint a pale green and red or rose to make pink, while leaving one lot white in your mixing bowl. Drop by spoonfuls all over the jam in colored sections and flatten with a rubber spatula or draw a spoon across it.

Bake in a moderate 325 degree F / 160 degree C oven. Cool and ice with almond-flavored icing. [Try mixing icing sugar with a bit of margarine or butter and some almond flavoring for the icing.]

\*\*\*

## CHINESE ALMOND COOKIES

*Here's another recipe from Woman's Day according to my notation on the corner. Next to vanilla (and chocolate!!!) I guess almond flavoring tends to be used the most at Christmastime. As you'll be noting by now I well-favored it myself. What I like about using the taste of almond is the variety of ways in which you can employ it. This is a nice, basic baked cookie that tastes good but helps to balance out the richer items piled around it. For a bit of variety try topping these cookies with both skinned and unskinned almonds.*

1 cup soft butter or margarine  
1/3 cup sugar  
1/4 teaspoon salt  
2/3 cup ground unblanched almonds  
1 tablespoon milk  
1 teaspoon almond extract  
1 2/3 cups sifted unbleached flour  
24 blanched almonds [or use almond pieces]



3 tablespoons cocoa  
1 tablespoon water  
1/2 teaspoon rum flavoring  
2 cups rolled oats

Cream butter, add sugar and cream till smooth. Add cocoa, water, rum flavoring, then oats. Shape into balls about 1 inch after chilling in refrigerator. Roll in icing sugar. Return to refrigerator and keep chilled until needed.

\*\*\*

### DATE STICKS

*Mother went to work when she was 14 to help support a family that consisted of two parents (Grandpa was a carpenter who didn't always find work, Grandma a homemaker who often spent days in bed with crippling arthritis) and five younger sisters and brothers. (The youngest brother had died on his first birthday.) On her way to becoming a missionary Mother met two YWCA secretaries in Toronto who encouraged her to follow her dreams. The three women corresponded for the rest of their lives. This recipe is from one of the two ladies, Miss J.M. Norton.*

2 eggs beaten well  
1 cup powdered (icing) sugar  
1 cup chopped walnuts  
1 cup chopped dates  
2 tablespoons unbleached flour  
1 teaspoon baking powder  
1/4 teaspoon salt

Beat eggs together and add them last after mixing other ingredients together.

Put in large cookie pan or cake pan [an 8- or 9-inch square pan works well] on greased paper. Use butter or margarine on paper. Cook in moderate oven [325 to 350 degrees F / 160 to 180 degrees C] and when done cut into strips and roll in powdered sugar.

\*\*\*

### STRAWBERRIES

*The man who baptised and confirmed me, Rev. W.L. Wright, eventually became the Anglican archbishop of Algoma. Our two families knew each other. Their eldest son John and I were in the same class together at the Sault Collegiate Institute and he eventually became my parents' lawyer before accepting a judgeship in Thunder Bay. Each year an open house was held on New Year's Day at Bishophurst, the bishop's official residence. This is one of Mrs. Wright's refrigerator cookies and so unusual that I'm*

*including it even though it does use raw egg white. Through the rest of this book I do advise avoiding raw egg use because of the possibility of salmonella contamination. If you make these, you may wish to err on the side of safety and not serve them to children.*

1/2 pound candied cherries  
1/2 pound flaked coconut  
1/4 pound blanched ground almonds  
1 egg white

Grind together almonds, cherries and coconut. Add egg white. Shape like strawberries. Roll in strawberry gelatine. Top with thin piece of green citron for stem. Store in the refrigerator.

\*\*\*

### LEMON CARAWAY COOKIES

*Sometime in the '60s I discovered caraway rye bread and fell in love with it. No crackers and cheese at my parties: I served caraway rye and cheese or cold cuts. Imagine how I felt when I found this recipe in a selection of Woman's Day Christmas cookies. What's even nicer is that the lemon caraway taste helps to cut the sweetness of some of the other richer cookies. This is one of only two sliced cookies in my collection.*

1/2 cup soft butter or margarine  
1 cup white sugar  
1 egg  
1 1/4 teaspoons caraway seeds  
Grated rind 1/2 lemon  
2 tablespoons lemon juice  
2 1/2 cups sifted unbleached flour  
1/4 teaspoon soda  
1/2 teaspoon salt

Cream butter or margarine. Add sugar and egg, beaten until light. Add caraway seeds, lemon rind, juice and dry ingredients sifted together. Mix well. Shape into a roll 2 inches in diameter. Cut in 1/8-inch slices. Bake on greased cookie sheets in 400 degree F / 200 degree C oven about 10 minutes. Makes 6 dozen. Store airtight. Will ship. Freezes.

\*\*\*

### GRANDMA'S DATE SQUARES

*Mother wrote this recipe out in a big three-ring binder she put together and she called it "My Mum's Date Squares" so it's another three-generation recipe as I'm passing it on here. I do remember this crumbly slice with great fondness from my childhood and seem to recall it was a favorite of Mother's for Christmas*

*although I suspect she made it more often than that. If your grocery store is like mine, you just might find a commercial version of it available in their in store bakery section. Good recipes never die and this is an excellent one.*

**Filling:**

1/2 pound dates cut fine  
1 cup brown sugar  
1 cup water  
1 teaspoon vanilla

Cook dates, sugar and water until soft and thick. Add vanilla when cooked and coolish.

2 cups rolled oats

**Sift together:**

1 1/2 cups unbleached flour  
1 cup brown sugar  
1 teaspoon baking soda  
1/2 teaspoon salt

Using a fork combine sifted mixture with the oats. Pour in 1 cup melted butter and mix. Spread half this mixture on the bottom of a well-greased 11-inch pan. Pour on cooled date filling and spread to cover. Top with the rest of the flour-oat mixture, sprinkling it on with your fingers. Bake in a 375 degree F / 190 degree C oven until brown.

\*\*\*

**MAGIC MACAROONS**

*How well I remember these. A simple recipe, a great taste, and, as Mother made them, just a touch of Christmas. Actually the touch consisted of adding a bit of red or green candied or maraschino cherry to the top of each cookie. Don't forget to grease the spatula, these are sticky. However, for me that's part of their charm, I've always liked a chewy cookie.*

1/2 cup Eagle Brand sweetened condensed milk  
2 cups shredded coconut  
1 teaspoon vanilla

Mix the Eagle Brand milk, coconut and vanilla together. Drop by spoonfuls on buttered baking sheet about 1 inch apart. [Top with candied decoration if desired.] Bake in moderate oven (350 degrees F / 180 degrees C) 10 minutes until delicate brown. Remove from pan at once with greased spatula. Makes about 24.

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## GUMDROP COOKIES

Although Mother was a trained, experienced cook, you'll find few recipes in this book where she lists herself as the source. She did write her own name at the bottom of this one. Take this as a generic recipe. Depending on the colors of the gumdrops you choose, this recipe could be used for every special day from Easter to St. Patrick's to Valentine's to Halloween (but remember just orange, no black). Red, green and yellow would be a good combination for Christmas but, what the heck, use the other colors, too, if you feel like it. This is a rolled oats recipe; they all take kindly to lots of tasty ingredients.

- 1 cup unbleached flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 cup soft butter or margarine
- 1/2 cup brown sugar, packed
- 1/2 cup white sugar
- 1 egg
- 1 tablespoon water
- 1 teaspoon vanilla
- 1 1/2 cups quick cooking rolled oats
- 3/4 cup cut up gumdrops (no black)
- 1 1/2 cups coconut

Measure flour without sifting into a large bowl. Add baking powder, soda and salt. Stir to blend. Add butter, sugars mixed together, lightly beaten egg, water and vanilla. Beat until mixture is smooth. Stir in oats, gumdrops and coconut. Shape into 1-inch balls. Place 2 inches apart on ungreased cookie sheets. Bake at 350 degrees F / 180 degrees C for 12 to 15 minutes. Yields about 5 dozen cookies. Store in airtight container.

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## RICH ALMOND SQUARES

This is another recipe Mother put her name on. She may have adapted it from another source since she certainly knew how to improve a recipe. She grew up as the eldest daughter of a woman who was poor but knew how to use "a bit of this" and "a bit of that" to make a good meal out of very little. Lots of potatoes and, during one bad time, only a crate of apples from church charity. This is a recipe Mother made after I'd left home. The first time I tried it, it blew me away. I'm a sucker for the taste of almonds but, to me, this is almond ambrosia. See what you think.

- 1 cup butter or margarine
- 4 ounces almond paste
- 1/2 cup brown sugar

1 egg  
2 cups unbleached flour

3/4 cup raspberry jam

3 egg whites -- beaten until frothy  
3/4 cup white sugar -- add by spoonfuls to egg whites until peaks form  
1/2 cup shredded coconut  
1/2 cup slivered almonds  
Fold into egg whites and sugar

Heat oven to 325 degrees F / 160 degrees C.

Blend butter with almond paste. Gradually beat in brown sugar and egg. Blend in flour. Press into a greased 13 x 9 x 2-inch pan. Bake 20 minutes. Spread jam evenly over partially cooked base in pan. Cover with meringue mixture of eggs, sugar, coconut and almonds. Return to oven to bake about 20 more minutes or until slightly brown.

Cut in squares to serve.

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#### AUNT VERNA'S MISTLETOE COOKIES

*No, this isn't another of those named recipes from a women's magazine. Verna was my real aunt, my mother's youngest sister. For my first Christmas (I'd been born on Oct. 9, 1941) she bought me my first tree decoration. It was a long, thin chenille Santa Claus with a plaster face, wispy beard and tiny brass bells on his feet that tinkled. I still use it. This is the second of my two sliced cookie offerings. I seem to recall my aunt used only red candied cherries but red and green certainly fits the season.*

Cream together:

2/3 cup butter  
1 cup brown sugar  
1 egg

Sift together:

2 1/2 cups unbleached flour  
1/2 teaspoon baking soda  
1/4 teaspoon salt

Add dry ingredients to creamed butter, sugar and egg but keep 2 tablespoons flour mixture to add to fruit.

1/2 cup floured, chopped candied cherries  
1/2 cup chopped pecans

1/4 cup coconut  
1/4 teaspoon almond flavoring

Add to creamed and floured mixture. Form into cylindrical rolls and wrap in waxed paper. Chill for a few hours or overnight in the refrigerator before baking. Cut in thin slices and bake at 375 degrees F / 190 degrees C for 8 to 10 minutes on greased cookie sheet. Makes about 8 dozen.

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### COCONUT CHERRY BALLS

*Prepare yourself for a sugar explosion! You think liqueured cherries in chocolate are rich, wait until you try Edie Pearce's fondant-covered ones. One of these goes a long way.*

1 1/3 cups icing sugar  
1 1/2 cups flaked coconut  
1/3 cup butter  
1 teaspoon vanilla

Mix fondant materials and roll around a candied cherry. Makes 24.

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### PINEAPPLE CHEESE COOKIES

*Here's another variation in taste for the tray. Unlike Mom Hayes' cheese fingers, this cheese delicacy is a sweet one. I seem to recall Mrs. Hayes made these with a serrated-edged round cutter and cut a circle out of the top piece to let the marmalade show through.*

1 cup butter  
3/4 cup grated cheddar cheese  
2 cups unbleached flour

Cream butter and cheese well. Work in flour. Roll out dough and cut cookie rounds. Put marmalade between two rounds and seal edges. Bake at 350 degrees F / 180 degrees C.

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### UNBAKED BROWNIES

*This is truly a recipe of my childhood and it would appear it's one we can thank Mother's Eagle Brand recipe book for. Mother seemed to favor this as her refrigerator cookie, she made it every year. Hope you like it as much as we did. But then who can resist real chocolate?*

2 squares unsweetened chocolate  
1 1/2 cups Eagle Brand sweetened condensed milk  
2 cups vanilla wafer or graham cracker crumbs  
1 cup finely-chopped walnuts

Melt chocolate in double boiler. Add condensed milk, stirring over boiling water 5 minutes until the mixture thickens. Add 2 cups wafer or cracker crumbs and 1/2 cup of the chopped nuts. Butter a shallow cake pan and sprinkle with 1/4 cup nut meats. Place chocolate mixture over nuts, smooth with knife dipped in hot water. Sprinkle top with remaining 1/4 cup chopped nuts. Place in refrigerator several hours or overnight. Cut in squares to serve.

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### OTHER FOODS FOR CHRISTMAS

#### STUFFED CELERY

*Christmas wasn't just about baking when I was a boy. Mother always served stuffed celery with Christmas dinner. It was just something a little different that we didn't normally have.*

*I don't think there's such a thing as a recipe for this. As I remember it, Mother crumbled cheddar cheese and pressed it into the center of 1 1/2- to 2-inch long pieces of celery. (Use stalks with enough of a center to stuff.) She then topped the cheese with chopped walnuts. One year a friend made it up for me in a shared Christmas Eve dinner by putting the cheese through the fine side of the grater. Worked well, tasted great. Try it.*

*Given those now ubiquitous television CHEESE ads, I wonder what other cheese and nut or seed combination(s) might work. Swiss and...?*

\*\*\*

#### PINEAPPLE AND CARROT JELLIED SALAD

*So what is this: a main course or dessert salad? Mom Hayes blessed us with this recipe and the Ingles had it as part of our Christmas dinner for years. I still do. However, because it's sweetened, some people treat it as a dessert salad. Whichever way you would choose to serve it, do be sure to serve it -- at Christmas or any other time that you feel like a truly great-tasting jellied salad. For Christmas, I think it goes perfectly with the turkey, gravy, dressing, cranberry sauce, roast potatoes, peas and, of course, the stuffed celery. Please, now I'm so stuffed I can hardly type!*

*visiting back and forth in each other's homes during the evenings between Christmas and New Year's. Actually, within the Church, the season lasted until Epiphany on January 6 (the 12 days of Christmas). It was our way of showing that we cared about each other. We were family and friends in a common community.*

*After I left home and moved away, I continued the tradition as best I could over the years and, as you've seen, kept adding new recipes to my childhood list of favorite foods for this special season. I hope you've found some recipes here that you aren't familiar with and would like to try out. Please mix a few of my favorites with yours.*

*And so, in keeping with the season, a very merry Christmas to you all!*



**OTHER MEMORIES**

## MAIN COURSE ITEMS

*I made some arbitrary decisions about how to break up the second section of this book. Thus, I put salads in a separate section but lumped everything else relating to the main course of a meal in here. There's lots of variety in this section. Some of the recipes are very old including the following one which I've never found anywhere else.*

### CREAMY EGG

*If there is any single recipe I truly associate with my childhood it's this one. Mother made creamy egg for me countless times for lunch and I loved it, particular spiced up with a bit of ketchup. (Today I use a little worcestershire sauce.) This is a sort of unsweetened custard you cook in a double boiler. It comes from a priceless old cook book Mother took north with her to Fort George. It's crammed with lots of favorite recipes and it's Canadian. I'll list its publishing particulars after the recipe.*

3 eggs  
3 teaspoons butter [or margarine]  
3/4 teaspoon salt  
f.g. [few grains] pepper  
2/3 cup milk  
Toast

1. Beat eggs slightly; add butter, seasonings, and milk.
2. Cook over hot water.
3. As the mixture coagulates around the sides and bottom, draw it away with spoon. Continue until all of the mixture is cooked.
4. Serve on toast; garnish with parsley.

Note: When properly cooked, this mixture should have the appearance of a firm custard, broken up. It should not be stirred continuously nor cooked too long.

*Mother's cook book is encased in a handmade, wine-colored, pigskin cover with a large navy flower (also cut from pigskin) on the front. Dad made it. Here are the publishing details:*

Canadian Cook Book  
Nellie Lyle Pattinson, Director of Domestic Science  
Assisted by: Annie Gray, Ethel Stockwell, B.A. and Helene Wilkinson, teachers in domestic science at Central Technical School, Toronto  
Published in Toronto by Ryerson Press  
Seventh edition, October, 1932.

## BAKING POWDER BISCUITS

*Creamy egg goes good with toast but I'd like to suggest that baking powder biscuits would taste great too. As a matter of fact they go good with many meals and make an excellent snack in between meals as well. And they're something you can also whip up if company drops in and serve with just about anything from jam to egg salad to a few carrot sticks and tomato wedges. This recipe comes from The Mennonite Treasury of Recipes which was put out by the Steinbach committee of the Canadian Mennonite Conference in 1962. I acquired it while living in Winnipeg. My many thanks to Hilda Wiebe of Steinbach, Manitoba, for her superb exploration of the possibilities of baking powder biscuits as outlined in her following recipe.*

2 cups flour  
1/2 teaspoon salt  
3 teaspoons baking powder  
3/4 cup milk  
3 to 6 tablespoons shortening

Sift flour with salt and baking powder. Cut in the shortening until the mixture resembles coarse crumbs. The amount of shortening you will use depends on how short you want your biscuits to be.

Add the milk all at once and stir quickly just until soft, but not sticky dough is formed. Turn out on a lightly floured board and knead lightly for 1/2 minute, or just enough to form the dough into a smooth ball. Pat out to 1/2-inch thickness and cut with a floured biscuit cutter. Place the biscuits on an ungreased cookie sheet and bake in a hot oven 450 degrees F / 230 degrees C for 12 to 15 minutes.

If you wish to sweeten these a little, you may add 1 tablespoon of sugar to the sifted dry ingredients before cutting in the shortening.

Some feel that the addition of an egg improves the flavor. If you use an egg beat it into the milk, decreasing the amount of milk you use to 2/3 cups.

You can also roll this dough to 1/4-inch thickness, brush it with melted butter and then sprinkle on brown sugar, cinnamon and raisins or poppy seeds. You then roll it up like a jelly roll, cut it into 3/4-inch slices and bake.

For drop biscuits, mix in the same manner but add 1/4 cup more milk, then drop from teaspoon on greased baking sheet.

*Isn't this a fantastic recipe!*

\*\*\*

## CREAM OF POTATO SOUP

*When I was nine we moved from the heart of downtown Sault Ste. Marie to a new suburb on the eastern edge of what was then the*

*settled part of the city. School went from being two blocks away to two miles. I walked home at noon (and hitchhiked -- it was a different world back then) and a bowl of homemade soup was sure welcome on a frigid January day in northern Ontario. Cream of potato was my favorite so I wasn't the slightest bit surprised when Mother included it in the recipe book she wrote out for me.*

1 1/2 cups mashed potatoes (leftovers can be used)  
4 cups milk (or milk and water)  
1 small onion chopped fine  
1 chicken flavored cube [or 1 cup of chicken stock in place of the milk/water above]

Scald milk with onion and slowly add to the potatoes. Then put in chicken cube [or stock]. Cook in a double boiler. Keep a little milk to mix the following:

2 tablespoons flour  
1 1/4 teaspoons salt  
1/4 teaspoon celery salt  
1/8 teaspoon white pepper  
Pinch between thumb and finger of cayenne red pepper  
1 teaspoon chopped fresh parsley or 1/2 teaspoon dried

Mix with cold milk till smooth, then add a little of the hot potato mixture. Add a bit more and then put in with the rest in the double boiler. Cook about half an hour, stirring while cooking. Strain and serve.

\*\*\*

### BEEF IN MUSHROOM GRAVY

*Dad was an apprentice machinist when we bought our first home in 1950. If I remember right we paid \$7,500 with a 20-year mortgage. But we still needed a small loan from the Pearces to help with the down-payment and money was extremely tight. Mother cooked a lot of meals with inexpensive ingredients. I loved this one the best, served with pickled beets (next page) and lots of mashed potatoes.*

1 1/2 pounds (0.75 kilograms) ground beef  
1 medium onion, coarsely chopped  
Tin cream of mushroom soup diluted with 3/4 cup milk  
Tin mushroom stems and pieces

In a frying pan cook onions until tender in a bit of butter or margarine. Set aside. Cook beef over high heat in the pan, turning frequently to avoid burning and breaking up into small pieces (Using a pan with a lid lets you quickly cook the meat right through.) Cook until moisture disappears. I use extra lean ground beef; with more fatty grades you may want to pour off the excess

fat. Reduce heat. Add onions and stir in. Finally, add soup mix and mushrooms and blend in with meat and onions. Let simmer for awhile and then serve.

*This is not Mother's recipe; I don't think she ever wrote it down. This is how I make it. I suggest you season with salt, pepper, etc. to your own particular taste.*

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### MEAT PUFF BALLS

*You can also make the above recipe as meat balls in mushroom gravy and Mother did provide the recipe for that in her Christmas book. She attributed this recipe to The Family Herald, a farm magazine we subscribed to after moving to the country.*

Preheat oven to 325 degrees F / 160 degrees C.

Turn into a bowl and loosen with a fork 1 pound [not quite 0.5 kilograms] extra lean ground beef. Sprinkle with 1/2 teaspoon salt, 1/8 teaspoon pepper, 1/4 cup finely chopped onion and 3/4 cup fine soda cracker crumbs [or bread crumbs]. Mix together lightly and then mix in 1/3 cup of milk. Shape mixture into 12 balls and brown richly in 3 tablespoons bacon fat, butter or margarine in a frying pan. Lift meatballs from drippings and arrange in a casserole. Drain remaining fat from frying pan. Mix a tin of cream of mushroom soup with 3/4 cup of milk, heat in frying pan and, when hot, pour over the meat balls. Cover casserole and bake in oven for 45 minutes.

\*\*\*

### PICKLED BEETS

*Sadly, Dad and I were unable to locate several of Mother's most popular pickle recipes after her passing on Palm Sunday in 1993. Happily, I do have her most treasured one. Not only did she write it out and send it to me years ago, but it still exists in Mrs. Hayes' spidery handwriting just as she recorded it for Mother decades ago. Originally in pencil, Mother carefully traced over it in pen as the script began to fade away.*

*Mother often gave homemade jam, jelly and pickles as Christmas gifts. The Hayes/Ingle pickled beets by far topped the list as the gift most hoped for by people on her list. We gave gallons of beets away and consumed countless gallons of them ourselves. Even in his eighties, Dad still had his homemaker put these up for him.*

1 gallon (8 pints) small beets [or cut up larger ones]  
4 cups white sugar  
3 1/2 cups cider vinegar

1 1/2 cups water

4 tablespoons mixed whole spice tied in a bag. (Some thin white material.)

Add sugar to vinegar and water and the bag of spices. Simmer 15 minutes, then add beets. Boil 5 minutes and pack in jars. First fill jars with boiling water but put spoons in them so they won't break. Next, dump out the water and put the beets in. Finally, fill the jars with syrup and seal them. Any vacuum bottle (jam, etc.) is good. You can use canned beets from the store; each contains about a pint. Also, use the beet water from the can instead of tap water as it will give a lively color. If you're using fresh beets you have to cook them till they're tender and then skin them.

*What makes this recipe so special? Why does it taste so much better than store-bought pickled beets? For many years I didn't know but, then, in the mid-1980s I showed it to a woman who still did a lot of home preserving and she knew right away. She said it's the cider vinegar. She explained that commercial picklers use cheaper white vinegar and it just can't deliver the taste that cider vinegar does. So here's to gallons of your own homemade pickled beets and the taste that can't be beat.*

\*\*\*

#### HARVARD BEETS

*We grew our own beets -- they were a root crop we could store in the basement. Mother often cooked, skinned and sliced them and served them like any other vegetable with a bit of margarine. Once in a while she made Harvard beets as a special treat. Since I loved her pickled beets, it's not surprising that I went wild over these as well. They're a very good substitute if you're not in a pickling mood.*

1/3 cup white sugar

2 teaspoons cornstarch

1/2 teaspoon salt

1/3 cup water

1/4 cup white vinegar

2 whole cloves or a sprinkle of powdered cloves

2 cups sliced whole beets

2 tablespoons butter [or margarine]

Blend the sugar, cornstarch and salt together. Gradually add the water, vinegar and cloves. In the top half of a double boiler stir sauce over moderate heat directly on a burner until thickened. [Always watch when cooking with sugar directly on a burner; it can easily burn.] When thickened, put pot in top of double boiler and turn heat low. Add the beets (you may use tiny whole beets in place of larger sliced ones). Let stand for about half an hour to develop flavor. At serving time add the butter.

Note: To cook beets cut stems off about 2 inches above the top, wash and place in cooking water. Young beets take from 20 to 40 minutes to cook; older ones can take 2 to 3 hours.

*This is a very well-known way to cook beets; there's a recipe for it in Mother's old cook book. She took this one from The Star Weekly which was a glossy newspaper-type publication with colored pictures. When I was a reporter in the late '60s and early '70s, we used something like it as a weekend supplement in the paper. Compared to the old recipe book version, this one uses 2 cloves, rather than one (it makes the beets a bit more spicy) and half a tablespoon more of cornstarch which means your sugared-sauce will probably thicken a bit faster and reduce your risk of burning it.*

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### MOCK DUCK

*This is an old name for stuffed steak; the recipe comes from Mother's old cook book. It was one of her favorites and she made it from inexpensive flank steak. I still remember her pounding the steak on a wooden board with a metal meat tenderizer with a long handle that Dad had made for her.*

- 1 1/2 pounds [0.75 kilograms] round or flank steak
- 1 1/2 cups bread crumbs
- 1 teaspoon chopped parsley [1/2 teaspoon dried]
- 1 teaspoon summer savory or thyme
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 1/2 tablespoon chopped onion
- 1 1/2 tablespoons melted butter [or margarine]

1. Trim bone and superfluous fat from meat.
2. Wipe meat with damp cloth; spread on board.
3. Mix crumbs and seasonings; add melted butter.
4. Spread crumbs over meat, roll up, tie in shape.
5. Place in roasting pan; pour around meat 2 tablespoons drippings [or butter or margarine] melted in 1 cup boiling water.
6. Cover. Cook in a moderate oven [325 to 350 degrees F / 160 to 180 degrees C] 1 1/2 to 2 hours, the last 1/2 hour uncovered.
7. Serve with brown gravy.

Note: Meat may be made more tender by pounding before cooking; use wooden potato-masher or edge of a heavy plate.

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### MELTON MOWBRAY PORK PIE

*Mother was always getting recipes from friends and clipping them out of various publications. I think I was in my teens when she came across this one which she simply marked as an "English*

*recipe." We used to like to take this on picnics. It goes great with various cold salads on a hot day.*

2 pounds [a bit less than 1 kilogram] ground lean pork  
1 3/4 teaspoons salt  
3 cups water  
3/4 cup chopped onion  
1/4 teaspoon each black pepper, sweet basil and rosemary  
1/8 teaspoon sage  
1 bay leaf

Put pork and water on to boil, then skim off froth. Add the other ingredients and boil gently 2 hours covered.

Cook 6 eggs hard-boiled. You will need to shell the eggs and slice them by hand or with an egg slicer.

When pork is cooked, take off hot burner and add 1 tablespoon plain gelatine softened in 1/4 cup cold water. After adding the gelatine, strain off the liquid and retain.

Make pastry early and chill.

1 1/2 cups chilled lard  
4 cups unbleached flour  
1 1/4 teaspoons salt  
Enough cold water to make pastry the texture you need to roll out.

Roll pastry out to 3/8 inch thickness. Fit around the bottom and sides of a 9-inch square cake tin. You should have enough left over for the top.

Put in alternate layers of drained pork and sliced eggs until all are used, moistening with 1/2 cup of the meat and gelatine liquid. Cover the top with pastry, first wetting the top of the pastry sides with cold water. This will allow you to seal the top to the sides. Use a fork or your thumb to make a fancy edge on the pie. Make a 1/2-inch hole in the centre of the top. Brush top with beaten egg. Bake 2 1/2 to 3 hours in 350 degree F / 180 degree C oven. When done pour rest of cooled meat liquid through hole and refrigerate. Delicious cold.

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### GREEN PEPPER AND HAM MACARONI AND CHEESE

*It's truly amazing how people adapt macaroni and cheese. I once knew someone who added bacon and broccoli. As you'll see from my recipe I add green pepper and ham. Mother made macaroni and cheese all the time when I was a child and I loved it. This recipe began life on the side of a box of macaroni. I've altered it*



*considerably since then although I still use the original instructions for starters. By the way, I've increased the ingredients to make a 2-quart casserole. When you live alone it's nice to cook and freeze. I get five or six meals from this recipe.*

4 1/2 tablespoons butter or margarine  
4 1/2 tablespoons flour  
1 to 1 1/2 teaspoons salt  
1/2 to 1 teaspoon dried mustard  
4 1/2 cups milk  
3 cups coarsely grated old cheddar cheese  
3 cups macaroni  
1/3 cup buttered breadcrumbs  
1/4 cup extra grated cheese for topping  
1 green pepper, sliced and diced at an angle  
Slice of ham (butt end off boneless ham) diced

Melt butter or margarine in flour and seasonings in top of a double boiler. Add milk and cook, stirring until thickened. Remove from heat and add grated cheese a bit at a time, stirring to combine. Cook macaroni according to package directions. Drain but do not rinse. Combine macaroni, green pepper and ham in casserole and stir in sauce. Sprinkle top with breadcrumbs and grated cheese. Bake covered in hot oven 400 degrees F / 200 degrees C for 18 to 20 minutes.

*This is a great recipe for running over the sides of the casserole if you leave it cooking a bit too long. Years ago, Mother gave me a large, round tin plate with a raised edge around both the outside and a large circle cut out of the middle. I use it under my casserole every time for this recipe. It works perfectly. By the way, if you don't use buttered breadcrumbs as a topping, dab a few bits of butter or margarine on with the grated cheese. The two combine for a perfect crust.*

\*\*\*

#### **TOMATO/MUSHROOM STEAK CASSEROLE**

*This is my easy version of Swiss steak. I pass on pounding flour and spices into the meat and quick frying it to seal in the flavor. It's just too much trouble and I have no complaints about the taste of my version. This is a slow cooker so be prepared to give it some time.*

Steak for 4 to 6 servings (I use outer round)  
1 large tin whole tomatoes coarsely chopped  
Thyme to taste  
1 tin whole mushrooms halved

Place the tomatoes, mushrooms and thyme in a 2-quart casserole. Cut each steak into 3 or 4 pieces. Submerge by layers in

the tomato mix. Cook at 325 to 350 degrees F / 160 to 180 degrees C until meat tests tender with a sharp knife. Tinned tomatoes and mushrooms both contain added salt so I don't use any in cooking; I have it on the table. Add salt to this recipe if you wish.

*I like this with steamed or baked potatoes and a variety of other cooked and fresh vegetables. However, it has a sauce that also makes it an ideal candidate to serve over macaroni for a bit of a change.*

\*\*\*

### SCALLOPED POTATOES

*When Mother was growing up the Coxes (her family) ate a lot of potatoes; they were a cheap and filling food for a poor family with lots of kids. I ate a lot of potatoes, too, when I was growing up and I loved them, particularly mashed. But Mother also boiled, baked, roasted, creamed and oven fried them in a bit of oil, not to mention cooking them as cakes in a crusty coating in the frying pan. Scalloped potatoes were a much looked forward to treat and I am still amazed at what happens to potatoes when you combine them with onions and cook them in milk in a casserole.*

4 cups thinly sliced potatoes  
1 cup thinly sliced onions  
2 cups milk  
2 tablespoons butter or margarine  
1 teaspoon salt  
1/8 teaspoon white pepper  
1/8 teaspoon paprika

Heat milk and butter or margarine in a double boiler. Place alternating layers of potatoes and onions in greased casserole. Sprinkle each layer of potatoes with a bit of flour mixed with the salt and white pepper. Cook covered at 400 degrees F / 200 degrees C for an hour or until the potatoes test tender with a fork.

*Wondering about that paprika? You sprinkle it on the top. This is a hybrid recipe. Mother's recipe contained no quantities outside of the 2 tablespoons of butter. I blended her recipe with another one that did give me quantities. For some reason it uses no butter. Instead it uses a little cold water to blend the flour (2 tablespoons), salt and white pepper into a paste which is added to the hot milk in the double boiler and stirred to thicken into a white sauce which is then poured over the potatoes and onions in the casserole. This recipe also suggested grated cheese could be sprinkled over the top before using the paprika. Cooking instructions also varied a little at 350 degrees F / 180 degrees C for half an hour covered and then 25 to 30 minutes uncovered.*

\*\*\*

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4 1/2 tablespoons butter or margarine  
4 1/2 tablespoons flour  
1 to 1 1/2 teaspoons salt  
1/2 to 1 teaspoon dried mustard  
4 1/2 cups milk  
3 cups coarsely grated old cheddar cheese  
3 cups macaroni  
1/3 cup buttered breadcrumbs  
1/4 cup extra grated cheese for topping  
1 green pepper, sliced and diced at an angle  
Slice of ham (butt end off boneless ham) diced

Melt butter or margarine in flour and seasonings in top of a double boiler. Add milk and cook, stirring until thickened. Remove from heat and add grated cheese a bit at a time, stirring to combine. Cook macaroni according to package directions. Drain but do not rinse. Combine macaroni, green pepper and ham in casserole and stir in sauce. Sprinkle top with breadcrumbs and grated cheese. Bake covered in hot oven 400 degrees F / 200 degrees C for 18 to 20 minutes.

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1/8 teaspoon paprika

Heat milk and butter or margarine in a double boiler. Place alternating layers of potatoes and onions in greased casserole. Sprinkle each layer of potatoes with a bit of flour mixed with the salt and white pepper. Cook covered at 400 degrees F / 200 degrees C for an hour or until the potatoes test tender with a fork.

*Wondering about that paprika? You sprinkle it on the top. This is a hybrid recipe. Mother's recipe contained no quantities outside of the 2 tablespoons of butter. I blended her recipe with another one that did give me quantities. For some reason it uses no butter. Instead it uses a little cold water to blend the flour (2 tablespoons), salt and white pepper into a paste which is added to the hot milk in the double boiler and stirred to thicken into a white sauce which is then poured over the potatoes and onions in the casserole. This recipe also suggested grated cheese could be sprinkled over the top before using the paprika. Cooking instructions also varied a little at 350 degrees F / 180 degrees C for half an hour covered and then 25 to 30 minutes uncovered.*

\*\*\*

## WHITE SAUCE

*Okay, so here's Mother recipe for white sauce and a few suggestions about how you can use it. I did mention above that she made creamed potatoes and she explains here how to do it just in case you prefer this to the scalloped variety.*

1 cup milk (heat in double boiler)  
2 level tablespoons cornstarch  
1/2 teaspoon salt  
Pinch of white pepper (or red cayenne)  
1 to 2 tablespoons butter or margarine

Mix cornstarch, salt and pepper with a little milk until smooth. Gradually add it to hot milk. Stir until thickened. Add butter.

This can be used with grated cheese melted in for macaroni. You can use it with vegetables and/or cubed potatoes to make them creamed. You can chop onion and fry it just until yellow in the frying pan and then add it to the potatoes and sauce.

\*\*\*

## LEAN 'N LIVELY MEAT LOAF

*When you're on a fat restricted diet, meat loaf can be a bit bland if you use extra lean ground beef instead of regular as I do. Fat adds flavor. I solved the problem by adding more ingredients to improve the taste. This is an adapted recipe with the garlic and worcestershire sauce tossed in to give my "healthy" meat loaf a full, flavorful taste. I find this a particularly aromatic meat loaf when it's cooking. By the time it's done, you really do want to try it. It freezes well and, like all good meat loaves, it truly does taste even better the second time around. I daringly put my own stamp on this recipe and it worked!*

1 1/2 pounds (0.75 kilograms) extra lean ground beef  
3/4 cup uncooked oatmeal  
2 eggs beaten  
1/4 cup chopped onion  
1 1/2 teaspoons salt  
1/2 teaspoon garlic powder (or garlic salt)  
1/4 teaspoon pepper  
1 teaspoon to 1 tablespoon worcestershire sauce  
1 cup tomato juice

Combine oatmeal with spices. Mix in beaten eggs, worcestershire sauce and tomato juice. Work in ground beef until fully blended. Pack firmly in a loaf pan. Bake in 350 degree F / 180 degree C oven for 1 hour. Serves 8 [maybe!].

\*\*\*

## CARROT AND CELERY CASSEROLE

*I live in a bit of a rut in relation to serving vegetables. I tend to either steam them and serve them with a bit of margarine (you could use butter) or slice them and serve them raw (at least the ones you're likely to find in a salad). This is another recipe Mother found in The Star Weekly many years ago (it's been gone for a long time). It's another way to use cream of mushroom soup (we all liked it) and something just a little different in the way of a vegetable casserole.*

6 carrots  
6 outer stalks of celery

Scrub carrots and peel. Wash celery. Cut carrots in slices [try slicing them at an angle], celery in small pieces. Add 1 cup boiling water and 1/2 teaspoon salt. Cover and cook for 7 minutes or until tender. Do not drain.

Add:

1 can cream of mushroom soup  
1/2 cup milk (mix with soup until smooth)  
1 tablespoon chopped onion

Mix and heat thoroughly. Pour into greased casserole. Combine 1 cup cracker crumbs with 2 tablespoons melted butter. Sprinkle over top of vegetables in casserole. Bake at 350 degrees F / 180 degrees C for 20 minutes.

\*\*\*

## KEN'S BASIC BROWN RICE CASSEROLE

*I houseclean on Saturdays. Since I'm not well I think it might be more accurate to say I clean and rest and rest and clean. Anyway, I take all afternoon and, after a soak in the tub, need to be able to settle down to a simple supper. This is not an adapted recipe; it's an original. Hope you like it.*

1/2 cup brown rice (you can use white if you prefer)  
1 cup frozen mixed vegetables  
2 to 3 lean weiners, thinly sliced

Cook all three ingredients according to package instructions and combine. Add butter or margarine, salt and pepper to taste.

*Doesn't get much simpler does it. However, you can take this recipe as a starting point. For instance, I roast and debone chicken and turkey breasts at the beginning of each month and freeze them in individual servings. I use oven-defrosted and heated, diced chicken in this recipe sometimes. I suspect it would go well with diced ham or turkey or even roast beef. I used to like*

*the frozen mixed vegetables with lima beans. Now that limas are expensive and often sold separately, I buy a bag and add a few to the mix. In terms of cooking the rice, what about using some broth. Then there's the possibility of adding some herbs or spices. I used to add a bit of prepared or dried mustard or even curry powder to the rice while it was cooking and they all tasted good. Experiment. Who knows what the ingredients for your favorite original rice casserole will end up being.*

\*\*\*

### SPANISH RICE

*Care to try something else in a rice dish? This is a recipe Mother wrote out for me on the back of the one for scalloped potatoes. The Mennonites add bacon and diced ham to their version but I suspect this would taste good with everything from diced chicken to fried or broiled steak tossed in. I also sense this would go well with corn, whole kernel or even on the cob.*

1/2 cup white rice  
1 onion, diced  
1 clove garlic, finely diced [or a bit of garlic powder or salt]  
1/2 green pepper, diced  
1 stalk celery, sliced  
1/4 teaspoon cloves (or 2 to 4 whole cloves)  
1/2 teaspoon salt [reduce if using garlic salt]  
1/4 teaspoon pepper  
1 teaspoon paprika  
2 tablespoons butter or bacon fat  
1 can (2 1/2 cups) chopped tomatoes with liquid

*Stir fry vegetables in butter 3 minutes. Add rice and stir 1 minute. Stir in remaining ingredients. Bring to a boil. Simmer on low heat for 25 to 30 minutes or until rice is tender. You can add a dash of boiling water if the mix becomes too thick.*

\*\*\*

### CHICKEN SEVEN LAYER DINNER

*Both my main cook books have a standard recipe for seven layer dinner but they don't have this one. I've adapted the standard one which uses a pound of sausages (or hamburger) and a tin of tomato soup diluted with a tin of water. (I'm giving you the original ingredients just in case you want to try out their recipe.) As you'll see, I use diced chicken and homemade broth and it tastes great. I sometimes sprinkle the top with a bit of paprika. I suspect you could take a leaf from that other scalloped potato recipe and try topping with some grated cheese, too, before using the paprika. You could try different cheeses since the nice thing*

*about adapting recipes is that you can experiment until you get them just right for your own particular taste buds.*

Into a 2-quart greased casserole place the following layers of thinly sliced uncooked vegetables:

Potatoes  
Onions  
Carrots

Sprinkle on top of these 3 layers 1/4 cup of uncooked white rice.

Add 1 cup chopped celery or 1 cup frozen peas and 1/2 cup water (1 tin canned peas and their liquid).

Top with pieces of diced or sliced cooked chicken.

Season to taste the 2 cups of chicken broth and pour over the contents. Add toppings of choice if desired. Cover and bake at 350 degrees F / 180 degrees C for 1 hour. Partially open cover and bake for an additional hour or until vegetables are tender.

*A word about chicken broth. Most chickens spend their entire lives in cages nowadays and Dad said they taste like it (in other words they don't have any taste at all). As a result, commercial chicken is almost always well salted with MSG to try to give it some flavor. If, like me, you'd rather pass on the MSG, why not try cooking your own chicken and making your own broth. I do chicken breasts in the large casserole with a bit of sage and a little orange juice (an old trick I learned years ago from my parents' bridesmaid, Marg McLean). After I strip the flesh and pack it for freezing in individual servings, I return the bones, skin and scraps to the casserole, add a quart of water to the liquid already there, and continue cooking for an hour or two. It produces a superb stock that you can use for the above dish or for soup or stew. (A cup of this would go well in the cream of potato soup recipe on page 22.)*

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#### TOMATO STEW

*I can never remember a time when Dad didn't grow tomatoes. He always grew his own plants from seed. But in northern Ontario, where killer frosts can come before the end of August, you get to watch many of your tomatoes ripen between layers of newspaper in a cool spot in the basement. You have to keep sorting them every few days as they do so. Fortunately, Dad loved fried green tomatoes as well as green tomato pickle (next recipe). Mother also made tomato stew from canned ones. This is her recipe. It's one of several I loved having on a cold winter day.*



- 1 large can tomatoes
- 1 chopped onion

Cook together until onion is cooked. Add up to 2 teaspoons sugar [optional] and salt and pepper to taste. Have about 12 regular crackers crumbled. Add them and a tablespoon of butter or margarine to the tomatoes just before serving. Use with roast beef, steak or fish.

*About the sugar and those crackers (three cheers for both). I was told years ago in an Italian restaurant that they sometimes added sugar to their tomato sauces when the fresh tomatoes looked ripe but didn't taste like it. Sugar really does intensify the taste of cooked tomato. I'm old enough to remember a world in which "one didn't put one's crackers in one's soup." But you could use crushed crackers as thickening and topping as we've now seen from some of these older recipes. I always put my crackers in my soup and, the first time they offered them to me with my big bowl of chilly at Wendy's, I knew exactly what to do with them. I do it every time!*

\*\*\*

#### GREEN TOMATO PICKLE

*The last time I was home I went through a marathon session looking for Mother's pickle recipes. Mother had collected all sorts of recipe books over the years and boxes of recipes she'd clipped out of various publications. There was also a box full of recipes on file cards. As I've already noted the recipes for several of her homemade pickles that I enjoyed the most just weren't to be found. However, I did find this one in her old recipe book. This goes way back into my childhood.*

- 4 quarts green tomatoes
- 2 onions
- 1/2 cup salt
- 4 cups vinegar diluted with 2 cups water
- 4 cups brown sugar
- 3 tablespoons mustard seed
- 1 tablespoon whole cloves
- 1 tablespoon whole allspice
- 2 tablespoons stick cinnamon (broken)
- 1 tablespoon ginger root
- 2 red peppers

1. Wash tomatoes; cut into 1/4-inch slices.
2. Peel onions; cut into very thin slices.
3. Arrange tomatoes and onions in alternate layers in bowl; sprinkle layers with salt.
4. Weight down with a plate, let stand over night; drain.

5. Heat vinegar to boiling; add sugar, red peppers cut in thin strips and spices tied in cheesecloth.

6. Add vegetables; cook slowly 1 hour or until tomatoes are clear.

7. Seal bottles or keep closely covered in a crock in a cold place.

*This recipe is similar to one in my Mennonite cook book. That recipe also uses 4 quarts of tomatoes but 2 quarts of onions (sliced), only 3 cups of brown sugar, 1/2 cup mixed pickling spice in place of the variety of spices and 1 cup of raisins in place of the red peppers. Most importantly, however, I think the Mennonite recipe has helped me clear up something confusing in the older recipe's list of ingredients. It called for 1 1/2 quarts [white] vinegar (diluted). The Mennonite recipe just lists 4 cups vinegar and so I'm assuming Mother's recipe requires 2 cups of water for diluting. Also, Mother's recipe says cook until clear; the Mennonite recipe says until tender and dark in color. Additionally, when canning, you usually fill hot, sterilized bottles full of hot pickle and seal immediately. (See the instructions for pickled beets on page 25.)*

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### SALADS AND THEIR DRESSINGS

*Mother made salads when I was a child. We'd have tossed salads, cole slaw and potato salad. Before this section is finished I'll also be adding recipes for four more of her jellied salads. However, I must admit that my salad days didn't really begin until I was in my thirties and finally had my own apartment and kitchen where I could begin to experiment. As a reporter, I worked for papers in Ontario, Saskatchewan and Manitoba. Until I'd been at The Free Press in Winnipeg for a couple of years I'd lived in hotels and eaten out at cheap restaurants or taken take-out food back to the hotel. However, eventually an impoverished fellow reporter and I decided to share the cost of an apartment and I got the chance to start learning how to cook. In the summer, trying out salads just seemed to come naturally. I suspect you'll find some unusual choices in the following pages. Hope a few become favorites.*

#### **KEN'S POTATO SALAD**

*No beating around the bush here. I have one original recipe to offer in this section and this is it. We all know the potato salad that includes some chopped onion and hard boiled egg along with the mayo. I do something a little different that's easy to make and adapts quickly to a complete meal in one bowl. This goes particularly good with a tossed salad and a cold drink on a hot day.*

Determine how much salad you want to make. Boil sufficient potatoes until tender but not mushy. (Classically, potato salad is made from new potatoes boiled in their skins and peeled while hot. It's a lot of work but they taste great. You can use older potatoes, peeled and boiled until tender.) Steam enough frozen mixed vegetables to complement the potatoes. Mix with mayonnaise or salad dressing. Salt to taste. A sprinkle of paprika on top looks good. You can serve this with hard boiled eggs or any cold meat, poultry or cheese. I sometimes toss in cheddar cheese cubes and diced cold ham and turn this into a complete dinner salad. You can also try it with other cooked or raw vegetables. Just remember that cooked vegetables for salads should be steamed only until just barely tender.

\*\*\*

### BROWN RICE SALAD

*Sometime in the late '70s I discovered Carol Truax's The Art of Salad Making and have never been the same since. My Bantam paperback is tattered and coming apart from all the loving use I've made of it over the years. Most of my salad recipes in this section come from that book. This recipe was designed for use with white rice but it's superb with brown. I sometimes convert it into a complete dinner salad by adding diced chicken but I suspect it would work well with other ingredients. Perhaps roast beef? (I like converting potato, rice or macaroni salads into complete meals by adding meat, fowl, fish, cheese or eggs to them. Please feel free to serve them separately if that's what you're accustomed to.)*

2 cups cooked brown rice  
3 tomatoes, peeled and sliced  
2 green peppers, cut into strips  
1/2 teaspoon salt  
1/4 teaspoon pepper  
2 tablespoons oil  
1 tablespoon vinegar  
1 teaspoon prepared mustard  
Minced parsley (garnish)

Put the rice, tomatoes, and green peppers in a bowl. Mix the salt and pepper with oil, vinegar, and mustard. Pour into the salad and stir gently. Sprinkle with a little parsley if you wish.

*Having already adapted this recipe by switching to brown rice. I should admit to a few other variations. I don't peel my tomatoes but simply dice them. I slice the green pepper into thin strips and then dice on an angle. Also, I sometimes use dried instead of prepared mustard. Use a lot less of the dried but decide for yourself how much suits your taste if you choose to try it.*

\*\*\*

## MACARONI SALAD

*We move back just one recipe in my favorite salad book to get to this one. Carol Truax provides an extensive last section on WHAT THE WELL-DRESSED SALAD WILL WEAR and this recipe comes with a separate Boiled Dressing. This is a great salad to try in place of potato salad when you just feel like something a bit different.*

1 pound small elbow or bow macaroni  
1 cup chopped celery  
1/2 cupped chopped sweet onion  
1 small green pepper, chopped  
1 cup Boiled Dressing [next recipe]  
1/4 teaspoon oregano  
1-2 teaspoons minced parsley  
Lettuce  
2 tomatoes (optional)

Cook the macaroni following package instructions. Drain and chill. Mix with the celery, onion, and pepper. Toss with the dressing and with oregano and parsley. Serve on lettuce with peeled tomato wedges or slices if you wish.

\*\*\*

## BOILED DRESSING

*Here's another recipe that uses cider vinegar for taste. It's a nice change to mayonnaise and salad dressing.*

1/4 cup cider vinegar  
1 teaspoon salt  
1/4 teaspoon pepper  
3 egg yolks  
1/4 cup light cream

Heat the vinegar in a double boiler and add salt and pepper. Beat the egg yolks in a bowl and pour the warm vinegar over while stirring. Return to double boiler and cook and stir till creamy. [Make sure you cook the egg yolks as well as the recipe will allow.] Remove from heat and add the cream. Chill. For fruit or cole slaw. Serve with mousses and aspics.

\*\*\*

## FIESTA SALAD

*Years ago I acquired the Betty Crocker New Outdoor Cookbook. It was big, glossy and full of bright, colorful pictures of perfectly prepared outdoor foods. It also had some excellent recipes in it. This is one of them. Do try it for a spicy summer salad -- it's a winner.*

1 medium onion, thinly sliced  
1 medium green pepper, coarsely chopped (about 1 cup)  
3 small tomatoes, coarsely chopped (about 2 cups)  
4 slices bacon  
1/4 cup vinegar  
1 teaspoon chili powder  
1/2 teaspoon salt  
2 to 3 drops Tabasco

Separate onion slices into rings; place in bowl with green pepper and tomatoes. Fry bacon until crisp; drain on paper towel. Pour off bacon drippings, reserving 2 tablespoons in skillet. Stir vinegar, chili powder, salt and Tabasco into drippings; heat to boiling. Pour over vegetables; toss lightly. Crumble bacon and sprinkle over top; serve at once. If desired, serve over shredded lettuce.

*The picture of this salad in the book shows it arranged in a low, lettuce-lined, brown pottery salad bowl. It looks delicious, framed by a second bowl of cheese curls. I'm pleased to say it tasted just as good as it looked when I served it, even if I didn't have a Mexican-type pottery bowl to put it in.*

\*\*\*

#### DIDI'S CARROT SALAD

*I can't believe I gave away the fruits and vegetables book that contained this recipe but I did. I love this salad so you can imagine how happy I was when I discovered I'd sent the recipe to Mother and that she'd kept it in with hers. I realize that everyone may not fancy raisins mixed with grated carrot in mayonnaise but I pity the ones who don't. (And, yes, I have met one of those poor, benighted souls who doesn't.) I may mostly cook for one but I never make a single recipe of this. In the summer I can eat this any time of the day or night and I usually do.*

2/3 cup seedless raisins  
2 cups coarsely grated raw carrots  
Mayonnaise  
1 small onion  
1 teaspoon lemon juice  
salt [to taste]

Plump raisins in hot water for 5 minutes. Drain and dry. Moisten carrots with mayonnaise to taste. Using fine side of grater, grate the onion over the carrots. Stir in raisins and lemon juice [and salt], and toss well. Chill 2 hours before serving.

*Thank-you Didi, whoever you are!*

\*\*\*

## WALDORF SALAD

*From carrots and raisins to apples, celery and walnuts; I do like different salads. We're back to my favorite salad book and a recipe I seem to remember learning was created at an expensive New York City hotel. You don't need lace tablecloths and fine china to serve this but I suspect it was a treat dining in that elegant setting. This is such a simple salad for such a great taste.*

2 cups diced apples  
1 cup celery  
1/2 cup Mayonnaise  
Broken or coarsely chopped walnuts  
Lettuce

Mix the apple, celery, and mayonnaise. Toss until both are well coated with mayonnaise. Serve in a chilled bowl, top with walnuts, and put a border of lettuce around. Make a pear Waldorf salad by substituting cut up fresh pears for the apples.

*My salad book has recipes for basic mayonnaise, blender mayonnaise and several mayonnaise variations. However, with the salmonella risk in eggs nowadays it's better to buy your mayonnaise. Besides, I never could get those damned egg yolks to combine with the oil anyways!*

\*\*\*

## AUSTRIAN RED AND WHITE CABBAGE SALAD

*Apples don't just go well with celery and lettuce in salad, they're delicious with cabbage, too. This is another recipe from my favorite salad book. Apple seemed to me to be a perfect companion for the mixed red and white cabbages. It's also a nice alternative to regular cole slaw (recipe coming up). See what you think. This recipe uses French dressing, real French Dressing. If you only know the North American commercial version just wait till you see how the French make it!*

1 small head white cabbage, shredded  
1 small head red cabbage, shredded  
2 apples, peeled, cored and diced  
2 tablespoons vinegar  
1 teaspoon sugar  
1/2 cup French Dressing

Mix the red and white cabbage together. Add the apples, vinegar, and sugar, and toss lightly. Then toss in the French dressing.

\*\*\*

## BASIC FRENCH DRESSING

*The best way I know how to introduce Carol Truax's recipe for this dressing is in the words she used herself: "People from France would blush at the red dressings currently passing for French. If you want a real French dressing, you have to make it yourself."*

1/3 cup wine or cider vinegar  
3/4 teaspoon salt  
1/4 teaspoon freshly ground pepper  
1 cup olive oil

Mix the vinegar, salt, and pepper, and stir well. Add the oil slowly while beating.

*There are lots of variations on this basic theme. My French dressing uses 1/8 teaspoon of black pepper and 1/4 teaspoon of dry mustard. It gives it just a little bit more kick without overwhelming. Starting with oil and vinegar, what can you blend into your favorite?*

\*\*\*

## COLE SLAW

*I was a cabbage kid; Dad grew both smooth head and the crinkly savoy. I ate cabbage both cooked and raw and loved it all. Eventually, when I discovered this recipe in the salad book, I actually spent months making it every week; I just couldn't get enough of it.*

1/2 teaspoon salt  
1/2 teaspoon onion salt [or powder]  
1/4 teaspoon pepper  
1 tablespoon sugar  
1 teaspoon mustard  
1 teaspoon celery seed or 1/2 teaspoon celery salt  
3 tablespoons wine vinegar  
1/2 cup olive oil  
4 cups shredded cabbage  
1 sweet bell pepper, red or green, chopped  
1 tablespoon minced parsley

Blend all of the seasonings with the vinegar and oil in a large bowl. Add cabbage and the red or green pepper and mix thoroughly. Just before serving, sprinkle with the minced parsley.

*You may be used to cole slaw served with some grated carrot in it. Many restaurants serve it that way. If you are, please feel free to add some to this recipe. it goes well with it.*

\*\*\*

## SPANISH ORANGE SALAD

*I guess by now you've figured out that I like vegetable salads with fruit in them. However, combining sliced onions with oranges might seem like going way too far. I wondered about it, too, until I tasted this salad. It's good. Actually it's more than that, it's refreshing.*

1/2 teaspoon salt  
1/4 teaspoon freshly ground pepper  
1/4 teaspoon sugar  
1/4 cup olive oil  
2 tablespoons wine vinegar  
3 oranges, peeled and sliced  
1 onion  
Soft greens  
Pimento (garnish)

Mix the salt, pepper, and sugar with the oil and vinegar. Pour over the sliced oranges and thinly sliced onion [I separate it into rings], and let stand for at least one hour. Add the greens, which have been broken into small pieces [or serve on a bed of them]. Garnish with julienne strips of pimento.

\*\*\*

## SPICY SALAD DRESSING

*I can't say good-bye to my favorite salad book without including this second dressing which I regularly make. (Both are sugar free.) I spend each summer alternating this spicy with the French dressing listed on Page 40. It's perfect for people who like a touch of garlic in their salad.*

1 teaspoon dry mustard  
1/2 teaspoon celery seed  
1/2 teaspoon paprika  
1 teaspoon salt  
1/2 teaspoon freshly ground pepper  
1 clove garlic crushed or 1/2 teaspoon garlic salt [or powder]  
1/3 cup cider vinegar  
1 cup olive oil [we used canola]

Mix all of the dry ingredients together, and then add the vinegar and olive oil. A tasty dressing for vegetable salads.

*Try this dressing on tossed salads for a taste that's distinctly full flavored. It helps to add some emphasis to fresh salads if you've been having them every day for some time during a long spell of hot summer weather.*

\*\*\*



## COTTAGE CHEESE AND LIME JELLIED SALAD

*This is a decidedly popular jellied salad; there are two versions of it in my Mennonite cook book alone. Mother got this version from her friend Edith Pearce. This is an unusual and very tasty way to serve cottage cheese any time of the year.*

Stir 1 lime gelatine into a cup of boiling water until mixed. Allow to cool in refrigerator until the soft setting stage. Mix 1 regular container of cottage cheese with 1/2 cup mayonnaise and 2 tablespoons of white vinegar. Chop 2 green onions, a little celery, 2 radishes and about 6 sliced stuffed olives to stir into the mix. Add some fresh, chopped cucumber or 2 or 3 diced cucumber pickles (small gherkins) instead.

*As Mother noted, the nice thing about this salad is that you can add ingredients as you have them available, including fresh or pickled cucumber. My Mennonite recipes vary the selection even more.*

*The first recipe adds 1/2 a cup of milk to the cottage cheese and lets you use 2 tablespoons of lemon juice in place of the vinegar if you want to. It uses 1/2 cup of salad dressing, 2 tablespoons each of chopped onion, celery and carrots and lists 1 tablespoon each of chopped olives and cucumber as optional.*

*The second recipe lets you use lime or lemon gelatine and adds 1/2 cup of coffee or cereal cream to 1/2 pound of sieved cottage cheese, along with the vegetables, to the gelatine before it begins to thicken. It also uses 1/2 cup of salad dressing but stirs it into the jellied mix later, before everything sets, mixed with 2 additional tablespoons of cream but only 1 tablespoon of vinegar. This second recipe uses 2 tablespoons each of chopped green pepper and grated carrots with a little chopped celery and red sweet pepper listed as optional.*

*Both recipes seem to prefer carrots to radishes (I don't). Do you maybe get the idea that this is a jellied salad you can vary the ingredients of until you find just the right combination for you? If you do choose to experiment, it might be a good idea to write down the ingredient list you end up with. People tend to ask for the recipe for this salad.*

\*\*\*

## JELLIED BEET SALAD

*I sometimes suspect that the test of a truly good cook is how many distinctly different ways she or he can use a basic food ingredient. We grew potatoes, carrots, turnips, parsnips and beets as root crops that you could store unprocessed in a cold basement (there were few heated rec rooms when I was a child). As already*

*noted, Mother pickled beets and cooked, peeled and served them sliced with a bit of margarine or as Harvard beets. She also served them in this salad. I haven't had this since I left home and I was delighted to find it again in her old cook book. If you've ever wondered how they made jellied salads before the days of packaged, sweetened gelatine, this is how.*

1 tablespoon gelatine  
1/4 cup cold water  
3/4 cup beet liquid or cold water  
1/2 teaspoon salt  
1/4 cup granulated sugar  
1/4 cup vinegar  
1 1/2 cups finely diced canned or cooked beets  
3/4 cup finely diced celery  
1 tablespoon minced onion  
1 tablespoon horseradish

Soak gelatine in cold water. Heat beet liquid [or water] until boiling; then add salt, sugar, and vinegar. Stir until dissolved. Add softened gelatine and dissolve. Cool until mixture is the consistency of syrup. Fold in vegetables and horseradish. Pour into moistened ring mold or individual molds for 6 servings.

This salad is delicious served with a generous round of cottage cheese flavored with chives.

\*\*\*

#### JELLIED BEET AND PINEAPPLE SALAD

*After I left home, Mother discovered this version of jellied beet salad and began making it. It's not surprising she liked it; we all loved the carrot/pineapple salad she made at Christmas and, occasionally, at other times of the year. She liked this version enough to write it out and send it to me. (Note: The size of the cans of crushed pineapple and beets have each gone down one ounce since this recipe was created. I've changed them from the original 20 and 15 ounces.)*

2 packages red gelatine (any red flavor)  
1 cup boiling water  
1 19-ounce can crushed pineapple  
1 14-ounce can cubed or shoestring beets  
4 tablespoons white wine vinegar  
Salt to taste

Dissolve the gelatine in boiling water. Drain beets and pineapple and add sufficient water to make 2 1/2 cups liquid. Add to the dissolved gelatine. Add vinegar, taste, and add a few dashes of salt if you like. Chill until partially set, then stir in drained beets and pineapple. Pour into a mold and chill until set.

Mother lived to be 87 but during the last few years of her life suffered increasingly from the effects of a series of small strokes to the brain caused by hardening of the arteries. However, she never stopped liking the jellied beet and pineapple combination. Late in life she sent me what appears to be a carrot/pineapple-type version of the salad (2 tins drained, finely chopped beets mixed with 1 tin drained, crushed pineapple; no vinegar or salt). By then she was pre-diabetic and the ingredient list called for a diet lemon-flavored gelatine. The handwriting is shaky and the instructions somewhat confusing but I assume the gelatine is to be dissolved in 1 cup boiling water with 1 cup mixed beet and pineapple juice to be added to it. (For a more intense flavor you could use 1 cup heated beet juice to dissolve the gelatine and add 1 cup pineapple juice.) I treasure this small piece of paper. It was the last recipe Mother ever sent me and it is heart-breakingly obvious the effort it took her to do so.

\*\*\*

### A WORLD OF SWEETNESS

You've already seen how we used sugar at Christmas while I was growing up. We also used sugar throughout the entire year but, of course, not nearly as much. Like most kids, I had a sweet tooth. I still remember all the brown sugar and milk I added to hot rolled oats, Red River or cream of wheat cereals or cold corn flakes, rice krispies or grape nuts each morning. I also loved such sweet desserts as junket and pudding topped with jello. This last part of this section of the book looks at the rest of my sugared world including everything from cookies to pies and cakes to muffins. It includes a couple of puddings, a fruit drink, banana bread and even some Easter eggs.

### PEANUT BUTTER AND RAISIN COOKIES

It wasn't a fully developed suburb that we moved to when I was nine. It was called the Marshall Subdivision but, in truth, Mr. Marshall had simply bought some land between Queen Street and the St. Mary's River where he had a small boat house and a dock. There were houses on each of the lots two to the west and two to the east of ours. Our home was Mr. Marshall's first experiment at actually having a house built on his land and it wasn't the best designed structure. A piece had been added along the west side of the house (the kitchen and living room) after the basement had been poured. Whether they got the basement dimensions wrong or simply found the house was going to be too narrow when they began preparing to put it up, we never learned, but Dad sure hated the troubles he had over the years with leaking along the stepped-down ceiling along that addition. This recipe came from our neighbor Betty Downing who

*lived in the house two lots to the east of us. Under the section on the recipe card that reads: Who likes it? Mother wrote: Ken Ingle!!! Yes!!! It was and always will be my best ever and most favorite cookie. (We always used shortening and white sugar.)*

1 cup shortening or margarine  
1 cup fruit or white sugar  
1 cup sifted brown sugar  
Cream these together until smooth.

Add:

1 egg, well beaten  
1 cup [natural smooth] peanut butter  
Cream well.

Wash 1 cup raisins and drain on paper towel.

Sift together:

2 1/2 cups unbleached flour  
1 teaspoon baking soda

Add 1/4 cup tepid water to creamed mix and then add flour and soda. Keep about 2 tablespoons of the flour mix to flour the raisins as it helps them to stick in the cookie mix. Add raisins to the dough. When fully mixed, form into 1 1/2-inch balls with hands. Place on greased cookie sheets and flatten with a fork. Bake 15 minutes at 375 degrees F / 190 degree C oven or until done.

\*\*\*

#### GRANDMA COX'S LAYER OR ONE PAN CAKE

*As I mentioned near the beginning of this book, Mom and Pop Hayes were the closest I had to on-site grandparents when I was growing up. I never met Dad's parents in England and only saw Mother's in Toronto a few times while I was a child. I inherited two things from my maternal grandmother, Alice Victoria (Pember) Cox, who died when I was seven. The first was a small pottery cream pitcher shaped like a brown and white cow -- you held the tail and it poured from the mouth. Grandma told my Aunt Ivy it was to be sent to me because, as a small child, I had spotted it in her china cabinet and kept referring to it as a "moo cow." Throughout her life, Mother kept my cow on a shelf on her wooden bookcase in the living room. Today, complete with mended left back leg, it rests on a shelf on my living room bookcase. The second thing passed on to me from my grandmother was this recipe. Mother made it all the time with her own orange icing (next recipe). I can find no one-egg cake recipes in my cook books. If you think you can't do a cake justice with only one egg, just wait until you try this recipe. (I've written it out just as Mother sent it to me in her Christmas recipe book.)*

1 3/4 cups flour (sifted four times)  
3 teaspoons baking powder  
1/2 teaspoon salt

If you use a bread flour take out 3 level tablespoons flour before adding baking powder and salt.

3/4 cup sugar, sifted  
1 inch slice butter, Crisco, or margarine

Cream butter, then cream in sugar. Add 1 well-beaten egg, and cream with sugar and butter. Add 3/4 cup milk gradually with flour mix to sugar, butter, and egg. Add 1 teaspoon lemon juice, vanilla or other flavoring as you like.

Bake in a greased 9-inch square cake pan or 2 layer cake pans or in muffin pans filled 2/3 full. Bake at 375 degrees F / 190 degrees C.

*Mother would use two round baking tins with attached metal strips with handles that you pull around the bottom and sides of the pans to loosen the cake. I still use them.*

\*\*\*

#### RUTH INGLE'S PURE ORANGE ICING

*I think it's only proper to put Mother's name on the one recipe of hers that I believe comes closest to achieving divine status according to my taste buds. It's the simplest of the recipes she listed as her own but, oh, the taste. Having put a good coating of raspberry jam between the two layers of grandma's lemon-flavored cake, Mother would coat it generously with her icing. This icing always brings people back for seconds. As a little boy, did I get to lick the bowl? YOU BETCHA!*

2 cups sifted icing sugar  
Butter the size of a big walnut

Cream together. Grate orange peel from an orange and add enough of the juice to make icing creamy to spread on cake.

*At Christmas and on birthdays, Dad, who'd trained as a baker in Oxford Mills, helped out with the cakes. He'd told Mother when he married her that she was to be the cook in her own kitchen but I think when I was young he would sometimes bake our birthday cakes. Anyways, he'd do the fancy icing for the special cakes, getting out the wax paper and rolling pieces up and cutting the ends to various sizes. He'd make white icing and color it with a variety of vegetable dyes. Then he'd decorate the cakes with detailed pictures and words. Mother often hated having to cut his masterpieces, they looked so beautiful. Outside of those special*

*cakes, Mother baked and did the icing. She listed this icing as Dad's favorite but I don't think she or I have ever served it to anyone who didn't love it, too.*

\*\*\*

### CRUMB CAKE

*This is the second cake Mother put in the recipe book she sent me (it's from a Five Roses flour cook book) and she marked it as my favorite. I must admit to a special fondness for this particular cake. There's just something about the full flavor (and the crumbs on top), not to mention the raisins and currants, that has always made me come back for seconds. This is truly a cake for savoring both taste and textures.*

2 cups unbleached flour  
3/4 cup butter or margarine  
1 cup white sugar

Rub flour, butter and sugar to crumbs with your hands. Take out 1 cup crumbs for top of cake. Mix the remainder of the crumbs with:

1 egg  
1 cup sour milk mixed with 1/2 teaspoon baking soda  
2 teaspoons baking powder  
1 teaspoon ground cloves  
1 teaspoon ground cinnamon  
1 cup raisins  
1 cup currants

You can sour milk by adding a little vinegar or lemon juice to it. Combining the milk and soda keeps the cake from tasting of soda. The raisins and currants should be washed and drained on a paper towel.

Put batter in well-greased cake pan, cover with crumbs and bake at 350 to 375 degrees F / 180 to 190 degrees C until done.

*Mother always baked this cake in a rectangular glass pan; again, I still do.*

\*\*\*

### LEMON MERINGUE PIE

*Mother made good pastry and she loved to make pies, all sorts of fruit pies and cream ones as well. I particularly remember her apple, blueberry and rhubarb pies, the last made from stalks of rhubarb she'd just picked fresh from the garden. Dad always had apple pie the English way -- with a piece of cheddar cheese. There*

*was one pie Mother made that was special -- she always made it for "my Freddie." Lemon meringue pie was my father's favorite and Mother made a great one. I've taken this recipe from her old cook book.*

- 3 tablespoons cornstarch or 6 tablespoons flour
- 2/3 cup sugar
- 1 cup boiling water
- 2 yolks of eggs
- 1 teaspoon butter [or margarine]
- 4 tablespoons lemon juice
- 1 teaspoon grated lemon rind

1. Mix cornstarch or flour and sugar.
2. Add boiling water; stir and cook until there is no taste of raw starch.
3. Beat yolks of eggs; add to hot mixture, first adding a little cornstarch mixture to the eggs.
4. Cook over low heat until egg thickens; remove from heat.
5. Add butter, lemon juice and rind.
6. Cool a little; pour into baked shell.
7. Cover with meringue; bake in slow oven, 275 degrees F / 140 degrees C, until meringue is cooked and lightly browned.

#### MERINGUE:

- 2 whites of eggs
- 3 tablespoons fruit, icing or fine granulated sugar

1. Beat whites until stiff, using a wire beater.
2. Add sugar gradually.

*You can use some of the pastry recipe from Page 3. Bake shell at 400 degrees F / 200 degrees C for 6 to 7 minutes.*

\*\*\*

#### OATMEAL DATE COOKIES

*Mother made a variety of cookies throughout the year. You've already encountered my favorite, the peanut butter and raisin ones on Page 44. These are a very old-fashioned type of cookie she made from time to time and I liked them. I remember Mother using both round and rectangular, serrated-edged cookie cutters for these.*

- 1 cup butter, margarine, lard, or shortening
- 1 cup brown sugar
- 2 cups rolled oats or oatmeal
- 1/2 cup milk
- 1 3/4 cups unbleached flour
- 1 teaspoon baking powder
- 1 teaspoon salt

1. Cream the butter; add sugar.
2. Add milk and rolled oats.
3. Add flour, sifted with baking powder and salt.
4. The dough should be very soft, chill thoroughly to stiffen the mixture.
5. Roll thin; cut with cookie cutter and place two cookies together, with the following date filling between; or cut with medium-sized round cutter, place filling on one-half of each, fold as a turn-over and press the edges down.
6. Bake in a moderate oven, 325 to 350 degrees F / 160 to 180 degrees C, about 15 minutes.

Note: If using [old fashioned] oats, then cookies are improved by putting rolling oats through meat chopper.

#### DATE FILLING:

- 1/2 pound dates
- 1 cup water
- 1/2 cup white or brown sugar

1. Wash and stone dates; add water and sugar.
2. Cook until mixture is thick; cool.

*Some recipes for date cookies call for adding vanilla to taste to both the dough and the filling. You might want to try these cookies made with either butter (margarine) or shortening (lard) and see whether a bit of vanilla might improve the flavor in any of them. I do not know what Mother used; I do remember they looked a bit brown but that would have been from the brown sugar. I do know Mother's version sure tasted good to me.*

\*\*\*

#### BAKED RICE CUSTARD PUDDING

*So far, you've seen the recipes for both my favorite childhood cookie and cake; now we come to the pudding. Mother marked this recipe as also coming from her old cook book and as being both Dad's and my favorite. When old recipes are this good you just have to praise the past. Imagine all the great food in that book that we won't get a chance to sample in these pages. I suspect that old cook book contains other recipes from my childhood that I've long forgotten. On the edge of memory are dishes not recorded here.*

- 1 1/2 cups white rice
- 1/2 cup brown sugar
- 2 tablespoons butter
- 2 or 3 eggs
- 3 cups milk (scalded in double boiler)
- 3/4 cup raisins
- 1 teaspoon vanilla
- Sprinkle of nutmeg or cinnamon



1. Wash rice and drain. Place in pot with 3 cups cold water and 1 teaspoon salt. Bring to a boil, turn heat to lowest temperature, cover pot, and let cook 15 minutes or until rice absorbs water.

2. Wash raisins and drain.

3. Combine all ingredients in a greased casserole or baking dish.

4. Place dish in oven in a larger dish with warm water in it.

5. Bake at 350 degrees F / 180 degrees C till set.

[Note: Depending on the particular rice you are using, vary cooking instructions as listed on package.]

*I still enjoy making (and eating!) this. Having had a chance to try it with both seasonings, I prefer the nutmeg. What will your choice be?*

\*\*\*

### MINUTE TAPIOCA CREAM

*As a child, tapioca pudding and junket came in as close seconds to rice pudding when Mother made them. You can still buy tapioca pudding in packages and make it up yourself. I'm including this recipe because it was the one Mother originally used and she included it right after the rice pudding recipe in her Christmas book to me. This one comes from a recipe book put out by the Club House people. Mother collected all sorts of these mini-cook books over the years; you'll remember that her crumb cake recipe came from the Five Roses flour one. These booklets were often advertised free on the ingredient package if you sent in proof of purchase and Mother often did.*

Mix 2 egg yolks with 1/2 cup milk in top of double boiler. Add 1/3 cup minute tapioca, 1/4 cup white sugar, 1/4 teaspoon salt, and 3 1/2 cups milk. Place over rapidly boiling water. Cook 10 to 12 minutes after water boils again, stirring frequently. Remove from heat. Beat 2 egg whites until stiff but not dry. Add 1/4 cup white sugar gradually, beating with egg beater. Stir hot tapioca gradually into egg whites. When slightly cool add 1 teaspoon vanilla or lemon flavoring, or creme de menthe or rum flavoring. (Mixture thickens as it cools.) Chill in refrigerator in 6 to 9 desert dishes. You can put coconut in it or on top for decoration along with a maraschino cherry.

*A note about that creme de menthe flavoring! I hope it was an artificial one that was made way back then but I don't know. Mother was born on August 8, 1905, and was out working by 1919. In one of her early jobs she worked in an ice cream parlour and she used to tell me she remembered her favorite ice cream sundae as being made with creme de menthe. In those days it was the real thing! I wonder...? No, a little boy wasn't served liqueur by his mother; she used Club House vanilla and it was that flavor of tapioca*

pudding that I fell in love with. But the man the boy became liked creme de menthe when he finally got to taste it and I can say without reservation that my mother, the missionary, had an excellent taste in liqueurs.

\*\*\*

### BAKED APPLES

Although Mother loved to bake apple pie, she also cooked and served apples in other ways. This recipe was another favorite of mine, again when used during those cold winters of my childhood where daytime temperatures through much of January could remain below zero Fahrenheit (heading for 20 below and lower Celsius) and you didn't even want to know how cold it got at night. We're still in Mother's favorite cook book.

1. Wipe, core and score apples; place in baking dish.
2. Fill each center with sugar; add 1/2 teaspoon lemon juice or use cinnamon mixed with sugar (1 teaspoon cinnamon to 1 cup sugar); place a small piece of butter on each.
3. Pour water around [not over] apples, 2/3 cups water to 6 apples.
4. Bake in a moderate oven until soft, 30 to 45 minutes; baste every 10 minutes.
5. Lift out to serving dish; pour the juice over the apples.
6. Serve hot or cold.

Some people like to serve baked apples with regular or whipped cream. With or without, the combined taste of apple and sweet syrup gets you every time. It's no wonder candied apples remain such a favorite in this country.

\*\*\*

### CREAM EASTER EGGS

The Easter bunny came to our house along with Santa Claus. Every Easter Mother got out the woven wooden baskets in their brilliant color mix of yellow, rose and purple. She filled them with bright yellow artificial straw and tiny fluffy pink, yellow mauve and blue chicks and bunnies. There were jelly beans and chocolate bunnies and real eggs I'd dyed just like all the other kids did. I don't remember whether Mother made these eggs when I was a child but I sure do remember them coming in the mail after I'd left home and was out working. Boy did I enjoy them.

- 2 1/2 cups icing sugar
- 1 teaspoon vanilla, cherry or pineapple juice
- 1/2 cup sweetened condensed milk
- 1/3 teaspoon salt
- 1/2 cup coconut, 6 maraschino cherries chopped

or 1/2 cup chopped nuts  
1/3 cup drained crushed pineapple  
Chocolate for dipping

1. After mixing all the ingredients, knead together on a table sprinkled with icing sugar. If too soft add icing sugar until you can make an egg by shaping a piece of fondant.

2. Place eggs on wax paper on a cookie sheet sprinkled with icing sugar and put in refrigerator until eggs are firm.

3. Then dip in melted chocolate and decorate.

*I don't really understand the or in this recipe. I put everything in and it tasted great. However, I did find that, even when well drained, the pineapple tended to make the mix quite moist. So, if you use the pineapple, be prepared to add more icing sugar. (I suspect these also would be excellent even without the pineapple. Experiment.) You have to make the eggs firm enough to hold their shape while chilling but not too dry. You only eat a slice of one of these at a time, they're so rich. Everyone will want you to be their Easter Bunny after they taste these! Mother made good-sized eggs, flat on the bottom but shaped like a real egg on top. The larger you make your eggs, the more chocolate you'll need. Buy lots and buy in bulk if you can, it's cheaper.*

*This is the last of Mother's recipes I'm recording in this section. It seems fitting that it should be one purely for pleasure since she enjoyed preparing food that we loved and I certainly loved these eggs. For me, they have always been an absolute taste sensation in the world of pure sweetness, the sort of thing you love to remember your mother for. Thanks, Mum, for all the loving care and for all the wonderful food.*

\*\*\*

#### CRANBERRY-APPLE COOLER

*Nowadays I drink a lot of water (I'm sipping a glass right now). I was never a person to explore mixing drinks but, the one time I did, I came out a winner. I found this drink in my Betty Crocker outdoor cook book and tried it out in Winnipeg at a lawn party for some elderly ladies who lived in and around an old apartment building I moved into while attending the University of Winnipeg after leaving The Free Press. Built in the first decade of this century, the building was decaying but still had traces of past glory, including solid oak plate rails over heavily embossed wall paper in the living rooms. I'd created a large display bed of annuals along the edge of the lawn on the half lot we owned on the west side of the building and the ladies came to sit and enjoy the flowers every sunny afternoon throughout the summer. They liked this drink, too, served on ice in an inexpensive punch bowl. Everyone had seconds (and thirds) in their small punch cups.*

6 cups water  
1 cup sugar  
1 quart cranberry cocktail  
2 cups apple juice  
1 cup orange juice  
1 cup strong tea  
1 can (5 1/2 ounces) lemon juice concentrate

Heat water and sugar to boiling, stirring constantly until sugar is dissolved. Stir in remaining ingredients. Chill. Serve in tall glasses.

*Mother made two drinks I liked when I was a child but, unfortunately, I cannot recommend either of them any more. The first was based on a homemade lemon syrup, a recipe she'd gotten from her girlfriend Betty Betty (her married name really was Elizabeth Betty). The recipe used both citric and tartaric acids we bought at the drugstore. Years later I was told that another ingredient listed in the recipe probably meant that our refreshing summer drink had begun life as a mild, homemade laxative. The ingredient: epsom salts. Today, I'd suggest the Betty Crocker recipe for lemonade: 3 cups water, 1 cup lemon juice (about 4 lemons) and 1/2 cup of sugar poured over ice.*

*I am greatly saddened that I can no longer recommend the nutmeg-topped egg-nogs Mother occasionally made for me as a nutritious supplement for a sickly child. I really loved them. Unfortunately, they used raw eggs and, again, in the new world of possible salmonella contamination, raw egg use is not recommended, especially for children who do not have mature immune systems. Today, egg-nog has become a seasonal treat for Christmastime. You buy it in a store where the packaging labels carry the magic word: Pasteurized.*

\*\*\*

#### JOE'S OATMEAL COOKIES

*My last three recipes all come from my St. Boniface Hospital cook book. You've already encountered the butterscotch slice I took from it on Page 10. This is a recipe I adapted slightly (maraschino cherries substituted for chocolate chips) and I not only loved the taste but the magnificent chewiness of these cookies.*

1 cup brown sugar  
1 cup white sugar  
1 cup butter or margarine  
2 teaspoons vanilla  
2 eggs  
1 1/2 cups unbleached flour  
1 teaspoon salt  
1 teaspoon soda

3 cups oatmeal  
1 cup chopped walnuts  
1 cup raisins  
1 cup chocolate chips [1/2 cup diced maraschino cherries]

Mix brown and white sugars together in a large bowl. Cream in butter or margarine and vanilla. Add eggs (well-beaten). Sift flour, soda and salt together and beat in. Add additional ingredients in following order: oatmeal, raisins, nuts and chocolate chips [or maraschino cherries]. Drop from teaspoon onto greased cookie sheet. Bake at 375 degrees F / 190 degrees C until golden brown.

*This recipe makes a lot of cookies but they'll go fast. This is also a great recipe to make up in January when the Christmas baking is all gone and you're looking for a way to use up some of the leftover odds and ends of your seasonal baking supplies. I did that one year and produced great-tasting cookies using some diced red and green candied cherries, a bit of coconut and some almond pieces in with the walnuts. Just adjust your mixture to total no more than 3 cups.*

\*\*\*

#### BANANA BREAD

*Mrs. Hayes made banana bread when I was a child and served it buttered. I don't know whether it was homemade butter but Shingwuk did have it's own farm at the time and I do remember the sherbets she made with cream so thick it left you mouth fantastically coated. (To hell with cholesterol!) Mother also made banana bread and spread margarine on it. I now make it and spread margarine on, too. Always ask your guests whether they want it with or without butter or margarine; some people do prefer it without. This is the easiest recipe in the world to prepare and freezes beautifully. I think it's best kept refrigerated in foil and served slightly chilled. It seems to enhance the taste.*

3 large bananas  
1 cup white sugar  
1 egg  
1 1/2 cups flour  
1 teaspoon soda  
1/3 cup melted butter or margarine  
1 teaspoon vanilla  
1/2 cup chopped walnuts

Crush bananas; add sugar, beaten egg, flour mixed with soda, vanilla, chopped walnuts, and melted butter. Bake for 1 hour in a greased and floured loaf pan at 350 degrees F / 180 degrees C.

\*\*\*

## BLUEBERRY-LEMON MUFFINS

*I couldn't begin to count the number of trays of these muffins I've made over the years. With friends, they disappear amazingly fast. Thinking about preserving this recipe was what first led me to consider all of the recipes of Mother's and mine that really were worth recording and that's what finally led to me doing this book. By the way, these are blueberry muffins; I use frozen blueberries and mix the batter till the color matches their name.*

1 3/4 cup flour  
2 1/2 teaspoons baking powder  
3/4 teaspoon salt  
3/4 cup milk  
1 egg (well-beaten)  
1/3 cup cooking oil  
1 cup fresh or frozen blueberries  
1 teaspoon lemon juice (real lemons)  
1/4 to 1/2 cup white sugar (or sweeter to taste)

Sift flour, sugar, baking powder and salt in a mixing bowl. Add milk with egg and oil. Toss together blueberries and sugar because the berries lose their sweetness in the process of cooking. Put berries and sugar into the batter with lemon juice. Bake at 400 degrees F / 200 degrees C for 25 minutes. [As mentioned at the beginning some ovens cook at lower temperatures.] While the muffins are still warm, dip tops in melted butter or margarine and sugar or other toppings.

*It's amazing how favorite things become such integral parts of our lives over time. I've been making these muffins for more than a quarter of a century now and they're still superb. As a personal favorite, this is the best of the recipes I've added to Mother's collection of my most loved foods of a lifetime. It's only right that I should have saved it for last.*

\*\*\*

## SOME THOUGHTS ABOUT FOOD AND SHARING

*Nowadays we're being told that we live too much alone. This is the world of the isolated individual who doesn't have time for sharing much with anyone any more.*

*Throughout history we've come together to share food and drink and, at times, we've even given it a profound meaning and turned it into a religious celebration. Sharing good food with each other is probably the best way there is to bring us together. For a while it*

lets us each leave behind our own individual aloneness and open up and talk with each other.

In the Christian tradition, Jesus used food as a means to teach sharing. It's more than likely that the loaves and fishes that were shared on that hillside nearly two thousand years ago came from baskets which people who had come to hear him speak had brought with them. They were truly blessed when he opened their hearts to sharing with each other. Anyone who has ever contributed food to a gathering of people knows that there is always more than enough to go around. Let us hope that this will continue to be humanity's way.

I hope you will share some of my food with others. Let it not always be just with your family and friends but with an occasional stranger as well. I came from a home with an open door and my door, too, has remained open. May you always enjoy good food and good friendship together.

**A BAKER'S DOZEN**



**TABLE OF CONTENTS**

**A BAKER'S DOZEN**

**ABOUT THAT STEAK SAUCE:** Chili Con Carne...57; Salmon Cakes...58; Salmon With Egg Sauce...59; Yorkshire Pudding...60; Almond Rice Dressing...61; Steak Sauce...62; Mint Sauce...63; Pin Cherry Jelly...63; Fred's Rhubarb And Apple Pie...64; Lemon Cheese Cake...65; Rice Krispies Marshmallow Squares...66; Apple, Apple Coconut And Rhubarb Crisps...67; Lemon Pudding...68.

**GENEROSITY:** 69.

**THE HOUSEWIFE:** 69.

**IN MEMORIAM:** 70.

**NOTES:** 71.

### ABOUT THAT STEAK SAUCE

Every good effort deserves an encore. I hope the preceding pages were a good effort and that what follows will be a worthy encore.

Dad got his copy of this book (to this point) for his 85th birthday on May 18, 1997. He immediately asked if he could get some more made up to give to several of his and Mother's friends.

As I pondered printing more of the books, I found myself remembering that Dad had a great recipe for steak sauce. I thought it would be nice if I could include it for his friends. Then I remembered two more family favorites -- a fresh mint sauce Dad made for new garden peas and a jelly Mother prepared from our own wild pin (choke) cherries that I particularly liked with her roast chicken. A bit later I recalled Mother's salmon cakes and also that rhubarb-apple pie Dad told me he used to bake. Other items began to come to mind and I soon realized that I hadn't exhausted my store of memories of good food from my past. It seemed like my cook book might warrant a "second edition" with a third section.

As I mentioned, Dad was once a baker. There's a custom among bakers of presenting favored customers with 13 delicacies as a "baker's dozen." After talking it over with Dad and getting his participation, I designed this bonus section of the book to do just that -- to offer 13 more favorites from the Ingle kitchens. The voices in the commentary are both mine and Dad's.

From the basic to the unusual, I hope you enjoy these recipes. It goes without saying that Ruth, Fred and Ken did!

### CHILI CON CARNE

I suspect the secret of truly successful highly spiced foods rests in the way the ingredients are combined. You need a mix in which the flavor of no single item overpowers your tastebuds. Many people believe chili is a Mexican dish. That's close but it actually originated in New Mexico. I made this recipe for chili for years and must have served it to Mother and Dad on one of the times they came to visit me in Winnipeg. Mother had her own recipe for chili but I remember her asking me for mine and how surprised she was when she found out how much chili powder actually went into it. It was a lot more than her recipe used. If you like chili you've got to try this version. And use a good cut of steak -- it's a real treat after all the commercial varieties made with hamburger. I do like Wendy's chili but this is even better.

**TABLE OF CONTENTS**

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3 pounds top round steak cut into 1/2-inch cubes  
 6 tablespoons vegetable oil  
 2 cups coarsely chopped onions  
 2 tablespoons finely chopped garlic  
 4 tablespoons chili powder  
 1 teaspoon oregano  
 1 teaspoon ground cumin  
 1 teaspoon [or to personal taste] red pepper flakes  
 1 6-ounce can tomato paste  
 4 cups beef stock, fresh or canned  
 1 teaspoon salt  
 Freshly ground black pepper  
 1 1/2 cups [or more] cooked or drained canned red kidney beans

Pat the meat dry with paper towels. Then, in a 12-inch heavy skillet, heat 4 tablespoons of the oil until a light haze forms over it. Add the meat and cook over high heat until it is lightly browned and then transfer it to a 4-quart casserole. Add the remaining 2 tablespoons of oil to the skillet and in it cook the onions and garlic 4 to 5 minutes, stirring frequently. Remove the skillet from the heat, add the chili powder, oregano, cumin and pepper flakes and stir until the onions and garlic are well coated. Then add the tomato paste, pour in the beef stock and mix the ingredients together thoroughly. Add them to the meat in the casserole. Add the salt and a few grindings of black pepper, bring to a boil, stirring once or twice and then half cover the pot, turn the heat low and simmer for 1 to 1 1/2 hours or until the meat is tender. Add kidney beans about 15 minutes before meat is done.

*This recipe came from American Cooking, a volume of the TIME-LIFE Foods of the World series which I bought years ago and gave to Mother. Dad tracked it down for me as I'd lost my copy of it. It's good to have it back and be able to share it with you. I've tried it out again and it's just as good as I remembered it to be. But watch those red pepper flakes -- they're what make it HOT!!!*

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### SALMON CAKES

*Let it be said here and now: I did not like everything that came from my mother's kitchen. Was there ever a kid who did? I didn't share Mother's love of cantaloupe and I'd still rather pass on Dad's favorite of liver and onions. The fussy child who meticulously picked every piece of turnip out of the homemade vegetable soup remains intact and that goes for the parsnip, too! I did grow into the brussels sprouts and broccoli as I aged (I have the latter at least once a week nowadays). However, the oil in fish and my taste buds just don't seem to mix. Dad loved whitefish but it's just fish to me. (I may once have come close to ending my career as a reporter when, invited to have freshly-caught lake trout cooked over an open fire beside the water, I had to be honest*

and remark that it still just tasted like fish to me.) All this said, I do have a fondness for salmon and tuna and have eaten more than my share of both in sandwiches. Occasionally, I've also had salmon steaks and tuna chunks in a salad. And I've always liked Mother's salmon cakes. So here they are, fresh from one of those small cook books that I mentioned earlier she used to collect.

Flake 1 tall can [16 ounces -- 2 current 7 1/2 ounce tins] Clover Leaf salmon and mix with 3/4 cup cracker crumbs and a slightly beaten egg. Saute a sliced onion in 1 tablespoon butter and add to the salmon mixture. Season. Shape into 6 thin salmon cakes and brown quickly in 1 tablespoon butter. (These can be served as "salmonburgers", the original name for this recipe, in split hamburger buns, accompanied by dill pickles.)

If you'd like to try something a little more ambitious in terms of salmon cakes, Mother's little book suggests chopping 6 medium-sized potatoes and combining them with a tall can [two 7 1/2 ounce tins] flaked salmon, adding 1 chopped green pepper, a slightly beaten egg and seasonings to taste. You then form 6 flat "supper cakes" which you place on a baking sheet, brush with melted butter and bake in a 450 degree F / 230 degree C oven until browned. You can garnish them with parsley and serve with tartar sauce.

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#### SALMON WITH EGG SAUCE

Okay, here's another salmon recipe from that booklet put out by the Clover Leaf people. It was a 23-pager with recipes for appetizers, salads, sandwiches, soups, and supper and luncheon dishes. And it didn't cover just sockeye, coho and pink salmon. Those Vancouver-based British Columbia Packers Limited folks also canned pilchards ("like large sardines"), herring, clams and oysters and provided recipes for using all of them. Mother wrote her name on the front of this booklet, strong and clear. The design of the booklet is old but I'm sure the taste of the recipes it contains remains as good as my memories of them.

1 tall can [two 7 1/2 ounce tins] Clover Leaf salmon  
1 1/2 tablespoons butter  
1 1/2 tablespoons flour  
1 cup evaporated milk  
3/4 teaspoon salt  
1/8 teaspoon pepper  
2 hard cooked eggs, chopped  
1 teaspoon chopped parsley

Put salmon as it comes from can into a small pan, cover and heat thoroughly. Melt butter in a saucepan; add flour, stir until well blended; add milk and bring slowly to boiling, stirring

constantly. Put salmon on a hot serving platter. Add hot liquor from salmon to white sauce, blending well. Add salt, pepper, hard cooked eggs and parsley. Heat thoroughly and pour over salmon. Serves six.

*Memories do fade over time but I seem to recall that this was one of the meals Mother served me for lunch when I came home from school on some of those already mentioned cold winter days. It would have been an alternative to the potato soup on Page 22 and the creamy egg on Page 21. Then, again, perhaps we had creamed salmon and creamy egg for supper; they were certainly good enough to serve at either time of the day.*

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### YORKSHIRE PUDDING

*My mother worked as a cook in a hotel in England before marrying. Like Ruth she was a good cook. We didn't have much money when I was growing up but Mother could always put together a good meal from whatever she had on hand. There were four of us: Mother, my two older sisters, Edith and Rose, and me. In such a situation Yorkshire pudding helps to make the beef go around. We'd have Yorkshire pudding with roast beef, gravy and pan-cooked potatoes, carrots and onions for Sunday dinner. At one time I used to make my own horseradish sauce to go with the beef from my own homegrown horseradish. I was glad Ruth continued the tradition of the Yorkshire pudding and roast beef dinner for the three of us.*

5 tablespoons flour  
1 egg, beaten  
1 teaspoon salt  
1/2 cup milk

Mix flour and salt. Combine egg and milk and add to flour. Beat well. Put one tablespoon of hot fat from roast beef in each section of a muffin tin. Drop batter into these and bake at 450 degrees F / 230 C for 20 minutes.

*I don't know if this was Ruth's recipe but it's the only one I could find. It comes from a cook book put out in 1955 by the Women's Auxiliary of St. Luke's Cathedral, the Anglican church we attended while living uptown in the Sault. We went back to Shingwauk and the Bishop Fauquier Chapel in which we were married after we bought our first home just down the street from it.*

*My Mennonite cook book adds a little extra detail for preparing this pudding to a recipe consisting of 1 1/2 cups of sifted flour, 2 teaspoons of salt, 2 cups of milk or 1 cup each milk and water, 3 eggs and 4 heaping tablespoons of fat drippings. It advises sifting the flour and salt, beating in 1 cup of the liquid and then dropping in the 3 eggs. However, Mrs. G.T. Coleman*

of Steinbach, Manitoba, then recommended gradually adding the remaining liquid and beating it in with a wooden spoon (not a mixer) and noted: "The more you beat it the better it will be. This can be done hours before cooking time and given a good beat as it waits." She then suggested heating the fat in a 10 x 10 x 2-inch tin (I also remember Mother using a loaf pan) until it is bubbling hot before pouring in the batter and baking at 400 degrees F / 200 degrees C for 20 minutes or until it is quite firm. I'm told the secret of making Yorkshire pudding rise right is in having the fat good and hot before adding the batter. However, be careful not to splash and burn yourself with the hot fat!

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### ALMOND RICE DRESSING

Years ago I served a friend Cornish game hens with an orange rice dressing. Although I didn't try them again I always remembered enjoying them, particularly with that rice dressing. Unfortunately, my recipe for the dressing is long gone so I had to find another one when, recently, I finally got around to trying another pair of these miniature game birds (frozen on sale). Eventually, I settled on this recipe which comes from my St. Boniface Hospital cook book. It's not orange but it's taste more than warrants its inclusion here. If you've never browned white rice before it's interesting to watch it slowly change color. But prepare it with care -- you don't want to burn it.

2 cups long grain white rice  
2 cups chopped celery  
1/2 cup chopped onion  
1 teaspoon pepper  
4 cups water  
2 to 3 teaspoons salt  
1/2 cup butter  
1 teaspoon sage  
1 cup halved almonds [or almond pieces]

Saute celery, onion and rice with butter until rice gets brown. Dump these ingredients into boiling water and salt, reduce heat and cook for 20 minutes or until the rice has absorbed the water. Mix pepper, sage and almonds and add to rice mixture when it's done.

This recipe was designed for use with turkey; you can cut it in half for chicken or, as I did, for the game hens. Almonds cost a bit but they go great in this combination. This dressing's a nice alternative to the bread stuffing on Page 18. Additionally, I've found that it freezes well so, if you do try it and decide that you like it, you can always make extra and pop some in the freezer.

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## STEAK SAUCE

Ruth first got to meet my friends in Oxford Mills when we drove down for the seventieth wedding anniversary of Sam and Mary Francis around 1960. I'd worked for the Francis's on their farm during the depression. They didn't have a son of their own but they'd treated me like one. We worked hard -- up before 5 a.m. to feed the cows and horses and do the milking by hand. No one had any money back then but we ate healthy, home-cooked food and had a good life all the same. Ruth and I went back to visit the people around Oxford Mills several more times and, as she always did, Ruth copied out recipes she liked from the women we visited. I think she got this recipe from Grace Postlethwaite whose husband Joe ran the general store in Oxford Mills. Grace got it from her friend Margaret Crozier. Ruth and I liked this steak sauce so much that we always gave away a few jars of it at Christmas along with our pickled beets which everyone loved.

12 large tomatoes cut fine  
6 cucumbers peeled and cut cross ways  
6 medium onions sliced the long way  
1/4 cup coarse pickling salt

Prepare vegetables. Sprinkle with salt, mix thoroughly in saucepan, cover and leave overnight. Drain well the next morning.

Mix together:

2 large heaping tablespoons unbleached flour  
1/2 teaspoon tumeric  
1/2 teaspoon curry powder  
4 1/2 cups white sugar

Put in saucepan ready to cook. Slowly add 2 cups white vinegar to sugar and spices and bring to a boil, stirring constantly and cooking until thick. Add vegetables and boil for 10 minutes. Pack in sterilized jars.

*Enter the villain (or the village idiot)! Dad decided to make this sauce the last time I was home (he had lots of ripe tomatoes in his garden) and I offered to help him. This recipe needs coarse pickling salt to help remove some of the moisture from all those fresh vegetables while they're sitting overnight. That way the mixture will thicken when it's cooked the next day. Guess who used regular table salt even though he'd been told to use the coarse salt? I'd helped to prepare the vegetables the day before I left to come back to Waterloo so I wasn't around for the cooking stage. Dad told me later that this batch of steak sauce turned out runny but it still tasted good and he ate it anyway. The one and only son apologises. Just remember folks: This recipe is supposed to be thick and tasty. Use the right salt and make sure it is!*

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## MINT SAUCE

*I have been making this as long as I can remember, starting when I was a boy in England. You have to learn to make it to suit your own taste. Some people cut the center vein out of the leaves but I prefer to chop up the whole leaf. This was used primarily with fresh garden peas but can be used with fish or any kind of meat.*

Pick mint fresh from the garden. Wash thoroughly, dry, remove leaves from the stems. Chop into small pieces with a large knife. Place in a bowl and blend in white sugar and white vinegar to taste. Put in pickle jar and refrigerate; it will keep for months.

*How I remember Mother shelling peas fresh from the garden and Dad picking mint to make this sauce. The taste combination was delicious. Mint does tend to spread and some people prefer to grow it in a container in the ground or even grow it as a large pot plant. Dad told me that you need to pick the mint while it's still fairly young and not bitter. That would fit with my memories. The tender young mint and the fresh new peas would have come together perfectly in both Dad's city and country gardens.*

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## PIN CHERRY JELLY

*Pin cherries are tiny berries with large pits and dark red, almost black skins when they're ripe. They hang in clusters from the trees and they'll pucker your mouth a bit if you try to eat them raw. However, they cook down into a wonderful jelly. I first learned about them while working on a farm in Oxford Mills. Much later I found them growing wild on my own property here in MacLennan. I actually have some growing near the house. The jelly will keep without refrigeration for at least a year.*

About 3 1/2 quarts of pin cherries should make 6 1/2 cups of juice. Use with 1 box of Certo and 7 cups of white sugar to make 9 cups of jelly.

Remove stems and thoroughly crush fruit. Add 1 1/2 cups of water. Place in saucepan, bring to boil and then simmer, covered, for 10 minutes. Place fruit in jelly bag and allow to drip without squeezing. [When well drained, discard contents of bag.] Mix Certo with juice in a large metal saucepan [avoid aluminum, enamel is good]. The pan should be no more than half full to allow the juice to reach full rolling boil. Place pan over high heat and stir constantly until juice comes to a full boil. Stir in the sugar. Continue to stir and cook over high heat until mixture comes to a full rolling boil. Boil hard for one minute, stirring constantly. Remove from heat and pour jelly into hot, sterilized jars. Tighten lids and turn upside down to cool.

When I talk to people about Mother and Dad's pin cherry jelly I often draw a blank. Many people have never heard of this native fruit. In one way it's a shame but in another it's nice to know that you can't find everything there is to eat in your local supermarket. The cook in her or his own kitchen can still make some original contributions working with nature's local bounty.

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### FRED'S RHUBARB AND APPLE PIE

As Ken mentioned in the last section, I like pie. When I was working on the farm in the Ottawa valley we used to go to picnics where people would come from miles around and spend the whole day having races and ball games. The farm wives would supply fabulous meals and each lady would bring her own special pie -- all of them different. You could have a piece of half a dozen different ones if you could eat that much. For years Ruth made me the lemon meringue pie on Page 47 -- it was my childhood favorite. As I told Ken a couple of years ago I also like pecan pie. It's one pie Ruth never made but we used to buy them. I invented the following recipe a long time ago. I like a pie with a different flavor and this one mixes the tastes of the rhubarb and the apples very well.

2 cups sliced apples  
2 cups cleaned and diced rhubarb  
1 to 1 1/2 cups sugar (increase for greener/tarter fruits)  
2 tablespoons unbleached flour  
1/4 teaspoon salt  
1 teaspoon cinnamon  
2 tablespoons butter or margarine

Prepare pastry for two-crust pie (see recipe Page 3). Roll out half the pastry and line a 9-inch pie plate. Mix flour, sugar, salt and cinnamon and toss with the sliced apples and diced rhubarb. Fill the pastry-lined pie plate with the fruit and dot it with the butter or margarine. Roll out the remaining pastry, cut small slits or vents in center and place over fruit. Seal and flute the edges. Bake in a hot 450 degree F / 230 degree C oven for 10 minutes. Then reduce heat to 350 degrees F / 180 degrees C and bake 35 to 40 minutes or until the crust is brown.

I can't find my original recipe so I've made up this one as close as I can to what I remember of it. It will be a good pie but you may need to experiment with the sugar as I mentioned in the list of ingredients. Original recipes are an old practice since many women used to make up things from what ingredients they had on hand at the time. When I was in the bakery I started making round loaves with a small round loaf on the top and people seemed to like them and asked for them after I stopped making them. With some imagination you can do wonders.

Rhubarb goes well with strawberries, too, from what my St. Boniface Hospital cook book tells me -- it has two recipes for strawberry-rhubarb pie. Try a recipe using 3 cups rhubarb, 1 cup strawberries, 1 - 1 1/2 cups sugar, 3 tablespoons flour and 1/4 teaspoon of salt with 1/4 teaspoon of nutmeg or 1 1/2 teaspoons of cinnamon and 1 1/2 tablespoons of lemon juice sprinkled on just before dotting on 1 1/2 tablespoons of butter or margarine. Use a starting temperature of 400 degrees F / 200 degrees C for the first 10 minutes and then reduce to 350 degrees F / 180 degrees C and bake for 35 to 40 minutes. Do remember that rule about newer ovens baking faster and often at lower temperatures. With pastry in particular it does pay to get to know your own oven.

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### LEMON CHEESE CAKE

After we moved to the country, Mother joined the farm women's organization known as the Women's Institute. There she met a neighbor from a nearby valley by the name of Isobel Rydall. Her husband and sons built houses and did carpentry work in our part of the country. Isobel gave Mother this recipe and I bet it was either served at an Institute meeting in one of the women's homes or at one of those fabulous fall suppers or other special dinners that these women's groups were always putting on. The original source of this recipe is obvious from the ingredient list; the taste is delicious.

#### Crust:

2 cups Graham cracker crumbs  
2 tablespoons brown sugar  
1/3 cup melted butter [or margarine]  
Mix well.

Place crumbs in an 8- to 9-inch square pan. Push around sides and bottom firmly to hold together.

Dissolve a lemon gelatine with 1 cup of boiling water. Cream together 1/2 pound of Philadelphia brand cream cheese at room temperature with 1 cup of white sugar. Add partially set lemon gelatine and mix until smooth.

Prepare 1 packet of Dreamwhip [2 cups] according to instructions on the box and fold into the gelatine/cheese mixture. Pour this into the prepared crust in the pan. Scatter 2 tablespoons of Graham cracker crumbs [or crumb crust] over the top and refrigerate.

Mother noted on my copy of this recipe that this cheesecake "will keep nearly a week and is really good."

Nowadays you can buy generic versions of dressing for whipping as well as dressings already prepared for use (look for Cool Whip in the frozen foods section of your grocery store). For something even richer you could use real whipped cream (sugared to taste) instead of whipped dressing -- lots of cheesecake recipes do. I suspect one of those small containers we often get for 99 cents would give you 2 cups of whipped cream. This is a nice, basic cheesecake. Save the fancy bake or non-bake ones you buy or prepare yourself for special days; this simple but great tasting one goes good on any day.

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### RICE KRISPIES MARSHMALLOW SQUARES

I'm sure we all got to see the 1997 TV ads for these modern day sweet confections. The lady at the small church sells her homemade squares at their annual bazaar. But then she moves and is confronted by a big, new cathedral. So she solves her problem of how to supply enough squares for a bazaar at a church this large by hiring and driving up in a huge transport filled with commercially prepared and packaged squares. I'm not sure how many generations of kids in Canada and the U.S. grew up with Rice Krispies squares but mine was one of them and, boy, did we enjoy them. So go ahead and try these. This is an original recipe from my generation.

1/4 cup butter [or margarine]  
1/2 pound marshmallows  
5 cups Rice Krispies

Cook butter and marshmallows over boiling water until syrupy, stirring frequently. Put Rice Krispies in greased large bowl and pour on marshmallow mixture, stirring briskly. Press into greased shallow pan. Cut into squares when cool.

*Did you think that was it? Of course not. Mother's recipe came complete with three options and here they are:*

1. Toffee Bars: Add 2 toffee bars to butter and marshmallows.
2. Snowballs: Shape into balls and roll in coconut.
3. Tutti Frutti Roll: Add 1/2 cup chopped candied cherries and 1/2 cup chopped pecans to marshmallows. Shape into roll. Roll in red and green sugar and slice.

*Thanks Dad for suggesting this recipe for our bonus section. Rice Krispies squares have been a comfort food for millions of kids since they were invented. They sure were for me.*

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## APPLE, APPLE COCONUT AND RHUBARB CRISPS

*Remember my comment earlier in the book about recipes just beyond memory? You're getting crisped right now because I'm back in that world. When I started talking to Dad about this section of the book I had to begin thinking about just what other recipes we could use to make up our Baker's Dozen. I do have this weakness for sweet desserts with crumbs on them. Remember how Mother noted that the Crumb Cake on Page 47 was my favorite? Well, I also like apple pie and tarts with crumb toppings. As I cranked up the memory molecules in my brain something stirred and started saying that Mother used to make both apple and rhubarb crisps. Dad also remembered that she did. He found the following three recipes for me and reminded me about the second one which I had forgotten. I don't remember Mother mixing raspberries with the rhubarb in the third recipe. I suspect she may sometimes have made it just with rhubarb. If that was the case I imagine the recipe would have doubled the rhubarb to 4 cups and increased the sugar to 1 1/2 to 2 cups.*

### APPLE CRISP

6 apples  
1/2 cup unbleached flour  
1/2 cup butter or margarine  
2/3 cup brown sugar  
Cinnamon [try 1 teaspoon]  
1/4 cup water

Peel, core and slice the apples and place in a well-greased baking dish. Drizzle water over the fruit. Mix the butter, flour, sugar and cinnamon with fingers and spread over top of the fruit. Bake in a 350 degree F / 180 degree C oven for 30 minutes or until done. [Depending on the tartness of your sliced apples, you might want to sprinkle them with 1/4 to 1/2 cup white sugar. Some recipes coat them with the sugar, cinnamon and 1/4 teaspoon salt.]

### APPLE COCONUT CRISP

4 1/2 cups, pared, sliced apples  
1/2 cup white sugar  
2 teaspoons lemon juice  
2 tablespoons water  
1/4 cup butter or margarine  
1/2 cup brown sugar  
1/3 cup unbleached flour  
3/4 cup rolled oats  
1 cup shredded coconut

Arrange apples in greased 1 1/2 quart pan. Sprinkle with white sugar. Combine lemon juice and water and pour over apples. Cream butter or margarine, gradually add brown sugar, blend in flour and rolled oats and then spread [sprinkle] over apples. Top with

shredded coconut. Bake in moderate oven, 375 degrees F / 190 degrees C, for 35 minutes or until apples are tender. Serve warm with whipped cream or ice cream.

#### RHUBARB/RASPBERRY FRUIT CRISP

2 cups cut-up rhubarb  
2 cups fresh raspberries  
1/2 cup white sugar  
2 tablespoons unbleached flour  
1 tablespoon lemon juice  
1 cup sifted unbleached flour  
1 cup brown sugar  
1/2 cup butter  
1/2 teaspoon salt

Pre-heat oven to 275 degrees F / 140 degrees C. Lightly mix the rhubarb and raspberries together in a greased 1 1/2-quart casserole. Combine the 1/2 cup of sugar and 2 tablespoons of flour with the fruit. Sprinkle on the lemon juice.

Combine the 1 cup of flour, brown sugar, butter and salt, first using a fork and then the fingers until the mix is crumbly. Sprinkle over the fruit mixture and pack down evenly. Bake for 45 minutes until done to a nice, crisp brown.

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#### LEMON PUDDING

*Dad remembered this recipe. He found it in Mother's big three-ring binder. This was one of her truly great desserts that I'd forgotten. As I'm sure you've realized by now Mother had a special fondness for dessert -- our lives were rich with all the sweetened treats she served us through all those decades. Just as the grated rind in Mother's orange icing gives it an intensely enjoyable taste, so, too, does the lemon rind in this pudding. You'll make this recipe again and again, I guaranty it.*

2 eggs, separated  
1 cup milk  
1 cup white sugar  
1 tablespoon unbleached flour  
Juice and grated rind of 1 lemon  
1/4 teaspoon salt

Mix egg yolks, flour, salt, sugar, milk and lemon. Add beaten egg whites to above mixture. Put in buttered dish. Put dish in oven in tin half-filled with warm water. Bake half an hour in moderate [325 to 350 degree F / 160 to 180 degree C] oven. This has the effect of cake on top and custard underneath.

*This is one of those recipes that you remember for both the taste and the textures. The latter is a particularly special component of good cooking. I'm glad I can end this new section of the book with a rediscovered recipe for a great dessert. I'm sure Mother would be pleased, too. I think for her good meals deserved great desserts.*

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### GENEROSITY

*If you've counted the recipes in this bonus section of the book you'll have noted that there are actually more than 13. In writing to Dad as we selected these final recipes I said that if we ended up offering more than 13 we could always "combine some things" which I have done. I went on to say, "It doesn't hurt to add a little extra. After all that is the idea of the baker's dozen, isn't it."*

*Generosity has always been a part of my life. I was raised with it and watched my parents spend their lives living it. I know they never regretted sharing with others and I never have either. A caring heart and a generous nature fulfil your life as nothing else can.*

*I hope you've liked this bonus section of recipes. I had a great time putting it together. A Baker's Dozen was for Dad -- I hoped the friends he planned to give the new copies of this book to would enjoy it all. Through the book he and I could go on sharing the world of good food Mother made a mainstay of our lives. She loved through the cooking she shared with her family and friends. Let that sense of love continue to live on in each recipe fondly remembered in these pages.*

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*This poem by an unknown author was used to open my Mennonite cook book. I will let it close mine. Mother would have understood its meaning completely. She lived it.*

### THE HOUSEWIFE

*My days are days of small affairs  
Of trifling worries, little cares --  
A lunch to pack, a bed to make,  
A room to sweep, a pie to bake,  
A hurt to kiss, a tear to dry,  
A head to brush, a shoe to tie,*



A face to wash, a rent to mend,  
A meal to plan, a fuss to end,  
A hungry husband to be fed --  
A sleepy child to put to bed.  
I, who had hoped some day to gain  
Success -- perhaps a bit of fame  
Must give my life to small affairs,  
Of trifling worries, little cares.  
But, should tomorrow bring a change,  
My little house grow still and strange --  
Should all the cares I know today  
Be swept, quite suddenly away,  
Where now a hundred duties press  
Be but an ache of loneliness,  
No child's shoe laces to be tied,  
No wayward little feet to guide;  
To heaven then would rise my prayers,  
"Oh God, give me back my little cares!"

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IN MEMORIAM

*My mother passed away on April 4, 1993, and my father on July 11, 1998.*

*This recipe book was originally prepared between December 1996 and August 1997 in Waterloo and MacLennan, Ontario, by myself and my father. It was computer generated, privately printed and commercially bound. This was a private publication for the Ingles and their friends. Now I hope that you, having read it, will feel that you, too, have become a friend. That was Dad's and my intention. And, of course, Mother would have supported us all the way.*

*Good eating to each and every one of you!*

*Ken Ingle  
Waterloo, Ontario  
September 1998*

## NOTES

*Over time there are always a few things you find that you might or should have said in relation to a recipe you chose to use. I offer the following three comments:*

Page 3 - **PASTRY**: Current lard and shortening package recipes use 5 1/2 cups all purpose flour (6 cups pastry flour), 2 teaspoons salt and 1 tablespoon vinegar.

Page 5 - **NANAIMO BARS**: Commercially prepared graham cracker crumbs and crushed walnuts can be so fine that they may add too much bulk to this recipe -- you might want to use a little less. Don't overcook the mix for the base, it separates.

Page 40 - **BASIC FRENCH DRESSING**: Since first writing these notes (they were sent separately to the people who had received the book) I've begun experimenting with Carol Truax's variations on her recipe for basic French dressing. I tried adding 2 tablespoons of chili sauce to the basic recipe and found it delicious. I'll take a moment here to list the other ingredients she suggests you might try (remember, except for the herbs at the end, you add only *one* of these ingredients to each lot of dressing): 1 tablespoon catsup, 2 tablespoons cut up chutney, 2 teaspoons curry, 1 tablespoon capers, 2 teaspoons minced chives, 1-2 tablespoons minced parsley, 1-2 tablespoons minced fresh (1/4-1 teaspoon dried) tarragon, chervil, basil, and/or chives.

Page 58 - **CHILI**: If you choose to prepare your own dried beans for use, they should be soaked overnight and added to the chili at the start of the simmering process. You can use a mixture of kidney and navy beans if you prefer.