

## Zucchini Bread (2 loaves)

- 3 eggs, lightly beaten
- 1 ~~cup~~ cup salad oil
- 1 cup sugar
- 2 cups grated and drained zucchini
- 2 teaspoons vanilla
- 1 cup nuts, chopped
- $\frac{1}{4}$  cup Raisins. optional
- $3\frac{1}{4}$  cups flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 3 teaspoons cinnamon
- $\frac{1}{2}$  teaspoon salt

1 over

Mix together eggs, oil, sugar, zucchini  
and vanilla. Add nuts & raisins,  
if desired. Sift together dry ingred-  
ients, combine with zucchini mix-  
ture. Put into two greased and  
floured 7 by 4 inch loaf pans. Bake  
at 350 degrees for 1 hour; cool 10 minutes.  
Remove from pan.



## Sour Dough Bread

Put starter in refrigerator for 3-5 days.

To use: Remove from refrigerator and add  $\frac{3}{4}$  cup sugar, 3 tbs. instant potatoes and 1 cup warm water. Add to well shaken starter and put in a tightly sealed jar. Let stand at room temperature for 10 hrs. until mixture is bubbly. Stir and take out 1 cup mixture to make bread; return rest to refrigerator tightly sealed. Repeat process every 5 days. If not making bread after feeding it - throw away or give away 1 cup of starter.

To make bread: In a large bowl, make stiff dough of the following.

$\frac{1}{8}$  cup sugar

1 tsp. salt

6 cups flour (Optional 2 cups whole wheat and 4 cups white.)

$\frac{1}{2}$  cup corn oil

1 cup starter mixture

$1\frac{1}{2}$  cups warm water.

Grease another large bowl; place dough in it and turn dough to coat with oil. Cover with foil and let stand overnight at room temperature. Next day, punch down once and knead 6-7 times. Divide into 3 equal parts and knead each on floured surface 10 times. Put into greased loaf pans and brush with oil. Cover with dry towel and let rise 5 hrs. or longer until double or above top of pans.

Bake at  $325^{\circ}$  -  $350^{\circ}$  for 35-45 minutes. Remove from pans, brush with butter and cool on rack or towel.





Here's what's cookin': Jello Salad  
Recipe from the kitchen of

Norice

- 1 pkg lime or orange jello (big)
  - 1 lb. cottage cheese
  - 1 large Cool whip
  - 1 can crushed pineapple drained
- Mix 3 ingredients together  
Sprinkle jello in dry + mix

Serves: 12-15

## ***Broccoli Quiche with Mashed Potato Crust***

*Makes 4 to 6 servings*

2 large potatoes, peeled  
2 cups chopped fresh broccoli  
1/4 cup milk  
1/4 teaspoon salt  
1 tablespoon olive oil  
1/2 onion, chopped

1 cup shredded Cheddar cheese  
3 eggs  
1 cup milk  
1/2 teaspoon salt  
1/2 teaspoon ground black pepper  
1/4 teaspoon ground nutmeg

- 1.) Preheat oven to 350 degrees F (175 degrees C).
- 2.) Bring a large pot of salted water to a boil. Add potatoes and cook until tender but still firm, about 15 minutes; drain. Meanwhile, place broccoli in a steamer over 1 inch of boiling water, and cover. Cook until tender but still firm, about 2 to 6 minutes. Drain and set aside.
- 3.) Mash the potatoes with milk and salt. Brush a deep 9-inch pie dish with olive oil and press the potatoes in. Brush with remaining olive oil. Bake in preheated oven for 30 minutes or until lightly browned.
- 4.) Arrange onions, broccoli and cheese in the potato crust. Whisk together the eggs, milk, salt, pepper and nutmeg. Pour over broccoli and cheese.
- 5.) Bake in preheated oven for 30 to 40 minutes, until slightly puffed and cooked throughout. Allow to cool for 10 minutes before serving.



### **Cheese-crusted hamburger pie**

1/2 onion, diced  
3 tablespoons oil  
1 pound ground beef (I use ground  
chuck or ground round)  
2 tablespoons chopped green pepper  
1/4 cup flour

1 teaspoon salt  
2 1/4 cups tomato juice  
1/2 cup celery, chopped  
2 teaspoons Worcestershire sauce

Fry onions in oil. Add beef  
and green pepper. Stir and  
brown. Add flour and salt. Add  
tomato juice and cook until thick-  
ened. Stir in celery and Worces-  
tershire sauce. Pour into baking  
dish and top with the following  
crust.

### **Crust**

1 1/2 cups flour  
1/2 teaspoon salt  
1/2 cup shortening  
3/4 cup shredded cheese  
3 tablespoons cold water

Mix together as any pastry,  
roll out to fit pan and place over  
meat mixture. If you have leftover  
dough, use it for a lattice top.

Bake at 400 degrees  
minutes or until crust  
brown.



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dough, use it for a lattice top.

Bake at 400 degrees for 30 to 40  
minutes or until crust is golden  
brown.

## Heloise

SYNDICATED COLUMNIST



Dear

**Heloise:** I made bath crystals for our daughter and granddaughter for Christmas and have misplaced

the list of ingredients. Would you have this information? — Mrs.

**L.H. Dobrats, Mesa, Ariz.**

**Dear L.H.:** Yes, and it's a pleasure to reprint this consistently asked-for recipe. It's such a nice gift with a personal touch.

1 tablespoon glycerin

Food coloring

Perfume or cologne

3 cups Epsom salts

First, place the 3 cups of Epsom salts into a metal or glass bowl (not plastic). In a separate, non-plastic container, mix 1 tablespoon of glycerin, a few drops of food coloring and some of your favorite perfume.

Stir together until blended and then pour into the Epsom salts. Blend the mixture until it turns a pretty color.

Store in a sealed (glass is best) container and just add  $\frac{1}{2}$  to  $\frac{3}{4}$  cup to the bath water to enjoy a relaxing soak.

Hint: For a birthday or other gift, tie a pretty ribbon around the neck of the container and add a flower in the center of the bow. Include instructions on how to use this lovely gift. — **Heloise**



# Her cake was sold at auction; bake one yourself and save \$65

Nina Mason of New Castle in Henry County is known for her homemade cakes. She's a member of the Shelbyville Garden Club; at the club's French Picnic in November she was asked to make a black walnut cake for an auction. It sold for \$65. Here's Mason's recipe.

## Black walnut cake

½ cup butter  
½ cup shortening  
2 cups sugar  
5 eggs, separated  
1 cup buttermilk  
1 teaspoon soda  
2 cups all-purpose flour  
1 teaspoon vanilla  
1½ cups chopped black walnuts  
1 can (3 ounces) coconut, toasted  
½ teaspoon cream of tartar

Cream butter and shortening. Gradually add sugar, beating until light. Add egg yolks, beating well. Combine buttermilk and soda and stir until soda is dissolved. Add flour to creamed mixture, alternately with buttermilk mixture, beginning and ending with flour. Stir in vanilla. Add walnuts and coconut, stirring well.

Beat room-temperature egg whites until frothy. Add cream of tartar and beat until stiff peaks form. Fold egg whites into batter. Pour batter into three greased and floured 9-inch cake pans. Bake at 350 degrees for 30 minutes or until cake tests done. Cool cake layers in pans for 10 minutes and remove from pans and cool completely. Frost cake with cream cheese frosting. Sprinkle some walnuts and coconut on top of cake.

## Cream cheese frosting

¾ cup butter  
1 8-ounce package cream cheese  
1 3-ounce package cream cheese  
6¾ cups sifted powdered sugar  
1½ teaspoons vanilla

Cream butter and cream cheese. Add sugar, beating until fluffy. Stir in vanilla. Makes enough to frost 3 9-inch layers.



FRANK ANDERSON/STAFF

**When Nina Mason** of New Castle made a black walnut cake like this one for an auction, it sold for \$65.

Janice LeMaster of Ashland is searching for a recipe for barbecue that was served at Carl's Restaurant in Winchester during the late '50s and early '60s. "My sister-in-law, who now lives in Alabama, has commented several times recently about the wonderful barbecue.

"She said it was the best she has ever eaten. The restaurant may have been in business

much longer than that, but she moved away in the '60s," LeMaster said.

If you can help LeMaster find the barbecue recipe, have a recipe to share, or a recipe request from a restaurant, e-mail us at [swthompson@herald-leader.com](mailto:swthompson@herald-leader.com) or send information to Recipe Swap, c/o Sharon Thompson, Lexington Herald-Leader, 100 Midland Avenue, Lexington, Ky. 40508.



## **Cookie Ice Cream Sandwiches**

**Peanut butter**

**12 oatmeal raisin cookies**

**1 pint vanilla ice cream or  
flavor of your choice**

**Miniature chocolate chips**

Spread peanut butter over the bottom of six cookies. Top with a scoop of ice cream. Top with another cookie; press down gently. Roll sides of ice cream sandwich in chocolate chips. Wrap in plastic wrap. Freeze until serving. **Yield:** 6 servings.

## America has own creamy onion soup

By Cecily Brownstone

Associated Press

France is, of course, famous for its onion soup. According to Larousse Gastronomique, the great French encyclopedia of cookery, the classic recipe calls for slowly frying onions in butter so they cook through but do not color, sprinkling them with a little flour and then cooking them in white consommé. The combination is then poured over oven-dried bread.

Or the combination is poured into ovenproof bowls and layered with oven-dried bread and cheese. A last layer of cheese and melted butter is added, and the bowls are put in the oven to brown this topping.

But America, too, has a delicious onion soup. It's made with sweet Spanish onions and a creamy base. A topping of finely chopped parsley gives it color. Crunchy croutons passed with

the soup add just the right contrasting texture.

For a simple Sunday-night supper you may find that this onion cream soup is delicious served with grilled ham sandwiches that are accompanied by an interesting assortment of mustards. Apple pie or an apple pudding makes a fine ending.

### Onion cream soup

- 2 beef bouillon cubes
- 2 cups boiling water
- 1 medium (10 ounces) sweet Spanish onion
- ¼ cup butter
- 2 tablespoons unbleached all-purpose flour
- 2 cups half-and-half
- 1 teaspoon salt
- ½ teaspoon Worcestershire sauce
- Finely chopped parsley to taste

### Croutons

Into a pint measure, pour the boiling water over the bouillon cubes, and stir until dissolved; reserve.

Peel and thinly slice the onion — there should be about 2½ cups.

In a 3-quart saucepan over low heat, melt the butter; stir in the onion; cover; cook gently, stirring occasionally, until the onion looks transparent and yellowed — 10 minutes or longer. Stir in the flour.

Add the reserved bouillon, half-and-half, salt and Worcestershire sauce; stir well. Heat, stirring several times, to serving temperature. Sprinkle with the parsley. Pass the croutons. Makes 4 servings.

Note: If you have rich homemade, clear, fat-free beef broth on hand, you will of course want to substitute it for the 2 cups of ready-made bouillon in the above recipe.



Here's the recipe for a delicious homemade eggnog: In a large saucepan, beat together 6 eggs,  $\frac{1}{2}$  cup sugar and  $\frac{1}{4}$  teaspoon salt. In small saucepan, heat 2 cups milk until very warm and stir into egg mixture. Cook over low heat, stirring constantly, until mixture reaches at least 160 degrees. Remove from heat. Stir in another 2 cups milk and 1 tablespoon vanilla extract. Cover and refrigerate until thoroughly chilled, several hours or overnight. Just before serving, pour into bowl or pitcher. Serve immediately.

Some ideas for garnishes or stir-ins: chocolate curls, whipping cream, cinnamon sticks, orange slices, nutmeg, cinnamon or peppermint sticks.