

CANDIED SWEET POTATOES Rachel Edmiston

sweet potatoes	dash salt
brown sugar	pc. butter
white sugar	water
some cinnamon	vanilla
a little nutmeg	butter flavoring
dash cloves	marshmallows

Boil several sweet potatoes in salted water until tender. Remove potatoes from water, peel and cut into serving pieces. Place pieces into a buttered casserole dish. Sprinkle liberally with miniature marshmallows. While potatoes cook, etc., mix into a saucepan about equal quantities of white and brown sugar, the spices and butter. Add water to make a thick liquid mixture. Cook this mixture, stirring constantly, until it spins a thread when tested with a spoon (by letting the liquid drain off the spoon). Remove from heat. When cooled, add flavorings. Pour this cooled mixture over the potato pieces and marshmallows in the casserole dish. Bake at 350° oven until bubbly. (You must use your own judgment regarding measurements for the quantities of each of these ingredients.)

Note: This is for my grandson, Robert T. Edmiston. He thinks if you serve this and deviled eggs, that is all one needs to have a really good meal. In recording how I prepare it, however, I am reminded of Ed asking his Aunt Annie Lou how to make one of her recipes... She told Ed that it took a "gullop" of molasses!

CHEESE PUDDING Rachel Edmiston

10 slices bread	2 c. milk
1 1/2 lb. sharp cheese, grated	1 tsp. salt
3 eggs, beaten	butter

Remove crusts and cube bread slices. Place a layer of bread cubes in casserole dish. Add a layer of cheese. Repeat layers of bread and cheese. Mix eggs, milk and salt; pour over bread and cheese layers. Cover and leave in refrigerator overnight. Remove from refrigerator 1 hour before you are ready to bake. Uncover and dot with butter. Bake at 300° for 1 hour, or until golden brown. Bake and serve at once. Note: In my oven, I bake at 325°.

CHICKEN AND RICE CASSEROLE Rachel Edmiston

1 can cream of mushroom soup	6 - 8 pc. chicken (boned is better)
1 pkg. Lipton Onion soup mix - dry	butter
1 can chicken broth	paprika
1 c. rice, uncooked	

Grease a large casserole. Mix soups, broth and rice; pour into casserole. Lay chicken on top. Dot with butter (or leave off to save fat calories.) Sprinkle with paprika. Bake at 350° for 1 1/2 hours.

CHOCOLATE FUDGE (MICROWAVE) Rachel Edmiston

(8-oz.) pkg. Baker's semisweet chocolate	1/8 tsp. salt
2/3 c. sweetened condensed milk	1 c. nuts, chopped
	1 tsp. vanilla

Put chocolate and milk into a 1 1/2 quart microwaveable bowl. Microwave for 1 minute. Stir. Then microwave for another minute. Remove bowl from microwave. Stir until chocolate is completely melted and smooth. Stir in vanilla, salt and nuts. Spread in a greased 8" x 4" or 9" x 5" pan. (If doubling recipe, spread in an 8" x 8" greased pan.) Refrigerate for 2 hours - or until firm. Cut into squares. Makes about 2 dozen pieces. 4 dozen if doubled. Note: This is an easy, microwave, one bowl recipe.

CHOCOLATE PIE Rachel Edmiston

Pie filling

1 T. butter	2 oz. bitter chocolate, melted
2 c. milk	3 egg yolks
1 1/2 c. sugar	1 tsp. vanilla
1/4 c. cornstarch	baked pie shell
1/2 tsp. salt	

Heat butter and milk until hot. Mix together sugar, cornstarch and salt and gradually add to hot milk mixture. Add chocolate and cook 3 minutes. Add egg yolks. Cook 3 minutes. Remove from heat and cool. Add vanilla. Pour into baked pie shell(s), and top with meringue.

Meringue

3 egg whites	6 T. sugar
1/4 tsp. cream of tartar	

Beat egg whites until frothy. Add cream of tartar. Beat until slightly stiff. Add sugar gradually. Continue beating until stiff but not dry. Brown meringue. Bake at 350° for 12 - 15 minutes (or until browned to your satisfaction.)

COLD BEAN SALAD Rachel Edmiston

1 large can tiny green peas	salt and pepper to taste
2 large cans of french cut green beans	1/2 c. olive oil
2 jars of chopped pimentos	1 c. sugar
2 c. chopped celery	1 c. apple cider vinegar
2 small onions, sliced and broken into rings	1/2 tsp. paprika

Drain peas, beans and pimentos. Toss together with celery, onions, salt and pepper. Mix oil, sugar, vinegar and paprika. Pour over other ingredients and refrigerate overnight. Drain off liquid before serving. Note: Liquid makes a good salad dressing.

DEVILED EGGS Rachel Edmiston

eggs
mayonnaise
mustard
salt

white pepper
sugar
paprika

Place eggs in a saucepan and cover with cold water. Bring water to a boil. Reduce heat, and cook slowly for 7 minutes. Remove from heat, and cool eggs in cold water. Peel eggs (Note: very fresh eggs do not peel easily.) Slice peeled eggs in half lengthwise. Remove yolks. Mash yolks with mayonnaise, mustard, salt, white pepper, and sugar (to your own taste and mixture consistency--- Note: I do all this in my food processor very quickly). Stuff this mixture into the cavities of egg whites halve. Garnish with paprika, if desired. Note: These are a favorite of grandson, Robert T. Edmiston. Ingredient quantities will vary according to the number of eggs you are preparing.

EASY LEMON PIES Rachel Edmiston

Crust

Crust

2 Keebler reduced fat graham crumb crust

1 egg white, beaten until frothy - but not stiff

Brush crumb crust with frothy egg white. Bake at 375° for 5 minutes. Cool crust.

Lemon Filling

2 pkgs. sugar-free Instant

--- Vanilla Pudding

3 c. skim (or 2%) milk

1 tub of sugar-free Crystal

--- Lite Lemonade Drink Mix

(12-oz.) Cool Whip - lite, thawed

Mix together pudding and milk for 2 minutes. Add drink mix and fold in Cool Whip. Pour into 2 pie shells. Chill overnight before serving. (May also be frozen; then thawed before serving.) Note: The Crystal Lite Lemonade Drink Mix comes in a container of 4 small tubs.

HEAVENLY PIE Rachel Edmiston

Crust

Graham Cracker Crust

1 c. graham cracker crumbs

1/4 c. butter, melted

3 T. powdered sugar

1/4 tsp. plain gelatin

Mix ingredients together and press into a buttered pie plate. Chill for about 15 minutes.

Filling

1 can Eagle Brand condensed sweet milk

juice of one lemon

1/2 - 3/4 c. pecans, broken

1 lg. container Cool Whip

--- (slightly on the frozen side)

1 (20-oz.) can crushed pineapple, drained

Mix milk and juice. Stir in Cool Whip, pineapple and nuts. Pour into 2 graham cracker crumbs.

HOT PINEAPPLE CASSEROLE Rachel Edmiston

2 (15-oz.) cans of chunk pineapple
1 c. shredded sharp cheddar cheese
1/2 c. sugar

3 T. plain flour
1/2 box Better Cheddar crackers, crushed
1/4 c. butter, melted

Drain pineapple and place in a 2 quart casserole dish. Mix cheese, sugar, and flour. Sprinkle over pineapple. Top with crushed crackers and drizzle with melted butter. Bake 20 minutes at 350° F. Makes 6 to 8 servings. Note: Rachel usually doubles this recipe.

JAPANESE FRUIT PIES Rachel Edmiston

3 eggs
1 1/2 c. sugar
3/4 c. raisins

3/4 c. nuts, chopped
3/4 c. coconut
3 T. vinegar

Mix all ingredients together. Pour into unbaked pie shell. Bake at 325° for 30 - 40 minutes - until set.

JELLO "NOTHING" PIE Rachel Edmiston

1 lg. can "chilled" evaporated milk
--- (put into freezer tray to get icy)
1 1/2 c. unsweetened pineapple juice
1/2 c. sugar

1 pkg. lime jello
1 can crushed pineapple
1/2 c. nuts, chopped
vanilla wafers

Heat pineapple juice and sugar until sugar is dissolved. Dissolve jello in hot mixture. Cool in pan of cold water. Do not congeal. While jello mixture cools, whip milk - I use electric mixer. Slowly fold whipped milk into jello mixture. Add pineapple and nuts (anything can be substituted.) Pour into 2 vanilla wafer crumb crusts. Chill well in refrigerator before serving.

LEMON CHESS PIE Rachel Edmiston

1 T. flour
1 T. corn meal
2 c. sugar
3 - 4 eggs, unbeaten

1/4 c. milk
1/4 c. lemon juice
1/4 c. butter, melted
4 tsp. grated lemon rind

Toss lightly with a fork: flour, corn meal and sugar. Add all other ingredients and beat until smooth. Pour into unbaked pie shell. Bake at 350° - 375° for 30 - 40 minutes.

NANA'S EGG CUSTARD Rachel Edmiston

2 c. undiluted canned milk	3/4 c. (or more) sugar
1 c. whole milk	1 T. cornstarch
3 T. butter	dash salt
3 - 4 eggs	1 tsp. vanilla (or any other flavoring)
3/4 or more sugar	

Preheat oven to 450°. Grease baking dish with butter. Scald slowly until butter melts with the milks. Beat eggs very slightly. Mix sugar, cornstarch and salt; then mix into eggs. Fold scalded milk and butter into egg mixture. Add flavoring. Pour into greased baking dish. Place filled baking dish into a pan of water. Bake at 450° for 10 - 15 minutes. Test with a silver knife for doneness. Knife should come out "clean." Variation: Add sliced peaches and 1/4 tsp. almond flavoring.

PASTRY RECIPE Rachel Edmiston

3 c. flour	1 egg
1 tsp. salt	1 tsp. vinegar
1 c. Crisco	1/4 c. ICE water

Combine flour, salt and shortening to a cornmeal consistency. Beat until foamy the egg, vinegar and water. Add egg mixture to flour mixture. Chill before rolling out. Makes 9 pie crusts that can be frozen until needed. Note: Pastry Tips: 1. Moisture OUT 2. Chill dough well before handling 3. Handle dough very little

PORK CHOPS WITH DRESSING Rachel Edmiston

4 pork chops	1/4 c. water
4 slices of bread, cubed	1/8 tsp. poultry seasoning
2 T. chopped onion	1 (10 3/4-oz.) can cream of mushroom soup
1/4 c. butter, melted	1/3 c. water

Brown the chops, do not flour. Mix together bread, onions, butter, 1/4 cup water and poultry seasoning. Form into four mounds, on top of each chop. Blend undiluted soup with 1/3 cup water. Pour soup mixture evenly over each mound of dressing. Bake 350° F for 1 hour.

SLOPPY JOES Rachel Edmiston

1 lb. ground beef	1 T. mustard
1/2 c. onion, chopped	1/4 tsp. salt
1 can tomato soup - undiluted	dash pepper

In a skillet, brown beef and onion until tender, stirring well to separate. Pour off fat. Add other ingredients. Cook over low heat for 10 minutes, stirring now and then. Serve over toasted hamburger buns. Note: This was Todd & Gantt's special recipe from their Boy Scout camping days.

SPANISH PORK CHOPS Rachel Edmiston

4 pork chops	4 T. uncooked rice
1 L white onion	4 whole canned tomatoes w/juice
1 L green bell pepper, quartered	

Brown the chops, (do not flour) in a skillet. Top each chop with thick slice of onion and 1/4 of the bell pepper. Put a tablespoon of uncooked rice in each bell pepper quarter. Place a whole tomato on top of the rice. Salt/Pepper to taste. Add the canned tomato juice (or water) to the skillet. Cover skillet and simmer for 90 minutes. Add more moisture if the skillet cooks dry. Occasionally, baste the chops with the moisture in the pan. Note: If you substitute the canned tomatoes, with fresh tomatoes, you must add extra water.

SPINACH QUICHE Rachel Edmiston

1 deep dish pie shell - unbaked	1 tsp. onion flakes, or minced onion
2 c. sharp cheese, grated	1 tsp. margarine
(10-oz.) pkg. frozen spinach	1 tsp. salt
3 eggs, lightly beaten with wire whisk	pepper to taste
1 c. plain yogurt	dash cayenne

Partially bake pie shell for 8 - 10 minutes at 400° (or until "lightly" brown). Steam frozen spinach until heated through (I do this in a covered dish in microwave) and squeeze out moisture. Saute' onion in margarine until limp (I do this in microwave). Mix spinach and onion mixture together. Beat together eggs, yogurt, salt, pepper, and cayenne. Put half of cheese on bottom of pie crust. Put spinach - onion mixture over cheese. Pour egg, yogurt, and spices mixture over spinach-onion mixture. Put remaining cheese on top. Bake 15 minutes at 400°. Then reduce heat to 350° and continue to bake for 15 to 20 minutes - or until firm.

Note: Cover edges of pie shell with foil to keep it from browning too much. I bought an aluminum ring cheaply for this purpose - good investment! (Any leftover slices can be wrapped and frozen. Delicious reheated)

SWEET POTATO PIES Rachel Edmiston

3 eggs	2 tsp. vanilla flavoring
1 1/2 c. sugar	1 tsp. butter flavoring
dash salt	3 med. sweet potatoes
butter, almost 1 stick	--- (boiled, peeled, mashed in mixer)
1/3 c. canned (condensed) milk	

Pour mixture into 2 unbaked pie shells. Bake at 350° for one hour - until set. Smear tops of cooked pies with melted butter.

TEA-TIME TASSIES Rachel Edmiston

Pastry Shells

2 sticks butter
(8-oz.) cream cheese

2 c. sifted flour
1/4 tsp. salt

Mix all. Chill dough well. Roll into small balls and press into tiny tins. Bake @ 325° for 15 minutes, or until slightly brown. Makes approximately 48 tiny pastry shells. Fill shells in a variety of ways.

Pecan Filling

1 egg
1/4 c. brown sugar
1 T. margarine, softened

1 tsp. vanilla
dash salt
2/3 c. pecans, broken

Mix all and pour into UNBAKED pastry shell recipe.

Lemon Curd Filling

grated rind
--- of 2 medium lemons
1/2 c. lemon juice

2 c. sugar
2 sticks butter
4 eggs, well beaten

Combine all but eggs in double boiler. Heat over boiling water until butter melts. Stir a little of this hot mixture into eggs. Add eggs to entire mixture and cook until thick (about 15 minutes.) Fill baked pastry shells. Note: Other Fillings for Baked Pastry Shells: chicken salad, various jams topped with whipped cream.

THREE HOLE CAKE Rachel Edmiston

Cake

1 1/2 c. sifted flour
1 c. sugar
3 T. cocoa
1/2 tsp. salt
1 tsp. soda

1 tsp. vanilla
6 T. melted shortening
1 T. vinegar
1 c. water

Sift all dry ingredients into a square pan (8" x 8" x 2"). Make 3 holes in the dry ingredients. Pour vanilla into one hole, melted shortening into another and vinegar into the third hole. Pour the cup of water over the entire mixture. Mix with a fork until all ingredients are wet and most of the lumps are gone. Bake at 350° for approximately 25 minutes.

Frosting

2 T. butter
1 c. sifted confectioner's sugar
2 T. cream

1 tsp. vanilla
3 T. cocoa

Cream butter with mixer. Add sugar a little at a time. Add cream as needed. Add vanilla.

Note: This is an old Mennonite recipe. I acquired it from the Home Ec. Dept when we came to Kannapolis to teach. It is a small cake served in squares. It is delicious with a scoop of vanilla ice cream on top.

ZUCCHINI CASSEROLE IMPERIAL Rachel Edmiston

4 c. zucchini, sliced	1/4 c. green pepper, chopped
small amount of water	1 c. parmesan cheese, grated
2 eggs, beaten	salt & pepper, to taste
1 c. mayonnaise	1 T. butter, melted
1 onion, chopped	2 T. bread crumbs, dried

In microwave, cook zucchini with a small amount of water just until tender in a covered casserole (about 6 minutes at normal setting). Drain off water. In a bowl, combine eggs, mayonnaise, onion, green pepper, cheese, salt and pepper. Pour over zucchini and stir lightly to combine. Mix bread crumbs with melted butter. Sprinkle over casserole. Microwave on middle shelf at normal setting for 7 minutes. Brown 4 1/2 minutes under broiler. Serves 6 to 8 people.

Note: Designed for microwave, but I have never prepared it this way. Either way should be equally delicious.