Cheese and Corn Fondue

Blend all ingredients:
Pour the mixture into a greased loaf pan and set in a pan of hot water. Bake at 350 degrees till set—about 1 hour. Makes 4 servings.

Margaret Summers '41

Father's Dish

Small pkg. of elbow macaroni 1 med. onion
1/2 lb. piece Swiss cheese 1/4 stick butter

Cook small package of elbow macaroni till tender. Grate approx. 1/2 lb. of Swiss cheese (large-hole side of grate). More cheese may be used if preferred. While macaroni is cooking, brown 1/4 stick of butter and add one medium onion that has been cut up fine, cook till onion is golden brown and tender. Drain cooked macaroni. Place in dish alternately with grated cheese. e.g. macaroni, cheese, macaroni, cheese, etc. Pour over top the browned butter and onion. SERVE AT ONCE.

Dorothy Gilardone Strachan '46

"I ONLY ASKED MY BUTCHER TO GUARANTEE FRESH MEAT."
### MEATS

- Chicken Fried Steak
- Chinese Pepper Steak
- Fresh Beef Tongue
- Smoked Tongue
- Eye of Round or Shoulder of Veal
- Harvest Pot Roast
- Broiled Chuck Roast
- John Ruzzeth-or-“Slum Gullion”
- Indiana Chowder
- Western Lima Bake
- Corn Beef Hash with Tomatoes
- Herbed Beef with Vegetable Casserole
- Meat and Vegetable Pie
- Biscuits
- Baked Beef Heart
- Chili
- Chili Con Carne
- Chili Meat Balls
- Ham Loaf (Lauffer)
- Ham Loaf (Knerr)
- Ham Loaf (Murray)
- Ham Loaf (Hill)

### Chicken Fried Steak

Take 1/2 to 3/4 lb, round steak—cut into small pieces—(approx. 2” squares). Sprinkle with garlic salt. Place on cutting board and beat until very thin with Kitchen hammer. Dip in beaten egg and then flour—repeat one time. Place in skillet filled about 1/2 with hot peanut oil and cook till golden brown. Turn one time. Makes 4 to 5 generous servings.

Lucille A. Sanborn ’50

### Chinese Pepper Steak

1 tbsp. soy sauce 1 large onion, coarsely chopped
1 clove garlic 1/2 cup sliced celery
3/4 cup salad oil 1 tsp. cornstarch
1 pound round steak cut into 1/4 cup water
1 inch cubes
1 green pepper, cut into one 2 tomatoes, cut into eighths
inch cubes

Mix soy sauce, garlic, salad oil together, pour over steak; let stand one hour. Pour into fry pan; allow meat to brown thoroughly on all sides.

Add pepper, onion, celery; cover, cook 5-10 minutes over low heat or until vegetables are tender.

Stir in cornstarch dissolved in water, stir until thickened; add tomatoes; cover, cook 5-10 minutes longer or until meat is tender, serve over boiled rice.

Serves four.

Margaret E. Schleyer ’55

### Fresh Beef Tongue

Wash a fresh beef tongue and place in hot water to cover. Add an onion, a sprig of parsley, a bay leaf, several peppercorns or cloves, and salt. Cook slowly till tongue is tender—2 1/2 to 3 hours.

Skin tongue, slice, serve hot; or cool skinned tongue in liquid and serve cold.
Fresh Beef Tongue

(Pressure Cooked)

3 lbs. tongue  2 bay leaves
2 cups water in cooker with  6 cloves
rack.  1 onion (quartered)
1 tbsp. salt  6 peppercorns

Method: Wash tongue. Place on rack with water and other ingredients in cooker. Place cover on cooker. Allow steam to flow from vent pipe to release all air from cooker. Place indicator weight on vent pipe and cook 45 min. with stem at cook position. Let stem return to Down position. Remove skin; strain liquid. Keep tongue in liquid until ready to serve.

Smoked Tongue

Soak tongue overnight in cold water. Drain; cover with fresh cold water. Bring to boiling point and discard water. Cover with hot water, cook slowly—2½ to 3 hours.

Margaret Summers '41

Eye of Round or Shoulder of Veal

Place meat in Dutch oven and add 1 can beef consomme or bouillon, salt, pepper, clove of garlic cut in half, and large onion sliced. Simmer, covered for 1 hour. Then add: 2 stalks celery, 1 carrot, ½ cup parsley cut up fine. 1 tbsp. Gravey Mason or Kitchen bouquet. Cover and continue cooking slowly; turn meat occasionally—allow about ¾ hour per lb. Remove meat and thicken stock. Should yield about 1 qt. gravy.

Mary Louise Osborne Foy '50

Harvest Pot Roast

5 to 6 lb. pot roast, boned and rolled—rump or chuck
3 tbsp. wine vinegar
2 tbsp. catsup
2 tbsp. fat
1 clove garlic, chopped
1 ½ tsp. pepper
2 tsp. salt
½ cup claret, tomato juice, or water, as preferred

Brown roast slowly on all sides in hot fat with garlic. Season with salt and pepper; add vinegar and steam for 30 min. in tightly covered Dutch oven or skillet. Combine catsup, sugar, and liquid. Pour over meat. Turn meat and continue cooking over low heat until done—about 3 hours. Vegetables may be added for the last hour of cooking. Make gravy from pan juices using standard method. (If you like a rich garlic and tomato flavor, this is it).

Joan Nichols Davis '54

Broiled Chuck Roast

Select a chuck roast which has a blade or cartilage rather than a honey bone through it. Use Adolph meat tenderizer as instructed on the label, concerning amount to use and time required for its effectiveness. Broil as you would a sirloin or porterhouse of comparable thickness (2 to 2½ hours).

There are but two or three cuts with the blade of cartilage in an entire piece of chuck. The flavor and texture are delectable—inexpensive, too.

Emily Clark Nichols '38

John Ruzzeth or "Slum Gullion"

1 lb. hamburg  1 lb. noodles boiled in salt
2 or 3 med. onions  water
½ green pepper  1 lb. crisco
1 can #2 tomatoes

Saute meat, ground onions, pepper in fat in a large skillet. Turning with a fork to break up lumps. When brown add tomatoes and noodles. Brown in oven at 350° for 40 minutes. Serve with your favorite salad—preferably, cole slaw.

Martha Bray Clark '26
**Indiana Chowder**

1 lb. ground beef  
2 tbsp. butter or cooking fat  
1 #2 can tomatoes  
1 small can tomato sauce  
2 tsp. chopped pimento  
1 cup noodles—broken  
1 onion chopped

Place fat in pan over “high” heat, brown meat and onions slightly. Add other ingredients except noodles. Bring to boil, add noodles. Stir vigorously. Cover and cook 5 minutes on “high” heat, then turn to slow, cook 30 minutes. To serve, turn out on hot platter, sprinkle with cheese.

Mary Fielden Wiley '36

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**Western Lima Bake**  
*(serves 6 generously)*

1 lb. dried lima beans  
1 lb. ground beef  
1 med. onion—finely chopped  
3 tbsp. Crisco  
1 large can tomato sauce  
½ cup lima cooking liquid  
½ tsp. salt  
½ tsp. chili powder

Wash beans and soak overnight in 2 quarts of water. Simmer in same water till tender (1-1½ hours). Season beans with 2½ teaspoonsful of salt after ½ hour of cooking. Drain and put in casserole, reserving ½ cup liquid. Sauté meat and onion in Crisco, stirring until lightly browned. Add rest of ingredients. Mix and pour hot over beans. Bake at (350°)—one hour.

Shirley Mackley Hoffert '50

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**Corned Beef Hash with Tomatoes**

Grease 1½ qt. casserole. Set aside.

1½ cups diced cooked potatoes; 2½ cups finely diced corn beef  
Mix lightly with potatoes—set aside.

Melt in a large skillet

3 tbsp. butter or margarine and add and cook slowly; ½ cup finely chopped onion; 2 tbsp. finely chopped green pepper.

Using a fork, stir into potato and corned beef mixture—then add

½ cup milk  
½ tsp. salt  
¼ tsp. pepper

Spoon mixture lightly into casserole. Wash and cut into ½ inch slices 2 medium size tomatoes—spread prepared mustard on each slice. Arrange slices on top of hash. Sprinkle with:

½ cup butter crumbs  
¼ tsp. garlic salt

Henrietta Fitzgerald Spruance '21

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**Herbed Beef and Vegetable Casserole**

1½ lbs. beef cubes  
1 tbsp. shortening  
1½ tbsp. flour  
1 tsp. butter  
½ tsp. pepper  
3 tbsp. flour  
1 lb. can tomatoes, drained  
6 oz. can mushrooms, drained  
1 tsp. crumbled basil  
1 tsp. crumbled tarragon

In the Morning:

Meat shortening in large skillet. Add beef, sprinkle with flour, salt and pepper. Brown well. Remove meat to 2 quart casserole. Blend the 3 tbsp. flour with remaining fat in skillet. Add gradually the liquid drained from the tomatoes and mushrooms. Cook, stirring constantly, till thickened. Pour over meat, and drained tomatoes; cover. Bake 1 hour at (325°).

Add remaining ingredients, except the mushrooms; cover; bake 1 hour longer. Cool; add mushrooms; refrigerate.

An hour before serving, heat over 350°, bake casserole 40 to 45 minutes. This will keep 3 days in refrigerator before serving.

Joan Nichols Davis '54
Meat and Vegetable Pie

1 lb. of left over beef, cut in cubes.

Brown meat and mix in 1/2 cup flour and 1/8 tsp. pepper and 1/2 tsp. of salt. Add 1/2 cup chopped onion and 1 cup tomato juice or cream tomato soup. Cook two cups chopped (diced) carrots and two cups diced potatoes. Cook them until tender.

Add to meat mixture the carrots and potatoes and 1 tsp. Worcestershire sauce and 1 clove garlic (cut up). Pour in the water from the potatoes and carrots. Simmer 1/2 hour.

Heat oven to (425°). Pour stew into baking dish. Put over the top—biscuits. Bake 12 minutes or until biscuits are golden brown.

Biscuits

1/4 cup margarine
3 tsp. baking powder
1/2 tsp. salt
1/2 to 3/4 cup milk
2 cups flour

Roll on flour board, cut out biscuits with cookie cutter.

Ruth Bullock Garrett ’48

Baked Beef Heart

1 beef heart (1 to 1 1/2 lbs.)
Fat
Stuffing made as for chicken
1/2 cup water or turkey

Wash heart and make a slit to the center cavities. Remove gristle and blood vessels.

Fill heart with stuffing and sew up slit. Brown heart on all sides in a little fat. Place in a baking dish or pan, add water, and cover closely.

Cook in oven at 300 degree F. till tender—about 1 1/2 hours for calves heart—about 4 hours for beef heart.

Margaret Summers ’41

Chili

Electric frying pan—400° to brown—Time—1 1/2 hours—serves 8—220° to finish

2 tbsp. fat or salad oil
1 #2 1/2 can tomatoes
2 lbs. ground beef
2 cups finely sliced onion
1 1/2 cups finely diced celery
1 clove garlic, peeled cut fine
1/2 green pepper, diced
2 tbsp. chili powder (to suit taste)

Pre-heat frying pan to 400°, add fat, melt. Add beef, stir and fry until lightly browned, add onions, celery, garlic and green pepper. Continue stirring and frying until onions are wilted. Add tomatoes, chili powder which has been mixed with the cold water, salt, sugar and Worcestershire sauce. When boiling, cover, set dial at (220°), simmer about 1 hour. Add beans, drained of excess liquid. Cook uncovered at 260° until well heated and chili is desired thickness.

Geraldine Chamberlain Long ’40

Chili Con Carne

(serves 8)

Melt 2 tbsp. bacon fat or butter
Saute in fat—1/2 cup chopped onions

Add: 1/2 lb. chopped beef cubes (raw)
3/4 lb. chopped pork cubes (cooked)
3/4 lb. chopped veal cubes (cooked)

Stir and sauté until beef is well done.

Add:
2 tbsp. chili powder
1 tbsp. brown sugar
1/2 tsp. nutmeg
1 tsp. salt

Cover and cook slowly for 1 hour.

Helen Thomas Reistle ’43
Chili Meat Balls

Mix well: For 4
1 1/2 cup ground meat
1/2 cup Pet milk
2 day old bread crumbs—1/2 cup
2 tbsp. finely cut onion
1 tsp. salt

Mix well: For 6
2 cups ground meat
1/2 cup Pet Milk
3/4 cup day old bread crumbs
3 tbsp. finely cut onion
1 1/2 tsp. salt

Dip hands in water—shape into 12 or 18 meat balls.
Roll one at a time into mixture of:
2 tbsp. flour
1 tsp. chili powder

for 4
3 tbsp. flour
3 tsp. chili powder

for 6

Brown on all sides in hot shortening—
2 tbsp. shortening
3 tbsp. shortening

When meat is brown, blend any remaining flour mixture into fat in pan. Stir in, then heat to boiling:
2 1/2 cups tomatoes, No. 2 can) cooked
3/4 tsp. salt
2 tsp. sugar

for 4

3 1/2 cups tomatoes (No. 2 can)
1 tsp. salt
1 tbsp. sugar

for 6

Cook, uncovered, over low heat—25 minutes; turn meat, and stir sauce several times while cooking.

Serve on:
3 cups hot cooked noodles (drained)
3 cups rice, cooked and drained.

for 4

4 1/2 cups hot cooked noodles
4 1/2 cups rice, cooked and drained

for 6

Janet F. Overdorff Nackerud '44

Ham Loaf

2 lbs. ham already to use 1 egg
made by your favorite 1/2 cup milk
butcher 1/2 cups corn flakes
1 level tsp. salt

Mix together well—makes two nice loaves.

This liquid can be used to put over loaves before putting in oven.
Loaves are delicious whether baked with water or their dressing.
1/2 cup brown sugar 2 tbsp. vinegar
1/2 tsp. dry mustard 1 cup water
1 level tsp. dry mustard

Let dissolve on stove then pour over loaves. Bake loaves in oven 1 1/2 hours at 375°.

Marian Smith Lauffer '17

Ham Loaf

1 lb. ground smoked ham 1 cup bread crumbs
1 lb. ground fresh pork 1 cup milk
1 lb. ground veal 2 eggs

Baste with:
1 1/2 cup brown sugar 1/2 cup vinegar
1 tbsp. mustard 1/2 cup water

Matilda Trumbauer Knerr '14

Ham Loaf

1 lb. ground ham 2 tbsp. minced onion
1 lb. beef or veal 4 tbsp. ketchup
2 eggs 1 can mushroom soup
1 cup cracker crumbs 1/2 tsp. salt

Bake 1 1/2 hours—350° oven.

Sauce (Boil 2 minutes)
1 cup brown sugar 1/2 cup vinegar
2 tsp. prepared mustard 1/2 cup water

Pour on top of loaf and baste every 20 minutes.

Helen Rebert Murray '28
Ham Loaf

2 lb. lean pork
shoulder
3 eggs
1 lb ham
Ground
16 small Graham crackers—
rolled
1/2 tsp. salt

Mix ingredients—make 2 rolls. Bake for two hours in 350° oven.

Anna Knight Hill '05

Baked Ham with Dressing

Dressing: 4 cups soft bread crumbs
1/2 cup melted butter
1/2 cup raisins
1/2 cup brown sugar
1/2 tsp. dry mustard
1/2 cup brown sugar

Mix bread crumbs, raisins, sugar and mustard together. Pour melted butter evenly over mixture. Place ham slice in dish, spread dressing lightly, add another slice, stick cloves in fat around edge and pare apple into flowers; bake 1 hour in oven 325°—garnish with parsley. Serves 6 to 8.

Helen Reid Morrow '01

Glazed Ham Slice with Spiced Peaches

1 center-cut ham slice, 1 inch thick
2 tbsp. brown sugar
12 whole cloves
6 canned peach halves
1/2 cup light corn syrup
1/4 tsp. allspice
1/4 tsp. cinnamon

Score edge of ham. Place on rack in a shallow pan; sprinkle with brown sugar and bake uncovered at 350° for 45 minutes. Insert 2 cloves in each peach half; arrange halves over ham. Mix corn syrup and spices together and pour over ham and peaches. Return to oven for 15 minutes. Serves 4.

Joan Nichols Davis '54

Liver Noodle Loaf

1/2 lb. liver
2 tbsp. fat
1 cup cooked noodles
1/2 cup chopped onion
1/4 cup chopped celery

Brown the liver on both sides—cool—put through food chopper. Combine with the rest of ingredients—pack into buttered casserole. Bake 50 minutes in 350° oven.

Bettillon Daubert Brown '48

City Chicken

1 1/2 lb. veal steak (round or shoulder will do)—3/4 in. thick. Cut in 1 in. squares and put on skewers.
1/2 cup bread crumbs, 1 tsp. salt, 1 egg, 2 tbsp. water.
1/2 cup Crisco or other shortening for frying.

Dip each square thoroughly and fry in deep fat—browning on all sides. Reduce heat and cover. Cook until tender (about 35 minutes).

Gladys Higgins Parsons '29
Veal Caraway

½ cup shortening 1 tsp. caraway seed
1 cup sliced onion 1 ½ lbs. veal cubes
1½ tsp. paprika 1 tbsp. vinegar
1 tsp. dried marjoram 1½ cups water
1 tsp. salt

Melt shortening in large skillet. Saute onion until golden brown. Add paprika, marjoram, salt and caraway seed. Fry meat in this mixture until brown on all sides. Add vinegar and water. Cover and cook on low heat for 1 hour or until tender. Serves 4. Good with noodles.

Joan Nichols Davis '54

Pork Chops and Scalloped Potatoes

4 med. potatoes 1 can cream of mushroom
4 pork chops soup
Salt and pepper

Slice potatoes in casserole, spread cream of mushroom soup. Salt and pepper. Place pork chops over top, salt and pepper generously. Bake (350°) for 1 hour.

Janet Keeports Kinch

Pork Chops and Rice

(Time: 1 hour)

4 thick loin pork chops 2½ cups beef bouillon—
¾ cup raw rice water may be used but
4 thick slices Bermuda onion never adds anything but
4 thick slices fresh tomatoes water to a dish.
4 thick slices green pepper without seeds ½ tsp. marjoram
½ tsp. thyme Salt and Pepper

Sauté chops on both sides. Place chops in low buttered casserole and place 1 tbsp. of dry rice on each chop, 1 slice of onion, 1 slice of pepper, 1 slice of tomato. Pour bouillon over all and sprinkle with herbs, salt and pepper. Cover and simmer in a slow oven (350°) about 30 minutes. Serves 4.

Evelyn Wilson Frazier '34

Sweet-Sour Pork or Spareribs

Sauce—mix:
½ cup vinegar
¾ cup sugar
¾ cup water
¼ cup soy sauce
3 tbsp. cornstarch

Cook over low heat until thickened, stirring constantly. Place in a kettle 2 lbs. uncooked pork or spareribs, cut in pieces about 1" thick and 2" long, add 1 cup cold water and boil 20 minutes or until tender. Pour off water and cool.

Sauté ½ cup onion, sliced and 1 med. cucumber, peeled and sliced for 1 minute in 2 tbsp. oil. Remove from pan. Now add to the cooked pork a mixture of 2 tbsp. soy sauce and 2 tbsp. cornstarch. Heat oil for deep fat frying (390) and fry the meat until crisp and brown. Remove and drain. Combine meat and hot sweet-sour sauce and sautéed vegetables. Serves 4 to 6.

Nina Davis Weller '51

Spareribs, Barbecued

2½ lb. spareribs 1 cup of ketchup
4 tbsp. brown sugar One med. size onion chopped
6 tsp. mustard Water as to prevent burning

Wipe ribs with a damp cloth; cut in serving pieces. Place in a shallow baking pan and bake uncovered in a moderate oven (350°) for 30 minutes. Meanwhile, combine onion, ketchup, sugar and mustard in a skillet and simmer for 15 minutes. Pour over the ribs and continue baking for one hour longer, basting the ribs from time to time with the sauce in the bottom of the pan. Add water to pan as needed.

Gwendolyn Larimer Reese '55
**Meat Loaf**

*my own*

- 3 lbs. ground chuck
- 1/2 cup bread crumbs
- 2 unbeaten eggs
- 1/2 pt. tomatoes (more if seems too dry)
- 2 tbsp. catsup
- Dash of poultry seasoning

Mix all ingredients well, from loaf, cover with bacon. Bake at 325° uncovered—21/2-3 hours.

Grace Jennings Dunkelberger ’42

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**15 Minute Meat Loaf**

- 1 1/2 lb. ground beef, lean
- 2 tbsp. chopped onion
- 1 1/2 tsp. salt
- 1/2 tsp. pepper
- 1 1/2 cans Hunts tomato sauce
- 1 tsp. Worcestershire sauce
- 2 tbsp. chopped pepper
- (optional)

Combine beef, onion, salt, pepper and 1/2 can tomato sauce. Press into 9 x 12 x 12 inch baking pan. Bake on lowest shelf in hot oven —450° for 10 minutes. Then broil for 5 minutes more—while meat is cooking—combine remaining—

1 1/2 cans Hunts tomato sauce
1 tsp. Worcestershire sauce
2 tbsp. sugar

Bring to a boil and simmer for 3 minutes. Cut meat in 1/2 crosswise—arrange on chop plate pouring sauce between and over (sandwich fashion) the meat. Serve with new potatoes and peas.

Grace Jennings Dunkelberger ’42

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**Juicy Meat Loaf**

- 1 lb. ground beef
- 1/2 cup uncooked Quaker or Mother’s Oats
- 1 beaten egg
- 1/4 cup chopped onion
- 1 1/2 tsp. salt
- 1/4 tsp. pepper
- 1/2 cup tomato juice

1. Combine all ingredients thoroughly; pack firmly into a loaf pan.

2. Bake in a moderate oven (350°) 1 hour. Let stand 5 minutes before slicing.

Mabel Croft Harley 1900

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**Frankfurter Casserole**

- 5 potatoes (sliced)
- 2 onions (sliced)
- 1 lb. frankfurters (sliced)
- 3 tbsp. flour
- Minced parsley

1 1/2 tsp. salt
Pepper to taste
3 tbsp. flour
2 cups milk (hot)

Line a buttered or oiled 2 quart casserole with the above ingredients and arrange in layers. Sprinkle each layer with the flour, seasoning and parsley. Pour the hot milk over the top. Cover tightly and place in a (400°) oven for 45 minutes. Bacon strips may be placed on top for extra flavoring. Take off the cover the last 10 minutes so bottom gets crisp.

Margaret Milotech Martin ’57
**Meal Loaf**  
*(moist and delicious)*

- 1 lb. ground beef  
- 1 egg (beaten)  
- 1 cup tomatoes (fresh, canned or juice)  
- 1 tbsp. chopped onion  
- 1/4 cup milk  
- 1/2 cup Quick Quaker Oats (uncooked)  
- 1 tsp. salt or more  
- 1 tsp. Accent  
- 1/4 tsp. pepper  
- 2 slices bacon (chopped fine)

Mix—cook 350° for about 1 hour.

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**Hot Dog Relish**

- 3 carrots (pared)  
- 3 sweet peppers  
- 2 qts. cucumbers  
- 2 qts. onions (pared)  
- 2 qts. green tomatoes (peeled)  
- 1/2 cup salt  
- 1 tbsp. sugar  
- 1 1/2 cups vinegar  
- 1/2 tsp. pepper (Cayenne)  
- 2 tbsp. mixed pickling spice

Chop or grind vegetables. Sprinkle with salt and let stand over night. Drain, add sugar, vinegar, pepper and add spices. Simmer 45 minutes, seal.

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**Barbe-que Sauce**  
*(keeps well in refrigerator)*

- 1 cup ketchup  
- 2 cups water  
- 1/4 cup Worcestershire sauce  
- 1/4 cup vinegar  
- 4-5 drops tobasco sauce  
- 1/2 cup brown sugar  
- 1 tsp. celery seed  
- 1 tsp. chili powder

Minced onion or garlic (if desired—let the sauce simmer until it thickens slightly—spicier).

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**Juicy Meat Loaf**

Use 1 1/2 lbs. hamburger  
1/4 tsp. pepper  
3/4 cup bread crumbs  
3/4 tsp. parsley flakes  
1 tbsp. minced celery  
1/2 tsp. thyme  
1 egg, beaten  
1 cup tomato soup  
1/2 med. onion chopped fine  
1/2 cup boiling water  
2 tsp. salt

Combine all ingredients except boiling water. Put in greased loaf pan. Punch several holes in the loaf and pour the boiling water into holes. Bake at 350°F. for 1 hour, or until done.

For a sauce, combine liquid from the baking pan with half a can of mushroom soup and enough whole milk to get liquidity desired—heat this liquid mix and pour over loaf.

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**Pork Chop Casserole**

Grease a shallow 2 qt. casserole having a tight fitting cover.  
6 rib or loin pork chops cut 3/4 to 1 inch thick.

Coat with a mixture of:

- 1/2 cup flour  
- 1 tsp. salt  
- 1/2 tsp. Accent  
- 1/4 tsp. pepper

Brown pork chops on both sides in a lightly greased skillet.

While pork chops brown, set out a mixture of:

- 1/2 cup firmly packed brown sugar  
- 1 tsp. salt

Wash—pare and cut into 1/2 inch slices 4 medium size sweet potatoes.

Wash, quarter, core, pare and cut into 1/2 inch slices 3 medium size tart apples (about 3 cups sliced)

Arrange browned chops in casserole. Arrange one half of potatoses in a layer over pork chops. Sprinkle with part of brown sugar mixture. Top with one half of apples and sprinkle with sugar again. Repeat layers.

Pour over: 1/2 cup apple cider or apple juice.

Cover casserole and bake at 350°.  
1 to 1 1/2 hours depending upon the thickness of chops. Remove cover for the last 15 minutes of baking.

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Rhea Orner Kassay '34

Shirley Mackley Hoffert '50
**Soursweet Sauce**

A Pennsylvania Dutch recipe. This sauce is served with fish, meat and vegetables. Mix \( \frac{1}{2} \) cup of water, \( \frac{1}{2} \) cup vinegar and 5 tbsp. sugar and heat in a double boiler. Add 2 oz. butter well mixed with 1 tbsp. of flour. When well blended add 2 eggs beaten until very light and stir until the sauce is properly thickened.

**Chateaubriand Sauce**

* (For grilled steaks and meats)

Cook together 1 cup beef gravy and 1 cup white wine until liquid simmers down to half. Add \( \frac{1}{2} \) cup butter, 3 tbsp. lemon juice, 1 tbsp. minced parsley, salt and pepper. When butter is melted, beat well and serve.

**Sauce Francaise**

* (For steaks and grilled vegetables)

Cream 1 cup butter with 4 minced garlic cloves, 4 finely chopped green onions, (scallions) and \( \frac{1}{4} \) cup chopped parsley. Serve without heating.

**Maitre D'Hotel Sauce**

* (For steaks and chops)

Cream together, \( \frac{1}{2} \) cup butter, 2 tbsp. minced parsley, 1 tbsp. lemon juice, \( \frac{1}{2} \) tsp. pepper and dash of Worcestershire sauce. Serve without heating.

"THE BIG PROBLEM NOW IS HOW TO COOK!"