Indian Dressing

To French dressing above, add a pinch of curry powder and 1 tsp. of chopped hard cooked egg.

Lemon Dressing

Substitute lemon juice for the vinegar in the recipe for French dressing above.

Roquefort Dressing

To French dressing above add 2 tbsp. of mashed Roquefort cheese, 1 tbsp. cream and a pinch of paprika.

Lucilla A. Sanborn '50
Sauerbraten

(Browned, Marinated Beef)

2 cups vinegar
2 tsp. salt
10 pepper corns
3 cloves
2 bay leaves
2 onions, chopped
2 carrots, sliced
4 to 6 pounds beef (top round, or other desired cut)
3 tbsp. butter
1 1/2 cups boiling water
1/2 pint sour cream

Combine in a saucepan the vinegar, salt, pepper corns, cloves, bay leaves, onions, and carrots and bring to a boil. Remove from heat and cool for 30 minutes. Place the beef in a bowl and pour the mixture over it. Marinate for 3-5 days in the refrigerator, turning the meat several times. Baste occasionally.

Drain the meat, reserving the marinade, and dry with paper towels. Melt the butter in a heavy cast-iron pot or Dutch oven. Brown the meat on all sides, then add the marinade and the boiling water and cook over low heat for 3 hours, or until the meat is tender. Add the sour cream, stirring constantly, and simmer for 15 minutes. Slice and serve with the gravy.

Soup a L'Oignon

(Onion soup)

1/2 cup butter
5 onions, sliced thin
2 tbsp. flour
7 cups stock or 3 cans beef consomme and
2 cans water
1/2 tsp. pepper
Melba toast (round)
Sliced Gruyere or Swiss cheese
Grated Gruyere or Swiss cheese

Melt the butter in a heavy saucepan. Add the onions and sauté over very low heat until brown. Stir frequently. Add the flour and mix until smooth. Add the stock gradually, stirring constantly. Add the pepper, cover and cook over low heat for 30 minutes. Correct seasoning. Put a round of Melba toast in each soup cup. Place a slice of cheese on the bread and pour the soup over it. (Toast and cheese may be placed under the broiler for 1 minute first, if desired). Sprinkle with grated cheese and serve.
Wiener Schnitzel
*(Veal cutlet, Vienna style)*

1 1/2 lb. veal cutlets  
1 cup bread crumbs  
1/2 cup flour  
Salt and pepper to taste  
2 eggs, beaten  

Combine salt, pepper, flour. Dip the veal in the mixture. Then dip each piece in the beaten egg and in the bread crumbs. Melt half the butter in a large frying pan and place the breaded veal in it. Cook over low heat until tender and well browned on both sides, about 15 minutes. Remove the veal and place on platter in a warm place. Brown the remaining butter in the frying pan. Add the lemon juice and parsley and stir well. Pour over veal and serve. Serves 4.

Shish Cabab

1 leg of lamb  
1 good size onion  
Salt and pepper to taste

Cut up best part of lamb into 1 1/2 inch squares taking off some of the extra fat. Season with salt and pepper real well, chop up the onion and mix it all well with your hands. Let it stand over night in a covered pan or prepare it few hours before baking time—put them on skewers and barbecue them for 1/2 hour or until they are cooked—while cooking turn them slowly. It serves 6-8 people. Delicious with "Pilaf" (Armenian rice).

Yeprakse Tufenkian Koumjian ’31

Harrowood Steaks

5 slices fairly lean bacon—moderately cooked  
1 good size onion, diced  
2 good sized carrots, diced  
1 good sized yellow turnip, diced  
2 lbs. round steak 1 1/2 thick—little fat  
Salt, pepper—1 1/2 cups boiling water  
3/4 lb. butter, melted

Cut steak into 3" pieces—cook in butter, then add vegetables, cook in iron saucepan or pan with lid. Let simmer lightly 3 1/2 hours—make gravy. English receipt—90 years old, from English Boys College.

Helen Reid Morrow ’01

Dolma
*(Dolmadakia—stuffed grape leaves)*

Grape leaves can be canned or bottled or use tender fresh washed and salted down. Purchase the ready fixed variety from an Greek, Italian, Syrian, or Armenian grocery store.

1 1/2 cups raw rice—wash and drain  
2 tbsp. sugar if leaves are salted  
2 1/2 lbs. onions chopped  
1 cup Wesson oil or Mazola  
1 tsp. black pepper  
Pinch of peppermint  
Juice of one lemon

Make tight little packages of the leaves about the size of a finger. When finished lay the rice mixture on leaf and roll up tight. Place in pan with good tight lid. Add 1 large spoonful of oil while cooking 1/2 cup water. Cook fast for 5 to 10 minutes. Cover leaves with plate. Add water to come up to cover plate (not over). Cook till water is all gone and rice is tender and grape leaves are soft—this over a medium flame. When done put juice of another lemon over top—cook a few minutes and turn out like an upside down cake inverted into a bowl, or pan or tray—to allow juice to cover all—can be eaten hot or cold. Any seasoning you like can be used instead of peppermint—a little dill is delicious.

This will be a repeat once you have made it—like it best cold—ratio is about 1 cup rice to 2 heaping cups full cooked finely onions. In the bottom of the pan a few lettuce or grape leaves to line the bottom first with will prevent burning or sticking. Line the packages side by side in pan. Delicious and different appetizer.

Emma Skane Dabanian ’29

Johnny Marzetti Casserole

Brown:  
3 chopped onions  
1 lb. hamburger  
1 tsp. salt  
1/2 tsp. garlic salt  
Mix together:

4 oz. can Hunts tomato sauce  
1 1/2 cup grated cheese  
3 oz. can mushrooms

Add to meat mixture and stir—while the above is being prepared cook 2 cups small shell macaroni—when done—mix macaroni and meat mixture in a casserole and top with 1/4 cup grated cheese and 4 oz. can Hunts tomato sauce. Cook (325°) for 40 minutes to 1 hour.

Henrietta Fitzgerald Spruance ’21
Baklava

2 cups sifted all-purpose flour
1 tsp. salt
1/2 cup shortening
1 egg
Water
2 cups chopped walnuts or slivered blanched almonds
1 cup melted butter or margarine
1/2 cup brown sugar, packed
3/4 tsp. cinnamon
1/2 tsp. nutmeg
1 1/2 cups honey
1/2 cup water
1 tbsp. lemon juice

Combine flour and salt in a bowl. Add shortening and cut in with a pastry blender until mixture looks like coarse meal. Break egg into measuring cup and add enough water to make 1 cup. Beat with a fork and add to flour mixture. Blend with a fork until mixture forms a ball. Turn out onto waxed paper; knead, fold and turn dough about 8 times. Let stand 30 minutes.

Heat oven to 350°F (moderate). Combine nuts, brown sugar, butter, cinnamon and nutmeg. Divide pastry into 4 equal portions. Roll out as thinly as possible one portion on a floured board into a rectangle 8 x 16". Cut in half to form two 8" squares. Place on square in the bottom of an 8 x 8 x 2" pan. Spread with 2 tbsp. or so of the nut mixture. Top with another layer of pastry and again spread with 2 tbsp. or so of nut mixture. Roll out another portion of the pastry in the same way and continue alternating squares of pastry and nut mixture until all is used, ending with pastry.

Bake 35 to 40 minutes. Remove from oven. Combine honey, water and lemon juice in a small saucepan. Cook over low heat 5 minutes. Pour over baked pastry. Cut pastry into serving pieces—squares, rectangles, diamonds. May be served warm or cold and moistened with additional honey-water-lemon juice mixture upon serving.

Pork Chop, Baden-Baden

For each service, saute one pork chop, and when done remove from pan, drain off some of fat, then add canned pear juice, and a little brown gravy. Let boil for a few moments, mix in a spoonful of current jelly, heat two pear halves in the sauce and serve around the chop.

Veal Scollopini

(Serves 4-6)

1 1/2 lbs. veal steak, cut 1/2 in. thick
1 tsp. salt
1 tsp. paprika
1/4 cup oil
1/4 cup lemon juice
1 clove garlic—sliced
1/4 tsp. nutmeg
1/4 lb. mushrooms—sliced
1 green pepper—sliced
1 med. onion—sliced
1/4 cup chicken bouillon
1 tbsp. butter

(1) Cut veal in serving pieces. (2) Make a sauce by mixing salt, paprika, 1/4 cup oil, lemon juice, garlic, nutmeg, and sugar. Place veal in large baking pan and pour sauce over it. Turn once, letting stand 15 minutes. Remove garlic. (3) Lift veal from marinade. Dip in flour. (4) Heat 1/4 cup oil in skillet and brown meat on both sides. Add onion and green pepper, combine bouillon with marinade and pour over veal. Cover and cook 40 minutes—over low heat. (5) Slice mushrooms and sauté lightly in butter. Arrange them over veal. Stir and baste meat with sauce, keeping low heat for 5 minutes.

Charlotte Davenport '39
Japanese Sukiyaki
(Called "Friendship" dish in Japan)

Beef Sukiyaki—a chafing dish specialty

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3 4 to 1 2 cup oil or butter
- 1 lb. lean beef, thinly sliced
- 2 cups chicken stock or bouillon
- 1 cup soy sauce
- 1 2 lb. fresh spinach
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10 to 12 green onions, sliced
- 6 to 8 stalks celery, sliced
- 1 lb. fresh mushrooms, sliced
- 1 can (8 1 2 oz.) bamboo shoots, sliced
- 1 can (1 lb.) bean sprouts, drained

Arrange ingredients on tray. Heat some of the oil in a small pan or chafing dish, brown part of meat. Gather on one side, add a few tablespoonfuls of bouillon and soy sauce mixture. Place some of each vegetable in pan. Cook over medium to high heat until tender, 5 to 8 minutes, tossing occasionally. Let each person select what he wants. Cook remaining foods on tray in the same way for further helpings. Serve with hot rice. Serves six.

Henrietta Fitzgerald Spruance '21

Armenian "Pilaf"
(serves 4)

1 cup long grain rice
2 cups chicken broth
1 2 cup Vermicelli

If you use hot water instead of broth use 1 4 lb. butter.
Melt the butter in a cooking pan. Break vermicelli into pieces and fry them in the butter until light brown. Stirring constantly.

Wash and drain rice, add it to the vermicelli and sauté them together for a few minutes, always stirring. Add the boiling broth and salt, cover and cook on low fire for 20 minutes. Stir it once with a fork while boiling. When water is all absorbed and rice is soft, take off the fire, let it rest for 15-20 minutes before serving—stir once more with a fork. Keep warm to serve hot.

Yeprapkse Tufenkian Koumjian '31

(1) Braciola
(Mrs. Mary DiArenzo, typist for this cookbook)

1 1/2 lbs. round steak, cut about 1/2 in. thick. Cover steak with a mixture of:
1 to 2 cloves of garlic, chopped finely
Parsley, chopped finely
Salt, pepper to taste
1/2 cup of grated cheese (Lucatelli), chopped finely
1 hard boiled egg, chopped finely

Roll up steak and tie securely. If desired, toothpicks may be used.
Fry this along with any other meat you are using. (Use same directions as cooking meat balls).

(2) Meat Balls

1 lb. ground meat (beef, pork and veal)

Use as much as you desire.
Two eggs
Parsley, chopped finely
1 to 2 cloves of garlic, chopped finely
Bread crumbs—1 to 1 1/4 cups
Grated cheese (Lucatelli)

Mix ingredients and shape into balls.
Put about 1/2 cup of olive oil into frying pan. Cut finely, one clove of garlic and one small onion. Fry until light brown. Add meat balls and cook until brown on both sides. Remove from pan.

(3) Sauce

Cook tomato paste in the same oil that you have cooked your meat. (Add more oil if needed).
Use 4 cans of Contadino Tomato Paste—fry this for at least 30 minutes or until brown. While cooking, add 2 tbsp. of sugar, salt, pepper and Oregano to season. When the sauce is done, put large pot and add two cans of water to each can of tomato paste used; add meat balls and bring to boil. Lower gas and cook this for at least 4 hours. Add more water if the sauce is too thick.

(4) Macaroni

Use either Conte Luna or Ronzoni brands—Shells or Rigatone are my favorites. Cook in boiling salted water at least 25 minutes. Test to see if done. Drain in colander and put in large macaroni bowl—add sauce, meat balls, grated cheese. If you make braciola—slice and serve in place of meat balls.
Cotoletta Alla Parmigiana
(Veal Cutlet Parmesan)

1 lb. veal cutlets  
3 tbsp. grated Parmesan cheese  
½ lb. Mozzarella cheese (shred)

1 cup bread crumbs  
2 eggs  
Tomato sauce (½ cup)

Salt and pepper to taste

Beat eggs thoroughly; add salt and pepper. Mix bread crumbs with cheese. Dip cutlets in eggs, then in bread crumbs; fry about 5 minutes on each side or until golden brown.

Place browned cutlets in baking dish; pour layer of tomato sauce over them; then place thin slices of Mozzarella over top. Bake in slow oven for 15 minutes or until cheese turns slightly brown.

Serves 4.

Spaghetti Sauce and Meat Balls

**Sauce:**
- 1 large can tomato juice
- 1 med. size can tomato juice
- 2 cans tomato paste
- 3 cans tomato sauce

Combine, cook one hour.

**Meat Balls**
- ¾ lb. ground beef  
- ¼ lb. ground pork  
- 1 cup fine dry bread crumbs  
- ½ cup grated Parmesan cheese

Combine, mix well and form into small balls. Brown in hot fat, after brown add to sauce and cook over slow heat for one hour or until desired thickness.

If there is anything left over from the meal, it can be put in freezing until a later dinner.

Two (8 ounce packages of Vermicelli spaghetti is used for this recipe). Makes 8 servings.

Marion Smith Lauffer '17

Baked Lasagne

1 lb. Italian sausage, bulk pork sausage, or ground beef  
1 clove garlic; minced  
1 tbsp. parsley flakes  
1 tbsp. basil  
1½ tsp. salt  
1 1-lb. can (2 cups) tomatoes  
2 6-oz. cans (1½ cups) tomato paste

10 ozs. lasagne or wide noodles  
3 cups cream-style cottage cheese  
2 beaten eggs  
2 tsp. salt

Brown meat slowly; spoon off excess fat. Add next six ingredients. Simmer uncovered about 30 minutes to blend flavors, stirring occasionally.

Cook noodles in boiling salted water till tender; drain; rinse in cold water. Meanwhile combine cottage cheese with eggs, seasonings and Parmesan cheese. Place half the cooked noodles in a 13 x 9 x 2 inch baking dish; spread half of the cottage cheese mixture over; add half of the Mozzarella cheese and half of the meat sauce. Repeat layers. Bake in moderate oven (375°) 30 minutes. Garnish with triangles of Mozzarella cheese and Salami Bells. Let stand 10 to 15 minutes before cutting in squares—filling will set slightly. Makes 12 servings.

Ruth Fairweather Nemeth '46

Lamb en Brochette

2 lbs. lamb steak  
3 tbsp. salad oil  
1 tbsp. minced onion  
1 tsp. salt

6 tbsp. lemon juice  
½ tsp. pepper  
4 strips bacon

Have lamb cut ¼” thick; cut into 1” squares. Blend the salad oil, lemon juice, salt, and pepper, and minced onions and pour over the lamb cubes. Marinate 1 hour. Drain and alternate with bacon squares on a skewer. Broil 10-12 minutes; turning frequently.

Betty Whysong Mathers '47
**Lasagne**

1 lb. lasagne noodles
1 lb. ricotti
1 lb. mozzarella
1 lb. ground beef
1 lb. small onions

1 can spaghetti sauce
1 can tomato paste
1 can tomato sauce
Grated cheese

Put 1 can prepared spaghetti sauce in large sauce pan. Add tomato sauce, tomato paste and 1 cup water. Cook on low heat for 4 hours or until sauce is thick.

Sauté onion and brown the beef. Add this to the sauce.

Boil lasagne noodles until tender.

Arrange in alternate layers in a large casserole, the noodles, ricotti, mozzarella and sauce. Sprinkle with grated cheese and bake in 350 degree oven for 1 hour. Serve while hot.

Marguerite Domenick '56

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**Stuffed Cabbage**

1 lb. round steak ground
1 sm. box Minute Rice—cook as directed before adding.
1 sm. onion sauteed in 1/8 lb. butter
1 egg beaten
salt to taste—Mix above well

Steam 2 large heads cabbage—attempt to remove leaves without breaking (cut out center core of leaf)

Place mixture in leaves and wrap.

Cover with tomato sauce:
1 large can tomato puree
1 sm. can paste
1 can water to paste
Onion and celery
2 bay leaves

HEAT until boiling, then pour over cabbage rolls.

BAKE 375-400 app. 2 hours. Number of rolls depends on size of leaves.

June Reginak Dupnock '57
Perogies

3 cups flour
3 eggs (1 egg to 1 cup flour)
1 tbsp. Crisco—pinch of salt

Mix with enough water to form dough. Roll on floured board as thin as you like. Cut in 4 inch squares and fill with: Filling: Potatoes mashed with milk and butter. Sharp cheese (very sharp) grated—1/2 to 1 lb. One tbsp. filling in each piece of dough.

Fill large pot half full of water—bring to boil. Press edges of perogies together tightly and drop in 5 or 6 at a time—when perogies go to top of water they are done.

Sauté diced onion slowly in butter or oleo—until onion is cooked through—do not brown. Pour over perogies—serve hot.

Betty Lou Parsons Konjuski ’48

Stuffed Cabbage

3 strips of bacon
2 lbs. ground round steak
1 lb. ground lean pork
2 eggs lightly beaten
3 cups partially steamed rice

Combine meat, eggs, onion, rice and seasoning. Wilt cabbage (steam) for 2-5 minutes in large kettle boiling salted water—separate leaves and let cool. Trim out heavy part of middle rib, put large tablespoonful size of egg of mixture into each leaf and wrap it up. Place a few small leaves on bottom of roasting pan or large dutch oven and put in bundles. Put in bacon and pour tomatoes over all the bundles. Add boiling water to within an inch of top. Bring to boil on top of stove. Then place a few more leaves of cabbage over top and place in oven (350°) covered for 1 1/2 hours. Keep adding water if necessary—uncover and let brown.

Same ingredients may be used in stuffed peppers and bake in glass casserole. Use tomato soup or sauce over and around stuffed peppers. Steam peppers for a few minutes before stuffing.

Olga Dygan Mitchell ’39

Strogonoff

2 lbs. boneless chuck or round steak—cut into 1 inch cubes
1/2 cup catsup
1/2 cup salad oil
1/4 cup flour
Small can mushrooms
1 can water
1/2 tsp. pepper
2 tsp. salt

Roll meat in flour to coat evenly. Heat oil in heavy skillet over med. heat. Brown meat well on all sides. Add all ingredients except sour cream. Reduce heat and cook slowly until meat is tender, about 1 1/2 hours. Just before serving add sour cream. Serve over rice.

Anna Troxell Humphreys ’51

Mexican Frijoles (Beans)

(These are delicious served with Chili)

4 to 5 lbs. Pinto Beans (1 cup equivalent to 2 servings)
2 raw onions (cut in small slices)
Salt and pepper (to taste)

Clean beans and soak overnight in cold water in the same utensil used for cooking. Following day, add salt, pepper and sliced raw onions (to suit taste). Cover tightly; cook very slowly over indirect flame for 3 or 4 hours, or until beans are tender. Do not dispose of water but mash beans in the same utensil used for cooking.

Into large Pyrex casserole place alternate layers of the mashed beans, grated cheese, making sure the top layer will be the grated cheese.

Place in oven and bake for about 30 minutes.

Note: An electric mixer may be used to mash beans in place of ordinary potato masher.

Above beans are delicious served fried, if any left over.

Areta Matlock Rule ’37
Miniature Pizza Pies

Use either thin sliced white bread or split English muffins. For each pizza use the following in this order:

- 1 slice of cheese
- 1 1/2 tbsp. chili sauce
- Dash grated cheese
- Sprinkle of garlic salt
- Dash of oregano or thyme
- Sprinkle of salt and pepper
- Drizzle with salad oil

Place on cookie sheet in a hot (500°F.) oven for 8-10 minutes.

Betty Whysong Mathers '47