Is It Eleven O’clock Yet?
Recipes from Your Footloose Friends

For additional copies of this collection of recipes
Write to
Southwest Harbor Public Library
P.O. Box 157, 338 Main Street,
Southwest Harbor, ME 04679

While most of the recipes in this collection are not original, they are favorites of the Footloose Friends Hiking Group.
The members of the Footloose Friends Cookbook committee wish to thank everyone that contributed to this project in any way. Your time and effort is greatly appreciated.

CREDITS

Footloose Friends Cookbook Committee and editors
Bettie Ann and Ed Gwynn, Liz Hufnagel, Peggy Forster, LaVerne Redlon, Virginia Ruth, Jessica Smith, Ruth Watson

Photographs courtesy of the Southwest Harbor Public Library
Inside cover: Photographer Unknown, © Southwest Harbor Public Library Photo Collection
Page iv: G.A. Neal photo, © Southwest Harbor Public Library Photo Collection

Sketches for the cover, dividers, pages 8, 61, 72
Sue Clark

Layout and formatting
Virginia Ruth
Who would choose to entitle a cookbook “Is It Eleven O’clock Yet?” The Footloose Friends, that’s who. So, who are these Footloose Friends with their addiction to “elevenses?”

They are a downeast-hiking group always ready for lunch following a morning climb up Cadillac Mountain or around the Aunt Betty Pond loop. It is a fact that not a few of them have been known to call out toward the end of a hike, in famished desperation, “Is it eleven o’clock yet?” The rule is that lunchtime is not before eleven.

The Friends began as a small group of members of the Southwest Harbor Public Library’s support group, the Friends of the Library. The ones who liked to hike were dubbed the Footloose Friends by a witty member of the sub-group. That was 20-years ago and more.

Footloose Friends meet at 9:30 AM every Tuesday morning year round, rain or shine. A blizzard or two have been known to stop them, but nothing short of national calamity calls off the Tuesday hike. Although the Friends started out small, nowadays it is not unusual to have 35 to 50 people show up to walk.

In warm weather, the Friends usually pause (no earlier than eleven o’clock) at some scenic or inviting spot for sandwiches and beverage and a little conversation. The sociability is an important aspect of the group’s activity.

In the cold months, a tradition developed of going to the home of a Footloose Friend for soup, light foods, beverage and something sweet. This tradition has brought out the best in Footloose Friend cookery and hospitality. The result is the core of this cookbook. With all the good cooks among the hikers, it was inevitable that this book should be put together.

The editors have also included recipes from a couple of the MDI’s Quiteside eateries. We hope readers will try their contributions at
The Southwest Harbor Public Library celebrated its 100th Centennial in 1996. Today’s library is modern, automated, well staffed and supported by many volunteers, but let’s remember its very small beginning.

In 1894, when summer was over and guests and visitors departed the area, Mrs. Annie Sawyer Downs gathered together some left-behind books from local hotels and inns. They were made available to borrowers from a shelf in a corner of Dr. R. J. Lemont’s Drugstore. As demand for the books grew, the collection also grew and had to be moved from place to place. At one point they were housed in the local coffin shop. In 1888 an association was organized to look after the books and raise funds for a permanent building. That same year the town voted to pay the librarian 50 cents for each half day she worked.

In 1895 the association paid $100 for the original lot where the library sits. Fundraising was active and creative and included events like “Dollar Socials.” Summer resident, Massachusetts Institute of Technology professor E. B. Homer, designed the building, and Melvin Norwood, the lowest bidder, built it for $898. An extra donation paid to construct the stone wall that surrounds the front lawn. The library is one of the oldest buildings in Southwest Harbor that is in continuous use fulfilling its original function.

The collection has grown from 480 books in 1895 to over 30,000 in 2002. The building has also grown to accommodate the materials...
and patrons. There were additions or major alterations in 1939, 1955, 1963 and 1984. By 1997, with the building bursting at the seams, the trustees voted to add a two-story extension to the rear of the original building and raised 1.2 million dollars in just 18 months. The “new” library, more than triple its original size, reopened its doors in the summer of 2000 to more patrons and readers than ever before.

-- Candy Emlen
Director, Southwest Harbor Public Library
Appetizers and Beverage

Contents

BEEF APPETIZERS .........................................................................................................3
  MEATBALLS HAWAIIAN.............................................................................................3

CHEESE APPETIZERS....................................................................................................4
  PINEAPPLE CHEESE BALL .........................................................................................4
  TORTILLA ROLL-UPS ..................................................................................................4
  SPINACH CHEESE APPETIZERS ................................................................................5
  MEXICAN DIP ................................................................................................................6

SEAFOOD APPETIZERS ................................................................................................7
  MICROWAVE STEAMED CLAMS..............................................................................7
  HOT CRABMEAT DIP.....................................................................................................7
  CRAB DIP OR SPREAD ................................................................................................8
  MARINATED SHRIMP ..................................................................................................9
  SHRIMP BOILED IN BEER ...........................................................................................9

BEVERAGE......................................................................................................................10
  XYZ MARGARITA.......................................................................................................10
  XYZ THE "ESPECIAL" ................................................................................................10
  CHAMPAGNE PUNCH ..................................................................................................11
  FISH HOUSE PUNCH .....................HAWAIIAN PUNCH..............................................................12

Beef Appetizers

MEATBALLS HAWAIIAN

Marjorie Dole, Trenton

YIELDS: 16-meatballs

1 lb. Lean ground beef
1/2 tsp. salt
1/2 tsp. black pepper
1/2 tsp. crushed ginger
1 egg
1 tsp. water
1/4 c. flour
3 Tbsp. salad oil

SAUCE
1 c. pineapple chunks and syrup
Water as needed
1/4 c. brown sugar
2 Tbsp. cornstarch
1/4 c. vinegar
1 Tbsp. soy sauce

Season ground beef with salt, pepper and ginger. Form into 16 small balls. Dip into egg, slightly beaten with 1 tsp. water, and then roll meatballs in the flour.

Sauté meatballs in oil until brown. Remove meat and make sauce in the same pan.

To make the sauce, drain syrup from pineapple. Add water to syrup to make 1 cup. Stir into drippings in frying pan. Stir in brown sugar mixed with cornstarch, vinegar and soy sauce.

Heat, stirring until the sauce thickens. Add meatballs, pineapple chunks and simmer for a few minutes before serving.
**Cheese Appetizers**

### PINEAPPLE CHEESE BALL

*Jini Radle, Tremont*  
*SERVES: 20*

- Two 8 oz. packages cream cheese
- 1 small can crushed pineapple, drained
- 2 c. chopped pecans
- 1/4 c. finely chopped green pepper
- 2 Tbsp. finely grated or chopped onion
- 1 Tbsp. Lawry's seasoned salt

Beat cream cheese until soft and smooth. Gradually add drained pineapple, 1-cup chopped pecans and rest of ingredients. Shape the cheese mixture into 1-large or 2-small balls. On aluminum foil, roll cheese balls into the remaining pecans. Wrap balls and refrigerate overnight.

### TORTILLA ROLL-UPS

*Alice MacDonald Long, Bar Harbor*  
*SERVES: 12 to 15*

- 1 pkg. cream cheese
- 1 pkg. powdered ranch style dressing mix
- 5 – 10 Jalapeno slices, chopped
- 1 lb. thinly sliced ham
- 1 tsp. minced onion

Mix cream cheese, ranch dressing mix and hot peppers. Place the tortilla on plastic wrap; spread on cheese mixture. Top with 1 to 2 slices of ham and roll-up in plastic wrap. Refrigerate overnight.

When ready to serve, remove from plastic wrap and slice in 1/2-inch to 3/4-inch slices. Place on tray so cheese and ham display nicely. Serve with toothpicks and Picante sauce on the side.

### SPINACH CHEESE APPETIZERS

*Marjorie Dole, Trenton*  
*SERVES: 8 to 10*

- 2 Tbsp. butter
- 3 eggs, beaten
- 1 c. milk, divided
- 1 c. flour
- 1 tsp. salt
- Few dashes pepper
- 1 tsp. baking powder
- 1 lb. Monterey cheese, grated
- 2 pkg. frozen chopped spinach, thawed and drained well
- 1 tsp. heaping minced onion

Preheat oven to 350° F. Melt butter in oven in a 10-inch by 15-inch baking pan. Remove pan from oven.

In a large bowl, beat eggs and 1/2 cup of the milk. Whisk in the combined flour, salt, pepper and baking powder. When smooth whisk in the remaining 1/2 cup of milk.

Add cheese, spinach and onion; mix well. Pour into baking pan and bake at 350° F for 35-minutes.

Remove from oven and cool in pan for 45-minutes to set.

Cut into bite-sized pieces. Place separated pieces on a plastic-wrap lined baking sheet and fast freeze. Transfer pieces to a freezer bag and store in freezer.

To reheat, bake desired number on a baking sheet at 325° F for 12-minutes.
MEXICAN DIP

Alice MacDonald Long, Bar Harbor  SERVES: 10 to 12

1 fresh, ripe avocado  2 Tbsp. lemon juice
1 can refried beans  1 pkg. Taco seasoning
1 jar salsa (of desired spiciness)  1-1/2 c. sour cream
3/4 c. diced tomatoes  1/2 c. diced onions
3/4 c. grated cheddar cheese  3/4 c. sliced black olives
1 pkg. round Nacho chips

Peel and mash avocados well. Add lemon juice and mix well, creating a guacamole mixture. Beat beans and taco seasoning until well blended. Spread out on large platter.

Spread guacamole mixture on top of beans.

Then spread salsa sauce, sour cream and top with tomatoes, onions, cheese and olives (could substitute red and green peppers or mushrooms).

Dip with round Nacho chips.

Seafood Appetizers

MICROWAVE STEAMED CLAMS
This recipe is so easy!

Virginia Ruth, Mt. Desert  YIELDS: 6

2 lb. hard shell clams such as littleneck or Maine mahogany
1/2 c. water

Wash shells of clams thoroughly, discarding any broken or open clams. Set aside.

Pour water into 2-quart casserole and cover. Microwave at HIGH (100%) until water boils (about 3-4 minutes).

Place clams in boiling water and cover. Microwave at HIGH until clams open (about 4-6 minutes). Stir after half the cooking time.

HOT CRABMEAT DIP

Alice MacDonald Long, Bar Harbor  SERVES: 10 to 12

6-8 oz. container fresh crabmeat
8 oz. pkg. cream cheese  2 Tbsp. mayonnaise
2 tsp. fresh lemon juice  1/4 tsp. curry powder
1 Tbsp. Worcestershire  3 Tbsp. chopped onion
Grated Parmesan cheese

Combine crabmeat, cream cheese and mayonnaise. Add lemon juice, curry powder, Worcestershire sauce and onion. Spread dip mixture in shallow baking dish, top with grated Parmesan cheese. Bake the dip at 400° F for 30-minutes. Serve hot on Triscuit crackers.
### CRAB DIP or SPREAD

*Priscilla Keene, Seal Cove*

_YIELDS:_ 2-cups

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 c. mayonnaise</td>
<td></td>
</tr>
<tr>
<td>1/2 c. sour cream (or plain yogurt)</td>
<td></td>
</tr>
<tr>
<td>1 Tbsp. minced chive</td>
<td></td>
</tr>
<tr>
<td>1 tsp. lemon juice</td>
<td></td>
</tr>
<tr>
<td>Dash lemon pepper</td>
<td></td>
</tr>
<tr>
<td>8 oz. fresh crabmeat</td>
<td></td>
</tr>
<tr>
<td>1/2 c. mayonnaise</td>
<td></td>
</tr>
<tr>
<td>1/2 c. sour cream (or plain yogurt)</td>
<td></td>
</tr>
<tr>
<td>1 Tbsp. minced chive</td>
<td></td>
</tr>
<tr>
<td>1 tsp. lemon juice</td>
<td></td>
</tr>
<tr>
<td>Dash lemon pepper</td>
<td></td>
</tr>
<tr>
<td>8 oz. fresh crabmeat</td>
<td></td>
</tr>
</tbody>
</table>

Mix all ingredients. The sherry is optional. Cover and refrigerate for about 2-hours to blend flavors.

Serve with raw veggies or toast rounds. Alternatively, spread on lavish round and roll up - then slice to create spiraled rounds.

### MARINATED SHRIMP

*Virginia Ruth, Mt. Desert*

_SERVES:_ 6

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 lb. shrimp, shelled and deveined</td>
<td></td>
</tr>
<tr>
<td>1/2 tsp. course ground black pepper</td>
<td></td>
</tr>
<tr>
<td>1 tsp. garlic, finely chopped</td>
<td></td>
</tr>
<tr>
<td>1 Tbsp. chopped chives</td>
<td></td>
</tr>
<tr>
<td>1 tsp. celery salt</td>
<td></td>
</tr>
<tr>
<td>1/2 tsp. celery salt</td>
<td></td>
</tr>
<tr>
<td>12 oz. beer</td>
<td></td>
</tr>
</tbody>
</table>

Combine all ingredients. Marinate shrimp for 8-hours in the refrigerator, stirring frequently. Drain.

Place shrimp in a broiler pan and broil for 3-minutes. Turn shrimp and broil another 2-minutes.

### SHRIMP BOILED IN BEER

*Virginia Ruth, Mt. Desert*

_SERVES:_ 6

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 lb. raw unshelled shrimp</td>
<td></td>
</tr>
<tr>
<td>1 clove garlic, peeled</td>
<td></td>
</tr>
<tr>
<td>1/2 tsp. fresh thyme</td>
<td></td>
</tr>
<tr>
<td>1 tsp. celery seed</td>
<td></td>
</tr>
<tr>
<td>1/8 tsp. cayenne pepper</td>
<td></td>
</tr>
<tr>
<td>24 oz. beer</td>
<td></td>
</tr>
<tr>
<td>1 tsp. salt</td>
<td></td>
</tr>
<tr>
<td>2 bay leaves</td>
<td></td>
</tr>
<tr>
<td>1 Tbsp. chopped parsley</td>
<td></td>
</tr>
</tbody>
</table>

Combine all ingredients (except shrimp) in a pan and bring to a boil.

Add the shrimp and return to a boil. Reduce heat and simmer, uncovered for 2-5 minutes.

Drain and serve hot with a spicy cocktail sauce.
**Beverage**

**XYZ MARGARITA**  
*It's very important to use fresh lime juice.*

*XYZ Restaurant, Manset, SERVES: 1*

- 1 oz. fresh lime juice
- 1 oz. triple sec
- 2 oz. white (blanco) tequila

Mix all ingredients together.

---

**XYZ THE "ESPECIAL"**  
*This cocktail is for special occasions!*

*XYZ Restaurant, Manset, SERVES: 1*

- 1 oz. fresh lime juice
- 1 oz. Cointreau
- 2 oz. Hornitos made by Sauza Tequila (or any tequila made with 100% Agave)

Mix all ingredients together.

---

**CHAMPAGNE PUNCH**  
*This is a great Christmas punch for a buffet dinner when having a group of friends in to celebrate. It came from a friend near Philadelphia, Pennsylvania and was always a big hit.*

*Alice MacDonald Long, Bar Harbor SERVES: 16*

- 1 qt. white Tokay wine
- 1 qt. club soda
- 1 qt. domestic champagne
- 1 qt. ginger ale
- Orange juice
- Maraschino cherries
- 1 large can sliced pineapples

Chill the wine, soda, champagne and ginger ale. Pour orange juice into a round cake pan. Place sliced pineapple into juice and place a Maraschino cherries in the center. Place in freezer overnight.

Pour the wine, club soda, champagne and ginger ale into a punch bowl at the same time. Remove the orange juice from cake pan and place on top of the punch.

**NOTES:** New York State or Christian Bros. are good choices for champagne.

---

**FISH HOUSE PUNCH**  
*This memorable punch was a standard at the Hughes New Years Day party.*

*Sam & M.L. Hughes, Southwest Harbor SERVES: 25*

- 1 qt. lemon juice
- 1 qt. water
- 2 qt. dark rum
- 1 qt. brandy
- 20 oz. sugar
- 1 large cake of ice
- 1 shot glass peach brandy

Dissolve sugar with ingredients. Put ice into punch bowl and add the combined ingredients.
HAWAIIAN PUNCH

It takes two days to make this punch!

Marjorie Dole, Trenton    SERVES: 20

DAY-1

2 dozen oranges
2 dozen lemons
1/2 dozen bananas
1 sliced pineapple
1 can frozen guava or passion fruit juice
1 c. raw sugar
2 or 3 bottles of dry Reiseling wine

Squeeze oranges and lemons, and put juice and peels in a large crock. Drop in peeled bananas and sliced pineapple plus frozen juice. Cover fruit with sugar and dry Reiseling. Cover crock and let stand overnight.

DAY-2

1 c. dark Jamaican rum
1 bottle light Puerto Rican rum

Take out bananas. Squeeze the fruit again, right in the crock with your hands. Remove the peels and pulp. Pile on the ice and add Jamaican rum and the Puerto Rican rum. DON’T DRIVE.
Salads and Soups

Contents

Salads

BOSTON LETTUCE AND RADICCHIO SALAD
Ruth Cary, Mount Desert

SERVES: 8

2 heads of Boston lettuce
1 small head of radicchio
1 small red onion, sliced paper thin
8 large black olives
1 tsp. grated rind of orange for garnish, plus 1 tsp. for dressing
1 Tbsp. of minced fresh parsley for garnish, plus two Tbsp. for

dressing

DRESSING

1 tsp. Dijon style mustard
1/4 c. vegetable oil
1 Tbsp. fresh lemon juice
2 Tbsp. olive oil
3 Tbsp. fresh orange juice
1 tsp. grated orange rind
2 Tbsp. minced fresh parsley
Salt and pepper to taste

Arrange lettuces on salad plate. Top with very thinly sliced onion.
Garnish with olive, parsley and orange rind. Use the following
dressing.

For the dressing, whisk mustard, oils, lemon juice, orange juice and
rind, parsley, salt and pepper until vegetable oil and olive oil are
emulsified.
**ORZO SALAD**

*Betty and Dick Crawford, Mt. Desert*  
*SERVES: 8*

- 1 lb. can pineapple chunks
- 1 lb. can mandarin oranges
- 3/4 c. sugar
- 1 Tbsp. flour
- 3/4 tsp. salt
- 2 well beaten eggs
- 1 c. orzo, uncooked
- Chunk of butter
- 1 large cool whip

Drain fruits and add sugar, flour, and salt. Stir and cook until the mixture boils. Then add two well-beaten eggs. Mix well and remove from stove.

Cook the orzo following the package directions. After the orzo is cooked, add a chunk of butter and the sauce. Refrigerate over night.

Next day, add fruit and most of a large cool whip.

---

**CELERY SEED DRESSING**

*Fran Raymond, Hulls Cove*  
*YIELDS: 1-1/3 cup*

- 1/3 c. sugar
- 2 Tbsp. celery seed
- 1/3 c. vinegar
- 1 tsp. prepared mustard
- 2 tsp. dried onion or more chopped regular onion
- 1 c. salad oil
- 1 tsp. salt
- 2 tsp. horseradish (optional)

Mix all ingredients together thoroughly (a blender works well). Chill. Use dressing over fresh salad greens. It’s also good on salads with fruit and/or nuts added.

---

**STRAWBERRY SPINACH SALAD**

*Jane Fuller, Bernard*  
*YIELDS: 6 to 8*

- 1 lb. fresh baby spinach
- 2 pints fresh strawberries
- 4 oz slivered almonds toasted

**DRESSING**

- 1/2 cup sugar
- 2 Tbsp. sesame seeds
- 1 Tbsp poppy seeds
- 1-1/2 tsp. minced onion
- 1/4 tsp. Worcestershire sauce
- 1/4 tsp. paprika
- 1/4 c. cider vinegar
- 1/2 c. canola oil

Mix dressing ingredients together. Put the dressing on the salad at the last moment.
NEW ENGLAND CLAM CHOWDER BY WAY OF CALIFORNIA

Sue Clark, Southwest Harbor
SERVES: 4

6 bacon slices
half a green sweet pepper and half a red sweet pepper, finely chopped (optional)
1 c. chopped onion
1 c. cubed, peeled potatoes
1 tsp. salt
Pepper to taste
1-1/2 c. water
4 cans minced clams
1 bottle of clam juice
2 c. milk
Fresh chopped parsley

Fry bacon until crisp; reserve bacon on paper towel for serving as topping.

Use bacon drippings to sauté onion and peppers until tender.

In a large pot add onion, peppers, potato, seasoning and water and cook until potatoes are tender.

Add clams, clam juice and milk. Simmer to serving temperature. Add parsley.

Serve chowder with crumbled bacon on top.

A California cousin served up this chowder in Maryland and I’ve done it her way ever since. Thanks, Dale Loman

SMOKEY CORN CHOWDER
This chowder is great on a cold night!

Margot Haertel, Southwest Harbor
SERVES: 4

1/2 c. onion, chopped
4 Tbsp. butter or margarine
1 tsp. salt (optional)
4 c. milk
12 oz. pkg. smoked sausage, sliced
2 (16 oz.) cans whole kernel corn, drained

Cook onion in butter until tender; blend in flour, salt and pepper. Add milk all at once. Cook and stir until thickened. Stir in remaining ingredients. Simmer for 10-minutes.

OVEN FISH CHOWDER

Floss Brooks, Seal Cove
SERVES: 6 to 8

1/2 c. butter
3 medium onions, sliced
2 lbs. cod or haddock fillets (fresh or frozen)
4 medium potatoes, peeled and sliced
1 bay leaf
4 whole cloves
2-1/2 tsp. salt
1/4 tsp. dill seed
1/2 c. butter
1/2 c. dry white wine or vermouth
2 c. boiling water
2 c. light cream

Sauté the onions in the butter. Then put all ingredients except cream into a large casserole dish. Cover and bake in 375°F oven for 1-hour.

Heat cream to scalding and add to cooked chowder. Stir to break up fish.
FISH CHOWDER

*My mother-in-law taught me how to make this.*

Ruth Cary, Mt. Desert  
SERVES: 4 to 6

- Salt pork, cut in small cubes (preferred) or 6-strips of bacon
- 2 medium onions, sliced very thin
- 4 medium potatoes, sliced thin
- 1-1/4 to 1-1/2 lb. of Haddock
- 1 can evaporated milk (12 fluid oz.)
- 2 tsp. salt (approximate), start with one and adjust
- 3/4 – 1 tsp. black pepper (approximate)
- 3 c. water (approximate)

Cook salt pork (or bacon) until crisp. Set aside.

Using a little bit of the fat, sauté onion until they begin to soften. Add potatoes and barely cover with water. Cook potatoes until they begin to soften, should be firm but heading toward soft stage careful not to over cook as you do not want them to mush.

Layer the fish on top and cover. Cook until fish is barely done.

By this time potatoes should be done. If not, turn stove off and let sit for a while. If everything seems tender, add can of milk and seasonings and GENTLY STIR, just enough to mix milk into the chowder.

This may be served at once but it is much better if allowed to rest refrigerated overnight. When ready to serve, reheat with Caution as it easily sticks and you DO NOT WANT IT TO BOIL. Adjust with seasonings. Top with bacon or salt pork cubes which have been reheated. Add more milk or water if needed.

Serve with plenty of bread and enjoy.

NOTES: This is one of those recipes that does not have to be exact. If by chance you have saved and frozen stock from cooking lobsters or shrimp, substitute for the water and it makes even better chowder. The trick is to not over cook as the chowder will be reheated and you do not want the soup to be mushy. This is a layering process. Do not stir until reheating and then as little as possible.
SALMON CHOWDER

Priscilla Keene, Seal Cove  
SERVES: 7

1/2 c. chopped onion
1/2 c. chopped celery
1/4 c. chopped green pepper
1/4 c. yellow or red pepper
1 garlic clove, minced
8 fluid oz. jar clam juice
2 c. diced potato
1 c. sliced carrots
1 tsp. seasoned salt (optional)
1/2 tsp. dill weed
1 small zucchini, thinly sliced
11 oz. can corn or 1 c frozen corn
2 cans evaporated milk
2 c. cooked salmon chunks (or two 7-1/2 oz. cans), drained & bones removed

In saucepan, cook onion, celery, peppers, and garlic in 1/4 cup clam juice until tender.

Add potatoes, carrots, salt, dill, and remaining clam juice. Cover and simmer 20-minutes until veggies become tender.

Add zucchini and simmer 5-minutes. Add corn, milk, and salmon. Heat through, stirring to prevent scorching.

NOTES: Other fish may be substituted. Bacon bits are a nice garnish!

BEAN SOUP GIFT MIX

For vegetarians, leave out the ham bone.

Betty and Dick Crawford, Mt. Desert  
SERVES: 10

SOUP MIX

One pound of each of the following (may substitute):

- Black-Eyed Peas
- Butter Beans (Limas)
- Pinto Beans
- Pearly Barley
- Split Green Peas
- Small Lima Beans
- Red Beans
- Great Northern Beans
- Lentils

Mix to distribute evenly, divide bean mixture into 12 containers with the following instructions:

SOUP PREPARATION

Wash beans thoroughly, place in large container, cover with water and add 2-tablespoons salt. Soak overnight. In the morning drain well and add 2-quarts of water (or chicken broth) and one-half pound ham. Bring to a boil. Stir occasionally. Simmer for 2 – 2 ½ hours. Then add:

1 large onion, chopped
1/2 tsp. Tabasco sauce
29 oz. can stewed tomatoes
Salt and pepper to taste

Simmer another 30-minutes. Recipe makes a large pot of delicious soup. Serve with French bread or crackers. It is even better when made a day ahead and aged in the refrigerator.

Rounding up the beans and seasonings can take a little time (buy in bulk). But packaging is simple and makes a nice little gift to take to family and friends. Just stir together a Pound each of ten different dried legumes. Divide evenly into 12 plastic bags or glass containers for gift giving. The lucky people on your gift list need add only a few vegetables, seasonings and broth to the soaked beans to reap richly flavored soup.
BIRD COUNT BORSCHT

Patti Wharton, Seal Cove     SERVES: 12

Shin beef bones, 4 lbs. or less
1 Tbsp. salt
2 qt. water
1 medium can tomatoes
1 medium onion, cut into quarters
1 celery stalk, chopped
2 Tbsp. fresh parsley, chopped
6 peppercorns
1 bay leaf
2 c. shredded beets (4 medium, peel and shred raw)
3 c. shredded cabbage (1 lb.)
1-1/2 c. carrots, sliced
1 c. onion, chopped
1/4 c. cider vinegar
2 Tbsp. fresh dill (or 1 Tbsp. dried dill seeds)
2 Tbsp. sugar
1 tsp. salt
Sour cream (optional garnish)

Cook beef bones and salt in water covered for 1-hour. Add tomatoes, onion, celery and parsley to bones and stock. Cook covered an additional 2-hours. Strain and reserve beef, discarding flavorings.

Add the remaining ingredients to beef stock and cook an additional 30-minutes. Refrigerate overnight. Add beef in cubes, reheat and serve with sour cream, if desired.

GYPSY SOUP

You can use any combination of yellow and green vegetables for this soup, but the yams make a splendid orange, thick, rather sweet and spicy concoction. We do wonder where those roving gypsies found all these ingredients.

Jessica Smith, Mt. Desert     SERVES: 12 or more

2 Tbsp. olive or vegetable oil
2 c. onion, chopped
1/2 c. celery, chopped
1 large green pepper, chopped
4 cloves garlic, minced
2 c. sweet potatoes or yams, peeled, chopped 1/2-inch cubes
3 c. (or more) home made chicken stock or water
1 bay leaf      2 tsp. paprika
1 tsp. turmeric
1 tsp. dried basil
Salt to taste
Dash cinnamon
Dash cayenne pepper
1 c. fresh tomatoes (or canned diced), chopped
1-1/2 c. cooked chickpeas, drained (canned will do)
1 Tbsp. tamari soy sauce

In large saucepan, heat oil, sauté onions, celery and green pepper over medium/low heat for 5 to 10 minutes, add minced garlic and sauté 1-minute. Add stock or hot water, chopped sweet potatoes, bay leaf, paprika, turmeric, basil, salt, cinnamon and cayenne pepper.

Bring soup to a boil, reduce heat, cover pot and simmer for 15-minutes. Add tomatoes and chickpeas; simmer for another 10-minutes, or longer. Stir in the tamari and serve.
RUSSIAN CABBAGE SOUP
LaVerne Redlon, Southwest Harbor

Cabbage: slice fine-less than 1/4-inch wide
Potato: Peel-leave whole or in large pieces
Carrots: I like to use the pre-cut matchstick carrots
Tomato: I like the canned cubed tomatoes. However, Nina preferred fresh tomatoes.
Onion: Use a lot of onion. Cut into small pieces.
Garlic: Optional, put it through a garlic press
Seasoning: Salt, pepper, bay leaves, lots of dried parsley, coriander, cayenne pepper, bouillon cubes, dill, celery salt

Bring several quarts of water to boil. You can substitute chicken broth or beef broth, or add chicken bouillon cubes. I was impressed at how rich the soup was without using meat. The potato is the secret to giving the soup its rich body.

Add cut up cabbage and cook for a few minutes.

Add potatoes and cook until done. Remove the potatoes and break them up into small pieces. Return to pot and continue cooking until the cabbage is done.

Recipe source -- Nina Toukova, St. Petersburg Russia. No amounts for the ingredients are given because neither of us understood the other person's language very well. Plus our countries use different measurements. This basic soup varied according to what was available. In Communist Russia the main ingredient, cabbage was a stable. Nina taught me how to make this soup during Gorbachev’s time. The cold war was over but things had not changed much for the Russian people yet.

While the potato is cooking, add olive oil to a skillet and sauté the onion and garlic on low until the onion is caramelized. Nina was very fussy about cooking the onion until it was translucent and golden in color. Add to the soup.

Add carrots. Cook another 15-minutes. Add seasoning last. Simmer a short while to blend the flavors. Remove bay leaves before serving.

I think it tastes better the second day. Serve with a dollop of sour cream sprinkled with fresh chopped parsley or chives.

NOTES: You can change soup to Borscht by adding a can of beets (grate the beets) or add meat. Make a big pot of soup and then change it each day until it's gone.
**PENNSYLVANIA CHICKEN CORN SOUP**

This recipe came from a dear friend who grew up in Ephrata, Pennsylvania.

*Alice MacDonald Long, Bar Harbor*  
*SERVES: 8 to 10*

- 3 – 4 lb. stewing chicken
- 2 qt. water
- 2 – 3 different sized noodles
- 3 – 4 hard-boiled eggs, diced

Salt to taste  
2 qt. can corn  
Dash of pepper

In large kettle, cover chicken pieces with water. Salt to taste. Cook until tender.

Cut meat off bones; remove skin and fat and dice into bite-sized pieces. Return chicken to broth.

Add corn and bring to a boil. Stir in noodles until tender. Add boiled eggs, pepper and serve.

---

**CHICKEN VELVET CORN SOUP**

This recipe comes from an oriental cooking school.

*Henry Scherers, Southwest Harbor*  
*SERVES: 2*

- 2 Tbsp. cooked Smithfield ham or salami, minced
- 1 chicken breast, uncooked
- 3 egg whites
- 8 oz. can creamed corn
- 3 c. chicken broth
- 1 c. water
- 1/4 tsp. salt
- 2 Tbsp. tapioca starch, dissolved in 3 Tbsp. water

Boil the Smithfield ham for about 15-minutes. Cut off a small piece and mince. Save the rest in freezer for future use.

Slice and mince chicken breast, discarding skin and bone. Mix the minced chicken with 1-egg white and corn. Mix well and put aside.

Beat the remaining 2-egg whites and set aside.

Bring the chicken broth and water to a boil. Add salt. Then add the corn mixture and let boil for 2-minutes.

Add pre-dissolved tapioca starch, stirring continuously until soup is thickened.

Reduce to low heat; add the beaten egg whites slowly and stir until blended.

Pour into serving bowl and sprinkle with 2-tablespoons of chopped ham.
GERMAN LENTIL SOUP

I've served this soup to the Foot Loose Friends for at least ten years. Most all seem to enjoy it. It is a very hearty soup.

Margaret Everly, Mt. Desert        SERVES: 12

8 bacon slices, diced
4 medium onions, sliced
4 medium carrots, thinly sliced
2 c. celery, sliced
2 (16 oz.) pkg. Lentils
1 tsp. thyme leaves
16 c. hot water
4 Tbsp. lemon juice
1 c. dry red wine (optional)

In a 10-quart Dutch oven (or large saucepot) over medium-high heat, fry bacon until lightly browned; push to side of pan.

Add onions, carrots and celery and over medium heat, cook until onions are tender, about 5-minutes.

Add ham bone, lentils, pepper, thyme, bay leaves, hot water and salt. Cover; simmer over low heat 1-hour or until lentils are tender. Discard bay leaves.

Remove ham bone to cutting board and cut off any meat; cut into small pieces.

Stir meat, lemon juice and salt to taste into soup.

NOTES: Make sure not to cook the soup for too long after adding the red wine or lemon juice, or the flavor will be lost. I have also added a large can of chicken stock at times.

MINESTRONE SOUP

Ruth Watson, Somesville        SERVES: 8 to 12

1/2 c. soy beans
1/4 c. butter
2 Tbsp. onion, finely chopped
2 oz. salt pork, diced
2 qt. chicken stock or bouillon
1/2 c. brown rice
1 bay leaf (or 1 tsp. rosemary)
2 sprigs parsley, chopped
1 tsp. salt
1/4 tsp. pepper
1/2 c. leeks, finely chopped
1 c. diced carrots
1 c. potatoes, diced
1/2 c. thinly sliced celery
1 c. green peas
1 c. zucchini, diced or sliced
2 c. canned tomatoes, drained

GARNISH

1 tsp. fresh basil
1 tsp. fresh parsley
1/2 tsp. finely chopped garlic
1/2 c. grated Parmesan cheese

**BILL'S CALDO VERDE PORTUGUESE KALE SOUP**

*Bill Clark, Southwest Harbor*  
SERVES: 4

1 lb. Portuguese sausage - chourico (hot) or linguica (mild)  
1 lb. fresh kale, chopped small  
2 Tbsp. olive oil  
1 large or 2 medium yellow onions, chopped  
1/2 lb. dry beans, soaked overnight or 4 medium sized potatoes, cubed with skins  
4 medium-sized red, green, yellow, and/or orange peppers, cored, seeded and chopped into 1-inch squares  
1 c. celery, chopped  
10 baby carrots or 2 whole carrots, chopped in 1/2-inch sections  
14-1/2 oz. can whole tomatoes, chopped with juice  
4 cloves garlic, crushed and minced  
1 bay leaf  
Basil, chives, oregano, paprika, black pepper, thyme to taste  
Water to cover

Soak beans overnight. Slice sausage thin. Fry in cast iron pan to remove as much fat as possible. Dry with paper towels. Set aside.

Heat olive oil in stockpot over moderate heat for 1-minute. Add onions and cook, stirring frequently, 2-3 minutes. Add fresh garlic and cook, stirring frequently, for about 2-3 minutes.

Add water for desired thickness and beans (or potatoes). Bring to boil. Reduce heat to low and simmer until beans (or potatoes) are cooked and firm.

Add peppers, celery, carrots, tomatoes, basil, bay leaf, chives, oregano, paprika, black pepper, thyme, sausage and water to desired thickness. Stir and return to boil. Reduce heat to low and simmer for 10-minutes.

Add half of kale on top and steam for 10-minutes. Do not overcook. Save remainder of kale and steam fresh for seconds or leftovers.

**MUSHROOM BARLEY SOUP**

*Alice MacDonald Long, Bar Harbor*  
SERVES: 3-1/2 quarts

1 lb. mushrooms, chopped  
3 medium onions, chopped  
2 Tbsp. butter  
2 Tbsp. tarragon  
1/2 tsp. pepper  
3/4 c. tamari  
1 tsp. molasses  
3 qt. water  
3/4 c. barley, rinsed

Sauté mushrooms and onions in the butter over low heat with salt, pepper and tarragon.

When the mixture becomes syrupy, add tamari and molasses. Cook five minutes, and then add water and barley and cook 1-hour longer.
**CREAM OF PEANUT SOUP**

_Bettie-Anne Gwynn, Mt. Desert_  
YIELDS: 1-1/2 quarts

1 qt. Chicken broth  
2 carrots, chopped  
1 onion, chopped  
1 c. peanut butter  
1 c. half & half  
1/2 c. dry roasted peanuts  
Tobasco sauce, few drops  
Salt and pepper to taste

Cook vegetables in broth until tender. Puree.

Stir in remaining ingredients, except for peanuts.

Heat gently. Do not boil.

Sprinkle with the peanuts before serving.

---

_The second year I hiked with the Footloose Friends, I felt it was time for me to play hostess to the group after one of our winter walks. The thought of having a crowd of that size was rather intimidating._

_I planned a soup I had made many times, but it had tomatoes in it and one of my friends was not a tomato lover. Believe me, most soups seem to have tomatoes in them!_

_A call to my friend, Mary Jones, solved my problem when she suggested “Cream of Peanut Soup”. I had never made it, but it proved a hit and I plan to serve it each winter._

---

**SALMON BISQUE**

_Sugar Fenton, Bar Harbor_  
SERVES: 6

1/4 c. butter  
1 medium finely chopped onion  
1/2 medium finely chopped green pepper  
1 c. finely chopped celery  
3 Tbsp. flour  
1 tsp. salt  
1/8 tsp. pepper  
4 c. milk  
1 can (15 oz) salmon drained; pulverize bones and flake salmon  
2 Tbsp. chopped pimiento

In saucepan melt butter; sauté onion, green pepper and celery until tender. Stir in flour, salt and pepper.

Remove from heat; gradually add milk. Cook over medium heat, stirring constantly until thickened.

Add salmon and pimiento. Simmer to serving temperature.
SPICY PUMPKIN SOUP

Since our garden produced six splendid “volunteer” pumpkins last fall, we’ve been devising new ways to use up the bounty. This is the delicious creamy result of what was on hand at the time.

Jessica Smith, Mt. Desert      SERVES: 8

2 Tbsp. olive oil
1 very large onion, chopped
1/2 green pepper, chopped
2 carrots, chopped
5 cloves garlic, minced
1 tsp. green Thai curry paste
4 c. pureed pumpkin, fresh or canned
5 c. boiling water
1 Tbsp. salt
1/2 tsp. pepper
1 Tbsp. chopped fresh basil (or 1 tsp. dried basil)
1 Tbsp. brown sugar
1 c. sour cream

Sauté chopped onion, pepper and carrot in olive oil for 10-minutes on medium/low heat.
Add garlic and curry paste, Sauté 2-minutes.
Add pumpkin, boiling water and seasonings. Bring just to boil, lower heat and simmer 1-hour.
Puree with stick blender or in food processor in batches.
Add sour cream and blend. Keep warm on very low heat; don’t boil after adding sour cream.

CRAB STEW

Ruth Watson, Somesville       SERVES: 6 to 8
2 small onions, chopped fine 2 Tbsp. butter
6 c. crabmeat                4 Tbsp. flour
4 c. milk                    1 c. cream
1 c. grated corn             2 c. small limas
Salt and pepper to taste    1 tsp. Worcestershire

Add milk and cream, stir slowly and boil about 10-minutes. Add corn, lima beans, salt, pepper and Worcestershire sauce.
Simmer another 10-minutes.
**JUNIPER LAMB STEW**

*Sue Clark, Southwest Harbor*  
SERVES 4 to 8

**ORIGINAL INGREDIENTS**

- 2 lb. lean lamb, cubed small
- 6 ears of fresh corn
- 6 spring onions with tops, chopped
- 3 sweet green peppers, chopped
- 1 Tbsp. of flour
- 2 Tbsp. lard or cooking oil
- 2 tsp. dried wild celery (1/3 cup chopped celery tops)
- 1-1/2 tsp. salt
- 5 dried juniper berries, crushed
- 2 tsp. Chile powder (mild) in flour with black pepper
- 4 c. water

**MY ADAPTATIONS**

- 4 plus lb. lamb shoulder (or leg), sliced with fat removed
- 3 c. of frozen or canned corn
- 15 chopped spring onions
- 3 sweet green and 3 sweet red peppers, chopped
- 1/2 c. flour
- 4 plus Tbsp. olive oil
- 3/4 – 1 c. chopped celery tops and hearts  
  (zero salt) Black pepper to taste
- 15 plus dried juniper berries, crushed
- 3 Tbsp. mild Chile powder with 1 Tbsp. in flour with black pepper
- 4 c. water
- 3 crushed garlic cloves, minced

Mix seasonings and flour to coat meat and brown in oil in heavy kettle.

Add other ingredients and water but wait with the corn.

Cover and simmer for 1-hour or until meat is tender.

**NOTES:** Best simmered the day before without the corn and refrigerated so that the fat may be removed. Add the corn when reheating. We like it crunchy.

This became a favorite company dish during our six years at Grand Canyon. Part of the fun was picking the juniper berries ourselves. I always doubled or tripled it in the hope that we would have fantastic leftovers. As a family, we visited the ruins of the ancient site at Wupatki National Monument and I found the "Pueblo Indian Cookbook," compiled and edited by Phyllis Hughes (1972). The original directions are listed first and my adaptations are listed second.
ZUNI STEW (Vegetarian)

Peggy Forster, Salisbury Cove

SERVES: 6

1-1/4 c. pinto beans, soaked overnight and drained
1 tsp. salt
1 bay leaf
1 tsp. dried oregano
1 lb. tomatoes, fresh or canned, peeled, seeded, and chopped; juice reserved
2 Ancho chilies
1 lb. mixed summer squash
4 ears corn (about 2 c. kernels)
1 tsp. cumin seeds
1 tsp. coriander seeds
2 Tbsp. corn or vegetable oil
2 yellow onions, cut into 1/4 inch squares
2 cloves garlic, finely chopped
2 Tbsp. red chili powder, or more, to taste
8 oz. green beans, cut into 1 in. lengths
4 oz. Jack or Muenster cheese, grated
1/2 bunch cilantro leaves, roughly chopped
Whole cilantro leaves, for garnish

Though the ingredients are ordinary, this bean and summer vegetable stew has an intricate balance of flavors. The inspiration for it came from a book on Pueblo Indian cookery. If made a little on the dry side, it can be eaten in tortillas with salsa. This recipe comes courtesy of my son-in-law in Albuquerque, who was motivated to learn vegetarian cookery when he hooked up with my meat-and-kitchen-averse daughter.

Cook the pre-soaked beans for about 1-1/2 to 2-hours in plenty of water with the salt, bay leaf, and oregano. Remove them from the heat when they are soft but not mushy, as they will continue to cook in the stew. Drain the beans, and save the broth.

Prepare the tomatoes, or use pureed charcoal-grilled tomatoes. Open the chili pods and remove the seeds and veins; then cut the chilies into narrow strips. Cut the squash into large pieces; shave the kernels from the corn. Grind the cumin and the coriander seeds into a powder in a spice mill or with a mortar and pestle.

Heat the oil in a large skillet, and sauté the onions over high heat for 1 to 2 minutes. Lower the heat, add the garlic, chili powder, cumin, and coriander, and stir everything together.

Add a little bean broth, so that the chili doesn’t scorch or burn. Cook until the onions have begun to soften, about 4-minutes, then add the tomatoes and stew for 5-minutes. Stir in the squash, corn, green beans, and chili strips along with the cooked beans and enough broth to make a fairly wet stew. Cook slowly until the vegetables are done, about 15 to 20 minutes.

Taste the stew and adjust the seasoning. Stir in the cheese and chopped cilantro, and garnish with whole leaves of cilantro.
BRUNSWICK STEW

Patti Wharton, Seal Cove

SERVES: 30

Fresh ham or pork shoulder cooked very slowly (200 degrees for 6-8 hours) until the meat is falling off the bone. Remove the meat with your hands, shredding it into bite-sized pieces. Reserve.

2 pkgs. Hot Italian sausages cooked and drained on paper towels, cube and reserve.

2 chickens cooked in two gallons of water with carrots, onion, celery, bay leaf, salt and pepper, to make a stock. Remove the chickens from the broth and remove all the meat, shredding it into bite-sized pieces; reserve. Strain and discard the vegetables and reserve the broth.

Add the following ingredients to the broth. Bring to boil, lower heat and simmer 30-minutes. Add all the reserved meat and slowly reheat.

4 (28 oz.) cans crushed tomatoes
4 boxes of frozen Shoepeg (white) corn
2 pkg. frozen baby lima beans
2 large onions (3-4 c.) chopped
48 oz. catsup
1/4 c. Worcestershire sauce
2 tsp. cayenne pepper
1 Tbsp. black pepper
Salt to taste

Each November Ned and I host the Footloose Friends for lunch after the hike on Election Day, and each year I try to serve a different soup than the year before. In 2000, I decided to gather up the family recipes for Brunswick Stew and adapt them for the group. One calls for the heads of two hogs, another for squirrels. After a few phone calls to Virginia and Georgia, this is an adaptation for the ingredients available here on MDI (but no squirrels!).
Yeast Breads

BUD'S BAGELS

YIELDS: 24-bagels

2 pkg. dry yeast
3 c. warm water
3/8 c. natural flavor malted milk powder
2 Tbsp. honey
1-1/2 Tbsp. salt
8 c. unbleached flour
GARNISH (optional): onion, garlic, poppy seeds, sesame seeds

WATER-BATH
2 qt. water held at just under boiling temperature
2 Tbsp. malted milk powder
1 Tbsp. honey

Dissolve yeast in warm water. Add malted milk powder and honey. Let stand for 10-minutes until bubbling action proves that the yeast is active.

Add salt and flour and stir. Knead on a floured board until smooth. Place in an ungreased bowl, cover and let rise until doubled in bulk.

Punch dough down and cut into 24-pieces. Form the bagels by using a doughnut cutter, or poke over your finger through center and shape by hand. Drop about four bagels at a time into WATER-BATH and turn over after about 10-seconds. After another 10-seconds (not critical) remove with a slotted spoon to a greased baking sheet. You can top, if desired, with onion, garlic, poppy seeds, sesame seeds, etc. Bake the bagels at 450° F for about 20-minutes until brown.
**CHALLAH BRAID**

*Mimi Barnes, Mt. Desert*  
*YIELDS: 1-big braid*

- 2 pkg. dry yeast  
- 1/2 c. warm (110 degrees) water  
- 2 tsp. salt  
- 2 Tbsp. sugar  
- Dash saffron (optional)
- 4-1/2 – 5 c. all purpose flour  
- 1 egg yolk, plus 1 Tbsp. water

Soften yeast in warm water. Heat the milk, salt, butter, sugar and saffron until sugar dissolves. Cool to lukewarm.

Stir in 2 cups flour; beat well. Add softened yeast and the eggs; beat well. Stir in enough flour to make soft dough; knead 8-10 minutes. Shape into ball and put in greased bowl to rise (1-1/4 hours).

Punch dough down and divide into thirds. Cover and let it rest 10-minutes.

Make 3-strands and braid. Lay braid on a greased sheet and cover until doubled (about 30-minutes). Brush with yolk and sprinkle poppy seeds.

Bake at 375° F for 45-50 minutes.

---

**OATMEAL BREAD**

*Bob Cawley, Mt. Desert*  
*YIELDS: 6-loaves*

- 2-1/2 c. oats  
- 3-1/2 c. water  
- 4 c. molasses  
- 1/2 c. oil  
- 4 eggs, beaten  
- 1/2 tsp. salt  
- 4 packs yeast dissolved in 1-1/4 c. warm water  
- 12 to 13 c. flour

Heat oats and water until oats become slightly soft.

Put oats into a hand-cranked bread maker.

Add molasses, oil, eggs, salt, dissolved yeast and flour.

Blend by hand cranking bread maker for 3 to 4 minutes, adjusting flour for proper consistency.

Roll out each loaf portion of dough and put into loaf pans.

Let rise 1 to 1-1/2 hours, punch down and let rise again.

Bake the bread at 350° F for 30-minutes.

**NOTES:** A reduced number of loaves can be achieved by proportionate reductions in ingredients.
**RYE BREAD**

I received this recipe from Violet Curley, a footloose friend, when she taught me how to bake bread a number of years ago. Through the years, I have made a few adjustments to her original recipe.

Mel Everly, Mt. Desert

**YIELDS: 2-medium loaves**

**MIXTURE #1**

<table>
<thead>
<tr>
<th>1/3 c. boiling water</th>
<th>1 Tbsp. salt (or less)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-1/2 Tbsp. Barley Malt or sugar</td>
<td></td>
</tr>
<tr>
<td>2 Tbsp. butter or olive oil</td>
<td>3 Tbsp. caraway seed</td>
</tr>
</tbody>
</table>

Mix above ingredients together in small bowl until butter is softened and salt and sugar dissolved. Let stand until lukewarm.

**MIXTURE #2**

<table>
<thead>
<tr>
<th>2 pkg. dry yeast (scant 2 Tbsp.)</th>
<th>1/2 c. warm water</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 tsp. Barley Malt or sugar</td>
<td></td>
</tr>
</tbody>
</table>

Mix above ingredients together in small bowl until yeast is dissolved and mixture is bubbly.

5-1/2 c. unbleached all purpose flour

2-1/2 c. rye flour

2 c. warm water (a little less in summer)

Preheated 400° F oven. Make MIXTURE#1 and MIXTURE#2.

Mix the unbleached and rye flours in a large bowl. Add the warm water, MIXTURE#1 and MIXTURE#2. Mix with a wooden spoon until you have a sticky mass of dough. Turn out onto floured surface and wait about 5 to 10 minutes (this allows time for liquids to be absorbed into the flours).

While waiting, clean and dry your large bowl and lightly grease the inside surface of the bowl. Knead about 10-minutes or until dough is satiny smooth.

Form dough into a ball and place in prepared bowl turning to grease the top. Cover with a clean towel and/or plastic wrap and allow dough to rise in a warm place until doubled in size (about 45 to 60 minutes).

Punch dough down, remove from bowl, divide dough into 2 or 4 equal portions, and form each piece into a ball. Place on lightly floured surface and cover with towel and plastic and let rest 5 to 10 minutes.

While waiting, lightly grease two baking sheets and sprinkle with cornmeal. Shape each ball into a loaf by rolling with a rolling pin, folding each end over, and then rolling up into a loaf. Be sure to get rid of the bubbles and to crimp the ends of each loaf.

Place on the prepared pans. Cover with towel and plastic wrap and let rise until almost doubled (about 30 to 35 minutes) in a warm place.

Slash tops of each loaf with a sharp knife.

Place a small Corning ovenproof pot of boiling water (about 1/2 cup) onto the floor of your preheated oven. Bake at 400° for 30 to 40 minutes until loaves are browned and done (they sound hollow when tapped on the bottom when they are done).

Cool the loaves on a rack.
CRACKED WHEAT BREAD

Violet Curley

YIELDS: 2-loaves

1/2 c. uncooked cracked wheat
5 – 6 c. all purpose flour
2 pkgs. dry yeast
3 Tbsp. sugar
4 tsp. salt
1/3 c. dry milk
2 c. hot tap water (120-130 degrees)
3 Tbs. butter

Cook the wheat in water (enough to cover) for 20-minutes. It will expand to about double. Drain and set aside.

In large bowl, stir 2-cups flour, yeast, sugar, salt and milk powder. In saucepan, pour hot water over butter and stir. Gradually add to dry ingredients at low speed to blend, then at medium speed 2-minutes, scraping sides occasionally.

Add cracked wheat and beat at high-speed 2-minutes. Beat in enough additional flour to make soft dough. Knead 5-minutes. Let rest (covered with bowl) on countertop for 15-minutes.

Divide into 2-pieces, shape into loaves, and place in greased 8-1/2-inch by 4-1/2-inch pans. Cover, let rise until double (about 50-minutes). Then bake at 400° F for 40-50 minutes in preheated oven.

IRISH SODA BREAD

Hannelore Classen, Ellsworth

YIELDS: 1-loaf

4 c. flour
3 Tbsp. sugar
1 Tbsp. baking powder
1 tsp. salt
3/4 tsp. baking soda
1/2 c. raisins
1 c. fruitcake mix
6 Tbsp. margarine
2 eggs
1-1/2 c. buttermilk

In a large bowl, mix the dry ingredients, including raisins and fruitcake mix. Cut in margarine.

In a small bowl, beat eggs slightly; remove 1-tablespoon and reserve.

Stir buttermilk into eggs. Stir this into flour mixture just until flour is moistened (sticky dough).

Turn onto well-floured board. Knead about 10-strokes to mix.

Shape into ball and place in 2-quart casserole dish. In center, cut a 4-inch cross about 4-inches deep. Brush with reserved egg.

Bake the bread at 350° F for about 80-minutes or until a toothpick inserted comes out clean.

Cool the dish on a wire rack for 10-minutes.

Remove from casserole dish and cool completely on a wire rack.
SWEET POTATO BISCUITS

This recipe is a favorite of diners at the famous City Tavern in Philadelphia.

Virginia Ruth, Mt. Desert  
YIELDS: 12 biscuits

3/4 c. mashed sweet potato (1 large sweet potato)  
2-1/2 c. flour  
1/4 c. brown sugar  
1 Tbsp. baking powder  
3/4 tsp. salt  
3/4 tsp. cinnamon  
1/2 tsp. ground ginger  
1/2 tsp. allspice  
1/2 c. butter  
1/2 c. milk  
1/2 c. pecans, chopped

Preheat oven to 450° F.  Cook one large sweet potato in water until tender.  Mash potato and set aside to cool.

Measure flour, brown sugar, baking powder, salt, cinnamon, ginger and allspice into a mixing bowl.  Cut butter into small pieces.  Add to the dry ingredients.  Combine milk with potato and add to the mixture.  Add pecans.

Knead the mixture until it is a smooth mass of dough.  Roll the dough to 1/2-inch thickness on a floured surface.  Cut out 2-inch round circles with cookie cutter.  Place the biscuits on greased cookie sheet, leaving 2-inches between them.

Bake the biscuits at 450° F until lightly brown (about 10-15 minutes).  Cool on a baking rack.

BAKEWELL APPLE MUFFINS

I have used this recipe with other fruit such as raisins, blueberries or cranberries.

Fran Raymond, Hulls Cove  
YIELDS: 12-muffins

2 c. flour  
1 tsp. salt  
1 tsp. baking soda  
1/4 c. sugar  
1 tsp. cinnamon  
1/4 tsp. nutmeg  
2-1/2 tsp. Bakewell Cream  
1 egg, beaten  
1 c. milk  
1/3 c. oil  
1/2 c. apple, chopped  
2 Tbsp. brown sugar

Sift flour, salt, baking soda, sugar, cinnamon and nutmeg into bowl.  Make hole and add cream, egg, milk and oil.  Stir batter as little as possible.

Mix apple and brown sugar together and add to batter.  Put into greased muffin pans.

Bake the muffins at 400° F for 20-minutes.
Waffles, Pancakes, French Toast

CHOCOLATE WAFFLES
*A favorite of our family, especially for holidays.*

_Ruth Cary, Mt. Desert_  
*YIELDS: 4*

1/2 c. butter
7/8 c. sugar
2 sq. of unsweetened chocolate
2 eggs, beaten
1/4 tsp. salt
1-1/4 c. of flour
1 tsp. vanilla

1 pint or more of vanilla ice cream for topping

Melt butter and chocolate in microwave.

Add sugar to mixture. Add beaten eggs. Add remaining ingredients and mix well.

Waffles can be made ahead.

NOTES: When ready to serve, cook in waffle iron (careful as they burn easily).

Serve quartered and topped with vanilla ice cream. It is a little tricky until you figure out how much dough to put in waffle iron and how long to cook but we feel it’s well worth the effort.

WHISKEY PANCAKES

_This recipe comes from an inn, now closed, in the Yorkshire Dales where the host gave out a few of his favorite recipes after he closed._

_Bob Cawley, Mt. Desert_  
_SERVES: 2_

**PANCAKE**

1 c. flour
3 Tbsp. sugar
1 egg beaten
3/4 c. milk

Whipped cream or ice cream (optional)

**SAUCE**

3 oz. butter
4 oz. sugar
Two oranges
1/2 c. orange juice
1 good size glass of whiskey

Mix all pancake ingredients (except whipped cream) and cook the pancakes. Fold pancakes in half; place them in a shallow baking dish.

For the sauce, blend the butter when melted and dissolve the sugar. Grate very small pieces of orange rind. Break up the orange sections into pulp and add both to the butter sugar mix. Then add the orange juice and whiskey.

Pour the completed sauce over the pancakes in the baking dish. If it at first seems too liquid, it will be absorbed (add more juice if it seems too dry before serving time).

Warm the pancakes in the oven before serving. Serve with whipped cream (or ice cream).
BLUEBERRY STUFFED FRENCH TOAST

Marjorie Dole, Trenton

SERVES: 12

FRENCH TOAST
12 slices homemade bread, crusts removed and cubed
16 oz cream cheese, cubed
2 c. milk
1/3 c. maple syrup
10 eggs
1 c. blueberries

SAUCE
1 c. water
2 Tbsp. Cornstarch
2 c. blueberries (divided)
1 Tbsp. Butter
1 c. sugar
Dash of cinnamon

Fresh lemon twist (garnish)

Grease a 9-inch by 13-inch bake pan. Place half the bread cubes in the bottom.

Distribute cubed cream cheese over the bread. Spread the blueberries over cream cheese. Place remaining bread on top.

Beat eggs, syrup and milk together. Pour the mixture over the bread and cheese. Cover with aluminum foil and refrigerate overnight.

Preheat oven to 350° F. Bake for 30-minutes. Remove foil and bake for another 30-minutes.

For the sauce, mix water, sugar, cornstarch and 1-cup blueberries in a heavy saucepan. Cook until thick. Add remaining berries, cinnamon and butter. Pour sauce over individual pieces, garnish with fresh lemon twist.
# Beef

## BEEF WITH MUSHROOM WINE SAUCE

_**Alice MacDonald Long, Bar Harbor**  
Serves: 6_

- 3 lb. lean beef, well-trimmed, 2-inch thick
- 1 lb. clean, firm mushrooms
- 2 Tbsp. butter
- 1/2 c. dry red wine
- 1 c. beef bouillon or beef stock
- 2 tsp. dried tarragon

**Pepper to taste**

Trim beef of all fat and cut into serving sizes. Set on rack in pan ready to go under broiler. Slice mushrooms and sauté in skillet until soft and dark. Set aside.

Peel and slice onion. Sauté until browned. Remove the onions and set aside. Add wine to the skillet and stir with a wire whisk. Cook until liquid is reduced by half. Add beef stock and stir. Add tarragon, mushrooms and onions. Remove from heat.

Broil the meat to medium rare. Quickly reheat the sauce to boil and pour over the meat. Garnish with parsley.

---

<table>
<thead>
<tr>
<th>Contents</th>
</tr>
</thead>
<tbody>
<tr>
<td>BEEF</td>
</tr>
<tr>
<td>BEEF WITH MUSHROOM WINE SAUCE .......................................................... 59</td>
</tr>
<tr>
<td>ALAMO CHILE ............................................................................................... 60</td>
</tr>
<tr>
<td>HAWAIIAN GINGER BEEF STIR-FRY ............................................................. 62</td>
</tr>
<tr>
<td>TERIYAKI STEAK ........................................................................................... 63</td>
</tr>
<tr>
<td>CHICKEN ........................................................................................................ 64</td>
</tr>
<tr>
<td>GREEN ENCHILADAS ....................................................................................... 64</td>
</tr>
<tr>
<td>CHICKEN DIJON .............................................................................................. 65</td>
</tr>
<tr>
<td>SOUR CREAM AND CHICKEN ENCHILADAS .................................................. 66</td>
</tr>
<tr>
<td>LAMB ................................................................................................................. 67</td>
</tr>
<tr>
<td>BARBECUED LAMB PROVENCALE ................................................................... 67</td>
</tr>
<tr>
<td>PORK .................................................................................................................. 68</td>
</tr>
<tr>
<td>EGGS MORNAY ............................................................................................... 68</td>
</tr>
<tr>
<td>ROAST PORK BURGUNDY ............................................................................... 69</td>
</tr>
<tr>
<td>LINDA'S 1-2-3-4-5 CHINESE SPARERIBS .................................................. 70</td>
</tr>
<tr>
<td>SEAFOOD .......................................................................................................... 71</td>
</tr>
<tr>
<td>CRABMEAT QUICHE ......................................................................................... 71</td>
</tr>
<tr>
<td>MAINE CRAB CAKES A LA MARYLAND ......................................................... 72</td>
</tr>
<tr>
<td>CRAB CASSEROLE ........................................................................................... 73</td>
</tr>
<tr>
<td>CRAB AU GRATIN .......................................................................................... 73</td>
</tr>
<tr>
<td>CRABMEAT, SHRIMP, SCALLOP CASSEBOLE ............................................... 74</td>
</tr>
<tr>
<td>FLOUNDER STUFFED WITH CRABMEAT ...................................................... 75</td>
</tr>
<tr>
<td>MOSSELEN-MUSSELS-KORNEL &amp; JETTY'S WAY ........................................... 76</td>
</tr>
<tr>
<td>BAKED SALMON ............................................................................................. 77</td>
</tr>
<tr>
<td>CITRUS MARINATED SALMON STEAKS ....................................................... 77</td>
</tr>
<tr>
<td>POACHED SALMON AND MAIONNAISE ....................................................... 78</td>
</tr>
<tr>
<td>SCALLOPED SCALLOPS .................................................................................. 80</td>
</tr>
<tr>
<td>THAI SCALLOPS AND NOODLES .................................................................. 81</td>
</tr>
<tr>
<td>SHELLFISH LINGUINE ................................................................................... 82</td>
</tr>
<tr>
<td>SHRIMP, RICE CASSEBOLE ......................................................................... 83</td>
</tr>
<tr>
<td>EASY FISH ....................................................................................................... 83</td>
</tr>
<tr>
<td>DIJON TROUT ................................................................................................. 84</td>
</tr>
<tr>
<td>VEGETARIAN ................................................................................................... 85</td>
</tr>
<tr>
<td>RACLETTE ...................................................................................................... 85</td>
</tr>
<tr>
<td>FRUIT LUKSHEN KUGEL ............................................................................... 86</td>
</tr>
<tr>
<td>CAULIFLOWER GRATIN WITH TOMATOES AND FETA ................................. 88</td>
</tr>
<tr>
<td>STUFFED PUMPKIN ....................................................................................... 89</td>
</tr>
<tr>
<td>CHILE AND CHEESE RICE .......................................................................... 89</td>
</tr>
<tr>
<td>HEARTY VEGETABLE LASAGNA ................................................................. 90</td>
</tr>
<tr>
<td>CHEESE AND SPINACH MANICOTTI ............................................................ 91</td>
</tr>
<tr>
<td>NONAME PASTA DISH .................................................................................... 92</td>
</tr>
</tbody>
</table>
ALAMO CHILE

Ken Cochrane, Mt. Desert

SERVES: 6 to 8

3 – 4 Tbsp. olive oil

1 lb. coarse ground chuck

1 lb. bite-size round steak

1 Tbsp. Paprika

1 lb. dry chili or red kidney beans
(or 30 to 45 oz. can chili beans and liquid)

4 Tbsp. (heaping) chili powder

1 tsp. cumin powder

Several dollops Tabasco sauce
(or a few shakes of crushed red pepper)

4 cloves garlic, thinly sliced

1/2 c. ketchup

7 – 8 dollops Worcestershire

2 Tbsp. salt (or 1-2 tsp. if using canned beans)

Alamo Chili was the star attraction at the Alamo Restaurant in mid-town Manhattan. According to Jane and Michael Stern, authors of Road-food, Square Meals and American Gourmet, the Alamo served the only decent bowl of "red" in Manhattan. Sorry to say, the Alamo Restaurant is extinct. This is not a total loss, because Alamo Chili lives on, in the memories and recipe files of those who needed a Monday wake-up call after a big-time weekend. Washed down, of course, with a couple bottles of Dos Equis. "Gracias, amigo!" to my friend Mike DeLesseps who was given the recipe by the owners and passed it on after the Alamo surrendered.

Heat a large skillet. Coat with the olive oil and add the meat to brown.

Transfer browned meat to a large pot. Sprinkle the meat with paprika, add the beans with their liquid, chili powder, cumin, red pepper or Tabasco, garlic, ketchup, Worcestershire sauce, salt, and enough water to barely cover. Stir until well mixed. Bring to a low boil, reduce heat, cover the pot and simmer for about 2-hours. Allow the chili to cool, then place in refrigerator overnight.

When chili is cold, skim any grease. Before serving, simmer chili about 1-hour, tasting to correct seasoning. Remove "soupiness" if any by stirring in 2 to 3 tablespoons of flour that has been mixed in a little of the chili liquid until smooth.

Suggested garnishes are finely diced onion and grated cheddar. You should have crushed red pepper on the table for macho types. Mexican beer is the beverage of choice.

NOTES: Wait at least a day before serving.
**HAWAIIAN GINGER BEEF STIR-FRY**

*Marjorie Dole, Trenton*  
SERVES: 4

- 1/2 c. orange juice
- 1 Tbsp. teriyaki sauce
- 2 tsp. cornstarch
- 3 – 4 Tbsp. olive oil
- 1 lb. beef sirloin, cut in bite-sized strips
- 2 cloves garlic, put through press
- 2 c. red, yellow or green bell pepper, slivered
- 4 green onions, cut into 1-inch pieces
- 1 large piece fresh ginger, put through garlic press
- 1-1/2 c. firm-ripe mango, peeled and cubed

In a small bowl, stir together orange juice, teriyaki sauce and cornstarch. Set sauce aside.

In a wok or large skillet, heat olive oil. Stir-fry beef with garlic for 2 to 3-minutes.

Remove meat and garlic from the pan. Add more oil if needed.

Stir-fry bell pepper, onion and ginger for 2-minutes. Remove from pan.

Stir-fry the fruit for 1-minute. Remove from pan.

Stir sauce again. Pour sauce into skillet. Cook and stir until thickened and bubbly.

Add meat, vegetables and fruit back to skillet. Cover and heat through for 1 to 2-minutes.

---

**TERIYAKI STEAK**

*Virginia Ruth, Mt. Desert*  
SERVES: 4

**TERIYAKI SAUCE**

- 3/4 c. Kikkoman Soy sauce
- 1 clove garlic, minced
- 5 Tbsp. sugar
- 1 Tbsp. sake
- 1 tsp. fresh ginger, grated

**STEAK**

- 8 tsp. Montreal Steak McCormick Seasoning (optional)
- 8 Tbsp. Teriyaki Sauce
- 4 New York Strip Steaks (3/4-inch thick)

Mix all sauce ingredients in a small saucepan. Bring mixture nearly to a boil, watching that it doesn't boil over. Simmer for 10-minutes. Allow sauce to cool. Pour mixture through fine strainer into a container. You can keep this for several months in the refrigerator.

For the steak, mix together Montreal Steak seasoning and Teriyaki sauce in a plastic zip-lock bag. Toss with steak. Allow meat to marinade for 1-hour or longer in refrigerator. Remove meat from marinade. Grill steaks to your desired doneness.
GREEN ENCHILADAS

Adapted from a Martha Stewart recipe.

Patti Wharton, Seal Cove            SERVES: 6

2 lb. boneless chicken breasts
4 Tbsp. unsalted butter
1 large white onion, peeled and finely chopped
2 packs fresh spinach, well washed
3 c. sour cream (or half "lite" sour cream and half yogurt)
8 oz. can green chiles, drained and chopped
1 tsp. ground cumin
1/4 c. milk (can omit if using yogurt and "lite" sour cream)
Salt to taste
15 flour tortillas
8 oz. Monterey Jack cheese, grated (save some for sauce if you wish)

Poach the chicken breasts in a small skillet or saucepan with water to cover until done, 15 to 20 minutes. Remove from water, cool slightly, and shred into small, bite-size pieces. Set aside.

In a small skillet, melt the butter and sauté the onion until tender, about 5-minutes.

Preheat oven to 350°F. Lightly butter a large casserole.

Steam the spinach in a steamer or colander. Drain, reserving 1/2 cup of the cooking liquid. Let the spinach cool slightly; chop coarsely.

Combine the onion, spinach, sour cream, chiles, cumin, reserved spinach liquid and milk; mix well and season to taste. Add some cheese if you wish.

Add half the sauce to the shredded chicken and mix well.

Place the tortillas in the oven to soften (about 3 minutes) and remove. Fill the tortillas with equal amounts of filling and roll up.

Place the rolled tortillas seam side down in one layer in the prepared casserole. Cover with half the grated cheese and top with the remaining sauce; sprinkle on the remaining cheese.

Bake until heated through, about 30 minutes.

CHICKEN DIJON

Kathy Applewhite, Bar Harbor            SERVES: 4 to 8

8 boneless chicken breasts, cut in pieces
1 can Campbell Cream of Celery Soup
2/3 c. water
1 Tbsp. Dijon-style mustard
1/8 tsp. pepper
16 oz. sour cream

Wash chicken, cut into small pieces and put it in a large baking dish.

Combine rest of ingredients and pour it over the chicken.

Cover with foil and bake at 350°F for 1-1/2 hours. Serve over rice, if desired.
SOUR CREAM AND CHICKEN ENCHILADAS

This has been a favorite in our family for years. It is easy to make, delicious and can be made ahead.

Fran Raymond, Hulls Cove  
SERVES: 8 to 10

- 2 cans cream of chicken soup
- 2 c. diced, cooked chicken or turkey
- 4 oz. can green chiles, chopped
- 1 pt. sour cream
- 5 green onions, chopped
- 1-1/2 c. grated cheese (Cheddar, Colby or Jack)
- 8 – 10 flour tortillas

Mix soup, chicken, chilies, sour cream and green onions together.

Add 1-cup of the grated cheese.

Fill each tortilla with approximately 2-tablespoons of filling mixture. Roll up and place side by side in greased 9-inch by 13-inch baking pan.

Spread remaining filling over top of all and top with remaining shredded cheese.

Bake at 350 degrees for 30-minutes or to bubbly stage with cheese melted, not brown.

NOTES: This may be made ahead and refrigerated or frozen (before baking) for later use.

BARBECUED LAMB PROVENCALE

This recipe comes from our friend, Brenda Townley of Eglwysbach, Wales, and is always a hit!

Betty and Dick Crawford, Mt. Desert  
SERVES: 6 to 8

- 6 cloves garlic, finely chopped
- 6 Tbsp. finely chopped parsley
- 6 Tbsp. breadcrumbs
- 1/4 lb. butter
- Juice of 1 lemon
- Salt and pepper to taste
- 1 leg of lamb (7 lbs.)

Make a smooth paste of finely chopped garlic, parsley, breadcrumbs, butter and lemon juice and season to taste with salt and pepper.

Wipe lamb with damp cloth and spread with this paste, pressing it well in so seasonings does not fall off during cooking. Allow flavor to penetrate for 1-hour.

Start fire at least 1-hour before cooking time to have bed of ash-gray coals to cook over. Balance lamb on spit, roast for 1-1/2 to 2 hours for leg of lamb to be pink and juicy. You may cook it longer if you like it less rare.

Allow meat to rest on spit for 10-minutes to retain juices.

NOTES: The lamb may be roasted on a rack in moderate oven 15-20 minutes per pound at 400° F for 30-minutes, then reduce to 325° F.
**Pork**

**EGGS MORNAY**

*C. Keith Martin*  
SERVES: 6 to 8

EGGS

- 8 eggs, hard cooked
- 4 oz. ham, packaged cooked & sliced
- 4 oz. mushrooms, sliced, fresh or canned & drained
- 6 English muffins, sliced
- 1/2 c. Seasoned breadcrumbs

SAUCE

- 1 c. shredded cheddar cheese
- 1/4 c. butter, melted
- 1 tsp. salt
- 1 – 2 Tbsp. prepared mustard
- 1 c. thick & chunky salsa

Created for a 7:30 AM church breakfast for 24 (triple the recipe). May be prepared for baking the previous day and refrigerated until the Footloose Friends begin to arrive for lunch.

Combine sauce ingredients, as in a white sauce: melt butter; blend in flour & salt. Add milk, then mustard, salsa and cheese.

Layer sliced eggs in ungreased 9-inch by 13-inch baking dish. Cover with ham, cut into bite size.

Sprinkle mushrooms across top. Pour sauce over all. Top with seasoned breadcrumbs.

Bake at 325° F until hot and bubbly (approximately 30-minutes). Serve over English muffin halves.

---

**ROAST PORK BURGUNDY**

*Sue Clark, Southwest Harbor*  
SERVES: 8 to 10

5 lb. boneless loin of pork  
1 clove garlic, halved
1/2 tsp. paprika  
2 c. chopped onions
1 c. chopped leeks
8 carrots, peeled and cut
1 bay leaf, crushed  
1/2 Tbsp. rosemary
1 tsp. ground coriander
3 sprigs of parsley, minced
Salt and pepper to taste
1 fifth Burgundy wine  
1/4 cup flour
1/2 c. beef broth  
1/4 tsp. nutmeg
2 Tbsp. butter, softened

Rub the pork loin with the garlic and paprika; place in a deep bowl or big plastic zip bag. Add the onions, leeks, carrots, bay leaf, rosemary, coriander, parsley, salt, pepper and wine; cover and refrigerate for 24-hours, turning occasionally.

Remove meat from marinade. Strain the liquid and reserve both the liquid and the vegetables.

Sear the meat in a Dutch oven on moderate to high heat, browning on all sides. Roast, fat side down, uncovered at 400° F for 30-minutes.

Pour off the fat, turn the loin to fat side up, scatter the vegetables around it, sprinkle with flour and roast uncovered 15-minutes longer. Add the marinade and broth, cover and roast an additional 60-minutes. Remove meat to warm platter and cover. Strain the liquid from the pot, skim off the fat, and pour into a saucepan. Cook over moderate heat 20-minutes. Add nutmeg and butter. Pour the sauce over the meat to serve.
LINDA'S 1-2-3-4-5 CHINESE SPARERIBS

*Barbara Rappaport, Bar Harbor*  
SERVES: 6

2 lbs. pork spare ribs, cut in 1-inch sections
1 Tbsp. sherry  
2 Tbsp. soy sauce
3 Tbsp. sugar  
4 Tbsp. vinegar
5 Tbsp. water

Place ribs in deep non-stick saucepan.

Add above ingredients and simmer about 1-1/2 hours.

Ribs should be a rich glazed dark brown, with most of liquid evaporated.

---

CRABMEAT QUICHE

*Sugar Fenton, Bar Harbor*  
SERVES: 6

Pastry for deep 9-inch pie plate
1-3/4 c. crabmeat
1 c. shredded Swiss cheese
1/4 c. finely chopped onion
4 eggs
2 c. cream or half and half
3/4 tsp. salt
1/2 tsp. sugar
1/8 tsp. Cayenne or red pepper

Prepare pastry and fit into plate, turning edge under and fluting rim at top. Prick pastry several times with fork and bake in hot oven at 425° for 5 minutes.

Remove from oven, cool slightly before adding quiche mixture.

Sprinkle crabmeat, cheese and onion evenly over cooled crust.

Beat eggs slightly; add cream, salt, sugar and Cayenne pepper. Mix well and pour into crust.

Bake the quiche 15-minutes at 425° F.

Reduce heat to 300° F and continue baking 30-minutes longer until knife inserted in center comes out clean.
MAINE CRAB CAKES A LA MARYLAND

Bettie Anne Gwynn, Mt. Desert

YIELDS: 6-small cakes

1 lb. crabmeat
1 slice of bread, torn into small pieces
1/2 tsp. prepared mustard
1 egg, well beaten
1 Tbsp. parsley, chopped
Salt and pepper to taste

Raised in Maryland, I grew up on my mother’s recipe for crab cakes made with Maryland blue crab. She always used “Lump or Jumbo” crab, the large, sweet body meat. Mother believed in using very little seasoning, as she felt the delicate flavor of crab could stand on its own.

When we moved to Maine in 1995, I was introduced to Maine crab cakes, made from the very fine body meat and usually served with a sauce. They are delicious, but I still buy the large, lump crab, which comes from the claw of Maine crabs to make my “Maine Crab Cakes a la Maryland”.

CRAB CASSEROLE

Fran Raymond, Hulls Cove

1 lb. Crabmeat
1-1/2 c. bread crumbs
2 hard boiled eggs, chopped
1 c. cheddar cheese, diced
1/2 tsp. salt
1/2 tsp. pepper
1/2 tsp. dry mustard
1/2 Tbsp. Worcestershire sauce
Dash Tabasco
1/4 c. butter, melted
1-1/2 c. milk

Mix all ingredients together. Place in greased casserole dish. Bake at 350° F for 35-40 minutes.

NOTES: You can also cook the recipe in scallop shells for about 15-minutes at 400° F.

CRAB AU GRATIN

Ruth Watson, Somesville

SERVES: 4 to 6

The total cooking time for this dish is 40-minutes.

3 Tbsp. butter
1/4 tsp. paprika
1/8 tsp. pepper
1 c. cheddar cheese, grated
1 Tbsp. Worcestershire sauce
1 lb. crabmeat
1/3 c. breadcrumbs

Melt butter in skillet and stir in flour, paprika, salt and pepper. Stir over low heat until smooth. Gradually add half-&-half and cook slowly until thickened. Add cheese and Worcestershire. Stir until cheese is melted. Add crabmeat. Place mixture in a greased baking dish and cover with breadcrumbs. Bake the crab mixture at 400° F for 20-minutes.
CRABMEAT, SHRIMP, SCALLOP CASSEROLE

This is an old family recipe.

Sugar Fenton, Bar Harbor  SERVES: 4 to 6

2 rolls Ritz crackers
1/2 lb. butter
1/2 lb. scallops
1/2 lb. shrimp
1 lb. haddock
1/2 pt. Sour cream
1 can celery or mushroom soup
Dash of wine

Crush half a box (2 rolls) of Ritz crackers. Sauté cracker crumbs in butter until golden brown. Chop scallops, shrimp and haddock (or any other combination of seafood totaling 2-pounds). Drop seafood into boiling water; when it starts to boil again, time it for 3-minutes. Drain.


FLOUNDER STUFFED WITH CRABMEAT

Alice MacDonald Long, Bar Harbor  SERVES: 6 to 8

1/4 c. onion
1/4 c. butter
3 oz. can mushrooms, drained (save juice)
6 – 8 oz. crabmeat
1/2 c. saltine cracker crumbs
2 Tbsp. fresh parsley, chopped
1/2 tsp. salt
8 flounder fillets (or sole)

SAUCE

3 Tbsp. butter  3 Tbsp. flour
1/4 tsp. salt  Milk (as needed)
1/3 c. dry white wine
1 c. shredded Swiss cheese  1/2 t. paprika

Sauté onion in butter until tender. Stir in drained mushrooms, crabmeat, cracker crumbs, parsley, salt and pepper.

Place flounder skin side down; spread mixture in middle of fish fillets. Bring both ends up and overlap. Put in 12-inch by 7-1/2-inch by 2-inch baking dish seam side down.

For the sauce, melt butter in saucepan. Blend in flour and salt. Add enough milk to mushroom juice to make 1-1/2 cups. Add wine and cook until thickened. Pour over fillets.

Bake 25-minutes at 400° F. Sprinkle cheese and paprika over fillets and return to oven for an additional 10-minutes.
MOSSELEN-MUSSELS-KORNEL & JETTY'S WAY

Ruth Cary, Mt. Desert  SERVES: Determined-by-Mussels

Mussels, de-bearded
1 large onion, chopped
3 cloves of garlic, minced
3 Tbsp. olive oil
1 or 2 stalks celery, chopped
2 carrots, chopped
2 fresh tomatoes, chopped and seeded
1/2 c. chopped parsley
Small amount of saffron (This is very important!)
1 c. white wine

The above ingredients do not have to be exact. Use as many mussels as you like. Scrub and scrape barnacles from mussels. Put in a pot large enough to hold them.

Sauté the onions and garlic in olive oil. Add celery and carrots. Cook until they begin to soften.

Add tomatoes, parsley, saffron and white wine. Pour over mussels.

Bring to a boil and cook for approximately 20-minutes. Stir occasionally. Discard unopened mussels.

Serve in rim soup bowls using broth from cooking. Serve with hearty bread.

BAKED SALMON

Barbara Rappaport, Bar Harbor  SERVES: 2

1 tsp. brown sugar
2 Tbsp. Soy sauce
1 Tbsp. (or more) finely chopped onion.
1-3/4 lb. salmon filet or 2 small steaks

Make marinade with sugar, soy sauce and onions. Pour marinade over salmon 30-minutes or more before cooking.

Oil a small baking pan, put salmon in (reserving marinade).

Bake at 425° F for about 20-25 minutes until salmon flakes with a fork.

While fish is cooking, boil marinade briskly about 5 minutes and pour over salmon before serving.

CITRUS MARINATED SALMON STEAKS

Sugar Fenton, Bar Harbor  SERVES: 4

1/4 c. frozen orange juice concentrate, thawed
1/4 c. lemon juice
1 Tbsp. vegetable oil
1/2 tsp. dill weed
1-1/2 lb. salmon steaks

In shallow dish, combine all ingredients except fish; blend well. Add salmon and marinate in refrigerator for 2-hours.

Grill salmon over medium heat until it flakes, basting with marinade frequently.
POACHED SALMON AND MAIONNAISE

*The fish is perfect for lunch served with a creamed soup and a salad.*

_Floy Ervin, Bass Harbor_

**One whole salmon**

*Water to cover*

*1 c. white wine*

*2 Tbsp. dill*

*1 tsp. salt (optional, salmon may be quite salty)*

*1 tsp. white pepper*

**Parsley**

*2 chopped onions*

Preheat your oven to 350° F. I have cooked the salmon with its head and tail and without. It depends on whether or not it will fit into the cooker. I recommend using a Roasting pan or fish poacher.

Place fish in pan and cover it with water and white wine. Add the dill, salt and pepper. You may want also to add some parsley and two chopped onions.

Put a lid on the cooker and cook it for 1-hour. If the fish is not done cook it some more. Overdone fish is to be avoided. When it is done take the fish out of the cooker. This is tricky, but if it is not over cooked, it will not fall apart.

Put all of the liquid into a saucepan and bring it to a rapid boil; cook until only 1/4 of the liquid is left. You might add the head and tail if you have cut them off. They will make the sauce tastier and will add some gelatin.

While the liquid is being reduced, remove the skin from your salmon. It comes off quite easily. Let the salmon cool.

When the sauce has been reduced strain it and spoon some of it over the cooled, skinned salmon. Place it in the refrigerator until the sauce has gelled.

Now you can decorate the salmon with radish flowers and hard boiled eggs or with whatever you think is fun.

Add another layer of the sauce and refrigerate.

You can repeat this process as often as you like, and decorate it as much or as little as your patience and time will allow.

Serve cold with mayonnaise.

**MAIONNAISE**

*1 egg*

*1 c. olive oil*

*1 Tbsp. vinegar or lemon juice*

*1 tsp. dry mustard or curry*

*1/2 tsp. of salt (optional)*

Use Electric blender, wire whisk, food processor or fork.

Put the egg, the vinegar, and the seasoning into the blender or a bowl with about 1/3 cup of olive oil. Beat it until it begins to thicken.

Add a little more olive oil until it thickens some more.

Keep repeating this process until the mayonnaise is completely thickened.
SCALLOPED SCALLOPS

Marjorie Dole, Trenton  
SERVES: 6

1-1/2 lbs. scallops, quartered  
1 Tbsp. lemon juice  
2/3 c. vermouth  
1 tsp. thyme  
10 peppercorns  
1/2 tsp. Mrs. Dash Classic Italiano seasoning

SAUCE

1/2 c. reduced scallop liquid  
3 Tbsp. butter  
3 Tbsp. flour  
2/3 c. light cream  
1/4 c. seasoned breadcrumbs

Marinate scallops in 1-tablespoon lemon juice for 1-hour.

Bring scallops, vermouth, thyme, peppercorns and Mrs. Dash seasoning to boil and boil exactly 2-minutes.

Drain, saving liquid.

Put scallops in casserole.

For the sauce, reduce liquid in which scallops were boiled to about 1/2 cup.

Put all ingredients together with scallops and cover with about 1/4 cup seasoned breadcrumbs with butter.

Bake the scallops at 350° for 20-minutes until bubbly.

THAI SCALLOPS AND NOODLES

Alice MacDonald Long, Bar Harbor  
SERVES: 6

1 lb. scallops  
8 oz. salad dressing  
2 Tbsp. peanut butter  
1 Tbsp. soy or tamari  
1 Tbsp. honey  
1 tsp. ginger  
1/2 tsp. red pepper  
8 oz. Angel hair pasta  
2 Tbsp. salad oil  
1 Tbsp. oriental sesame oil  
1 medium carrot, shredded  
1 c. chopped green onions  
2 Tbsp. chopped fresh cilantro

Mix Scallops with 1/3 cup salad dressing. Cover and refrigerate for 1-hour.

Mix peanut butter, soy, honey, ginger, red pepper and remaining salad dressing with fork. Set aside.

Prepare pasta according to package instructions.

In a 4-quart saucepan, heat oil and sesame oil until very hot. Cook carrots 1-minute.

Drain off oil from scallops. Add scallops and green onions to carrots. Cook 3-minutes until scallops are done.

Toss hot pasta with peanut butter mixture, scallops and cilantro.
SHELLFISH LINGUINE

This recipe can be made with any mixture of shellfish, so you can adapt the quantities.

Virginia Ruth, Mt. Desert  SERVES: 4

1 lb. small clams  1 lb. mussels
4 oz. small squid, cleaned  4 Tbsp. olive oil
2 cloves garlic, minced
1/4 tsp. crushed red pepper  8 oz. dry white wine
28 oz. can plum tomatoes, chopped with juice
1-1/2 tsp. dry oregano  1-1/2 tsp. dry basil
1/4 tsp. salt  8 oz. raw shrimp
2 Tbsp. parsley, chopped  1 lb. linguine pasta

Scrub clams and mussels with a stiff brush. Discard clams, mussels if the shells are broken, or if when tapped the shell does not close. Place clams in a small pan with a little water. Heat pan over low heat and cook just until clamshells open. You don’t want sand from the clams getting into your pasta.

Cut the squid sacks into rings. Cut the tentacles in half. Heat oil in a large pan and add garlic and crushed red pepper. Cook garlic for 30-seconds. Add wine, tomatoes with juice, oregano, basil and salt. Bring tomato and wine mixture to a boil. Add squid and shrimp. Reduce heat to medium and cook for 5-minutes. Remove squid and shrimp from pan and set them aside.

Again, bring the wine and tomato mixture to a boil. Add mussels, cover pan with lid and cook until mussel shells open (about 3-5 minutes).

Cook pasta following package instructions and drain well. Mix pasta with squid, shrimp, mussels, parsley, wine and tomato mixture. Serve with grated Locatelli cheese.

SHRIMP, RICE CASSEROLE

Ruth Watson, Somesville,  SERVES: 4

1 c. chopped onion
1 small can mushrooms
2 Tbsp. butter  1 c. cooked rice
1 lb. cooked Maine shrimp  1 can shrimp soup
1/4 c. milk  1 Tbsp. steak sauce

Sauté onions and mushrooms in butter.

Place the rice, shrimp, mushrooms and onion in 1-1/2 quart casserole. Dilute soup with milk and add with steak sauce to mixture.

Bake at 400° F for 15-20 minutes.

EASY FISH

Haddock is especially good to use with this recipe.

Ruth Cary, Mt. Desert  SERVES: 4

1/4 tsp. salt  1/2 tsp. pepper
1 tsp. lemon juice  1-1/2 lb. haddock
1/4 c. sour cream  1/4 c. mayonnaise
4 tsp. Dijon mustard
1 tsp. dried onion flakes  Parmesan cheese

Put salt, pepper and lemon juice on fish.

Mix first sour cream, mayonnaise, mustard and onion together and pour over fish. Sprinkle fish with Parmesan cheese.

Bake fish at 500° F for 15-minutes. Watch carefully to avoid overcooking.
DIJON TROUT

Marjorie Dole, Trenton
SERVES: 6

6 oz. trout filets (or flounder or snapper) per person
1 lb. fresh spinach
2 Tbsp. butter
2 cloves chopped garlic

DIJON MIXTURE

1-1/2 Tbsp. Dijon mustard
1 c. Chablis wine
1 c. heavy cream
1 tsp. each sage and basil
1/2 tsp. black pepper
1 tsp. lemon juice
1 tsp. Mrs. Dash Classic Italiano seasoning

Combine ingredients for Dijon mixture.

Poach fish for about 8-minutes (or broil if desired). While fish is cooking, sauté spinach lightly in butter and garlic. Remove spinach from pan and spread on dinner plates.

Add Dijon mixture to sauté pan. Cook over medium heat until sauce is slightly thickened. Lay fish on top of spinach and pour sauce over all.

Vegetarian

RACLETTE

Bob Cawley, Mt. Desert
SERVES: 3 to 4

1 lb. Raclette cheese
2 lbs. very small white potatoes
1/4 c. pickled tiny onions
8 small pickles
8 tomato slices
8 canned pear slices

The potatoes are boiled and available on the table.

The cheese is cut into slices about 1/4-inch thick and about 3-inches square.

Place, if possible, a slice for each diner on a Teflon pan under the broiler and heat until cheese is soft and runny.

Scrape a piece onto each diner's plate over the broken-up small potatoes. Repeat this step until all diners have sufficient cheese.
FRUIT LUKEHSEN KUGEL

This Fruit Noodle Pudding may be prepared the previous day and refrigerated until baking.

C. Keith Martin_SERVES: 8 to 10

4 eggs, beaten
1/2 c. honey (or granulated sugar)
6 Tbsp. butter, melted (or margarine)
1 tsp. vanilla extract
1/2 tsp. salt
12 oz. egg noodles (medium width), cooked & drained
Cinnamon
1/2 c. chopped pecans

NUTS and FRUIT MIXTURE: Choose one of the following fruit options and add the fruit to pecans.

Dried fruits: 1/2 c. each raisins, apricots, Craisins, prunes, or other dried fruits

Fresh fruits: 2 thin sliced apples or pears, sprinkled with 2 Tbsp. lemon juice

Canned fruits, drained: 1 c. each sliced pears, crushed or chunked pineapple, Mandarin orange segments or other canned fruits

KUGEL TOPPING

1/4 c. crumbs (bread, graham cracker, or Ritz)
1 tsp. cinnamon
1 Tbsp. brown sugar
2 Tbsp. melted butter

Preheat oven to 350° F. Grease 9-inch by 13-inch baking dish.

Beat together eggs, honey, butter, vanilla and salt. Stir in cooked noodles. Add the nuts and fruit mixture. Pour into prepared pan. Sprinkle with cinnamon.

Just before baking, sprinkle the optional KUGEL TOPPING on top of Kugel & drizzle with melted butter.

Cover with foil and bake 50-minutes. Uncover and bake an additional 20-minutes, until golden brown.

NOTES: This Fruit Noodle Pudding was adapted from a Kosher Gourmet Cookbook. For a fluffier Kugel, increase eggs to six.

For lower cholesterol Kugel, reduce whole eggs to two and add four egg whites. If desired, reduce honey to 1/4 cup and butter to 1/4 cup.
CAULIFLOWER GRATIN WITH TOMATOES AND FETA

This is a very good, complex, zingy dish I learned from my son-in-law, Jeff.

Peggy Forster, Salisbury Cove

SERVES: 2

2 – 3 Tbsp. olive oil
2 garlic cloves, chopped
1/8 tsp. ground cinnamon
5 fresh tomatoes, peeled, seeded, and diced (or one 15-ounce can diced tomatoes)
1 tsp. honey
2 – 4 oz. crumbled feta
Finely chopped parsley

Salt and freshly milled pepper

Preheat the broiler and lightly oil a gratin dish. Heat the oil in a 10-inch skillet over medium heat. Add the onion, garlic, oregano, and cinnamon and cook until the onion is wilted, about 5-minutes. Add the tomatoes; cook for 7-minutes more, then add the honey, capers and season with salt and pepper.

Slide the mixture into the dish. Meanwhile, steam the cauliflower for 5-minutes. Set it on the sauce and season with salt and pepper. Squeeze the lemon juice over the top and add feta.

Place 5 to 6 inches under the broiler until the sauce is bubbling and the cheese is beginning to brown. Garnish with parsley (or don't). If you are assembling the gratin ahead of time, cover and bake it at 400° F until bubbling, about 20-minutes, then brown under the broiler. Yummy.

STUFFED PUMPKIN

Marjorie Dole, Trenton

SERVES: 10

1 large Eggplant, sliced without peeling
6 scallions
1/4 c. green pepper, diced
1/4 c. mushrooms, diced
1 baking pumpkin, 14-inch diameter
Salt and pepper
Orange rind, grated
1/4 c. Bacon bits
1 Tbsp. Worcestershire sauce
1-1/3 c. cooked kidney beans
1/2 c. roasted pumpkin seeds
1 c. rice
1/3 c. sunflower seeds
1/4 c. dried parsley

Sauté eggplant, scallions, carrots, green pepper and mushrooms in olive oil. Put everything in the hollowed-out pumpkin. Bake pumpkin for 1-hour or so at 350° F. Leave the lid on while baking.

CHILE AND CHEESE RICE

Margot Haertel, Southwest Harbor

SERVES: 6 to 8

1 c. cooked long grain rice
1-1/2 c. sour cream
4 oz. can diced green chiles
1/2 lb. shredded jack cheese

To cooked rice, add chiles, sour cream and 1-1/2 cups cheese.

Turn mixture into greased 1-1/2 quart casserole. Top with the remaining cheese.

Bake uncovered at 350° F for 30-minutes.
HEARTY VEGETABLE LASAGNA
This is an updated, healthier version of a traditional Christmas Eve dinner.

Joan Bromage, Mt. Desert SERVES: 8 to 10

- 1 lb. lasagna, cooked as package directs
- 1 lb. sliced, fresh mushrooms
- 3/4 c. each chopped green bell pepper and onion
- 3 cloves garlic, chopped
- 2 Tbsp. vegetable oil
- 2 (26 oz.) jars pasta sauce
- 1 tsp. each dried basil and oregano leaves
- 15 oz. ricotta cheese
- 16 oz. shredded mozzarella cheese
- 2 eggs
- 1/2 c. grated parmesan cheese

Preheat oven to 350° F. In large saucepan, over medium-high heat, cook mushrooms, green pepper, onion and garlic in oil until tender.

Stir in sauce, basil, oregano. Bring to boil; reduce heat and simmer 15-minutes.

Mix ricotta, 2-cups mozzarella and eggs. Spread 1-cup sauce in greased 4-1/2 quart casserole dish.

Layer, half each, the lasagna, ricotta mixture, remaining sauce, and then Parmesan cheese. Repeat layering; top with remaining 2-cups mozzarella.

Bake uncovered 40-minutes or until bubbly.

Let stand 15-minutes. Refrigerate leftovers.

CHEESE AND SPINACH MANICOTTI

Peggy Forster, Salisbury Cove SERVES: 4 to 6

- 8 c. of your favorite spaghetti sauce
- 2 lb. cottage cheese or ricotta (drain if soupy)
- 1/4 lb. grated mozzarella cheese
- 1/2 c. Parmesan cheese
- 2 eggs
- 1 c. chopped, cooked and squeezed dry spinach (1 box frozen)
- 1/4 c. dry seasoned bread crumbs
- 1/2 tsp. basil
- Dash pepper
- Dash nutmeg
- 12 to 16 manicotti noodles (raw, not cooked)
- 1 lb. sliced mozzarella cheese

Combine cheeses, eggs, spinach, breadcrumbs, basil, pepper, and nutmeg and stuff mixture into manicotti noodles.

Spread about 1/3 of spaghetti sauce in a 9-inch by 12-inch baking dish.

Arrange stuffed manicotti in pan and cover with remaining sauce. Bake covered at 350° for 45-minutes.

Uncover and top with 1-pound thin sliced mozzarella cheese.

Bake 5 to 10 minutes more to melt cheese.

Back in the 1970's, Peter Christian's Restaurant was THE hot spot in Hanover, New Hampshire. There were always long lines of folks waiting outside to be seated, even in the depths of winter. Times change: PC's is long gone, but the memories and recipes linger on. This dish is very simple but amazingly yummy.
NONAME PASTA DISH

Ruth Cary, Mt. Desert

SERVES: 3

1-1/2 tsp. olive oil
1/2 c. thin pasta such as Capillini broken into 1/2-inch
2/3 c. onion, chopped
1 c. Bulgur wheat
2 c. chicken broth
1/4 tsp. salt

Freshly ground black pepper to taste, be generous
1/3 c. freshly chopped basil or 2 Tbsp. dried basil
3/4 c. chick peas (Garbanzo)
1/4 to 1/2 c. English walnuts (optional)

Heat the oil in a deep saucepan (or electric skillet) with a tight fitting cover. Add uncooked pasta and cook over medium heat, stirring constantly until pasta is golden brown.

Add onion and Bulgur wheat. Cook 1 to 2 minutes continuing to stir.

Add everything except walnuts and bring to a boil. Reduce heat to very low, cover and simmer 20-minutes. Stir occasionally.

When nearing 20-minutes, add walnuts if planning to use them.
Vegetables and Sauces

Contents

VEGETABLES ................................................................. 95
OLD FASHIONED BAKED BEANS ........................................... 95
SPINACH AND BROCCOLI CASSEROLE .................................. 95
BRUSSELS SPROUTS SUPREME ............................................ 96
MUSHROOM SOUFFLE ....................................................... 97
POTATO AU GRATIN .......................................................... 98
HERB-ROASTED POTATOES ............................................. 99
GERMAN POTATO SALAD ................................................ 100
SCALLOPED CORN .......................................................... 100
SAUCES .......................................................... 101
CRANBERRY CHUTNEY .................................................... 101
CHERRIED CRANBERRIES .............................................. 102
XYZ SALSA VERDE ........................................................ 102

Vegetables

OLD FASHIONED BAKED BEANS
Fran Raymond, Hulls Cove  SERVES: 12

2 lbs. dried beans (navy, pea, or your choice)
1/2 c. sugar    1 tsp. salt
2 Tbsp. dry mustard    1/2 c. molasses
1/4 lb. salt pork, sliced    2 onions (optional)

Soak beans in water overnight. Parboil 10-minutes in fresh water. Drain. Put onions, sliced in half in bottom of bean pot. I use a cast iron Dutch oven. Add beans and salt pork on top. Put sugar, salt, mustard and molasses in a cup and fill with hot water. Stir and pour over beans. Add enough water to cover beans. Cover the pot, bake all day at about 200° F. Don't stir, and don’t boil. Add more water if needed. Enjoy!

SPINACH AND BROCCOLI CASSEROLE
Margaret Everly, Mt. Desert  SERVES: 10 to 12

2 (10-oz.) pkg. frozen spinach, chopped
2 (10-oz.) pkg. frozen broccoli, chopped
1 pt. sour cream
1 envelope dry onion soup mix
1 c. Cheddar cheese, grated

Cook spinach and broccoli together following package directions. Drain well. Mix sour cream and onion soup together. Stir sour cream mixture into the vegetables. Place in a 9-inch x 13-inch greased baking dish and top with grated cheese. Bake the casserole at 325° F for 40-minutes.
**BRUSSELS SPROUTS SUPREME**

**Carol J. Martin, Sherwood Forest, MD**  
SERVES: 5 to 6

- 16 oz. pkg. Brussels sprouts
- 1/2 c. dry breadcrumbs
- 2 Tbsp. butter or margarine
- 1 c. sour cream
- 1/4 c. mayonnaise or salad dressing
- 1/4 c. grated Parmesan cheese

Cook the Brussels sprouts according to package directions. Drain.

Brown the breadcrumbs in butter using a small skillet.

Mix remaining ingredients together and toss with Brussels sprouts. Sprinkle crumb mixture over top.

---

**MUSHROOM SOUFFLE**

This dish should be made the day before and refrigerated.

**Ruth Cary, Mt. Desert**  
SERVES: 6 to 8

- 1/2 cup chopped onion
- 1/2 c. chopped celery
- 1/2 c. chopped red sweet pepper
- 3 c. buttered bread cubes
- 1 lb. mushrooms, sliced
- 2 eggs
- 1 c. milk
- 1/2 c. mayonnaise
- 1 tsp. salt
- 1/4 tsp. pepper
- 1 can cream of mushroom soup
- Wheat germ or buttered bread crumbs (optional)

Sauté onion, celery and sweet pepper together. Cover bottom of casserole with part of buttered bread cubes.

Layer the casserole with part of onion mixture. Top with mushrooms. Add remaining onion mixture. Top with remaining buttered bread cubes.

Beat together eggs, milk and mayonnaise. Add salt and pepper and pour over top. Spread with undiluted can of mushroom soup.

Dust with wheat germ or fine buttered breadcrumbs.

Bake at 325° F for 1-hour.

---

**MARINATED GREEN BEANS**

**Alice Hobbs, Mt. Desert**  
SERVES: 4

- 9 oz. pkg. frozen Italian-style green beans
- 1/4 c. sliced green onions
- 1 tsp. salt
- Dash pepper
- 3 oz. can broiled sliced mushrooms (drained)
- Italian dressing (Good Seasons with oil and vinegar is best)

Cook beans. Drain thoroughly. Add remaining ingredients, tossing well.

Refrigerate at least 2-hours or overnight.
Vegetables And Sauces

POTATO AU GRATIN

This recipe uses broth instead of rich cream.

Virginia Ruth, Mt. Desert  SERVES:  6 to 8

3 lb. Yukon Gold potatoes, thinly sliced
Water (enough to cover potatoes)
3 c. finely chopped onions
2 Tbsp. olive oil
4 Tbsp. butter
14 oz. can broth (beef, chicken or vegetable)
1 Tbsp. fresh rosemary, chopped
1/4 tsp. salt
1/2 tsp. course ground black pepper
3 oz. cream cheese (1/3 less Fat)
1-1/2 c. grated Swiss cheese (or white cheddar)
Breadcrumbs

Peel and thinly slice potatoes; cover with cold water. Set aside.

Sauté onions in olive oil until wilted. In a small saucepan, add onions, butter, broth, rosemary, salt and pepper. Bring to a boil and simmer for 10-minutes. Add cream cheese, stirring until it dissolves (Don’t allow it to boil).

Dry potatoes in a towel. Spread half of the potatoes in a lightly greased 10-inch by 14-inch oval casserole dish. Sprinkle grated Swiss cheese on top of potatoes. Add remaining potatoes. Pour broth mixture over potatoes. The broth should come halfway up the depth of the potatoes.

Sprinkle breadcrumbs on top. Bake potatoes uncovered at 425° F for 30-40 minutes until potatoes are tender, top is brown and most of the liquid has evaporated.

HERB-ROASTED POTATOES

Marjorie Dole, Trenton  SERVES:  6

6 large potatoes, quartered
6 medium-size onions, quartered
1/3 c. olive oil
1/2 tsp. pepper
1 Tbsp. dried parsley
1 tsp. dried basil
1/2 tsp. dried marjoram

Place the potatoes and onions in a shallow roasting pan.

Pour the olive oil over the potatoes and onions; add pepper and herbs.

Stir vegetables to coat all sides with oil and seasonings.

Bake uncovered at 350° F for about 50-60 minutes.
GERMAN POTATO SALAD
Marjorie Dole, Trenton SERVES: 6 to 8

6 “fist sized” potatoes (about 2-1/2 lb.), thinly sliced
3/4 c. red wine vinegar with garlic (Progresso works well)
Generous amount freshly ground pepper
1 tsp. salt
1/3 c. olive oil
1/4 tsp. granulated garlic
Small onion, very finely minced
4 slices bacon, well cooked and crumbled (optional)

Combine all the ingredients (except onion and bacon) in a 3-quart or 4-quart pot. Bring to a boil, cover and simmer 20 to 30 minutes (potatoes should be barely cooked). While simmering, use a spatula to turn mixture every 5 or 10 minutes. Remove from heat and mix in onions and bacon. When cooled, store in refrigerator.

NOTE: Use waxy type potatoes like the round eastern potatoes. Do not use Russet or Idaho potatoes.

SCALLOPED CORN
This is an old recipe that I received from my sister, Carol Vann.
Margaret Everly SERVES: 8

15-oz. can whole kernel corn, drained
15-oz. can cream style corn
1 c. sour cream
1 stick oleo, softened
8-1/2 oz. Jiffy corn bread mix

Mix all ingredients together and spread into a greased 11-inch by 7-inch glass baking dish. Bake corn mixture at 350° F. Test with knife for doneness.

CRANBERRY CHUTNEY
Carol J. Martin, Sherwood Forest, MD YIELDS: 4-cups

1 – 1-1/2 c. sugar
1/2 c. raisins
1/2 c. light or dark brown sugar
1 tsp. ground cinnamon
1 tsp. ground ginger
1/2 tsp. ground nutmeg
1/4 tsp. ground cloves
1/4 tsp. ground allspice
1 c. water
1 lb. fresh (or 1 pkg. frozen) cranberries

Combine above ingredients in a saucepan. Cook over medium heat until cranberries burst (15 to 20 minutes).

1 c. chopped sweet onion
Pecan pieces
1 large Golden Delicious apple, cored and diced (leave peel on)

Add onion and apple and simmer uncovered until sauce thickens, 20 to 30 minutes. Cool to room temperature and refrigerate in a covered container.

Add pecans to individual servings just before serving. Chutney will keep in refrigerator for 2–3 weeks.
**Vegetables And Sauces**

**CHERRIED CRANBERRIES**

*The cranberries look like cherries, are transparent and have delicious flavor.*

*Ruth Watson, Somesville*  
**YIELDS:** 3-cups

- 4 c. cranberries  
- 2 c. sugar  
- 1 c. water  
- 1/2 tsp. salt  
- 1/4 tsp. Baking soda

Mix ingredients together in a 4-quart pan, with cover. Using a medium heat, bring to a gentle boil, so that you see little sizzling bubbles. Place cover on pan and cook slowly 15-minutes.

Do not remove the cover now or later. At end of 15-minutes, remove pan from heat, place in cool place; leaving cover on, allow to cool. Can be refrigerated or put into jars and seal with paraffin.

---

**XYZ SALSA VERDE**

*This is one of our house table sauces. XYZ Restaurant serves this salsa Verde along with fresh bolillos (buns). Of course, corn chips go well and this sauce can be used to cook with chicken.*

*XYZ Restaurant, Manset*  
**YIELDS:** 2-cups

- 2 lb. tomatillos canned or fresh  
- 2 tbsp. chopped cilantro  
- 4 jalapenos  
- 2 cloves garlic

If using fresh tomatillos, remove husks and cook until soft.

Blend using a blender, the cooked tomatillos with the remaining ingredients.
APRICOT CAKE

This recipe was handed down from Priscilla's Grandmother.

Priscilla Smith, Bar Harbor

YIELDS: 1-cake

1 c. dried apricots
1 tsp. vanilla extract
2 c. water
1-3/4 c. cake flour
6 Tbsp. sugar
1/2 tsp. salt
1/2 c. shortening
1/2 tsp. baking soda
1 c. sugar
1 tsp. baking powder
3 egg yolks
1/4 c. cold water

Wash the apricots and drain. Add water and 6 tablespoons sugar to apricots in a heavy saucepan. Cover and cook for 30-minutes. Put apricots thru the food-mill while they're still hot. Measure 1/2 cup of pulp.

Cream shortening and sugar thoroughly. Add egg yolks and vanilla. Beat well.

Add flour sifted with salt and baking powder alternately with water and apricot pulp.

Bake in 8-inch by 8-inch by 2-inch baking pan at 350° F for 45-minutes.
THURSTON’S LOBSTER POUND BLUEBERRY CAKE

This recipe was adapted from a recipe published in Good Maine Food by Marjorie Mosser, copyright 1939. The recipe can be easily doubled.

Thurston’s Lobster Pound, Bernard

YIELDS: 1-cake

- 2 c. flour
- 1 tsp. baking soda
- 1/2 tsp. each nutmeg, cinnamon, cloves
- 1 egg
- 1 c. sugar
- 1 tsp. salt
- 8 oz. sour cream
- 1 c. blueberries (fresh or frozen)

Mix and sift flour, soda and spices. Beat egg and gradually add sugar and salt. Add dry ingredients alternately with sour cream, beginning and ending with the sour cream. Slightly flour blueberries and fold into mixture.

Spoon the mixture into a prepared 9-inch by 9-inch cake pan. Sprinkle with sugar.

Bake at 350° F for approximately 45-minutes.

---

CINNAMON COFFEE CAKE

Jini Radle, Tremont

YIELDS: 1-cake

- 1 stick butter or oleo
- 1 c. sugar
- 2 eggs (added separately)
- 2 c. flour
- 1 tsp. baking soda
- 1 tsp. baking powder
- 1 c. sour cream
- 1 tsp. vanilla
- Dark brown sugar
- Cinnamon
- White granulated sugar
- Nuts (optional)

Cream the butter, sugar and eggs together.

Beginning and ending with flour, add flour with baking soda and baking powder alternately with sour cream and egg mixture.

Add vanilla extract.

Pour half of the batter into a large buttered angel food pan. Sprinkle with dark brown sugar and cinnamon.

Add the remaining batter. Sprinkle with white granulated sugar, cinnamon and nuts (optional).

Bake cake at 350° F. Test the cake for doneness at 45-minutes.
CHOCOLATE POUND CAKE

This is a favorite Crawford family recipe, especially the icing! Delicious!

Betty Crawford, Mt. Desert  
SERVES: 12

3 c. sifted all purpose flour  
1 Tbsp. baking powder  
1/4 tsp. salt  
1/2 pound butter  
1 Tbsp. vanilla extract  
1/2 tsp. almond extract  
2 Tbsp. instant coffee  
3 c. sugar  
3 eggs  
1-3/4 c. milk  
1 c. strained, powdered, unsweetened cocoa

Adjust oven rack one-third up from the bottom of the oven. Preheat oven to 350° F. Butter a 10-inch by 4-inch tube pan. Line the bottom with baking pan liner paper; butter the paper and coat lightly with fine, dry breadcrumbs.

Sift together flour, baking powder and salt. Set aside.

In large bowl of electric mixer, cream the butter. Add the vanilla, almond extract, instant coffee and gradually add the sugar. Beat in one egg at a time, beating after each until it is incorporated.

On lowest speed setting, gradually add cocoa. Alternately add milk and dry ingredients each in three additions; in this case, start with the milk since the batter is rather heavy at this stage. Beat only until smooth after each addition. Finish as usual with dry ingredients. Turn into pan. Shake pan briskly several times to level top.

Bake at 350° F for 1-1/2 hours or until the top springs back when lightly touched and cake tester comes out dry.

Let the cake cool in the pan on a rack for 15-minutes. Cover with a rack and invert. Remove pan and paper. Cover with another rack and invert again to finish cooling right side up. When completely cool, prepare the following icing.

ICING

9 oz. sweet, semisweet, or bittersweet chocolate  
9 Tbsp. (1/4 pound plus 1 tablespoon) butter at room temperature

Break up chocolate and place in the top of a small double boiler over hot water on medium heat. When it is almost completely melted, remove the top of the double boiler and stir with a small wire whisk until smooth.

Add the butter, about 1-2 tablespoons at a time, stirring with the whisk until smooth after each addition. The icing will thicken with the first few additions of butter, but then it will thin out as the remainder is added.

When all the butter has been added and the mixture is smooth, place the top of the double boiler into ice-cold water. Stir very briefly with a rubber spatula until the icing thickens only slightly, or let it stand at room temperature, stirring frequently for about 20-30 minutes.

NOTES: Do not allow the icing to thicken too much; it should be semi-fluid. If it should harden, it may be softened by stirring over hot water.
**CRAZY SPICE CAKE**

This cake is moist and delicious, good made ahead and keeps well. This cake is especially good with lemon butter-cream frosting.

*Fran Raymond, Hulls Cove YIELDS: 1-cake*

3 c. flour  
1 c. brown sugar  
1-1/2 tsp. cloves  
1 tsp. nutmeg  
2 Tbsp. vinegar  
2 c. water (coffee or orange juice)  
1/2 c. white sugar  
2 tsp. cinnamon  
1 tsp. baking soda  
2 tsp. vanilla  
1 c. raisins (optional)

<table>
<thead>
<tr>
<th>dried ingredients</th>
<th>wet ingredients</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 c. flour</td>
<td>1/2 c. white sugar</td>
</tr>
<tr>
<td>1 c. brown sugar</td>
<td>2 tsp. cinnamon</td>
</tr>
<tr>
<td>1-1/2 tsp. cloves</td>
<td>1 tsp. ginger</td>
</tr>
<tr>
<td>1 tsp. nutmeg</td>
<td>2 tsp. baking soda</td>
</tr>
<tr>
<td>2 Tbsp. vinegar</td>
<td>2 tsp. vanilla</td>
</tr>
<tr>
<td>2 c. water (coffee or orange juice)</td>
<td>1 c. raisins (optional)</td>
</tr>
</tbody>
</table>

Sift dry ingredients into a 9-inch by 13-inch baking pan. Add raisins if desired. Make 3-holes in dry mixture. Pour vinegar, salad oil and vanilla into each hole. Pour water over all. Mix with fork until blended. Bake at 350°F for 25-30 minutes.

Bake at 350°F for about 30 to 40-minutes. You should test with wire cake tester.

Cool. Leave in pan and sprinkle with powdered sugar.

---

**BAVARIAN APPLE TORTE**

*Hannelore Classen, Ellsworth YIELDS: 1-torte*

<table>
<thead>
<tr>
<th>CRUST</th>
<th>FILLING</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 c. margarine</td>
<td>1/4 c. sugar</td>
</tr>
<tr>
<td>1/4 tsp. Vanilla</td>
<td>1 c. flour</td>
</tr>
<tr>
<td>1/3 c. sugar</td>
<td></td>
</tr>
<tr>
<td>1/2 tsp. Vanilla</td>
<td></td>
</tr>
</tbody>
</table>

For the crust, cream the margarine, sugar and vanilla together. Blend in flour. Spread dough onto bottom and sides of a 9-inch spring-form pan.

For the filling, combine softened cream cheese and sugar; mix well. Blend in egg and vanilla. Pour into pastry-lined pan.

For the topping, combine sugar and cinnamon. Toss apples in sugar mixture. Spoon mixture over cream cheese layer; sprinkle with almonds.

Bake the torte at 450°F for 10-minutes. Reduce heat to 400°F and continue to bake for 24-minutes.

Cool before removing rim of pan.
ELLA'S SCHOOL CAKE

When the children came home from school and the house smelled of spices they knew that Ella had made a school cake for them.

Ruth Cary, Mt. Desert    YIELDS: 1-cake
2 sticks of butter (1/2 lb.), softened
1 or 2 eggs depending on size
1 tsp. nutmeg
2-1/2 tsp. baking powder
1 c. milk

Cream butter and sugar together. Add eggs. Mix dry ingredients together. Alternate adding dry ingredients and milk to butter and sugar mixture. Add vanilla. Pour batter into greased and floured pan.

Cake Frosting

CHOCOLATE WHIPPED CREAM FROSTING

For those of you who have lived in the Boston area and are old enough to remember MARJORIE MILLS.

LaVerne Redlon, Southwest Harbor   YIELDS: 1-cup
1/2 pint of heavy cream
1/2 cup sugar
Dash of salt

Mix together cream, cocoa and sugar. Place in a covered bowl in the refrigerator overnight. Shortly before serving the cake, whip the mixture until it is thick enough to spread, adding vanilla and a dash of salt. Spread on the cake.

Drop Cookies

CHUNKY CHOCOLATE COOKIES

The oatmeal gives these cookies their height.

Virginia Ruth, Mt. Desert   YIELDS: 108-cookies
2 c. butter, softened
2 c. brown sugar
2 tsp. vanilla extract
5 c. rolled oatmeal
8 oz. Nestlé milk chocolate chips
24 oz. Nestlé mini semi-sweet chocolate chips
3 c. chopped English walnuts
Confectioner sugar (optional)

In a small bowl, cream together butter, granulated sugar and brown sugar.

In another small bowl, mix together eggs and vanilla; combine this with the sugar mixture.

In a huge bowl, mix together flour, oatmeal, salt, baking powder and baking soda. Add the sugar mixture, chocolate and nuts.

Form each cookie by taking 1-tablespoon of dough and rolling it in your hands to form a ball. Roll each ball in confectioner sugar.

Place the cookies 2-inches apart on a cookie sheet. Bake cookies until the edges begin to brown (about 8-minutes) at 375° F.
GINGER MOLASSES COOKIES

The brand of flour and molasses seems to make a difference.

Ted Bromage, Mt. Desert

YIELDS: 36-cookies

2 eggs (eggbeaters work fine)
1-1/3 c. safflower Oil
2/3 c. molasses (Crosby)
2 c. sugar
4 tsp. baking Soda
2 tsp. ground ginger
2 tsp. cinnamon
1 tsp. cloves (I use 2 tsp.)
1 tsp. salt
1 c. candied ginger, chopped 1/4 to 1/2 inch size pieces
4 c. flour (King Arthur)

Blend eggs, oil and molasses. Set aside.

Mix together sugar, baking soda, ground ginger, cinnamon, cloves and salt. Blend with the egg mixture.

Add chopped candied ginger. Blend in flour.

Scoop the cookie dough with an ice cream scoop. Roll it in granulated sugar (optional).

Bake cookies at 350° F on an ungreased cookie sheet for 11 to 13 minutes. Cool on a rack.

NOTES: Recipe source is Genevieve Villagran, mother of Portia Goltz (formerly of Rooster Bros.).

PRINCES GEMS

LaVerne Redlon, Southwest Harbor

YIELDS: 9 dozen

1 c. shortening
1/2 c. butter or margarine
2 tsp. powdered ammonium carbonate
2 c. sugar
2-1/2 c. sifted all-purpose flour
1 c. shredded coconut

Cream the shortening and butter. Add ammonium carbonate and sugar gradually, creaming well. Add flour a little at a time and then coconut. Add more if you like.

Form small balls, about ¾-inch in diameter, between hands.

Place balls on cookie sheet 1-inch apart and bake in moderate oven (335°F) for 20 to 30-minutes or until lightly browned. Roll in confectioners’ sugar while warm.

NOTES: Buy ammonium carbonate at drugstore – six lumps are sufficient. Grind to powder and measure. Turn your head so you don’t breathe in the fumes. It sounds awful, but it is the secret ingredient. These cookies are a real delicacy.
OATMEAL COOKIES

Marjorie Dole, Trenton  YIELDS: 2- cookie sheets

1 c. margarine 1/2 c. brown sugar
1-1/2 c. white sugar 2 beaten eggs
1 tsp. vanilla 3/4 tsp. salt
1-1/2 c. flour 1 tsp. soda
3 c. oatmeal 1/2 c. chopped nuts

Cream the margarine with sugar. Add eggs and vanilla. Beat well. Add dry ingredients. Mix. Form in long rolls; chill thoroughly.

Slice 1/4-inch thick and place on ungreased cookie sheet about 1-inch apart. Bake the cookies at 350° F (or 375° F) for 10-minutes.

Refrigerator Cookies

BROWN SUGAR ICE BOX COOKIES

Ruth Watson, Somesville  YIELDS: 36-cookies

2 c. brown sugar 1 c. oil
2 eggs 2 tsp. vanilla
3-1/2 c. flour 1 tsp. salt
1 tsp. baking soda 1 tsp. baking powder
1/2 c. nutmeats

Beat sugar, oil, eggs and vanilla. Stir dry ingredients together. Add to liquids. Mix thoroughly and add nuts.

Pack into an 8-inch by 4-inch loaf pan. Chill several hours. Slice and bake at 350° F for 8 to 10 minutes on a greased cookie sheets.

SHORTBREAD COOKIES

This is a fine-textured shortbread that rolled, cut, and decorated with red and green glace cherries or walnuts, makes very rich Christmas cookies.

Jessica Smith, Mt. Desert  YIELDS: 48-cookies

2 c. (1 lb.) butter, softened
2 c. confectioners’ sugar
2 tsp. vanilla extract
4-2/3 c. sifted flour
1/2 tsp. salt
Walnut halves or glace cherries to decorate

Cream butter and sugar together until light and fluffy, add vanilla extract. Gradually add flour and salt and knead until bowl is clean. It will roll out better if chilled for a while.

Roll out on lightly floured board to 1/4-inch thickness. Cut with 2-inch scalloped or other fancy cutter. Decorate.

Bake cookies on ungreased sheets at 350° F for 10-12 minutes, or until delicately browned. Watch closely. Cool on racks, store in airtight tin in refrigerator (or freeze). The dough can also be divided into 6 parts and pressed into 6-inch fluted tart pans with removable bottoms, then baked for about 12-minutes, sprinkled with granular sugar, and marked into 8-wedges.

Rolled Cookies

NOTES: This mixes well in a food processor if you divide the recipe into two halves.
**CHOCOLATE RASPBERRY CRUMB BARS**

*Joan Bromage, Mt. Desert*  
*YIELDS: 3-dozen bars*

- 1 c. butter, softened
- 2 c. all-purpose flour
- 1/2 c. packed dark brown sugar
- 1/4 tsp. salt
- 2 c. (12-ounce pkg.) semi-sweet chocolate morsels, divided
- 1-1/4 c. (14-oz. can) sweetened condensed milk
- 1/2 c. chopped nuts (optional)
- 1/3 c. seedless raspberry jam (or all-fruit "to cut calories")

Preheat oven to 350° F. Beat butter in large mixer bowl until creamy. Beat in flour, sugar and salt until well mixed. With floured fingers, press 1-3/4 cups crumb mixture onto bottom of greased 13-inch by 9-inch baking pan; reserve remaining mixture. Bake the mixture for 10-12 minutes or until edges are beginning to brown.

Combine 1-cup morsels and condensed milk in small, heavy-duty saucepan. Melt over low heat, stirring until smooth. Spread over hot crust.

Stir nuts into reserved crumb mixture, sprinkle over chocolate filling. Drop teaspoonfuls of raspberry jam over crumb mixture. Sprinkle with remaining morsels. Continue baking for 25-30 minutes or until center is set. Do not over bake or it will get too hard. Cool completely on wire rack.

**NOTES:** Recipe source was an advertisement for Land O’ Lakes, Nestle and Carnation products.

---

**COCONUT ORANGE SQUARES**

*Maggie Cook, Southwest Harbor*  
*YIELDS: 16-bars*

- 1/4 c. butter, softened
- 1 egg
- 1 Tbsp. orange rind, grated
- 1 Tbsp. milk
- 2/3 c. sifted flour
- 1/2 tsp. baking powder
- 1/2 tsp. salt

Cream butter and sugar until light. Beat in egg, rind and milk. Add coconut, flour, baking powder and salt. Mix only enough to blend.

Place the batter into 8-inch square baking pan that has been greased and lightly floured. Bake batter at 350° F for 25-30 minutes. Cut into squares after cooling.
PRISCILLA SMITH’S CHOCOLATE ALMOND BROWNIES

Ruth Watson, Somesville  
YIELDS: 24-bars

2-1/2 c. brown sugar
1-1/2 sticks unsalted butter
3 Tbsp. coffee liqueur
5 tsp. instant espresso coffee
3 large eggs
2 c. flour
1-1/2 tsp. baking powder
1/2 tsp. salt
1 c. almonds, toasted and chopped
6 oz. chocolate chips

Stir sugar and butter over low heat until butter and sugar melt. Add liqueur, espresso and whisk to blend. Cool. Whisk eggs into sugar mixture.

Combine dry ingredients and add to butter mixture.

Stir in nuts and chocolate.

Pour into greased 13-inch by 9-inch baking pan. Bake the brownies at 350° F for about 30-minutes until tester inserted in center comes out with some crumbs.

NOTES: 10-teaspoons of instant coffee granules may be used in place of the espresso coffee.

MARY’S CARAMEL CRANBERRY BARS

Ruth Watson, Somesville  
YIELDS: 24-bars

1 c. cranberries
1/2 c. plus 2 Tbsp. sugar, divided
2-1/3 c. all purpose flour
2 c. oats
1/2 c. packed light brown sugar
1/2 tsp. baking soda
1 c. margarine (or butter), melted
1-1/2 c. chopped dates
3/4 c. chopped walnuts, toasted
1 c. caramel ice cream topping

Heat oven to 350° F. Grease 9-inch by 13-inch pan.

In small bowl, combine cranberries and 2-tablespoons sugar.

In a larger bowl, combine 2-cups flour, oats, remaining 1/2 cup sugar, brown sugar and baking soda.

Add margarine; mix well. Reserve 1-cup crumb mixture. Press remainder firmly on bottom of pan.

Bake at 350° F for 15-minutes.

Sprinkle dates, walnuts and cranberry mixture over crust.

Mix caramel topping and remaining 1/3 cup flour, spoon over fruit and walnuts.

Top with reserved crumb mixture. Bake the mixture for 20-minutes or until lightly browned. Cool on rack.
MAPLE SHORTBREAD BARS

Joan Bromage, Mt. Desert
YIELDS: 24-bars

CRUST
2 c. flour
1/2 c. sugar
1/2 tsp. salt
2 sticks unsalted butter, chilled

FILLING
1-1/2 c. packed brown sugar
2 eggs
2/3 c. real maple syrup
1 tsp. vanilla
4 Tbsp. unsalted butter, melted
1/2 tsp. salt
1 tsp. maple extract
2 c. chopped pecans

Heat oven to 350° F. For the crust, combine flour, sugar and salt in a bowl. Cut butter into slices and cut in with pastry blender or two knives until mixture is crumbly. Press into bottom and half an inch up the sides of a greased 9-inch by 13-inch baking pan. Bake the shortbread 15-minutes, or until edges begin to brown. Cool on rack.

For the filling, combine all ingredients except pecans, and mix until smooth. Pour into cooled crust. Distribute nuts evenly over top. Bake the mixture for 30-minutes, or until filling is set. Cool on rack before cutting.

NOTES: Recipe source several maple cookbooks, this version from Wall Street Journal

COGNAC BERRIES

Serve this delicious mixture over ice cream.

Virginia Ruth, Mt. Desert
SERVES: 4

1 c. fresh blueberries, raspberries or strawberries (sliced)
1 tsp. cognac
3 Tbsp. sweet sherry or Port
7 tsp. sugar
1/4 tsp. cinnamon

Mix all ingredients together. Allow mixture to blend in refrigerator covered for at least 30-minutes. Serve over vanilla ice cream or eat them by themselves topped with whipped cream.

ICE CREAM PIE

Peppermint ice cream is a nice flavor for the holidays.

Shirley Zinn
YIELDS: 1-pie

2 c. cornflakes or total cereal
1 c. brown sugar, packed
1 c. shredded coconut
1 c. chopped walnuts
1 stick butter or margarine, melted

Mix all the ingredients together. Place half of mixture in 9-inch or 10-inch glass pie plate and freeze for 20-minutes. Meanwhile, allow 1/2 gallon of your favorite ice cream or frozen yogurt to melt. Place slightly defrosted ice cream into cereal pie shell. Place remaining cereal topping on top. Cover with saran wrap or aluminum foil and freeze until ready to eat. Add chocolate sauce, warm or cold, on individual slices.
CHOCOLATE FUDGE SAUCE
This sauce stores well in refrigerator.

YIELDS: 1-pint

Caroline Allen, Southwest Harbor

4 sq. Baking chocolate
2 Tbsp. butter or margarine
2 c. sugar
1 c. milk
1 can Borden’s sweetened condensed milk
2 tsp. vanilla extract

Melt chocolate and butter together in a double boiler.

Add sugar and milk. Cook about 20-minutes.

Cool slightly and add vanilla. Serve warm over ice cream.

CHOCOLATE ECLAIR DESSERT
This recipe is so easy, and so good. Make the dessert the day before serving, so it has time to chill.

Margaret Everly, Mt. Desert

SERVES: 12

1 pkg. (16 oz.) graham crackers

FILLING
2 pkg. (3 oz. each) instant French vanilla pudding
3-1/2 c. milk
1 container (8 oz.) Cool Whip

Topping
2 c. confectioner’s sugar
2 oz. semisweet chocolate, melted
2 Tbsp. butter or margarine, at room temperature
2 Tbsp. milk

To make the filling, combine the pudding and milk. Beat until thick. Fold in the Cool Whip. Set aside.

To make the topping, combine the topping ingredients and beat until smooth. Set aside.

Line an ungreased 9-inch by 13-inch baking pan with whole graham crackers. Add half the filling mixture. Cover with a layer of graham crackers. Cover with the remaining filling and top with more graham crackers. Spread the topping over all. Chill overnight.

NOTES: It is important to use French vanilla pudding. Regular vanilla pudding does not have the Eclair flavor.
PEACH SCONES
Ruth Watson, Somesville    YIELDS: 8-scones
2 c. unsifted flour 1/4 c. cornstarch
1/4 c. sugar 2 tsp. baking powder
1/4 tsp. salt 1/3 c. oleo
2 large eggs, slightly beaten 1/4 c. milk
1 c. chopped, peeled, fresh peaches

In a medium size bowl, combine dry ingredients. Cut in the oleo until a fine crumb.

Blend eggs and milk; reserve 1-tablespoon. Stir peaches into remaining egg mixture. Add to the flour mixture, mixing with a fork.

On lightly floured surface, knead once or twice. Pat the dough into a 6-inch square. Cut into four 3-inch by 3-inch squares. Cut each square into 2-triangles.

Place 1-inch apart on greased cookie sheet. Brush with reserved egg mixture. Bake the scones at 450° for 15-minutes, or until golden.

HAWEIAN COCONUT CREAM PIE
With its sky-high meringue, this was a favorite at the Willows, a famous Honolulu restaurant.

Marjorie Dole, Trenton    YIELDS: 1-pie
2 c. milk 1/2 c. sugar
Pinch salt 1 Tbsp. butter
1/4 c. coconut (grated fresh if available)
2 heaping Tbsp. cornstarch Vanilla to flavor
4 egg yolks (save whites for meringue)
1 baked pie crust (9 inch)

MERINGUE
6 egg whites (the number 6 is not a mistake)
1/2 tsp. cream of tartar 1/2 c. sugar
Grated coconut

Put milk, sugar, salt, butter and coconut in a saucepan. Let it come to a near boil.

Mix cornstarch, vanilla and egg yolks together with a little water.

Add this to the milk mixture, stirring continuously until thick.

Pour mixture into baked pie shell. Allow pie filling to cool. Top with meringue.

For the Meringue, beat egg whites until stiff but not dry. Add sugar gradually, then cream of tartar. Spread over cooled filling, sealing to edges of the pastry. Sprinkle coconut over top. Brown the meringue in the oven at 350° F for about 12-minutes.
**REFRIGERATOR LEMON PIE**

*Marjorie Dole, Trenton*  
*YIELDS: 1-pie*

3 egg yolks  
1/4 c. lemon juice*  
1/2 c. powdered sugar  
1/2 Tbsp. gelatin in 1/3 c. water  
Baked pastry shell  
1 c. whipped cream

Cook egg yolks, lemon juice and sugar. Adjust sugar to your liking. Beat until creamy.


Pour in shell. When gelatin sets, top with whipped cream.

**NOTES:** Frozen lemonade, guava or other juices may be substituted.

**LEMON MERINGUE PIE**

*Marjorie Dole, Trenton*  
*YIELDS: 1-pie*

1/2 c. lemon juice  
1 tsp. lemon peel  
1-1/3 c. condensed milk  
2 eggs, separated  
1/4 tsp. cream tartar  
4 Tbsp. Sugar  
1 Baked pie shell

Combine juice and peel; stir in milk.

Add beaten egg yolks; stir until well blended. Pour into 8-inch pie shell.

Beat egg whites with cream tarter, beat until almost stiff. Add sugar gradually. Spread on top of pie.

Bake the pie at 350° F for 15-minutes.

**ONE EGG PUMPKIN PIE**

*Alice Hobbs, Mount Desert*  
*YIELDS: 1-pie*

1 egg  
1/4 tsp. nutmeg  
3/4 c. sugar  
1/4 tsp. ginger  
1 Tbsp. flour  
1-1/2 c. canned pumpkin  
1/2 tsp. salt  
5/8 c. condensed milk  
1/2 tsp. cinnamon  
5/8 c. water  
9-inch Pie shell, unbaked

Mix together egg, nutmeg, sugar, ginger, flour, pumpkin, salt, milk, cinnamon and water. Pour into 9-inch unbaked pie shell. Bake at 400° F for 50-minutes or until knife inserted halfway between center and outside comes out clean. Cool.

**STRAWBERRY PIE**

*Betty Crawford, Mt. Desert*  
*SERVES: 6*

1 qt. Strawberries  
1 c. water  
1 c. sugar  
3 Tbsp. cornstarch  
1/2 stick butter  
Red food coloring  
1 baked pie shell

Boil half of the berries with 1-cup water.

Mix sugar and cornstarch together; add to boiled berries.

Add half stick butter and add a few drops of red food coloring. Cook for 20-minutes. Hold in double boiler. Place half of the uncooked berries in a baked pie shell. Spoon glace over the berries. Top with real whipping cream, if desired.
**XYZ FROZEN LIME PIE**

*Found this recipe in a Junior League cookbook in Mexico.*

**XYZ Restaurant, Manset,**

**YIELDS: 1-pie**

**FILLING**

- 1 can Evaporated milk
- 1/3 c. Lime juice, nice and limey
- 1/2 c. white sugar
- 2 tsp. grated Lime rind

**PIE SHELL**

- 1 c. pulverized graham crackers
- 1/4 c. white sugar
- 1/2 stick of butter, melted

**SWEET LIME SAUCE**

- 1/2 c. sugar or less
- 1 Tbsp. cornstarch
- 1 c. water
- 2 – 3 Tbsp. butter
- 1/2 tsp. grated Lime rind
- 1-1/2 Tbsp. Lime juice
- 1/4 tsp. salt

Make the pie filling by pouring a can of evaporated milk into a mixing bowl and freeze long enough to see the edge of the milk begin to crystallize but center is still liquid (usually 1-1/2 hours). Remove milk from freezer and immediately whip milk on high speed until tripled in volume.

Gradually add lime juice and sugar. Start tasting to be sure of balance. Add grated lime rind, also to taste, and save a little rind to sprinkle on top of pie once it is spooned into graham crust pie shell.

For the pie shell, mix pie shell ingredients together and shape in a 9-inch pie plate.

For the sweet lime sauce, simmer over water or microwave sugar, cornstarch and water until thickened. Remove from heat and add butter, grated rind, juice and salt. Serve warm.

Freeze pie for several hours before serving. Serve on a foil of warmed fresh lime sauce.

**NOTES:** Put about 2-3/4 cups of graham crackers in a zip-lock bag. Roll crackers with a rolling pin until ground. This should make approximately 1-cup pulverized graham crackers.

---

**PECAN PIE**

*Ruby Crews was the wife of Maurice (Gus) Crews who was the founder of the Footloose Friends hiking group.*

**Ruby Crews, Surry**

**YIELDS: 1-pie**

<table>
<thead>
<tr>
<th>Pie dough</th>
<th>3 eggs</th>
</tr>
</thead>
<tbody>
<tr>
<td>2/3 c. sugar</td>
<td>1/4 c. honey</td>
</tr>
<tr>
<td>1/2 tsp. salt</td>
<td>1/3 c. butter, melted</td>
</tr>
<tr>
<td>1 c. light corn syrup</td>
<td>1 c. pecan halves</td>
</tr>
<tr>
<td>1 tsp. vanilla extract</td>
<td></td>
</tr>
</tbody>
</table>

Line a pie pan with pie dough. Bake at 450° F for 5-7 minutes. Allow pie shell to cool. Reduce oven temperature to 375° F.

Combine and beat thoroughly: eggs, sugar, honey, salt, butter and corn syrup. Add the pecan halves and vanilla. Fill the pie shell. Bake the pie at 375° F for 40-minutes or until knife inserted in the filling comes out clean.
**Puddings**

**A-B-C PUDDING**

_I use this as a “go-with” type pudding, not as a dessert. (Although if served with whipped cream or ice cream it might be quite tasty!)_

Carol J. Martin, Sherwood Forest, MD       SERVES: 8 to 10

2 or more Tbsp. butter, divided
1 lb. corn bread or 2 pkg. (12) corn toaster cakes
3 c. milk, divided
3 tart Granny Smith apples, peeled, cored and coarsely chopped
2 or more Tbsp. butter, divided
3 – 4 eggs
3/4 c. light brown sugar
1/4 tsp. salt
1 c. light cream or half & half
1/4 – 1/3 c. bourbon
1 tsp. vanilla extract

Preheat oven to 350° F. Grease the bottom of a 9-inch by 13-inch by 2-inch baking dish with butter. Break corn bread or cakes into 1-inch pieces. Scatter corn bread in an even layer on bottom of the dish. Pour 1-1/2 cups of milk over the top. Let sit for 20-minutes.

Scatter the chopped apples over the bread. In a separate bowl, mix the eggs, sugar, salt, remaining milk, cream, bourbon and vanilla until smooth. Pour over the bread and apples, press down to coat, and submerge all the bread. Scatter pieces of butter over the top. Bake in preheated oven for 1-hour, until top is brown and custard is set. Allow pudding to sit for 10-minutes before serving.

**Sweets**

**HOMEMADE PEANUT BUTTER CUPS**

Barbara Moser, Mt. Desert       YIELDS: 24

1 lb. confectioners sugar       1 stick margarine
2 c. peanut butter
1 pkg. graham crackers, crushed
6 oz. semi-sweet chocolate bits       1/2 stick margarine

Mix together sugar, 1-stick margarine, peanut butter and graham crackers. Press mixture into 9-inch by 13-inch baking pan.

Melt together chocolate and 1/2 stick of margarine. Pour on top of peanut butter mixture. Cool. Then, cut and serve.

**PEANUT BUTTER FUDGE**

Gail Royal, Southwest Harbor       YIELDS: 8 x 9 inch pan

1 lb. light brown sugar       1 c. white sugar
2/3 c. milk       3 Tbsp. margarine
Dash of salt       1 tsp. vanilla extract
12 oz. peanut butter

Bring sugars and milk to a slow boil until soft-ball forms in cold water. Remove from heat. Stir mixture as little as possible while cooking. Set aside to cool for 30-45 minutes or until the pan has cooled enough to put your hands on.

Add margarine, salt, vanilla and peanut butter. Stir and pour into 8-inch by 9-inch pan. Put in a cool place or the refrigerator. It should harden within an hour.
**HUMBUGS**

*Alice Macdonald Long, Bar Harbor*

3 lb. light brown sugar  8 Tbsp. vinegar

3/4 stick butter (not oleo)  Essence-of-Peppermint

Enough water to dissolve sugar (approximately 1-1/2 c.)  

1/4 stick butter (use to grease the pans and cookie sheets)

---

NEVER STIR THE TAFFY

Use a 10-quart pan that is deep. Combine sugar, vinegar, butter and water in the pan. Bring to boil to 280° F. Turn off heat and add 3-1/2 tablespoons Essence-of-Peppermint. Bring to boil to 295° F. Pour evenly into four 9-inch pie pans, which are buttered. Do not scrape the cooking pan as mixture might turn to sugar.

When cool enough to handle. Pull one pan of taffy until it turns a light tan color. In order to pull, rinse hands in cold water, but BE SURE TO DRY them before pulling. Spread the other three pans of taffy, which will have a dark brown color onto a long cookie sheet that is open at each end. Use two if necessary. Take a strip of the pulled taffy, about an inch in diameter, and lay it along the upper side (about an 1-1/2 inch from edge) of the brown mixture on the cookie sheet. Than lay another strip along the lower side, cutting off what is not needed. Then turn the whole mixture over and do the same on the other side. Then pull the end in a long strip, cut off and cut small pieces with heavy scissors. Keep doing this until all the mixture is completed. Do not have the pieces touch each other until after they are cold.

This candy was a favorite that my Aunt Mary always kept at her house at Christmas. I made this candy several times, but was never able to make it look as professional as the ones I had as a child!

---

**CREAM CHEESE TARTS**

*Alice Hobbs, Mt. Desert*

YIELDS: 24

1 lb. cream cheese
3/4 c. sugar
2 eggs
1 tsp. vanilla
1 box of vanilla wafers
1 can cherry pie filling
Paper or foil muffin cups

Beat cream cheese, sugar, eggs and vanilla until smooth. Put a vanilla wafer in the bottom of the paper or foil cups. On top of the wafer fill each cup 3/4 full of the cream cheese filling.

Bake the tarts at 375° F on cookie sheet in the center of the oven for 10-minutes.

Cool, then add a tablespoon or so of cherry pie filling to the top of each tart. Chill.
RUBY'S BUTTERSCOTCH BROWNIES
Priscilla Keene, Seal Cove

YIELDS: (36) 2-inch squares

10 oz. (1-1/4 c) shortening
1-1/2 lb. dark brown sugar
3 eggs
2-1/2 c. flour
1 Tbsp. baking powder
1-5/8 c. pecans or walnuts
1 Tbsp. vanilla

Preheat oven to 325° F. Grease one 13-inch by 9-inch pan and one 8-inch or 9-inch square pan. Cream the shortening, sugar and eggs together.

Add flour and baking powder - mix well. Mix in nuts and vanilla. Put in greased pans. Bake at 325° for 25-minutes.

Cut into 1-1/2-inch or 2-inch squares while still warm.

NOTES: Chocolate chips are a nice addition.

Ruby was an excellent, generous, and much loved cook at the YMCA center at Silver Bay on Lake George, NY, in the 1950s. Her brownies were the highlight of the week for all workers and guests.

Jim and I worked there one summer. I in the kitchen specializing in salads and Jim holding down a number of jobs including lawn and building maintenance (service crew), relief taxi driver, and relief night desk clerk. To help him stay awake in his night job, I would squirrel away a stack of the brownies for him and, in return, he would put a wicked sharp edge on the kitchen knives. Just a bit of warning, they are rich!
<table>
<thead>
<tr>
<th>INDEX</th>
<th>INDEX</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cookies</td>
<td>M</td>
</tr>
<tr>
<td>Cookie Squares and Bars, 118–22</td>
<td>Maine Crab Cakes A La Maryland, 72</td>
</tr>
<tr>
<td>Drop Cookies, 113–16</td>
<td>Maple Shortbread Bars, 122</td>
</tr>
<tr>
<td>Refrigerator Cookies, 116</td>
<td>Marinated Green Beans, 96</td>
</tr>
<tr>
<td>Rolled Cookies, 117</td>
<td>Marinated Shrimp, 9</td>
</tr>
<tr>
<td>Crab Au Gratin, 73</td>
<td>Meatballs Hawaiian, 3</td>
</tr>
<tr>
<td>Crab Casserole, 73</td>
<td>Mexican Dip, 6</td>
</tr>
<tr>
<td>Crab Dip Or Spread, 8</td>
<td>Microwave Steamed Clams, 7</td>
</tr>
<tr>
<td>Crab Stew, 37</td>
<td>Minestrone Soup, 31</td>
</tr>
<tr>
<td>Crabmeat Quiche, 71</td>
<td>Mosselen-Mussels-Kornel &amp; Jetty's Way, 76</td>
</tr>
<tr>
<td>Crabmeat, Shrimp, Scallop Casserole, 74</td>
<td>Muffins, 53</td>
</tr>
<tr>
<td>Cracked Wheat Bread, 50</td>
<td>Mushroom Barley Soup, 33</td>
</tr>
<tr>
<td>Cranberry Chutney, 101</td>
<td>Mushroom Souffle, 97</td>
</tr>
<tr>
<td>Crazy Spice Cake, 110</td>
<td>New England Clam Chowder By Way Of California, 18</td>
</tr>
<tr>
<td>Cream Cheese Tarts, 135</td>
<td>NONAME Pasta Dish, 92</td>
</tr>
<tr>
<td>Cream Of Peanut Soup, 34</td>
<td>Oatmeal Bread, 47</td>
</tr>
<tr>
<td>D</td>
<td>Oatmeal Cookies, 116</td>
</tr>
<tr>
<td>Dijon Trout, 84</td>
<td>Old Fashioned Baked Beans, 95</td>
</tr>
<tr>
<td>E</td>
<td>One Egg Pumpkin Pie, 129</td>
</tr>
<tr>
<td>Easy Fish, 83</td>
<td>Orzo Salad, 16</td>
</tr>
<tr>
<td>Eggs Mornay, 68</td>
<td>Oven Fish Chowder, 19</td>
</tr>
<tr>
<td>F</td>
<td>P</td>
</tr>
<tr>
<td>Fish Chowder, 20</td>
<td>Pancakes, 55</td>
</tr>
<tr>
<td>Fish House Punch, 11</td>
<td>Pastry, 125–26</td>
</tr>
<tr>
<td>Flounder Stuffed With Crabmeat, 75</td>
<td>Peach Scones, 126</td>
</tr>
<tr>
<td>French Toast, 56</td>
<td>Peanut Butter Fudge, 133</td>
</tr>
<tr>
<td>Fruit Lukshen Kugel, 86</td>
<td>Pecan Pie, 131</td>
</tr>
<tr>
<td>G</td>
<td>Pennsylvania Chicken Corn Soup, 28</td>
</tr>
<tr>
<td>German Lentil Soup, 30</td>
<td>Pies, 127–31</td>
</tr>
<tr>
<td>German Potato Salad, 100</td>
<td>Pineapple Cheese Ball, 4</td>
</tr>
<tr>
<td>Ginger Molasses Cookies, 114</td>
<td>Poached Salmon And Maionnaise, 78</td>
</tr>
<tr>
<td>Green Enchiladas, 64</td>
<td>Pork Main Meal Dishes, 68–70</td>
</tr>
<tr>
<td>Gypsy Soup, 25</td>
<td>Potato Au Gratin, 98</td>
</tr>
<tr>
<td>H</td>
<td>Princes Gems, 115</td>
</tr>
<tr>
<td>Hawaiian Coconut Cream Pie, 127</td>
<td>Puddings, 132</td>
</tr>
<tr>
<td>Hawaiian Ginger Beef Stir-Fry, 62</td>
<td>R</td>
</tr>
<tr>
<td>Hawaiian Punch, 12</td>
<td>Raclette, 85</td>
</tr>
<tr>
<td>Hearty Vegetable Lasagna, 90</td>
<td>Refrigerator Lemon Pie, 128</td>
</tr>
<tr>
<td>Herb-Roasted Potatoes, 99</td>
<td>Roast Pork Burgundy, 69</td>
</tr>
<tr>
<td>Homemade Peanut Butter Cups, 133</td>
<td>Ruby's Butterscotch Brownies, 136</td>
</tr>
<tr>
<td>Hot Crabmeat Dip, 7</td>
<td>Russian Cabbage Soup, 26</td>
</tr>
<tr>
<td>Humbugs, 134</td>
<td>Rye Bread, 48</td>
</tr>
<tr>
<td>I</td>
<td>S</td>
</tr>
<tr>
<td>Ice Cream, 123–24</td>
<td>Salads, 15–17</td>
</tr>
<tr>
<td>Ice Cream Pie, 123</td>
<td>Salmon Bisque, 35</td>
</tr>
<tr>
<td>Irish Soda Bread, 51</td>
<td>Salmon Chowder, 22</td>
</tr>
<tr>
<td>J</td>
<td>Sauces, 101–102</td>
</tr>
<tr>
<td>Juniper Lamb Stew, 38</td>
<td>Scalloped Corn, 100</td>
</tr>
<tr>
<td>L</td>
<td>Scalloped Scallops, 80</td>
</tr>
<tr>
<td>Lamb Main Meal Dishes, 67</td>
<td>Seafood Appetizers, 7–9</td>
</tr>
<tr>
<td>Lemon Meringue Pie, 128</td>
<td>Seafood Main Meal Dishes, 71–84</td>
</tr>
<tr>
<td>Linda's 1-2-3-4-5 Chinese Spareribs, 70</td>
<td>Shellfish Linguine, 82</td>
</tr>
<tr>
<td>M</td>
<td>Shortbread Cookies, 117</td>
</tr>
<tr>
<td>Maine Crab Cakes A La Maryland, 72</td>
<td>Shrimp Boiled In Beer, 9</td>
</tr>
</tbody>
</table>
INDEX

Shrimp, Rice Casserole, 83
Smokey Corn Chowder, 19
Soups, 23–36
Sour Cream And Chicken Enchiladas, 66
Spicy Pumpkin Soup, 36
Spinach And Broccoli Casserole, 95
Spinach Cheese Appetizers, 5
Stews, 37–42
Strawberry Pie, 129
Strawberry Spinach Salad, 17
Stuffed Pumpkin, 89
Sweet Potato Biscuits, 52
Sweets, 133–36

T
Teriyaki Steak, 63
Thai Scallops And Noodles, 81
The XYZ Especial, 10
Tortilla Roll-Ups, 4

V
Vegetable Side Dishes, 95–100
Vegetarian Main Meal Dishes, 85–92

W
Waffles, 54
Whiskey Pancakes, 55

X
Xyz Frozen Lime Pie, 130
Xyz Margarita, 10
Xyz Salsa Verde, 102

Z
Zuni Stew, 40