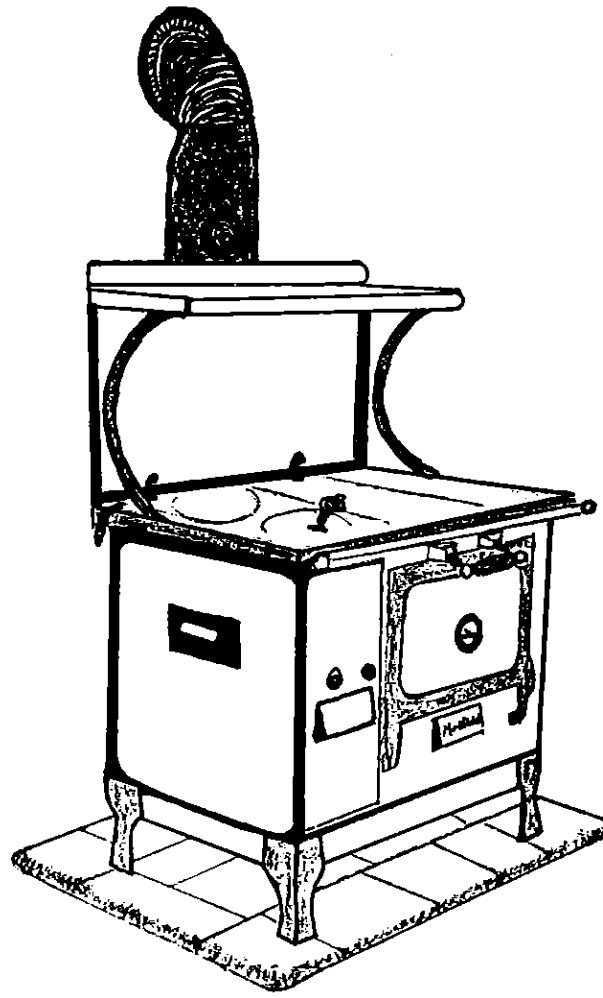


# *MOSTLY MOM'S COOKING*

*Compiled by Ruth Runion-Slear*



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*Dedicated to my mom  
Mildred Elizabeth McCorkel Runion  
For all the tasty food she feeds to her family*

*The cookstove drawing on the title page is traced from a photo.  
In the fall of 1934, my mom and dad bought the stove at Bogg's store in  
Elizabethtown, PA. Through the years mom cooked many meals on that stove.  
Now she uses an electric stove, but in the winter, we occasionally use the  
cookstove for cooking, baking and keeping us extra warm.*

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## *Introduction*

"Mostly Mom's Cooking" was compiled from a desire to have my mom's, Mildred Elizabeth McCorkel Runion, recipes. I wanted to write this book, not only as a record to enjoy myself, but to share with others. Even though my mom prepared the same recipes again and again for many years, I never paid attention to the proportions or how they were made. These recipes were not on paper but in her head. Now I wanted to write the recipes down so I can have them and they can be passed on to Mildred's children and grandchildren. Many times Mildred's children and grandchildren phone asking how to prepare a specific dish. Now her children and grandchildren can also have these recipes.

Mildred's mother, Mary Anne Snavely McCorkel, did not cook from a wide variety of recipes. Because of this, Mildred's interest in cooking began. Reading cookbooks became a past time. These cookbooks taught my mom a lot about food and cooking. With the influence of her Pennsylvania Dutch heritage, mom experimented and learned good cooking comes from fresh quality vegetables and fruits from the garden. Mildred was also influenced by a neighbor lady, Ella Hanford, in the 1950's, who had a health food store and promoted organically grown produce. Finally, the genuine love of cooking makes a chef have the best tasting cuisine.

This cookbook is not written for beginner cooks. People looking for step by step instructions need to consult a good basic cookbook. Several of the very old recipes have no directions. For historical purposes, I left these recipes in the original form I received them. To make those recipes, check for similar recipes in a basic cookbook and experiment. Many other recipes have been adjusted with less fat and sugar or to fit the taste buds of the Runion family. There are recipes adjusted for ease of use, while others are simplified so they can be cooked quicker. Simple recipes properly and affectionately prepared can be food fit for anyone's palate. Most recipes can be adapted to one's tastes. There are a few tips and hints scattered among the recipes which will be helpful. Also, personal family stories connected to food are included.

The genealogy chart shows the family history. I included the chart since the recipes in this cookbook span four generations. Following is a list of the people named in the personal family stories:

Mildred McCorkel Runion - The author of many recipes in this book, she is the mom referred to in the title of this cookbook.

Leslie Runion - Mildred's husband

Anita Runion Ovalle - Mildred's daughter

Victor Ovalle - Anita's husband

Dennis Runion - Mildred's son

Janet Runion Patton - Mildred's daughter

Charles Patton - Janet's husband

Mrs. Rosemary Patton - Charles's mother

Mary Anne Runion Branstine - Mildred's daughter

Ruth Runion-Slear - Mildred's daughter

Kirby Slear - Ruth's husband  
Flossie Slear - Kirby's mother  
Lana - Mildred's granddaughter  
Carl Jr. - Mildred's grandson  
Lori - Mildred's granddaughter  
Denita - Mildred's granddaughter  
Charles (Chuck) - Mildred's grandson  
Sam - Mildred's grandson  
Joel - Mildred's grandson  
Rebeca - Mildred's granddaughter  
Jason - Mildred's grandson  
Daniel Timothy - Mildred's grandson  
Mary Anne Snavely McCorkel - Mildred's mother  
Elizabeth Weaver Snavely - Mildred's grandmother  
Charlotte McCorkel Rissler - Mildred's sister

I shall be forever grateful to Kirby, my wonderful patient husband, for helping me with Microsoft Word, for I knew nothing about the software program when I started to input the recipes. What frustration I went through. Thanks to my sister Anita, who arrived from Guatemala when this cookbook was almost finished, and assisted in the final proof. And to Janet, thanks for a final proof also. Three of my coworkers I give special thanks. To Gail Hossler for the idea of adding personal family notes and Pat Johnner for proofreading and editing. Thanks to Alan Mays, a folklorist, for sharing his collection of humorous and inspirational recipes. And finally to my mom, Mildred, thanks for all the delicious, tasty recipes you have created and are feeding to us over the many years of your children's and grandchildren's lives.

I have no guarantee these recipes are typed error free. There is always that possibility of errors. If you find one, let me know so I can make the correction in my master copy.

I hope that everyone who reads this cookbook has fun cooking and eating the cuisine, especially the pies, as much as we have as a family. While applying your own taste test to each recipe, read the family memories and enjoy them both.

Ruth Runion-Slear

PEDIGREE CHART of:  
Mildred Elizabeth McCORREL

			18 McCORREL, Thomas (black
		10 McCORREL, Joseph_____	
		B: 12 Jan 1816	19 McCORREL (Marr.name), P
		W: Myerstown, PA	
	6 McCORREL, Joseph_____	Marr:	
	B: 31 Dec 1849	D: 14 Aug 1902	20 RUDY, Frederick_____
	W: Hanoverdale, PA	W: Derry Twp., PA	
	Marr: 2 Nov 1886	11 RUDY, Mary (Maria)_____	
	D: 9 Apr 1943	B: 28 Aug 1915	21 Lehman, Maria Elizabeth
	W: Elizabethtown, PA	W: Lower Paxton, PA	
		D: 3 Apr 1894	
		W: Derry Twp., PA	
	4 McCORREL, Jacob Baker_____		22 BECKER (BAKER), Frederi
	B: 2 Mar 1898		
	W: Derry Twp., PA	12 BECKER (BAKER), John_____	
	Marr: 20 Mar 1915	B: 15 Jan 1824	23 ESHELMAN, Catherine____
	D: 10 Aug 1988	W:	
	W: Derry Twp., PA	Marr:	
		D: 14 Jul 1902	24 MAY, Daniel_____
	7 BAKER, Fanny Hay_____	W: Fishing Creek Vall,	
	B: 6 Mar 1865	13 MAY, Catherine_____	
	W: Fishing Creek Vall,	B: 24 Jan 1827	25 WOLF, Mary_____
	D: 28 Feb 1939	W: , PA	
	W: Elizabethtown, PA	D: 22 Feb 1908	
		W: Middle Paxton Twp, P	
			26 SNAVELY (SCHNABEY), Jo
		14 SNAVELY, George B._____	
		B: 1 Sep 1830	27 BROADSTOCK, Susan_____
		W:	
		Marr:	
	8 SNAVELY, John Morris_____	D: 27 Oct 1911	28 ARNOLD, John H._____
	B: 3 Aug 1878	W: Derry Twp., PA	
	W: Derry Twp., PA	15 ARNOLD, Sarah_____	
	Marr: 20 Dec 1891	B: 17 Jan 1843	29 CONREN (CONHREN), Cathe
	D: 19 Apr 1950	W:	
	W: Derry Twp., PA	D: 30 May 1908	
		W: Derry Twp., PA	
	5 SNAVELY, Mary Anna_____		30 MOYER (MYERS), John_____
	B: 5 Mar 1898		
	W: Derry Twp., PA	16 MYERS (MOYER), Samuel (	
	D: 16 Jun 1963	B: 4 Sep 1838	31 MEASHEY, Elizabeth_____
	W: Derry Twp., PA	W: Mount Joy, PA	
		Marr:	
	9 MYERS, Elizabeth Weaver_____	D: 16 Sep 1912	32 WEAVER, Daniel_____
	B: 25 Jan 1869	W: Derry Twp., PA	
	W:	17 WEAVER, Mary Ann (Mem)_____	
	D: 15 Mar 1926	B: 7 Oct 1838	33 HINNICH, Magdalene_____
	W: Derry Twp., PA	W:	
		D: 23 Feb 1926	
		W: Conewago Twp., PA	
3	McCORREL, Mildred Elizabeth		
	B 24 Sep 1915		
	W Derry Twp., PA		
	Married: 1 Jun 1934		
	D		
	W		
	R UNION, Leslie Centrell		
2			

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## ***BREADS, BISCUITS, MUFFINS & WAFFLES***

### **Basic Bread Recipe**

1 package of dried yeast or 1 scant tablespoon	1/4 C oil
1 1/2 C warm water or milk (about 110° )	1 1/8 t salt
2 T sugar	Butter
3-5 C flour using bread, white and whole wheat flours	

In large mixing bowl, combine yeast, water or milk, (if using raw milk, scald first) and sugar. Let stand until yeast bubbles. Add oil and salt; mix. Add flour gradually until too stiff to stir. Dump dough on a lightly floured surface. Knead until smooth and elastic, adding flour when dough gets sticky. Place dough in buttered mixing bowl. Let rise until doubled, about 1 hour. Punch down. Place dough in buttered loaf pans, or form in buns and place in baking pans. Let rise about 1 hour again. Bake at 350° for about 45 minutes for the loaves or about 20 minutes for the buns. Test for doneness by tapping on the top of the bread and listening for a hollow sound. Remove from oven and put butter on top of bread. Best eaten hot from the oven, with lots of butter melting into the bread.

### **Rye Bread**

1 package of dried yeast or 1 scant tablespoon	1/4 C oil
1 1/2 C warm water or milk (about 110° )	1 1/8 t salt
2 T sugar	Butter
3-5 C flour using bread, white and rye flours	

In large mixing bowl, combine yeast, water or milk, (if using raw milk, scald first) and sugar. Let stand until yeast bubbles. Add oil and salt; mix. Add flour gradually until too stiff to stir. Dump dough on a lightly floured surface. Knead until smooth and elastic, adding flour when dough gets sticky. Place dough in buttered mixing bowl. Let rise until doubled, about 1 hour. Punch down. Place dough in buttered loaf pans, or form in buns and place in baking pans. Let rise about 1 hour again. Bake at 350° for about 45 minutes for the loaves or about 20 minutes for the buns. Test for doneness by tapping on the top of the bread and listening for a hollow sound. Remove from oven and put butter on top of bread. Best eaten hot from the oven, with lots of butter melting into the bread.

## **Oatmeal Buns**

1 C rolled oats  
2 T sugar  
1 T butter  
1 1/2 t salt

1 C scalded milk or hot water  
1 package yeast  
1/4 C water (about 110°)  
2 1/2 C bread, white, & wheat flours

Combine yeast, 1/4 C water and sugar. In mixing bowl combine oats, salt and shortening. Pour over this the scalded milk or hot water. When cooled to lukewarm, add yeast mixture. Stir in flour and knead until dough no longer sticks to fingers. Let rise until double. Punch down. Knead. Form into rolls. Let rise until double. Bake at 350° for about 25 minutes.

## **Sticky Buns**

1 package of dried yeast or 1 scant tablespoon  
1 1/2 C warm water or milk (about 110°)  
2 T sugar  
3-5 C flour using bread, white and whole wheat flours  
Butter, cinnamon, sugar and chopped nuts

1/4 C oil  
1 1/8 t salt  
Butter

In large mixing bowl, combine yeast, water or milk, (if using raw milk, scald first) and sugar. Let stand until yeast bubbles. Add oil and salt; mix. Add flour gradually until too stiff to stir. Dump dough on a lightly floured surface. Knead until smooth and elastic, adding flour when dough gets sticky. Place dough in buttered mixing bowl. Let rise until doubled, about 1 hour. Punch down. Roll small ball of dough into a rectangular strip. Brush with melted butter. Sprinkle with cinnamon, sugar and nuts. Roll dough jelly roll fashion. Pinch seam to seal. Place buns on greased baking pan. Let rise until double. Bake at 350° for about 20-25 minutes or until done. Mary Anne Runion Branstine (These are the best sticky buns you can find. The only ones that matched the flavor came from the Hershey Bakery in Hershey, PA when it was in business. Ruth Runion-Slear)

Scalding milk is an old term that means to bring a liquid to almost boiling. Before pasteurization of milk, it was necessary to heat and cool milk before using it in bread or cake recipes. To scald milk, simply heat in a saucepan on low and cool to desired temperature.



## Pizza Dough

1 package of dried yeast or 1 scant tablespoon	1/4 C oil
1 1/2 C warm water or milk (about 110°)	1 1/8 t salt
2 T sugar	Oil
3-5 C flour using bread, white and whole wheat flours	

In large mixing bowl, combine yeast, water or milk, (if using raw milk, scald first) and sugar. Let stand until yeast bubbles. Add oil and salt; mix. Add flour gradually until too stiff to stir. Dump dough on a lightly floured surface. Knead until smooth and elastic, adding flour when dough gets sticky. Place dough in buttered mixing bowl. Let rise until double, about 1 hour. Place dough on oiled pizza pan. Pat and stretch dough, pinching up a collar around the edge. For a thick crust, let rise about 1/2 hour in pan. Brush pizza crust lightly with oil to prevent crust from becoming soggy. Spread on your favorite toppings, except for cheese. Bake at 350° for 15 - 20 minutes. Add cheese on top and bake for another 10-15 minutes. This prevents the cheese from getting brown on top. Suggested toppings: 1/4 lb pepperoni, 1/2 C cooked ground beef, 1/2 lb fresh mushrooms, 1/4 lb Canadian bacon, black olives, sliced onions, sliced fresh tomatoes, sliced green pepper. Ruth Runion-Slear

Pizza meals have become popular at our house in the last 20 years. When guests are invited for dinner, everyone enjoys the whole wheat pizza. Pizza takes less time to prepare than a full course meal, leaving more time to interact with the guests. Just serve pizza and fruit salad and you have a meal.

## Unleavened Bread

2 1/2 C flour	1/8 C heavy cream
1/4 lb butter	1/2 C milk
1 T sugar	1/8 t salt

Mix dry ingredients thoroughly, add butter, cream and milk. Knead well. When dough is smooth and free from bubbles, roll out to 1/8 inch thickness on 2-3 cookie sheets. Trim, score with knife into 1 x 1 1/2 squares, pierce with fork. Bake in slow oven at 225° for 1 - 1 1/2 hours until well done. Dough should pull away from side of sheets when done.

Years ago we never ate store bought bread. Mom baked all the bread we ate. Now it is a novelty to bake when we have the time and can savor the wonderful smell and taste of hot bread with butter melting into it.

## **Corn Bread**

2 eggs, beaten	1 1/2 C roasted cornmeal
1 1/2 C buttermilk and/or sour cream	1 C whole wheat flour
2 T oil	1 t salt
2 T brown sugar	3/4 t soda
1 t baking powder	

Beat wet ingredients together. Add dry ingredients; mix until smooth. Bake in well greased 8 x 8 inch pan at 350° for about 30 - 35 minutes. Corn bread can be baked in a muffin tin for about 15-20 minutes. Makes 12 muffins. When the Runion family has a chili and rice meal, corn bread is always served. Mildred grew up eating roasted cornmeal, never using the yellow variety until later in life. When she tried using the yellow cornmeal, her family rebelled against eating it. So now Mildred always uses the flavorful and tasty Brinser's Roasted Cornmeal.

## **Sour Cream Waffles**

1 C whole wheat flour or 1/2 C whole wheat flour & 1/2 C cornmeal	
1/4 t salt	1 C sour cream or buttermilk
1/2 t baking soda	1 1/4 T melted butter or oil
2 t sugar	1 egg, beaten

Sift together the dry ingredients. Add the remaining ingredients, mix well. Let batter stand for at least one hour. Pour batter into waffle iron and cook until done. Makes 4-6.

## **Buttermilk Waffles**

2 C whole wheat flour or 1C whole wheat flour & 1 C cornmeal	
2 1/4 t baking powder	2 1/2 T honey
1/2 t salt	1/4 C melted butter
3 eggs, beaten	1 1/2 C buttermilk

Sift together the dry ingredients. Add the remaining ingredients, mix well. Let batter stand for at least one hour. Pour batter into waffle iron and cook until done. Makes 4-6.

As a young child, for Saturday lunch we often ate waffles topped with chicken gravy. Especially on cornmeal waffles, chicken or turkey gravy is very tasty.

## **Blueberry Pancakes**

1 C whole wheat flour or 1/2 C whole wheat flour & 1/2 C cornmeal	
1/4 t salt	1 C buttermilk
1/2 t baking soda	1 1/4 T melted butter or oil
2 t sugar	1/2 C blueberries
1 egg, beaten	

Sift together the dry ingredients. Add the remaining ingredients; folding in blueberries last. Let batter stand for at least one hour. Pour batter into hot, lightly oiled skillet or griddle. Cook until bubbles appear and begin to break. Turn over and cook on the other side. Makes 4-6. Blueberries are a favorite of Kirby. Since he has joined the Runion family, we eat more blueberries.

## **Pumpkin Muffins**

6 3/4 C oatmeal	3 eggs
1/2 C brown sugar	3 T baking powder
2 1/4 C skim evaporated milk (1 1/2 lg. cans, {12 oz cans})	
1 can, (12 oz) frozen pineapple or apple juice concentrate	
1 1/2 t cinnamon	1/3 C oil
3/4 t salt	1 1/2 C raisins
1 1/2 C canned pumpkin	

Mix dry ingredients together. Add remaining ingredients, folding the raisins in last. Let mixture sit until oatmeal absorbs the liquid. Bake at 350° for about 25 minutes. Makes 36 muffins. These muffins are designed to be low in fat, high in fiber.

## **Basic Muffins**

2 1/4 C oatmeal	2 T oil
1 T baking powder	1 1/4 C skim milk
1/4 C brown sugar	1/4 C chopped nuts
1 egg, beaten	1/4 C dried fruit
1 t salt	

Combine dry ingredients. Add wet ingredients. Mix well. Fold in nuts and fruit. Bake about 25 minutes at 350° . Makes 12 muffins.

## **Banana or Pineapple Muffins**

2 1/4 C oatmeal	2 T oil
1 T baking powder	1 1/4 C skim milk
1/4 C brown sugar	2 C pineapple or 2 ripe bananas
1 egg, beaten <sup>2</sup>	1 t salt

Combine dry ingredients. Add wet ingredients. Fold in fruit. Bake about 25 minutes at 350°. Makes 12 muffins.

## **Blueberry Muffins**

2 C flour (white and whole wheat)	1/3 C sugar
4 T melted butter	1 T baking powder
1/2 t salt	1/2 t baking soda
2 beaten eggs	1 C buttermilk
1 C lightly floured fresh or frozen blueberries	

Sift together dry ingredients. Mix together wet ingredients. Stir liquid ingredients into dry ingredients, mixing with a fork only enough to moisten. Do not over mix. Batter will be lumpy. Stir in berries gently. Pour into greased muffin tins, filling almost to the top. Bake 18-20 minutes at 400°. Best served warm with butter.

## **Blueberry-Buttermilk Biscuits**

1 C whole wheat flour	1/2 C oatmeal
1/2 C white flour	2 t baking powder
1/4 t baking soda	1/4 t salt
1/2 C fresh or frozen blueberries	1 C buttermilk
3 T + 1 t melted butter	Vegetable cooking spray

Combine dry ingredients, mix well. Add blueberries, toss well. Combine buttermilk and butter. Stir just until dry ingredients are moistened. Drop dough by heaping tablespoons onto baking sheet coated with cooking spray. Bake at 350° for 14-15 minutes. Yields 1 dozen biscuits.

## ***DESSERTS***

### **Cranberry Pecan Bars**

2 C whole wheat flour  
1/4 C sugar

2/3 C butter  
1 C finely chopped pecans

Mix together flour and sugar. Cut in butter until mixture resembles coarse crumbs. Stir in pecans. Press mixture into bottom of an ungreased 10 x 12 inch baking pan. Bake for 15 minutes at 350°.

3/4 C sugar  
4 eggs, beaten  
1 t vanilla  
1 C fresh shredded coconut

4 T flour  
4 T milk  
3 C cranberries (12 oz fresh or frozen)  
1 C finely chopped pecans

Combine sugar and flour. Stir in eggs, milk and vanilla. Fold in cranberries, coconut and pecans. Spread over partially baked crust. Bake for 25 to 30 minutes more. Cool in pan. Cut into bars while warm. These bars freeze very well for future use. The first time I made these bars, Sam and Kirby ate them all! Mildred and I got none. So I doubled the recipe, now we all enjoy these delicious bars. Ruth Runion-Slear

### **Cheesecake**

16 oz. softened cream cheese  
1/4 C lemon juice  
2 eggs

1/4 C sugar  
1/2 t vanilla

Combine all ingredients and mix well with electric mixer until well blended. Pour mixture in baking dish and place dish in a pan of water. Bake at 300° for 45 minutes. This makes a crustless heavy cheesecake. Kirby prefers this crustless heavy cheesecake over the light, fluffy ones made by folding in egg whites and pouring in a crust. This recipe takes less time to prepare than traditional cheesecakes. Ruth Runion-Slear

Most cake and cookies recipes directions say to first cream the fat and sugar together. Then add wet ingredients and mix well. Sift dry ingredients together and then mix with the wet ingredients. This hint might be useful for those old recipes in this book that have no directions.

## **Buttermilk Chocolate Cake**

1 C butter	1/2 C cocoa powder
2 1/4 C sugar	2 t baking soda
2 eggs	1 t salt
1 t vanilla	2 C buttermilk or sour milk
2 3/4 C cake flour	

Cream butter and sugar in large mixing bowl. Add eggs and vanilla, mix well. Combine dry ingredients. Add alternately with buttermilk to cream mixture. Pour into greased and floured 13 x 9 inch pan. Bake at 350° for 55-60 minutes. Cool 10 minutes and remove from pan. Frost with peanut butter frosting (see recipe below). Cupcakes: Fill 2 1/2 inch paper lined muffin cups 2/3 full with batter. Bake at 350° for about 20 minutes. Cool; frost. Makes about 24 cupcakes. Leftover egg whites from the Peanut Butter Frosting can be substituted for 1 of the eggs in this recipe.

## **Chocolate Cake**

3/4 C butter	3/4 C cocoa powder
1 2/3 C sugar	1 1/4 t baking soda
2 eggs	1/2 t salt
1 t vanilla	1 1/3 C water
2 C all purpose flour	

Cream butter and sugar in large mixing bowl. Add eggs and vanilla, mix well. Combine dry ingredients. Add alternately with water and creamed mixture. Pour batter into greased and floured 13 x 9 inch pan. Bake at 350° for 30-35 minutes or until inserted toothpick comes out clean. Cool 10 minutes and remove from pan. Frost with Peanut Butter Frosting (see recipe below). 8-10 servings. Cupcakes: Fill 2 1/2 inch paper lined muffin cups 2/3 full with batter. Bake at 350° for 20-25 minutes. Cool; frost. Makes about 18 cupcakes. Leftover egg whites from the Peanut Butter Frosting can be substituted for 1 of the eggs in this recipe.

## **Peanut Butter Frosting**

2/3 C sugar	2/3 C evaporated milk
2 egg yolks	1/3 C butter
1/2 t vanilla	3/4 C peanut butter

Place all ingredients in a saucepan except for the peanut butter. Cook and stir constantly over low heat about 10 minutes or until the egg thickens. Do not boil. Remove from heat and add peanut butter. Spread over cake. Ruth Runion-Slear

Once, I needed to make peanut butter frosting for a chocolate cake and had no confectionery sugar. I adapted a recipe and discovered a wonderful cooked frosting, resulting in the Peanut Butter Frosting recipe. Of course chocolate cake with peanut butter frosting is one of the few cakes I will eat. I never learned to enjoy other cakes except Pineapple Upside Down. I take after my father, who wanted pies and not cakes. But then, unlike my father, I prefer pie filling and no pie crust. Ruth Runion-Slear

### **Lemon Pudding Cake**

4 eggs, separated	1/3 C lemon juice
1 T melted butter	3/4 C sugar
1/2 C flour	1/2 t salt
1 1/2 C milk	

Beat together egg yolks, lemon juice and butter until thick and lemon colored. Combine sugar, flour and salt. Add to egg mixture alternately with milk, beating after each addition. Beat egg whites until stiff. Blend into batter using low speed of electric mixer. Pour in 8 inch square baking dish. Set in pan of water. Bake at 350° for 35-40 minutes or until golden. Makes 8 servings. Ruth Runion-Slear

Most of the recipes in this Dessert Section have been altered from the original to fit the taste buds of the Runion family. We enjoy foods that are not extremely sweet and also contain less fat. With less sugar, other flavors become more prominent. When sugar is reduced, volume is also reduced, often making a heavier cake or cookie. To reduce fat and still be successful in producing quality results in recipes, we substitute mashed fruit.

Mom would make **Filled Sugar Cookies** when we were young. When I looked for the recipe, I could not find it. The recipe was basically a sugar cookie, rolled out. Cut in rounds, with small drops of jelly or nuts put in the center. Another cookie was placed on top and pinched together. They were baked until golden.

My father, Leslie Runion, when asked if he liked a specific food, would often respond by saying, "Well you see me eating it" or, "You can eat anything when you are hungry."

## Christmas Trifle

### Pound Cake:

1 C butter	1/2 t salt
1 1/4 C sugar	3 t baking powder
4 eggs	1 C sweet cream
3 C cake flour	1 t vanilla

Cream shortening, add sugar gradually. Beat until fluffy. Add eggs, 1 at a time and beat until light. Sift flour, salt and baking powder together. Add dry ingredients alternately with cream and flavoring. Beat thoroughly after each addition. Pour in large greased and floured loaf pan. Bake at 350° for 1 hour.

### Custard Pudding:

6 T corn starch	1 t salt
1 t vanilla	1/2 C sugar
4 C milk	4 well beaten eggs

In medium saucepan, combine well beaten eggs, corn starch, sugar and salt. With a whisk gradually stir milk into corn starch mixture. Bring mixture just to boiling over medium heat and simmer for 5 minutes, stirring constantly. Remove from heat and stir in vanilla. Cool.

### Filling:

Cherry Sauce (see fruit section)	Pineapple tidbits, drained
Walnuts or pecans	Whipped cream
Mandarin oranges, drained or fresh oranges sectioned	
Red and green gelatin squares for decoration	Peaches, drained
Fresh strawberries	Bananas

Any other fruits you care to include, apples, pears, blueberries, raspberries, etc. If you like one fruit more than others, add more of that one. Charles Patton always said, "Put in plenty of bananas."

In a large bowl, such as a punch bowl, place slices of cake around the bottom and up the sides of the bowl. Then spoon the custard on the cake covering the sides and the bottom. Drain all the fruit. The juice makes the trifle mushy. Then start layering the fruit until the bowl is full. You can add more custard if you like. Have fun and fix it to your taste. Get the kids to watch and help decide what goes in next! Top it off with whipped cream and then decorate the top with colorful fruit that you saved for that purpose. This is a British dish and the tradition of having it at Christmas in Pennsylvania began after Janet Runion and Charles Patton married in 1965 and lived in California near his family. Charles's grandmother emigrated from England and handed down many British customs to her family. The Christmas Trifle (a trifle of this and a trifle of that!) was always a favorite. This makes a very large bowl of dessert. It will serve 15-20 people. Janet Runion Patton



## **Pineapple Carrot Cake**

3 eggs	1 1/2 C oil
2 C sugar (1 white, 1 brown)	2 C grated raw carrot
1 small can (1 1/3 C total) crushed pineapples and juice	
2 t vanilla	1 C chopped nuts
3 C flour	1 t salt
1 t baking soda	1 t baking powder
2 T cinnamon	

In a very large mixing bowl, mix together well: eggs, oil and sugar. Stir in carrots, pineapple and juice, vanilla and nuts. Sift together flour, salt, soda, baking powder, and cinnamon. Stir into mixture and blend thoroughly. Turn into ungreased 10 inch tube pan or 2 loaf pans and bake at 350° for 45 minutes or until cake springs back. Janet says this cake keeps very moist and is a favorite of our mom (Mildred). This was one of Charles's favorites that Mrs. Rosemary Patton gave Janet when she got married. It's one of Janet's favorites too! Janet Runion Patton

## **Date Cake**

1 C dates pitted and cut in pieces	1 C boiling water
1 t soda	1/2 C butter
1 C white sugar	1 well beaten egg
1 1/2 C flour	1/2 t baking powder
1/4 t salt	1 t vanilla
3/4 C chopped nuts	

Dissolve soda in boiling water; pour over dates and stir well. Let stand till cool. With mixer beat butter, sugar and egg until smooth. Add date mixture, stir. Then add dry ingredients, mix. Finally add vanilla and nuts. Bake in loaf pan or several mini pans at 350° for 40 minutes. Another favorite of our mom (Mildred) and Charles Patton. It was given to Janet by Mrs. Rosemary Patton when she got married. Janet usually doubles the recipe and puts several cakes in the freezer. Janet Runion Patton

Mildred McCorkel Runion's favorite cakes are carrot and spice. She also likes to eat tapioca on top of Pound Cake.

## Light Fruit Cake

1 C butter	1 1/4 C white sugar
1 t vanilla	7 egg yolks
2 3/4 C all purpose flour	1/2 t salt
2 t baking powder	1 C milk
1 lb raisins	1 lb pecan meats
7 egg whites beaten stiff	1 lb dried cherries
1 lb dried pineapple	1 lb nut meats
1 lb dried fruit of choice	

Set oven at 250°. Cream butter, beat in sugar and vanilla. Beat until fluffy. Beat in the 7 yolks one at a time. Sift together flour, salt and baking powder. Add to the butter mixture alternately with milk. Fold in raisins, and pecans. Fold in egg whites. Grease and flour 3 loaf pans. Put a thin layer of the cake batter in each pan. Arrange the fruit on the batter, using different kind of fruit for each layer. Cover with a layer of batter. Repeat until the fruit is used. Put a layer of batter on the top. Fill pans to 3/4 inch from the top. Bake 2 hours. The taste of this cake closely resembles the Texas Manor fruit cakes sold by the Hershey High School seniors in the early 1970's.

## Fruit Cobbler

1/2 C shortening	1/4 C quick cooking tapioca
1 1/4 C sugar	2 T lemon juice
2 eggs	4 T butter
3 C flour	2/3 C milk
4 t baking powder	1 t salt
6 C fruit (cherries, berries, peaches etc.)	

Sift dry ingredients together. Cut in shortening. Beat eggs and add milk. Add to dry ingredients. Stir until flour is damp. Place fruit in greased 10 x 10 baking pan. Sprinkle with tapioca, add lemon juice and butter. Drop batter in mounds on top of fruit. Bake at 350° for 30-35 minutes. Makes 12 servings. We eat this cobbler year round; summer, fresh fruit is used, winter, canned or frozen fruit.

Cake flour contains more starch and less gluten. To get a lighter, more tender cake, add corn starch to all purpose flour or bread flour. To make a cup of cake flour, place 2 T of corn starch in a measuring cup and fill up the cup with all purpose or bread flour. Sift 3 times. This makes the equivalent of 1 C of unsifted cake flour.

## **Pineapple Upside-Down Cake**

1 lg. can (20 oz) pineapples

Brown sugar (optional)

Place drained pineapples evenly in bottom of buttered cake pan or in muffin tin. Sprinkle lightly with brown sugar.

1 1/4 C sifted flour

2 t baking powder

1/2 t salt

1/2 C sugar

1/4 C shortening

3/4 C milk or pineapple juice

1 t vanilla

1 egg

Mix dry ingredients together. Add shortening and milk. Beat 2 minutes at medium speed on electric mixer. Scrape sides of bowl frequently with rubber spatula. Add vanilla and egg. Beat 2 minutes at medium speed on mixer. Again scrape bowl. Spoon batter carefully over the pineapples in the pan. Spread the batter gently with a spatula, if necessary, to make the top even. Bake 50-60 minutes for cake or 15-20 minutes for muffins at 350°. Cake and muffins will be done when cake springs back when lightly touched with a fingertip. Remove cake from oven. Place a large serving plate, face down, over cake and pan. Turn the plate and cake pan upside down at once. Leave pan in place 1-2 minutes so topping will run down over the cake. Then lift the pan off cake. Makes 9 servings or 12 muffins.

## **Banana Pineapple Cake**

2 3/4 C all purpose flour

1 C chopped walnuts

3/4 C sugar

1 1/2 C mashed ripe banana

1/2 C oil

1 t baking soda

1 t salt

1 t cinnamon

1 t vanilla

3 eggs

1 can (8 oz.) crushed undrained pineapple

Beat all ingredients in a large bowl on medium speed for 2 minutes. Scrape bowl occasionally. Pour into greased and floured 9 x 13 inch pan. Bake at 350° for 35-40 minutes or until wooden pick inserted in center comes out clean. Cool 10 minutes and remove from pans. Mildred found this recipe a few years ago in a magazine. Like always, she makes changes with ingredients, adapting to the Runion family taste buds. This recipe is easy to make, just throw it together and it turns out delicious.

## **Pumpkin Roll**

3 well beaten eggs	1/3 C sugar
3/4 C flour	1 t baking soda
1 C cooked pumpkin	2 t cinnamon
Filling:	
1 (8 oz.) pkg. cream cheese	1/2 C powdered sugar
4 T butter	1 t vanilla

Combine first six ingredients. Mix well. Spread on greased cookie sheet, 13 x 9 inches and bake at 350 ° for 10-15 minutes. Sprinkle tea towel with powdered sugar, put cake on it and let cool for 10 minutes. Dust powdered sugar on top of cake and roll tea towel and all. Mix filling, unroll cake; spread on filling. Roll again and refrigerate. Cut in slices to serve. This is a favorite of my mom (Mildred), but she never bakes it, I do, which is very infrequent. Most of these cakes and cookies are seldom baked. Years ago when Mildred's children were young, she baked more desserts. Today in the 1990's we eat pie filling and fruit bakes instead of cakes, cookies and pies. Ruth Runion Slear

## **Lemon Tarts**

2 C sugar	1 C molasses (barrel)
1 pint water	1 lemon
3 T flour	1 egg
Dough:	
2 C sugar	1 C thick milk
1/2 C lard	3 C flour
1 t soda	1 egg

Recipe of Elizabeth Weaver Snively, 1869-1926. No directions were given. Mildred, Elizabeth's granddaughter, says to mix the lemon molasses mixture together. Then mix all the dough (cake batter) ingredients together. Pour the dough mixture into a pie crust. Then pour the lemon molasses mixture on top. Bake until toothpick inserted comes out clean. Mildred remembers her grandmother working at the kitchen table making these tarts. Then the tarts were baked in the cookstove.

Lemon is a favorite flavor of the Runion family. Cakes, puddings, and salad dressings are some of the recipes using lemon.

## **Montgomery Cake**

### **Batter:**

1 C sugar  
1 C molasses (barrel)  
2 T flour<sup>2</sup>  
1 pint water  
1 t cinnamon  
1 t cloves  
1 beaten egg

### **Cake:**

2 C sugar  
1 C thick milk  
2 eggs  
1/2 C lard  
2 1/2 C flour  
1 t soda  
Pie Crust

Line pie plate with pie dough. Put the cake in and pour batter on top. Elizabeth Weaver Snavelly, 1869-1926

## **Silver Sea Foam Cake**

1/2 C shortening  
2/3 C milk  
2 C flour  
Salt

1 C sugar  
1 t extract  
3 t baking powder  
2 egg whites, added last

Recipe my mother, Mildred McCorkel Runion, got from her mother, Mary Anne Snavelly McCorkel (1898-1962). No directions given. Mildred says this is a wonderful cake. She made this cake in her early years of marriage, and always baked it in a tube pan.

## **Sugar Cakes**

1 1/2 C granulated sugar  
3/4 C lard (or other shortening)  
1 t baking powder  
2 eggs  
Flour

1 C sour milk (thick or buttermilk)  
1 t soda  
1/2 t salt  
Vanilla

Mix in flour until stiff, do not make too dry. Drop. These are simply delicious. No other directions were given with this recipe. Mildred McCorkel Runion says this is a very old cookie recipe she got from a co-worker, Viola Fox. They worked together, during the early 1950's, in the Hershey Chocolate Factory on Kiss machines.

### **Soft Oatmeal Drop Cookies**

2 beaten eggs	1/8 t salt
3/4 C buttermilk	2 t soda
1/2 C brown sugar	2-3 bananas
4 C oatmeal	1 1/2 C raisins
1/4 C oil	2 C whole wheat flour
1 t baking powder	1/2 C chopped nuts
1/2 t vanilla	

Beat eggs, buttermilk, salt, vanilla and oil together. Blend well. Add dry ingredients. Fold in raisins and nuts. Mix all ingredients. Drop by teaspoon on to a greased cookie sheet; flatten dough. Bake at 350 ° for about 15 minutes. Mildred McCorkel Runion

### **Banana Oatmeal Cookies**

1 1/2 C whole wheat flour	1/4 C oil
1/2 C brown sugar	1 well beaten egg
1 t soda	1 C mashed bananas
3/4 t cinnamon	1 3/4 C oatmeal
Nuts (optional)	1/4 t salt
Chocolate chips(optional)	Raisins (optional)

Beat eggs, bananas, and oil; mix in dry ingredients. Fold in raisins, chips and nuts. Drop by teaspoon on greased cookie sheets. Bake at 350° about 15 minutes. Makes 3 1/2 dozen. Kirby likes banana cookies best. Mildred McCorkel Runion

### **Oatmeal Raisin Cookies**

1/2 C softened butter	1 t baking soda
1/2 C brown sugar	1 t cinnamon
2 eggs	1/2 t salt
1 t vanilla	3 C oatmeal
1 1/2 C whole wheat flour	1 C raisins
1/2 C chopped nuts	

Beat butter and sugar until creamy. Add eggs and vanilla, beat well. Combine flour, baking soda, cinnamon and salt. Add to creamy mixture. Stir in oats, nuts and raisins, mix well. Drop by rounded tablespoonfuls onto ungreased cookie sheet. Bake at 350° for 10-12 minutes. Cool 1 minute on cookie sheet, remove to wire rack. Cool completely. Store in airtight container. Makes about 4 dozen 2 1/2 inch cookies. Mildred McCorkel Runion

## **Peanut Butter Cookies**

1/2 C butter	2 t soda
1 C peanut butter	2 beaten eggs
3/4 C brown sugar	3-4 C flour
3/4 C white sugar	

Cream together the butter, sugar and peanut butter. Add beaten eggs. Sift soda with two cups of flour, add to creamed butter mixture, continue adding flour to make a stiff drop batter. Drop with a spoon on a buttered cookie sheet. Press a fork on each round. Bake at 350° about 10-12 minutes.

## **Molasses Peanut Butter Cookies**

3/4 C shortening	1/2 C sugar
1/2 C blackstrap molasses	1/2 C peanut butter
1 egg	2 C sifted flour
1/4 t baking soda	2 t baking powder
1/4 t salt	

Cream together shortening and sugar until light and fluffy. Add molasses, peanut butter and egg; blend well. Sift together flour, salt, baking soda and baking powder. Stir into molasses mixture. Drop by tablespoonfuls on ungreased baking sheet. Bake in 350° oven for 10-12 minutes or until done. Since molasses has a tendency to burn, bake on a high rack in the oven. Makes about 2 dozen. Charlotte McCorkel Rissler

## **Molasses Cakes**

1 pint Grandma's molasses	1 C sugar
1 C lard (other shortening is OK)	1 C thick milk (buttermilk)
1 T soda	5 1/2 C flour
1 egg	

Drop. I like to mix this and let set an hour or two, they get nicer. Test bake by baking one or two cookies. Maybe you will need to add a little more flour. Mildred McCorkel Runion says this is a very old cookie recipe she got from a co-worker, Viola Fox. They worked together, during the early 1950's, in the Hershey Chocolate Factory on Kiss machines. Mildred's favorite cookies are molasses.

## **Pumpkin Chocolate Chip Cookies**

1 C softened butter	3/4 C brown sugar
1 egg	1 t vanilla
1 C whole wheat flour	1 C oatmeal
1 C white flour	1 t cinnamon
1 t baking soda	1 C semisweet chocolate chips
1 C cooked pumpkin	1/2 t salt

In a mixing bowl, cream butter and sugar. Beat in egg and vanilla. Combine flour, oats, baking soda and cinnamon. Stir into creamed mixture alternately with pumpkin. Fold in chocolate chips. Drop by tablespoonfuls onto greased baking sheets. Bake at 350° for 12-13 minutes or until lightly browned. Makes 4 dozen.

## **Almond Crescents I**

1 lb butter	4 T powdered sugar
5 C sifted flour	1 t almond flavoring

Cream butter then add sugar, blend well. Add almond flavoring, slowly add flour. When it gets too hard to blend with hands, shape into small crescents. Bake on ungreased cookie sheet for 20 minutes at 350° or until light brown. Roll in confectioners sugar.

## **Almond Crescents II**

1 C butter	1/2 t almond extract
3/4 C sifted powdered sugar	2 C flour
1 C uncooked oatmeal	1/2 C finely chopped almonds
Powdered sugar	

Beat butter and almond extract until fluffy. Gradually beat in sugar. Add combined flour and oatmeal; mix well. Stir in oats and almonds. Shape to form crescents. Place on ungreased cookie sheet. Bake at 325°, 15-18 minutes or until light golden brown. Sift powdered sugar over warm cookies.



## **No Bake Cookies**

1 C peanuts  
2 C raisins  
Chopped nuts

1 C oatmeal  
Shredded coconut

Pass peanuts through a food grinder. Mix with oats and put through a second time. Add raisins and grind once more. Press into a square 8 inch baking dish. Cover and refrigerate before slicing into 2 inch squares or shape into ball. Roll in coconut and nuts. Keeps 1-2 weeks in refrigerator.

## **Candy Brownies**

3/4 C butter  
1/2 t vanilla  
1 C flour  
1/2 t baking powder  
12 small (1 1/2 inch) peppermint patties or peanut butter cups

1 1/4 C sugar  
3 eggs  
1/2 C cocoa powder  
1/2 t salt

In large bowl, stir together butter, sugar and vanilla. Add eggs; beat until well blended. Stir in remaining ingredients except for candy. Place half of the batter in an 8 inch pan. Place candy on the batter in a single layer. Spread remaining batter on top of candy. Bake at 350° for 35-40 minutes. Brownies will pull away from the sides of the pan when done. Let cool 5-10 minutes. About 18 brownies.

## **Potato Candy**

1 medium size potato  
1/2 t vanilla  
1/4 - 1/3 C cocoa powder (optional)

2 1/2 C powdered sugar  
3 T peanut butter or 1/2 C chopped nuts

Pare and cook the potato in a small amount of salt water, until tender. Drain and run through a sieve. Cool. Beat in sugar and vanilla. Add peanut butter or nuts. Shape in the forms desired. Allow to cool thoroughly and coat with melted chocolate. The fresh candy balls may be rolled in crushed nuts rather than dipped into chocolate. For chocolate flavored candy, add the cocoa. Mildred made this candy at Easter when her children were small. One year she added maraschino cherries with chopped black walnuts. Delicious!

### **Vanilla Ice Cream (no cooking)**

4 large eggs	1 C sugar
1/8 t salt	4-5 C milk
4 C heavy cream	1 t vanilla

In a large bowl, beat eggs until foamy. Add sugar, vanilla and salt; beat until dissolved. Add cream, stir until well mixed. Pour into 4 quart ice cream freezer. Add enough milk to fill freezer. Churn according to ice cream freezer directions. 4 quart freezers use about 10 lb ice and 4 C rock salt.

### **Fruit Ice Cream (no cooking)**

4 large eggs	1 t vanilla
1/8 t salt	4 C fruit
4 C heavy cream	1 C sugar
3-4 C milk	

In a large bowl, beat eggs until foamy. Add sugar, vanilla and salt; beat until dissolved. Add cream, stir until well mixed. Fold in 4 cups of fruit. Pour into 4 quart ice cream freezer. Add enough milk to fill freezer. Churn according to ice cream freezer directions. Fresh black raspberries are Ruth's favorite in this homemade ice cream. 4 quart freezers use about 10 lb ice and 4 C rock salt.

### **Vanilla Ice Cream (cooked)**

1 1/4 C sugar	1/4 C + 2 T flour
1/2 t salt	5 C milk
4 beaten eggs	4 C cream
2 T vanilla extract	

Combine sugar, flour and salt in saucepan. Gradually stir in milk. Cook over medium heat approximately 15 minutes or until thickened, stirring constantly. Gradually stir about 1 cup of hot mixture into the beaten eggs. Add to remaining hot mixture, stirring constantly. Cook 1 minute; remove from heat. Cool. Refrigerate 2 hours. Combine cream and vanilla in large bowl; add chilled mixture, stirring with wire whisk to combine. Pour into 4 quart freezer and churn according to ice cream freezer directions. 4 quart freezers uses about 10 lb ice and 4 C rock salt.

## ***FRUIT***

### **Applesauce**

Wash, core, and peel the apples. In a kettle, place apple pieces and only enough water to keep the apples from sticking; cook slowly. Cook until apple pieces are still in chunks and firm, not mushy. Cool and serve, or place in freezer containers and freeze. Mildred McCorkel Runion

### **Berry Fruit Bake**

1/4 C quick cooking tapioca	1/4 C sugar
1/4 t cinnamon	3 C applesauce or slice raw apples
2 C raspberries, blackberries, wineberries, blueberries, juneberries or gooseberries	

Place berries in baking dish. Sprinkle the tapioca and half the sugar on top of berries. Next place applesauce or apples on top. Sprinkle cinnamon and remaining sugar over apples. Cover. Bake at 350° for 30-45 minutes. Mildred McCorkel Runion

### **Blueberry Fruit Bake**

3 T quick cooking tapioca	1/4 C sugar
1/4 t cinnamon	3 C applesauce or sliced raw apples
2 C blueberries or juneberries	1 can (21 oz) light blueberry pie filling

Place berries in baking dish. Sprinkle the tapioca and half the sugar on top of berries. Place pie filling next. Next put apples or applesauce on top next. Sprinkle cinnamon and remaining sugar over apples. Cover. Bake at 350° for 30-45 minutes. Mildred McCorkel Runion

### **Fruit Bake with Oat Topping**

2 C fresh or frozen juneberries	Topping:
3 C applesauce or sliced apples	1/4 C sugar
1 can (21 oz) light blueberry pie filling	1/4 t cinnamon
3 T quick cooking tapioca	1/2 C oatmeal

Place berries in baking dish. Sprinkle the tapioca on top of the berries. Place pie filling next. Next place apples or applesauce on top. Mix sugar, cinnamon and oatmeal together. Sprinkle on top of fruit bake. Bake at 350° for 30-45 minutes. Mildred McCorkel Runion

### **Pineapple Cranberry Relish**

20 oz can crushed pineapple  
1 large apple diced

12 oz (3 C) fresh or frozen cranberries  
1/2 C sugar

Chop cranberries in food processor or blender until coarse. Place all ingredients except apples in a bowl. Cover and refrigerate overnight. Add apples before serving. Ruth Runion-Slear

### **Rhubarb Sauce**

2 Q diced rhubarb  
1/2 C water  
1 C strawberries

2 C sugar  
1/2 C tapioca  
Pinch of salt

Place rhubarb, water, salt and sugar in a kettle and simmer until rhubarb is soft. Add strawberries and tapioca; simmer until tapioca is transparent. Serve warm or chilled. Mildred McCorkel Runion

### **Baked Apples**

1-2 apples per person  
Cinnamon

Brown sugar  
Nuts

Arrange cored peeled apple halves in a baking dish. Sprinkle lightly with sugar and cinnamon. Top with nuts. Cover. Bake for 45 minutes or until apples are soft at 350°. This has always been a favorite of the Runion family and it is also easy to make. Mildred McCorkel Runion

### **Apricot Sauce**

1 Q apricots  
1/4 C tapioca

1/4 C sugar

Heat apricots and sugar to boiling. Add tapioca slowly. Cook until tapioca is transparent. Serve warm or chilled. This is one of Ruth's favorite desserts. Mildred McCorkel Runion

Mildred likes stewed dried prunes, apricots, and raisins. Simmered 1/2 - 1 hour they get soft and plump. Cool and eat.

## **Cherry Sauce and Applesauce**

1 Q cherries	1/2 t almond extract
1/3 C sugar	1 T corn starch
2 T water	Applesauce

Heat cherries and sugar to boiling. Mix together corn starch and water. Add to cherries. Stir constantly until thickened. Pour into serving dishes. Top with several spoons of applesauce (see recipe this section) and swirl together. One of Ruth's favorite desserts. Mildred McCorkel Runion

## **Fruit Salad**

1 Q canned peaches, diced	1 Q canned pears, diced
20 oz can pineapple chunks	11 oz can mandarin oranges
1/2 C strawberries or blueberries	1-2 kiwi
1 fresh diced apples	1 sliced banana

Mix all fruit together. Some juice will have to be reserved for another use. Serve chilled. Combinations of the above fruits can be mixed together or other fruits substituted for one of the above fruits. Mildred McCorkel Runion

## **Fruit with Ice Cream**

Bananas	Cherries
Ice Cream or frozen yogurt	Pineapples
Peaches	Nuts
Variety of berries, strawberries, raspberries, blueberries, etc.	

Place fresh, frozen or canned, sliced or diced fruit into a serving bowl. Add a scoop or two of ice cream or yogurt on top of fruit. Top with nuts. This can be a lower caloric version of a banana split, especially if the fruit has no sugar added to it. For a simple supper, we will have a bowl of homemade soup and a big bowl of Fruit with Ice Cream. Each person makes their own dessert according to their preference. We enjoy watching what each person chooses. The Runion family.

## **Bananas in Orange Juice**

Slice bananas into serving dish and add orange juice. A simple but delicious fruit dish. Great for breakfast. Ruth Runion-Slear

## ***MEAT AND MAIN DISHES***

### **Pork with Gravy**

1 1/2 lb pork steak	4 oz can mushrooms
1/2 small diced onion	2 T flour & 2 T water
1 1/2 C broth and water	1 T butter
Salt, parsley and garlic to taste	

Trim all fat from pork. Boil pork in skillet with small amount of water until tender. Then pan fry pork in butter with onions until lightly brown. Add mushrooms and cook until tender. Add enough water to equal 1 cup of liquid. Mix flour and water together; stir into the boiling broth. Stir constantly until boiling mixture gets thick. Simmer 5-10 minutes. Serve over mashed potatoes, noodles or rice. 3 servings. Mildred McCorkel Runion

### **Swiss Steak Gravy**

1 1/2 lb round Steak, cut in strips	4 oz can mushrooms
1/2 stalk diced celery	1 small diced tomato
1 small diced onion	2 T flour & 2 T water
1 1/2 C broth and water	1 T butter
Salt, parsley and garlic to taste	

Trim all fat from steak. Boil steak in skillet with small amount of water until tender. Then pan fry steak in butter with onions until lightly brown. Add vegetables and cook until tender. Add enough water to equal 1 1/2 cup of liquid. Mix flour and water together; stir into the boiling broth. Stir constantly until boiling mixture gets thick. Simmer 5-10 minutes. Serve over mashed potatoes, noodles or rice. 3 servings. Mildred McCorkel Runion

### **Lamb Gravy**

1/2 lb leftover lamb roast	4 oz mushrooms
2 T flour & 2 T water	1 1/2 C broth and water
1 small diced onion	Salt, garlic and pepper to taste

Boil lamb with mushrooms and onions. Add enough water to equal 1 1/2 cup of liquid. Mix flour and water together; stir into the boiling broth. Stir constantly until boiling mixture gets thick. Simmer 5-10 minutes. Serve over mashed potatoes, noodles or rice. 3 servings. Mildred McCorkel Runion

## **Lamb Stew**

4 1/2 lbs lamb, cubed

2 T butter

2 1/2 C water<sup>2</sup>

6 small sliced onions

1/4 lb sliced mushrooms

1/4 t each thyme and pepper

6 medium sliced potatoes

Salt to taste

1 1/2 lb peas

Brown lamb in butter in skillet. Add water, salt, pepper and thyme. Cover and simmer 45 minutes. Skim off excess fat and add potatoes and onions; simmer covered 30 minutes or until potatoes are soft. Add more water if necessary. The potatoes will make their own thickening if not too much water is added. Add peas and mushrooms and simmer covered 15 minutes. 6 servings. Trim fat off lamb before cooking or lamb can be simmered ahead of time and chilled, then fat removed. Ruth Runion-Slear

## **Leg of Lamb**

A leg of lamb can be rather large for only a few people to eat. A solution to the problem is to get several meals from this one leg. While the leg is thawing, (meat is easier to cut when semi frozen) cut off slices and cubes.

### **I. Slices**

1. Grill plain
2. Marinate and grill (see Marinate for lamb recipe)
3. Grill with barbecue sauce (see Barbecue sauce recipe)
4. Pan fry (follow the Pork gravy recipe in this section)

### **II. Cubes**

1. Lamb gravy (see recipe this section)
2. Lamb stew (see recipe this section)
3. Spaghetti with lamb and mushrooms stir fry (see recipe this section)

The cubes can be marinated and cooked, then frozen for a few weeks for later use.

III. The meat that is not easily removed from the leg, eat as a roast (it does not look like a roast), but will taste like it. If the roast does not all get eaten, use the remaining lamb in a Lamb Gravy (see recipe this section). Now after all that, the leg of lamb should all be gone. Black pepper and garlic are the seasonings that give lamb a wonderful flavor.

Ruth Runion-Slear

Roast beef was my father's favorite meat for Sunday dinner. For Sunday supper leftovers were often eaten. My father ate beef and crackers, my mom ate a beef sandwich and I ate beef and milk. I ate too much roast beef as a child and now I do not like eating beef, especially roast beef except on rare occasions. Pork and chicken are now my favorite meats.

## **Gravy**

2 C meat broth or stock  
4 oz mushrooms (optional)

3 T flour & 3 T water  
1 small diced onion (optional)

Heat broth or stock (with mushrooms and onions if desired) until boiling. Mix together flour and water. Slowly add to boiling broth, stirring constantly until gravy thickens. Simmer 5 minutes. Serve over potatoes, filling or meat. Adjust the amount of flour if you want a thicker or thinner gravy. Variation: substitute milk for water for a different flavor. Mildred McCorkel Runion

## **Ham Loaf**

1 lb ground ham and pork mixture  
1 medium diced onion  
2 slices whole wheat bread, crumbled

1 stalk diced celery  
1 egg  
Milk

Mix all ingredients together except for milk. If mixture is too dry, add small amount of milk. Place in baking dish and set in pan of water. Bake 1 hour at 350°. Mildred McCorkel Runion

## **Ham**

1 small or 1/2 large ham (about 6 pounds)  
2 C water

Whole cloves  
1 C brown sugar

Scrub ham thoroughly. Place in Dutch oven that has a wire rack in bottom of pan. With fat side up, add the 2 cups of water to start the cooking. Turn to medium heat until pot starts to steam vigorously. Reduce heat to low and cook about 2 1/2 - 3 hours, allowing about 30 minutes per pound. About 1/2 hour before ham is done, remove from pan. Remove skin and fat. Stick whole cloves in ham and pat with sugar. Drain liquid and replace with new water; return ham to pot. Cover with lid and finish cooking over medium heat. (Den always brings this ham for the Christmas dinner.) Dennis Runion

## **Baked Chicken**

Sprinkle salt, garlic and paprika to taste on chicken. Do not remove skin which helps to retain the moisture in the meat. Roll in whole wheat flour. Place in baking dish, with a small amount of water, and top with onion slices. Bake at 350° until chicken comes loose from bones. Mildred McCorkel Runion



## **Pork and Sauerkraut with Knepp**

1 1/2 lb spareribs or pork roast

15 oz can sauerkraut

Roast spareribs until tender, about 2 hours. Place sauerkraut in a kettle and pour enough pork broth to 3/4 the height of the sauerkraut. Heat the sauerkraut. Boil only about 1 minute until knepp is added. Meanwhile mix the knepp recipe together.

Knepp or Egg Dumplings:

3/4 C white and whole wheat flour

1 t baking powder

1/2 t salt

1 T shortening

1 egg

Milk

Sift flour, measure, sift again with the baking power and salt. Cut in shortening. Break egg into measuring cup, beat with fork. Add enough milk to make 1/2 cup liquid. Add all at once to flour mixture. Mix only enough to moisten flour. Drop by tablespoons onto boiling sauerkraut. Reduce heat to keep kettle at a slow boil. Cover at once; do not lift lid for 15 minutes. Knepp should be spongy when done. Makes 3 servings. Most sauerkraut recipes say to cook the pork and sauerkraut together until the meat is done. The Runion family does not like mushy cooked vegetables including sauerkraut. Mildred McCorkel Runion

## **Barbecue I**

1 lb ground meat

1/2 stalk celery, diced

Ketchup to thicken (small bottle)

2 T mustard

3 T Worcestershire sauce

3 medium onions, diced

Brown ground meat in skillet. Add onion and celery and stir fry until tender. Add remaining ingredients and simmer 15-20 minutes. Flossie Troutman Slear

## **Barbecue II**

3 lb ground meat

2 C tomatoes, pureed

Minced garlic and salt to taste

1 medium diced onion

4 T mustard

4 T vinegar

Ketchup to thicken

2 stalks diced celery

Cook celery, garlic, salt, onion and tomatoes about 1-2 hours or until thick. Sauté meat in skillet. Add remaining ingredients and simmer for 1/2 - 1 hour until flavors mesh. Stir in ketchup to desired thickness. Ruth Runion-Slear

## **Meat Loaf**

1 lb ground meat, (pork, veal and beef)	1 t parsley
1/2 C oatmeal	2 eggs
Salt to taste	1 stalk chopped celery and leaves
1 medium diced onion	1/2 t paprika

Mix all ingredients together. Place in baking dish; set dish in a pan of water. Bake 1 hour at 350°. Mildred McCorkel Runion

## **Beef Tongue**

Beef tongue	Salt to taste
Water	

Boil beef tongue in salt water, about 50 minutes per pound. Remove from water. Cool for a few minutes. Skin and trim the tongue. Place tongue in fresh water and boil again until soft. Serve sliced hot or cold with mustard or horseradish sauce.

## **Fried Liver**

1 lb liver	1/4 C whole wheat flour
Salt to taste	2 T oil
Onion slices (optional)	

Pour flour on piece of wax paper. Lay a piece of liver on the flour. Sprinkle lightly with salt. Flip liver over and coat with flour. Sauté in oil, slowly about 45 minutes or until pink is all gone. Onion slices can be placed on the top of the liver as it slowly fries. Serve with mustard or horseradish. Mildred McCorkel Runion

## **Fried Brain**

1 lb beef brain	1/4 C whole wheat flour
Salt	2 T butter

Pour flour on piece of wax paper. Lay a piece of brain on the flour. Sprinkle lightly with salt. Flip brain over and coat with flour. Sauté in butter, slowly about 1 1/2 hours. Mildred McCorkel Runion

## ***PASTA AND GRAINS***

### **Pasta Cooked in Broth**

Pasta	Chicken, pork or beef broth
Water	Salt to taste

This recipe will take practice to get perfect. The goal of the recipe is to cook the pasta in as little water and broth as possible, so when pasta is done, the liquid is gone. The broth can be left over from roasts or a can of broth or homemade stock. Place broth and water in kettle; bring to a boil. Add only 1/3 to 1/2 of liquid (water and broth combined) suggested on the pasta package. Boil for number of minutes described on package. Water should be almost gone, leaving pasta moist but not soupy. Since the broth will give the pasta a wonderful taste, no butter is needed for flavor. Lana, Mildred's granddaughter, as a child always enjoyed rontini pasta (she called them springs) cooked in broth. Lana said when she grows up, she is going to be a good cook like her grandma. During her early years of marriage, she called grandma inquiring about specific recipes. Mildred McCorkel Runion

### **Whole Wheat Pasta with Sauce**

Stewed tomatoes and squash	Parmesan cheese
Whole wheat spaghetti, linguini or fettucine pasta (regular pasta can be used)	

Cook the pasta in a little water as possible, so when pasta is done, the liquid is gone. (This helps to save the vitamins and minerals.) Place pasta on plate. Top with stewed tomatoes and squash (see recipe in Vegetable section) and sprinkle with parmesan cheese. Ruth Runion-Slear

### **Lasagna**

32 oz tomato sauce	Uncooked lasagna noodles
16 oz ricotta cheese or 8 oz ricotta and 8 oz cottage cheese	
16 oz grated mozzarella cheese	20 oz frozen chopped spinach
16 oz grated cheddar cheese	1/2 lb bulk sausage (optional)

Mix together ricotta and cottage cheeses, spinach, 3/4 of the mozzarella, 1/2 of the cheddar cheese. Layer 13 inch pan: first with lots of sauce, next noodles, next cheese spinach mix, next sauce, next noodles, next cheese spinach mixture, next sausage, next sauce, next noodles, next sauce and top with the remainder of the grated cheese. Cover and bake 45 minutes at 400°. Uncover and bake an additional 1/2 hour.

## **Macaroni Bake**

8 C cooked elbow macaroni	32 oz tomato sauce
1 lb ground meat	2 T chopped parsley
8 oz grated cheese	12 oz cottage or ricotta cheese
1 large diced onion	Salt, pepper, parsley and paprika to taste

Cook macaroni in only enough water so when macaroni is soft, the water is gone. This leaves a starchy water coating the pasta. Brown ground meat; add onion and garlic; drain fat and discard. Place the macaroni in a 10 x 12 baking dish. Mix in remaining ingredients; mix well. Cover. Bake at 350° for 30-45 minutes or until cheese is melted. Variation: 4 cups uncooked macaroni can be added instead of the cooked macaroni. If this is done, tomato sauce will need to be increased. This is a lasagna variation that takes less time to create. Mildred McCorkel Runion

## **Macaroni and Cheese**

4 C cooked macaroni	8 oz grated cheese
12 oz evaporated milk	Salt to taste

Cook macaroni in only enough salt water so when macaroni is soft, the water is gone. This leaves a starchy water coating the pasta. Therefore, no white sauce is necessary. Place the macaroni in a 10 x 12 baking dish. Mix in cheese and milk. Bake at 350° for 30-45 minutes or until cheese is melted. Variation: If you are in a hurry for a quick meal, do not bake this dish. Instead, mix the cheese and half of the milk into the kettle with the macaroni. As soon as the cheese is melted, eat and enjoy. Mildred McCorkel Runion

## **Baked Macaroni and Cheese**

2 C uncooked macaroni	Salt to taste
Water	2 C low fat mozzarella cheese
4 eggs	2 C milk
Bread crumbs	

Cook macaroni in only enough salt water so when macaroni is soft, the water is gone. Pour half of the cooked macaroni in greased baking dish. Layer some of the cheese on it. Pour in the rest of the macaroni. Layer the rest of the cheese on top. Beat the eggs and milk together. Pour the egg milk mixture over the macaroni and cheese so it covers it. More milk can be added to cover the macaroni if necessary. Sprinkle grated cheese and bread crumbs over the top and bake at 350° until egg milk mixture is no longer mushy and the crumbs are crunchy. Janet Runion Patton

## **Chicken Pot Pie**

Chicken	4 Q water
1 medium chopped onion	6 medium whole peeled potatoes
Salt, parsley and paprika to taste	

Cook chicken until it falls off the bones. Take out bones and skin. Add onion and potatoes. Cook until potatoes are half done, then add pasta.

Pasta:

4 eggs	1/2 C water
Flour (2/3 whole wheat and 1/3 white)	

Stir eggs and water with fork. Pour flour slowly into egg mixture. Stir until stiff, not sticky, working dough with hands. Roll thin, 1/8 inch. Slice in 2 inch squares. Put pasta in boiling broth. Cook 20-25 minutes or until pasta is done. This recipe takes a lot of time to make, but the flavor is worth all the effort. Mildred McCorkel Runion

## **Spaghetti with Lamb and Mushroom Stir fry**

Marinate:

2 T wine vinegar	1 T lemon juice
2 T mustard	3 T olive oil
1 clove minced garlic	1/4 t rosemary
1 small onion	1/4 t salt
1 t pepper	1 lb trimmed cubed lamb

Combine all marinate ingredients except lamb. Add lamb; marinate 2 hours or overnight.

1 1/2 C small fresh broccoli florets	1/2 lb cooked spaghetti
1 carrot cut in strips	6 oz mushrooms
Salt to taste	

After meat has marinated, heat skillet and add the marinated mixture. Cook meat until done; add vegetables and cook until crisp-tender. Toss meat, vegetables and spaghetti together. Another way of cooking this recipe: after meat is cooked in skillet, place meat in crockpot. Toss with raw vegetables and cooked spaghetti. Cook until tender crisp. This is great for taking to picnics or parties. Frozen vegetables can be substituted for the fresh. Serves 4-6. Ruth Runion-Slear

### **Fried Brown Rice**

1/4 C brown rice (not instant)  
Salt to taste

1 T butter

Place all ingredients in a skillet. Fry until rice starts to pop or turn brown. This recipe does not work with white rice or instant brown rice. Enjoy crunching the rice. 1 serving.  
Ruth Runion-Slear

### **Oatmeal or Barley or Groat Cakes**

4 C cooked grain  
Salt to taste  
1 1/2 t baking powder

2 beaten eggs  
1 C whole wheat flour  
Milk

In mixing bowl, beat eggs well. Add grain, baking powder, and salt. Mix well. Add small amount of milk if necessary to make mixture moist, so ingredients will stick together. Spoon by tablespoons full into hot greased skillet. Fry 3-5 minutes on each side or until done. This is a good way to use leftover oatmeal etc. Mildred McCorkel Runion

### **Rice Cakes**

4 C cooked brown rice  
Salt to taste  
1 1/2 t baking powder  
1 T sugar

2 beaten eggs  
1 C whole wheat flour  
Milk

In mixing bowl, beat eggs well. Add grain, baking powder, and salt. Mix well. Add small amount of milk if necessary to make mixture moist, so ingredients will stick together. Spoon by tablespoons full into hot greased skillet. Fry 3-5 minutes on each side or until done. This is a good way to use leftover rice. Mildred McCorkel Runion

Many recipes can be changed to fit an individual or family's specific taste. For example, if you don't like spinach in your lasagna, substitute another vegetable.

Cornmeal Mush with milk and bananas was often Saturday night supper when we kids were young. Mom and I still enjoy mush on occasion. Yummy!

## **Cornmeal Mush**

2 C roasted corn meal	1 t salt
5 C cold water	

Place all ingredients in top part of double boiler. Blend well. Cook over low heat until water is all absorbed, about 1- 1 1/2 hours. Eat as a cereal. Serve with milk and brown sugar. Leftover mush can be poured into a loaf pan. Set in refrigerator to chill thoroughly. Cut in slices and fry in skillet until a golden brown on both sides. Serve with honey, maple syrup or molasses. Mildred McCorkel Runion

## **Whole Grain Vegetable Pilaf**

2 C water	1 medium carrot, thinly sliced
2 vegetarian bouillon cubes	1 stalk slice celery
1/2 C pearl barley	1 medium chopped onion
1/2 C regular brown rice	3/4 C shredded cheese
1/8 t pepper	1/8 t paprika
10 oz frozen lima beans	1/4 t parsley

In a medium saucepan bring water and bouillon cubes to boiling, stirring till dissolved. Stir in barley, rice and pepper. Bring to boiling; reduce heat. Cover and simmer for 45 minutes to till grains are tender. Meanwhile, in another medium saucepan, cook beans, covered in 1/2 cup boiling water for 5 minutes. Add carrot, celery and onion. Cook covered, 5 minutes more or till vegetables are tender. Spoon barley mixture into a 2 quart casserole, pressing up sides of dish to form a well in center. Spoon bean mixture into center. Bake, covered in a 350° oven for 15 minutes. Sprinkle with cheese and paprika. Bake, uncovered, 3 - 5 minutes more or till cheese melts and mixture is heated through. Makes 6 - 8 servings.

## **Bulgur Pilaf**

2 1/2 T butter	6 finely chopped shallots or 1 small onion
1 1/2 C coarse or whole bulgar	3 C chicken stock
1/4 t pepper	1/2 C minced fresh parsley
Salt to taste	

Melt butter in a large skillet. Add shallots and cook over medium heat until wilted. Stir in bulgur and stock and bring to a boil. Turn off heat, cover tightly and let stand for 45 minutes. Before serving, toss with 2 forks and warm over low heat for 5-10 minutes. Stir in pepper and parsley and serve. 6 servings.

## ***PIES***

### **Pie Crust**

2 1/4 C whole wheat flour	1/2 t salt
2/3 C shortening	1/3 C cold milk

Combine flour and salt in a mixing bowl. Cut shortening into flour with a pastry blender or two knives. Do not overmix; these are sufficiently blended when particles are the size of peas. Add milk gradually, sprinkling 1 tablespoon at a time over mixture. Toss lightly with a fork until all particles of flour have been dampened. Use only enough milk to hold the pastry together when it is pressed between the fingers. It should not feel wet. Form dough into a round ball, handling as little as possible. Roll out on a lightly floured board into a circle 1/8 inch thick and 1 inch larger than the diameter of the top of the pan. To get a flaky crust, use cold milk, cold ingredients and have cold hands to work the dough. Years ago, pie crusts were made only with lard, which gives a better flavor and texture than vegetable shortening. Ruth always says pie crust is not worth eating unless it is made with lard and whole wheat flour. Mildred McCorkel Runion

Mildred's grandchildren will forever remember her making pies when they visit. Each grandchild is a big fan of her pies, piled high with fruit, especially those apple, berry and cherry apple pies. Carl Jr. and Jason always ask for pumpkin pie, and Charles (Chuck) hopes grandma has a berry pie or two available when he arrives for a visit. Sam enjoys eating black raspberry pie while Joel digs into apple pie. Daniel Timothy likes any pie.

### **Apple Pie**

5-7 apples or 6 C apples	2-4 T quick cooking tapioca
1/4 - 1/3 C sugar	1 t cinnamon
1 T lemon juice (optional)	Pie crust

Core, peel and slice apples thin. Place half of the apples in pie crust. Sprinkle half of the sugar, tapioca and cinnamon on top of the apples. Fill the pie crust with the remaining apples. Sprinkle on the remaining sugar, tapioca and cinnamon. On top of all the apples, sprinkle the lemon juice, if the apples are a sweet variety. Cover the pie with a pricked crust. Only very tart apples require the larger amount of sugar; only very juicy apples require the larger amount of tapioca. Bake at 350° for about 45 minutes or until apples are soft and crust is lightly browned. Mildred McCorkel Runion



## **Blackberry or Wineberry Pie**

4 C blackberries or wineberries, fresh or frozen  
1/4 C quick cooking tapioca or flour  
1/3 C sugar  
Pie Crust   \*

Place half of the berries in pie shell. Sprinkle half of the sugar and tapioca or flour on berries. Add remainder of berries; sprinkle remainder of sugar and tapioca or flour. Place a pricked pie crust on top of berries. Bake at 350° for about 40 minutes or until crust is lightly browned. Mildred McCorkel Runion

## **Blueberry Pie I**

4 C blueberries	1/3 C sugar
1/4 C quick cooking tapioca or flour	Pie crust
1 T lemon juice	

Place half of the berries in pie shell. Sprinkle half of the sugar and tapioca or flour on berries. Add remainder of berries; sprinkle remainder of sugar, tapioca or flour and lemon juice. Place a pricked pie crust on top of berries. Bake at 350° for about 40 minutes or until crust is lightly browned. Mildred McCorkel Runion

## **Blueberry Pie II**

4 C blueberries	1/3 C sugar
1 T corn starch	2 T water
Pie crust	1 T lemon juice

Heat blueberries and sugar to boiling. Mix together corn starch and water. Add to berries. Stir constantly until thickened. Cool. Pour into pie crust. Place a pricked pie crust on top of blueberries. Bake at 350° for about 40 minutes or until crust is lightly browned. Mildred McCorkel Runion

**Mincemeat Pie** was eaten occasionally in the Runion house. Bomgardner's mincemeat was purchased and poured into a pie crust. A pricked pie crust was added to the top, then baked at 350° for about 30 minutes.

## **Cherry Pie**

4 C sour cherries	1/2 t almond extract
1/3 C sugar	2 T water
1 T corn starch	Pie crust

Heat cherries and sugar to boiling. Mix together corn starch and water. Add to cherries. Stir constantly until thickened. Cool. Pour into pie crust. Place pricked crust on top of cherries. Bake at 350° for about 40 minutes or until crust is lightly browned. Mildred McCorkel Runion

## **Cherry Pie**

4 C sour cherries	1/3 C sugar
1/4 C quick cooking tapioca or flour	Pie crust
1/2 t almond extract	

Place half of the cherries in pie shell. Sprinkle half of the sugar and tapioca or flour on cherries. Add remainder of cherries; sprinkle remainder of sugar, tapioca and extract. Place a pricked pie crust on top of berries. Bake at 350° for about 40 minutes or until crust is lightly browned. Mildred McCorkel Runion

## **Cherry Apple Pie**

Start to make the above apple pie (p.34). Fill pie crust half full of apples, then place half of the cherry pie mixture (from above, either recipe) on top of apples. Place pricked crust on top of pie. Bake at 350° for about 40 minutes or until crust is lightly browned. Mildred McCorkel Runion.

## **Dried Apricot Pie**

Dried apricots to make 4 C cooked	Sugar to taste
Water	Pie crust
2 T corn starch and 2 T water	

Cook dried apricots in as small amount of water possible. Thicken with corn starch and water mixture. Add sugar to taste. Stir constantly until well mixed and thick. Cool. Pour into pie crust. Cover with pricked pie crust. Bake about 40 minutes or until pie crust is lightly brown at 350° . Variation: Use the recipe for Apricot Sauce (in the fruit section) for the pie filling instead of the above ingredients. Mildred McCorkel Runion

## **Elderberry Pie**

4 C elderberries	1/8 t salt
1/4 C sugar	1/3 C barrel molasses
1 T flour & 2 T water	3 T lemon juice
Pie crust	

Place berries in saucepan and cover with water. Boil until soft, about 5 minutes. Add sugar, salt, lemon juice and molasses. Mix cornstarch and water together. Add to boiling mixture. Stir constantly until thickened. Simmer for 5 minutes. Cool. Pour into pie crust. Place a pricked pie crust on top of elderberries. Bake at 350° for about 40 minutes or until crust is lightly browned. Mildred McCorkel Runion

## **Juneberry Pie I**

4 C Juneberries	1/4 C sugar
1/4 C quick cooking tapioca or flour	Pie crust

Place half of the berries in pie shell. Sprinkle half of the sugar and tapioca or flour on berries. Add remainder of berries; sprinkle remainder of sugar and tapioca or flour. Place a pricked pie crust on top of berries. Bake at 350° for about 40 minutes or until crust is lightly browned. Mildred McCorkel Runion

## **Juneberry Pie II**

4 C Juneberries	1/4 C sugar
1 T corn starch	2 T water
Pie crust	

Heat Juneberries and sugar to boiling. Mix together corn starch and water. Add to berries. Stir constantly until thickened. Cool. Pour into a pie crust. Place a pricked pie crust on top of Juneberries. Bake at 350° for about 40 minutes or until crust is lightly browned. Mildred McCorkel Runion

For thickening, 1 T corn starch is the same as 2 T flour & the same as 4 t tapioca.

Many of these cooked pie fillings can be eaten as a fruit sauce instead of baking in a pie crust.

## **Peach Pie**

5-7 fresh peaches, sliced or 4 C canned or frozen peaches  
1/4 C quick cooking tapioca  
1 t cinnamon  
1/4 - 1/3 C brown sugar  
Pie crust

Place half of the peaches in pie shell. Sprinkle half of the sugar and tapioca on the fruit. Add remainder of peaches; sprinkle remainder of sugar, cinnamon and tapioca. Place a pricked pie crust on top of berries. Bake at 350° for about 40 minutes or until crust is lightly browned. Mildred McCorkel Runion

## **Peanut Butter Pie**

8 oz cream cheese  
1 C peanut butter  
1 C whipped cream  
1/4 C Chocolate chips (optional)  
1/2 C powdered sugar  
1 C milk  
Graham crackers crumbs

Cream together cheese and peanut butter. Add sugar and milk. Mix well. Fold in whipped cream. Pour into serving dishes that have been lined with graham cracker crumbs. Freeze or refrigerate until ready to use. Ruth Runion-Slear

## **Rhubarb Pie**

8 C diced rhubarb  
1/2 C water  
Pinch of salt  
1 1/2 - 2 C sugar  
1/2 C tapioca

Place rhubarb, water, salt and sugar in a kettle and simmer until rhubarb is soft. Add tapioca; simmer until tapioca is transparent. Cool. Pour into pie crust. Place pricked pie crust on top. Bake at 350° for about 40 minutes. Mildred McCorkel Runion

Lori, Mildred's granddaughter, tells me her favorite pie made by her grandma is Strawberry Rhubarb. Once when visiting, she remembers grandma put too much tapioca into a Cherry Pie and it got stiff. Lori told grandma to always make it that way, she thought it was the best. Now when Lori makes Cherry Pie, she adds extra tapioca to make it thicker.

Grandma's Peach Pie with milk is Denita's favorite.

## **Pumpkin Pie**

5 eggs	1/2 t salt
2/3 C white sugar	1 t cinnamon
4 C cooked pumpkin	2 cans (24 oz) skim evaporated milk
1 1/2 C milk <sup>b</sup>	1 t vanilla

Beat eggs well. Add pumpkin, milk and vanilla. (Pumpkin can be beaten in a blender to make it very smooth.) Add remaining ingredients. Blend well. Pour into 2 pie crusts. Bake at 350° for about 1 hour or until inserted toothpick comes out clean.

Mildred McCorkel Runion

## **Raisin Pie**

1 C raisins	2 C warm water
1 egg	1 T blackstrap molasses
1/8 t salt	1/4 C brown sugar
2 T cornstarch	1/4 C water

Pie crusts

Add only enough warm water to raisins to cover; cook slowly for 30 minutes. Add enough water to make 2 cups. Add salt, molasses, and brown sugar. Mix well. In separate bowl combine cornstarch and water. Slowly add cornstarch mixture to cooked mixture and thicken. Pour small amount of hot mixture into well beaten egg. Stir vigorously. Return to saucepan and bring to a boil. Cool. Pour into pie crust. Cover the pie with a pricked crust. Bake for about 40 minutes or until crust is lightly browned at 350°. Mildred McCorkel Runion

## **Raspberry Pie**

4 C raspberries, fresh or frozen	1/4 C sugar
1/4 C quick cooking tapioca or flour	Pie crust

Place half of the berries in pie shell. Sprinkle half of the sugar and tapioca or flour on berries. Add remainder of berries; sprinkle remainder of sugar and tapioca or flour. Place a pricked pie crust on top of berries. Bake at 350° for about 40 minutes or until crust is lightly browned. Mildred McCorkel Runion

8 C diced rhubarb	1 1/2 - 2 C sugar
1/2 C water	1/2 C tapioca
1 C strawberries	Pinch of salt
Pie crust	

## Strawberry Pie

## Shoo Fly Pie

Bottom part:  
 3/4 C dark molasses (sorghum or barrel)  
 3/4 C boiling water 1/2 t soda

Top part:

1 1/2 C flour	1/4 C shortening
1/2 C brown sugar	Pie crust

40

## ***PUDDINGS***

### **Lemon Sponge I**

Juice of 2 lemons	Pinch of salt
1 C sugar	1/4 C butter
1/4 C + 2 T flour	3 C hot milk
6 eggs separated	

Cream butter, add sugar and egg yolks. Beat well. Add flour, salt, lemon juice, and hot milk. Fold in stiffly beaten egg whites. Pour into 2 baking dishes and set into a pan of water. Bake at 325° for 40-45 minutes. Mixture can be placed in 2 pie shells.

### **Lemon Sponge II**

1/4 C butter	1 1/2 C granulated sugar
Juice of 3 lemons	6 C hot milk
9 eggs, separated	1/2 C + 1 T flour
Pinch of salt	

Mix the egg yolks with sugar, flour and salt. Add lemon juice, butter and milk. Fold in stiffly beaten egg whites last. Pour into 3-4 baking dishes and set into a pans of water. Bake at 350° for 40-45 minutes or until toothpick comes out clean. Mixture can be placed in 4 pie shells.

### **Lemon Pudding**

1/2 C corn starch	1 C sugar
1 C lemon juice	6 well beaten eggs
3 C water	1 T butter

In a medium saucepan, combine corn starch, sugar and lemon juice; mix well. Add beaten eggs to corn starch mixture. Add water. Bring mixture just to boiling over medium heat and simmer gently for 5 minutes, stirring constantly. Remove from heat. Add butter. Makes 4 serving.

### **Vanilla Corn Starch Pudding**

3 T corn starch	1/2 t salt
1 t vanilla	1/4 C sugar
2 C milk	2 well beaten eggs (optional)

In medium saucepan, combine corn starch, sugar and salt. With a whisk gradually stir milk into corn starch mixture. Bring mixture just to boiling over medium heat and simmer for 5 minutes, stirring constantly. Remove from heat and stir in vanilla. Pour in serving dishes and serve hot or cold. For a vanilla custard pudding: beat small amounts of the hot mixture into the eggs. Blend egg mixture into remaining hot mixture. Cook until thickened. Makes 4 servings.

### **Chocolate Corn Starch Pudding**

3 T corn starch	1/2 t salt
1/2 t vanilla	1/4 C sugar
2 C milk	2-3 T cocoa powder

In medium saucepan, combine corn starch, sugar, cocoa and salt. With a whisk gradually stir milk into corn starch mixture. Bring mixture just to boiling over medium heat and simmer for 5 minutes, stirring constantly. Remove from heat and stir in vanilla. Pour in serving dishes and serve hot or cold. Makes 4 servings.

### **Custard**

4 eggs, well beaten	1 can (12 oz) evaporated milk
1 1/2 C milk	1/3 C sugar
1/8 t salt	1 t vanilla
1/2 C shredded coconut, berries, peaches or other fruit etc. (optional)	

Beat the eggs, stir in sugar and salt. Add slowly, beating the milk and vanilla. If coconut or fruit is added, float only a single layer on top of custard. Pour into custard cups or baking dish. Set baking dish in a pan of water. Bake at 350° for about 40 minutes for the custard cups or about 1 hour for the baking dish or until a knife inserted comes out clean. Black raspberries are the favorite fruit for this custard. Mildred McCorkel Runion



## **Pumpkin Custard**

5 eggs	4 C cooked pumpkin
2 can (24 oz) skim evaporated milk	1 t vanilla
1 1/2 C milk	1/2 t salt
2/3 C white sugar	1 t cinnamon

Beat eggs well. Add pumpkin, milk, cinnamon and vanilla. (Pumpkin can be beaten in blender with milk to get it very smooth.) Mix well. Add remaining ingredients. Beat again. Pour into baking dish. Set baking dish in a pan of water. Bake at 350° for about 1 hour or until a toothpick comes out clean. Mildred McCorkel Runion

## **Rice Pudding**

1/4 C brown rice	1 Q milk
1/4 C sugar	1/2 salt
1 T butter	

Clean rice and wash thoroughly. Add other ingredients and pour into a greased baking dish. Bake uncovered at 325° for approximately 2 hours or until rice is tender. Stir occasionally, folding in brown layer which forms on top. Serve warm or cold. Makes 6 servings. Mildred McCorkel Runion

## **Tapioca**

1 C pearl tapioca	5 C milk
1 t vanilla	4 eggs, well beaten
1/2 C sugar	1/8 t salt

Soak pearl tapioca for 24 hours in water; drain. Place all ingredients in top of a double boiler. Stir occasionally. Cook for about 1 hour until pearls are semi-transparent or until it thickens. Serve warm or cold.

## **Banana Pudding**

Make the Vanilla Corn Starch Pudding recipe in this section. Place sliced bananas in the bottom of the bowl. Pour in the pudding and add more sliced bananas on top.

## **Quiche Lorraine**

9 inch pie crust	8 slices bacon, diced and crisp
1/2 lb shredded mozzarella cheese	1 T flour
1/2 t salt (optional)	Dash nutmeg (optional)
3 eggs, beaten	1 3/4 C milk
Diced or sliced mushrooms, onions, broccoli, etc. (optional)	

Bake pie crust at 450° for seven minutes. Reserve 2 tablespoons bacon for garnish. Put bacon and cheese in pie shell. Combine other ingredients for custard. Pour in pie shell; sprinkle with remaining bacon. Bake at 375° for 35-40 minutes in upper 1/3 of oven. Variation: Place ingredients in a buttered baking dish and set in dish in a pan of hot water. Bake as above. Janet Runion Patton

## **Christmas Dinner Menu**

Turkey with filling	Mashed potatoes
Green Beans	Gravy
Sweet potatoes	Coleslaw
Corn	Cranberry sauce
Baked Beans	Ham
Cookies or a cake & pie	Christmas trifle

Christmas meant lots of food. Mildred McCorkel Runion did all the cooking and made sure there was plenty. Pie was always a quickly eaten item. Everyone loved the variety of pies we would have at Christmas and throughout the year. Now in the 1990's when Mildred does not get around as fast as in her younger years, and everyone is conscious about fat and sugar, there are less pies. Instead we eat the pie filling as a fruit. Cookies and cakes are not present at the table as often, but that Christmas trifle is still there.

## **Family Get Together Dinner Menu**

Turkey with filling	Mashed potatoes
Green Beans	Gravy
Sweet potatoes	Coleslaw
Corn	Platter of raw vegetables
Baked Beans	Pies
Jell-O with fruit	Cake

This menu is used when Mildred's children, who live far away, come home for a visit. Now that Mildred is older, she creates a simpler meal.

## ***SALADS***

### **Taco Salad**

Lettuce ↗	Diced onions, soaked in vinegar
Sliced tomatoes	Cooked ground meat
Grated cheese	Black beans
Cottage cheese or sour cream	Guacamole (see recipe this section)
Tortillas or tortilla chips	

Break and tear lettuce into pieces on plate. Add remaining ingredients as desired. Eat and enjoy. Ruth Runion-Slear

### **Guacamole**

1 ripe avocado	1 small diced onion
1/4 C lemon juice	Dash of salt

Mash avocado, add onion and lemon juice. Mix well. Serve with taco salad or eat with tortillas or tortilla chips.

### **Summer Pasta Salad**

12 oz pasta (elbow, corkscrew etc.)	1 1/2 C fresh zucchini and yellow squash
3/4 C sliced onion	12 oz tuna or salmon
1/4 C fresh parsley, snipped	1/2 C grated carrot
1/2 C celery, diced	1/2 C homemade mayonnaise
1 fresh tomato	2 hard cooked eggs
Lettuce	

Cook pasta according to package directions. Cool. Add vegetables, except tomato and lettuce, and seasonings. Toss with pasta. Add tuna and toss again. Add mayonnaise. Mix well. Serve on bed of lettuce and garnish with tomato and egg wedges.

Salads have been a part of the Runion family's meals. My father grew up in Virginia eating fat back and greens. When he married in 1934, my mom thought fat was not good in quantity. So she changed my father's fat back eating habits, but those salad greens stayed.

## **Cauliflower and Chick Pea Salad**

1 1/2 C cooked chick peas  
1 small purple onion, sliced

2 C cauliflower pieces  
1/2 C crumbled feta cheese

dressing: ↻

1 T fresh lemon juice  
1 T olive oil  
1 clove minced garlic

1 T red wine vinegar  
1/2 t prepared mustard  
Salt and pepper to taste

Mix dressing ingredients together. Toss together vegetables and cheese. Pour dressing over mixture. Toss. Ruth Runion-Slear

## **Cauliflower Salad**

2 C sliced raw cauliflower  
1/2 C green pepper chopped  
3 T chopped onion

1/2 C green and black olives  
1/4 C pimentos

dressing:

4 1/2 T olive oil  
1 1/2 T lemon juice  
dash pepper

1 t salt  
1/4 t sugar  
1 1/2 T wine vinegar

Mix dressing ingredients together. Toss together vegetables. Pour dressing over mixture.

## **Chicken Salad**

3 C diced, cooked chicken  
1 1/2 C diced celery  
3 hard cooked eggs, sliced  
1 medium diced onion

Salt, parsley, garlic and pepper to taste  
1/4 C grated carrots  
1/2 - 2/3 C homemade mayonnaise  
2 T cider vinegar

Mix together chicken, celery, carrots, and onions. Add seasonings and vinegar. Fold in eggs. Add mayonnaise and mix well. Variation: use Cooked Salad Dressing (see recipe in sauce section) instead of mayonnaise. Serves 8. Mildred McCorkel Runion

Changes can be made on some of these salad recipes. To vary the flavor, lemon or lime juice can be substituted for vinegar. Decrease or increase the vinegar for a sweeter or sourer flavor. Herbs can be interchanged also.

## **Macaroni Salad**

3 C cooked macaroni	2 hard cooked eggs, sliced
1 C diced celery	1/4 C grated carrot
1 medium diced onion	1/2 C homemade mayonnaise
Salt, parsley and pepper to taste	2 T cider vinegar
1/2 C shredded lettuce (optional)	

Combine all ingredients except mayonnaise. Mix well. Add mayonnaise and mix well. Variation: use Cooked salad dressing (see recipe in sauce section) instead of mayonnaise. Serves 8, Mildred McCorkel Runion

## **Potato Salad**

8 medium sized potatoes	Salt, parsley, garlic and pepper to taste
1 C diced celery	1/4 C grated carrots
1 medium sized onion, diced	4 hard cooked eggs, sliced
1/2 C homemade mayonnaise	1/2 C shredded lettuce (optional)
2 T cider vinegar	

Cook potatoes in skins until soft. Cool, peel and dice. Mix together potatoes, eggs, onion, carrots, celery, and lettuce. Add seasonings and vinegar. Add mayonnaise and mix well. Variation: use Cooked salad dressing (see recipe in sauce section) instead of mayonnaise. Serves 6. Mildred McCorkel Runion

## **Tuna Salad**

14 oz tuna	2 stalks diced celery
1 medium diced onion	1- 3 grated carrots
4 sliced hard cooked eggs	About 1 C mayonnaise
1/4 C finely sliced lettuce	

Flake tuna apart. Add onion, celery and carrots. Mix well.. Toss in sliced eggs and lettuce. Add mayonnaise to desired thickness. 4 servings. Mildred McCorkel Runion

## **Coleslaw I**

4 C grated cabbage	1 t salt
1/4 C cream or half and half	1/4 C cider vinegar
3 T sugar	1 grated carrot (optional)

Grate cabbage and carrot. Mix together remaining ingredients. Adjust ingredients to taste, more sugar or vinegar. Pour liquid over cabbage. Toss well. Mildred McCorkel Runion

## **Coleslaw II**

5 C grated cabbage	1 C grated carrot
1/2 C diced green pepper	1 t salt
1 1/2 C sugar	1 C water
1 C cider vinegar	1 T mustard seed
1 T celery seed	

Mix together cabbage, pepper, carrot and salt. Let stand for 1 hour, then drain. Combine remaining ingredients to make a syrup. Boil 1 minute. Cool. Pour over cabbage. This recipe can be frozen for later use. Flossie Troutman Slear

## **Salad Bar**

Several varieties of loose leaf and or head lettuce and spinach	
Tomatoes, sliced	Carrots, grated
Onions, sliced	Cucumbers, sliced
Zucchini, sliced	Chick peas (can)
Olives, (can)	Cooked pasta
Tuna, salmon, or other diced meat	Cheese, grated
Radishes	Celery, diced
Mushrooms, sliced	Cauliflower and broccoli florets

Prepare the above fresh salad items by washing, draining, slicing, dicing etc. Place each item in a separate bowl; place on the table and enjoy a salad bar. Each person can make a salad according to their taste buds. Salad dressing can be homemade (see recipes in sauce section), or bottles of dressings. A simple dressing can be olive oil and lemon juice sprinkled on the salad, topped with a dash of black pepper or other herb. Ruth Runion-Slear

## **Lettuce Salad**

Lettuce	1/2 C milk
1/4 C cider vinegar	3 hard cooked eggs, sliced
1 T sugar	Dash of salt

Break lettuce into salad bowl. Mix together vinegar, milk, sugar and salt. Pour over lettuce and toss lightly. Garnish with sliced eggs. Mildred McCorkel Runion

## **Fresh Salsa**

3 medium fresh tomatoes, seeded and chopped	
1/2 C chopped onion	1 chili chopped
2 T chopped fresh parsley	2 cloves minced garlic or 1/4 t minced garlic
1 T lime or lemon juice	

In medium bowl, combine ingredients. Mix well. Chill. Serve with tortillas or tortillas chips. Makes about 4 cups.

## **Vinegar Cucumbers**

1/4 C each cider vinegar & water	3/4 t salt
2 T sugar	Sliced cucumbers
Sliced onions	

Mix together all ingredients except cucumbers and onions in salad bowl. Taste for flavor of mixture. More sugar or vinegar might need to be added. Place sliced cucumbers and onions in mixture. Chill overnight before serving. Mildred McCorkel Runion

## **Cream and Vinegar Cucumbers**

1 C cream	1/4 C cider vinegar
3/4 t salt	2 T sugar
Sliced cucumbers	Sliced onions (optional)

Mix together all ingredients except cucumbers in salad bowl. Taste for flavor of mixture. More sugar or vinegar might need to be added. Place sliced cucumbers in cream mixture. Chill over night before serving. Mildred McCorkel Runion

## **Lentil Rice Salad**

1/2 C dry lentils	1/2 C brown rice
1/2 C diced celery or apple	1/3 C shredded carrot
1/4 C diced onion	3 T olive oil
3 T lemon juice	1/4 t black pepper
1/2 t minced garlic	

Cook lentils and rice according to package directions. Cool. Toss lentils, rice, celery or apple, carrot and onion together. Mix together remaining ingredients. Pour over lentil rice mixture and toss lightly. Chill over night. Serves 4.

## **Pickles**

2 C cider vinegar	2 C water
2 T salt	1 T mustard
1/2 C sugar	Cucumbers
Dill (optional)	

Get canning jars ready. Clean, peel, and slice cucumbers. Cook all ingredients except cucumbers for 15 minutes. Adjust taste if necessary. Put sliced cucumbers in vinegar mixture and boil 1 minute. Color will change. Place pickles in jars, add dill if desired. Pour in hot liquid to top of jar. Place lid on canning jar and turn tight to seal. Mildred McCorkel Runion

## **Endive Salad**

1 head of endive or dandelion	1 1/2 t flour
1 hard cooked egg	1 t salt
3 slices bacon	1/2 C each cider vinegar and water
2 teaspoons sugar	1 egg

Wash and tear the endive into pieces. Place in salad bowl. Chop bacon and fry until crisp. Mix salt, sugar, and flour; add vinegar. Stir until well blended. Cook sauce until thickened. Break unbeaten egg into hot mix. With fork stir until egg is mixed through and is cooked. Pour hot mixture over endive and mix together lightly. Garnish with sliced egg and crumbled bacon. Serves 6. Mildred McCorkel Runion



## SANDWICHES

### **Grilled Cheese with Fresh Tomato Sandwich**

4 slices whole wheat bread  
Butter

4 slices of cheese  
1 fresh sliced tomato

To make sandwiches; spread butter on outside of sandwiches. Add cheese between bread slices. Place in skillet and fry until cheese is melted. Remove from pan; open sandwich and add tomato slices. Serve and enjoy. Makes 2 sandwiches. Ruth Runion-Slear

### **French Toast Cheese Sandwich**

2 eggs  
1/4 C milk  
Butter

4 slices whole wheat bread  
2 slices cheese  
2 ham slices or 4 slices bacon, cooked

Beat eggs and milk until fluffy. Heat skillet and melt butter. Dip each slice of bread into egg mixture. Cook each slice of bread until done. Place slice of cheese and ham or bacon between slices of French toast. Let cheese melt a few minutes and then eat. Makes 2 sandwiches. Ruth Runion-Slear

### **Cheese Toast with Asparagus or Broccoli**

6 slices whole wheat bread  
1 1/2 C cheese sauce

12 oz asparagus or broccoli

Make cheese sauce; keep warm. Cook asparagus or broccoli until tender crisp. Toast bread. On plate, place toast, next asparagus or broccoli; then top with cheese sauce. This is great for lunch or a quick meal. 3 servings. Mildred McCorkel Runion

### **Tuna Melt**

2 C tuna salad  
4 slices cheese

8 slices whole wheat bread

On 4 slices of the bread, place 1/2 C tuna salad on each. Top with slice of cheese. Broil in oven at 400° for about 5 minutes or until cheese is melted. Place remaining slices of bread on top and serve.

## ***SAUCES***

### **Marinate for Lamb**

2 T wine vinegar	1 T lemon juice
2 T mustard	3 T olive oil
1 clove garlic, minced	1/4 t salt
1 t rosemary	1/4 t ground ginger
1 small onion, diced	

Combine all ingredients and mix well. Pour over chops, ground burgers, etc. and let marinate for 4-5 hours. Baste with the marinate during the cooking.

### **Cooked Barbecue Sauce**

3 C ketchup	3 C water
1/2 C vinegar	2 T brown sugar
2 T grated onion	2 T lemon juice
1 t salt	1/4 t pepper
1/4 t chili powder	

Combine all ingredients. Simmer 10 minutes. This sauce can be used to baste the meat while cooking or marinate meat in refrigerator for several hours before cooking. Sauce can be frozen for later use.

### **Cucumber Sauce**

1 small cucumber, pared, seeded and finely chopped	
1/2 t salt	1 C plain yogurt
1 T chopped chives	1 medium clove garlic, minced

Place cucumber in medium strainer, sprinkle with salt. Let stand 15 minutes; press with back of spoon and drain. In medium bowl, combine yogurt, chives, garlic, and cucumber, mix well. This recipe can be used as a salad dressing or as a sauce for gyros.

### **Seasoning for Squash**

1-2 clove garlic, minced	1/4 C oil
1/4 C fresh parsley	1 small onion, diced
Salt to taste	1/2 t dried basil
Parmesan cheese	

Heat oil in skillet. Add remaining ingredients except cheese and stir until hot. Toss with fresh sliced, steamed yellow squash and zucchini (see recipe in vegetable section). Sprinkle with parmesan on top. Ruth Runion-Slear

### **White Sauce**

2 T butter	1 1/2 - 2 T flour
1 C milk	

Melt butter over low heat. Add flour and blend well. Slowly stir in milk. Simmer and stir the sauce until it has thickened and is smooth and hot. Adjust the amount of flour if you want a thicker or thinner sauce.

### **Cheese Sauce**

2 T butter	1 1/2 - 2 T flour
1 C milk	1 C or more grated cheese

Melt butter over low heat. Add flour and blend well. Slowly stir in milk. Simmer and stir the sauce until it has thickened and is smooth and hot. Add the cheese and stir until melted and well blended.

### **Cooked Salad Dressing**

1/2 C sugar	1/2 C cider vinegar
1/2 C water	1 t salt
1 T prepared mustard	1 T flour
2 eggs	

Combine sugar, salt, mustard and flour. Add eggs and vinegar and mix well. Add water and stir until smooth. Cook until thickened. Cool dressing and pour over macaroni, chicken, potato or tuna salad. If using for tuna salad, do not include the salt.

## **French Dressing**

1 can tomato soup, concentrated	1 C oil
2 t salt	1/2 C vinegar
1/2 C sugar	Clove of garlic

Put these ingredients in a quart jar in this order: garlic, soup, oil, salt, vinegar, and sugar. Shake well; you have an excellent inexpensive salad dressing. Keep refrigerated. This was given to Janet by Mrs. Rosemary Patton (mother-in-law) and was a favorite of the Patton family. Janet Runion Patton

## **Mayonnaise**

1 egg	1 t mustard
1/2 t salt	Dash of pepper
1/2 T sugar	1- 1 1/4 C oil
3 T lemon juice	

Combine all ingredients except oil in the blender. Blend well. Slowly drop oil into blender while it is running. Add oil to the desired thickness. (Do not add salt if this mayonnaise is to be used for tuna salad or other salty salads.)

## **Chocolate Syrup**

1/4 C cocoa powder	1/3 C sugar
Dash of salt	1/8 t vanilla
1/3 C hot water	

Combine all ingredients. Bring to boil over medium heat, stirring constantly. Boil 2 minutes. For hot cocoa: add 1 Q milk, stir and heat. Do not boil. For cold chocolate milk, cool syrup. Spoon syrup into glasses and add milk. 6 - 6 oz servings. Mildred McCorkel Runion

When I was a child, a spaghetti dinner included green beans, coleslaw and chocolate milk made with the above Chocolate Syrup.

## **Tomato/Pizza Sauce**

2 Q tomatoes	1 large onion
3 C zucchini	8 oz mushrooms
Salt to taste	1 t basil
1 t minced garlic	1/4 t pepper
1/4 t paprika	1 t sugar (optional)

Place all items in the blender and liquefy. Pour into a large kettle; simmer uncovered for 3-5 hours or until thick. Stir occasionally and watch it does not burn. Use this sauce for spaghetti, lasagna, pizza, etc. Ruth Runion-Slear

## **Salsa**

12 C fresh ripe tomatoes	3 C chopped onions
1 1/4 C chopped, seeded hot peppers	1 T salt
1 C fresh parsley	1 C cider vinegar
2 T minced or 6 cloves garlic	

Core and peel tomatoes. Place tomatoes, peppers, onion and parsley in blender. Blend until liquid. Pour mixture in a 6 quart saucepan; add remaining ingredients. Bring to a boil, stirring occasionally. Reduce heat and simmer about 30 minutes or to desired thickness, stirring occasionally. Use as directed in recipes or can. For canning: Fill hot pint jars with the hot mixture, leaving about 1/2 inch head space. Place hot lids on jars and screw on bands firmly. Process in boiling water bath in a canner for 15 minutes. This makes a medium hot salsa. Add or subtract peppers to make milder or hotter.

## **Make Ahead Meal Ideas**

The following are a few ideas for recipes that can be made a day or two before, then heated when needed. Add a vegetable, fruit etc. and you have a meal.

Rice Pilaf (just cook shrimp and scallops at the last minute) (see recipe in Seafood section)

Tuna or chicken noodle or rice bake (see recipe in Seafood section)

Spaghetti or Macaroni bake or Baked macaroni (see recipes in Pasta and Grain section)

Spaghetti with lamb and mushroom stir fry (see recipes in Pasta and Grain section)

## ***SEAFOOD***

### **Rice Pilaf with Shrimp and Scallops**

1/2 C uncooked brown rice	1/2 C mushrooms
1/4 C chopped celery	1/4 C chopped onion
1 T butter	1 lb cooked shrimp
1 lb cooked scallops	Lemon juice and butter
Salt to taste	

Cook rice according to directions on package with chicken broth instead of water. Sauté mushrooms, onion and celery in butter. Add to rice. Place rice pilaf on plate, top with seafood. Pour small amount of lemon juice and butter over dish. Serves 3.  
Ruth Runion-Slear

### **Baked Fish**

1 lb haddock or flounder	1/2 C milk
1/4 t paprika	Salt to taste
Onion slices (optional)	1/2 t parsley

Place fish in baking dish. Add milk; sprinkle paprika, salt and parsley on top of fish. Place slices of onion on top. Bake at 350° for 45-60 minutes. Mildred McCorkel Runion

### **Baked Fish with Crab Filling**

Filling:

1/4 t paprika	
Salt to taste	1 slice whole wheat bread, crumbled
1 egg, beaten	1 small diced onion
1/2 t parsley	1/2 stalk celery and leaves, diced
1/2 lb crab	Milk
2 lbs haddock or flounder	

To make filling, mix together celery, onion and egg. Beat well. Add seasoning and bread crumbs. If mixture is dry, add small amount of milk. Mix well. Toss in crab. Place half the fish in a baking dish. Put filling on top. Place the remainder of fish on top. Place baking dish in a pan of water. Bake at 350° for about 1 hour. Mildred McCorkel Runion

## **Salmon Loaf**

1 large can (15 oz) red salmon	1 T Parsley
1 stalk and leaves of celery	Paprika (optional)
1 medium onion	1 egg
1-2 slices whole wheat bread	Salt to taste

Place salmon in baking dish. Break apart. Add celery, onion, and parsley. Mix well. Add egg, mix again. Add in bread by crumbling. Mix again. Place baking dish in a pan of water. Bake at 350° for about 1 hour. Mildred McCorkel Runion

## **Crab Cakes**

1 lb jumbo lump crab meat	1/2 C whole wheat bread crumbs
1 egg, beaten slightly	1 T homemade mayonnaise
1 T pimiento, finely chopped and drained	1 t Worcestershire sauce
1 t mustard	1 t salt
1/4 t pepper	1 t Old Bay seasoning

Mix together all ingredients except crab meat. Add crab meat and thoroughly mix. Be careful not to break crab lumps. If mixture is too dry, add a little more mayonnaise (see sauce section for recipe). Shape into 4 crab cakes. Cook cakes in frying pan with just enough butter to prevent sticking. Brown on both sides, about 5 minutes per side. Makes 4 cakes.

## **Tuna or Chicken, Noodle or Rice Bake**

1/2 lb dry noodles (4-5 C cooked) or 4 C cooked rice	
1 C frozen mixed vegetables	7 oz tuna or cooked chicken
Salt to taste	2 C shredded cheese
1 C milk	1 medium chopped onion
4 oz mushrooms	

Cook noodles or rice. Place noodles or rice with tuna or chicken and remaining ingredients in a baking dish. This dish can be varied according to specific preference of food. Bake about 20 minutes at 350° or until heated. 4 servings. Mildred Runion

## ***SOUPS***

## Rivels

Whole wheat flour 1 egg

**Break egg into bowl, beat well with fork. Mix in brown flour until the mixture becomes small balls. Drop slowly into boiling broth and cook 15-20 minutes or until done. Use these rivels in bean soup, chicken corn soup, vegetable soup, etc. Mildred McCorkel Runion**

## Beef Stock

6 lbs beef bones and meat	1/4 C diced onion
1/4 C diced carrot	1/4 C diced celery
6 cloves	1/2 of a bay leaf
Pinch of thyme	Pinch of marjoram
1/2 t parsley	1/2 t pepper
1 t salt	3 Q water

Place beef and water in large kettle. Bring to boiling point. Add vegetables and seasonings. Simmer until meat leaves bones, about 3-4 hours. Strain. Cool and chill. Remove the fat from the top. Makes about 2 1/2 quarts.

## Chicken Stock

4 lb chicken backs, necks, and wings	1 t salt
4 Q cold water	1 t white pepper
1 bay leaf	1 t thyme
6 whole cloves	6 sprigs parsley
1 diced medium onion	3 stalks celery, diced
1 diced medium carrot	

Place all ingredients in a large kettle. Bring to a boil; reduce heat and simmer for 3 hours or until reduced in half. Strain stock. Cool and chill; remove fat from the top. This stock can be used in a variety of recipes. Substitute this stock for bouillon cubes and water.



## **Cheddar Cheese Soup**

1/2 C butter	1 can (14 oz) chicken broth
2/3 C flour	4 C milk
1/2 C each of finely chopped celery, carrot, onion and cauliflower	
1/2 lb cheese (add more for a stronger cheese flavor)	

In saucepan, melt butter, add flour and stir. Add milk and make a smooth sauce by boiling gently. Add cheese and melt. Put broth and vegetables in blender and chop fine. Cook vegetables and chicken broth for a few minutes in a saucepan. Add cheese sauce and heat to desired temperature. Ruth Runion-Slear

## **Peanut Soup**

1/2 lb butter	1 lb peanut butter
1 chopped onion	1 1/2 Q chicken stock
2 stalks celery	1 pint heavy cream
2 T flour	1/2 C chopped peanuts
Salt and pepper to taste	

Melt butter over medium heat, add onion and celery and cook. Add flour and cook 5 minutes, stirring frequently. Add peanut butter and cook 5 more minutes, stirring frequently until smooth paste is derived. Add chicken stock for desired thickness and simmer 1 hour. Put mixture through fine sieve, season, add heavy cream, sprinkle with nuts and serve. Our (Ruth & Kirby) honeymoon in Williamsburg, VA, was the first time I ate peanut soup. The soup was part of the meal. I thought, ugh, but I was willing to try. Delicious. Ruth Runion-Slear

## **Potato Soup**

6 medium cubed potatoes	1 medium diced onion
1 celery stalk and leaves, diced	Salt to taste
1 pint milk or cream	Water
2 hard cooked eggs, diced	

Cook potatoes, celery and onion in a small amount of water until water is gone and vegetables are mushy. Add milk or cream and heat. Garnish with the sliced eggs. 2-3 servings, Mildred McCorkel Runion

## **Bean Soup**

2 lb Beef bones with meat  
Medium onion, diced  
Salt to taste

1/2 lb dried white beans  
4 Q or more water  
Rivels (see recipe this section)

Wash and pick over the beans. Place all ingredients except rivels into a large kettle. Simmer for about 3 hours, cooking until beans are soft. Add water as beans swell. Add rivels (see recipe this section) and cook for an additional 15-20 minutes. Mildred often made this soup for Friday night suppers. Mildred McCorkel Runion

## **Chicken Corn Soup**

3 chicken legs and thighs  
Salt and parsley to taste  
1 stalk celery and leaves, diced  
1 small carrot, diced or grated

3 Q water  
2 C corn  
1 medium onion, diced  
6 oz noodles or rivels

Cook chicken and salt in water until meat falls off bones. Remove bones, skin and fat. Add carrot, corn, celery and onions. Boil 20-30 minutes. Add noodles or rivels (see recipe this section). Boil 15-20 minutes additional. Mildred McCorkel Runion

## **Vegetable Soup**

Beef Bone with meat  
1/2 C diced sweet potato  
1 small diced onion  
1/4 C barley  
1 t Parsley  
1/8 t garlic  
Salt to taste

4-6 small potatoes  
1 lb frozen mixed vegetables  
1 Q canned tomatoes  
6 oz noodles or rivels  
1/8 t paprika  
4 Q water

Place meaty bone, water, barley and salt in a large kettle. Cook until soft, at least 1 hour. Add vegetables and boil gently for another hour. Add more water and seasonings if necessary. Add noodles and cook 15-20 minutes. Mildred often simmered this soup on the stove when her children and grandchildren were coming home to visit from out of state. Mildred McCorkel Runion

## **Oyster Soup**

1 - 1 1/2 pints oysters with oyster liquor	2 hard cooked eggs, sliced
2 C whole milk or half and half	1/2 t salt
1 t butter	

Place oysters and liquor in kettle and boil 5 minutes. Add milk, butter and salt. Simmer about 5 minutes. Place in soup bowls and garnish with hard cooked eggs. Serve with whole wheat toast. 4 servings. Mildred McCorkel Runion

## **French Onion Soup**

4 T butter	2 lbs onions, thinly sliced
2 Q beef stock, or bouillon, fresh or canned	
2 T vegetable oil	1 t flour
French bread	Cheese

Melt butter and oil in a 4-5 quart sauce pan over moderate heat. Stir in onions. Cook uncovered over low heat, stirring occasionally, for 20-30 minutes or until onions are golden brown. Sprinkle flour over the onions and cook, stirring for 2-3 minutes. Remove pan from heat. In a separate saucepan, bring the stock or bouillon to simmer, then stir the hot stock into the onions. Return the soup to low heat and simmer, partially covered, for another 30-40 minutes, occasionally skimming off fat. Taste for seasoning and add salt and pepper to taste. Serve piping hot slices of French bread and cheese, or serve with croutons floating on top. 15 servings. Janet Runion Patton

## **Hurry Up Meal Ideas**

Grilled cheese with fresh tomato sandwich  
Canned soup or homemade soup that was frozen

Eggs	Taco salad
Fried potatoes or French fries	Belizean tacos
Toast	
Fruit	

Cheese toast with asparagus or broccoli  
Canned soup or homemade soup that was frozen

## ***TORTILLAS***

### **Chicken Enchiladas with Red Chili Sauce**

Red chili sauce:

2 T oil	3-4 T chili powder
2 T flour	3/4 t salt
1/2 t garlic	2 C water

Place all ingredients except water in a sauce pan. Stir until well blended. Add water. Bring to boil stirring constantly, reduce heat and simmer 10 minutes.

Tortillas	1 clove minced garlic
1 C light cream	2 C chopped cooked chicken
2 chicken bouillon cubes	16 oz tomato sauce
Salt and pepper to taste	2 finely chopped green chiles
2 T oil	1 medium chopped onion
1/2 lb grated cheddar cheese	

In small sauce pan heat cream with bouillon cubes until cubes are dissolved. Keep warm. Make filling: heat oil in large skillet. Sauté onion until tender, 5 minutes. Add green chiles, garlic, tomato puree, chicken, salt and pepper. Simmer uncovered 10 minutes. Dip each tortilla in cream mixture, top each with heaping tablespoon of filling and roll up, placing seam side down in greased 3 quart baking pan. Pour over red chili sauce, sprinkle with cheese. Bake 15 minutes at 350°. 4 servings. Ruth Runion-Slear

### **Vegetable Cheese Enchiladas**

1 medium onion, diced	1 medium diced zucchini
1/2 C black olives	1/2 C chopped tomatoes
15 oz each red and black beans	16 oz grated cheese
16 oz salsa	Tortillas
8 oz yogurt or sour cream	

Line the bottom of a 9 x 13 baking dish with tortillas. Place in layers the vegetables, beans and half of the salsa. Next place yogurt or sour cream. Place another layer of tortillas. Top with remainder of cheese and salsa. Bake at 300° for about 1 hour or until soft. Ruth Runion-Slear

## **Belizean Tacos**

4 corn tortillas  
1/4 C diced onions  
3 T vinegar

1/2 C red beans  
1/2 C grated cheese  
Ketchup

Warm beans in a saucepan. Heat tortillas. Place diced onion in bowl and add vinegar. To make tacos: place 1/4 of the ingredients on top of the warm tortillas. First place beans, next cheese, next onions, and top with a teaspoon or two of ketchup.

## **Layered Tortillas**

1 1/2 C chopped onions  
16 oz refried beans  
1 C pureed avocado  
3/4 C chopped black olives  
2 C shredded lettuce  
1 T butter

2 t fresh chopped parsley  
10 tortillas  
1 C plain yogurt or sour cream  
5 oz grated Monterey Jack cheese  
3 large chopped tomatoes

Melt butter. Add onion and parsley; sauté until tender, set aside. Warm tortillas. Spread one tortilla with 1/2 cup pureed avocado. Place another tortilla on top of first. Top with refried beans, then another tortilla. Spread with sautéed vegetables; add another tortilla. Spread with 1/2 cup yogurt. Sprinkle with all the olives and half the cheese. Layer remaining tortillas and ingredients, ending with yogurt and cheese. Surround with shredded lettuce, tomatoes. 10 servings.

## **Enchiladas**

Tortillas  
Black Beans  
Black olives  
Cheese  
Salt to taste

Onion  
Ground meat  
Tomato sauce  
Picante sauce

Make this dish as small or large as you wish. If you are a meat lover, use lots. If you hate olives, leave them out. Be creative. Cook ground meat; drain grease. Place tortillas in baking dish. Place remaining ingredients in layers on top of tortillas. Cover and bake for 1 hour at 300°. Ruth Runion-Slear

## **Tortillas**

Tortillas, a flat pancake made of field corn, are a basic food in Guatemala. Since 1968, Anita, Mildred's daughter, has lived in Guatemala. Anita does not make tortillas but buys them from Guatemalan ladies who make them in their small businesses. One summer while Anita, Victor and Rebeca were visiting the Runion farm for the summer, they along with Ruth made over 200 tortillas. We made the traditional Guatemalan tortillas with the exception of a few changes as noted. No measurements are given. you can decide the amount of corn to grind. Following are the directions for making the tortillas.

We purchased ears of field corn from a local farmer. Next, shell the field corn. Then cook the dried field corn in water and pickling lime until kernel shells come loose. The corn is cooked in lime to help remove the shells. Drain and wash to remove kernel shells and lime. Cool. Grind the corn, in a corn grinder, keeping it moist with water so a jam will not occur. The corn also needs the moisture to help hold its shape when forming balls. When the corn is finished being ground, it should be a little courser than cornmeal. After the corn is ground, Victor adds a little shortening (like Crisco) so the mixture sticks together better. He usually adds a dash of salt. The Guatemalans do not add shortening or salt. Roll a small amount of this ground mixture into a ball. Pat ball with hands into a flat round pancake shape or flatten ball in a tortilla press. Place flattened tortillas on a hot grill coated with pickling lime. At the Runion farm, we cooked tortillas on the outside fireplace's metal plate. We cover the metal plate with the pickling lime and heat to very hot. Cook the tortillas for about 2-3 minutes on each side until light brown and edges start to curl. Enjoy the tortillas hot off the grill or use in tortilla dishes. The tortillas can be cooled and frozen for later use. Anita Runion Ovalle and Ruth Runion-Slear

My father, Leslie Runion, had a love for gardening. He kept my mom well supplied with a wide variety of vegetables from the garden, fruit from the orchard, and chestnuts and black walnuts from the nut trees. My mom would cook with the fresh vegetables and fruits, then can and freeze the remainder. Following is a list of the vegetables and fruits my father grew: rhubarb, asparagus, peas, lettuce, cabbage, endive, spinach, cauliflower, broccoli, brussel sprouts, variety of squash, eggplant, variety of beans, peppers, pumpkins, potatoes, sweet potatoes, corn, beets, carrots, turnips, tomatoes, onions, celery, a variety of melons, strawberries and raspberries. His orchard produced peaches, pears, apples, cherries, nectarines, apricots and plums. As a family we also picked wild blackberries, wineberries and elderberries for mom's pies. In the root cellar, my father stored beets, potatoes, turnips, cabbage, endive, apples, pears, and pumpkins. During the winter months we ate those fresh foods. The love of gardening and the love of cooking meshed well and as a result we "eat like kings", so my father said.

## ***VEGETABLES***

### **Mashed Potato Cakes**

1-2 eggs	1-2 t baking powder
1-3 C leftover mashed potatoes	1/2 - 1 C flour
Salt to taste	

Mix eggs and potatoes well. Add remaining ingredients. Mix well. Drop in oiled frying pan and lightly fry. Mildred McCorkel Runion

### **Mashed Potatoes and Onions**

2 C leftover mashed potatoes	1 large diced onion
1 T butter	

Heat butter in skillet. Add onions and sauté for 2-3 minutes. Add potatoes and cook until heated thoroughly.

### **Scalloped Potatoes**

Sliced raw potatoes	Milk
2 T flour	1 T butter
Salt, parsley and paprika to taste	Parmesan cheese
1 medium sliced onion	

Fill a 2 quart casserole dish 3/4 full of slice potatoes. Add onions. Sprinkle flour over potatoes and onions. Add milk to cover about 3/4 the potatoes and onions. Put butter on top and sprinkle with cheese. Bake covered about 1 hour or until potatoes are soft at 350° . Mildred McCorkel Runion

Mildred's menus always included a variety of vegetables. At one meal we would have a salad or pickles, two vegetables, one usually being green beans seasoned with bacon (we all enjoyed those garden grown ones) and potatoes. Today in the 1990's we still are eating a lot of vegetables, but not as many at one meal. Now, the green beans are seasoned with butter and not bacon. Pickles are not eaten as often nor is dandelion and endive salads. We still grow a garden, can and freeze, so we can have tasty vegetables all year.

## **Potato Filling**

6 medium potatoes	1 large onion, diced
3 celery stalks and leaves, diced	1 T butter
10 slices whole wheat bread, crumbled	1 T parsley
3 eggs	1/4 C warm milk
Salt, pepper, garlic, paprika and pepper to taste	

Boil potatoes in skins. Meanwhile in bowl, mix together celery, onion, and eggs. Beat well. Add seasoning and bread crumbs. If mixture is dry, add small amount of milk. Mix well. Peel cooked potatoes. Mash with milk and salt. Combine the two mixtures. Place mixture in buttered baking dish and set in a pan of water. Bake at 350° for about 1 hour or until celery is soft. Left over mashed, parsley or boiled potatoes can be substituted for fresh cooked potatoes. 6-8 servings. Mildred McCorkel Runion

## **Corn Fritters**

4 C cooked corn, drained	3 beaten eggs
Salt to taste	1 C white flour
2 t baking powder	Milk or corn juice

In mixing bowl, beat eggs well. Add corn, flour, baking powder, and salt. Mix well. Add small amount of milk or corn juice if necessary to make mixture moist, so ingredients will stick together. Spoon by tablespoons full into hot greased skillet. Fry 3-5 minutes on each side or until done. This is a good way to use leftover corn. Mildred McCorkel Runion

## **Spaghetti Squash Boat**

Cut squash in half and scoop out seeds. In baking dish, bake squash 30 minutes with cut side down in small amount of water. Remove from oven and turn squash over. Fill halved squash with tomato sauce, cooked ground meat, onions, mushrooms & cheese. Sprinkle parmesan on top. Bake until squash is soft, about 15-30 minutes more at 350° Ruth Runion-Slear

The secret to luscious tasting food is the freshness of the fruits and vegetables. Those eaten within an hour of being picked, are at the height of flavor. For corn on the cob, my father would pick the corn when the water was on the stove ready to boil!



## **Squash Casserole**

2 C summer squash	1 medium diced onion
2 C tomatoes	4 oz mushrooms
1 stalk celery, diced	1/2 C cheese, cubed
1 sliced whole wheat bread crumbs	Parmesan cheese
1/2 C meat (leftover meat can be used)	

Place all ingredients in a baking dish except for the crumbs and parmesan. Mix well. Sprinkle the crumbs and parmesan on top. Bake at 350° for about 1 hour or until ingredients are soft. Mildred McCorkel Runion

## **Steamed Squash**

Steam 2 cups sliced fresh summer squash (zucchini, yellow squash, etc.) in a covered kettle until tender crisp. Toss with Seasoning for Squash (recipe in sauce section). Ruth Runion-Slear

## **Stewed Tomatoes and Squash**

1 Q tomatoes	1 C yellow squash or zucchini
1 C spaghetti squash, diced	4 oz mushrooms
1/2 C sliced okra	1 medium diced onion
1 stalk sliced celery	Salt, pepper, garlic, and basil to taste

Place all ingredients in a kettle. Cook until vegetables are soft. Variations can be made of the stew by subtracting a vegetable or two. This is a great dish to eat with meat loaf. Ruth Runion-Slear

## **Harvard Beets**

1 Q cooked diced beets	1/4 C cider vinegar
1/4 C sugar	1/2 C beet juice
1 T corn starch + 2 T water	Salt to taste

Boil beets, beet juice, sugar and vinegar for 10 minutes. Mix small amount of water with the corn starch. Stir into beets and cook until thickened. Serve hot. Mildred McCorkel Runion

### **Pickled Beets and Eggs**

1 Q canned beets and juice	1/4 C sugar
1/4 C cider vinegar	Salt to taste
6 hard boiled eggs	

Place all ingredients except eggs in a kettle. Boil 10 minutes. Serve beets hot or cold. In cold beet juice, add the 6 eggs. Add small amount of vinegar if additional eggs are added. Mildred McCorkel Runion

### **Baked Sweet Potatoes and Apples**

3 Apples	3 medium sweet potatoes
Cinnamon	Salt
Nuts	Light brown sugar
Butter	

Arrange cored and pceled apple halves in one end of a baking dish. Sprinkle lightly with sugar and cinnamon. Top with nuts. Arrange sweet potatoes pieces in the other end of dish. Sprinkle with salt, sugar and cinnamon. Place small dots of butter on top of pieces. Top with nuts. Cover and bake at 350 ° for about 1 hour or until potatoes and apples are soft. Mildred McCorkel Runion

### **Baked Sweet Potatoes**

Select plump, orange yams. Scrub them and pierce with knife. Bake at 350 ° for 45-60 minutes or until soft. Serve them hot (like baked potatoes) with butter and salt or pour gravy over them. Mildred McCorkel Runion

### **Baked Beans**

2 small cans (15 oz each) of beans (lima, white beans etc.)	
1 Q tomatoes	1 T butter
Medium onion	2 T brown sugar

Mix all the ingredients together in a 3 quart casserole dish. Bake for 1 1/2 hours at 350° . Mildred McCorkel Runion

## ***MISCELLANEOUS***

### **Hot Apple Cider**

1 gallon apple cider  
1/2 t nutmeg

6 whole cloves  
Cinnamon sticks

Place cider, cloves and nutmeg in crockpot or kettle. Simmer for 1/2 hour. Pour or ladle into cups with a cinnamon stick. Delicious on a cold day.

### **Tea**

1/2 C fresh tea leaves (spearmint, peppermint, apple mint, pineapple mint, etc.)  
1 Q water  
Sugar, honey, lemon and milk (optional)

Bring water to a boil. Place one or more kinds of tea in the boiling water. Let boil 1-2 minutes. Take out tea. Add sugar or honey if desired. Drink tea hot, add milk or lemon if desired. Tea can be cooled for ice tea. Add lemon or sweetener if desired. This hot tea with nothing added can be a good drink for unsettled stomachs. Charlotte McCorkel Rissler

### **Powerhouse Milk Shake**

1 C milk  
1 medium banana

1/2 C ice cream or frozen yogurt  
2 T peanut butter

Place in blender and blend until smooth. This is a variation of a recipe found in a cookbook for a blender breakfast. Kirby added the ice cream. Kirby Slear

### **Butter (how to make it)**

Place cream in blender. Blend on high until cream separates into butter and buttermilk. (If cream becomes too thick, stop blender and stir or add leftover buttermilk from previous batches to thin.) Pour off buttermilk. Wash butter, under cold running water, by squeezing out the remaining buttermilk. Sprinkle on salt if desired. Butter can be frozen for later use. Ruth Runion-Slear

## **Cottage Cheese**

Allow raw skimmed milk to turn thick by letting it set in room temperature over night. Take the thick milk and pour into shallow flat pan (large enamel roast pan works well) and place on back of cookstove. Heat slowly (do not boil or heat too fast) stir frequently until curd and whey separate which is about 110° - 120° . Pour into cheese cloth or a colander with small holes to drain. Let drain until dry (about 2-4 hours). Remove cheese from bag and place in mixing bowl. Add cream and salt to taste. Mix and mash well with fork. Mildred McCorkel Runion

## **Yogurt**

1 Q milk

1 heaping T of plain unpasteurized yogurt or 1 package of dried yogurt culture

Pour milk in a kettle. Heat milk on a low-medium heat stirring it occasionally until heated but not boiling. Cool it to about 120°; add 1-2 heaping tablespoons of starter and blend until smooth. Pour milk mixture into the serving jars, put the lids on securely and place the jars into the yogurt maker. Put the unit cover on the heater base and plug in electric cord. 10 hours later remove the jars and place in refrigerator. Allow yogurt to cool for 3-4 hours before serving. Plain yogurt may be stored in refrigerator for approximately 10-14 days.

## **Sheep Replacement Milk**

1 Q raw milk

1 raw well beaten egg

1 t salt

1 T honey

1/4 t cod liver oil

Combine all ingredients and mix well. Warm and feed to lambs. Very young lambs must be feed frequently. This recipe is from the Valley Animal Hospital in Palmyra, PA. This recipe has been used several times on the Runion farm when the mother ewe is unable to provide enough milk. (Not for humans, only for lambs)

## *Menus*

Pork and sauerkraut  
Knepp  
Mashed potatoes  
Baked apple<sup>9</sup> or applesauce

Meat loaf  
Baked potatoes  
Stewed tomatoes and squash

Baked chicken  
Scalloped potatoes  
Corn and or Limas  
Noodles

Salmon loaf  
Green beans  
Potatoes - Scalloped or baked  
Buttered beets

Baked fish  
Broccoli with cheese sauce  
Baked or scalloped potatoes  
Pumpkin custard

Rice pilaf with mushrooms  
Shrimp and scallops  
Steamed zucchini with oil sauce  
Broccoli

Sausage  
Baked Apples  
Mashed Potatoes  
Green Beans

Macaroni Bake  
Green Beans  
Coleslaw  
Fruit Salad

Lamb chops  
Green Beans  
Rice  
Harvard Beets

Baked Turkey  
Succotash  
Parsley potatoes  
Fruit bake

Baked turkey  
Corn  
Baked sweet potatoes and apples  
Fruit bake

Pork steak with mushroom gravy  
Mashed potatoes  
Succotash  
Applesauce

Lamb with mushroom gravy  
Noodles, rice or mashed potatoes  
Buttered beets  
Mixed vegetables

Grilled lamb  
Baked potatoes  
Spaghetti squash boat  
Buttered beets

Ham Loaf  
Green Beans  
Baked Apples and Sweet Potatoes  
Harvard Beets

Lamb Roast  
Bulgar Pilaf  
Green Beans  
Cherries and Applesauce

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