

A MAN IN THE KITCHEN



BY...YAKIMA GOURMET
AND HOBBY COOK
AL BAXTER

STEAKS ON THE COVER ARE TYPICAL BAXTER STEAKS

USDA CHOICE, well aged, 2¼ inch thick and weigh a little over two pounds each. T Bone or Porterhouse. Note the nice lean loin on the inside and the well marbled New York on the outside with just the right amount of bark fat, and the marbling or streaks of fat through the lean meat. These steaks were cut by Herman at Gerritsens Broadmead Market. This type of steak could be purchased at any good market but you would probably have to place your order ahead so that they could have the aged meat on hand. It would be hard to cook these steaks so they would not be tender and good. Personally I would season them well with salt, pepper and garlic, as I like my steaks blood rare, I would first make sure they were room temperature throughout, then place them under the broiler just long enough to brown on each side and be heated through, then serve on a hot platter.

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by The Author

I have been cooking mostly as a hobby, but sometimes just to be a "show-off" smart aleck for 50 years. I started when about 8 years old. Each year my father and I made many trips into the Blue Mountains of eastern Oregon after fence posts, corral poles or winter's supply of wood or fish or game. My father was a past master at making fine tasty food from nothing. Give him a side of bacon, flour, baking powder, salt and pepper and an old skillet and we were in business. He taught me that any two or more foods that were good to eat by themselves were better if mixed together properly. I just stumped him once. He used to ask me to name any two foods and he would tell me how to mix and serve them together. Once I answered, Sauerkraut and Ice Cream. We had neither. He said, "I'll have to think that over." I never got the answer. He died at 86. I have found out many many times he was 100% right. No TV dinners for us. It might be left overs from five or six meals, but when put together they were fine. Of course, being 8 years old and growing, I was not too critical as long as there was lots of it. I can still taste some of those campfire meals, ashes, bees, ants and all. I am convinced every man would like to cook as a hobby. It is wonderful for your family and friends and for yourself. I will guarantee the hours you spend in planning and preparing meals will never give you high blood pressure or build tensions.



Many men who would be good cooks start off wrong by messing up the kitchen instead of messing around. Any good cook cleans every utensil immediately after its use, whether it be a skillet, pot or a knife. Your kitchen and sink should be just as neat and clean before serving dinner as two hours after and think of the lumps you avoid. It is really easier than waiting and much neater. Your women folk will encourage you to cook again.

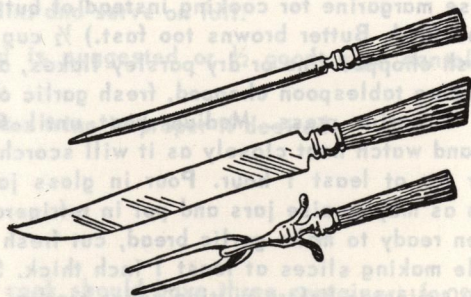
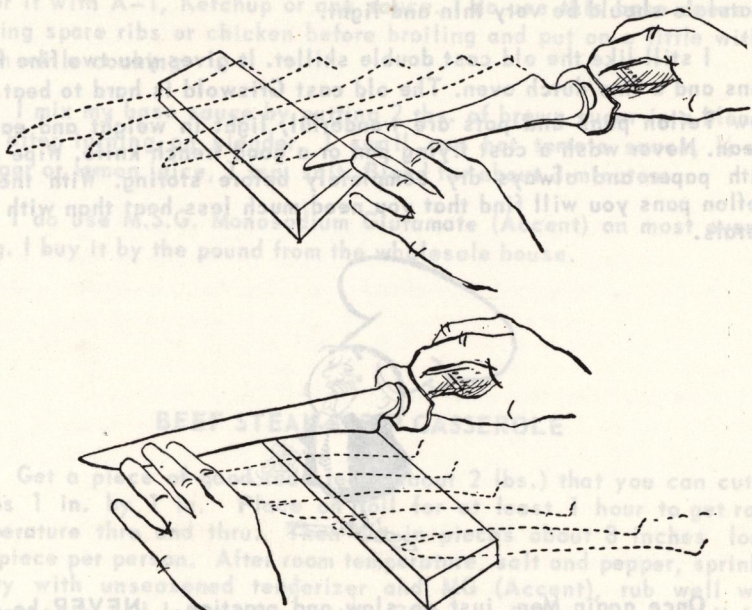
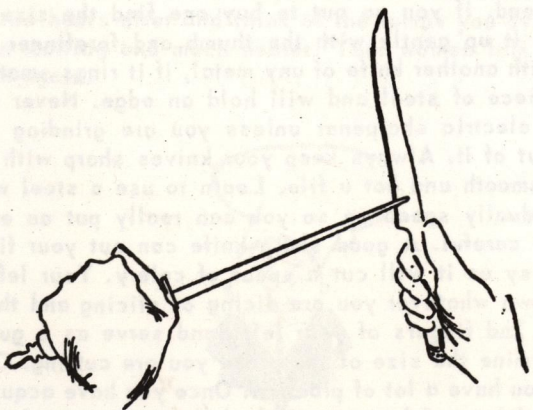


Once you can cook for two or three people you can cook for any number, 20, 40 or 400. It is just a matter of mathematics. Generally figure $\frac{1}{2}$ pound of meat per person. Shell fish 1 pound per person, not cracked or cleaned. I don't mean shell fish meat. I mean cracked crab, clams, oysters, etc. Pure meat figure $\frac{1}{4}$ pound per person. After experience with the crowd you are feeding this can vary. I have seen crab feed where 2 pounds per person was not enough. Never rush your guests even if you run out of food. If this is evident, just reduce the portions.

Selection of your meat — The butcher never lived who can cut meat wrong and make it tasty and tender. Meat to be tender must be cut cross grained. I have received many a dour stare and sniffs from butchers and customers because, if the meat is not wrapped I always poke my finger into or through it to get the feel. Visually always pick your meat with a little fat on it or through it. Marbled is the right term. Let someone else get the pure red thin cut (all red meat steaks or roast). I miss the old time butcher who heaved the quarter or side on the meat block and cut what you wanted. I have never found a butcher who didn't do his best to please you and get what you want, especially when he found you knew what you wanted. Good cuts of meat properly cut are not cheap in price but if you get the best you will never regret the extra you spend. Get good meat and stretch it to your needs.



Just a word about your tools. I wouldn't try to cook without two french knives. I own 4 at present. One I have had since 1920. It is a 12" knife and almost paper thin. My nephew Max gave me a 14" knife 2 years ago (the one I am holding in the cover picture) and it was too thick. I sent it to Spokane and had it ground down to a maximum of $1/16$ " thick. I like a good knife that is 14" long and 2" wide and deep at the handle end. If you go out to buy one find the size that suits you, then hold it up gently with the thumb and forefinger of the left hand. Tap it with another knife of any metal, if it rings smart and clear it is a good piece of steel and will hold an edge. Never run a good knife over an electric sharpener unless you are grinding it down or taking nicks out of it. Always keep your knives sharp with a steel. A good steel is smooth and not a file. Learn to use a steel with a slow stroke and gradually speed up so you can really put an edge on the knife, then, be careful. A good sharp knife can cut your finger off at the joint as easy as it will cut a spear of celery. Your left hand and fingers hold down whatever you are dicing or slicing and the knuckles of the 1st and 2nd fingers of your left hand serve as a guide for the knife and determine the size of the piece you are cutting. Once again, go slow until you have a lot of practice. Once you have acquired a good french knife and learned how to use it, keep it sharp and it is all the knife you will ever need. Steel it often, but not too much at one time. If you know someone who knows how to steel a knife get some lessons and practice until you are satisfied. Better yet, come visit us and I will give you a lesson free.



Two other musts are a good cutting board and a strainer. Your spatula should be a 4" wide by 12" long and always slide your spatula from right to left. Never shove under with the point. It should have a raised handle of wood which will save a lot of burned fingers. All spatula's should be very thin and light.

I still like the old cast double skillet. It gives you two fine frying pans and a fine dutch oven. The old cast Griswold is hard to beat. The new Teflon pans and pots are wonderful, light in weight and easy to clean. Never wash a cast frying pan or a good french knife. Wipe clean with paper and always dry completely before storing. With the new Teflon pans you will find that you need much less heat than with other metals.



Once again Men, just go slow and practice.....NEVER be afraid to try something in the kitchen. Use your imagination, your head, your hands and you will have fun for yourself and guests.

Remember, should you cook a meal for just you and the wife, she is the guest.

GARLIC SAUCE

Good sauce takes time to make. In a pot put 2 cubes margarine, (I always use margarine for cooking instead of butter if I have to broil or brown the food. Butter browns too fast.) $\frac{1}{2}$ cup mayonnaise, $\frac{1}{4}$ cup parsley, fresh chopped fine or dry parsley flakes, add $\frac{1}{2}$ to 1 cup salad oil, one heaping tablespoon chopped, fresh garlic or squeeze the garlic beans thru a garlic press. Medium heat until simmering, then stir constantly and watch heat closely as it will scorch. Leave on low heat and simmer for at least 1 hour. Pour in glass jars, heated with hot water, such as mayonnaise jars and put in refrigerator. It will keep for weeks. When ready to make garlic bread, cut fresh French bread on 45 degree angle making slices at least 1 inch thick. Spread sauce on one side 20 to 30 minutes before putting under broiler. Then watch it close as it will turn from nice brown to burned in 30 seconds. This is a tedious dish, but I have never had a guest who didn't come back for seconds or thirds whether they liked garlic or not. It is well worth the time and patience. I cover the broiler pan with aluminum foil and then cover the foil solid with slices of bread. Then watch close and shift with a long fork until all are done. Garlic bread is especially fine to serve with steaks or fish dinners. Try to keep warm until served.

BASE SAUCE

I have never used much sauce or condiments. I get mad when I broil a nice tender steak, served on a hot platter, and have my guest cover it with A-1, Ketchup or any sauce. I do use this base sauce for rubbing spare ribs or chicken before broiling and put on a little with a brush while cooking.

I mix my base sauce by putting 2 tbs. of brown sugar in a blender add after turning on blender, 1 small can hot tomato sauce, $\frac{1}{4}$ cup vinegar or lemon juice, 1 tsp. salt. Blend for about 3 minutes.

I do use M.S.G. Monosodium Glutamate (Accent) on most everything. I buy it by the pound from the wholesale house.

BEEF STEAK STRIP CASSEROLE

Get a piece of good red steak (about 2 lbs.) that you can cut in strips 1 in. by 1 in. Place on foil for at least 1 hour to get room temperature thru and thru. Then cut in pieces about 8 inches long, one piece per person. After room temperature, salt and pepper, sprinkle heavy with unseasoned tenderizer and MG (Accent), rub well with garlic sauce and let set for another 30 min. First brown on all four sides in fat and place in casserole.

Pour over meat, one can mushroom soup, and $\frac{1}{2}$ can condensed milk. Cover and bake in preheated oven 45 min. at 350 degrees.

For vegetables use either baked potatoes or $\frac{1}{2}$ Danish squash per person. To cook squash cut in half lengthwise, slice a little of the skin off so half will set upright without rolling over. Place squash side down on foil, bake in 300 degrees oven for 40 min., remove, open and sprinkle with salt, lots of accent and add one tablespoon butter to each and a few brown sugar crumbs. Put back in oven with other side up for another 30 min. and serve on foil.

A fruit salad is suggested or $\frac{1}{2}$ good, ripe cantaloupe with a scoop of ice cream.

Chilled Vin Roz wine is proper if desired.

I think every cook should have three containers for grease handy to the range, but kept in the refrigerator when not in actual use, not in the freezer. One container is needed for chicken fat, one for beef grease and one for bacon grease. In addition, I try to keep a quart glass jar of garlic sauce in the refrigerator at all times as it is fine for browning meat, etc. Don't use glass for anything where you might be adding hot grease. I LIKE LARGE porcelain, pottery or metal mugs about the size of an old fashioned shaving mug.

BRAISED SIRLOIN TIPS OR SHORT RIBS

I always figure a little over ½ lb. of meat per person to be served.

Spread meat on foil on counter and season as usual with salt, pepper, Papine (tenderizer) and if you do not have a supply of garlic sauce I would sprinkle with garlic powder, not garlic salt. Incidentally if you have any beef scraps such as steak tails or any good beef, regardless of cut, put it with your other meat. This is a good chance to clean out your freezer. When meat is seasoned and room temperature put a couple of tablespoons of garlic sauce in a large skillet with one tablespoon A 1 sauce and brown meat the best possible on all sides. Then add one large onion chopped fine, one can of condensed soup, mushroom, celery or tomato and ½ can of condensed milk, and one can of tomato hot sauce. In another pot put 2 cups of water and bring just to boil, drop in ½ cup raisins, remove from heat and pour all liquid and raisins over meat. Cover and simmer for 1½ hours. I like to serve the gravy, left after the meat has been served, over brown rice. If you like the gravy a little hot put in a couple of drops of Tobasco sauce. Always be careful when using tobasco as it is practically impossible to remove if you get too much pepper and it is easy to add a drop or two if not enough.

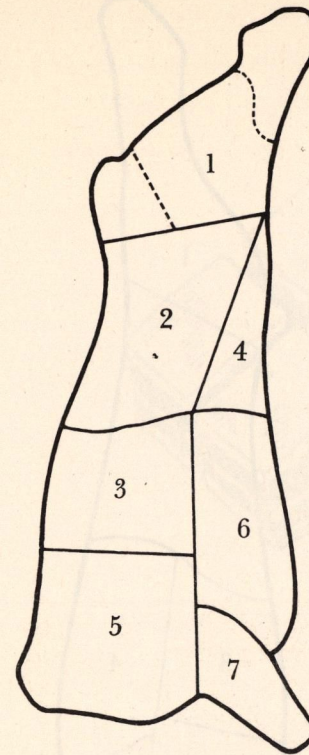
When you start the meat simmering if you think you want more gravy add tomato juice until enough.

CUBED-BEEF STROGANOFF

- ½ Cup Chopped Onion
- 2 Tbsp. Salad Oil
- 3 Cups Beef, Cut in ½ in. Cubes
- 1 Can Condensed Tomato Soup
- 1 Can Chopped Mushrooms (3 or 4 oz.) With Liquid
- 1 Tsp. Sugar
- 1 Cup Dairy Sour Cream

Saute onion and beef in salad oil in large frying pan. Stir in tomato soup, mushrooms and liquid and sugar; cover; simmer 20 minutes to blend flavors. Stir in sour cream; heat just to boiling (don't let sauce boil as sour cream may curdle). Serve over hot buttered rice. (3 cups minute rice)

Never wash a good steel knife or cast iron utensil in soap and water. It is best to clean them with either paper towels or napkins. If you do have to wash a cast iron skillet, dry it with paper. If it is to be stored for a long time, turn it upside down over a burner and when it is cool enough to handle, rub well with salad oil or any grease.



BEEF CUTS

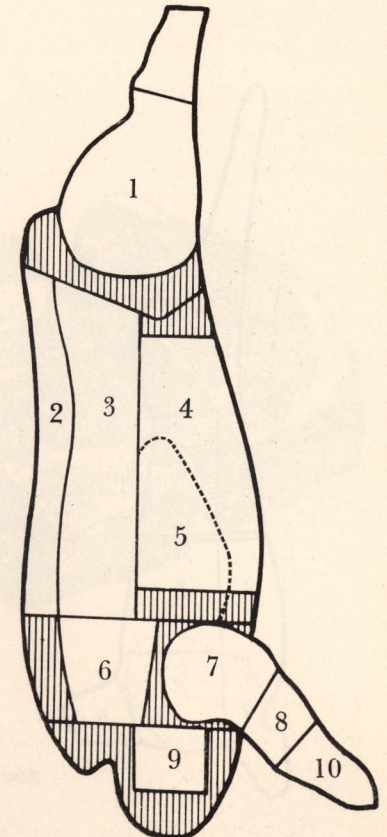
	Percentage of Dressed Weight
1. Round (<i>Slow-cooking steaks, roasts</i>)	24
2. *Loin (<i>Sirloin, porterhouse and club steaks</i>)	17
3. *Ribs (<i>Standing and rolled rib roasts</i>)	9
4. Flank (<i>Steaks or stew meat</i>)	4
5. Chuck or shoulder (<i>Pot roast and slow-cooking steaks</i>)	26
6. Plate (<i>Corned beef, stew meat, short ribs</i>)	12
7. Shank (<i>Soups and stews</i>)	4
Suet	4
	<hr/> 100%

* Cuts from the shoulder, round, plate, and shank, usually retail at relatively low levels. Almost three-fourths of the side of beef consists of such cuts. Many delicious dishes can be prepared from the lower-priced cuts.

PORK CUTS

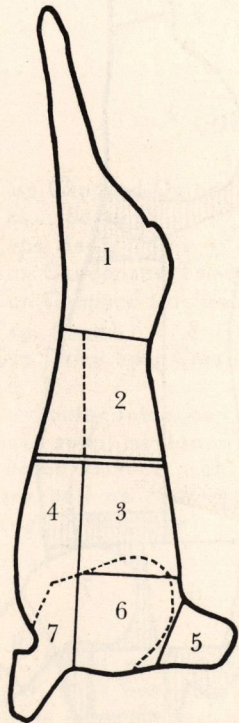
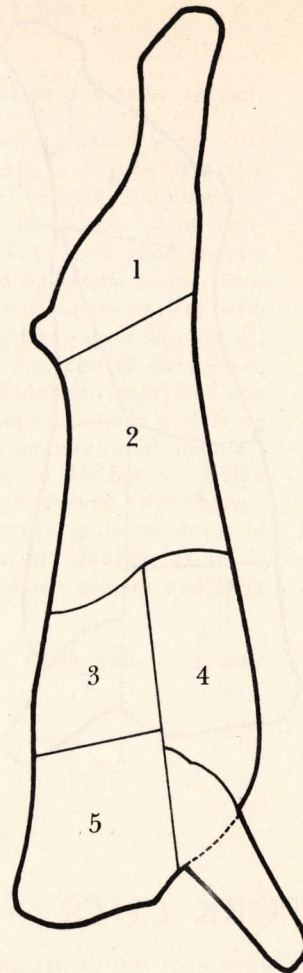
Shaded area represents parts trimmed off in making cuts.

	Percentage of Dressed Weight
1. Ham	20
2. Fat back (<i>Salt pork, lard</i>)	6
3. Pork loins (<i>Chops and roasts</i>)	13
4. Bacon	15
5. Spareribs	3
6. Shoulder butt	6
7. Picnic shoulder	6
8. Pork hock	3
9. Jowl butt	4
10. Front foot	3
Lard, miscellaneous cuts, and trimmings	21
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VEAL CUTS

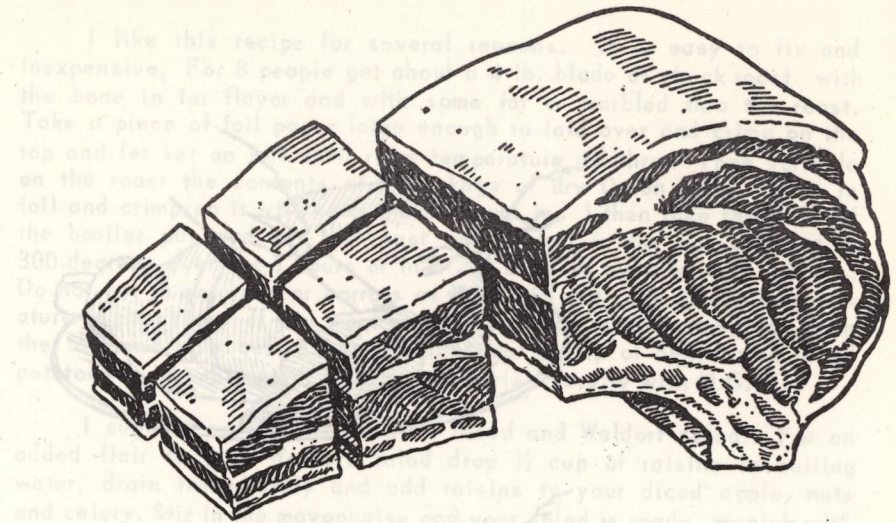
	Percentage of Dressed Weight
1. Leg (<i>Roasts, steaks</i>)	39
2. Loin (<i>Chops, steaks</i>)	10
3. Rib (<i>Roasts, chops</i>)	7½
4. Breast and Shank (<i>Roasts, stew</i>)	17¼
5. Shoulder (<i>Roasts, chops</i>)	26¼
	<hr/> 100%



LAMB CUTS

	Percentage of Dressed Weight
1. Leg (<i>Roasts, steaks</i>)	32¾
2. Loin (<i>Roasts, chops</i>)	17¼
3. Rib (<i>Roasts, chops</i>)	12¼
4. Breast (<i>Roasts</i>)	16
5. Neck (<i>Braising, broth, stew</i>)	3¼
6. Shoulder (<i>Roasts, steaks</i>)	18½
7. Shank (<i>Broth, stew</i>)	
	<hr/> 100%

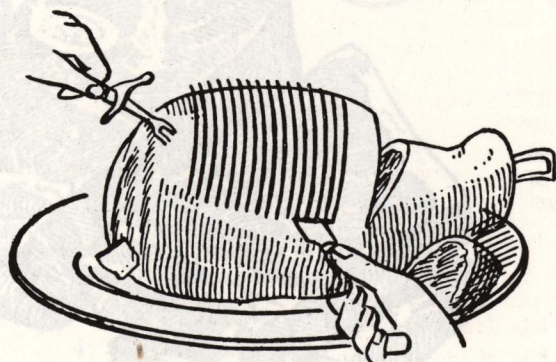
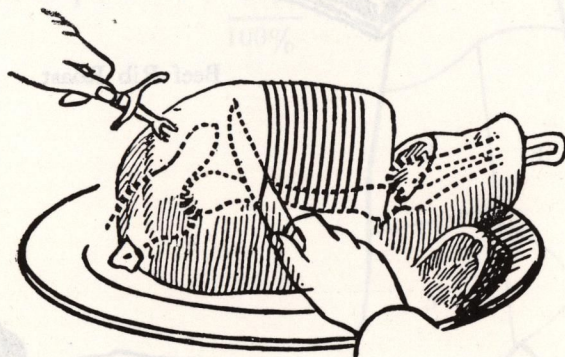
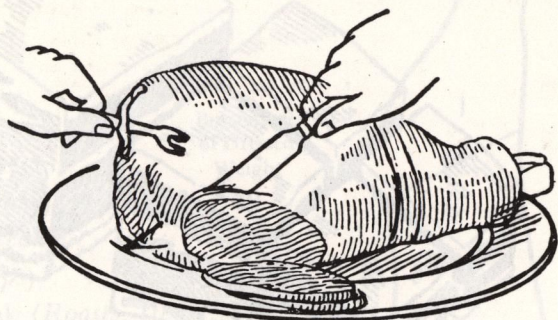
ROAST BEEF IN FOIL



Beef Rib Roast



Beef Chuck



Carving a Whole Ham

ROAST BEEF IN FOIL

I like this recipe for several reasons. It is easy to fix and inexpensive. For 8 people get about a 4 lb. blade or chuck roast with the bone in for flavor and with some fat or marbled thru the roast. Take a piece of foil paper large enough to fold over and crimp on the top and let set on foil until room temperature all thru. Then sprinkle on the roast the contents of a package of dry Onion Soup. Wrap in foil and crimp so it will keep the moisture in. I then take the grill off the broiler pan and set the roast on the foil in the pan and put in 300 degrees oven for 3 hours or in a 200 degrees oven for 6 to 8 hours. Do not put in potatoes or carrots as they will not cook at that temperature in that time. If you want potatoes cooked in the roast juice open the foil one hour before serving and pour a cup of dehydrated diced potatoes in. At this point I always sprinkle liberally with M.G.

I suggest serving with Garlic bread and Waldorf salad. For an added flair to your Waldorf Salad drop $\frac{1}{2}$ cup of raisins in boiling water, drain immediately and add raisins to your diced apple, nuts and celery. Stir in the mayonnaise and your salad is ready, garnish with paprika.

SWISS STEAK

Pick a round or any good marbled steak being sure it has been cut cross grained, 1 to $1\frac{1}{2}$ inches thick. Place on cutting board to become room temperature. Brush steak with garlic sauce, sprinkle well with Papine or unseasoned tenderizer. Then sift 1 cup flour, 1 tsp. salt and $\frac{1}{2}$ tsp. pepper together and sift over steak. Then pound steak thoroughly. I use two French knives by pounding with the back side. You can use an old plate or potato masher. What you are trying to do is beat all the flour and seasoning into the steak. When pounded and room temperature put 2 tbsp. shortening in large skillet and when hot lay steak in and brown well on both sides. Pour over steak 1 can tomato hot sauce and several slices of onion. Cover skillet and place in 325 degrees oven and let cook at least 2 hours. Add water if needed.

My personal favorite with this is boiled potatoes with the skins left on and a tossed green salad. The easiest bread to serve is bread sticks or hard rolls and butter. Of course, fresh baked biscuits are never wrong especially with butter and fresh honey.

NEVER wash your sharpening steel. If it should get wet, dry the best way possible with paper. Then wrap the handle with foil and place in a 200 degree oven for at least $\frac{1}{2}$ hour. All cast and steel are slightly porous and will absorb some moisture. They will eventually rust from the inside out and pit the metal. Many a fine steel has been ruined by not keeping it dry. Some fine cast iron skillets are ruined from moisture seeping into the cast.

WRIGHTS HOT DISH (Casserole)

½ Lb. Hamburger	2 Cups Cooked Macaroni
½ Large Onion	1 Small Can Mushrooms
½ Can Whole Corn	1 Can Mushroom Soup
1 Can Green Beans	

Brown hamburger and onion, mix with other ingredients and put in casserole. Makes 4 servings.

STUFFED GREEN PEPPERS

Use one pepper per person. Cut stem end off and remove seeds. Stuff pepper full of canned corn beef hash. Then stuff contents of small can of button mushrooms, juice and all into pepper. Place on foil squares in pan and put into preheated oven at 275 degrees for 30 minutes.

CASSEROLE CHICKEN

Brown enough jointed chicken to fill bottom of casserole. Cover with 1 can mushroom soup, thinned soup with one-half can condensed milk. Cover and put in oven for 1¼ hours at 250 degrees.

HAWAIIAN CHICKEN (by Peg Jones) (Serve with a fruit salad)

Juice Of One Fresh Orange	½ tsp. Salt
½ Tsp. Nutmeg	Some Pepper
2 Tbsp. Pineapple Juice	

In a small bowl put the orange juice, nutmeg, pineapple juice, salt, and pepper. Mix and dip jointed chicken and arrange around inside of casserole. Put into preheated oven at 450 degrees for 1 hour. Just before serving remove lid and if you have it, sprinkle chicken with chunks or crushed pineapple and a little brown sugar.

A good Glaze Sauce is made by simmering the juice of two fresh oranges, 1 tsp. vinegar and 1 tbsp. brown sugar. Brush on any roast beef, veal, lamb or chicken.

HAWAIIAN SPARE RIBS (by Emma Wright)

1½ to 2 Lbs. Pork Ribs	1 Large Onion
1 Can Pineapple Chunks With Juice	½ Cup Catsup
1 Green Pepper	

Brown spare ribs in a little fat with salt and pepper. Place in casserole. Over this put the pineapple chunks with juice, green pepper and onion. Over this pour catsup and bake 2 hours.
4 to 6 Servings

MARINATED MUSHROOMS

½ Lb. Fresh Mushrooms	1 Tbsp. Vinegar
½ Cup Olive Oil	½ Tsp. Oregano
½ Cup Dry White Wine	Salt and Pepper to Taste

Wash, trim and slice mushrooms. Combine remaining ingredients and let marinate six hours or longer.

BROILED SALMON OR TUNA STEAKS

Get steaks 1 inch thick always. Allow time on foil to become room temperature clear through. Place on foil under broiler and when the steak has turned color half way through, slide out and smear with margarine, return to position under broiler and repeat on other side, pepper and salt at same time.

SEAFOODS: 90% of cooks overcook fish or seafoods. The majority of fish eating people of the world eat it raw.

SEABURGER (2 people)

½ Lb. Hamburger	Little Beef Grease if Handy
1 Small Can Shrimp	1 Egg
1 Chopped Dry Onion	Few Bread Crumbs
Little Chopped Parsley	Salt and Pepper

Mix altogether, fry and serve.

BUTTER CLAMS

Usually called Steamed Clams. To people who are fond of this finest of shell fish, figure on $2\frac{1}{2}$ or 3 lbs. per person. Into a large kettle or pot, put about 1 gallon of water, 1 quart of white port wine, 5 or 6 crumbled bay leaves. Bring to boil and when boiling on hot burner, put in about 3 lbs. of clams at a time. Remove clams with a strainer and add another 3 lbs. until all clams are cooked. They are done when clams are fully open, about 20 minutes. Serve clams hot in the shells. Pour clam water (nectar) into cups and serve. A little butter in each cup and small servings of melted butter for the clams is optional.

Remember in using beer, wine or any other alcohol in cooking that after about 1 minute there is no alcohol left and you only get the flavor of the hops or malt.

GRILLED BUTTER CLAMS

Figure about two pounds of clams per person. This dish is a lot of work, but delicious. Get large clams. Don't try it with small ones. Cut clams straight through opening, hinge and all. Lay face up so one-half clam is in each one-half shell. Pepper (no salt). Put small dab of butter in each shell, then sift lightly with flour.

To cook, swab butter on grill or frying pan. Place clams upside down and as soon as they are browned they are ready to eat. Do not overcook. Serve right side up in the half shell.

BAKED LOBSTER (8 people)

4 Large Western Lobster	2 Tsp. English Dry Mustard
$\frac{1}{4}$ Lb. Butter	2 Tsp. Worcestershire Sauce
10 Green Onions	2 Tsp. Suey Sauce
3 Cloves Garlic	$\frac{1}{2}$ Cup Finely Chopped Parsley
1 Pt. Mushrooms	1 Tbsp. Vinegar
2 Cups Cream Sauce	Salt, Pepper and Grated Cheese

Cut lobster long way, remove and dice meat. In large frying pan, heat butter, add onions, garlic, mushrooms, mustard, worcestershire sauce, suey sauce and simmer for 20 minutes. Add cream sauce and lobster, season and cook until done. Fill lobster shells, sprinkle with grated rat cheese, dot with butter, garnish with paprika and bake until brown.

If you have trouble with your Omelettes (falling) try adding 1 or 2 tablespoons of cold water to your batter just as you finish mixing.

BAKED SALMON WITH DRESSING

A 20 lb. salmon or other fish such as cod, sole or silver will serve about 16 people. Remove back bone completely from head to tail being careful not to puncture the back skin of the fish. Cut fish to back skin from head to tail, lay fish open and salt and pepper.

Prepare regular sage dressing, pre-cook all vegetables such as onions, garlic, celery, parsley, etc. until clear. This is necessary as the dressing would not be done by the time the fish is cooked. Stuff salmon from the tail forward and sew, using a long overlapping stitch. Stitch well and carefully as the fish skin is easy to tear. Fish should be perfectly round when stuffed and sewed.

Place fish in large pan, paint with melted butter, sprinkle parsley full length on top, garnish with paprika and put in hot oven 450 degrees, bake for 10 minutes, reduce heat to 350 degrees and bake for 50 minutes, no more. To serve slice fish crosswise. There is good eating in the cheeks of the head if you wish to leave the head on.

BARBECUED CRAB

If you like crab, figure on 1 per person. Clean crab, break through back, slice between each leg through the back, crack slightly and put in roaster or large shallow pan that can be covered. Pour over crab, $\frac{1}{2}$ large can tomato juice and same amount of water, add $\frac{1}{2}$ bottle of catsup (preferably chile pepper catsup), $\frac{1}{4}$ cup vinegar, $\frac{1}{4}$ cup soy sauce, 1 can tomato hot sauce, 1 tbsp. Mexi hot sauce and any other hot sauces to taste. Boil on low fire until you want to serve. Serve hot and dunk bread in sauce. We like this because you can serve in 30 minutes or 3 hours. It won't spoil. For variety the other night I added 5 lbs. fresh butter clams, $1\frac{1}{2}$ lbs. prawns (just take the legs off, not the shells) and 8 pieces of cold turkey. Any combination will do fine and don't be afraid to put in plenty of hot stuff. Of course you must furnish bath towels or bibs with this or your guests will be in trouble.

PRAWN CASSEROLE

Cook $\frac{1}{3}$ cup rice in 2 tbsp. shortening until golden brown (if you use brown rice, $\frac{1}{2}$ cup). Simmer in $1\frac{1}{4}$ cups water with salt until tender. Cook $\frac{1}{2}$ to $\frac{3}{4}$ lb. fresh prawns (depending on size) shelled in $\frac{1}{2}$ cup salted water for 3 minutes. Drain and reserve liquid. Make about 2 cups sauce, (flour and shortening) using shrimp juice and tomato sauce for liquid, add 2 tbsp. grated onion, and worcestershire, add shrimp, heat through. Put hot rice in casserole, cover with shrimp mixture, top with sliced cheese, put under broiler until brown. Makes 4 servings.

FISH CAKES

For 4 people, put about 2 cups of fish (any kind of fish) boned and shredded in mixing bowl, and a hand full of chopped dry onion, $\frac{1}{2}$ tsp. nutmeg, salt and pepper and start mixing in electric mixer. Add a very little milk. Whip until all is a gooey mess. Rinse hands in cold water and pat out small cakes. Fry in bacon grease. I didn't forget the flour, don't use any. I stole this recipe from Peg Jones.

Any sea food dish is best served with a green salad and Garlic or Hot Bread. Just well tell you about my Garlic Bread now. We use it very often. In a small pan, put finely chopped or crushed fresh garlic, add a little fresh chopped parsley, a cube of butter and 2 heaping tbsp. mayonnaise. Simmer for $\frac{1}{2}$ hour, stir often. Do not brown. On 1 inch thick sliced french bread, cover liberally one side. Place in broiler until brown. Be Careful as it will burn quickly. Serve hot.

IN AND OUT BAKED POTATOES WITH CHEESE

1 Large (old) Potato Per Person

Wash clean but do not peel or grease. Once in a while a potato will explode while baking and if this has ever happened you know what a mess it can be. This is caused by the moisture in the potato turning to steam. To prevent this take a fork and jab it in about one inch from each end, this makes escape holes for the steam. Bake at 350 degrees for 1 hour. When done pick up with a hot pad and cut in two pieces lengthwise. Remove the white potato meat into a bowl and sprinkle well with M.G., a little salt and pepper and butter. Mash well and then with a spoon fill the crusts or shells heaping full and cut a strip of Cheddar cheese on top. Return to oven on a piece of foil and leave until the cheese has melted. You can garnish with Paprika or a little chopped parsley.

CAMP FIRE POTATOES

$\frac{1}{2}$ Lb. Bacon Diced

3 Large Onions Diced

1 Large Potato Diced For Each Person To Be Served

Put bacon in skillet, as soon as bacon starts to simmer, put in onions and as soon as they are clear, put in potatoes. Salt and pepper. Stir often until done (about 3 hours). As soon as the potatoes brown, add water (or beer) until mushy, cover with tight lid. Keep on stirring. They will take a lot of moisture. If you haven't figured out the rest of the meal, put fried smoked sausage and hard boiled eggs on top about $\frac{1}{2}$ hour before serving and with a salad you have a complete meal.

This is one of my favorites especially for a large crowd. I have used 15 lbs. potatoes many times and after starting in large frying pan put them in electric roaster and keep stirring until ready to serve. I use a spatula so I get the browned food off the bottom and sides of the roaster. Try it some New Year's Day when you don't know how many people will drop in.

COOKING FOR A LARGE CROWD

I have mentioned that if you can cook for 3 or 4 people you can cook for any number.

I want to impress on you the fact that you do not need a ten thousand dollar kitchen with all the facilities.

Plan your meal so it can be served buffet style and be sure you have prepared enough meat or any of the dishes that take a long time to prepare.

If you have a lot more than planned on, have a side dish such as creamed corn or any dish that can be quickly prepared. You need a large cutting board to serve your meat or main dish from and a separate table for the side dishes, salads, etc. A good deal of my cooking has been for from 50 to 1,000 people and it is seldom I have had any kind of advance accurate figure to work from. I expect the first time you are called on to cook for such a crowd you will have many problems. If you wish some help, I will gladly give any assistance I can. Just write me at 3705 Arlington St., Yakima, Wash. or call me at GL 7-8409. If it is a fund raising dinner for a worthy cause there will be no charge from me. **FORGET THE CALORIES and HAVE FUN COOKING.**

MONO SODIUM GLUTIMATE M.G. or more often known by the brand name 'ACCENT' is used to revive the taste of vegetables and fruit and meats. It also stimulates the taste buds. It is obtained from raw cane, corn, beet, or wheat sugar. No particular value as a seasoning by itself. I use lots of it on many things. It is often called Papine.

Meat tenderizers, often called Papine, are obtained from Papaya Juice. It works on any meat if sprinkled on or rubbed on and let to set while the meat is getting room temperature thru and thru.

FRESH FRUIT COBBLER (by Dora Turner)

3 Cups of Any of The Following, or Combination:

Fresh peaches, apricots, cherries, any berries, apple and pineapple. Boil fruit with one cup sugar, just bring to boil.

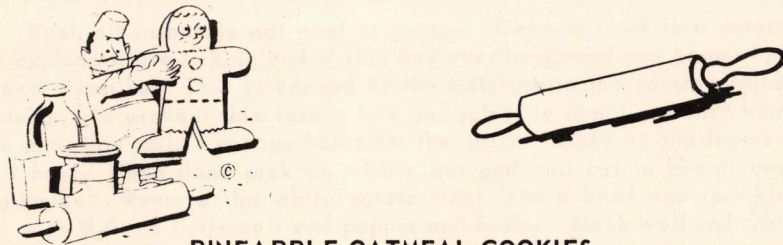
Mix together in batter

1 Cup Flour	1½ Tsp. Baking Powder
¾ Cup Sugar	½ Tsp. Salt
¾ Cup Milk	

Beat until smooth

Melt ¼ lb. butter or margarine in a baking pan. Pour batter over butter, and pour hot fruit over top of batter. Bake at 350 degrees about ½ hour. Sprinkle lightly with cinnamon just before baking.

Serve plain or with cream.



PINEAPPLE OATMEAL COOKIES

½ Cup Butter	1 Cup Flour
1 Cup Brown Sugar	1 Tsp. Baking Powder
1 Cup Rolled Oats	1 Tsp. Salt

Mix and press one-half creamed mixture into greased and floured pan, 10x10, in layer ¼ inch thick. Spread with filling and add remaining mixture. Bake 35 min. at 350 degrees, cut into bars when cold.

Filling:

1 Cup Crushed Pineapple	3 Tbsp. Cornstarch
1 Tbsp. Butter	1 Tbsp. Lemon Juice
¾ Cup Sugar	¼ Tsp. Salt

Cook first 4 ingredients until thick and clear. Remove from heat and add lemon juice and salt. Cool slightly before using.

SOUR CREAM DRESSING

1 Cup Sour Cream
1 Cup Cottage Cheese (dehydrate in refrigerator 2 days in open container)
½ Cup Olive Oil
½ Cup Vinegar
¼ to ½ Cup Roquefort Cheese

Mix well and pour over tossed green salad made from lettuce, romaine and celery. Sprinkle with parmesan cheese and top with broken up cheese crackers.



AUNT ADDIES SUET PUDDING

1 Cup Chopped Suet	1 Cup Finely Chopped Apples
1 Cup Currants	1 Cup Buttermilk
1 Lb. Mixed Candied Fruits	1 Cup Walnuts Chopped
1 Cup Dates, Cut Up	¼ Cup Butter or Margarine
½ Cup Molasses	2 Eggs Beaten
1½ Tsp. Soda	1 Tsp. Baking Powder
1 Tsp. Salt	1 Tsp. Each Nutmeg, Cinnamon,
2½ Cups Flour	Allspice
1 Cup Raisins	½ Tsp. Cloves

Sift spices and baking powder with flour. Add soda to buttermilk. Mix fruits in bowl, add beaten eggs. Add flour to buttermilk. Mix thoroughly. Put in greased pans and steam 2 hours or until done.

HOT LEMON SAUCE

- | | |
|----------------------|--------------------------|
| 1 Cup Sugar | ½ Cup Butter |
| 1½ Tbsp. Flour | ½ Tsp. Grated Lemon Rind |
| 1 Tsp. Lemon Juice | 1 Egg Beaten |
| 2 Cups Boiling Water | 1 Tsp. Nutmeg |

Mix sugar and flour. Add egg and mix well. Add boiling water slowly stirring constantly. Add butter and cook until thickened a bit. Remove from heat. Add lemon juice and rind and nutmeg. (2 tsp. vanilla may be used in place of Lemon)

AUNT AMANDA'S COFFEE CAKE - 1864

- | | |
|--------------------------|-------------------------------|
| 2 Cups Sugar | 1 Tsp. Soda |
| 1 Cup Strong Coffee | 2 Eggs |
| 1 Cup Lard or Shortening | ½ Tsp. Each Allspice, Cloves, |
| ½ Cup Dark Molasses | Nutmeg |
| ½ Cup Buttermilk | 1 Tsp. Cinnamon |

Flour to make reasonably thick batter. Add nuts, raisins and currants. Bake in slow oven.



LIVER MUSH

- 1 Lb. Liver
- ¼ Lb. Sausage

Boil together until tender. Then grind or mince liver. Add water to make 1 quart broth.

Salt, Pepper, 1 Tsp. Sage

Then make thick with cornmeal. Pour in loaf pans. Cool, slice and fry.

SCALLOPED OYSTERS (by Susan Erbert)

- 8 Crackers (broken)
- 1 Cup Milk
- 8 or 10 Oysters Cut up Small
- Pepper and Salt
- 2 Eggs Slightly Beaten

Put crackers in milk, add oysters, beaten eggs. Bake 350 degrees.

1 put grated cheese on top.

CHINESE VEGETABLES

- 3 Bunches Fresh Green Onions
- 1 Large Stock or One Bunch Celery Hearts, I use the White Center tops, dice or pull apart
- 3 Green Peppers
- 2 Tbsp. Soy Sauce
- 2 Tbsp. M.G. (Accent)
- 1 Can Drained Short Cut Green Beans
- ½ Tsp. Pepper
- 2 Tbsp. Corn Starch

Dice all vegetables and add to green beans.

Put about 3 tbsp. bacon grease in large skillet. Fill almost full with mixed vegetables after sprinkling all vegetables well with M. G. Add enough water to almost cover vegetables, when all start to simmer add soy sauce and pepper. Cook until vegetables are tender but not over cooked, about 10 minutes. Before serving mix the cornstarch in a bowl with lukewarm water and stir in enough of the cornstarch mixture to thicken quite thick. This is a welcome change from a can of vegetables. You can add any left over items you might have in the refrigerator such as corn, cauliflower, etc.

SWEET AND SOUR GREEN BEANS (by Peg Jones)

- | | |
|---|-------------------------|
| 1 Can (1 lb.) Cut Blue Lake Green Beans | ½ Tsp. Dry Mustard |
| 2 Tbsp. Salad Oil | Dash of Pepper |
| 1/3 Cup Finely Chopped Onion | 1 can (8 oz.) Pineapple |
| 3 Tbsp. Vinegar | Tidbits or Chunks |
| 2 Tbsp. Brown Sugar | 1 Tbsp. Corn Starch |
| 2 Tsp. Soya Sauce | 3 Tbsp. Diced Sweet |
| | Roasted Pepper Or |
| | Pimiento |

Drain green beans, reserving 1/3 cup liquid. In a saucepan heat oil and add onion and saute until golden. Add bean liquid, vinegar, sugar, soy, mustard and pepper.

Drain pineapple, reserving 3 tbsp. liquid. Combine liquid with cornstarch. Stir into spice mixture and heat until thickened and clear. Stir in beans, pineapple and sweet peppers. Heat thoroughly and serve with chicken, roast pork or Ham fried rice.

'QUICK' BAKED BEANS

- 2 Big Cans Pork & Beans
- 1 Big Onion (Minced)
- ½ Cup Brown Sugar

Mix all together in casserole or bean pot and put several strips of bacon on top. Bake in 300 degrees oven for at least one hour.

ONION OMELETTE

In my 11 inch deep Griswold frying pan, I dice ½ lb. bacon and add about 3 large chopped dry onions, salt and pepper, cook on slow fire until clear. In a mixing bowl, I break 8 eggs and pour 1 cup milk, 1 tbs. baking powder or 1 tsp. cream of tartar. Mix well and pour over onions and bacon, cook on top of stove stirring constantly with a spatula so you can keep picking it off the bottom and sides until it is lumpy and the solids stay in suspension. Then put in 400 degree oven until raised and golden brown. Garnish with paprika and serve in wedges piping hot immediately. I get everyone seated and serve right out of the frying pan. The more onion you use, the better.

This is one of my favorites because you can fix it for 2 or 3 or 30 people. Serve with Cinnamon toast. One time about 20 couples were in a mountain cabin and I made a porcelain dish pan full and cooked it on and in a wood range. I used about 6 loaves of sliced bread and they ate every mouthful. Before breakfast I couldn't get one of them to admit they wanted an Onion Omelette for breakfast. Have made it many times about 1 or 2 a.m. before people went home.

CINNAMON TOAST -- Mix in a small bowl, 4 tbsp. sugar and 1 tsp. cinnamon. Mix well and when one side of toast is buttered, sprinkle on buttered side, stack and keep very warm.

COTTAGE CHEESE HOTCAKES

- 4 Eggs, Beaten Separately (whites very stiff)
- Add to beaten Egg Yolks, 1 Cup Cottage Cheese (small curd)
- 1/3 Cup Flour
- ¼ Cup Milk
- 2 Tbsp. Melted Butter

Beat all together and then add the beaten egg whites and bake in small cakes on a well greased griddle (I like my heavy cast iron skillet). Serve warm with either sour cream or powdered sugar.

Serve for breakfast, lunch or dinner.

ORANGE HOT CAKES

- | | |
|----------------------|----------------------|
| 1 Cup Flour | Juice of One Orange |
| 2 Tbsp. Sugar | Milk to Make One Cup |
| 1 Tsp. Baking Powder | 2 Egg Yolks |
| ¼ Tsp. Salt | 2 Tbsp. Wesson Oil |

Sift dry ingredients together. Beat liquid and blend with dry ingredients. Beat egg whites separately and fold in last. Serves four.

CAESAR SALAD

- | | |
|---------------------------|------------------------------|
| 1 Head Lettuce | Salt and Pepper |
| 1 Head Romaine | 1 Tbsp. Worcestershire Sauce |
| 2 Cups White Bread Crumbs | ¼ Cup Grated Parmesan Cheese |
| ¾ Cup Olive Oil | ¼ Cup Crumbled Blue Cheese |
| 1 Clove Garlic, Mashed | 1 Raw Egg |
| ¼ Cup Lemon Juice | |

Tear the greens into a large salad bowl. Fry bread cubes in ¼ cup of the olive oil with the garlic until they are golden brown. Drain on absorbent paper. Combine the lemon juice, remaining olive oil, salt, pepper and Worcestershire. Mix the cheeses with the greens. Pour dressing over. Break egg over all and toss well so that the egg causes the cheese to coat every leaf smoothly. Add croutons and again toss lightly. Serves 6.

Water boils at 212 degrees. As long as it is bubbling or boiling, no amount of extra heat will hurry the cooking...it will bubble more, but not cook any faster.

WALE SALAD

2 pkgs. lemon jello dissolved in 2 cups boiling water and four tbsp. vinegar

Let cool until it thickens, then add:

1 cup blanched almonds

1 small can pimentos

1 small bottle stuffed olives

6 sweet pickles

Put through food chopper and add cayenne to taste

1 cup cheese and add last

1 cup whipped cream

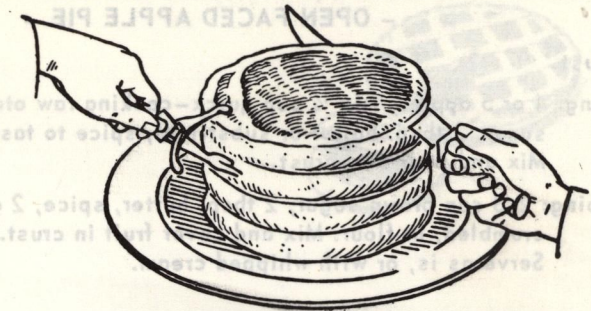
Mix together and let set overnight. Serve on lettuce with salad dressing or garnish on top with stuffed olives.

GREEN BEAN SALAD

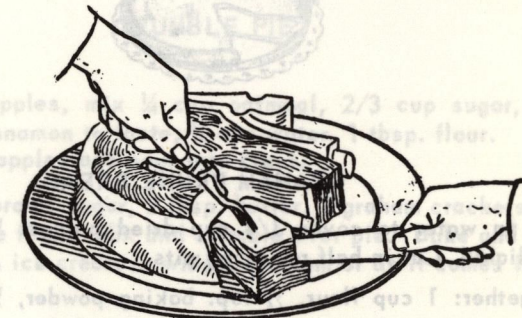
1 can French sliced beans or that amount of fresh beans. Cook. Fry onions in 1 tbsp. butter and add to beans. When cooked, drain off about $\frac{1}{4}$ cup water and add the same amount of vinegar to this. Add 1 tbsp. of flour, butter or butter substitute and mix with hot beans. Season with salt and pepper. 4 to 6 servings.

TOSSED GREEN SALAD

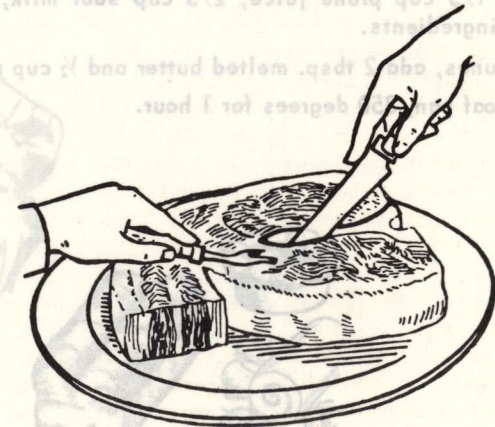
This is a favorite and a tough one to tell you about. If you watched me make it and went home and tried, you couldn't do it because I don't measure anything and never make it exactly the same twice. Into a large bowl, cut lettuce, romaine, green onions, celery, cauliflower, spinach, tomatoes, green pepper, radishes, cucumber or anything else. Cut pieces of vegetable large. Do not chop. All should be chilled. Now for the dressing. I usually make enough to last a month depending on company. Store in jar in refrigerator. Into the large mixer bowl, put 1 pt. good olive oil, 1 pt. tomato juice, $\frac{1}{2}$ pt. vinegar, $\frac{1}{2}$ pt. mayonnaise, then add 2 tbsp. soy sauce and then every kind of hot sauce including Lea and Perrins A-1 and cayenne pepper. I just take each bottle off the condiment shelf and put in a little and when the Shelf is empty, I usually give it another shot of Tobasco and I am through except the blue cheese. I crumble up $\frac{1}{4}$ to $\frac{1}{2}$ lb. of green moldy blue cheese and then mix all together until smooth. It should be sharp. If it isn't twangy enough add some vinegar and pepper sauce. Pour over salad. Toss and eat.



Carving a Rolled Rib Roast



Carving a Blade Bone Pot Roast



CARVING A PORTERHOUSE OR T-BONE STEAK

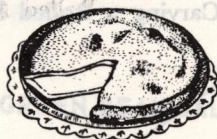
MY SPECIAL

- OPEN FACED APPLE PIE -

1 Crust

Filling: 4 or 5 apples, mix $\frac{1}{4}$ cup quick-cooking oatmeal, $\frac{2}{3}$ cup sugar, 2 tbsp. butter or substitute, spice to taste, $\frac{1}{4}$ cup water. Mix and pour into crust.

Topping: $\frac{2}{3}$ cup brown sugar, 2 tbsp. butter, spice, 2 graham crackers crumbled, or flour. Mix and cover fruit in crust. Bake and cool. Serve as is, or with whipped cream.



GRAHAM PRUNE BREAD

Simmer in water to cover $\frac{3}{4}$ cup dried prunes. When tender, drain, saving liquid. Cut in half removing pits.

Sift together: 1 cup flour, $\frac{1}{2}$ tsp. baking powder, $\frac{1}{2}$ tsp. salt, $\frac{3}{4}$ tsp. soda.

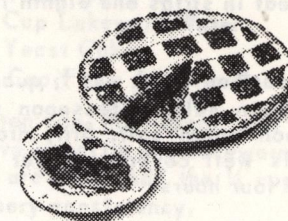
Mix in $\frac{2}{3}$ cup unsifted graham flour.

Beat 1 egg and blend $\frac{2}{3}$ cup sugar.

Combine $\frac{1}{3}$ cup prune juice, $\frac{2}{3}$ cup sour milk, add to egg mixture with dry ingredients.

Stir in prunes, add 2 tbsp. melted butter and $\frac{1}{2}$ cup nuts.

Bake in loaf pan, 350 degrees for 1 hour.



CRUMBLE PIE

1 Crust

Filling: 4 or 5 apples, mix $\frac{1}{4}$ cup oatmeal, $\frac{2}{3}$ cup sugar, 2 tbsp. butter, cinnamon to taste, $\frac{1}{4}$ cup water, 1 tbsp. flour. Mix with apples and pour into crust.

Topping: $\frac{2}{3}$ cup brown sugar, 2 tbsp. butter, 2 graham crackers crushed, a little flour. Mix and crumble over pie. Bake and cool. Serve with ice cream or whipped cream or as it comes from oven.



MEAT JERKY

Any good lean Beef, Salmon, Venison or Elk.
Cut meat in strips one eighth inch by one half inch.

In an earthen crock put $\frac{1}{2}$ quart vinegar, or white port wine, add one tablespoon salt, $\frac{1}{2}$ teaspoon red pepper, $\frac{1}{2}$ teaspoon garlic salt, $\frac{1}{2}$ teaspoon onion salt. Stir, drop meat strips in and add water until meat is well covered. Cover and let stand at room temperature for twenty four hours.

To cook, spread on screen over or under low broiling heat. Turn every few minutes and cook until meat is dry.

Build a wood fire and let it die down to coals. Put meat on screen about one to two feet above the fire. Turn every 10 to 15 minutes until dry about two to four hours.



PIZZA

1 Lb. All Purpose Flour (4 cups)	2 Tbsp. Olive Oil
1 Egg, Beaten	1 Cup Lukewarm Water
$1\frac{1}{2}$ Tsp. Sugar	1 Yeast Cake
$\frac{1}{2}$ Tsp. Salt	$\frac{1}{4}$ Cup Flour Additional

Put flour in mixing bowl. Add beaten egg, then sugar, salt and the two tablespoons olive oil. Dissolve yeast in the lukewarm water and add. Mix dough until all particles are wet. Add the $\frac{1}{4}$ cup flour and knead until the flour is slightly rubbery consistency.

Rub large bowl with three tablespoons olive oil which has been seasoned with a clove of garlic, $\frac{1}{2}$ teaspoon rosemary and $\frac{1}{4}$ teaspoon oregano, place dough in bowl, turning so that all sides are well oiled. Cover with cloth and let rise six to eight hours, or overnight. If dough rises overnight, punch down in the morning and let rise a second time.

TOMATO SAUCE

2 Eight-ounce Cans Tomato Sauce	$\frac{1}{2}$ Teaspoon Rosemary
2 Cans Tomato Paste	2 Crushed Bay Leaves
1 Onion, Chopped Fine	Salt and Pepper to Taste
$\frac{1}{2}$ Cup Chopped Celery	1 tablespoon Wine Vinegar
$\frac{1}{4}$ Cup Chopped Parsley	$\frac{1}{4}$ Cup Dry Red Wine
$\frac{1}{4}$ Pound Pork Sausage	$\frac{1}{4}$ Cup Grated Romano or Parmesan Cheese
1 Teaspoon Oregano	

Empty tomato sauce and tomato paste into large kettle, add equal amount of water. Saute onion and celery with pork sausage until clear. Add to tomato sauce along with parsley, oregano, rosemary and bay leaves. Season to taste with salt and pepper and simmer two to three hours.

Add wine vinegar, wine and cheese and simmer 30 minutes. Add water if sauce seems to be getting too thick at any time.



**The Author and his Lovely wife
Thanksgiving Dinner**

for extra copies of this cook book, get more from the place you purchased this one or: Send \$2.00 to The Author at 3705 Arlington Street - Yakima, Washington. For Charity Fund Raising Groups, Please contact the Author, Al Baxter, for special quantity prices.