

Memorable Meals Recipe Book,
Senior Theatre Troupe of Lifelong
Fall 2019



STUFFED PORK CHOPS (*The Joy of Cooking 1953*)

6 rib pork chops, $\frac{3}{4}$ inch thick or more
1 cup bread crumbs
 $\frac{1}{4}$ cup chopped celery
 $\frac{1}{4}$ cup chopped onions
2 T chopped parsley
 $\frac{1}{4}$ tsp salt
 $\frac{1}{8}$ tsp paprika
Milk to moisten the dressing

Cut the bone from the meat. Trim off excess fat and cut a large gash or pocket into the side of each chop. Prepare dressing. Fill the pockets with dressing. Sew them up with a coarse needle and thread. Sear the chops in a hot skillet and place them in a pan with a little milk or cream. Cover the pan and bake the chops at 350 degrees for 45 minutes to an hour. Thicken the drippings with flour to make gravy.

PRUNE PUFF (*Emily's mother's recipe*)

4 eggs whites, whipped till stiff
 $\frac{1}{2}$ cup powdered sugar
1 cup pitted cooked prunes, cut up

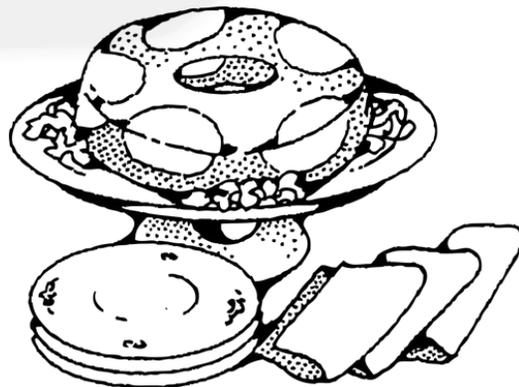
Add the sugar to the beaten eggs whites and whip until light. Fold in the prunes. Bake in casserole for 10 minutes at 350 degrees.

Sauce:

Beat 3 eggs yolks with 1 T. sugar. Slowly add 1 cup scalded milk. Cool slightly, stirring until sauce begins to coat spoon.

HEALTHY CAKE

1 cup flour
1 tsp baking powder
 $\frac{1}{4}$ tsp salt
 $\frac{1}{4}$ cup oil
1 large egg, beaten
2-3 Tbsp. molasses
1 tsp vanilla
 $\frac{1}{4}$ cup milk
 $\frac{1}{2}$ cup chopped dates (5 large)
 $\frac{1}{2}$ cup chopped prunes
 $\frac{1}{2}$ cup raisins
 $\frac{1}{2}$ cup chopped walnuts



Mix dry ingredients in one bowl, wet ingredients in another, then mix the two and add the fruit. Pour into a greased 8 x 8 pan and bake at 350° for 25 minutes.

Emily

Cucumber Salad

Ingredients:

Bowl -- 3 quart capacity

Cucumbers -- 6

Onion -- 1 medium ("sweet" if available, otherwise purple)

Sour Cream -- 16 oz container

Salt

Pepper

Garlic flakes or minced garlic

Paprika

1. Remove cucumber skins. Slice extremely thin.
2. Slice 3/4 onion into thin slices.
3. Place slices from 2 cucumbers into bowl, then add approx. 1/4 container of sour cream; mix. Repeat this pattern with remaining cucumber and sour cream. (This method allows for easier and more thorough mixing.)
4. Add salt and pepper to taste.
5. Add 1/8 cup garlic flakes or minced garlic
7. Sprinkle paprika on top for appearance.

Prepare day of use. If left overnight, it will become watery.

Jean



Wheat Germ Cornbread – a lot of nutrition, very pleasant taste

1 cup flour

1 cup yellow cornmeal

(I skip salt, but you can add ½ tsp)

3 large eggs

2 heaping Tbs brown sugar

1-1/2 cups milk (can be almond milk, part a good amount of yogurt for nice texture)

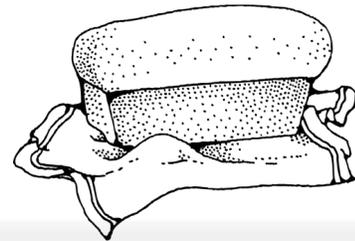
5 tsp baking powder

1 cup raw wheat germ

1/3 cup oil (or melted butter)

Mix flour, (salt), sugar, baking powder. Add wheat germ and corn meal and mix. Separately, beat eggs into milk and oil. Stir into flour mixture just to moisten, don't overmix. Turn the batter into a well-oiled loaf pan. Bake at 400 oven for 40 to 45 minutes, until loaf is browned and done.

Mark



Stuffing for Turkey

Ingredients: couple stalks celery and an onion sliced

1/4 lb ground pork

1/2 lb ground chuck

one loaf of bread toasted and diced

2 hard-boiled eggs

2 fresh eggs

1/4 cup chopped walnuts

1/4 cup chopped pecans

2 - 3 tbsp. sauterne or other white wine.

lots of sage.

some salt and pepper and rosemary and thyme and a pinch of nutmeg.

garlic salt or powder to taste

INSTRUCTIONS;

sauté celery and onions till limp,add pork till it loses its pink...add ground chuck till it loses its pink.....set aside....cut up toasted bread...add to cooked meat and celery....add 2 hard boiled eggs chopped up.....add nuts and seasonings.....add wine....knead with two fresh eggs till nice loaf is formed.....then stuff the turkey.....I think that's it..seeya!

Carol



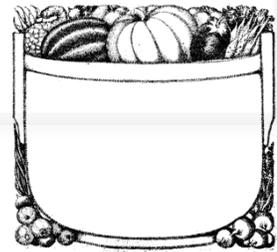
Squash Pudding

This is part of my family's (not the family I grew up in) Thanksgiving.

2 cups cooked, mashed butternut squash
1/2 cup light brown sugar
2 eggs
1/3 cup orange juice
1/3 cup nonfat dry milk
1/3 cup raisins
1/4 tsp salt
1/4 cup melted butter or vegetable oil

Mix everything together and pour into greased 6-cup casserole. Bake at 350 for 1 hour.
The original recipe, from Farm Journal, called for 2 cups of white sugar! I've cut it down to 1/2 cup of brown sugar and it still tastes great.

Deirdre



Virginia's Blender Banana Nut Cake

Flour 2 ½ cups, sifted
Baking powder 1 ¾ t
Baking soda 1 ¼ t
Salt ½ t
Walnuts, shelled 2/3 c
3 ripe bananas
3 eggs
butter 2/3 c
buttermilk 2/3 c
Sugar 1 2/3 c
vanilla 1 t

Grease and flour 2 layer pans, 9 inches each, or tube pan. Set oven to 350 degrees F. In a bowl sift flour, baking powder, soda, and salt.

Chop nuts in blender. Add bananas, eggs, butter, buttermilk, sugar, vanilla.

Blend for 20 seconds or until smooth. Pour blend over flour mixture. Mix well

Pour into pans.

Bake layer pans 35 minutes: tube cake 45-50 minutes.

Top with whipped cream.

Paula



Sweet and Sour Eggs

An old Hungarian recipe sent to Mike from his sister Annie. “This is a Cole family favorite, passed down from my father’s grandmother (Rosa Spielberger, then Cohen, then Landman), who taught it to my mother, who taught the recipe to me.”

Ingredients (to serve 2 or 3 people)

2 Tbsp butter

2 Tbsp flour

Salt and pepper to taste

2 Tbsp white sugar

2 Tbsp vinegar—white or apple cider

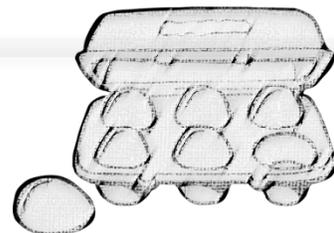
2 cups boiling water

4 to 6 eggs

Melt butter in large skillet that has a lid. Then whisk in the flour, stir until smooth, and continue cooking over medium heat, allowing the mixture to brown. Watch carefully to avoid burning. Add salt and pepper to taste, and then whisk in the sugar. Then add the vinegar, with vigorous whisking. Finally add the boiling water to the mixture. Lumps will form at first but will disappear with whisking and the mixture will become smooth and thick. Taste for sweet/sour balance and adjust to your taste. Allow to simmer for at least half an hour to mellow the flavor. Sometimes it’s necessary to add additional sugar or vinegar at the end of simmering to arrive at a flavor you like.

Last step: break 4 or 6 eggs into the simmering sauce and allow them to cook over low heat until the whites are firm and the yolks are still runny (poach the eggs in the sauce). Then transfer eggs to a plate, surround with a pool of the sauce, and serve toast or coffee cake on the side. Enjoy!

Mike



Turkey Meatloaf (based on my Mother's meatloaf recipe).

½ cup of chopped onion
½ cup of oatmeal (not cooked)
1 egg
1 cup of tomato sauce (I use a nicely spiced one)
¼-½ cup water
One pound of organic ground turkey

Mix the first five ingredients
Add the ground turkey

Preheat the oven to 350
Spray a small loaf pan with oil, add combined ingredients, cook for an hour and let sit for five minutes.

Sue

