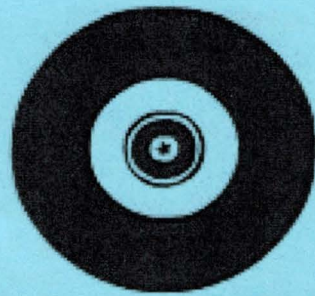
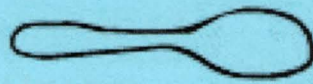




# Community Recipes



## **The Fall Theme**

### ***Apples, Apples and more Apples..... AN APPLE A DAY KEEPS THE DOCTOR AWAY!!***

*There are many types of apples. They are usually picked in late summer. On our small Island, we buy our fruits because our weather does not enable us to grow them (short summers and longer winters) However, many tasty recipes are made with this fruit. Here are just a few of these recipes given to you by the people of the community.*

#### **Apple Cake**

2 c flour	2 tsp baking powder
½ c sugar	tbsp butter/margarine/shortening
2 eggs	1 c milk
4-5 baking apples	sprinkle nutmeg and cinnamon
1 c sugar	2 tbsp flour
3 tbsp butter	

Mix first 6 ingredients and pour into cake pan  
 Slice 4-5 baking apples and place on top of batter  
 Combine 1 cup sugar, 2 tbsp flour and 3 tbsp butter  
 Mix together and sprinkle this on top of batter  
 Sprinkle cinnamon and nutmeg on top and bake in oven 325 F for 1 hour

Submitted by Kerry Dickson

#### **Apple Cake**

<b>Mix:</b> ½ cup soft butter	2 cups flour
1 cup sugar	1 tsp. b. powder
2 eggs	1 tsp. soda
1 tsp. vanilla	¼ tsp. salt

Blend everything together with 1 cup sour cream, 2 cups diced peeled apples and ½ cup skor bits.  
 Place in greased 9 x 13 pan.

<b>Topping:</b> 1/3 cup flour	½ pkg. skor bits
2 tbsp. brown sugar	½ cup white choc. chips
¼ cup soft butter	

Mix until crumbly, pour over batter and bake at 350 F for 35 – 40 minutes. Freezes well

Submitted by Connie Dickson

### Moist Quick Apple Cake

- 1 pkg Spice Cake mix or Yellow cake mix
- 1 pkg vanilla instant pudding
- 1 cup water
- 1/3 cup oil
- 4 eggs
- 3 Granny Smith Apples (green) peeled and cut in big chunks

Preheat oven to 350 F

Grease and flour tube pan

Beat cake mix, dry pudding mix, water, oil and eggs until well blended

Gently stir in apple chunks

Pour into tube pan

Bake 50 min to 1 hour or until tooth pick comes out clean

Remove from pan and cool completely

Frost with favourite icing (Vanilla frosting can be used and sprinkle a bit of nutmeg over top)

Submitted by Kerry Dickson

### Apple Loaf

- |                                                |                       |
|------------------------------------------------|-----------------------|
| 1/2 cup of butter or margarine softened        | 2 c flour             |
| 1 c sugar                                      | 1 tsp baking powder   |
| 2 eggs                                         | 1/2 tsp baking soda   |
| 1 tsp vanilla                                  | 1/2 tsp salt          |
| 1/3 c. milk                                    | 1/2 c chopped walnuts |
| 1 c coarsely grated unpeeled tart apple packed |                       |

Combine butter, sugar and 1 egg in bowl. Beat until smooth. Add second egg and beat well. Stir in vanilla and milk

Grate apple on a fairly coarse grater. Stir into butter mixture

Mix flour, baking powder, soda, salt and nuts in another bowl.

Pour into batter.

Stir only until moistened.

Scrape into greased 9 x 5 loaf pan. Bake 350 F for 60 minutes

Let stand 10 minutes

Remove from pan

Place on rack to cool. Wrap

Submitted by Edna Welsh

### Apple blintzes with Raspberry Sauce

#### Crepes:

3 eggs  
1 c whole wheat flour  
1 c water or milk  
½ tsp honey

#### Syrup:

2 c raspberries, fresh or frozen  
2 tbsp honey  
½ tsp vanilla  
2 tsp cornstarch  
¼ cup water

#### Filling:

5 tart apples, thinly sliced  
2 tbsp butter  
1 tbsp honey  
3 tbsp raisins  
½ tsp cinnamon  
Dash of nutmeg

#### Crepes:

In large mixing bowl or food processor, combine eggs, flour, honey and water and mix to make smooth batter the consistency of light cream  
Pour into 2 cup measure with pouring lid.  
Let stand for at least 30 min.

#### Syrup:

Combine raspberries, honey and vanilla in small saucepan and stir over low heat until just below boiling  
Mix starch and water and add to raspberry mixture  
Cook over low heat until thickened, about 5 min. resulting in jam like consistency  
(If you prefer, raspberries can be strained through sieve)  
Pour resulting syrup in serving pitcher and set aside

#### Filling:

In medium sized skillet, sauté apple slices in butter, over medium heat until slightly soft  
Stir in honey, raisins, cinnamon and nutmeg  
Remove from heat and cover to keep warm  
Pour ¼ cup batter into nonstick 8 inch skillet or crepe pan and tilt to spread evenly  
Cook over medium heat for 1 minute one each side  
Remove from pan and place on towel. Repeat with remaining batter  
Spoon about 3 tbsp filling down center of each crepe and fold both sides over filling  
Garnish with fresh raspberries or serve with raspberry syrup. Serve warm  
Makes 16 filled crepes

Submitted by Edna Welsh

### Fresh Apple Pie

5 cups apple s sliced  
2/3 to 1 c sugar  
½ tsp cinnamon or nutmeg  
Pinch of salt  
Place one half of apple slices in pastry lined pie plate  
Sprinkle with half of sugar mixture  
Add remaining apples, heaping them in center  
Sprinkle remaining sugar mixture over top  
Dot with 1 tbsp butter or margarine

Cover with top crust  
 Seal edges; flute and slash top  
 Bake in Preheated oven 450 F for 15 minutes or until apples are tender

Submitted by Jacqui Aitkens & Hayley Dickson

### **Fritter Batter**

1 1/3 cup flour  
 2 tbsp sugar  
 1 tsp baking powder  
 1/4 tsp salt  
 1 egg  
 3/4 cup milk and some fat for frying  
 In mixing bowl combine flour sugar, baking powder and salt  
 Beat egg in small bowl until frothy  
 Add egg and milk to flour mixture, Mix well  
 Batter should be thick enough to coat piece of fruit  
 Drop into hot fat 375 F  
 Brown each side  
 Drain on paper towel

### **Apple Fritters:**

Peel and core apples  
 cut in rings 1/2 inch thick or wedges  
 Dust with flour  
 Dip in batter  
 Cook in 375 F fat until browned  
 Drain on Paper Towels

Submitted by Edna Welsh

### **Apple Rolls**

4 c flour  
 2 tbsp sugar  
 2 tbsp baking powder  
 1 tsp salt  
 2 1/2 tbsp shortening  
 1 egg  
 Milk  
 6 medium sized apples, peeled, cored and sliced  
 Combine dry ingredients

Cut in shortening until mixture resembles small peas  
 Beat egg in cup, and then fill the cup with milk  
 Mix into crumbs until dough forms  
 Roll out to 1/4 inch thickness  
 Cover with sliced apples  
 Roll up like a jelly roll and cut in 1 inch slices  
 Lay in greased baking pan  
 Pour hot syrup over and bake at 375 F for 35-40  
 minutes, Serve warm with milk

### **Syrup:**

2 cups brown sugar  
 2 cups water  
 Mix together  
 Bring to a boil, stirring until smooth  
 Simmer for 3 minutes  
 Pour over apple rolls

2 tbsp flour  
 1/4 cup butter or margarine

Submitted by Edna Welsh

### Apple Nut Hotcakes with Apple Syrup

1 cup flour  
 2 tbsp sugar  
 2 tsp baking powder  
 ½ tsp salt  
 ½ tsp ground cinnamon  
 ¾ c milk  
 3 tbsp melted butter or margarine  
 2 tsp vanilla

2 egg whites  
 1 ½ c shredded, peeled apple  
 ½ c chopped walnuts  
 Apple Syrup:  
 ¼ c sugars  
 4 tsp cornstarch  
 ¼ tsp ground allspice  
 1 ½ cups apple juice

#### Hotcakes:

In large bowl, combine flour, sugar, baking powder, salt and cinnamon.

In another bowl, combine milk, butter and vanilla and mix well

Stir into dry ingredients just until combined

Beat egg whites until stiff peaks form, and then fold into batter with apple and nuts

Pour batter by ¼ cup onto lightly greased hot griddle or fry pan

Turn when bubbles form on top and cook until second side is golden brown

10-12 hotcakes

#### Apple syrup:

Combine sugar, cornstarch and allspice in medium sized saucepan

Stir in apple juice

Cook and stir over medium heat until thickened, 6-8 minutes

Serve over hotcakes

Submitted by Edna Welsh

### Apple & Chicken Salad Appetizers

3 lbs. chicken breasts, diced  
 4 oz. celery, diced  
 4 oz. onion, diced  
 Pinch of paprika

1 cup mayonnaise  
 2 hard boiled eggs  
 5 medium apples, divided

Cook chicken breasts in boiling water and set aside (reserve broth for soup)

When chicken is cooled, cut into small bite size pieces

In large bowl, combine celery, onion, paprika and mayonnaise

Dice hard boiled eggs and 1 apple then add chicken to salad mixture

Slice each of the 4 remaining apples

Remove cores then spoon carefully removed insides leaving ½ inch shell

Removed apple can be added to egg-apple filling

Scoop 1/8 salad filling mix into each apple shell

Chill then before serving, garnish with parsley if you wish.

8 servings

Submitted by Edna Welsh

Apple Scones

2 cups flour  
 2 tsp baking powder  
 ½ tsp salt  
 1 large apple peeled and grated  
 Milk for brushing tops  
 Sugar for sprinkling

¼ cup sugar  
 ½ tsp baking soda  
 ¼ cup margarine or butter  
 ½ cup milk, cold  
 Cinnamon for sprinkling

Measure flour, sugar, baking powder, soda and salt into large bowl.  
 Cut in butter until crumbly  
 Add apple and milk  
 Stir to form soft dough  
 Turn out on lightly floured surface; knead gently 8-10 times  
 Pat into two 6 inch circles, Place on greased baking sheet  
 Brush tops with milk, Sprinkle with sugar then with cinnamon  
 Score each top into 6 pie shaped wedges  
 Bake in 425 F oven for 15 minutes until browned and risen  
 Serve warm with butter  
 Currant Apple Scones: Add ½ cup currants to batter

Submitted by Edna Welsh

Apple Streusel Muffins**Topping:**

½ brown sugar, packed	1 ½ cups flour	1 egg
¼ cup flour	½ cup sugar	2/3 cup milk
¼ cup margarine or butter softened	1 tbsp baking powder	¼ cup cooking oil
¼ tsp cinnamon	½ tsp salt	
¾ cup large shredded cooking apple Peeled or not, packed		

**Topping:**

In small bowl rub together first amounts of sugar, flour butter and cinnamon until crumbly. Set aside  
 In mixing bowl, stir together second amounts of flour, sugar, baking powder and salt. Stir. Make a well in center.  
 In another bowl beat egg, milk, and cooking oil to blend.  
 Stir in apple  
 Pour into well  
 Stir just until moistened  
 Fill greased muffin cups ¾ full  
 Sprinkle with topping  
 Bake in 400 F oven for 15-20 minutes  
 Makes 12

Submitted by Edna Welsh

### Apple Bran Breakfast Muffins

1 ½ cups wheat bran cereal  
 ¾ cup skim milk  
 ¾ cup melted butter  
 ¼ cup molasses  
 1 ½ cups coarsely grated apple

½ cup each whole wheat and white flour  
 1 tsp nutmeg  
 2 tbsp toasted wheat germ  
 1 ½ tsp baking powder  
 ½ tsp baking soda  
 2 large egg whites, stiffly beaten

In a medium bowl, combine cereal and milk  
 Let stand 3 minutes  
 Stir in butter, molasses and apple  
 In another bowl, combine dry ingredients  
 Stir into bran mixture just until mixed  
 Fold in beaten egg whites  
 Spoon batter evenly into 12 greased large muffin cups  
 Bake at 350 F 20-25 minutes or until done  
 Makes 12

Submitted by Edna Welsh

### Grandma's Apple Crispett

1 qt. peeled and sliced apples  
 ½ cup water  
 ¾ cup sugar

¾ cup brown sugar  
 1 cup flour  
 5 tbsp butter

Place apples in shallow baking dish:  
 Pour water over apples  
 Mix together remaining ingredients to make crust;  
 Sprinkle over apples and water  
 Do not stir together  
 Bake at 350 F for 45 minutes  
 When cool, cut in squares and serve with ice cream or whipped cream

### Apple Brown Betty

Preheat oven at 350 F  
 Mix together:  
 ¾ cup lightly packed brown sugar  
 ¼ tsp salt  
 ¼ tsp cinnamon  
 ¼ tsp nutmeg  
 Wash and peel apples, slice to make 4 cups  
 Prepare:  
 2 cups fresh bread crumbs



Toss with 3 tbsp melted butter  
 Butter a 1 ½ qt casserole  
 Arrange alternate layers of apples, bread crumbs and sugar mixture  
 Combine:  
 ¼ cup water  
 1 tbsp lemon juice  
 Pour over top of mixture  
 Cover casserole and bake in oven-30 min  
 Remove cover and cook for 10-15 minutes or until apples are tender  
 Serve hot with cream

Submitted by Ada Welsh

### Apple Dumplings

1 cup sugar	6 medium apples, peeled and cored
2 cups water	1 ½ tsp cinnamon
3 tbsp butter	1 tbsp butter
¼ tsp cinnamon	½ cup sugar

Bring to boil- set aside

Make a pie crust for 2 crust pie  
 Roll pastry out 1/8 inch thick  
 Cut in 6 squares  
 Combine ½ cup sugar and ½ tsp cinnamon  
 Place apple on each square of pastry  
 Fill cavities of apples with sugar mixture  
 Dot with butter  
 Bring opposite corners of pastry up over apples, overlap  
 Moisten and seal  
 Place 1 inch apart in baking dish  
 Pour hot syrup around dumplings  
 Bake 425 F for 40-45 min.

Submitted by Ada Welsh

### Sherry Baked Apples

Wash and core apples  
 Fill 6 large colored apples with a mixture of  
 1¼ cups soft margarine  
 ¾ cup brown sugar  
 2 tbsp corn syrup  
 ¼ tsp nutmeg

½ tsp grated orange rind  
 Surround with a mixture of ½ cup dry sherry and water  
 Prick Apples  
 Bake 350 F for 35-40 minutes  
 Baste occasionally

Centers can also be stuffed with figs, raisins, or dates.

Submitted by Mary Ann Dickson

### Apple Crisp

5 or 6 apples  
 ¼ cup water  
 1 tsp cinnamon  
 ¼ tsp salt  
 1/3 cup butter  
 ¾ cup sifted flour  
 Mix flour, brown sugar and butter together  
 Peel apples and slice into a buttered casserole  
 Drizzle with water  
 Sprinkle with cinnamon and salt  
 Mix remaining ingredients together and crumble over the top of the apples  
 Bake 350 F for 40-50 minutes or until apples are tender  
 Can be served with cream or milk

Submitted by Mary Ann Dickson

### Apple & Shrimp Cocktail

1½ cups cooked rice	½ green pepper
2 small tomatoes	1 stalk celery
2 small red apples	Salt and pepper to taste
1 cup peeled shrimp	thousand island salad dressing

Mix together cold rice, skinned chopped tomatoes and diced apples  
 Dice green pepper (seeded), celery, and add to rice  
 Add shrimp, salt & pepper and dressing to moisten  
 Sprinkle with paprika for color, serves 4

Add scoop of salad on lettuce and garnish with lemon wedges and whole shrimp

Submitted by Candace Aitkens, Brittany & Stacey Dickson

### Hot Apple Drink

2 (48 oz) cans apple juice  
 1/3 to 1/2 cup brown sugar  
 1 tsp whole cloves  
 1 tsp whole allspice  
 3 cinnamon sticks  
 1/4 tsp salt (optional)  
 Tie cloves and allspice in bag.  
 Put all ingredients in large pan.  
 Simmer 1/2 hour and serve hot

Submitted by Candace Aitkens, Brittany & Stacey Dickson

### Maple Apple Crisp

5 apples, peeled & sliced	1/2 cup rolled oats
1/2 cup Maple Syrup	1/2 cup brown sugar
1/2 cup flour	1/2 cup butter

Place apples in a greased square baking dish  
 Pour maple syrup over apples  
 Combine flour, oats & brown sugar  
 Cut in butter until mixture resembles coarse bread crumbs  
 Sprinkle mixture over apples  
 Bake at 375 F until apples are tender and topping is lightly browned, about 25 min.  
 Serves 6

Submitted by Candace Aitkens, Brittany & Stacey Dickson

### Apple Sauce

Wash, quarter, core and pare the apples into a saucepan  
 Add water to come up 1" in the saucepan  
 Cover the pan and simmer until the apples are soft  
 If necessary, evaporate the liquid by cooking without the lid  
 Add sugar, allowing 1-2 tbsp for each apple, depending on their natural sweetness  
 Stir until the sugar is dissolved  
 This may also be used as jam on toast or bread

Submitted by Judy Aitkens

### Apple Marshmallow Oat Squares

1 ¼ c whole wheat flour	1¼ c quick cooking rolled oats
¾ c lightly packed brown sugar	½ tsp baking soda
¾ c butter or margarine	3 c mini marshmallows
2 c finely diced, unpeeled apples (2-3 medium)	
½ c chopped walnuts	
½ tsp salt	

Combine flour, oats, sugar, baking soda and salt.  
 Cut in butter until mixture is crumbly  
 Set aside 1 cup of crumb mixture  
 Press remainder on bottom of 9 x 13 inch pan  
 Spread marshmallows over crust  
 Sprinkle with apples and nuts  
 Top with reserved crumbs  
 Bake at 375 F oven for 20 to 25 minutes or until golden  
 Serve warm or cold

Submitted by Joselyn Dickson

### Apple Sauce Cake

1 c brown sugar	½ tsp salt
¾ c butter	2 tsp soda (dissolved in hot applesauce)
1 c raisins	2 tbsp molasses (optional)
1 ½ c hot applesauce	½ c chopped nuts (optional)
2 ½ c flour	
1 tsp cinnamon	
½ nutmeg	

Cream shortening, add sugar and beat until fluffy  
 Sift together flour, spices and salt and add to creamed mixture alternately with apple sauce to which soda has been added  
 Add raisins, nutmeg, and molasses  
 Bake in 350 F oven for 1 hour

Submitted by Judy Aitkens

### Apple Sauce Fruitcake

6 c flour	4 tsp baking soda
2 tsp baking powder	1 tsp salt
1 ½ c dates	4 cups chopped walnuts
2 c sugar	1 c white grape juice

1 tsp cloves	1 tsp nutmeg
1 tsp cinnamon	4 lbs candied fruit (optional)
2 c raisins	1 c butter
4 eggs	3 c applesauce

Sift together flour, baking soda, salt, baking powder and spices  
 Measure out fruit and nuts, dates and raisins in a very large bowl  
 Cream butter and sugar  
 Add eggs and beat well  
 Alternately add dry ingredients and grape juice to creamed mixture beating well after each addition  
 Mix into fruit, nuts and applesauce  
 Pour into prepared pans  
 Bake at 275 F for about 2 hours or until pick comes out clean  
 (For a fruitier cake may also add 2 pounds of cherries and 2 pounds of candied fruit)

Submitted by Kerry Dickson

### Apple Waldorf salad

1/3 cup mayonnaise	2 stalks celery, sliced into 1" pieces
1/3 cup plain yogurt	3/4 cup walnuts
1 tsp sugar	1/3 cup raisins
2 medium apples, unpeeled	1/4 cup dried cranberries (optional)
Cored & diced	
2 cups pineapple chunks, fresh	
Or drained canned	

Mix mayonnaise, yogurt & sugar until blended. Add apples, pineapples, celery, walnuts, raisins & cranberries  
 Stir ingredients until well mixed and coated with mayonnaise mixture  
 Refrigerate until needed, Serves 6

Submitted by Candace Aitkens, Brittany & Stacey Dickson

### Apple Coffee Cake

1/2 cup shortening	1/2 tsp baking soda
1 cup sugar	1/4 tsp salt
2 eggs	8 oz sour cream
1 tbsp vanilla	1 1/2 cups peeled, chopped apples
2 cups flour	
2 tbsp baking powder	

Cream shortening and sugar and beat well.

Add eggs one at a time, beating well

Add vanilla, stir

Combine flour, baking powder, baking soda and salt

Mix well

Add flour mixture to creamed mixture alternately with sour cream, beginning and ending with flour mixture.

Fold in apples

Spoon batter into greased 13 x 9" pan

Bake at 350 F for approx. 35 – 40 minutes

Best if served warm

**Topping:**

½ cup brown sugar (packed)

½ tsp cinnamon

Mix together and sprinkle over batter mixture & bake

Submitted by Candace Aitkens, Brittany & Stacey Dickson

**Ginger Apple Soda**

½ cup apple juice concentrated

¼ tsp ground ginger

ice cubes

4 cups soda pop, chilled (preferably,  
7-up or ginger ale)

Combine apple juice & ginger in large pitcher or bowl

Stir in Soda pop slowly

Add ice cubes & Serve

Submitted by Candace Aitkens, Brittany & Stacey Dickson

**Cranberry Apple Wassail**

8 cups cranberry juice

4 cups apple

5 small cinnamon sticks

1/3 cup sugar

¾ tsp ground nutmeg

1 tsp whole cloves

5 orange slices

5 lemon slices

Bring first 6 ingredients to boil in large uncovered sauce pan over medium high heat

Reduce heat, cover and simmer for 10 min.

Strain into heat resistant punch bowl

Add fruit slices, gently stir and serve

Submitted by Candace Aitkens, Brittany & Stacey Dickson

### **Apple Sauce Beet Condiment**

1 cup grated cooked beets

1 cup apple sauce

½ tsp sugar

¼ tsp salt

1 tbsp grated horseradish

Mix all ingredients, then put in sterilized jars and refrigerate until used

(if horseradish is not available, add 1 tsp vinegar and ¼ tsp dry mustard instead)

Submitted by Candace Aitkens, Brittany & Stacey Dickson

### **Apple Meatloaf**

2 ½ lbs ground beef

1 ½ cups packaged stuffing mix

2 cups finely chopped apples

3 eggs

2 tsp salt

2 tbsp prepared mustard

1 onion, minced

2 tbsp prepared horseradish

¼ cup ketchup

Combine all ingredients and mix thoroughly

Pack into greased loaf pan

Bake at 350 F for about 1 hr 15 min.

Submitted by Candace Aitkens, Brittany & Stacey Dickson

### **Taffy Apples**

2 cups brown sugar

2 tbsp vinegar

4 tbsp molasses

2 tbsp hot water

Mix sugar, vinegar, molasses and hot water

Stir until dissolved

Boil until it forms hard balls in cold water when dropped from spoon

Add butter, salt, and vanilla

Wash apples

Push sticks into apple

Dip apples in hot candy mixture and stand on buttered cookie sheet to harden

2 tbsp butter

1 tsp vanilla

¼ tsp salt

Submitted by Candace Aitkens, Brittany & Stacey Dickson

## **Thanksgiving & Halloween**

*During the late summer and most of the fall months a great deal of harvesting took place. Many people grew their own vegetables and some even had their own fruit trees. Fruits and vegetables were in great abundance most of the time.*

*People also began to barter or buy their meat and fish for the winter to freeze, bottle or salt.*

*Fall was also an important time for celebration due to this abundant event... Berries that were picked as well as the vegetable gardens that had been tended to were finally picked for pickles, chows, chutneys, jams, jellies; bottling, freezing and salting.*

*We would like to share with our readers some of the recipes used during this time.*

*In North America we usually celebrate our Thanksgiving at different times but recipes are similar for this particular holiday.*

*Halloween is celebrated in North America as well.*

### **Pumpkin Pie**

1 c white sugar

1 ½ tsp cinnamon

½ tsp ground cloves

½ tsp allspice

½ tsp nutmeg

½ tsp ginger

1/2 salt

2 eggs beaten

1 ½ cup pumpkin puree

1 tall can Carnation evaporated milk (Undiluted)

Pastry for 9 inch 1 crust pie

Line pie plate with pastry, fluting rim.

Blend sugar, spices and salt in mixing bowl.

Add eggs, puree pumpkin and Carnation milk, Pour into unbaked pie shell.

Bake in hot oven (425 F) for 15 min. then reduce heat to moderate (350 F) and continue baking 40 min. or until knife inserted comes out clean, Cool and top with whipped cream.

Submitted by Joyce Josey Aitkens

### **How to Roast Pumpkin Seeds**

Rinse pumpkin seeds under cold water and pick out pulp and strings. (Easiest after the seeds have been removed from the pumpkin, before the pulp has dried)

Place pumpkin seeds in single layer on oiled baking sheet

Stirring to coat (omit oil for non stick cooking spray)

Sprinkle with salt-bake 325 F until toasted (25 min).

Check and stir every 10 min.. Let cool and store in air tight container.

Submitted by Joyce Josey Aitkens



### Pumpkin Bars

4 eggs	2 tsp baking powder
1 2/3 c sugar	1 tbsp cinnamon
1 c. cooking oil	1 tsp salt
1 16 oz. can pumpkin pie filling	1 tsp baking soda
2 c flour	

Mix all ingredients together. Pour into ungreased 11 x 15 inch pan  
Bake 25 minutes at 350 F, if using a 9 x 13 inch pan bake 45 minutes. Let cool.

#### **Cream Cheese Icing:**

1 (3oz.) pkg cream cheese (softened)  
1 tsp vanilla  
½ c butter or margarine  
2 c powdered sugar  
Put over cooled bars.

Submitted by Jacqui Aitkens & Hayley Dickson

### Pumpkin Pie

Make your pie crust.  
Bake and cool.  
Add can pumpkin to crust  
Cover pie with dream whip.

Submitted by Ada Welsh

### Pumpkin Jam

Clean inside of pumpkin  
Cut pumpkin up and add 1 c sugar to 2 c pumpkin  
Let soak overnight  
Boil and add cloves until syrupy (2-3 hours)  
When done, pour in hot sterilized jars.

Submitted by Connie Dickson



### Thanksgiving Leftover Casserole

Turkey, mashed potatoes, cheese, a special sauce, and some little extras combine to make a tasty casserole for the day after. Absolutely delicious way to use those tasty Thanksgiving leftovers:

3 tbsp butter  
 2 tbsp all-purpose flour  
 1 can (12 oz) evaporated milk  
 1 c water  
 ¼ tsp salt  
 ¼ tsp freshly ground black pepper  
 ¼ tsp onion powder

2 tbsp butter  
 1 c. herb seasoned dry bread  
 stuffing mix  
 1 c. cooked diced turkey  
 1 c. shredded cheddar  
 2 c. leftover mashed potatoes

Preheat oven 350 F, lightly grease 9 x 13 inch baking dish

Melt 3 tbsp butter in saucepan over low heat.

Blend in flour, Slowly stir in evaporated milk and water

Season with salt, pepper and onion powder.

Sir sauce over low heat for 5 minutes

In a separate saucepan over low heat, melt 2 tbsp butter.

Blend in dry stuffing mix,

Place turkey in the prepared baking dish

Pour the sauce over turkey

Sprinkle with cheddar

Spread mashed potatoes over cheese

Top mashed potatoes with the stuffing mixture

Bake 45 minutes in preheated oven.

Submitted by Connie Dickson

***Remembrance Day is a time that all of us should remember what took place throughout Canada's short history—the men and women who fought or in some small way participated to ensure our country's welfare of peace and freedom.***

### War Cake

1 pkg raisins, large, seeded  
 ½ c shortening  
 1 c cold water  
 1 tsp baking soda  
 1 tsp cinnamon  
 1 tsp nutmeg

2 c hot water  
 2 c white sugar  
 3 ½ c flour  
 1 tsp salt  
 1 tsp cloves

Cook raisins in hot water for 20 minutes

After cooking raisins pour them over sugar and shortening and stir well

Set aside

Let cool overnight or until shortening hardens

The next day, add cold water and rest of ingredients and pour into a well greased and floured pan and bake in a 350 F oven for 45 minutes to 1 hour.

Cool for few minutes, Remove from pan

Submitted by Kerry Dickson

### **Entry Island wild Blueberry Cake**

3 eggs

2 c sugar

1 c butter

1 c milk

3 c flour

½ tsp salt

1 tsp vanilla

3 tsp b.powder

3 c Entry Island blueberries

Preheat oven to 325 F

Cream together sugar and butter, Add eggs one at a time

Cream till fluffy and lemony in color

Sift dry ingredients, Add alternately with milk, Add vanilla & Fold in blueberries

Pour into greased 9 x 13 inch pan, Bake 45-50 minutes

Remove from oven, Sprinkle topping (2 tbsp sugar and 1 tsp cinnamon)

***Ho! Ho! Ho! It's Christmas time - For many Christians it is a great occasion for young and old alike to celebrate - A time of cheer and good things to come - a time for celebrating and parties - a time for inviting friends and family to spend time with you!***

### **Christmas Fruit Macaroons**

1 cup dates (cut in three)

1 cup chopped walnuts

1 cup coconut

1 cup brown sugar

3 tbsp flour

1/8 tsp salt

1 cup cut cherries (red & green)

Mix all ingredients together.

then add to top mixture:

Whites of two eggs (whipped)

Drop on cookie sheet

Bake 15 min. in a 350 F oven

Submitted by Mary Ann Dickson

### Christmas Egg-Nog

6 eggs separated

Beat egg whites until stiff; gradually beat in ½ cup of sugar

Beat egg yolks with:

¼ c sugar and 2 1/2 cups milk

Fold egg yolk mixture into egg whites

When blended add: 2 ½ cups whipping cream, Add Rum flavoring to taste.

Chill-Pour in large punch bowl and lightly sprinkle with grated nutmeg

Submitted by Mary Ann Dickson

### Christmas Bark

1 cup of butter (not margarine)

1 cup chocolate chips

1 cup brown sugar

1 package soda crackers

Grease cookie sheet. Line it with crackers. Melt 1 cup butter together with brown sugar. Bring to a boil-then boil and stir for 5 minutes. Pour over crackers. Bake at 350 degrees F for 10 minutes. While warm, sprinkle 1 cup of chocolate chips on top and spread. Chill- Then break into pieces. Freezes well

### Christmas Cookies

1 ½ c flour

½ c soft butter or margarine

¾ c sifted powdered sugar

1 egg yolk

½ tsp salt

1 tsp vanilla

Mix together egg yolk, butter, and powdered sugar until creamy. Add salt and vanilla. Add flour, ½ cup at a time, and mix well. Dough will be quite stiff. If necessary add a small amount of milk. Roll out on floured surface. Cut with cookie cutters. Bake 350 F - 8 to 10 min. until slightly browned; frost.

Submitted by Jacqui Aitkens & Hayley Dickson

**Light Fruitcake**

1 ½ c white sugar  
 1 c butter  
 4 eggs (beat 2 at a time)  
 1 tsp almond extract  
 1 tsp vanilla extract  
 3 c white flour  
 2 tsp baking powder

1 tsp salt  
 ½ whipping cream  
 4 c sultana raisins  
 4 oz. red glazed cherries  
 4 oz. green glazed cherries  
 4 oz. fruitcake mix

Coat fruit with ½ c of the flour.

Cream butter & sugar thoroughly.

Add eggs, 2 at a time.

Add extracts. Mix flour, salt, and baking powder.

Add alternately remaining 2 ½ c of flour with whipping cream, mixing well after each addition.

Mix in fruit gently.

Put in lined 10 in. fruit cake pan and bake 2-2 ½ hours at 275 F.

For best results, put pan of water in oven during baking.

Submitted by Joyce Josey Aitkens

**Ginger Punch**

1 gallon warm water  
 1-2 tbsp ginger  
 1 pkg yeast cake  
 1 cup vinegar  
 3 cups sugar  
 Mix all ingredients together.  
 Let stand for 2-3 days.

Submitted by Joselyn Dickson

**Christmas pudding**

½ c butter  
 1 c molasses  
 1 c milk  
 2 ½ c flour  
 1 tsp soda

1 tsp cloves  
 1 tsp cinnamon  
 tsp nutmeg  
 ½ salt  
 1 cup raisins

Mix molasses, melted butter and milk.

Sift dry ingredients together and stir into the molasses mixture.

Add raisins and mix well together.

Grease a large bowl or 2 small ones.

Put pudding mixture in.

Cover with a double thickness of foil and secure with string.

Set on rack in large pan and pour in enough boiling water to come halfway up bowl.

Cover and steam 3 hours.

Serve with sauce.

Submitted by Ada Welsh

### Christmas Cookie Cutouts Gingerbread cookies

3 ½ c all-purpose flour

1 tsp baking powder

1 tsp baking soda

2 tsp ground ginger

1 tsp ground cloves

1 tsp ground allspice

1 tsp ground cinnamon

1 c brown sugar (packed)

½ c butter (softened)

¾ c molasses

2 eggs

Place flour, b. powder, soda & spices together, Add sugar last & mix through flour mixture.

**In another bowl:**

Mix in ½ cup softened butter, ¾ c molasses and the 2 eggs

When blended together, gradually add dry ingredients. Mix until completely blended.

Use gingerbread shaped cutter to cut into shapes.

Place on lightly greased sheet about 2 inches apart

Bake 10-15 min.

Decorate with icing

Submitted by Judy Aitkens

### Peppermint Bark

3 pkg. (6 squares each) white chocolate-chopped

1 cup chopped peppermint or you can use candy canes

Place the chopped white chocolate in large microwaveable bowl

Microwave on medium 3-4 minutes or until chocolate Melts - stirring until completely melted.

Pour onto wax-paper covered baking sheet;

Sprinkle evenly with 1 c chopped candy canes.

### **Cottage Meat Loaf**

(This can be made with a variety of meats such as ground turkey, chicken, beef, or pork)

1 ½ lbs. lean ground meat  
 ½ c tomato ketchup  
 1/3 c tomato juice  
 ½ tsp each of salt and pepper  
 1/8 tsp red pepper

2 eggs, beaten  
 ¾ c fresh bread crumbs  
 ¼ c chopped onions  
 2 tsp prepared mustard

**Topping:**

¼ c ketchup  
 ½ tsp prepared mustard

2 tsp brown sugar  
 (fresh herbs for garnish) optional

In large bowl, combine ketchup, tomato juice, salt, pepper and red peppers, eggs, bread crumbs, onions and mustard, Mix thoroughly, then add ground meat.

Mix gently but thoroughly

Line a 9 x 5 loaf pan with foil and press in ground meat.

In a separate bowl, combine the topping ingredients.

Mix well, Spread over meatloaf.

Bake at 400 F for 35-45 minutes or until done, drain off fat.

Let meat loaf set 5 minutes before serving

Garnish with fresh herbs, optional

Submitted by Judy Aitkens

### **Buttery Holiday Brittle**

1 c butter  
 1 1/3 c brown sugar  
 ½ c nuts  
 ½ c choc. Chips  
 More nuts to sprinkle on top

Grease square pan & sprinkle with ½ c nuts

In heavy pan melt butter & brown sugar

Bring to slow boil over low – medium heat for 12 min. keeping ingredients bubbling. (Mixture can burn easily) continue to stir and scrape.

Mix from bottom and sides of pan for entire cooking time.

Pour cooked mixture into prepared pan.

Cover with chocolate chips

When chocolate melts, spread it evenly over surface of candy and sprinkle with more nuts  
 (approx. 1/4 c) Cool-Refrigerate

Submitted by Edna Welsh

## *Chocolate, Chocolate and more Chocolate Recipes*

### Neiman-Marcus cookies

5 cups oatmeal	1 tsp salt
2 c butter	2 tsp B. powder
2 c sugar	2 tsp soda
2 c brown sugar	24 oz. chocolate chips
4 eggs	1 Hershey bar (8 oz) grated
2 tsp vanilla	3 c chopped nuts (optional)
4 c flour	

Measure oatmeal, and blend in a blender to a fine powder.

Cream the butter and both sugars

Add eggs and vanilla & mix together with flour, oatmeal, salt, baking powder and soda

Add chocolate chips, Hershey bar, and nuts

Roll into balls and place 2 inches part on cookie sheet

Bake 10 minutes at 375 F.

Submitted by Judy Aitkens

### Five Star Aero Bars

½ c margarine melted  
 2 c crushed wafer crumbs  
 2 c sweetened flaked coconut  
 1 tsp vanilla  
 1 can eagle condensed milk

Mix and put in 8 x 8 greased square pan

Bake at 350 F for 10-15 minutes, Let Cool

#### **Topping:**

4 Aero bars

¼ cup oil

Cook in Microwave till bars melt, Pour over top ingredients

Put in fridge to harden – then cut with hot knife

Submitted by Nicole & Braiden Clarke



### Chocolate Crunch

Saltine crackers

1 c brown sugar

½ lb. butter or margarine

1 ½ - 2c chocolate chips

Double- Line cookie sheet with foil, shiny side down.

Place crackers in a single layer on cookie sheet

Mix sugar and butter in saucepan-bring to a boil, DO NOT SCORCH, Let Cool

Melt chocolate chips; pour over crackers.

Cool and break into pieces like peanut brittle.

### Chocolate Crinkles

1 c cocoa

2 tsp vanilla

2 c sugar

2 c flour

½ c vegetable oil

½ tsp salt

4 eggs

2 tsp baking powder

Combine ingredients, mixing well and refrigerate overnight.

Form balls and roll in powdered icing sugar

Bake in 350 F oven for 10-12 min.

### Chocolate Chip Walnut Bars

#### **Bottom:**

1 c flour

¼ c sugar

1/3 c margarine

#### **Topping:**

2 eggs

½ c sugar

½ c corn syrup

2 tbsps butter

**For Crust:** Combine all ingredients until crumbly.

Press into pan.

Bake 12-15 minutes until light brown.

**For topping:** Beat eggs, sugar, syrup and butter

Until blended

Stir in 1 cup choc. chips and ¾ cup nuts.

Pour over crust

Bake for 25-30 minutes in 375 F oven or until golden.

Submitted by Ada Welsh

**Turtle Bars**

1 box German Chocolate cake mix  
 1 stick butter  
 1 ½ c pecans

½ pound caramels  
 2/3 c evaporated milk  
 1 ½ c chocolate chips

Mix 1 box German Chocolate cake mix with melted butter and 1/3 c evaporated milk  
 Spread 2/3 of batter in a larger pan and bake 5 min. in a 350 F oven  
 Melt caramels with 1/3 c evaporated milk in a skillet over low heat  
 Remove the partially baked cake mixture and pour the caramel mixture evenly over it.  
 Sprinkle pecans over the caramel mixture  
 Then sprinkle chocolate chips over the pecans  
 Place the rest of the batter over the chocolate chips by half teaspoonfuls evenly over whole pan  
 Return to the oven for 20 minutes.  
 Cool thoroughly and cut into bars, these freeze well.

Submitted by Roma Turnbull

***More Delicious Goodies for the Sweet Tooth*****Apple Crunch**

6 apples sliced  
 2 tbsp brown sugar  
 3 tbsp orange juice  
 Arrange apples in greased baking dish.  
 Sprinkle with sugar and Orange Juice  
 1/3 c brown sugar (firmly packed)  
 2 tbsp butter  
 ½ c corn flakes  
 ½ c flour  
 ½ tsp nutmeg

1 tbsp orange rind  
 Whip 1/3 c brown sugar and 2 tbsp butter till creamy  
 Add ½ c cornflakes & ½ c flour mixed with ½ tsp of nutmeg and 1 tbsp orange rind until crumbly.  
 Spread over apples  
 Sprinkle with 3 tbsp orange juice  
 Dot with butter  
 Bake 45 min. in 375 F oven  
 Serve warm with whipped cream or ice cream

Submitted by Vera Welsh Clarke

### Blueberry Pudding

4 cups fresh blueberries (not Frozen)  
 1 c. sugar  
 2 tsp lemon juice  
 4 tbsp butter  
 1/3 c sugar  
 1/3 c flour  
 3/4 c quick cooking rolled oats

Place berries, lemon juice and 1 c sugar in baking dish.  
 Cream butter and sugar; then add flour, and rolled oats  
 Spread over top of berries  
 Bake at 375 F for 35-40 min.

Submitted by Vera Welsh Clarke

### Mandarin Orange Layered Dessert

18 Graham Wafers	1 pkg Jello Vanilla (Fat Free) Instant Pudding, prepared
2 cups cool whip	1 can mandarin orange segments (drained)
1/3 c orange marmalade	1 tsp orange juice

Arrange half the wafers on bottom of 8 inch square pan  
 Prepare pudding mix according to pkg directions reducing milk to 1 cup  
 Fold in whipped topping  
 Pour half of the pudding mixture over wafers in pan  
 Top with orange segments  
 Microwave marmalade with juice on HIGH for 1 minute Stir until completely melted and drizzle over orange segments  
 Chill for 3 hours, Cut into squares

Submitted by Judy Aitkens

### Old Fashioned Molasses Cake

1/2 c sugar	1 tsp cinnamon
1/2 c shortening	1 tsp ginger
1-2 eggs	1/2 tsp salt
2/3 c molasses	1/2 cup raisins
2 tbsp soda dissolved in 1 cup sweet milk	5-6 c flour

Mix together  
 Add enough flour to make it stiff enough to roll in a ball.  
 Bake 50-60 minutes in 325 F oven  
 This makes a large cake: it can be divided in half to make two loaves.

Submitted by Connie Dickson

**Coconut Cake**

1 pkg yellow, white, or orange cake mix  
 1 pkg vanilla instant pudding mix  
 1 large can crushed pineapple  
 1/3 cup oil  
 4 eggs  
 1/2 cup coconut  
 1/4 tsp. coconut or vanilla flavor vanilla

Put your can pineapple in a strainer squeeze all the juice out reserving it  
 Put cake mix, dry pudding mix, 1 cup of pineapple juice, (if it is not a cup add enough water to make 1 cup) oil, and eggs and coconut flavor in a bowl and beat until well blended  
 Gently fold into batter with a spoon the pineapple and coconut  
 Pour into a greased and floured tube pan and bake at 350 F for 50 min. - 1 hour  
 Test with toothpick, if it comes out clean it is done  
 Cool in the pan 5 minutes and turn on a wired rack until cool  
 Frost with your favorite icing, Sprinkle a bit of coconut then toast in oven to brown coconut

Submitted by Kerry Dickson

**Carrot-Pineapple Cake**

3 c flour	1 (14) can crushed pineapple
2 c sugar	3 eggs, beaten
2 tsp cinnamon	1 1/2 c cooking oil
1 1/2 tsp soda	2 tsp vanilla
1 1/2 tsp salt	1 1/2 c chopped nuts
1 tsp baking powder	2 cups raw carrots grated and loosely packed

Mix together all dry ingredients  
 Drain pineapple and reserve syrup  
 Add pineapple syrup to dry mixture  
 Add eggs, cooking oil and vanilla, and carrots  
 Pour in a greased and floured 12 cup Bundt pan and bake for about 1 1/2 hours or until done at 325 F  
 Cool in pan for 10-15 minutes  
 Turn out on wire rack or serving plate to complete cooling  
 Top with lemon glaze or serve with you're your favorite hot rum sauce or frost with cream cheese icing.

**Lemon Glaze**

3/3 cup icing sugar  
 1/4 c grated carrots  
 1 tbsp lemon juice  
 Combine and drizzle on cake while cake is still warm

**Cream Cheese Icing**

4 oz (Philadelphia) cream cheese  
 1/4 c butter  
 1 tsp vanilla  
 1 lb. icing sugar  
 2 tsp lemon juice

Submitted by Kathy Aitkens Garrett

**Cucumber Salad**

1 large lime jello  
 1 tsp salt  
 1 c boiling water  
 Dissolve in boiling water  
 2 tbsp vinegar  
 1 tsp grated onion  
 1 c sour cream  
 ½ c mayonnaise or miracle whip  
 2 c chopped cucumbers (seeded)  
 Add vinegar and onion to jello mixture  
 Chill until slightly thickened  
 Blend in sour cream, mayo and cucumbers  
 Chill until firm

Submitted by Kathy Aitkens Garrett

**Macaroni Salad**

1 ½ tbsp lemon juice	1 tbsp vegetable oil
1 c macaroni cooked	2 eggs hard boiled
2 tbsp green pepper	1 tsp chopped onion
½ c chopped celery	½ c fresh tomato
¼ c chopped stuffed olives	2 tbsp sour cream
½ salt	¼ c mayonnaise or miracle whip

Mix lemon juice and oil, Combine with macaroni  
 Chill several hours, Stir occasional  
 Fold in eggs, peppers, onions, celery, tomatoes and olives  
 Blend sour cream, salt and mayo together and Fold into macaroni mixture

Submitted by Kathy Aitkens Garrett

**Morning Glory Muffins****In a large bowl mix:**

2 c flour  
 2 tsp baking powder  
 Pinch of nutmeg

**Stir in:**

2 c grated carrot  
 ½ c nuts  
 2 small apples peeled cored & grated

1 ¼ c sugar  
 2 tsp cinnamon  
 ½ tsp salt  
 ½ c raisins  
 cup coconut

**In bowl:**

Beat 3 eggs  
2 tsp vanilla

1 cup oil or melted margarine

Stir into flour mixture batter

Combine everything, Spoon into muffin tin, Fill almost to top  
Bake 375 F for 18-20 minutes, Makes about 14 large muffins

Submitted by Judy Aitkens

**Perfect Pie Crust**

1 cup lard  
1 tsp sugar  
½ tsp baking powder  
½ cup water (often full amount is not needed)

2 cups flour  
pinch salt

Submitted by Joselyn Dickson

**Thumbprints**

**Mix together:**

1 c margarine  
½ c brown sugar

**Then add:**

2 well beaten egg yolks (save the whites)  
4 tsp vanilla  
2 c flour

Combine ingredients and blend well

Shape dough into balls, dip balls into egg whites and roll them into a cup of coconut

Place on cookie sheet; Make a thumbprint in each cookie

Bake 350 F for 5 min. Thumbprint again

Fill with jam - bake again for 10-12 min.

Submitted by Nicole & Braiden Clarke

**Cranberry Loaf**

Cream cheese (18 oz)  
 1 c margarine  
 1 ½ c sugar  
 4 eggs  
 1 ½ tsp vanilla

2 ¼ c flour  
 1 ½ tsp baking powder  
 ½ tsp salt  
 2 c cranberries

Preheat oven 350F.

**In one bowl:**

Whip Cream cheese and soft margarine together.  
 Add 4 eggs and then vanilla.  
 Gradually add sugar to this mixture

**In another bowl:**

Add flour, baking powder, and salt.  
 When blended, add the cranberries and pour contents in a loaf pan.  
 Bake for 1 hour

Submitted by Nicole & Braiden Clarke

**Cranberry Loaf**

Preheat oven 350 F

¼ c margarine  
 1 c sugar  
 1 egg  
 2 c flour  
 1 tsp baking powder  
 1 c coarsely chopped cranberries

½ tsp soda  
 1 tsp salt  
 ¾ orange juice  
 1 tsp grated orange rind  
 1 c walnuts chopped

Cream margarine and egg together, gradually add sugar, and then add the orange juice  
 In another bowl add flour, b. powder, soda and salt. Mix dry ingredients together.  
 Gradually add dry ingredients into egg mixture.  
 Add chopped walnuts, cranberries and orange rind, stir.  
 Put into loaf pan , Bake 1 hour

Submitted by Ada Welsh

**Steamed Pudding**

¼ c butter  
 ½ c milk  
 1 ½ cups flour  
 1 cup raisins

Mix together

Put in greased covered dish

Steam for 3 hours

½ c molasses

1 egg beaten

½ tsp soda

**Sauce:**

1 ½ c brown sugar

2 tsp vanilla

Pinch of salt

Bring to boil

Thicken with corn starch

3 c water

1 tbsp butter

Submitted by Nicole & Braiden Clarke

**Gum Drop Cake**

½ c butter

1 c sugar

2 ½ c flour

2 beaten eggs

¾ c milk

¼ tsp salts

2 tsp baking .powder

1 tsp vanilla

¾ cup raisins or cherries

1 lb. Gumdrops (no black or purple)

Preheat oven to 300 F

Cream butter and sugar, then add eggs

Add vanilla to milk, pour into creamed mixture

Add raisins or cherries, then dry ingredients gradually ending with flour

Add gumdrops

Bake in loaf pan for 1 ½ hrs.

Submitted by Ada Welsh



### Gum Drop Cake

1 c sugar  
 ½ c butter  
 2 eggs  
 2 c flour  
 ½ tsp salt  
 1 tsp b. powder  
 1 tsp nutmeg

1 tsp cinnamon  
 1 c sweet applesauce  
 pinch of soda  
 ½ c milk  
 1 lb. seedless raisins (golden)  
 1 lb. gum drops, cut up

Preheat oven 300 F  
 Cream together the sugar and butter, Add eggs  
 Beat until light and fluffy  
 Place pinch of soda in with applesauce  
 Sift together the remaining dry ingredients  
 Add alternately with the milk  
 Add applesauce, Mix well  
 Fold in raisins and gumdrops and pour in a deep 8 x 8 pan  
 Bake 2-2 ½ hrs

Submitted by Joselyn Dickson

### Molasses Candy

2 c molasses  
 2/3 c sugar  
 3 tbsp butter  
 1 tbsp vinegar

Put butter in pot

Place over heat and when heated add molasses and sugar

Stir until sugar is dissolved

During the first of the boiling- it is not necessary to stir but when near cooked it should be stirred constantly.

Boil until (when tried in water) mixture will become brittle.

Add vinegar just before taken from heat.

Pour into well buttered pan

When cool enough to handle pull until porous and light coloured

Allowing candy to come in contact with tips of fingers and thumbs (not to be squeezed in the hand)

Cut in small pieces using large shears OR a sharp knife

Arrange on slightly buttered plates to cool

Submitted by Joselyn Dickson

**Blonde Brownies**

1/3 c sugar  
 2 eggs beaten  
 1 c flour  
 ¼ tsp salt  
 1 cup chocolate chips  
 Mix all together  
 Put in greased 9" pan  
 Bake 30 minutes at 350 F oven

1 ½ c brown sugar  
 1 tsp vanilla  
 1 tsp baking powder  
 ½ c walnuts

Submitted by Nicole & Braiden Clarke

**Jams, Jelly and Preserves****Raspberry Jam**

20 c berries  
 10 c sugar  
 Clean berries  
 Place in large bowl  
 Add sugar and mix gently  
 Let sit overnight  
 In the morning put in pot on the stove  
 When it starts to boil, boil 5-7 minutes stirring constantly  
 Skim off white foam  
 Put in jelly jars

Submitted by Vera Welsh Clarke

**Apple & Peach Jam**

4 cups chopped apples  
 4 cups chopped peaches  
 Cut apples and peaches into small pieces.  
 Mix with lemon juice and sugar  
 Cook slowly until the apple is transparent (about 20 minutes)

juice of 3 lemons  
 6 cups sugar

Submitted by Judy Aitkens

### Bread & Butter Pickles

16 cups sliced medium cucumbers  
 8 medium onions sliced  
 3 cloves garlic  
 1/3 c pickling spice  
 5 c sugar

2 tbsp mustard seed  
 1 ½ tsp turmeric  
 1 ½ tsp celery seed  
 3 c cider vinegar

In large bowl, combine first 4 ingredients  
 Stir in large amount of ice cubes  
 Let stand 3 hours - drain well  
 Remove garlic  
 In a large bowl combine remaining ingredients  
 Add drained mixture  
 Bring to a boil  
 Pack pickles and liquid in sterilized jars.

Submitted by Jacqui Aitkens & Hayley Dickson

### Cranberry Jelly

20 c cranberries  
 2 kg. bag of sugar  
 5 c water  
 Hard boil for 15 min  
 During the process mash with potato masher  
 Remove from heat and continue to mash  
 Squash through a sieve or a colander  
 Throw skins that are left away  
 Put jelly in bottles and seal tightly

Submitted by Jacqui Aitkens & Hayley Dickson

## **Party Helpers**

### **Party Crabbies**

6 English Muffins (cut in half)  
 ½ c margarine  
 1 small bottle cheez whiz  
 1 can (7 oz) crab meat  
 ½ tbsp miracle whip  
 1 tsp lemon juice  
 ½ tsp garlic salt  
 Mix all ingredients and spread on English muffins.  
 Broil until bubbly  
 Cut in 4 pieces

Submitted by Robin & Zachary Aitkens

### **Salsa Dip**

1 pkg. cream cheese (room temperature)	Onions if desired
1 (250 ml) sour cream	1 bottle of salsa and grated cheese
1 lb. ground beef browned	

Beat cream cheese and sour cream until smooth.  
 Spread into a 9 x 13 pan  
 Combine beef, onions, and salsa, Spread beef mixture evenly over cream cheese mixture.  
 Add grated cheese (marble, mozzarella or cheddar)  
 Serve cold with Tostitos chips

Submitted by Robin & Zachary Aitkens

### **Strawberry Dip**

1 - 8 oz. pkg cream cheese	1 pt fresh strawberries, sliced
1 tsp vanilla	2 tbsp honey
Graham crackers	

In a mixing bowl, beat cream cheese, honey and vanilla until smooth.  
 Add berries and beat for 1 minute.  
 Serve with graham crackers

Submitted by Robin & Zachary Aitkens

### Clam Dip

Makes 1 ½ cups  
1 pkg. 8 oz. Cream cheese softened  
½ c sour cream  
1 tsp lemon juice  
Salt and pepper to taste  
¾ tsp Worcestershire sauce  
1 (6 ½ oz) can of minced clams, drained

In a bowl, blend cream cheese and sour cream together well.  
Stir in lemon juice, salt, pepper and Worcestershire sauce  
Fold minced clams into cream cheese mixture  
Chill and serve

Submitted by Jacqui Aitkens & Hayley Dickson

### **Fishing or Sealing**

*Fares of home cooking could always whet the appetites of the Fishermen when they came home from a long day on the water-fishing or during sealing season. We are definitely not saying that the women only cooked these kind of meals during the fishing/sealing season, because that is not so. These dishes could be found at any time of the year. However during the fishing/sealing season it was difficult for wives to know exactly when their men would be coming home, but after a long day the men were not only tired, but hungry as well.*

### Salt- Meat loaf

Boil meat ½ hour to freshen  
Change water, boil until tender  
Put through food chopper  
Add 1 egg, 1 onion, steak spice, and 1 cup oatmeal  
Mix well  
Bake in loaf pan in a moderate oven for one hour

Submitted by Nicole & Braiden Clarke

### Salt meat- Boiled Dinner

Soak salt meat in cold water overnight- Drain in the morning

Add cold water to cover meat

If you want the meat to be salty then you can boil it for about 1- 2 hours (in the same liquid) or until nearly done without draining.

This depends on the size and amount of meat being cooked

If you want the meat less salty continue to drain and add cold water until covered—bring to boil on the last water for about 1-2 hours.

If you are adding cabbage to your boiled dinner, make sure you add this before (15-20 minutes earlier) you add the other vegetables

On the last water, add your root vegetables turnips, carrots, parsnips, onions, potatoes – any kind

Let cook until they are done

Great with biscuits, dough boys, Johnny cake or fresh bread and molasses

### Johnny Cake

2 tbsp melted butter

2 tbsp sugar

1 cup flour

2 cups corn meal

2 tbsp baking powder

2 c milk

Cream together butter and sugar

Stir in the sifted dry ingredients alternately with the milk

Pour into greased cake pan

Sprinkle with a little cinnamon if you like

Submitted by Judy Aitkens

### Wild Duck Stew

Pluck feathers from duck

Rub a hot sleigh iron all over it to burn off pin feathers

Cut off feet and head – remove insides

Wash well

Cut up into pieces

Boil a couple of hours

Add as many vegetables cut up in pieces as wanted

Add onions, pepper and salt

Thicken with corn starch

Cooking time about 3 hours

Submitted by Nicole & Braiden Clarke

## ***Nutritional Snacking***

### **Carob Clusters**

Melt:

In double boiler 4-5 cups carob chipits

Add:

1-2 cups unsalted peanuts

1 ½ c sunflower seeds

1-2 cups raisins

Drop from teaspoons onto wax paper

Refrigerate

Submitted by Joselyn Dickson

### **Strawberry Smoothie**

2 ice cubes

1 c. milk

1/3 c. cottage cheese

2/3 c. frozen strawberries

1 ½ tsp. sugar

1 tsp. vanilla extract

Pour all of the ingredients into the blender.

Put the lid on the blender and blend for 45 to 60 seconds until smooth.

Pour your smoothie into a glass and enjoy.

### **Fabulous French Toast**

1 egg

1/4 c. milk

dash of vanilla extract

1 tbsp. margarine

2 pieces of bread

Crack the egg into a medium-size bowl and beat well. Then mix in the milk and vanilla extract.

Put the margarine in a frying pan. Heat the pan on the stovetop on medium heat. It's hot enough when the margarine starts to bubble.

Dunk each piece of bread in the egg mixture. Make sure the bread is totally covered.

Cook the bread in the frying pan on low heat until the underside is light brown (about 5 minutes).

Use a spatula to flip the bread over, and cook again for another 5 minutes.

Submitted by Stacey & Brittany Dickson

### **Blueberry Pancakes**

3/4 c. flour	1 egg
1 tbsp. sugar	1 tbsp. margarine
1 tsp. baking powder	3/4 c. milk
1/2 tsp. salt	1/2 c. blueberries, washed and drained
extra margarine for the pan	

In a large bowl, sift together the flour, sugar, baking powder, and salt. Set the bowl aside.

Melt the margarine in a small saucepan.

Crack the egg into a medium-size bowl, then add the milk and melted margarine.

Whisk until everything is well mixed.

Add the flour mixture to the egg mixture. Whisk again until both mixtures are blended together.

Put extra margarine in the saucepan and heat it on the stovetop on medium heat. It is hot enough when the margarine starts to bubble.

Use a measuring cup or a small ladle to spoon the batter into the pan. Put some blueberries on top of each pancake. Cook your pancakes on medium heat until small bubbles appear on the top.

Use a spatula to see when your pancakes are light brown on the bottom. When they are, flip them over with the spatula. Cook for another few minutes until the pancakes are light brown on the other side.

**Submitted by Stacey & Brittany Dickson**

### **Cheesecake Bites**

**Spread:**

Philadelphia Light Strawberry Cream Cheese onto each of Graham Wafers

**Topping:**

Slice pieces of bananas, apples, strawberries or pineapples and put on top

**Submitted by Judy Aitkens**



**Here are a few hints:**

- 1) *To test if eggs are fresh, place in a bowl of cold salted water. If they sink to the bottom and stay there, it means they are fresh.*
- 2) *To soften brown sugar that has been hardened, add a slice of fresh bread. The sugar will soften in a few hours.*
- 3) *To cut sticky foods such as marshmallows, dates etc. use kitchen shears dipped in hot water.*
- 4) *If you run out of brown sugar, make your own by mixing 2 tbsp. molasses into 1 cup granulated sugar.*
- 5) *For fast, easy cleanup when food is stuck to pans, boil a little vinegar and water in the pan before washing.*
- 6) *To prevent plastic wrap from sticking to cakes, squares etc. insert toothpicks with miniature marshmallows on top before adding wrap.*
- 7) *A cake will be less likely to stick to the pan if the pan is placed on a cold wet towel upon removal from oven.*
- 8) *A wet knife does a smoother job of cutting fresh bars, squares or brownies.*
- 9) *To ripen green bananas quickly, wrap them in newspaper.*
- 10) *To freshen stale marshmallows, add a slice of fresh bread.*
- 11) *If you have a spill in your oven while baking, immediately sprinkle salt over it, brush off when oven has cooled.*

Submitted by Connie Dickson