

Drop Fudge

GOOD FOR FREEZING

A legacy of sweet goodness the whole crowd enjoys! One of grandmother's recipes, Elizabeth occasionally varies her Drop Fudge by adding nuts.

- 1/2 cup milk or cream
- 2 cups sugar
- 1/4 cup light corn sirup
- 1/4 cup butter
- 2 sq. (2 oz.) unsweetened chocolate
- 2 teaspoons vanilla extract
- 1/4 teaspoon salt

1. Butter baking sheets; set aside. Set out a candy thermometer.
2. Put milk or cream, sugar, corn sirup, and butter into a heavy 2-qt. saucepan. Stirring frequently over medium heat, bring mixture to boiling. Add chocolate, stirring constantly until chocolate is melted. Set candy thermometer in place. Cook until mixture reaches 232°F (soft ball stage—forms a soft ball in very cold water and flattens when taken from water; remove from heat while testing).
3. Remove from heat. Stir in the vanilla extract and salt. Set aside to cool to 110°F or until just cool enough to hold on palm of hand. Do not stir.
4. When cooled, beat vigorously until mixture begins to lose its gloss. Quickly drop by teaspoonfuls onto the baking sheets; do not scrape bottom and sides

of saucepan. Swirl with back of spoon. Set aside to cool until firm. Store in a cool place in a tightly covered container. About 1 lb. fudge

Barbecue

GOOD FOR FREEZING

- 1/2 cup chopped celery
- 1/4 cup chopped green pepper
- 1/2 cup finely chopped onion
- 1 teaspoon fat
- 1 1/2 lbs. ground beef
- 1 1/2 cups catsup
- 1 cup water
- 6 tablespoons tomato paste
- 1 teaspoon prepared mustard
- 1 teaspoon brown sugar
- Few grains salt
- 1/4 teaspoon celery salt

1. Heat fat in a large heavy saucepan. Add onion and cook over medium heat until onion is transparent, frequently moving and turning with a spoon. Add the ground beef and cook over medium heat until lightly browned, breaking into small pieces with spoon.
2. Remove from heat and blend in the celery, green pepper, catsup, water, tomato paste, prepared mustard, brown sugar, salt, and celery salt.
3. Simmer, uncovered, about 1 hr., stirring occasionally. Serve on toasted buns. About 6 hearty servings

MELANIE DE PROFT, Director, Culinary Arts Institute

Cook book

Crisp Sugar Cookies

GOOD FOR FREEZING

Quoting our young prize-winner, "These are the tastiest, simplest of cookies—with a glaze that's all important."

- 2 1/2 cups sifted enriched flour
- 2 teaspoons cream of tartar
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 cup butter
- 1 teaspoon vanilla extract
- 1 cup sugar
- 2 eggs, well beaten (until thick and piled softly)

1. Sift together flour, cream of tartar, baking soda, and salt. Set aside.
2. Cream together butter and vanilla extract until butter is softened. Add 1 cup

sugar gradually, creaming until fluffy after each addition.

3. Add beaten eggs in thirds, beating thoroughly after each addition.
4. Mixing until well blended after each addition, add dry ingredients in fourths to creamed mixture. Chill dough in refrigerator 1 hr.
5. Lightly grease cookie sheets.
6. Shape small balls by dropping small portions of dough from a teaspoon about 2 in. apart onto the cookie sheets. For glaze (this glaze is very important) dip bottom of a glass in water; then dip in sugar. Flatten each ball with sugar-coated glass.
7. Bake at 375°F 10 min., or until lightly browned. Remove cookies to cooling racks. Store in a cool place in a tightly covered container. About 2 doz. cookies

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from Elizabeth's collection.



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