



NATIONAL PRIZE- WINNING RECIPES

Even recipes as distinguished as these can do no more than hint at the creative skills of FAMILY WEEKLY readers coast to coast! Three of them, national Bake-Off winners, kindly sent us other of their favorite recipes. Our readers bake, our readers prepare family meals, and they do it in a manner to inspire us all.

Family Weekly Cookbook
MELANIE DE PROFT, Food Editor



Banana Split Layer Cake, 'Tato-Flake Cheese Buns, and Lemon Luscious Pie were three of the senior prize winners in a 1962 national Bake-Off.

Banana Split Layer Cake

Mrs. Theodore J. Albertowicz
Richland, Washington

- 2½ cups sifted flour
- 1½ cups sugar
- 2 teaspoons baking powder
- 1 teaspoon salt
- ½ teaspoon baking soda
- 1 cup milk
- ½ cup butter
- ¼ cup vanilla caramel sauce
- 3 unbeaten eggs
- 1 teaspoon banana or vanilla extract
- Old-Fashioned Butter Filling (see recipe)
- Chocolate Frosting (see recipe)

1. Sift flour and next four ingredients into a large bowl. Add milk, butter, and sauce. Beat 1½ min. (With electric mixer, blend at lowest speed, then beat at a low speed. Or beat 225 strokes with a spoon.) Add eggs and extract. Beat 1½ min.
2. Turn into two 9-in. round cake pans, greased and floured on bottoms.
3. Bake at 350°F for 25 to 30 min.
4. Cool; fill and frost. *One 9-in. layer cake*

Old-Fashioned Butter Filling—Combine in a small saucepan ¼ cup powdered sugar and ¼ cup flour. Gradually add ½ cup milk, stirring to form a smooth mixture. Cook over medium heat, stirring constantly, until mixture is very thick. Place in mixing bowl. Chill 1 hr. Add 6 table-

spoons butter, a tablespoon at a time, beating well after each addition, using high speed on electric mixer. Fold in 2 medium-sized bananas, sliced, and 1 teaspoon vanilla extract.

Chocolate Frosting—Combine in a saucepan 1 cup (6-oz. pkg.) semisweet chocolate pieces, ½ cup vanilla caramel sauce, and 2 tablespoons butter. Cook over low heat until chocolate melts. Blend in 1¼ cups sifted powdered sugar and 1 teaspoon banana or vanilla extract. If necessary, thin with a few drops milk.

Lemon Luscious Pie

Mrs. Helen Gorsuch
Santa Ana, California

- 1 9-in. baked pastry shell (see recipe)
- 1 cup sugar
- 3 tablespoons cornstarch
- ¼ cup butter
- 1 tablespoon grated lemon rind
- ¼ cup lemon juice
- 3 unbeaten egg yolks
- 1 cup milk
- 1 cup sour cream

1. Combine sugar and cornstarch in saucepan. Add butter, lemon rind, lemon juice and egg yolks. Stir in milk. Cook over medium heat, stirring until thick. Cool. Fold in sour cream.
2. Spoon into baked shell. Chill at least 2 hrs.

Serve with whipped cream and 2 tablespoons chopped walnuts. *One 9-in. pie*

Pastry Shell—Sift 1 cup sifted flour and ½ teaspoon salt into a mixing bowl. Cut in ½ cup shortening until particles are fine. Sprinkle 3 to 4 tablespoons cold water over mixture while stirring with a fork until dough is moist enough to hold together. Form into a ball. Flatten to ½ in.; smooth edges. Roll out on floured surface to a circle 13½ in. larger than inverted 9-in. pie pan. Fit into pan; flute edge. Prick. Bake at 450°F for 10 to 12 min., or until golden. Cool.

'Tato-Flake Cheese Buns

Mrs. Frank B. Propst
Tuscaloosa, Alabama

- 1 packet active dry yeast (or 1 cake yeast)
- ½ cup warm water
- ½ cup instant mashed potato flakes
- ¼ cup shortening
- 1 tablespoon sugar
- 2 teaspoons salt
- ¼ teaspoon cayenne pepper
- ¼ cup boiling water
- ¼ cup evaporated milk or half and half cream
- 1 cup shredded Cheddar cheese
- 1 unbeaten egg
- 3 to 3½ cups flour
- ¼ cup melted butter
- ½ cup shredded caraway or Cheddar cheese

1. Soften yeast in warm water. Combine in a

large mixing bowl potato flakes, shortening, sugar, salt, cayenne pepper, and boiling water. Cool to lukewarm by adding evaporated milk. Blend in Cheddar cheese, egg, and the softened yeast.

2. Gradually add flour to form a soft dough, beating well after each addition. (For first additions of flour, use mixer on medium speed.) Cover. Let rise in warm place (85° to 90°F) until light, 1 to 1½ hrs.

3. Beat down dough using 30 to 40 strokes. Fill 24 well-greased muffin cups half full.* Cover. Let rise in warm place until light, 45 to 60 min. Combine butter and caraway cheese and spoon over the rolls.

4. Bake at 375°F for 20 to 25 min., or until golden brown. Serve warm. *2 doz. buns*

*Note: The dough may be baked in two 9-in. square pans for 25 to 30 min., if desired. Cut into squares and serve warm.

Tropical Paradise Pie

Mrs. Theodore J. Albertowicz
Richland, Washington

- 1 9-in. baked pastry shell
- 4 tablespoons lemon-flavored gelatin
- ¼ cup boiling water
- 3 egg yolks
- ¼ cup sugar
- 2 8½-oz. cans crushed pineapple
- ½ cup whipping cream, whipped
- 3 egg whites
- ¼ teaspoon salt
- ½ cup sugar

1. Add gelatin to the boiling water and stir until dissolved. Set aside.

2. Beat the egg yolks and ¼ cup sugar together in the top of a double boiler until thick and lemon colored. Add the contents of one can of pineapple. Set over simmering water and cook, stirring constantly, until mixture thickens and coats a spoon. Stir in the gelatin mixture and cook 1 min. longer. Cool.

3. Chill until mixture begins to gel (becomes slightly thicker). If chilled in refrigerator, stir occasionally; if chilled over ice and water, stir gelatin frequently.

4. Fold the whipped cream into the slightly thickened gelatin mixture.

5. Beat egg whites and salt until foamy. Add the ½ cup sugar gradually, beating well after each addition. Continue beating until rounded peaks are formed (peaks turn over slightly when beater is slowly lifted upright). Fold into the gelatin mixture.

6. Turn into pastry shell and chill until firm. Drain the remaining pineapple and use to decorate around edge of pie. *One 9-in. pie*

Baked Beans

Mrs. Helen Gorsuch
Santa Ana, California

- 1 lb. white great northern beans or navy (pea) beans, washed and sorted
- 2½ lbs. beef brisket, trimmed of fat and cut in cubes
- 2 teaspoons salt
- ¼ teaspoon black pepper
- ½ cup firmly packed light brown sugar
- 1 teaspoon dry mustard
- ½ cup maple sirup
- 1 medium-sized onion

1. Soak the beans in cold water for 3 hrs.

2. Drain beans, transfer to a large saucepan, and add enough cold water to cover. Add meat, salt, and pepper. Cover; simmer until meat is tender, about 1 hr.

3. Drain, reserving cooking liquid. Turn beans and meat into a bean pot or casserole with a tight-fitting cover. Pour a mixture of the next three ingredients over the top.

4. Place the onion in the center of the mixture. Pour enough of the cooking liquid over beans and meat to cover. Cover and set in a 300°F oven for 3 hrs., or until beans are tender; stir occasionally and add more cooking liquid and water as needed. *6 to 8 servings*

Southern Oven Barbecued Chicken

Mrs. Frank B. Propst
Tuscaloosa, Alabama

- ¼ cup white vinegar
- ½ cup water
- 2 tablespoons sugar
- 1½ teaspoons salt
- ¼ teaspoon cayenne pepper
- ¼ cup butter
- ¼ cup chopped onion
- 1 tablespoon prepared mustard
- 1 thick lemon slice
- ½ cup catsup
- ¼ cup chili sauce
- 2 tablespoons Worcestershire sauce
- 2 2- to 2½-lb. broiler-fryer chickens, split in halves
- 2 tablespoons butter
- 2 tablespoons flour

1. Combine first nine ingredients in a saucepan and simmer 15 min., stirring occasionally. Blend in catsup, chili sauce, and Worcestershire sauce; bring to boiling. Remove from heat.

2. Place chicken halves flat in a roasting pan, skin side up. Spoon half of the sauce over chicken, cover pan and set in a 350°F oven for 30 min.

3. Remove cover, spoon additional sauce over chicken, and cook, uncovered, 30 to 45 min., adding more sauce and basting several times until chicken is tender.

4. Transfer chicken to a heated serving platter. Heat the 2 tablespoons butter in a small saucepan; stir in the flour and heat until mixture bubbles. Blend butter-flour mixture into the sauce remaining in roaster. Cook over low heat until sauce thickens, stirring constantly. Spoon over chicken and serve immediately. *4 servings*