


1974

# A Collection of Recipes for Students of English as a Second Language

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*School for International Training*

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A COLLECTION OF RECIPES  
FOR STUDENTS OF ENGLISH AS A SECOND LANGUAGE

Basic American and Foreign Recipes  
Gathered at the School for International Training

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B.S. Framingham State College, 1931

Submitted in partial fulfillment of the requirements  
for the Master of Arts in Teaching degree at the School  
for International Training, Brattleboro, Vermont.

June 1974

This report by Caroline Lovejoy  
is accepted in its present form.

Date

June 26, 1974

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Mary Sullivan Taylor

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I would also like to thank my neighbor and friend, Alice Raidl, who has given me many hours of help and advice with the printing of this collection. Credit for the artistic divider pages goes to my friend Jorge Lopez.

## ABSTRACT

A collection of recipes for students of English as a second language at an intermediate level. Included are basic American recipes with simple, detailed directions. There is also a supplement of more complex recipes gathered from American and foreign students at the School for International Training. There is a glossary of terms needed for a knowledge of food preparation. A conversion table of measurements is included as well as a dictionary of food names in English, Spanish, French, Arabic and Japanese.

### Eric descriptions:

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Dictionary of Food Names

## INTRODUCTION

This book is planned to be useful to a person who is learning English as a second language. A student at an intermediate or advanced level can understand it. The directions are arranged to help the student learn good working habits in the kitchen.

Definitions of the words often used in recipes are included on pages one and two. At the back of the book there are translations of food words into French, Spanish, Arabic, and Japanese.

The purpose of this book is to help a student of the English language learn to cook some basic American recipes. She should start with the following section, "How to use this book."

## How to Use This Book

1. Read pages one and two, "Baking and Cooking Vocabulary." These words and meanings will help you to understand the recipes.
2. Study the measurement tables on pages three and four. Do not try to memorize them. You can look at them when you need to.
3. Read page five. This tells you how to measure. It is important to measure very carefully. Then you will have good results.
4. Now look at the pictures and names of some American cooking utensils. Many of these tools are used in the recipes.
5. Now you are ready to use a recipe. Please look on page seven and find the recipe for hot cocoa.
  - a. You see that hot cocoa is made on top of the range. And this recipe makes enough for four people.
  - b. Then the recipe tells you the utensils you need. Put these utensils near where you are cooking.
  - c. The ingredients are listed next. Put them near the utensils.
  - d. Now read all the instructions. Be sure that you understand what to do. If there are words that you do not know, look for them in the dictionary.
  - e. Measure the ingredients  
Example: 2 tablespoons cocoa  
3 tablespoons sugar  
1/8 teaspoon salt  
1/2 cup hot water  
2 cups milk
  - f. Follow instructions, starting with number one.
6. After you have learned how to use the basic American recipes on pages six to twenty-six, try more difficult ones on pages twenty-seven to forty-two.
7. In the back of the book is a dictionary of food names in English, Spanish, French, Arabic and Japanese. Here you can find the words in your language.

BAKING AND COOKING TERMS



## BAKING AND COOKING VOCABULARY

- BAKE: Cook in oven.
- BEAT: Mix rapidly with a spoon and fork, or round and round with a beater.
- BLEND: Mix well together two or more ingredients.
- BOIL: Cook in a very hot liquid until there are bubbles.
- BROIL: Cook directly under broiler or over hot coals.
- CHOP: Cut into small pieces with a knife or chopper.
- DRAIN: Remove the liquid from foods, usually using a strainer or a colander.
- FOLD: Mix gently, bringing rubber scraper down through mixture, across bottom, up and over top until blended.
- FRY: Cook in hot fat.
- GRATE: Rub against grater to cut into small pieces.
- GREASE: Spread bottom and sides of pan with shortening.
- HEAT: Make a mixture or liquid become hot.
- KNEAD: Mix dough with your hands.
- MASH: Crush or beat food to a soft and smooth mixture.
- MELT: Change a solid to a liquid by heating.
- MIX: Combine two or more ingredients.
- PEEL: Take off the outer skin as from an orange or banana.
- ROLL: Place dough on a board and spread and flatten until thin with a rolling pin.
- SHRED: Cut into very thin strips.
- SIFT: Put dry ingredients through a flour sifter or a sieve.
- SIMMER: Cook in liquid almost to boiling but not hot enough to bubble. This is done on top of the range.
- STIR: Mix round and round with a spoon.
- TOAST: Cook in the oven or in a toaster until dry and brown.

TOSS: Mix lightly.

WARM: Heat slightly over low heat.

WHIP: Beat quickly using a rotary egg beater or electric mixer.

MEASUREMENTS

## MEASUREMENTS

### Equivalents

3 teaspoons	=	1 tablespoon
4 tablespoons	=	$\frac{1}{2}$ cup
8 tablespoons	=	$\frac{1}{2}$ cup
16 tablespoons	=	1 cup
2 cups	=	1 pint
2 pints (4 cups)	=	1 quart

Shortening, butter, or margarine:

1 stick	=	$\frac{1}{2}$ cup
$\frac{1}{2}$ stick	=	$\frac{1}{4}$ cup

### Conversion Table

1 oz.	=	28.3 grams
4 oz.	=	113.4 grams
8 oz.	=	226.8 grams
1 lb.	=	450.6 grams
2 lbs., 4 oz.	=	1,000 grams or 1 kilogram

### Approximate equivalents in volume of most frequently used ingredients:

Flour:	1 lb. or 450 gms.	= 4 cups
Sugar:	1 lb. or 450 gms.	= 2 cups
Butter:	1 lb. or 450 gms.	= 2 cups
Rice:	1 lb. or 450 gms.	= 2 cups

### Approximate Oven Temperatures

Very slow	250°	120°
Slow	300°	150°
Moderately slow	325°	162°
Moderate	350°	177°
Moderately hot	375°	190°
Hot	400°	204°
Very Hot	450°-500°	232°-260°

# MEASUREMENTS

## Abbreviations

tsp.	=	teaspoon
T.	=	tablespoon
c.	=	cup
pt.	=	pint
qt.	=	quart
oz.	=	ounce
lb.	=	pound

HOW TO MEASURE

## HOW TO MEASURE

### Sugar and flour:

1. Use nested-type measuring cups.
2. Dip dry measuring cup into container and get it heaping full.
3. Do not top or pack.
4. Level off with spatula.

### Shortening, butter, or margarine:

1. Use nested-type measuring cup.
2. Use at room temperature (not melted).
3. Take small amounts with rubber scraper and pack into cup.
4. Level off with spatula.
5. Note: easy method -  
1 stick ( $\frac{1}{2}$  pound) =  $\frac{1}{2}$  cup  
 $\frac{1}{2}$  stick ( $\frac{1}{8}$  pound) =  $\frac{1}{4}$  cup

### Liquids (milk, water or oil):

1. Use a liquid-type measuring cup.
2. Place cup on table.
3. Pour in liquid to proper mark.
4. Bend down and look at mark at eye level to be sure it is right.

### Salt, baking powder, and spices:

1. Use measuring spoons.
2. Dip into container with measuring spoon.
3. Level off with a straight edged knife.

### Vanilla:

1. Use measuring spoon.
2. Pour into spoon from bottle.
3. Hold spoon over small cup to avoid spilling.

UTENSILS NEEDED FOR:

FOOD PREPARATION

MIXING

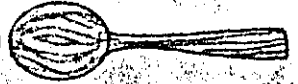
TOP-OF-RANGE COOKING  
PREPARATION

BAKING

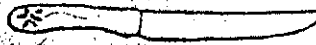


## For Mixing

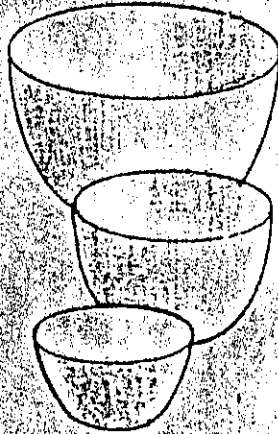
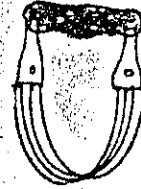
wooden spoon



knife and fork



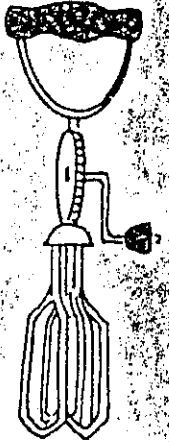
pastry blender



mixing bowls



rubber scraper

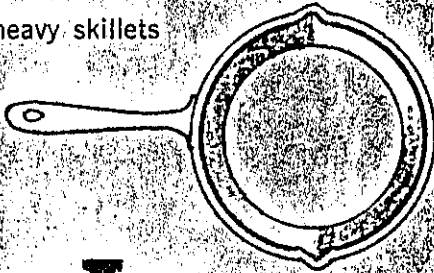


rotary egg beater or electric mixer

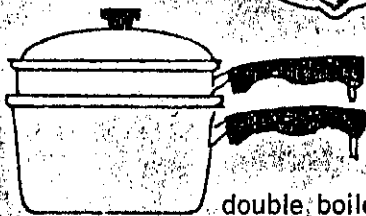
## For Top-of-Range Cooking



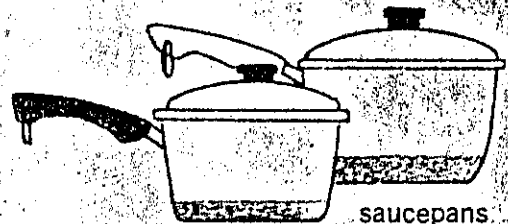
heavy skillets



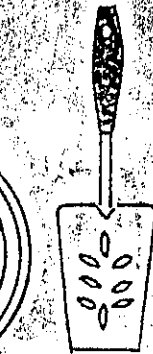
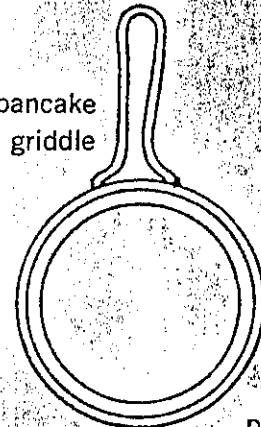
pancake  
griddle



double boiler

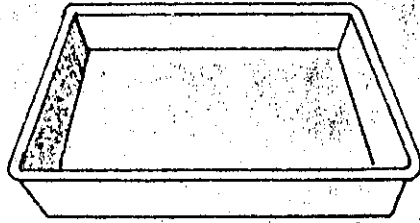


saucepans

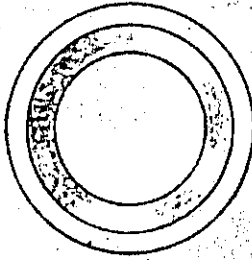


pancake turner

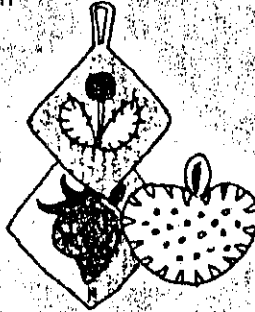
For Baking



13-inch oblong pan



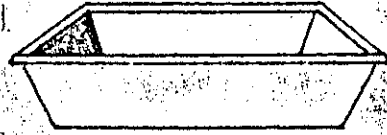
pie pan



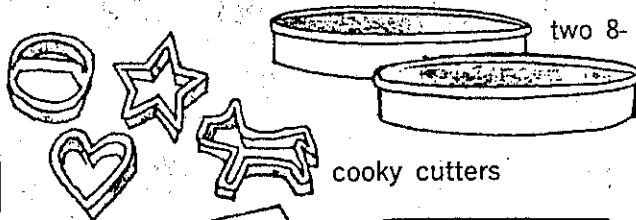
pot holders



9-inch loaf pan



wire rack



two 8- or 9-inch layer pans

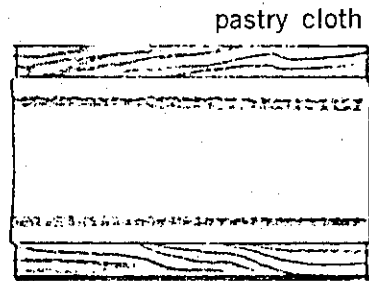
cookie cutters



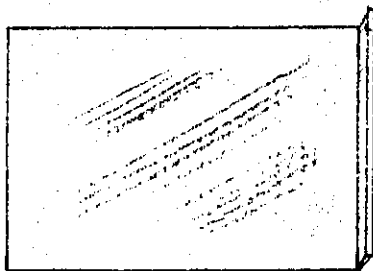
wide spatula



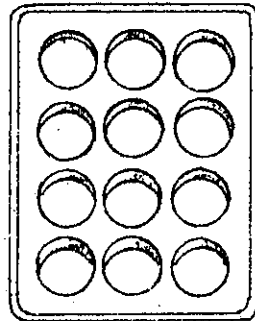
biscuit cutters



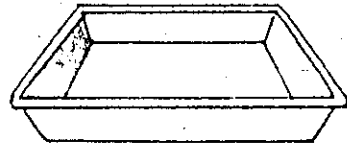
pastry cloth



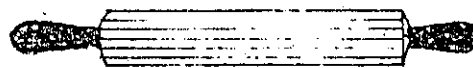
baking sheet



muffin pan

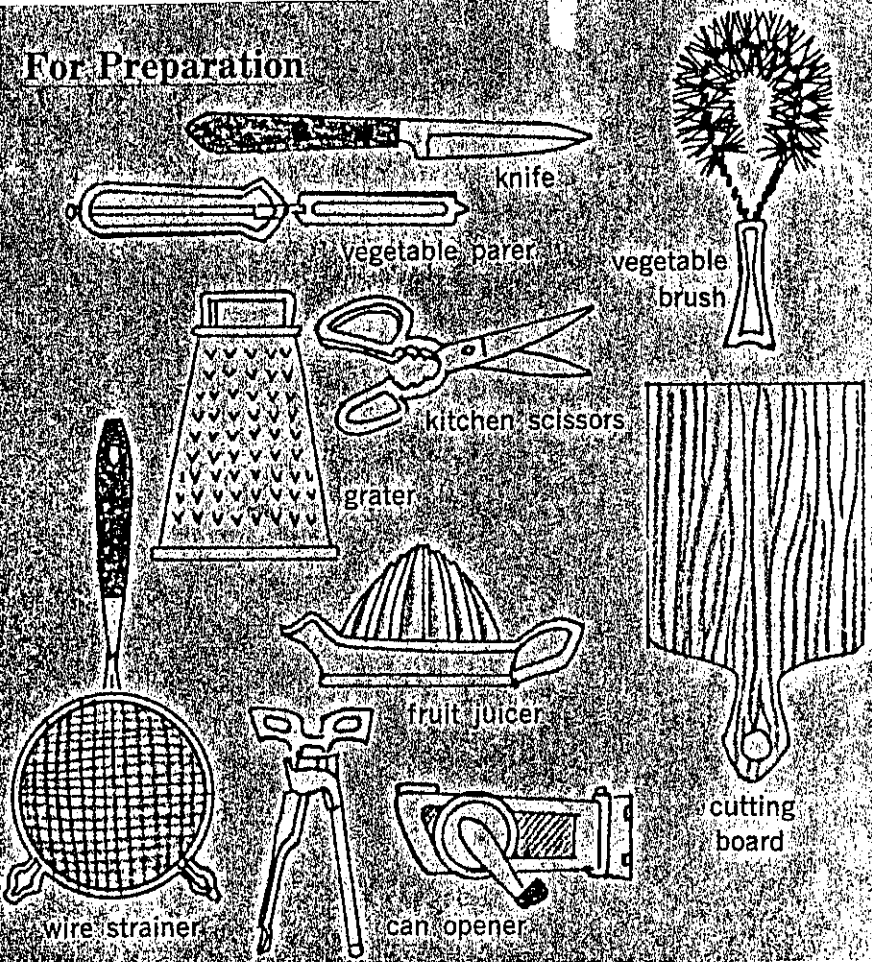


8-inch square pan



rolling pin with cover

# For Preparation



SOME BASIC AMERICAN RECIPES

BEVERAGES

## LEMONADE

No cooking

4 servings

Utensils:            nested measuring cups  
                     liquid measuring cups  
                     fruit juicer  
                     knife  
                     wooden stirring spoon  
                     tall glasses

Ingredients:         $\frac{1}{2}$  cup sugar  
                      $\frac{1}{2}$  cup hot water  
                     3 lemons  
                     1 quart cold water  
                     12 ice cubes

### Instructions:

1. Mix the water and the sugar in a pitcher
2. Squeeze juice of  $2\frac{1}{2}$  lemons.
3. Add the juice to the sugar and water in the pitcher.
4. Slice  $\frac{1}{2}$  lemon very thin. Add to the mixture in the pitcher
5. Add the cold water and the ice cubes.
6. Stir with a wooden spoon.
7. Pour into tall glasses.

### To squeeze fruits:

Cut them in half and place cut side down on the point of a fruit juicer. Pushing down, slowly twist the fruit.

## HOT COCOA

Top-of-range

Serves 4

Utensils:           1 quart saucepan  
                  measuring spoons  
                  liquid measuring cup  
                  stirring spoon

Ingredients:       2 tablespoons cocoa  
                  3 tablespoons sugar  
                  1/8 teaspoon salt  
                  1/2 cup hot water  
                  2 cups milk

### Instructions:

1. Mix cocoa, sugar and salt in a saucepan.
2. Stir in the hot water.
3. Put on the range at low heat.
4. Heat and let boil 2 minutes, stirring all of the time.
5. Stir in the milk, a little at a time.
6. Cook over low heat. Do not boil.
6. Serve.

BREADS



## FRENCH TOAST

Top-of-range

6 servings

Utensils:           measuring cup  
                  measuring spoons  
                  large bowl  
                  egg beater  
                  griddle or skillet

Ingredients:       2 eggs  
                   $\frac{1}{2}$  cup milk  
                   $\frac{1}{2}$  teaspoon salt  
                  6 pieces slightly dry bread

### Instructions:

1. In bowl, beat eggs, milk, and salt.
2. Cut pieces of bread in half.
3. Heat lightly greased skillet or griddle.
4. Pick up the bread pieces with fork and dip both sides in the egg mixture.
5. Place the bread pieces on a hot skillet or griddle.
6. Cook until lightly brown on both sides, turning with a pancake turner.
7. Serve hot with butter and jelly or with syrup.

## MUFFINS

Oven

Makes 12 medium-sized  
muffins

Utensils: muffin pan  
mixing bowls  
nested measuring cups  
liquid measuring cup  
measuring spoons  
fork  
wooden spoon  
rubber scraper  
spatula

Ingredients: 2 cups flour  
 $\frac{1}{2}$  cup sugar  
3 teaspoons baking powder  
1 teaspoon salt  
1 egg  
1 cup milk  
 $\frac{1}{2}$  cup vegetable oil

### Instructions:

1. Heat oven to 400°.
2. Grease the muffin cups
3. Stir the dry ingredients together in a bowl.
4. Make a hole in the center of the mixture.
5. In a small bowl, beat the egg slightly with a fork.
6. Add the milk and the oil to the egg.
7. Pour the egg mixture all at once into the hole in the flour mixture.
8. Stir just until the flour is moistened. The batter will be lumpy.
9. Fill the muffin cups  $\frac{2}{3}$  full.
10. Bake 20 to 25 minutes, or until golden brown.

## BISCUITS

Oven

Makes about 20  
biscuits

Utensils: large bowl  
baking sheet  
tablespoons  
rubber scraper  
pastry blender or two knives  
nested measuring cups  
liquid measuring cup  
measuring spoons  
spatula  
fork

Ingredients: 2 cups flour  
3 teaspoons baking powder  
1 teaspoon salt  
 $\frac{1}{2}$  cup shortening  
1 cup milk

### Instructions:

1. Heat oven to 450°.
2. Grease a baking sheet.
3. Stir together in a bowl the dry ingredients (flour, baking powder, and salt).
4. Mix the shortening into the flour mixture with a pastry blender or two knives.
5. The mixture should be crumbly.
6. Stir the milk into the mixture with a fork.
7. Stir until mixture holds together and forms a ball.
8. Drop tablespoons of dough onto the baking sheet. Leave a 2-inch space between each one.
9. Bake 10 - 12 minutes, or until light brown.
10. Serve warm or cold with butter and honey or jelly.

## PANCAKES

Top-of-range

Makes 12 pancakes

Utensils:           sifter  
                  measuring spoons  
                  nested measuring cups  
                  liquid measuring cup  
                  mixing bowl  
                  stirring spoon  
                  large fry pan or griddle  
                  pancake turner  
                  rotary egg beater

Ingredients:       2 teaspoons baking powder  
                  1 cup flour  
                  ½ teaspoon salt  
                  1 egg  
                  1 cup milk  
                  1 tablespoon vegetable oil  
                  2 tablespoons margarine

### Instructions:

1. In a mixing bowl, sift the baking powder, flour and salt.
2. Add the egg and milk.
3. Beat with a rotary egg beater until smooth.
4. Add the vegetable oil to the egg and milk mixture and stir.
5. In a large fry pan or griddle, melt 1 tablespoon or margarine.
6. Use a ½ cup measuring cup as a dipper to pour batter onto hot griddle. Pour batter onto griddle.
7. Leave an inch between each one for pancakes to spread.
8. When the pancakes are full of bubbles, turn with pancake turner to cook on the other side.
9. Pancake is cooked when it stops steaming.
10. Serve hot with butter and syrup.

MAIN DISHES

## MEAT LOAF

Oven

Serves 6

Utensils: loaf pan (9x5x3 inches)  
nested measuring cups  
liquid measuring cup  
measuring spoons  
paring knife  
large bowl  
mixing spoon  
fork

Ingredients: 1 egg  
1½ pounds ground beef  
3 sliced soft bread, torn into pieces  
1 cup milk  
½ cup chopped onion  
1 tablespoon Worcestershire Sauce  
1½ teaspoons salt  
1 tablespoon margarine

### Instructions:

1. Heat oven to 350°.
2. Grease the loaf pan with margarine
3. Beat the egg slightly in a bowl with a fork.
4. Add rest of the ingredients and mix well.
5. Place in the loaf pan.
6. Pat evenly to make the top smooth.
7. Bake one hour in the oven.
8. Drain off the fat.
9. Turn out of the pan on a plate.
10. May be served hot or cold.

## TUNA AND CHIPS CASSEROLE

Oven

3 to 4 servings

Utensils: 1 quart baking dish  
liquid measuring cup  
nested measuring cups  
mixing spoon  
wax paper  
rolling pin

Ingredients: 1 can (10½ ounces) cream of mushroom soup  
½ cup milk  
1 can (7 ounces) tuna  
1½ cup crushed potato chips  
1 cup cooked green peas

### Instructions:

1. Heat oven to 350°
2. Open can of mushroom soup.
3. Empty into the baking dish.
4. Mix in milk.
5. Put potato chips between two sheets of waxed paper. Crush chips with rolling pin. Repeat until you have 1½ cups of crushed chips.
6. Open can of tuna. Drain the oil.
7. Add to soup in the baking dish, the tuna, 1 cup of chips and the peas. Mix.
8. Sprinkle top with ½ cup potato chips.
9. Bake in oven for 25 to 30 minutes.
10. Serve hot.

\* Crush means very small pieces.

## MACARONI AND CHEESE

Oven

4 to 6 servings

Utensils:       baking dish (10 x 6 x 1½ inches)  
                  sauce pan  
                  mixing bowl  
                  mixing spoon  
                  liquid measuring cup  
                  measuring spoon

Ingredients:     1 package (7 ounces) macaroni  
                  1 can (10½ ounces) cheddar cheese soup  
                  ½ cup milk  
                  1 teaspoon Worcestershire sauce (optional)

### Instructions:

1. Heat oven to 375°.
2. Cook and drain macaroni as directed on package.
3. Open can of cheddar cheese soup.
4. Empty into the bowl.
5. Slowly stir in the milk and Worcestershire sauce.
6. Put the macaroni in the baking dish.
7. Pour cheese sauce over the macaroni. Mix.
8. Bake 25 minutes
9. Serve hot.

Variation: Polka-dotted macaroni and cheese:

Cut two frankfurters into thin slices. Arrange slices on top of the macaroni and cheese before baking.



## SPAGHETTI

Top-of-range

3 to 4 servings

Utensils: large skillet with cover  
measuring spoons  
liquid measuring cup  
nested measuring cups  
fork  
paring knife

Ingredients: 1 tablespoon vegetable oil  
 $\frac{1}{2}$  cup chopped onion  
 $\frac{1}{2}$  pound ground beef  
2 cans (8 ounces each) tomato sauce  
 $1\frac{1}{2}$  cups water  
 $1\frac{1}{2}$  teaspoons salt  
1 teaspoon dried parsley  
 $\frac{1}{2}$  teaspoon dried basil  
 $\frac{1}{2}$  teaspoon pepper  
4 ounces (half an 8-ounce package) uncooked spaghetti  
parmesan cheese (optional)

### Instructions:

1. Heat the oil in the skillet.
2. Chop the onion.
3. Add the chopped onion and beef to oil.
4. With a fork, break the meat apart and stir as it browns slightly.
5. Stir in the tomato sauce, water and seasonings, and blend well.
6. Heat until it is very hot.
7. Break the spaghetti into short pieces.
8. Drop spaghetti into the boiling sauce a little at a time.
9. Cover tightly.
10. Simmer 20 to 25 minutes, stirring occasionally.
11. Sprinkle with parmesan cheese on top.

## ITALIAN PIZZA

Oven

4 servings

Utensils: 2 baking sheets  
small skillet  
fork  
paring knife  
nested measuring cups  
liquid measuring cup  
rolling pin  
board or pastry cloth for rolling  
mixing bowl

Ingredients:  $\frac{1}{2}$  pound ground beef  
 $\frac{1}{2}$  cup chopped onion  
1 can (8 ounces) tomato sauce  
2 cups prepared biscuit mix (Bisquick)  
 $\frac{1}{2}$  cup water  
1 cup shredded or cut-up mozzarella cheese  
oregano

### Instructions:

1. Heat oven to 425°.
2. Cook ground beef in skillet until brown.
3. Break meat apart with fork and stir as it browns lightly.
4. Stir in chopped onion and tomato sauce.
5. Set meat sauce to side to use later.
6. Stir together Bisquick and water with a fork in a bowl.
7. Knead dough about one minute on a lightly floured board.
8. With a lightly floured rolling pin, roll dough into two 10-inch circles.
9. Place on two baking sheets.
10. Pinch the edge of the dough to make a slight rim.
11. Spread half of the sauce mixture on each circle.
12. Top each with  $\frac{1}{2}$  cup chopped up mozzarella cheese.
13. Sprinkle oregano lightly over cheese.

continued

ITALIAN PIZZA (continued)

14. Bake 20 minutes or until crust is brown and topping is hot and bubbly.
15. Cut into pie-shaped wedges and serve immediately.

## SCRAMBLED EGGS

Top-of-range

1 to 2 servings

Utensils:       small mixing bowl  
                  fork  
                  measuring spoons  
                  small heavy skillet  
                  broad spatula

Ingredients:    2 eggs  
                  2 tablespoons milk  
                  1/8 teaspoon salt  
                  2 teaspoons butter

### Instructions:

1. Break eggs into bowl. (Break shells with a knife.)
2. Add the milk and salt.
3. Beat with a fork.
4. Heat the butter in a skillet
5. Tip pan so bottom is completely covered with fat.
6. Pour in the egg mixture.
7. Cook slowly over low heat turning gently with a broad spatula.
8. Serve when eggs are cooked through, but are still moist and shiny.

SALADS AND VEGETABLES

## TOSSED GREEN SALAD

No cooking

4 servings

Utensils: large salad bowl  
salad spoon and fork  
paring knife

Ingredients:  $\frac{1}{2}$  head lettuce  
 $\frac{1}{2}$  cup sliced celery  
 $\frac{1}{2}$  cup sliced radishes  
 $\frac{1}{2}$  cup sliced carrots  
 $\frac{1}{2}$  cup French dressing (see below)

### Instructions:

1. Wash, dry and chill the lettuce.
2. Tear the lettuce into bite-sized pieces. Put into salad bowl.
3. Add celery, radishes and carrots to the lettuce.
4. Mix the vegetables together with a salad spoon and fork.
5. Pour French dressing over the salad.
6. Toss again until dressing covers all the pieces of vegetables.
7. Serve immediately.

## FRENCH DRESSING

No cooking

Makes  $\frac{3}{4}$  cup

Utensils: jar with tight fitting cover  
liquid measuring cup  
measuring spoons

Ingredients:  $\frac{1}{2}$  cup vegetable oil  
2 tablespoons vinegar  
2 tablespoons lemon juice  
 $\frac{1}{2}$  teaspoon salt  
 $\frac{1}{2}$  teaspoon paprika  
 $\frac{1}{2}$  teaspoon dry mustard

### Instructions:

1. Measure all ingredients into jar.
2. Screw on cover.
3. Shake well.

# SUNSHINE SALAD

Refrigerator

6 to 9 servings

Utensils:           small bowl  
                  liquid measuring cup  
                  stirring spoon  
                  measuring spoons  
                  square pan (8 x 8 x 2 inches)  
                  paring knife  
                  grater

Ingredients:       1 package (3 ounces) lemon-flavored gelatin  
                  1 cup boiling water  
                  ½ cup cold water  
                  1 can (9 ounces) crushed pineapple  
                  1/8 teaspoon salt  
                  2 medium sized carrots  
                  lettuce  
                  mayonaise

## Instructions:

1. Empty gelatin into a small bowl.
2. Pour in the boiling water.
3. Stir until gelatin is dissolved.\*
4. Stir in cold water, pineapple and salt.
5. Chill in a refrigerator until the gelatin starts to thicken.
6. Peel and grate the carrots.
7. Stir into the gelatin.
8. Pour into the pan or molds.
9. Chill in the refrigerator until firm.
10. Cut into squares.
11. Lift out carefully and serve on crisp lettuce leaves.
12. Top with mayonaise.

\* Dissolved means that dry gelatin cannot be seen in the liquid.

## MASHED POTATOES

Top-of-range

4 servings

Utensils:        parer  
                 liquid measuring cup  
                 large deep sauce pan  
                 measuring spoons  
                 fork or potato masher

Ingredients:    6 medium-sized potatoes  
                 1½ cups hot water  
                 1 teaspoon salt  
                 1/3 cup milk  
                 3 tablespoons butter

### Instructions:

1. Wash and peel the potatoes.
2. Pour the hot water into a sauce pan.
3. Add the potatoes and salt.
4. Cook the potatoes for 25 to 30 minutes, or until tender.
5. Drain water from the pan.
6. Mash the potatoes with a fork or potato masher.
7. Add the milk and butter; mash again.
8. Serve at once.



## SCALLOPED POTATOES

Oven

4 servings

Utensils: 2 quart casserole  
potato parer  
paring knife  
liquid measuring cup  
measuring spoons  
small sauce pan

Ingredients: 4 cups thinly sliced and pared potatoes  
3 tablespoons flour  
4 tablespoons chopped onion  
1 teaspoon salt  
pepper  
4 tablespoons butter  
2½ cups hot milk

### Instructions:

1. Heat the oven to 350°.
2. Peel the potatoes.
3. Slice the potatoes thin
4. Put one cup of potatoes in the bottom on the casserole.
5. Sprinkle potatoes with: 1 tablespoon flour  
1 tablespoon chopped onion  
½ teaspoon salt  
dash of pepper
6. Dot with 1 tablespoon butter.
7. Repeat steps 5 and 6 two times.
8. Sprinkle the top layer of the potatoes with onion, salt and pepper.
9. Dot with butter.
10. Pour hot milk over all. Put on cover.
11. Bake in the oven for 30 minutes.
12. Take off the cover; bake for one hour.
13. Serve hot.

CAKE AND COOKIES

## CHOCOLATE CHIP COOKIES

Oven

4 to 5 dozen cookies

Utensils:           mixing bowls  
                      rubber scraper  
                      teaspoon  
                      wooden spoon  
                      nested measuring cups  
                      measuring spoons  
                      baking sheets  
                      wire rack  
                      spatula

Ingredients:        1/3 cup soft shortening  
                      1/3 cup butter  
                      1/2 cup granulated sugar  
                      1/2 cup brown sugar (packed)  
                      1 egg  
                      1 teaspoon vanilla  
                      1 1/2 cups flour  
                      1/2 teaspoon baking soda  
                      1/2 cup chopped walnuts\*  
                      1 package ( 6 ounces) semi-sweet chocolate pieces (1 cup)

### Instructions:

1. Heat the oven to 375°.
2. Mix the shortening, butter, sugar, egg, and vanilla in a bowl.
3. In another bowl stir together the flour, soda, and salt.
4. Mix the flour mixture into the shortening mixture.
5. Stir in chopped walnuts and chocolate pieces.
6. Drop dough by teaspoonfuls on ungreased baking sheet 2 inches apart.
7. Bake 8 to 10 minutes or until light brown.
8. Remove from the pan with spatula.
9. Cool on a wire rack.

\*Chopped walnuts means cut in small pieces.

## QUICK PEANUT BUTTER COOKIES

Oven

4 to 5 dozen cookies

Utensils:

large mixing bowl  
rubber scraper  
liquid measuring cup  
mixing spoon or electric mixer  
teaspoon  
fork  
baking sheets

Ingredients:

1 package yellow cake mix  
1 cup chunk-style peanut butter  
2 eggs  
1/3 cup water

Instructions:

1. Heat the oven to 375°
2. In a bowl mix  $\frac{1}{2}$  package yellow cake mix, peanut butter, eggs and water.
3. Beat with a spoon or electric mixer until smooth.
4. Mix in remaining half package of yellow cake mix.
5. Mix well. Use your hands to mix the dough.
6. Dot dough by teaspoons (about three inches apart) on ungreased baking sheet.
7. With a fork dipped in flour, flatten rounds of dough by pressing a criss-cross design on top of each cookie.
8. Bake 8 to 10 minutes, or until a light golden brown.
9. Cool cookies on baking sheet about 2 minutes, then remove to a wire rack to cool.

## BROWNIES

16 squares

Oven

### Utensils:

square baking pan (8x8x2 inches)  
double boiler  
nested measuring cups  
rotary egg beater  
measuring spoons  
mixing bowl  
mixing spoon  
rubber scraper  
spatula  
knife for chopping nuts

### Ingredients:

2 squares (2 ounces) unsweetened chocolate  
1/3 cup shortening  
1 cup sugar  
2 eggs  
3/4 cup flour  
1/2 teaspoon baking powder  
1/2 teaspoon salt  
1/2 cup chopped\*nuts (optional)

### Instructions:

1. Heat oven to 350°.
2. Put grease on the bottom and sides of a baking pan.
3. In the bottom part of double boiler, heat some water.
4. Put in the top part of double boiler the chocolate and shortening.
5. Put over the boiling water to melt, stirring with wooden spoon.
6. Remove from heat. Cool.
7. With an egg beater, beat in sugar and eggs.
8. Stir together in the bowl, flour, baking powder and salt.
9. Mix the dry ingredients into the chocolate mixture.
10. Stir in the chopped nuts.
11. Put the batter in the pan.
12. Bake 30 to 35 minutes.
13. Cool in pan and cut into squares.

\* Chopped means cut in small pieces.

## GINGERBREAD

Oven

6 to 8 servings

Utensils: square pan (9x9x1 3/4 inches)  
bowl  
measuring spoons  
liquid measuring cups  
nested measuring cups  
wooden mixing spoon  
spatula  
rubber scraper

Ingredients: 1/2 cup soft shortening  
2 tablespoons sugar  
1 egg  
1 cup dark molasses  
1 cup boiling water  
2 1/2 cups flour  
1 teaspoons baking soda  
1/2 teaspoon salt  
1 teaspoon ginger  
1 teaspoon cinnamon

### Instructions:

1. Heat the oven to 325°.
2. Grease pan. Sprinkle on a little flour.
3. Mix shortening, sugar, and egg thoroughly in a bowl.
4. Mix the molasses and water. Add to the shortening mixture.
5. Stir together flour, baking soda, ginger, and cinnamon in a separate bowl.
6. Stir the dry ingredients into the molasses mixture.
7. Beat with wooden spoon until smooth.
8. Pour into the pan.
9. Bake 45 to 50 minutes in the oven.
10. Serve warm or cold, with or without whipped cream.

SOME FAVORITE RECIPES FROM S.M.I. T.

WHITE BEAN SALAD  
(From the Middle East)

Top-of-range

6 to 8 servings

Utensils: Salad bowl with fork and spoon  
sauce pan  
measuring spoons  
liquid measuring cup  
lemon juicer  
colander

Ingredients: 1 pound dry white beans  
2 teaspoons salt  
 $\frac{1}{2}$  cup olive oil  
juice of one lemon  
parsley, dill or mint  
dried onions or fresh spring onions

Instructions:

1. Soak beans overnight in sufficient water to cover them.
2. Drain through colander.
3. Cover with cold water and simmer  $1\frac{1}{2}$  hours.
4. Add salt and continue cooking for  $\frac{1}{2}$  hour or until beans are tender.
5. Cool and drain.
6. Put oil and lemon juice in salad bowl.
7. Add beans and mix well.
8. Sprinkle chopped parsley, dill, or mint and onion over beans.



LENTIL SOUP  
(From the Middle East)

Top-of-range

4 to 6 servings

Utensils: large sauce pan with cover  
paring knife  
liquid measuring cup  
measuring spoons  
stirring spoon  
colander

Ingredients:  $\frac{1}{2}$  pound lentils  
1 medium onion, sliced  
2 cloves garlic  
 $\frac{1}{2}$  cup olive oil  
2 teaspoons salt  
1 bay leaf (optional)  
3 tablespoons white wine vinegar

Instructions:

1. Wash the lentils and soak in warm water for two hours; drain.
2. Add 6 cups of water, onion and garlic.
3. Bring to a boil, cover, and simmer for  $\frac{1}{2}$  hour.
4. Add olive oil, bay leaf and vinegar.
5. Simmer for 10 minutes longer or until lentils are tender.

HALVA WITH SEMOLINA  
(From the Middle East)

Top-of-range

6 servings

Utensils: heavy sauce pan  
measuring spoons  
liquid measuring cup  
nested measuring cups  
bowl (for mold)  
serving dish

Ingredients:  $\frac{1}{2}$  cup butter  
1 cup coarse semolina or cream of wheat  
3 tablespoons pine nuts (optional)  
3 tablespoons blanched and shredded  
 $1\frac{1}{2}$  to 2 cups sugar  
2 sticks of cinnamon  
2 to 3 cloves  
2 cups boiling water  
cinnamon

Instructions:

1. Heat the butter in a heavy sauce pan and add the semolina, stirring continuously over low heat.
2. When the mixture begins to brown, add the pine nuts and almonds.
3. Stir until semolina is golden brown.
4. Stir in sugar, cinnamon and cloves.
5. Add boiling water, stir until well blended and cook for a few minutes.
6. Remove from heat and cover with a napkin. Leave for 15 minutes.
7. Put into a bowl, press down firmly.
8. Turn onto a serving dish.
9. Garnish with pine nuts or almonds and sprinkle with cinnamon.

CLAFOUTIS LIMOUSEN  
(From France)

Oven

4 to 6 servings

Utensils:            nested measuring cups  
                     liquid measuring cups  
                     measuring spoons  
                     shallow baking pan  
                     paring knife  
                     mixing bowl  
                     fork

Ingredients:        1 cup flour  
                     4 eggs  
                     ½ cup rum (or other dry liquor)  
                     2 cups fruit (apples, pears, bananas, or cherries)  
                     cut in pieces  
                     ½ teaspoon vanilla  
                     3 tablespoons sugar  
                     ~~½ cup milk~~

Instructions:

1. Heat oven to 350°.
2. Butter baking pan.
3. Put cut-up fruit in bottom of pan.
4. Slightly beat eggs with a fork.
5. Add flour, milk, rum, vanilla and sugar.
6. Pour batter over fruit.
7. Bake ½ hour.
8. Serve warm or cold.

CHOCOLATE MOUSSE  
(From France)

Top-of-range

6 servings

Utensils:           sauce pan  
                  nested measuring cups  
                  measuring spoons  
                  egg beater  
                  bowl  
                  mold  
                  fork

Ingredients:       8 ounces ( $\frac{1}{2}$  pound) baking chocolate  
                   $\frac{1}{2}$  cup butter  
                  2 tablespoons cognac  
                  4 eggs

Instructions:

1. Put chocolate and butter into sauce pan.
2. Melt on top of range over low heat.
3. When like cream, remove from stove.
4. Add cognac. Cool.
5. Slightly beat egg yolks with fork.
6. Add chocolate mixture to egg yolks.
7. Mix well.
8. Beat egg whites until stiff but not dry. Fold into chocolate mixture.
9. Pour into mold.
10. Leave in the refrigerator for about 4 hours, until set.
11. Remove from mold and serve.

ENCHILADAS  
(From Mexico)

Top-of-range and oven

4 to 6 servings

Make tortillas early in the day. Arrange fillings before making sauce. Commercially prepared tortillas may also be used.

TORTILLAS

Ingredients: 2 cups flour  
1 teaspoon baking powder  
1 teaspoon salt  
 $\frac{1}{2}$  cup lard or shortening  
 $\frac{3}{4}$  cup water

Instructions:

1. Sift dry ingredients together into mixing bowl.
2. Cut in lard with two knives or pastry blender.
3. Add enough water to make a soft dough.
4. Cut into 16 balls.
5. Roll out each ball into a 5-inch circle on a lightly floured surface.
6. Bake on a lightly greased griddle, turning frequently.

ENCHILADA SAUCE

Ingredients: 1 cup tomato paste  
 $\frac{1}{2}$  cup shortening  
 $\frac{1}{2}$  cup flour  
1 cup water  
jalapeno peppers, sliced thin (amount according to taste)

Instructions:

1. Melt shortening; add flour.
2. When flour is well mixed with shortening, add tomato paste, peppers, and water.
3. Bring to a boil, turn down heat.
4. Keep warm.

ENCHILADAS  
(continued)

FILLING FOR ENCHILADAS

Almost any meat can be used to fill enchiladas. Leftover or cooked chicken, beef, lamb, or pork should be finely ground or shredded. You will also need about  $\frac{1}{2}$  pound grated cheddar cheese and one small onion, finely chopped. Enchiladas may be made without meat.

ASSEMBLING AND COOKING

Dip one tortilla in the sauce. Turn it over so that both sides are covered. Place the tortilla on a plate. In the center put one teaspoon of meat, some onion and cheese. Fold the sides over the center. Place seam side down in 12 x 8 x 2-inch baking pan. Repeat with remaining tortillas until pan is full. Pour any remaining sauce over the enchiladas. Sprinkle with onion and cheese.

Place in 300° oven for 30 minutes or until cheese melts.

Serve with a green salad and re-fried beans or chili with beans.

BABOVKA  
(From Czechoslovakia)

Oven

8 to 10 servings

Utensils: egg beater  
two large mixing bowls  
cake pan (13 x 15 inches) or tube pan  
nested measuring cups  
liquid measuring cup  
measuring spoons  
rubber spatula

Ingredients: 5 eggs  
1½ cups sugar  
2 cups flour  
¾ cup water  
½ teaspoon vanilla  
(In high altitudes add ½ teaspoon baking powder)

Instructions:

1. Heat oven to 350°.
2. Lightly grease and flour baking pan.
3. Separate eggs (whites and yolks) into two bowls.
4. Add sugar to egg yolks. Cream well.
5. Add flour and water alternately to egg and sugar mixture.
6. Beat in vanilla.
7. Beat egg whites until very stiff but not dry.
8. Fold beaten whites into batter carefully.
9. Pour batter into prepared baking pan.
10. Bake for 35 to 40 minutes or until golden brown.

Contributed by Alice Raidl, MAT V

SANCRIA  
(From Spain)

No cooking

8 to 10 servings

Utensils: a jigger  
bottle opener  
lemon squeezer  
paring knife  
punch bowl and ladle  
stirring spoon

Ingredients: 1 bottle good red wine  
1 small bottle club soda or 7-up  
2 jiggers brandy or cognac  
juice of one lemon  
2 oranges, sliced and quartered  
sugar (sweeten to taste)  
fruits (never melon) in season, cut in small pieces

Instructions:

1. Pour all the ingredients together into punch bowl.
2. Stir well.
3. Chill in refrigerator.
4. Add ice cubes just before serving.



KUHLUA  
(From Latin America)

No cooking

$\frac{1}{2}$  recipe makes  
1 quart and 1 fifth

Utensils: measuring spoons  
liquid measuring cup  
large sauce pan  
stirring spoon  
dark bottle for storage

Ingredients: 1 quart vodka  
4 tablespoons instant coffee in 5 cups of water  
6  $\frac{3}{4}$  cups sugar  
4 cups water  
4 tablespoons vanilla

Instructions:

1. Dissolve instant coffee in water.
2. Simmer sugar in 4 cups of water for ten minutes.
3. Combine two liquids and cool.
4. Add vodka and vanilla.
5. Good immediately. Store in dark bottle.

BANANA NUT BREAD  
(From the U.S.A.)

Oven

1 loaf

Utensils:       mixing bowl  
                  egg beater  
                  nested measuring cups  
                  measuring spoons  
                  sifter  
                  stirring spoon  
                  fork  
                  loaf pan

Ingredients:     3 ripe bananas  
                  2 eggs, beaten lightly  
                  2 cups flour  
                  3/4 cup sugar  
                  1 teaspoon baking soda  
                  1 teaspoon salt  
                  1/2 cup chopped nuts

Instructions:

1. Heat oven to 350°.
2. Grease loaf pan.
3. Peel and mash bananas.
4. Add eggs.
5. Add flour, sifted with sugar, salt and baking soda.
6. Add nuts.
7. Stir well.
8. Pour into loaf pan.
9. Bake about 1 hour.

VITALITY BREAD  
(From the U.S.A.)

Oven

2 loaves

Utensils:            large sauce pan  
                     liquid measuring cup  
                     nested measuring cups  
                     measuring spoons  
                     large mixing bowl  
                     2 bread pans

Ingredients:        1 yeast cake  
                     ½ cup warm water  
                     ¾ cup rolled oats  
                     3 tablespoons corn meal  
                     1½ teaspoons salt  
                     1½ tablespoons shortening  
                     ½ cup bran flakes  
                     1 tablespoon wheat germ  
                     ½ cup molasses  
                     1½ cups milk  
                     3 cups whole wheat flour, and 3 cups white flour

Instructions:

1. \*Dissolve yeast cake in ½ cup warm water.
2. Into sauce pan combine the remaining ingredients.
3. Cook mixture over low heat until almost boiling.
4. Add 1 cup cold water. Cool.
5. Add dissolved yeast.
6. Add about 6 cups flour (3 cups whole wheat and 3 cups white) to make a stiff batter.
7. Let rise until double in bulk.
8. Punch dough down.
9. Place in two pans and let rise to double again.
10. Bake one hour at 325°.

\*Dissolve means to make like a liquid.

GINGER BEEF  
(From the U.S.A.)

Top-of-range

4 to 6 servings

Utensils:       paring knife  
                  measuring spoons  
                  liquid measuring cup  
                  large heavy pan with cover

Ingredients:     2 onions, chopped  
                  1 clove garlic, chopped  
                  1½ teaspoons turmeric  
                  4 teaspoons powdered ginger  
                  1½ teaspoons salt  
                  1½ pounds flank steak or chuck roast, cut in strips  
                  ½ cup vegetable oil  
                  1 cup canned tomatoes, drained  
                  1 can condensed onion soup

Instructions:

1. Combine onions, garlic, turmeric, giner, and salt with beef.
2. Heat oil in a large heavy pan (with cover) and saute beef mixture.
3. Add tomatoes and onion soup. Cover and simmer 1½ to 2 hours. Add water if the mixture seems too dry.
4. Serve with hot rice.

Contributed by Christina Gibbons, MAT V

EASY CORN BREAD  
(From the U.S.A.)

Oven

6 servings

Utensils:        loaf pan  
                  large bowl  
                  mixing spoon  
                  measuring spoons  
                  nested measuring cups  
                  small sauce pan

Ingredients:    1 box cornbread mix  
                  2 eggs  
                  2½ tablespoons sugar  
                  ½ cup flour  
                  ½ stick butter, melted and cooled  
                  1 tablespoon wheat germ  
                  milk

Instructions:

1. Heat oven to 375°.
2. Grease and flour loaf pan or square cake pan.
3. Empty contents of cornbread mix package into large bowl.
4. Add all other ingredients except milk.
5. Mix well.
6. Add sufficient milk to make a thin batter (like a pancake batter).
7. Beat lightly.
8. Pour into prepared pan.
9. Bake 30 to 40 minutes.

Contributed by Betty Mills, MAT V

CARROT CAKE  
(From the U.S.A.)

Oven

1 large cake

Utensils: liquid measuring cup  
nested measuring cups  
measuring spoons  
cake pan (16 x 12 inches)  
flour sifter  
mixing bowls  
knife for chopping nuts

Ingredients: 1½ cups peanut or sesame oil  
1 cup brown sugar  
1 cup white sugar  
4 eggs  
3 cups grated carrots  
1 cup chopped nuts  
3 cups flour  
1½ teaspoons baking soda  
2 teaspoons cinnamon (or 1 teaspoon allspice and 1  
teaspoon cinnamon)

Instructions:

1. Heat oven to 325°.
2. Grease and flour large cake pan.
3. Sift and mix all dry ingredients into large mixing bowl.
4. In another bowl mix oil, sugar, eggs, and carrots.
5. Add to dry ingredients slowly.
6. Add nuts.
7. Pour into cake pan.
8. Bake 45 minutes to one hour.

CHEESE RINGS  
(From the U.S.A.)

Oven

4 dozen

Utensils:            cheese grater  
                      paring knife  
                      mixing bowl  
                      wax paper  
                      baking sheets  
                      measuring spoons  
                      nested measuring cups

Ingredients;         $\frac{1}{2}$  pound margarine  
                       $\frac{1}{2}$  pound old English cheese  
                       $\frac{1}{2}$  teaspoon salt  
                       $\frac{1}{2}$  teaspoon red pepper  
                       $2\frac{1}{2}$  cups flour  
                      1 cup nuts (walnuts or pecans)

Instructions:

1. Grate cheese.
2. Chop or grind nut meats very fine.
3. Mix all ingredients together with hands.
4. Form into two rolls about  $1\frac{1}{2}$  inches in diameter.
5. Wrap rolls in wax paper and refrigerate until ready to use.
6. Slice about  $\frac{1}{2}$  inch thick.
7. Place on an ungreased baking sheet.
8. Bake for 10 to 15 minutes at  $350^{\circ}$ .

DICTIONARY



TRANSLATION OF NAMES OF FOODS USED IN RECIPES IN THIS COLLECTION

ENGLISH	FRENCH	SPANISH	ARABIC	JAPANESE
BAKING POWDER	LEVURE	LEVADURA	عومده (بالنخ يامد)	ふくろし粉
BREAD	PAIN	PAN	خبز	パン
BUTTER	BEURRE	MANTEQUILLA	زبدة	バター
CARROT	CAROTTE	ZANAHORIA	جزر	ニンジン
CELERY	CELERI	APIO	نبات اللفلسو	セロリ
CHEESE	FROMAGE	QUESO	جبنة	チーズ
CHOCOLATE	CHOCOLAT	CHOCOLATE	شوكلاتة	チョコレート
CINNAMON	CANELLE	CANELA	قرفة (جرلة)	シナモン
COCOA	CACAO	COCOA	كوكاوا	ココア
CUCUMBER	CONCOMBRE	PEPINO	خيار	きゅうり
EGG	OEUF	HUEVO	بيضة	鶏卵
FLOUR	FARINE	HARINA	طحين	小麦粉、小麦粉
GELATINE	GÉLATINE	JELATINA	جيلاتين	ゼラチン
GINGER	GINGEMBRE	GENCIERE	لحم زنجبيل	しょうが
GROUND BEEF	BOEUF HACHÉ	CARNE DE RES	لحم مفروقه	ひき肉
LEMON	CITRON	LIMÓN	ليمون	レモン
LETTUCE	LAITUE	LECHUGA	خس	レタス
MACARONI	MACARONI	MACARRONES	مكرونة كالاروني	マカロニ

<u>ENGLISH</u>	<u>FRENCH</u>	<u>SPANISH</u>	<u>ARABIC</u>	<u>JAPANESE</u>
MILK	LAIT	LECHE	حليب	ミルク (牛乳)
MUSHROOM SOUP	SOUPE DE CHAMPIGNONS	SOPA DE CHAMPINONES	حساء قطر	マッシュルームスープ (きのこのこ)
ONION	OIGNON	CEBOLLA	بصل	ねぎ
PARSLEY	PERSIL	PEREJIL	بقدونس	パセリ
PEANUT BUTTER	BEURRE DE CACAHUETE	MANTEQUILLA DE CACAHUATE	زبدة لفتو	ピーナツバター
PEAS	PETITS POIS	CHICHAROS	باتيرو	エンドウ豆
PEPPER, SEASONING	ASSAISONNEMENT AU POIVRE	PIMIENTA	قلقل أسود (بهارات للطبخ)	こしょう
PEPPER, GREEN	POUIRON VERT	PIMIENTO (VERDE OROJO)	قلقل أخضر	ピーマン
PINEAPPLE	ANANAS	PINA	أناناس	パイナップル
POTATO CHIPS	CHIPS	PAPAS FRITAS	نسخ الخ بطاطا مقليه (رقصه ج)	ポテトチップ
POTATO	POMME DETERRE	PAPA (O PATATA)	بطاطا	じゃがいも
SALT	SEL	SAL	ملح	塩
SHORTENING	MARGARINE	MARGARINA	زهر	ショートニング
SPAGHETTI	SPAGHETTI	ESPAGUETI	مكرونة (رقصه ج وطويله) سباجيتي	スパゲッティ
SUGAR	SUCRE	AZUCAR	سكر	砂糖
TOMATO	TOMATE	JITOMATE	بندوره (طماطم)	トマト
TOMATO SAUCE	SAUCE DE TOMATE	SALSA DE TOMATE	سبب البندوره	トマトソース
TUNA FISH	THON	ATUN	سمك التونه (صلبة)	マグロ肉
VANILLA	VANILLE	VAINILLA	فانيلا (للكنك)	バニラアイス
VINEGAR	VINAIGRE	VINAGRE	خل	酢