



# Condiments

Quantity Recipe Series

UED 55





# Condiments

Quantity Recipe Series  
Title VII Nutrition Program  
Using USDA Food Commodities

Compiled and Tested by  
Southeast Missouri Area  
Agency on Aging Staff

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# Foreword

Menus served within Title VII Nutrition Programs for the Elderly can be enhanced by the effective use of USDA food commodities. Specifically, USDA food commodities, when used creatively and handled properly, can enhance the nutrient content and sensory quality of the menu items.

Increasing the sensory appeal of foods preferred by the elderly tends to increase their nutrient intake and reduce their plate waste. Thus, Title VII Nutrition Programs are enhanced because they receive maximum utility from all food items used including USDA food commodities.

Given increasing national and global concern for food supply and related resources, federally funded programs such as Title VII Nutrition Programs should enhance the nutritional status of the elderly by using effective foodservice management. The quantity recipes compiled for this publication have been widely accepted by the elderly in Southeast Missouri. Experience with these recipes has indicated they add variety to the menu and tend to increase food consumption while reducing food costs.

The effective and publicized use of USDA food commodities by personnel in Title VII Nutrition Programs can show their concern for effectively using our food supply for the nutritional and sociological benefits of our elderly.

**Recipes compiled and tested by** Staff in Title VII Nutrition Program for the Elderly, Southeast Missouri Area Agency on Aging, Cape Girardeau, Missouri.

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Recipes in this series of publications were assembled and tested within the Title VII Nutrition Program for the Elderly, Southeast Missouri Area Agency on Aging, Cape Girardeau, MO. They incorporate numerous USDA food commodities available across the nation - those used within this bulletin are in italics.

## **MEAT AND POULTRY**

Beef, canned  
Beef, ground, frozen  
Chicken, cut-up, frozen  
Chicken, pre-cooked, frozen  
Poultry, canned  
Turkey Roll, frozen  
Turkey, whole, frozen

## **CHEESE**

*Processed*  
Mozzarella

## **VEGETABLES**

Beans, green, canned  
Beans, green, frozen  
Beans, vegetarian  
Corn, canned  
Corn, frozen  
Peas, canned  
Peas, frozen  
*Potatoes, instant*  
Potatoes, frozen, French fries  
Potatoes, frozen, rounds  
Sweet potatoes, canned  
*Tomatoes, canned*  
Vegetables, mixed, frozen

## **FRUITS**

Applesauce, canned  
Apricots, canned  
*Fruit Cocktail, canned*  
Peaches, canned  
Pears, canned  
Purple Plums, canned  
*Pineapple, canned*  
*Raisins*

## **JUICES**

Apple Juice, canned  
Grape Juice, canned  
*Grapefruit Juice, canned*  
*Lemonade concentrate, frozen*  
*Orange Juice, canned*  
*Orange Juice, frozen*  
*Pineapple Juice, canned*  
*Tomato Juice concentrate, frozen*

## **FLOURS AND CEREALS**

Cornmeal  
*Flour, all purpose*  
Flour, bakers hard wheat  
Flour, whole wheat  
Oats, rolled

## **FATS AND OILS**

Butter, print  
Shortening  
*Vegetable oil*

## **MISCELLANEOUS**

Bulgar  
*Cranberry Sauce, canned*  
Macaroni, enriched  
*Milk, nonfat dry*  
*Peanut Butter*  
*Peanuts*  
Rice  
*Tomato Catsup*  
*Tomato Paste*





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# Food Production Notes for Milk

**NFDM:** Non-fat dried milk is referred to as NFDM throughout this series of publications. Check the package to determine whether it is instant or non-instant. Follow these reconstituting steps:

## Makes 1 cup milk

NFDM, Instant       $\frac{1}{3}$  c  
Water, Cold      1 c

1. Add NFDM to water.
2. Stir to mix.

OR

NFDM, Non-  
instant       $\frac{1}{3}$  c  
Water, Warm      1 c

1. Make a paste with NFDM and small amount of water.
2. Gradually add remaining water.

OR

1. Add NFDM to water, whip, beat or shake vigorously.

## Makes 1 gal milk

NFDM, Instant       $5\frac{1}{3}$  c  
Water, Cold      1 gal

1. Add NFDM to water.
2. Stir to mix.

OR

NFDM, Non-  
instant       $3\frac{1}{4}$  c  
Water, Warm      1 gal

1. Make a paste with NFDM and small amount of water.
2. Gradually add remaining water.

OR

1. Add NFDM to water, whip, beat or shake vigorously.

# Food Production Notes for Sauces

**Chocolate Sauce:** Heat and stir chocolate over very low heat until thick and well blended.

**Milk-Based Sauce:** Heat and stir constantly over boiling water in double boiler.

**Spaghetti Sauce:** To enhance flavor development, prepare sauce ahead of service, refrigerate for 24 hours, and then add spaghetti and heat to serving temperature. Eg. Meat Sauce for Spaghetti.

**Tomato Sauce:** Prepare by using 1 part tomato paste and 2 parts water.

**Uncooked Sauce:** Whip all ingredients together until smooth and creamy.

## Abbreviations

lb = pound

pt = pint

c = cup

gal = gallon

oz = ounce

doz = dozen

qt = quart

T = tablespoon

tsp = teaspoon

#10 can = 100 oz can

## Examples of Menu Items to Serve with Fruit Sauces

Fruit Sauce	Menu Items
Cherry Sauce	Cakes Desserts Ham
Fruit Cocktail Sauce (hot or cold)	Bread Puddings Gingerbread Cakes Cobblers
Lemon Sauce	Cottage Pudding Fruit Cobblers
Lemon Wonder Sauce	Gingerbread
Orange Sauce	Cake Desserts
Raisin Toffee Sauce	Cakes Ice Cream Puddings Pies
Red Cherry Sauce	Ice Cream Cakes Puddings

## Examples of Menu Items to Serve with Sweet Sauces

Sweet Sauce	Menu Items
Creamy Vanilla Sauce (warm or cold)	Gelatin Desserts Chocolate Pudding Cakes Tapioca Pudding
Custard Sauce	Baked Prune Whip Spiced Raisin Pudding Fruit Cakes Pies
Hard Sauce	Tapioca Pudding Apple Brown Betty

## Examples of Menu Items to Serve with Meat and Vegetable Sauces

Meat or Vegetable Sauce	Menu Items
Cover Batter	French Fried Vegetables Meats Fruit Fritters
Cranraisin Sauce (warm)	Ham Lamb
Creole Sauce	Beef Steak Poultry Spaghetti
Mock Hollandaise Sauce	Vegetables Fish

## Examples of Menu Items to Serve with Toppings

Toppings	Menu Items
Apple-Topping	Desserts
Caramel Crunch Topping	Ice Cream Puddings Desserts
Caramel Topping for Cake	Fresh Apple Cake
Cinnamon-Sugar Topping	Desserts
Quick Cranberry Skillet Topping (warm)	Ice Cream Bread Pudding Custards Fruits



# Fruit Sauces

## Cherry Sauce

Makes 7 $\frac{1}{4}$ quarts		
Ingredients	Weights or Measures	Methods
Cornstarch	1 $\frac{1}{8}$ c	1. Combine cornstarch, salt, and juice.
Salt	1 $\frac{3}{4}$ tsp	
Cherry juice, cold	1 c	
Cherry juice	1 $\frac{1}{2}$ qt	2. Heat remaining liquid.
		3. Stir cornstarch mixture into hot liquid.
		4. Cook and stir until thickened and clear.
Sugar, white	2 $\frac{1}{4}$ lb	5. Stir in other ingredients.
Lemon juice	$\frac{3}{4}$ c	
Food coloring, red	$\frac{1}{8}$ tsp	
Cherries, red sour, pitted, drained	1 #10 can	6. Add cherries.
<b>VARIATION:</b> PINEAPPLE SAUCE: Substitute pineapple tidbits for cherries. Use 2 $\frac{1}{4}$ cups sugar. Omit food coloring.		

## Fruit Cocktail Sauce

Makes 1 gallon		
	Weights or Measures	
<b>Ingredients</b>	<b>Weights or Measures</b>	<b>Methods</b>
Fruit cocktail in heavy syrup	1 #10 can	<ol style="list-style-type: none"> <li>1. Heat fruit cocktail to simmer.</li> <li>2. Combine cornstarch and water, stir until smooth.</li> <li>3. Gradually stir into hot fruit cocktail.</li> <li>4. Cook and stir over moderate heat until thickened and clear.</li> <li>5. Stir in remaining ingredients.</li> </ol>
Cornstarch	$\frac{1}{3}$ c	
Water, cold	1 qt	
Lemon juice	$\frac{1}{4}$ c	
Margarine	$\frac{1}{4}$ c	
Salt	1 tsp	

## Fruit Sauce with Cinnamon

Serves 48		
	Weights or Measures	
<b>Ingredients</b>	<b>Weights or Measures</b>	<b>Methods</b>
Margarine	2 T	<ol style="list-style-type: none"> <li>1. Combine ingredients and heat slowly until slightly thickened.</li> </ol>
Sugar, brown	$\frac{1}{4}$ c	
Egg yolks	2	
Fruit juice	$1\frac{1}{2}$ qt	
Cinnamon	to taste	

## Fruit Sauce

Serves 36		
<b>Ingredients</b>	<b>Weights or Measures</b>	<b>Methods</b>
Fruit juice	3 c	1. Heat juice to boiling point.
Cornstarch	2 T	2. Combine cornstarch and water.
Water	1 c	3. Add to boiling juice. 4. Heat until slightly thickened, stirring constantly.

## Lemon Sauce

Makes 2 quarts		
<b>Ingredients</b>	<b>Weights or Measures</b>	<b>Methods</b>
Sugar, white	2 lb	1. Mix dry ingredients together.
Salt	½ tsp	
Cornstarch	3 oz	
Water, boiling	2 qt	2. Add boiling water; heat until clear.
Lemon juice	5 oz	3. Add lemon juice and margarine; serve hot.
Margarine	2 T	

## Lemon Wonder Sauce

Makes 3 quarts		
<b>Ingredients</b>	<b>Weights or Measures</b>	<b>Methods</b>
Eggs, slightly beaten	2	1. Combine eggs and water.
Water	1 pt	
Pudding and pie filling, lemon	2½ c	2. Mix pudding and pie filling and sugar. 3. Add to egg mixture gradually.
Sugar, white	½ c	
Water, boiling	2 qt	5. Add mixture to boiling water; bring to boiling point, stirring constantly.

## Mt. Vernon Orange Sauce

Makes 2½ quarts		
<b>Ingredients</b>	<b>Weights or Measures</b>	<b>Methods</b>
Orange juice, frozen, concentrated	2 qt	1. Thaw orange juice and combine with water.
Water	1 qt	
Peanut butter	5 c	2. Gradually add to peanut butter. 3. Blend ingredients thoroughly.

## Orange Sauce

Makes 1¼ gallons		
	Weights or Measures	
Ingredients		Methods
Orange juice, chilled	1 gal	1. Combine orange juice and milk in mixer bowl.
Milk, evaporated, chilled	1 pt	
Pudding and pie filling, vanilla, instant	2 lb	2. Add remaining ingredients. 3. Whip at medium speed until smooth and creamy.
Sugar, white	1½ c	
Orange rind, grated	1 T	
<b>VARIATION:</b> LEMON SAUCE: Substitute milk for orange juice, increase sugar to 2 cups, add 1 quart lemon juice and 2 Tablespoons grated lemon rind, omit orange rind.		

## Simple Fruit Sauce

Serves 50		
	Weights or Measures	
Ingredients		Methods
Margarine	2 T	1. Combine all ingredients together.
Sugar, brown	¼ c	
Egg yolks	2	2. Cook slowly until slightly thickened.
Fruit juice	1 qt	
Cinnamon	to taste	

## Quick Orange Sauce

Makes 1¼ gallons

Ingredients	Weights or Measures	Methods
Orange juice, chilled	1 gal	1. Mix liquids together.
Milk, evapo- rated, chilled	1 pt	
Pudding and pie filling, instant, vanilla	2 lb	2. Add other ingredients.
Sugar, white	1½ c	3. Whip at medium speed for 2 minutes until smooth and creamy.
Orange rind, grated	1 T	

**VARIATION:**

QUICK LEMON SAUCE: Substitute milk for orange juice, increase sugar to 2 cups, and 1 quart lemon juice and substitute 2 Tablespoons grated lemon rind for orange rind.

## Raisin Toffee Sauce

Makes 2 quarts		
	Weights or Measures	
Ingredients		Methods
Milk, evaporated	3 c	1. Combine ingredients. 2. Cook, stirring, over very low heat until sauce thickens.
Corn syrup	1 c	
Sugar, white	1 qt	
Sugar, brown	1 qt	
Salt	½ tsp	
Lemon juice	4 tsp	3. Add remaining ingredients.
Margarine	½ c	
Vanilla OR rum flavor	3 T	
Raisins, plumped	2 c	

## Red Cherry Sauce

Makes 2 gallons		
	Weights or Measures	
Ingredients		Methods
Cherry juice AND water	1½ gal	1. Heat liquid to boiling point. 2. Pour liquid over gelatin. 3. Stir until dissolved; cool.
Gelatin, cherry	3½ c	
Cherries, red sour, pitted, drained	1 #10 can	
		4. Add cherries; chill until thickened.



## Raisin Sauce

Makes 1 gallon

Ingredients	Weights or Measures	Methods
Water, cold	1 qt	1. Blend cold water, cornstarch, and sugar.
Cornstarch	$\frac{3}{4}$ c	
Sugar, brown	2 c	
Water, boiling	2 qt	2. Pour slowly into water, cook and stir, heat until thickened and clear.
Lemon juice	$\frac{1}{4}$ c	3. Stir in remaining ingredients.
Salt	$\frac{1}{2}$ tsp	
Raisins, washed and drained	$1\frac{1}{2}$ qt	
<b>VARIATION:</b>		
RAISIN FRUIT SAUCE: Substitute $\frac{1}{4}$ cup frozen orange juice and 2 teaspoons pumpkin pie spice for lemon juice.		

# Sweet Sauces

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## Vanilla Sauce

Makes 6 $\frac{1}{4}$ quarts		
Ingredients	Weights or Measures	Methods
Sugar, white Cornstarch Salt	5 $\frac{1}{2}$ lb 1 $\frac{3}{4}$ c 2 $\frac{1}{4}$ tsp	1. Combine dry ingredients.
Water, boiling	1 gal	2. Gradually add water, stirring constantly until thickened and clear.
Margarine Vanilla	1 c $\frac{2}{3}$ c	3. Add remaining ingredients.
<b>VARIATIONS:</b>		
1. CHOCOLATE SAUCE: Mix 3 cups cocoa with dry ingredients. Use $\frac{1}{4}$ cup vanilla.		
2. LEMON SAUCE: Substitute 2 cups lemon juice and 1 Tablespoon lemon rind for vanilla.		
3. RAISIN SAUCE: Add 3 $\frac{1}{2}$ pounds cooked, drained raisins to Lemon Sauce.		
4. MAPLE SAUCE: Substitute 2 Tablespoons maple flavoring for vanilla.		

## Chocolate Sauce

Makes 2 quarts

Ingredients	Weights or Measures	Methods
Chocolate, unsweet- ened	1 lb	1. Combine chocolate and water. 2. Cook and stir over low heat until thick and well blended.
Water, hot	3 c	
Sugar, white	1¼ lb	3. Add ingredients, boil gently for 5 minutes, stirring constantly, cool.
Salt	¼ tsp	
Corn syrup	3 c	
Vanilla	1 T	4. Add vanilla.

## Creamy Vanilla Sauce

Makes 1 gallon

Ingredients	Weights or Measures	Methods
Pudding and pie filling, vanilla	14 oz	1. Mix ingredients together.
Sugar, white	1 c	
NFDM	3½ c	2. Add mixture to hot water. 3. Cook and stir over boiling water for 13 minutes; stirring frequently; chill.
Water, cold	1 pt	
Water, hot	3½ qt	

## Custard Sauce

Makes 1½ gallons		
<b>Ingredients</b>	<b>Weights or Measures</b>	<b>Methods</b>
Milk	1 gal	1. Scald ingredients.
Sugar, white	3¾ c	
Salt	1½ tsp	
Eggs, large, beaten	10	2. Combine eggs, milk and vanilla, stir slowly into flour.  3. Add egg mixture slowly to milk mixture, stirring constantly 4. Heat and stir 6 minutes until mixture almost reaches boiling point, chill.
Milk	1 qt	
Vanilla	3 T	
Flour	1¼ c	

## Monticello Honey Sauce

Makes 2¼ quarts		
<b>Ingredients</b>	<b>Weights or Measures</b>	<b>Methods</b>
Honey	3 c	1. Combine honey and water.
Water	3 c	
Peanut butter	3 c	2. Add gradually to peanut butter. 3. Blend ingredients thoroughly.

## Cinnamon-Sour Cream Sauce

Serves 50		
	<b>Weights or Measures</b>	
<b>Ingredients</b>		<b>Methods</b>
Sour cream	1 qt	1. Mix ingredients until well blended; chill.
Sugar, white	1/2 c	
Cinnamon	2 tsp	

## Yorktown Taffy Sauce

Makes 2½ quarts		
	<b>Weights or Measures</b>	
<b>Ingredients</b>		<b>Methods</b>
Milk, evaporated	5 c	1. Gradually add evaporated milk to peanut butter. 2. Blend until smooth.
Peanut butter	3¾ c	
Molasses	2½ c	3. Blend in molasses.

## Butterscotch Sauce

Makes 1½ quarts		
	<b>Weights or Measures</b>	
<b>Ingredients</b>		<b>Methods</b>
Sugar, brown	4½ c	1. Combine ingredients, boil until reduced to a thick syrup; cool.
Corn syrup	1 pt	
Water	1½ c	
Milk, evaporated	1 pt	2. Stir in milk, chill.

## Nutmeg Sauce

Makes 2 quarts		
<b>Ingredients</b>	<b>Weights or Measures</b>	<b>Methods</b>
Sugar, white	1 lb	1. Mix dry ingredients.
Salt	½ tsp	2. Add boiling water.
Cornstarch	3 oz	3. Cook until clear.
Water, boiling	2 qt	
Nutmeg	¾ tsp	4. Add spice and mar-
Margarine	2 T	garine.
		5. Serve hot.

## Honey-Peanut Butter Sauce

Makes 3¼ quarts		
<b>Ingredients</b>	<b>Weights or Measures</b>	<b>Methods</b>
Honey	2⅔ c	1. Combine ingredients.
Water, hot	1¾ qt	
Salt	2¼ tsp	
Peanut butter	3 lb	2. Gradually add peanut butter.
		3. Beat until smooth.

## Hard Sauce

Serves 50		
<b>Ingredients</b>	<b>Weights or Measures</b>	<b>Methods</b>
Margarine Sugar, powdered	1/2 c 2 lb	1. Cream margarine and sugar together.
Milk, evaporated	1/2 c	2. Add milk slowly until mixture is fluffy.
Vanilla	4 tsp	3. Mix in vanilla, chill.

## Maple Syrup Sauce

Makes 1 1/2 quarts		
<b>Ingredients</b>	<b>Weights or Measures</b>	<b>Methods</b>
Maple flavored syrup	1 qt	1. Combine ingredients in saucepan.
Lemon peel, grated	4 tsp	2. Simmer for 5 minutes
Cinnamon	1 tsp	
Margarine	1/2 c	
Peanuts, chopped	2 c	



# Meat and Vegetable Sauces

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## Asparagus and Mock Hollandaise Sauce

Serves 50		
Ingredients	Weights or Measures	Methods
Margarine, melted	2 lb	1. Blend ingredients.
Cornstarch	$\frac{2}{3}$ c	
Salt	2 T	
Pepper	2 tsp	
Milk, hot	2 qt	2. Add milk. Heat, stirring frequently, until mixture thickens.
Lemon juice	$\frac{2}{3}$ c	3. Blend lemon juice and egg yolks together. Add to mixture, cook for 4 minutes.
Egg yolks	2 doz	
Asparagus pieces, heated, drained	1 #10 can	4. Serve sauce over asparagus.

## Barbecue Sauce

Makes 2 quarts		
	Weights or Measures	
<b>Ingredients</b>	<b>Weights or Measures</b>	<b>Methods</b>
Onions, chopped	2 <sup>2</sup> / <sub>3</sub> c	1. Saute onions and garlic.
Garlic, minced	6 cloves	
Vegetable oil	1/2 c	
Chili sauce	1 c	2. Stir in remaining ingredients, simmer 20 minutes.
Hickory salt	4 tsp	
Preserves, apricot	2 lb	
Vinegar, wine	2 <sup>2</sup> / <sub>3</sub> c	

## Batter for Fritters

For 25		
	Weights or Measures	
<b>Ingredients</b>	<b>Weights or Measures</b>	<b>Methods</b>
Eggs	4	1. Beat eggs until creamy.
Flour, sifted	2 c	
Margarine, melted	4 T	2. Add ingredients.
Sugar, white	4 tsp	
Salt	1/2 tsp	
Lemon juice	4 T	
Water, cold	as needed	3. Beat in enough water to make a thick batter.

## Barbecue Sauce for Beef

Serves 50			
<b>Ingredients</b>	<b>Weights or Measures</b>	<b>Methods</b>	
Onions, finely chopped	1 qt	1. Saute onion and garlic until onion is transparent.	
Garlic clove, minced	1 clove		
Vegetable oil	1/3 c		
Sugar, brown, packed	1 c	2. Mix in other ingredients.	
Mustard, prepared	1/3 c		
Salt	4 1/2 T		
Pepper	1/2 tsp		
Cloves, ground	1/2 tsp		
Celery salt	1 tsp		
Worcestershire Sauce	2 T		
Tomato paste	1 1/4 qt		
Vinegar	1 c		3. Stir in vinegar and water. 4. Bring to the boiling point. Simmer 15 minutes.
Water	1 qt		

## Mock Hollandaise Sauce

Serves 50		
	<b>Weights or Measures</b>	
<b>Ingredients</b>		<b>Methods</b>
Margarine, melted	2 lb	1. Combine ingredients, stirring until smooth.
Cornstarch	$\frac{2}{3}$ c	
Salt	2 T	
Pepper	2 tsp	
Milk, hot	2 qt	2. Add milk. Heat until mixture thickens, stir- ring frequently.
Lemon juice	$\frac{2}{3}$ c	3. Blend remaining ingre- dients. 4. Add to milk mixture. Simmer for 5 minutes.
Egg yolks	2 doz	

## White Sauce Mix

Makes 1 gallon		
	<b>Weights or Measures</b>	
<b>Ingredients</b>		<b>Methods</b>
NFDM	$10\frac{2}{3}$ c	1. Mix NFDM, flour and and salt together.
Flour, sifted	1 qt	
Salt	$2\frac{2}{3}$ T	
Margarine	$2\frac{2}{3}$ c	2. Add margarine, mix until fat is cut into small pieces. 3. Store in covered container in refrigera- tor, stir before using.

## White Sauce Mix

Makes 1 quart		
<b>Ingredients</b>	<b>Weights or Measures</b>	<b>Methods</b>
NFDM Flour, sifted Salt	2 $\frac{2}{3}$ c 1 $\frac{1}{2}$ c 1 T	1. Mix dry ingredients together.
Margarine	1 c	2. Cut margarine into flour mixture until resembles coarse cornmeal.  3. Cover, refrigerate, stir before using.

## Lively Dilly Sauce

Makes 1 gallon		
	<b>Weights or Measures</b>	
<b>Ingredients</b>		<b>Methods</b>
Margarine, melted	1 lb	1. Blend ingredients until smooth. 2. Cook over low heat until smooth and bubbly.
Flour	1½ c	
Salt	1 T	
Pepper	2 tsp	
Dill weed, dried	2 T	
Nutmeg	1 tsp	
Milk	3½ qt	3. Stir in milk gradually. 4. Heat, stirring constantly until thick.

## Medium White Sauce

Makes 1½ cups		
	<b>Weights or Measures</b>	
<b>Ingredients</b>		<b>Methods</b>
White Sauce Mix*	½ c	1. Measure mix into pan. 2. Add water while stirring. 3. Cook over low heat until thick, stirring constantly.
Water	1 c	
<b>VARIATIONS:</b> Finely chopped green pepper, parsley, onion, cheese, hard-cooked eggs or other flavoring may be added.		

\*See page 18

## Thick White Sauce

Makes 1¾ cups		
<b>Ingredients</b>	<b>Weights or Measures</b>	<b>Methods</b>
White Sauce Mix*	¾ c	<ol style="list-style-type: none"> <li>1. Measure mix into pan.</li> <li>2. Add water while stirring.</li> <li>3. Cook over low heat until thick, stirring constantly.</li> </ol>
Water	1 c	
<b>VARIATIONS:</b> Finely chopped green pepper, parsley, onion, cheese, hard-cooked eggs or other flavoring may be added.		

\*See page 18

## Thin White Sauce

Makes 1¼ cups		
<b>Ingredients</b>	<b>Weights or Measures</b>	<b>Methods</b>
White Sauce Mix*	¼ c	<ol style="list-style-type: none"> <li>1. Measure mix into pan.</li> <li>2. Add water while stirring.</li> <li>3. Cook over low heat until thick, stirring constantly.</li> </ol>
Water	1 c	
<b>VARIATIONS:</b> Finely chopped green pepper, parsley, onion, cheese, hard-cooked eggs or other flavoring may be added.		

\*See page 18

## Catsup

Makes 3 quarts		
<b>Ingredients</b>	<b>Weights or Measures</b>	<b>Methods</b>
Cloves, whole	1 T	1. Combine spices and vinegar. Cover, heat to the boiling point, steep 20 minutes, strain.
Celery seed	2 tsp	
Cinnamon stick, broken	1 T	
Vinegar, white	3 c	
Onion, medium	1	2. Cook onion until soft, run through a colander.
Tomato paste	1 #10 can	3. Combine remaining ingredients, heat to the boiling point, stir until well mixed.
Cayenne pepper	½ tsp	
Garlic salt	½ tsp	
Sugar, white	3 c	
Salt	3 T	
Water OR tomato juice	1½ c	

## Cheese Sauce

Makes 1 gallon		
<b>Ingredients</b>	<b>Weights or Measures</b>	<b>Methods</b>
Cheese, grated	1½ lb	1. Combine all ingredients.
Medium White Sauce*	3 qt	
Mustard, dry	1 T	2. Heat thoroughly.
Paprika	1 T	

\*See page 20



## Cover Batter

For 50 servings		
<b>Ingredients</b>	<b>Weights or Measures</b>	<b>Methods</b>
Flour Salt	1 qt 1 tsp	1. Mix dry ingredients.
Eggs, slightly beaten	4	2. Combine remaining ingredients.
Milk Vegetable oil	1 qt 4 T	3. Add gradually to flour, beating until smooth.

## Cranraisin Sauce

Makes 1½ gallons		
<b>Ingredients</b>	<b>Weights or Measures</b>	<b>Methods</b>
Flour Mustard, dry Cranberry sauce, jellied	¼ c ¼ c 1 #10 can	1. Mix flour, mustard, and cranberry sauce thoroughly.
Cranberry juice cocktail Water Vinegar	1 pt 2 qt 1¾ c	2. Add cranberry juice cocktail, water and vinegar. 3. Boil until all cranberry sauce is dissolved.
Raisins	1 qt	4. Add raisins and let simmer until slightly thickened.

## Creole Sauce

Serves 100		
	Weights or Measures	
<b>Ingredients</b>	<b>Measures</b>	<b>Methods</b>
Salt	3 <sup>3</sup> / <sub>4</sub> oz	1. Blend all ingredients together.
Paprika	1 oz	
Pepper	1 T	
Onions, chopped	2 lb	
Garlic cloves, chopped	2	
Green peppers, chopped	2 lb	
Bouquet	1/2 c	
Tomato puree	4 <sup>1</sup> / <sub>2</sub> qt	
Water, hot	2 <sup>1</sup> / <sub>4</sub> gal	

## Egg Sauce

Makes 1 gallon		
	Weights or Measures	
<b>Ingredients</b>	<b>Measures</b>	<b>Methods</b>
Eggs, hard- cooked, diced	15	1. Combine all ingredients. 2. Heat thoroughly.
Medium White Sauce*	3 qt	
Mustard, dry	1 T	
Paprika	1 T	

\*See page 20

## Creole Sauce

Serves 50		
	Weights or Measures	
<b>Ingredients</b>	<b>Weights or Measures</b>	<b>Methods</b>
Salt	1 <sup>3</sup> / <sub>4</sub> oz	1. Blend all ingredients together.
Pepper	1/2 T	
Onions, chopped	1 lb	
Garlic, chopped	1 clove	
Green peppers, chopped	1 lb	
Bouquet	1/4 c	
Tomato puree	2 <sup>1</sup> / <sub>4</sub> qt	
Water, hot	1 <sup>1</sup> / <sub>2</sub> gal	

## Barbecue Sauce for Pork Ribs

Serves 50		
	Weights or Measures	
<b>Ingredients</b>	<b>Weights or Measures</b>	<b>Methods</b>
Catsup*	1 <sup>1</sup> / <sub>2</sub> qt	1. Blend all ingredients together.
Vinegar	1 c	
Salt	2 T	
Pepper	2 tsp	
Sugar, brown	1 c	
Worcestershire sauce	3/4 c	
Chili powder	2 tsp	

\*See page 22

## Sweet-Tart Sauce

Makes 4½ quarts		
<b>Ingredients</b>	<b>Weights or Measures</b>	<b>Methods</b>
Cranberry sauce	2 c	1. Break up cranberry sauce, add salad dressing. 2. Beat slightly until well blended.
Salad Dressing*	1 gal	

\*See page 49

## Tomato Sauce

Makes 4¾ quarts		
<b>Ingredients</b>	<b>Weights or Measures</b>	<b>Methods</b>
Onions, chopped	5 c	1. Saute onions in marga- rine until slightly browned.
Margarine	1 c	
Tapioca, minute	1⅓ c	2. Add tapioca, salt, and pepper to hot tomatoes and cook rapidly over boiling water for 5 min- utes, stirring fre- quently.
Salt	2 tsp	
Pepper	¾ tsp	
Tomatoes, drained heated	1 #10 can	
Sugar, white	½ c	3. Add onions and sugar. Heat thoroughly.

## Hot Tartar Sauce

Makes 2 gallons

Ingredients	Weights or Measures	Methods
Margarine	1 lb	1. Saute vegetables.
Onions, chopped	1 c	
Green peppers, chopped	1 c	
Flour	1½ c	2. Add flour and seasonings, stir until smooth.
Salt	1 T	
Pepper	2 tsp	3. Cook until smooth and bubbly.
Milk	2½ qt	4. Gradually stir in milk.
		5. Heat, stirring constantly until thick.
Salad Dressing*	1 qt	6. Stir in seasoning ingredients.
Lemon juice	½ c	
Pickle relish	1 c	
Olives, chopped	1 c	
Parsley, chopped	1 c	

\*See page 49

## Tomato Sauce For Spaghetti, Meat, Meat Loaf, Etc.

Makes 3 <sup>3</sup> / <sub>4</sub> quarts		
Ingredients	Weights or Measures	Methods
Tomato juice OR tomatoes canned	3 <sup>3</sup> / <sub>4</sub> qt 1 #10 can	1. Heat tomato juice and onion.
Onion juice OR onions, medium	1 <sup>1</sup> / <sub>3</sub> T 2	
Margarine, melted	3/4 c	2. Blend margarine and flour to a smooth paste.
Flour	1 <sup>1</sup> / <sub>3</sub> c	
Salt	1 <sup>1</sup> / <sub>3</sub> T	3. Add tomato juice, salt and sugar. Simmer, stirring constantly until thick.
Sugar, white	1/4 c	

## Poultry Shake Mix

Coats 60 (1/4 chickens)		
	<b>Weights or Measures</b>	
<b>Ingredients</b>		<b>Methods</b>
Flour OR Potatoes, instant mashed AND flour NFDM Sugar, white Baking powder Paprika Vegetable oil Accent Garlic salt Pepper Salt	1½ qt 3 c  3 c ½ c ½ c ¼ c 2 T ¾ c 1 tsp 1 tsp ½ tsp 5 tsp	1. Combine ingredients. 2. Coat chicken parts with mixture. Bake at 400°F. for 40 minutes.
<b>VARIATIONS:</b>		
<ol style="list-style-type: none"> <li>1. Combine equal parts of NFDM, water, fine bread crumbs, cereal crumbs, flour, and coat poultry.</li> <li>2. Combine equal parts of crumbs and instant mashed potatoes and coat poultry.</li> </ol>		

## Special Sauce

Makes 3 quarts		
<b>Ingredients</b>	<b>Weights or Measures</b>	<b>Methods</b>
Onion, chopped	$\frac{2}{3}$ c	<ol style="list-style-type: none"> <li>1. Saute onions and green pepper.</li> <li>2. Add flour.</li> <li>3. Cook and stir until bubbly.</li> <li>4. Add other ingredients.</li> <li>5. Cook, stirring constantly, until mixture reaches boiling point.</li> <li>6. Cook 5 minutes.</li> <li>7. Add a little of the hot sauce to the beaten eggs.</li> <li>8. Add egg mixture to sauce gradually, stir.</li> </ol>
Green pepper, chopped	$\frac{1}{3}$ c	
Margarine	1 c	
Flour	$\frac{2}{3}$ c	
Salt	1 T	
Garlic salt	$\frac{1}{4}$ tsp	
Pimiento, chopped	$\frac{1}{3}$ c	
Milk, hot	$2\frac{1}{2}$ qt	
Eggs, beaten	5	



# Frostings

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## Spicy Peanut Butter Frosting

Frosts 48 cupcakes or 1 sheet cake		
	<b>Weights or Measures</b>	
<b>Ingredients</b>		<b>Methods</b>
Margarine	$\frac{2}{3}$ c	1. Blend ingredients together.
Peanut butter	$\frac{2}{3}$ c	
Cloves, ground	Dash	
Sugar, powdered	5 c	2. Gradually add remaining ingredients.
Vanilla	2 tsp	3. Mix well.
Milk	6 T	4. Spread over cooled cake.

## Sugar Glaze

For 1 loaf		
	<b>Weights or Measures</b>	
<b>Ingredients</b>		<b>Methods</b>
Sugar, white	$\frac{1}{4}$ c	1. Mix ingredients together. 2. Heat until sugar is completely dissolved. 3. Pour over hot bread.
Vanilla	$\frac{1}{2}$ tsp	
Water	1 T	

## Lemon Glaze

Makes 2 cups		
<b>Ingredients</b>	<b>Weights or Measures</b>	<b>Methods</b>
Water, hot Margarine	5 T 1/4 c	1. Heat ingredients to melt margarine.
Sugar, powdered Lemon rind Lemon juice	4 c 2 tsp 1 T	2. Blend in sugar. 3. Stir in lemon rind and juice. 4. Drizzle over Orange Bread.

## Mock Whipped Cream Frosting

Makes 200 servings		
<b>Ingredients</b>	<b>Weights or Measures</b>	<b>Methods</b>
Margarine Shortening	1/2 c 1/2 c	1. Cream margarine and shortening.
Sugar, white Flour	1 c 3 T	2. Beat in sugar and flour gradually, until smooth.
Milk Vanilla	2/3 c 1 tsp	2. Gradually mix in milk and vanilla. 4. Beat until mixture forms stiff peaks.

## Orange Mixture

For 8 dozen 1¼-ounce rolls		
	Weights or Measures	
<b>Ingredients</b>	<b>Weights or Measures</b>	<b>Methods</b>
Margarine	1 c	<ol style="list-style-type: none"> <li>1. Combine ingredients.</li> <li>2. Boil for 6 minutes, stirring constantly.</li> <li>3. Place 1 Tablespoon of mixture into each greased muffin cup OR use 4 cups of mixture per 18x26-inch pan.</li> </ol>
Sugar, white	1 qt	
Orange juice and pulp	2 c	
Orange rind, grated	½ c	

## Peanut Butter Fudge Frosting

Frosts 1 sheet cake		
	Weights or Measures	
<b>Ingredients</b>	<b>Weights or Measures</b>	<b>Methods</b>
Chocolate, unsweetened squares	2 oz	<ol style="list-style-type: none"> <li>1. Melt chocolate and peanut butter in heavy saucepan over low heat.</li> <li>2. Stir to blend.</li> </ol>
Peanut butter	½ c	
Milk, evaporated	1 c	<ol style="list-style-type: none"> <li>3. Add milk, stirring.</li> <li>4. Add sugar.</li> <li>5. Cook over low heat until soft ball stage (238°F.); cool.</li> <li>6. Beat until creamy.</li> </ol>
Sugar, white	2 c	

## Vanilla Cream Frosting

Makes 2 quarts		
Ingredients	Weights or Measures	Methods
Margarine	1½ c	1. Cream margarine until light and fluffy.
Sugar, powdered	4 lb	2. Add sugar and water alternately.
Water, boiling	1 c	3. Beat well after each addition.
Salt	½ tsp	4. Blend in salt and vanilla.
Vanilla	3 T	5. Beat until light and fluffy.
<b>VARIATIONS:</b>		
1. CHOCOLATE CREAM FROSTING: Blend 2 cups cocoa with sugar. Increase water to 1¼ cups. Reduce vanilla to 2 Tablespoons.		
2. LEMON CREAM FROSTING: Substitute 2 Tablespoons lemon extract for vanilla.		
3. ORANGE CREAM FROSTING: Reduce water to ¾ cup and substitute ½ cup frozen orange juice concentrate (thawed) and 1 teaspoon lemon juice for vanilla.		
4. PEANUT BUTTER CREAM FROSTING: Substitute 1½ cups peanut butter for margarine. Increase water to 1⅔ cups and reduce vanilla to 1 Tablespoon.		
5. PINEAPPLE CREAM FROSTING: Substitute 2 Tablespoons pineapple extract for vanilla. Add drained, crushed, pineapple to taste.		

# Toppings

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## Marshmallow Topping

Makes 1 gallon

Ingredients	Weights or Measures	Methods
Sugar, white Water	2 c 1 c	1. Combine sugar and water in saucepan; stir to dissolve sugar. 2. Cook over moderate heat until 238°F. on candy thermometer (soft ball stage).
Egg whites Salt Cream of tartar	8 ¼ tsp ¼ tsp	3. Beat egg whites and salt and cream of tartar until soft peaks form. 4. Gradually add hot syrup, while beating.
Vanilla	1 T	5. Add vanilla. 6. Beat until topping is cool. 7. Refrigerate.

## Apple Topping

Makes 2 quarts		
<b>Ingredients</b>	<b>Weights or Measures</b>	<b>Methods</b>
Sugar, white OR brown Missouri Mix* Cinnamon	1½ c 6 T 1 T	1. Mix dry ingredients together.
Margarine	6 T	2. Cut margarine into dry ingredients.
Apples, finely chopped	4½ c	3. Mix in fruit.
Raisins, finely chopped	1½ c	

\*See UMC publication UED 54

## Caramel Topping for Cake

. Makes 5 cups		
<b>Ingredients</b>	<b>Weights or Measures</b>	<b>Methods</b>
Margarine Milk, evaporated Sugar, brown	½ lb 4 T 2 c	1. Place margarine, milk, and brown sugar in saucepan. Combine ingredients, melt over low heat.
Salt Sugar, powdered Vanilla	1 tsp 2 c 2 tsp	2. Add remaining ingredients.

## Caramel Crunch Topping

Makes 1 gallon		
<b>Ingredients</b>	<b>Weights or Measures</b>	<b>Methods</b>
Margarine, melted	1 lb	<ol style="list-style-type: none"> <li>1. Stir ingredients until thoroughly combined.</li> <li>2. Spread mixture evenly on large baking sheets.</li> <li>3. Bake at 350°F. for 12 minutes, stirring twice while baking.</li> </ol>
Corn cereal, dry, crushed	1 lb	
Sugar, brown	1½ lb	
Coconut, shredded	1½ c	
Nuts, coarsely chopped	1 c	
Flour	½ c	
Nutmeg	1 tsp	
Cinnamon	1 tsp	

## Cheese Crumbs

Makes 5 cups		
<b>Ingredients</b>	<b>Weights or Measures</b>	<b>Methods</b>
Bread crumbs, dry	3½ c	<ol style="list-style-type: none"> <li>1. Mix ingredients together.</li> </ol>
Paprika	¾ tsp	
Margarine, melted	¼ c	
Cheese, shredded	1½ c	

## Cinnamon-Sugar Topping

Makes 2 cups		
<b>Ingredients</b>	<b>Weights or Measures</b>	<b>Methods</b>
Sugar, white OR brown	1½ c	1. Mix dry ingredients together.
Missouri Mix*	6 T	
Cinnamon	1 T	
Margarine	6 T	2. Cut margarine into dry ingredients.

\*See UMC publication UED 54

## Meringue

Serves 100		
<b>Ingredients</b>	<b>Weights or Measures</b>	<b>Methods</b>
Egg whites, large	3 doz	1. Beat ingredients in mixer with fine wire whip until soft peaks form.
Salt	¾ tsp	
Cream of tartar	1 T	
Sugar, white	2 lb	2. Gradually add sugar, beat until whites are stiff.
		3. Top pies and bake at 350°F. for 15 minutes.



## Quick Cranberry Skillet Topping

Makes 2½ quarts		
	<b>Weights or Measures</b>	
<b>Ingredients</b>		<b>Methods</b>
Margarine, melted	1 c	1. Combine ingredients. 2. Cook over low heat for 5 minutes, stirring constantly.
Sugar, brown, packed	1½ c	
Cinnamon	2½ tsp	
Mace	2½ tsp	
Nutmeg	2½ tsp	
Corn cereal, flaked, crushed	2½ qt	
Cranberry sauce	½ #10 can	
Nuts, chopped	2 c	

## Whipped Topping

Makes 1 gallon		
Ingredients	Weights or Measures	Methods
Gelatin, unflavored	1 $\frac{1}{3}$ T	1. Soften gelatin in cold water.
Water, cold	$\frac{1}{2}$ c	
NFDM	1 $\frac{2}{3}$ c	2. Sprinkle NFDM over water.
Water, ice cold	1 $\frac{3}{4}$ c	
		3. Beat until smooth, scald for about 6 minutes.
		4. Add softened gelatin, chill.
Lemon juice	$\frac{1}{2}$ c	5. Beat in fruit juices a small amount at a time.
Orange juice	$\frac{1}{2}$ c	
		6. Refrigerate for 24 hours.
		7. Whip chilled mixture on high speed until very stiff.
Sugar, white	1 c PLUS	8. Fold in remaining ingredients. Chill.
	2 T	
Salt	1 tsp	
Vanilla	1 $\frac{1}{3}$ T	
<b>VARIATIONS:</b>		
1. FRUIT FLAVORED TOPPING: Substitute chilled tart fruit juice for water. Use 1 Tablespoon lemon juice.		
2. CHOCOLATE WHIPPED TOPPING: Add 2 Tablespoons cocoa and use 7 Tablespoons sugar.		

# Salad Dressings

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## Chive Cream Dressing

Makes 1 quart		
<b>Ingredients</b>	<b>Weights or Measures</b>	<b>Methods</b>
Chives, dried Sour Cream Dressing* Tabasco sauce	2 T 1 qt  ½ tsp	1. Blend ingredients. Chill.

\*See page 51

## Chutney Dressing

Makes 1 quart		
<b>Ingredients</b>	<b>Weights or Measures</b>	<b>Methods</b>
Salad Dressing* Sour cream Chutney, chopped Lemon juice	2½ c  1 c ½ c  1 T	1. Blend ingredients. Chill.

\*See page 49

## Amadeo Salad Dressing

Makes 3 cups		
	Weights or Measures	
<b>Ingredients</b>	<b>Measures</b>	<b>Methods</b>
Salad Dressing*	1 pt	1. Blend ingredients well, chill.
Catsup*	2 T	
Worcestershire sauce	2 T	
Onion, finely chopped	2 T	
Vinegar	2 T	
Eggs, hard-cooked grated	$\frac{2}{3}$ c	

\*See pages 49 and 22

## Blue Cheese Dressing

Makes 3 cups		
	Weights or Measures	
<b>Ingredients</b>	<b>Measures</b>	<b>Methods</b>
Blue cheese, crumbled	5 oz	1. Blend ingredients. Chill.
Worcestershire sauce	2 T	
Salad Dressing*	1 pt	

\*See page 49

## Chantilly Orange Dressing

Makes 1 quart		
<b>Ingredients</b>	<b>Weights or Measures</b>	<b>Methods</b>
Salad Dressing*	1 c	1. Blend ingredients. Chill.
Whipped Topping*	3½ c	
Orange rind	1 T	
Orange juice	2 T	
Sugar,	2 T	
powdered		

\*See pages 49 and 40

## Cherry Mallow Dressing

Makes 1 quart		
<b>Ingredients</b>	<b>Weights or Measures</b>	<b>Methods</b>
Marshmallow Cream	3 c	1. Whip marshmallow cream and juices until fluffy.
Cherry juice	3 T	
Lemon juice	3 T	
Salad dressing*	1 c	2. Fold in remaining ingredients.
Red Maraschino cherries, chopped	½ c	

\*See page 49

## Cottage Cheese French Dressing

Makes 1½ quarts		
	Weights or Measures	
Ingredients		Methods
Cottage cheese	2½ c	1. Beat cottage cheese until very creamy.
Sugar, white	½ c	
Salt	1⅓ T	2. Add dry ingredients.
Mustard, dry	1⅓ T	
Paprika	2 tsp	
Vegetable oil	1½ c	
Catsup*	½ c	3. Add remaining ingredients, blend well. Chill.
Vinegar, white	1 c	
Water, cold	2 T	
Worcestershire Sauce	1½ T	
Onion, grated	1 T	
Garlic, crushed	2 cloves	
Tabasco sauce	¼ tsp	

\*See page 22

## Creamy Dressing

Makes 1 quart		
	Weights or Measures	
Ingredients		Methods
Salad Dressing*	2 c	1. Blend ingredients. Chill.
Whipped Topping*	2 c	

\*See pages 49 and 40

## Cucumber Dressing

Makes 1 quart		
	Weights or Measures	
<b>Ingredients</b>	<b>Weights or Measures</b>	<b>Methods</b>
Sour Cream Dressing*	3 c	1. Blend ingredients. Chill.
Cucumber, chopped, drained	1½ c	
Salt	½ tsp	
Green onion, instant minced	1 tsp	

\*See page 51

## Date Cream Dressing

Makes 1 quart		
	Weights or Measures	
<b>Ingredients</b>	<b>Weights or Measures</b>	<b>Methods</b>
Salad Dressing*	2 c	1. Blend ingredients. Chill.
Whipped Topping*	2 c	
Dates, chopped	1 c	
Lemon juice	½ tsp	
Sugar, powdered	2 T	

\*See pages 49 and 40

## French Dressing

Makes 1 gallon		
Ingredients	Weights or Measures	Methods
Onion flakes, rehydrated OR fresh chopped Garlic salt Paprika Mustard, dry Sugar, white	2½ c  2 T 2⅔T 3⅓ T ½ c PLUS 1 T	1. Mix ingredients together.
Worcestershire sauce Tabasco sauce Vegetable oil Vinegar	½ tsp  4 drops 2¾ qt 1 qt PLUS 1⅓ c	2. Blend in remaining ingredients. Chill. 3. Shake before using.
<b>VARIATIONS:</b>		
1. CREAM FRENCH DRESSING: Add 1 quart evaporated milk to 3 quarts French Dressing.		
2. HONEY FRENCH DRESSING: Substitute ½ cup plus 1 Tablespoon honey for sugar.		
3. TOMATO FRENCH DRESSING: Add 1 quart Catsup* to 3 quarts French Dressing.		

\*See page 22



## Cooked Salad Dressing

Makes 1 gallon		
	Weights or Measures	
Ingredients		Methods
Sugar, white	3 c	1. Combine dry ingredients.
Flour	$\frac{3}{4}$ c	
Salt	3 T	
Mustard, dry	$2\frac{2}{3}$ T	
Cayenne pepper	$\frac{1}{2}$ tsp	
Pepper	2 tsp	
Eggs	16	2. Beat eggs slightly. Gradually stir eggs and margarine into dry ingredients.
Margarine, melted	$\frac{1}{3}$ c	
Milk	2 qt	3. Slowly blend in milk, then vinegar. 4. Heat in double boiler, stir constantly until mixture thickens. Chill.
Vinegar	1 qt	

## Horseradish Cream Dressing

Makes 1 quart		
	Weights or Measures	
Ingredients		Methods
Sour Cream Dressing*	1 qt	1. Blend ingredients. Chill.
Horseradish	to taste	

\*See page 51

## Fluffy Raisin Salad Dressing

Makes 1 quart		
<b>Ingredients</b>	<b>Weights or Measures</b>	<b>Methods</b>
Raisins, plumped, drained	1 c	1. Chop raisins coarsely. 2. Add orange juice. 3. Let stand several hours.
Orange juice	¼ c	
Salad Dressing*	1 c	4. Blend remaining ingredients. 5. Add raisins.
Mustard, dry	1 tsp	
Salt	⅓ tsp	
Lemon juice	1 T	
Fruit syrup, canned	1 T	
Whipped Topping*	1 c	6. Fold Whipped Topping into Salad Dressing mixture.

\*See pages 49 and 40

## Honey Cream Dressing

Makes 1 quart		
<b>Ingredients</b>	<b>Weights or Measures</b>	<b>Methods</b>
Salad Dressing*	2 c	1. Blend ingredients. Chill.
Honey, liquid	½ c	
Whipped Topping*	3 c	

\*See pages 49 and 40

## Salad Dressing

Makes 1 gallon

Ingredients	Weights or Measures	Methods
Salt	3 T	1. Combine dry ingredients.
Mustard, dry	1 $\frac{1}{3}$ T	
Sugar, white	$\frac{3}{4}$ c	
Egg yolks	2 doz	2. Beat in egg yolks and 1 cup vinegar.
Vinegar	1 pt	3. Add oil, a few drops at a time, to egg mixture, beat constantly until 1 cup of oil has been used. Continue beating, adding oil in larger quantities.
Vegetable oil	3 $\frac{1}{2}$ qt	
Lemon juice	$\frac{1}{4}$ c	
		4. When mixture begins to thicken, add lemon juice and remaining vinegar and oil alternately. Chill.

### VARIATIONS:

1. CHIFFONADE DRESSING: Add 2 $\frac{1}{4}$  quarts Salad Dressing, 1 cup chopped celery,  $\frac{1}{3}$  cup ground onion,  $\frac{3}{8}$  cup parsley flakes, 8 chopped, hard-cooked eggs, 2 cups Chili sauce and 1 cup chopped dill pickle.
2. PINEAPPLE DRESSING: Add 3 quarts Salad Dressing and 1 quart undrained crushed pineapple.
3. RUSSIAN DRESSING: Add 3 quarts Salad Dressing, 1 quart Chili sauce and  $\frac{3}{4}$  cup lemon juice.

## Souper French Dressing

Makes 2½ quarts

Ingredients	Weights or Measures	Methods
Soup, tomato, canned	1/50 oz	1. Combine ingredients.
Onions, minced	¼ c	
Sugar, white	½ c	2. While beating, add vinegar and oil alter- nately, chill for 12 hours.
Mustard, dry	1 T	
Salt	1 T	
Pepper	1 tsp	
Vinegar	1 c	
Vegetable oil	3 c	

### VARIATIONS:

1. ITALIAN DRESSING: Add 2 teaspoons crushed Italian seasoning.
2. TARRAGON DRESSING: Add 1 Tablespoon crushed tarragon leaves.
3. BLUE CHEESE DRESSING: Stir 4 ounces crumbled blue cheese into dressing.
4. GARLIC DRESSING: Add 3 large minced garlic cloves.
5. SWISS CHEESE DRESSING: Add 1 quart grated Swiss cheese.
6. VINAIGRETTE FRENCH DRESSING: Add 1 cup chopped, hard-cooked eggs, 2 Tablespoons parsley flakes, and 4 Tablespoons dill pickle relish.
7. RIPE OLIVE DRESSING: Add 1 cup chopped ripe olives and 4 teaspoons Worcestershire Sauce.
8. CHIFFONADE DRESSING: Add 1 cup chopped, hard-cooked eggs, 4 Tablespoons green pepper flakes and 4 Tablespoons minced pimiento.

## Sour Cream Dressing

Makes 1½ quarts		
	Weights or Measures	
Ingredients		Methods
Eggs, beaten	1 c	1. Combine eggs and sour cream.
Sour cream	1 qt	
Salt	2½ T	2. Mix dry ingredients.
Mustard, dry	2 T	
Sugar, white	⅓ c	
Flour	2 T	
Pepper	1 tsp	
Vinegar	1 c	3. Add vinegar to dry ingredients. 4. Combine two mixtures.  5. Cook in double boiler until thickened, stirring constantly.

## Surprise Attack Dressing

Makes 2 quarts		
	Weights or Measures	
Ingredients		Methods
Peanut butter	1 pt	1. Blend ingredients well.
Honey	1 pt	
Salad Dressing*	1 qt	

\*See page 49

## Sweet French Dressing

Makes 1 gallon		
Ingredients	Weights or	Methods
	Measures	
Sugar, white	2 lb	1. Combine dry ingredients.
Salt	1½ T	
Mustard, dry	1⅔ T	
Vinegar	1 qt	2. Beat in vinegar and oil.
	PLUS	
	1⅓ c	
Vegetable oil	1¼ qt	
Onion juice	1⅔ T	3. Blend in remaining ingredients. Chill.
Pimientos, chopped	2⅔ c	
Green peppers, chopped	1 qt	

## Yogurt Dressing

Serves 50		
Ingredients	Weights or	Methods
	Measures	
Yogurt	1½ qt	1. Blend all ingredients. 2. Chill thoroughly.
Yolks of sieved hard cooked eggs	6	
Mustard, dry	1 T	
Lemon juice	1 T	
Curry powder	2 tsp	

## Thousand Island Dressing

Makes 1 quart		
<b>Ingredients</b>	<b>Weights or Measures</b>	<b>Methods</b>
Salad Dressing*	1 pt	1. Blend ingredients. Chill.
Olives, ripe, chopped	1/3 c	
Pimientos, chopped	1/4 c	
Eggs, hard- cooked, chopped	1/2 c	
Chili sauce	1 1/2 c	

\*See page 49

## Mariner's Dressing

Makes 1 quart		
<b>Ingredients</b>	<b>Weights or Measures</b>	<b>Methods</b>
Salad dressing*	1 c	1. Blend ingredients. Chill.
Lemon juice	2 T	
Worcestershire sauce	2 T	
Horseradish, prepared	1/4 c	
Catsup*	2 1/2 c	
Salt	1/2 tsp	

\*See pages 49 and 22

## Peanut Butter Dressing

Makes 3 cups		
	<b>Weights or Measures</b>	
<b>Ingredients</b>		<b>Methods</b>
Peanut butter Salad Dressing*	1 c 1 pt	1. Combine ingredients. Chill.

\*See page 49

## Raisin Dressing

Makes 1 quart		
	<b>Weights or Measures</b>	
<b>Ingredients</b>		<b>Methods</b>
Sour Cream Dressing*	3 c	1. Blend ingredients. Chill.
Cream cheese, whipped	1/2 c	
Raisins, plumped, chopped	1/2 c	
Pecans, chopped	3 T	

\*See page 51



## Italian Sour Dressing

Makes 1 quart		
	<b>Weights or Measures</b>	
<b>Ingredients</b>		<b>Methods</b>
Sour Cream Dressing*	3 c	1. Blend ingredients. Chill.
Italian Dressing	1 c	

\*See page 51

## Russian Dressing

Makes 1 quart		
	<b>Weights or Measures</b>	
<b>Ingredients</b>		<b>Methods</b>
Salad Dressing*	3 c	1. Blend ingredients. Chill.
Onion, chopped	2 tsp	
Chili sauce	1 c	
Parsley flakes, instant	1 tsp	
Mustard, prepared	½ tsp	

\*See page 49

# Special Party Items

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## Granola

Makes 1 gallon			
Ingredients	Weights or	Methods	
	Measures		
Oats, rolled	3 c	1. In large bowl combine ingredients, mix well.	
Coconut	2 c		
Wheat germ	½ c		
Sunflower seeds	½ c		
Sesame seeds	½ c		
Bran cereal, flaked	3 c		
Nuts, chopped	1 c		
Raisins	1 qt		
Honey	1 c		2. Blend honey, oil and vanilla. Pour over mixture, mix to coat evenly.
Safflower oil	½ c		
Vanilla	2 tsp		
		3. Spread in greased pans (12x20-inches).	
		4. Bake at 350°F. for 25 minutes. Stirring occasionally.	
		5. Loosen at once with spatula, turn onto waxed paper to cool.	

## Baked Caramel Popcorn

Makes 5 quarts		
Ingredients	Weights or Measures	Methods
Margarine, melted	1 c	1. Combine ingredients, bring to the boiling point, stirring constantly. Then, boil without stirring for 5 minutes. Remove from heat.
Sugar, brown, firmly packed	2 c	
Corn syrup, light OR dark	½ c	
Salt	1 tsp	
Baking soda	½ tsp	2. Stir in soda and vanilla.
Vanilla	1 tsp	
Corn, popped	6 qt	3. Pour over popped corn and mix well.

## Cheese Ball

Ingredients	Weights or Measures	Methods
Cheese, grated	1½ lb	1. Combine all ingredients.
Salad Dressing*	1½ c	
Onions, grated	1 T	2. Form into a ball.
Cayenne pepper	⅛ tsp	
Peanuts, chopped	½ c	3. Sprinkle with peanuts, chill.

\*See page 49

## Cheese Log

Makes 64		
	Weights or Measures	
Ingredients		Methods
Cheese	1/2 lb	<ol style="list-style-type: none"> <li>1. Combine ingredients.</li> <li>2. Divide mixture in half.</li> <li>3. Shape into 4-inch long logs.</li> <li>4. Sprinkle with paprika to coat.</li> <li>5. Wrap in waxed paper and chill.</li> <li>6. Slice into 1/4-inch slices.</li> </ol>
Peanuts, chopped	1 c	
Salad Dressing*	1/2 c	
Red Hot Pepper Sauce	2 drops	
Worcestershire Sauce	1 1/2 tsp	
Paprika	as needed	

\*See page 49

## Chili Sauce Dip

Makes 3 cups		
	Weights or Measures	
Ingredients		Methods
Soup mix, onion	1 1/2 oz	<ol style="list-style-type: none"> <li>1. Combine ingredients.</li> <li>2. Chill thoroughly.</li> </ol>
Sour cream	1 pt	
Chili sauce	3/4 c	
Horseradish	1/4 tsp	
Tabasco sauce	dash	

## Dill Dip

Makes 1 pint		
	<b>Weights or Measures</b>	
<b>Ingredients</b>		<b>Methods</b>
Sour cream	1 c	1. Combine ingredients. 2. Chill thoroughly.
Salad Dressing*	1 c	
Dill, weed	2 T	
Seasoning salt	1 T	
Onion, minced	3 T	
Parsley flakes	3 T	

\*See page 49

## Fresh Tomato Dip

Makes 1 cup		
	<b>Weights or Measures</b>	
<b>Ingredients</b>		<b>Methods</b>
Cream cheese	6 oz	1. Cream cheese until soft. 2. Add other ingredients, mix until smooth.
Tomato, peeled, chopped	1	
Onion, chopped	1/2 medium	
Worcestershire Sauce	to taste	
Salt	to taste	
Pepper	to taste	
Salad Dressing*	4 T	

\*See page 49

## Curry Vegetable Dip

Makes 1 cup		
	<b>Weights or Measures</b>	
<b>Ingredients</b>		<b>Methods</b>
Salad Dressing*	1 c	<ol style="list-style-type: none"> <li>1. Combine ingredients.</li> <li>2. Chill thoroughly.</li> </ol>
Garlic, salt	1 tsp	
Curry powder	1 tsp	
Vinegar	1 tsp	
Horseradish	1 tsp	
Onion, instant, grated	1 tsp	

\*See page 49

## Holiday Spread or Dip

Ingredients	Weights or Measures	Methods
Beef, chipped, dried, bottled	4 oz	1. Cover beef with boiling water. Let stand 3 minutes. Drain, mince.
Tomato sauce Onion, instant minced	8 oz 1 tsp	2. Combine tomato sauce and onions in saucepan. Simmer over low heat for 10 minutes.
Cheese, grated Margarine	1½ c ¼ c	3. Add cheese, beef, and margarine. 4. Simmer over low heat, stirring constantly.
Egg, well- beaten	1	5. Gradually stir half of hot mixture into beaten egg, blend into hot mixture. Simmer 1 minute. Stirring constantly. Chill.

## Party Mix

Makes 2½ gallons

Ingredients	Weights or Measures	Methods
Wheat cereal, dry	9½ c	1. Combine half cereal and nuts in two (12x18-inch) pans.
Rice cereal, dry	14 c	
Corn cereal, dry	10½ c	
Nuts, salted	6 c	
Margarine	1 lb	2. Melt margarine, add Worcestershire sauce. Blend thoroughly.
Worcestershire Sauce	⅓ c	
		3. Pour half over each pan of cereal and nuts. Mix until pieces are coated.
Garlic powder OR	2¼ tsp	4. Place seasonings in shaker. Sprinkle half evenly over each pan. Mix thoroughly.
Onion powder	7 tsp	
Salt	1¾ tsp	
		5. Heat at 250°F. for 1 hour. Stir every 15 minutes. Spread on absorbent paper to cool.









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