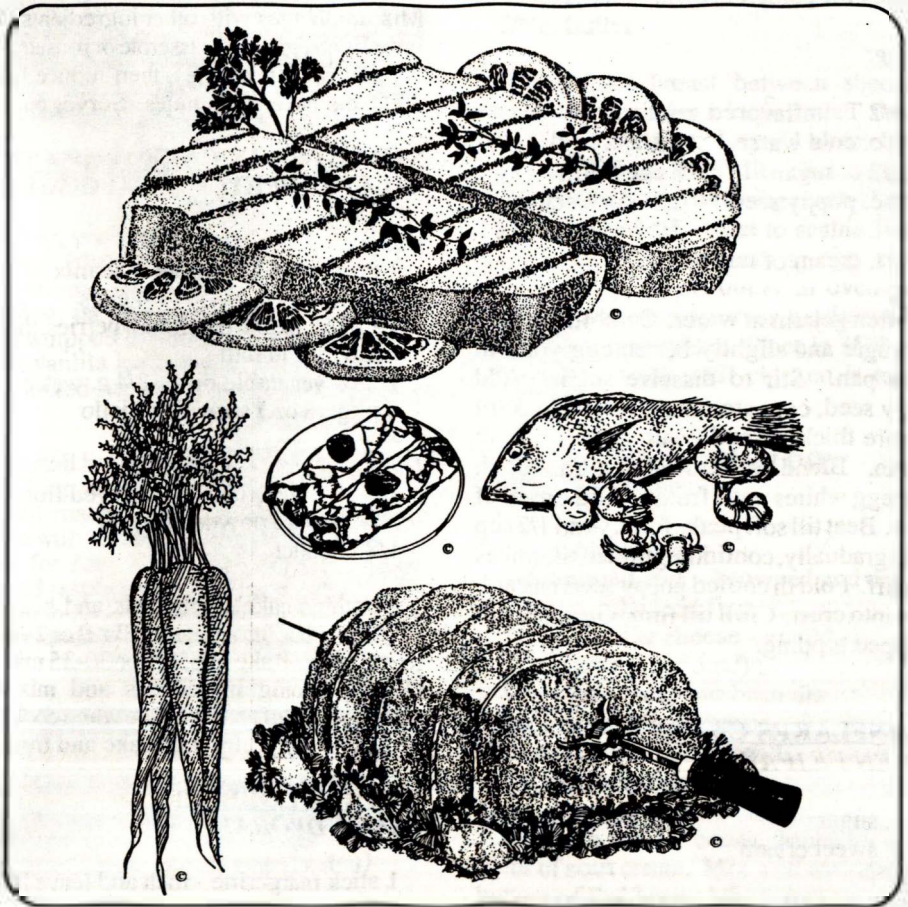


East River's Country Cookin'

VOLUME XII



FROM OUR
Consumer's Cupboards

**BON HOMME-YANKTON
ELECTRIC ASSOCIATION**
Tabor, SD 57063

Archives
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**CHARLES MIX ELECTRIC
ASSOCIATION, INC.**
Lake Andes, SD 57356

#982123296
HAMBURGER RICE CASSEROLE
LOIS SLABA

Crust:

1 c. flour 1/4 c. brown sugar
1/2 c. butter 3/4 c. chopped nuts

Combine flour and brown sugar. Cut in butter. Add chopped nuts then press into buttered 9x13 pan. Bake at 350° for 12 minutes till golden brown.

Filling:

1 1/2 T. unflavored gelatin
1/2 c. cold water 1 1/2 c. milk
1 1/2 c. sugar 5 egg yolks
1/4 c. poppy seed 2 T. corn starch
1/4 t. salt 1/2 t. vanilla
1/2 t. cream of tartar

Soften gelatin in water. Combine milk, 1 cup sugar and slightly beaten egg yolks in sauce pan. Stir to dissolve sugar. Add poppy seed, corn starch and salt. Cook till mixture thickens and coats spoon. Stir in gelatin. Blend well. Add vanilla. Cool. Beat egg whites until frothy. Add cream of tartar. Beat till soft peaks form. Add 1/2 cup sugar gradually, continuing to beat till whites are stiff. Fold in cooled poppy seed custard. Pour into crust. Chill till firm. Garnish with whipped topping.

CORNFLAKES CANDY
HELEN FEJFAR

1 c. sugar 1 c. syrup (golden)
1 c. sweet cream

Mix and boil to a soft ball, then pour on a mixture of the following.

5 c. cornflakes 2 c. puffed rice
2 c. salted peanuts 1 t. vanilla

Mix well and press into 9x12 pan cool and cut. (Good Christmas candy)

1 to 1 1/2 lb. hamburger (browned)
1 can cr. of mushroom soup
2 soup cans water
2 T. soy or worcestershire sauce
3/4 c. raw rice or mix 1/2 & 1/2 with wild rice
salt and pepper to taste

Mix hamburger with other ingredients. Pour into slightly greased casserole or roaster. Bake at 350° for 10 minutes, then reduce heat to 300° and bake 50 minutes. Serves 6.

STRAWBERRY CAKE
SALLY FLOREY

Cake:

1 pkg. white or yellow cake mix
3 T. flour 4 eggs
1 - 10 oz. pkg. frozen strawberries, thawed,
divided in half
1/2 c. vegetable oil 3/4 c. water
1 pkg. (8 oz.) strawberry jello

Icing:

1/2 pkg. strawberries, reserved from cake
3 1/2 to 4 c. powdered sugar
1/2 c. butter

Combine cake ingredients and beat until smooth. Pour into greased 13 x 9 or 2 - 9 inch round pans. Bake at 350° for 30-35 minutes. Combine icing ingredients and mix until smooth and fluffy, frost cake when cool. This makes a very pretty pink cake and frosting.

CHERRY COBBLER
CAROL DVORAK

1 stick margarine - melt and leave in pan

Mix together then put in pan

1/2 c. sugar 3/4 c. flour
2 t. baking powder 3/4 c. milk

1 can cherry pie filling - spoon into pan

Bake at 325° for 1 hour in a 9 x 9 pan.

CLAY-UNION ELECTRIC CORPORATION
Vermillion, South Dakota 57069

CABBAGE WITH CARAWAY (Surkal)
RUTH HANSON

1 head green cabbage (cored & shredded)
2 T. flour 2 T. butter
1 t. salt 1 1/4 c. chicken or
1 t. caraway seed beef bouillon
2 T. cider vinegar 1 T. sugar

Put shredded cabbage in a large saucepan. Sprinkle cabbage with flour, salt and caraway seeds. Heat butter with bouillon and pour hot mixture over cabbage. Cover and simmer for 1 1/2 hours or until cabbage is tender. Stir in vinegar and sugar. Serve immediately. Serves 4 to 6.

FRUIT AND ICE CREAM PIE
MRS. TODD COOK

1-10 oz. package frozen raspberries
(thawed and drained)
1-6 oz. graham cracker crust
1-12 oz. jar raspberry jam
2 c. whipped topping (thawed)
1 qt. vanilla ice cream (slightly thawed)
2 c. mixed fresh fruit (strawberries, raspberries, etc.)

In a small bowl: stir the drained raspberries into 3/4 cup of jam. Drop spoonfuls of it into crust alternating with ice cream. Smooth surface with spatula. Cover with plastic and freeze for four hours. Meanwhile, whisk reserved raspberry syrup into remaining 1/4 cup jam to make sauce. Refrigerate and use over ice cream pie when serving. When ready to serve, top the pie with any fruits.

APPLE MUFFINS WITH CRUNCH TOPPING
LISA TRIPP

2 c. flour 3/4 c. milk
3 t. baking powder 1 c. chopped apples
1/2 c. sugar 1/2 t. salt
3 t. shortening 1 egg (beaten)

1/3 c. brown sugar 1/2 t. cinnamon
1/3 c. chopped nuts

Mix together dry ingredients and cut in shortening. Combine egg and milk. Add to flour and mix just till moist. Fold in apples. Fill muffin tins 1/2 full. Combine topping ingredients and sprinkle over batter. Bake at 400° for 25 minutes.

CODINGTON-CLARK ELECTRIC COOPERATIVE, INC.
Watertown, SD 57201

CHICKEN CORDON BLEU
DEANNA WARD

4 whole chicken breasts (skinned & boned)
salt and pepper to taste
8 thin slices mozzarella cheese
2 eggs lightly beaten
4 thin slices ham
1 1/2 c. bread crumbs (extra fine)
1/4 c. flour
1/4 c. butter

Pound each breast between sheets of waxed paper to form a large cutlet. Season with salt and pepper. Layer 1 slice cheese, 1 slice ham and another slice cheese on each cutlet. Fold chicken over cheese and ham on three sides and roll cutlet to seal in filling. Lightly flour chicken, dip in egg, roll in bread crumbs. Heat butter in oven-proof skillet, saute chicken over moderate heat until brown on all sides. Place in 350° oven about 20 minutes until chicken is tender. Makes 4 servings.

PORK SAUSAGE BEAN DIP
DAWN JOHNSON

1 can refried beans
1 lb. ground pork - browned and drained
1 onion - chopped fine
1/2 lb cheddar cheese - grated
black olives (optional)
1 can Frito Jalapeno bean dip
1-8 oz. bottle taco sauce
1 green pepper - chopped
1-6 oz. sour cream

Mix in a bowl: beans, bean dip and 2 globs of sour cream. Mix well and spread in bottom of 9x13 pan. Mix browned sausage and taco sauce and spread over bean mixture. Sprinkle onions and peppers on next. Put grated cheese on and spread remaining sour cream over all. Garnish with black olives. Bake at 350° for 20 minutes. Serve as a dip with your favorite corn chips or tortilla chips. Can be made ahead, freeze and bake.

**DAKOTA ENERGY
COOPERATIVE, INC.**
Huron, SD 57350

PIZZA ROLL
ANITA BEANER

1 loaf frozen bread dough
1/4 c. melted butter
1 t. Italian seasoning
1 lb. sausage or hamburger
1 c. shredded mozzarella cheese
2 T. Parmesan cheese

Favorite pizza toppings such as green peppers, mushrooms, pepperoni, black olives or onions.

Thaw frozen bread dough, roll into rectangular shape about 1/2 inch thick. Brown meat. Top bread dough with favorite toppings. Add meat. Spoon 1-15 oz. can pizza sauce on top. Sprinkle with mozzarella cheese. Roll up. Seal ends. Place in long pan sprayed with Pam. Mix Italian Seasoning with melted butter and spread on top. Bake in 350° oven for 35-40 minutes.

SUMI SALAD
Laura FLANAGAN

1 head cabbage (chopped - not fine)
5 or 6 green onions with tops (sliced)
2 pkgs. Ramen noodles (break up-don't cook)

Saute 4 oz. sunflower seeds in butter or margarine and add to above ingredients.

Dressing:

6 T. white vinegar 2 t. seasoning salt
1/2 t. garlic powder 1 t. ginger
1 t. pepper 1/3c. honey (warmed)
2/3 c. oil

Pour dressing over the other ingredients and toss. Make at least 8 hours before serving. Keeps well in refrigerator.

STRAWBERRY JAM
PAT NABER

Boil for three minutes
4 c. strawberries 2 T. lemon juice

Add 4 cups sugar. Boil eight minutes slowly. Set aside to cool over night. In the morning put in containers. May be frozen.

**DOUGLAS ELECTRIC
COOPERATIVE, INC.**
Armour, SD 57313

MOLASSES SUGAR COOKIES
RUBY DeVRIES

3/4 c. shortening 1 c. sugar
1/4 c. Brier Rabbit Molasses
1 egg 2 t. baking soda
2 c. sifted flour 1/2 t. cloves
1/2 t. ginger 1 t. cinnamon
1/2 t. salt

Melt shortening in a 3 or 4 quart saucepan over low heat. Remove from heat; let cool. Add sugar, molasses and egg; beat well. Sift together flour, soda, cloves, ginger, cinnamon, and salt; add to first mixture, Mix well; chill. Form in 1 inch balls, roll in granulated sugar and place on greased cookie sheets two inches apart. Bake in moderately hot oven 375° 8-10 minutes.

SALSA
MARLYNE FINK

1 gal. tomatoes 2 green peppers
1/2 sweet red pepper
3 jalapeno peppers (or as you like)
1 can green chili peppers
1 med. onion 1 t. paprika
1 t. lemon pepper 1/4 c. salt
1/2 c. sugar 1/2 c. white vinegar
few drops tobasco sauce

Cook all ingredients together for one half hour. Add 1/2 cup cornstarch with a little water to make paste. Add to tomato sauce to thicken. Put into jars and process with boiling water bath. Makes 10 pints.

PEANUT BRITTLE
RUBY DeVRIES

1 c. white sugar 1 c. white syrup
2 c. raw peanuts

Cook until syrup starts to turn caramel color. Remove from stove and add 1 t. soda. Stir well. Pour on greased cookie sheet.

**FEM ELECTRIC
ASSOCIATION, INC.**
Ipswich, SD 57451

OVERNIGHT DANISH BRAIDS
SUE HOYLE

1 c. butter, room temperature
5 c. all-purpose flour
1/2 t. salt
3 eggs, beaten
1 pkg. active dry yeast
1/4 c. warm water
3/4 c. warm water
1/2 c. sugar

Filling:

1 c. butter, softened 1 T. cinnamon
1 c. brown sugar 1 c. chopped pecans

Glaze:

1 1/2 c. confectioners sugar
3 t. melted butter 1 to 2 T. hot milk
1/2 t. vanilla

Cut butter into flour and salt in large mixing bowl with pastry cutter until mixture resembles cornmeal. Add eggs, yeast dissolved in 1/4 cup water, 3/4 cup water and sugar. Mix by hand until dough is well mixed (batter may be sticky). Refrigerate, covered, for 5-6 hours or overnight. Bring dough to room temperature, about 1 hour. Divide dough into 4 equal parts. Roll each part into 12x9 inch rectangle (like thin cinnamon roll) on floured surface. Prepare filling by combining ingredients until well mixed. Using 1/2 cup filling per braid, spread in 3 inch wide strip down center of each rectangle. With kitchen shears, cut sides toward center in strips 3 inches long and 1 inch wide (Fig. 1). Fold strips over filling, alternating from side to side (Fig. 2). Place on greased cookie sheet; cover and let rise until double. Bake at 350° for 20-25 minutes. Carefully remove to wire rack. Cool slightly. Top with glaze made by mixing ingredients until smooth. Yield: 4. (Braids freeze beautifully.)



Figure 1



Figure 2

**HD ELECTRIC
COOPERATIVE, INC.**
Clear Lake, SD 57226

RHUBARB CRISP
KIM BOEKE

1 c. flour 3/4 c. oatmeal
1 c. brown sugar 1 t. cinnamon
1/2 c. melted butter 4c. chopped rhubarb

Place half of topping in a 9" pan. Cover with rhubarb.

Sauce:

1 c. sugar 1 c. water
2 T. cornstarch 1 t. vanilla

Combine and cook until thick. Pour over rhubarb. Top with remaining crumb topping. Bake 1 hour at 350°. (If you like more topping, double topping ingredients.)

FROSTED APPLE SQUARES
DARLA TOBEN

Crust:

2 1/2 c. flour 1 T. sugar
1 t. salt 1 c. shortening
1 egg yolk in a cup and add enough milk to make 2/3 cup liquid (Save egg white for later)

Combine first 3 ingredients. Cut in shortening. Combine with yolk and milk. Roll out half of dough to fill jelly roll pan.

Filling:

6 to 8 apples, sliced 2 T. flour
1 1/2 c. sugar 1 t. cinnamon

Mix together and sprinkle over apples. Then put on top pie crust. Bake at 350° for 45 minutes to 1 hour. Beat egg white until frothy and brush over crust. Top with powdered sugar frosting, below, while crust is warm.

1 c. powdered sugar 3 T. water
vanilla to taste

CRANBERRY-APPLE-ORANGESALAD
KIM BOEKE

1 lg. box red Jello 2 c. boiling water
1 can 16 oz. cranberry sauce
1-2 large peeled apples (diced)
1 can mandarin oranges or 1 fresh orange (peeled and cut into pieces)

Combine ingredients and refrigerate until set.

**INTERCOUNTY ELECTRIC
ASSOCIATION, INC.
Mitchell, SD 57301**

**FILLED CUP CAKES
MARIALYCE LENOCKER**

Filling:

8 oz. cream cheese 1 egg
1/2 c. white sugar 1 c. mini choc. chips

Dry ingredients:

1 1/2 c. flour 1 c. white sugar
1 t. soda 1 t. salt
1/4 c. cocoa 1 c. water
1/2 c. veg. oil 1 T. vinegar
1 t. vanilla

Mix filling together and set aside. Mix cake mix together and fill cup cake liners each about 1/2 full. Divide filling evenly on top of cake mixture. Bake in 350° oven. Makes 24.

Frosting:

1 c. white sugar 1/4 c. milk
1/4 c. oleo

Boil the ingredients for 1 minute. Remove from stove. Stir in 1/2 cup chocolate chips. Stir until desired consistency and frost.

**CHEESE BREAD
BECKY ROLFES**

3/4 lb. margarine, soft
8 oz. grated sharp cheddar cheese
1/4 lb. grated mozzarella cheese
1/4 t. Worcestershire sauce
1/4 t. garlic powder 1/2 t. paprika
1 loaf French bread

Beat all together with beater. Split french bread and spread half the mixture on each half of the bread. Leave split, wrap in foil and bake for 20 minutes at 350°.

**CAULIFLOWER SALAD
LONDA METZGER**

1 lg. head cauliflower 6 slices bacon
1 double head broccoli 1 onion
1 pint mayonnaise 1/2 c. sugar
2 t. vinegar
1/2 c. parmesan cheese

**KINGSBURY ELECTRIC
COOPERATIVE, INC.
DeSmet, SD 57231**

**HELEN'S HAMBURGER CASSEROLE
JANET CARROLL**

2 lbs. hamburger 1 large onion, chopped
1/4 t. black pepper 1 t. celery salt
1 - 14 oz. can tomatoes - cut up
3 c. uncooked noodles
1 t. salt 1 can mushrooms
2 t. Worcestershire sauce
1 can water chestnuts
3 small cans V-8 juice
1 c. cheddar cheese - grated

Saute hamburger and onion. Add juice, tomatoes, noodles, seasoning, mushrooms and water chestnuts. Cook over low heat for 30 minutes or until noodles are tender. Top with cheese or sour cream.

**NACHO DIP
JANET CARROLL**

2 lbs. hamburger
2 lbs. Italian sausage
1 softball size onion - chopped

Fry above until sausage is well done and drain off grease.

2 jalapeno peppers - chopped
2 green chili peppers - chopped
1 - 10 oz. can stewed tomatoes - chopped
2 lbs. American cheese - grated

Put into crockpot on low heat.

When hamburger mixture is ready, add to remaining ingredients in crockpot. Heat until cheese is melted. Stir often. Use taco or Dorito chips for dipping.

**ZUCCHINI BREAD
MARGARET ANDERSON**

3 eggs 3 c. flour
1 3/4 c. sugar 1 t. salt
1 c. oil 1/4 t. baking powder
3 t. vanilla 2 t. cinnamon
2 c. grated, unpeeled zucchini
2 T. grated orange rind
nuts (optional)

Add in order and beat. Bake at 350° for 1 hour. Makes 2 loaves.

**LAKE REGION ELECTRIC
ASSOCIATION, INC.**
Webster, SD 57274

LASAGNA ROLLS
AMY STORM

6 lasagna noodles
1 t. fennel seeds (optional)
1 lb. ground beef
1 pkg (8 oz.) shredded mozzarella cheese
divided
1 jar (15 1/2 oz.) spaghetti sauce

Cook noodles according to package directions. Meanwhile, in a skillet, brown beef and drain excess fat. Stir in spaghetti sauce, then fennel seeds (if desired) simmer 5 minutes. Drain noodles, spread 1/4 cup meat sauce on each noodle, roll them up and place seam down in a 9x9 baking dish. Spoon remaining sauce over each roll and sprinkle with remaining cheese. Bake at 400° for 10-15 minutes or until heated through. Yield - 6 servings.

BUTTERMILK BROWNIES
JULIE CZMOWSKI

Boil: 1 c. water
1 c. margarine
1/3 c. cocoa

Set aside to cool.

Add: 2 c. flour
2 c. sugar
1 t. soda
1 1/2 t. vanilla
1/2 t. salt
1/2 c. buttermilk
2 beaten eggs

Bake at 400° for 20 minutes in 15x10 pan.
Frost.

SCALLOPED CORN
TRUDY SMITH

2 eggs, beaten 1 can cream corn
4 T. flour 1/2 cup butter
2 T. milk

Beat eggs. Add flour, milk and corn. Mix together. Put butter on top. Bake at 350° for 45 minutes.

**LINCOLN-UNION
ELECTRIC COMPANY**
Alcester, SD 57001

FRENCH BREAKFAST PUFFS
PAT DUNHAM

Mix together thoroughly:
1/3 c. soft shortening
1/2 c. sugar 1 egg

Sift together:
1 1/2 c. sifted flour
1 1/2 t. baking powder
1/2 t. salt
1/4 t. nutmeg

Add dry ingredients to shortening mixture alternately with 1/2 cup milk. Fill greased muffin cups 2/3 full. Bake until golden brown. Bake 350° for 20-25 minutes. Immediately roll in:

6 T. melted butter
1/2 c. sugar
1 t. cinnamon

Makes 12 medium muffins.

HASH BROWN POTATOES
CONNIE CAIN

1 - 2 lb. package hashbrown potatoes
1 can cream of chicken soup
16 oz. sour cream
2 c. grated cheddar cheese
1/2 c. melted oleo
2 T. minced onion
1 t. salt
1/2 t. pepper

Mix all together and place in 9 x 13 pan. Crush 2 cups corn flakes and sprinkle over top. Melt 2 T. butter and drizzle over cornflakes. Bake at 350° for 45-60 minutes.

CRAB SALAD

1 c. mayonaise 1 pkg. crab meat
2 c. celery 1 c. shredded carrots
1/2 c. onions 1 pkg. shell macaroni
salt and pepper to taste

**LYON-LINCOLN ELECTRIC
COOPERATIVE, INC.
Tyler, MN 56178**

**RHUBARB UPSIDE DOWN CAKE
MARLYS CHRISTENSEN**

5 c. rhubarb, cut fine
1 - 3 oz. pkg. red Jello 1 c. sugar
3 c. miniature marshmallows
yellow or white cake mix prepared
according to directions

Place chopped rhubarb in greased 9 x 13 pan. Sprinkle Jello over rhubarb and sugar over Jello. Then add marshmallows and cake batter. Bake 1 hour at 350°. Serve with whipped cream or Cool Whip.

**MANDARIN ORANGE SALAD
ANDREA SERREYN**

1 - 3 1/4 oz. box vanilla tapioca pudding
1 - 3 oz. box orange gelatin
1 - 3 1/2 oz. box instant vanilla pudding
2 c. boiling water
1 - 11 oz. can mandarin oranges, drained
1 - 8 oz. carton whipped topping

Combine dry tapioca, Jello, and instant pudding mix in pan, pour boiling water over and stir to mix. Bring to a boil and cook 1 minute until thickened. Remove from heat and cool. When cool, add drained mandarin oranges and whipped topping. Mix well. Pour into serving bowl.

**BROWNIE CHEESECAKE
MARLYS CHRISTENSEN**

1 pkg. German chocolate cake mix
1/2 c. shredded coconut
1/3 c. butter 1 egg

Blend the above ingredients until crumbly. Press in 9 x 13 pan.

2 - 8 oz. pkg. cream cheese
2 eggs 3/4 c. sugar
2 t. vanilla

Beat the above ingredients until smooth. Spread over chocolate layer. Bake at 350° for 20-25 minutes.

2 c. sour cream 1/4 c. sugar
1 t. vanilla

Mix the above ingredients well. Spread over baked cheesecake. Refrigerate at least eight hours.

**McCOOK ELECTRIC
COOPERATIVE, INC.
Salem, SD 57058**

**WINTER SQUASH
JENNIFER DEBATES**

2 1/2 c. diced squash, acorn or
buttercup
1 c. diced celery 1 c. diced onion
2/3 c. butter or margarine
2 c. cracker crumbs 1 1/2 c. water
2 eggs, beaten 1 c. grated cheese
salt and pepper to taste

Boil vegetables, margarine and water for 5 minutes. Combine in casserole with remaining ingredients. Bake at 350° for 30-35 minutes, adding water if needed.

**PEANUT BUTTER BALLS
TRESA THOMPSON**

2 c. peanut butter, chunky is best
1 stick softened margarine
2 c. powdered sugar
5 c. Rice Krispies

Mix ingredients and roll into balls. Chill. Cover with chocolate or almond bark and put on waxed paper to cool.

**COPPER PENNY CARROT SALAD
MARALYN MARKS**

2 lbs. carrots 1 c. sugar
1 can tomato soup 1/2 c. vinegar
1/3 c. salad oil pinch of salt
1 T. Worcestershire sauce

Optional:

Diced green peppers and onions

Clean carrots. Cut into 1/4 inch rounds. Cook in salted water until slightly crisp. Combine tomato soup, sugar, vinegar and salad oil in a pan. Bring to a boil for 2-3 minutes. Drain carrots, add cooked dressing and let stand in refrigerator several hours before serving. This will keep for days under refrigeration.

**NORTHERN ELECTRIC
COOPERATIVE, INC.**
Bath, SD 57427

3 COLORED NOODLE SALAD
MILISSA GROSS

1 pkg. colored spiral noodles, cooked
1 lg. bottle zesty Italian dressing
1 pkg. dry Hidden Valley Ranch dressing

Pour dressing over spiral noodles and mix. Add cut up Tomato, green pepper, cucumber, onion and black olives. Chill to serve.

CREAM PUFFS
DORAINE GREEN

1/2 c. butter or oleo 1 c. water

Boil the water and oleo, then add 1 c. flour and 1/4 t. salt. Stir until ball is formed. Cool slightly. Add 4 eggs, one at a time and beat on high in electric mixer after each addition. Drop by spoonful on greased large cookie sheet 3" apart. This makes 12 large puffs.

CREAM PUFF FILLING
DORAINE GREEN

2/3 c. flour 1 t. salt
1 1/3 c. sugar 4 c. milk
2 whole eggs 2 t. butter
2 t. vanilla

Scald milk. Mix flour, salt and sugar and add to scalded milk. Beat the egg adding a small amount of hot mixture, then add to the custard. Bring to a boil. Remove from heat. Add butter and vanilla. Chill.

HEAVENLY HOT FUDGE
DORAINE GREEN

Melt in double boiler
1/2 c. oleo
3 oz. unsweetened chocolate

Add
3 c. sugar, 4 T. at a time
1/2 t. salt
1 reg. size evaporated milk

Be sure sugar is completely moistened after each addition. It will be thick and dry. Slowly add milk and stir. Cook in double boiler for about 5 minutes. Good on ice cream, too.

**OAHE ELECTRIC
COOPERATIVE, INC.**
Blunt, SD 57522

CAVATINIA
MICHELLE COLSON

2 to 3 lbs. hamburger 1 sm. onion
1 1/2 lbs. macaroni (mostacieoli and
twirls noodles)
1 green pepper, chopped
4 oz. sliced pepperoni
1 lg. can sliced mushrooms
1 - 16 oz. mozzarella cheese, grated
32 oz. jar spaghetti sauce 32 oz. water

Cook noodles as directed on package. Brown hamburger and onion. Put together in large roaster and add remaining ingredients. Bake for 1 hour at 350°. May have to add more sauce. Makes an excellent dish for "an army." Can easily be doubled.

ICE CREAM DESSERT
LAURALEA HINCKLEY

2 1/2 c. crushed Rice Chex cereal
1/2 c. flake coconut
1/2 c. chopped salted peanuts
2/3 c. brown sugar
1/2 c. butter (melted)
1/2 t. vanilla

Mix all ingredients together, put 1/2 of mixture in a 9 x 12 pan. On top of this spread 1/2 gallon ice cream or sherbert (any flavor). Cover ice cream with remaining half of mixture and freeze.

FANTASTIC FISH RECIPE
PAM MOORE

4 Walleye fillets 2 T. butter
1 oz. white wine
2 oz. heavy whipping cream
Paul Prudhomme's Poultry Magic (Cajun seasoning)
1/2 red pepper (Julienne cut)
5 big fresh mushrooms

Saute vegetables and set aside. Lightly season fish with cajun seasoning. In hot skillet, fry fillets rib-side down, then turn. (fry 1 to 2 min. per side) Set fish aside on plate. In pan drippings, add 1 t. butter and add white wine to taste. Add 2 oz. whipping cream and the vegetables and simmer til slightly thickened. Pour sauce over fillets and serve. May sprinkle toasted almonds over. Garnish with lemon.

**RENVILLE-SIBLEY
COOPERATIVE POWER
Danube, MN 56230**

**HAWAIIAN CHICKEN SALAD
EILEEN SINDELIR**

- 3 1/2 c. cooked, cubed chicken
- 1 c. mandarin oranges
- 1 c. small pineapple chunks
- 1 c. chopped celery
- 1 c. green grapes, cut in halves
- 1/2 c. slivered almonds
- 1/4 t. ginger
- 1 T. soy sauce
- Margarine, salt & pepper to taste
- 3 c. chow mein noodles

Combine all ingredients except noodles. Chill. Serve on a bed of shredded lettuce and crisp noodles. Top with noodles.

**CHICKEN LOAF
MARCY SCHEWE**

- 2 c. chopped cooked chicken
- 1 c. soft bread crumbs 2 eggs
- 2 T. chopped parsley 1 c. milk
- 3 T. melted butter 2/3 t. salt

Mix all ingredients and pour into a buttered loaf pan. Bake for 30 minutes in a 375 degree oven. Unmold and slice. Serve plain or with chicken gravy.

**PORK CHOPS AND RICE
MARCY SCHEWE**

- 6 pork chops 4 oz. mushrooms
- 1 c. uncooked rice 2 T. green peppers
- 1 envelope Lipton's Onion Soup Mix
- Hot water

Put rice on the bottom of a baking dish. Hold back one tablespoon of the onion soup mix. Sprinkle the rest of the onion soup mix over the rice. Drain the mushrooms, reserving the liquid. Add mushrooms to the rice. Add hot water to the mushroom liquid to make 3 cups. Pour over the rice. Brown pork chops. Put on rice. Sprinkle the one tablespoon onion soup mix over the chops. Cover with foil. Bake at 350° for 45 minutes to an hour, or until liquid is gone.

**SIOUX VALLEY ELECTRIC
POWER COOPERATIVE
Colman, SD 57017**

**BROCCOLI-CHEESE DIP
ELAINE GARRY**

- 1 stick margarine
- 1 b. Velveeta cheese
- 1 can cream of celery soup
- 1 pkg. frozen chopped broccoli
- onion salt

Melt all ingredients slowly over low heat. The dip is great with most vegetables (especially carrots, celery, broccoli and cauliflower) and some chips (like Doritos).

**TACO SALAD
ELAINE GARRY**

- 1 lb. hamburger
- 1 can Rotel (with tomatoes and peppers)
- 1 lb. Velveeta cheese
- 1/2 bag Dorito chips
- lettuce
- tomatoes (optional)
- peppers (optional)

Brown hamburger. Add Rotel and cheese. Heat until melted. Pour over lettuce and crushed chips. Eat immediately.

**CHICKEN SALAD RANCH STYLE
ELAINE GARRY**

Combine 2 cups cubed, cooked chicken, 1 cup sliced celery, and 1 can (20 oz.) pineapple chunks (reserve juice). Separately, combine 1 packet Hidden Valley Ranch Milk Recipe Original Ranch Salad Dressing Mix with 1/2 cup mayonnaise and 1/4 cup reserved pineapple juice. Add to the chicken mixture and toss well to coat. Chill. Serves 4-6.

**SPINK ELECTRIC
COOPERATIVE, INC.
Redfield, SD 57469**

**BEEF STROGANOFF
GAIL BRITZ**

2lbs. beef (round, rump or sirloin) cut into
1 inch strips 1/4 c. flour
1/4 c. butter or other shortening
1 - 4 oz. can mushrooms
1-2 medium onions, chopped
4 bouillon cubes dissolved in 3 c. water
OR 1 lg. can beef broth & 1 can cream of
mushroom soup
1 t. salt 2 t. pepper
1 t. dry mustard 1/2 t. catsup
1/2 - 1 c. sour cream
1 cove garlic, finely chopped (optional)

1. Put flour in bag. 2. Put meat in bag. 3. Shake!!! Coat meat with flour. Melt butter in pan. Add meat and brown well. Add all the other ingredients except sour cream. Cover pan. Reduce heat and simmer about 1 1/2 hours. Stir occasionally. Add more water if necessary. Just before serving, add the sour cream and heat 2 to 3 minutes longer until well blended. Serve hot over buttered noodles or hot cooked rice. Serves 6 to 8. Note: May need to add more water if necessary!

**BANANA SPLIT DESSERT
CRYSTAL JUNGWIRTH**

Graham Cracker Crust
18-20 lg. crushed graham crackers
3 T. butter or margarine

Layer
4 - 8 sliced bananas over crust
1/2 gallon vanilla ice cream

Freeze in a 9 x 13 pan.

Chocolate Sauce:
1/2 c. chocolate chips 1/2 c. butter or
2 c. powdered sugar margarine
1 1/2 c. evaporated milk

Cook till thick. Nuts optional. Then add 1 t. vanilla and cool. After chocolate sauce has cooled, spread over ice cream layer. Freeze. After chocolate sauce has been frozen, add: 8 oz. carton Cool Whip. Then freeze. When ready to serve, garnish with Maraschino cherries or strawberries.

**TRAVERSE ELECTRIC
COOPERATIVE, INC.
Wheaton, MN 56296**

**PEACHES AND CREAM COFFEE CAKE
JANET WEICK**

3/4 c. flour 1/2 t. salt
1 t. baking powder 3 T. soft butter
1-3 oz. pkg. vanilla pudding (not instant)
1 egg 1/2 c. milk
1-15 oz. can sliced peaches, drained
(reserve juice) 1/2 c. sugar
1-8 oz. pkg. cream cheese (softened)
3 T. peach juice 1 T. sugar
1/2 t. cinnamon 1/3 c. chopped nuts

Mix flour, salt, baking powder and 3 T. soft butter. Add vanilla pudding mix, egg and milk. Beat 2 minutes at medium speed. Grease a deep 9 inch pie pan; pour in batter. Arrange sliced peaches over top of batter. Mix cream cheese, peach juice and 1/2 c. sugar. Beat until smooth and spoon gently over batter to within 1 inch of edge. Mix 1 T. sugar, cinnamon and chopped nuts; sprinkle over the top. Bake at 350° for 30 minutes. This cake is best when served warm. Refrigerate leftovers.

**CHEESEBURGER RICE
SUE SPRENGELER**

1 lb. ground beef 1/2 t. salt
1 sm. onion, chopped 2 c. water
1/8 t. pepper 2/3 c. catsup
2 T. prepared mustard
2 c. MINUTE Original Rice, uncooked
1 c. shredded cheddar cheese

Brown meat and onion in large skillet on medium-high heat; drain. Stir in water, catsup, mustard, salt and pepper. Bring to a boil. Stir in rice; cover. Remove from heat. Let stand 5 minutes. Fluff with fork. Top with cheese; cover. Let stand 3 minutes or until cheese melts. Makes 4 servings.

**EASY PASTA BAKE
MARILYN TIMM**

Cook 1 lb. ground beef in a skillet; drain. Add 2 c. cooked pasta, 1-15 oz. jar spaghetti sauce and 1/2 c. Kraft 100% grated Parmesan cheese. Spoon into a 1 1/2 qt. casserole. Top with 1 c. shredded mozzarella cheese. Cover. Bake at 350° for 15 minutes. Uncover; bake 10 minutes.

**TRI-COUNTY ELECTRIC
ASSOCIATION INC.
Plankinton, SD 57368**

**CALICO BEANS
DEB HOFF / LOIS KETELSEN**

Saute:

- 1 1/2 lbs. ground beef
- 1/2 lb. bacon (chopped)
- 1 medium onion (chopped)

After browned, add:

- 1 can Pork & Beans
- 1 can red Kidney beans
- 1 can green lima beans
- 1 can butter beans (Can substitute green beans, pinto beans, or garbanzo beans.)
- 3/4 c. brown sugar 1 c. catsup
- 1 T. prepared mustard 2 T. vinegar

Pour all beans together with meat mixture. Salt and pepper to taste. Bake at 325° for 2 hours or until flavors are blended and juices are baked in. Note: I use 2 large onions and drain the meat mixture. I also drain the kidney beans or partially, and then I partially drain other beans, saving the liquid (in case you need to add during baking.)

**KRISTEN'S CHEESECAKE
KAYLEEN WEICH**

- 1 pkg. graham crackers, crushed

Put in a 9 x 13 pan. Sprinkle 2 T. sugar on top and 1/2 c. melted butter. Mix altogether and spread. Defrost an 8 oz. pkg. of cream cheese. Beat together with 2 c. powdered sugar. Fold in gently with 12 oz. Lite Cool Whip. Top with sliced strawberries or cherry pie mix.

**HEATH CAKE
MARGE SCHRYVERS**

- 1 white or yellow cake mix
- 1 egg 2 c. water
- 1 sm. pkg. instant chocolate pudding

Mix and pour into greased 9 x 13 pan. Bake at 350° for 25-30 minutes.

- 1/4 c. butter 2 egg yolks
- 1 c. powdered sugar 8 oz. Cool Whip

Mix and spread on cake. Crush 5 Heath bars, sprinkle on top. Yummy!

**TURNER-HUTCHINSON
ELECTRIC COOPERATIVE, INC.
Marion, SD 57043**

**BUTTERMILK PANCAKES
LOIS POWELL**

Mix:

- 2 c. 2% buttermilk
- 1 egg
- 1 t. baking soda
- pinch of salt
- 1 c. flour or a little more to make thick

**HAMBURGER ROLL UPS
CARALEE MILLER**

- 3 lbs. hamburger
- 1 sm. onion, chopped
- 2 1/2 c. Bisquick
- 1/2 c. milk
- 1 can cream of celery soup

Brown hamburger and onion. Drain and cool. Mix Bisquick with milk; roll out 1/2 inch thick. Spread meat and onions on Bisquick and roll up like jelly roll. Cut into 1 inch thick slices. Put into baking pan and bake at 350 for 20 minutes or until light brown. Mix soup with 1 cup milk and spoon over like gravy and bake another 15 minutes.

**POTATO DUMPLINGS
LOIS POWELL**

- 2 c. left over mashed potatoes
- 1/4 c. fine cut onion
- 2-3 eggs
- 1 1/2 - 2 c. flour (enough to make a stiff dough)

Drop by spoonful into boiling water. Boil for 20 minutes.

**RHUBARB CREAM PIE
CARALEE MILLER**

- 2 c. rhubarb cut into small chunks
- 1 c. cream 2 eggs
- 3/4 c. sugar 1 T. flour
- 3/4 t. vanilla

Beat eggs, add other ingredients and mix well. Pour into unbaked pie crust. Bake at 350° for 1 hour.

**UNION COUNTY ELECTRIC
COOPERATIVE, INC.**
Elk Point, SD 57025

PARMESAN CHICKEN
APRIL SOMMERVOLD

Chicken breasts in bite size nuggets or cut fryer pieces.

Preheat oven to 400°.

- 2 T. margarine, melted
- 1/2 c. parmesan cheese
- 1/4 c. seasoned bread crumbs
- 1 t. Italian seasoning
- 1/4 t. salt 1/4 t. pepper

Spray cookie sheet with no stick spray. Dip chicken in margarine, then shake well in coating ingredients. Place on cookie sheet. Bake 25 minutes, turning once for nuggets. Bake 1 hour, turning once for chicken pieces.

FREEZER PICKLES
DORIS HANSON

Slice cucumbers and onions very thin. Soak for 1 - 1 1/2 hours in salt water (handful of pickling salt to one gallon of water). Drain. Soak in ice water for one hour. Drain.

Mix in sauce pan:

- 2 c. sugar 2 c. water
- 1 c. white vinegar 1 t. salt

Boil 5 minutes. Cool. Pour over drained cucumbers and onions. Package syrup and cukes in one-meal amounts. Freeze. Eat while still chunky with ice. Refreeze leftovers.

CHOCOLATE REVEL BAR
DOROTHY LANGLE

Mix together and put 2/3 in a 10 x 15 pan:

- 1 c. oleo 2 c. brown sugar
- 2 eggs 1 t. vanilla
- 1 1/2 c. flour 1 t. soda
- 3 c. oatmeal

Filling: (melt in double boiler)

- 12 oz. chocolate chips 2 T. oleo
- 15 oz. sweetened condensed milk
- 1 c. nuts 2 t. vanilla

Pour filling over the first mixture; remaining first mixture over filling. Bake at 350° for 25 - 30 minutes.

**WHETSTONE VALLEY
ELECTRIC COOPERATIVE, INC.**
Milbank, SD 57252

COMPANY FRENCH TOAST
JEANNE PELKEY

Melt 1 stick of oleo in a 9 x 13 pan. *Add:*

- 1 c. brown sugar 1 t. cinnamon

Stir until well blended. Cover with 12 slices of bread.

Beat: 5 eggs (Well)

Add: Pinch of Salt 1 1/4 c. milk

Pour over bread and let stand in refrigerator overnight. Next day bake 45 minutes at 350° uncovered.

CHEESY GREEN BEANS
GAIL BARLUND

- 10 slices bacon
- 2 pkg. (16 oz.) cut green beans
- 1 lb. sliced mushrooms
- 3/4 c. chopped onion
- 3/4 t. ground black pepper
- 1 16 oz. jar Cheez Whiz

Cook bacon until crisp, drain bacon, reserve 1/4 c. drippings. Crumble bacon, reserve 2 tablespoons. Microwave beans and drain. Add mushrooms and onion to reserved 1/4 c. drippings in skillet. Cook and stir on medium heat 10 minutes; drain. Add bacon, hot cooked beans and pepper, mix. Spoon into a 2 qt. serving dish.

Microwave cheese spread as directed on label. Pour over green bean mixture. Sprinkle with reserved 2 T. crumbled bacon.

DELICIOUS BROWNIES
VI WARD

- 1 c. margarine 2 c. sugar
- 4 beaten eggs 1/2 c. cocoa
- 1 1/2 c. flour

Sprinkle chocolate chips and nuts on top and bake at 350° for 25 minutes.

**EAST RIVER ELECTRIC
POWER COOPERATIVE**
Madison, SD 57042

TOMATO SOUP CAKE
DICK DE JABET

2 T. butter
1 can tomato soup
2 c. flour
1 t. cinnamon
1 t. cloves
1/2 c. chopped walnuts

1 c. sugar
1 t. baking powder
1 t. baking soda
1 t. nutmeg
1 c. raisins

Sift dry ingredients together, cream butter and sugar in large mixing bowl; add tomato soup alternately with dry ingredients, add nuts and raisins. Bake in medium loaf pan in a moderate oven 45 minutes.

SWEET HOT MUSTARD
PETE OLSON

1 c. white vinegar
2 eggs (beaten)
1 c. sugar

1 c. dry mustard
1/4 t. salt
1 1/2 t. butter or oleo

1. Beat together vinegar and mustard. Let stand overnight to develop flavor.
2. Add well beaten eggs, salt and sugar.
3. In medium saucepan, melt butter, add the mixture and cook over medium heat *stirring constantly* until it comes to a slow boil and coats a spoon. Let cool and refrigerate.

Makes one pint.

CHOW MEIN HOT DISH
JOANNE OWENS

Brown:

2 lbs. hamburger
1 c. celery

1 c. onion

Add:

1 c. water
1 can cream of mushroom soup
1 can cream of chicken soup
1 can tomato soup
1 lg. can chow mein noodles
1 can bean sprouts with liquid

Bake 1 hour at 350°.

SPICY CHICKEN SPAGHETTI
JOANNE OWENS

Saute in 3/4 c. margarine:

2 chopped onions
2 green peppers

2 cans Rotel tomatoes and green chiles
1 - 16 oz. can Le Seur peas (drained)
2 - 4 oz. cans mushrooms (drained)
1 chicken and 3 breasts cooked and cut up
16 oz. vermicelli or spaghetti
2 qt. chicken broth - *don't drain*
1 - 2 lb. box Velveeta cheese (cubed)

Cook spaghetti in chicken broth. *Don't drain.* Mix well. Bake at 350° for 30 minutes. Freezes well. Bake 1 hour if frozen.

STOVE TOP STUFFING CASSEROLE
JOANNE OWENS

In a 2 quart casserole, layer:

2 c. leftover chicken or turkey
1 can cream soup (chicken, celery, etc.)
Can be frozen at this point for future use.

When ready to prepare, layer 2 different kinds of cheese slices over soup. Prepare 1 package of Stove Top Stuffing according to package directions, adding 1/3 cup additional water. Spread dressing over cheese layer. Bake uncovered for 30 minutes at 350°.

CARROT CAKE
JOANNE OWENS

Cream well:

1 1/2 c. cooking oil
3 eggs

2 c. sugar

Add & mix well:

2 c. grated carrots
1 can crushed pineapple (drained)
2 1/2 c. flour
1 t. baking soda
1 t. cinnamon

1 c. chopped nuts
1/2 t. salt
1 t. vanilla

Bake at 350° for 45 minutes. Frost with the following.

1 box powdered sugar
1 stick butter
1 3 oz. pkg. cream cheese

1 t. vanilla

Top with chopped nuts.

COMMON FOOD EQUIVALENTS

| Food | Amount | Approximate Measure |
|----------------------------|----------------------|----------------------------|
| Butter or other shortening | 1 pound | 2 cups |
| Cheese | | |
| Cheddar or American | 4 ounces | 1 cup shredded |
| Cottage | 1 pound | 2 cups |
| Cream | 3 ounce package | 6 tablespoons |
| | 8 ounce package | 1 cup (16 tablespoons) |
| Chocolate | | |
| Chips | 6 ounce package | 1 cup |
| Unsweetened | 8 ounce package | 8 squares (1 ounce each) |
| Coconut | | |
| Shredded or Flaked | 4 ounce can | about 1 1/3 cups |
| Coffee, ground | 1 pound | 80 tablespoons |
| Cream | | |
| Whipping | 1/2 pint | 1 cup (2 cups whipped) |
| Sour | 8 ounces | 1 cup |
| Flour | | |
| All-purpose | 1 pound | about 3 1/2 cups |
| Cake | 1 pound | about 4 cups |
| Lemon | | |
| Juice | 1 medium | 2 to 3 tablespoons |
| peel, grated | 1 medium | 1 1/2 to 3 teaspoons |
| Marshmallows | 1 large | 10 miniature |
| | about 11 large or | |
| | 1 10 miniature | 1 cup |
| Nuts | | |
| Almonds | 1 pound in the shell | 1 to 1 3/4 cups nutmeats |
| | 1 pound shelled | 3 1/2 cups |
| Pecans | 1 pound in the shell | 2 1/4 cups nutmeats |
| | 1 pound shelled | 4 cups |
| Peanuts | 1 pound in the shell | 2 1/4 cups nutmeats |
| | 1 pound shelled | 3 cups |
| Walnuts | 1 pound in the shell | 1 2/3 cups nutmeats |
| | 1 pound shelled | 4 cups |
| Orange | | |
| Juice | 1 medium | 1/3 to 1/2 cup |
| Peel, grated | 1 medium | 1 to 2 tablespoons |
| Sugar | | |
| Brown | 1 pound | 2 1/4 cups (firmly packed) |
| Confectioner's | 1 pound | about 4 cups |
| Granulated | 1 pound | 2 cups |

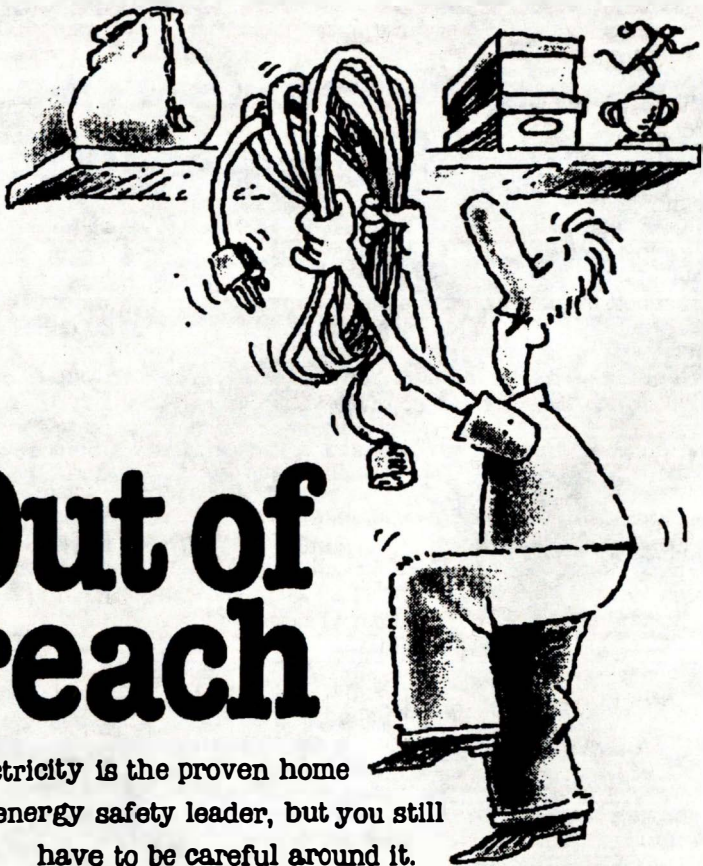
EMERGENCY SUBSTITUTIONS

An emergency is the only excuse for using a substitute ingredient - recipe results will vary. Following are some stand-ins for staples.

| FOR | USE |
|-------------------------------|---|
| 1 1/2 t. cornstarch | 1 T. flour |
| 1 whole egg | 2 egg yolks plus 1 T. water (in cookies) or 2 egg yolks (in custards and similar mixtures) |
| 1 cup fresh whole milk | 1/2 c. evaporated milk plus 1/2 c. water or 1 c. reconstituted nonfat dry milk plus 2 T. butter |
| 1 ounce unsweetened chocolate | 3 T. cocoa plus 1 T. fat |
| 1 cup honey | 1 1/4 c. sugar plus 1/4 c. liquid |

EQUIVALENT MEASURES

| |
|------------------------------|
| 3 teaspoons = 1 tablespoon |
| 16 tablespoons = 1 cup |
| 2 cups = 1 pint |
| 4 cups = 1 quart |
| 2 pints = 1 quart |
| 4 quarts (liquid) = 1 gallon |
| 5 1/3 tablespoons = 1/3 cup |
| 8 ounces = 1 cup |



Out of reach

Electricity is the proven home energy safety leader, but you still have to be careful around it.

Keep electric cords out of reach of children. Put safety caps on all open electric outlets to prevent children from sticking items in them. Never allow any electrical appliances near a sink or a tub.



*East River Electric
Power Cooperative
and its
Member Systems*