

# *Perfect Party Buffets*



*C. japonica* 'Pirate's Gold Variegated'

*Delicious Favorites  
from the World of Camellias*

*Tidewater Camellia Club  
Wilmington, North Carolina*



## **AN INTRODUCTION:**

**Yes, this is another cookbook. Your question – why publish another cookbook? – is easy to answer. This cookbook is unique, especially in its approach. It will help you with planning for one or multiple dining events for a very special weekend. Many people who are passionate about flowers will recognize the layout of this cook book for entertaining for floral show weekends. This cookbook will become your guideline.**

**The three main sections follow the schedule for a camellia show weekend: “After Five” Judges’ Parties, “Rise and Shine” Breakfasts, and “Thank You” Luncheons. Each section will be followed by two short sections where you will be able to add your own party ideas and recipes.**

**Each recipe was selected by a committee of myself and plus two club members. Recipes were typed in an easy-to-read style. Only a few recipes were kitchen-tested by the committee. All contributors will be listed at the end of this introduction.**

**Some recipes will include their contributor’s name, city and state at the end of the recipe. When recipes have “Anonymous” as their author, then they will be presented without a credit.**

**In case, you submitted a recipe and for whatever reason, it was not selected for this first edition, then please add it and many others in the spaces provided. The main object of this cookbook project is the current and future exchange of recipes between members and friends. The exchange itself promotes friendship and interest in the world of camellias.**

**Although the basic outline for this cookbook is mine, the creation of this collection of recipes has only been possible because of the many club members and friends contributions. Thanks to all of you as follows (alphabetically):**

## **Camellia Club Members and Friends of the Camellia World:**

**Suzanne & Benjamin Allaire  
Jan Allaire  
Mike Andruzyk  
Joan Boyer  
Janice Brotherton  
Alma Buffkin  
Jessica & Eric Buggeln  
Richard & Betty Gail Buggeln  
Peggy Camp  
Diane Clark  
Judi Collins  
Janelle Frazier  
Cheryl & Matt Hunter  
Sharon Keheya  
Cookie Kremer  
Leona Lilly  
Linda MacRae**

**John & Shirley Maddry  
Carole Magyar  
Toni McKenna  
Dianne Mitchell  
Tyler Mizzell  
Judy Segasture  
Bonnie Serpas  
Diane Smith  
Jennifer Solomon  
Noreen Stokes  
Carla Strickland  
John Talley  
Melissa Beale Talley  
Vickie & John Terry  
Sally Van Gorder  
Jane Wellberg  
Leland Williams**

**IT COMMITTEE:  
Richard C. Buggeln**

**COOKBOOK COMMITTEE:  
Betty Gail Buggeln, Editor  
Judy Segasture  
Kathy Connolly**



# TABLE OF CONTENTS

## AFTER FIVE JUDGES' PARTY

### APPETIZERS

<u>RECIPE</u>	<u>PAGE NUMBER</u>
Artichoke Appetizer	A - 1
Artichoke Frittata	A - 2
Black Olive Tapenade	A - 3
Cheddar Sticks	A - 4
Cheese Straws	A - 5
Chutney Cream Cheese	A - 6
Cranberry Cheese Ball	A - 7
Cucumber Canapés	A - 8
Ham and Fresh Basil Pinwheels	A - 9
Ham Cheese Ball	A - 10
Leland's Perfect Party Dip	A - 11
Marinated Shrimp	A - 12
Mediterranean Dip	A - 13
Olive Cheese Snacks	A - 14
Phyllo-Wrapped Asparagus with Prosciutto	A - 15
Pickled Mushrooms	A - 16
Rotel Dip	A - 17
Shrimp Dip	A - 18
Smoked Turkey Fingers	A - 19
Spiced Oyster Crackers	A - 20
Spinach Balls	A - 21
Stuffed Mushrooms	A - 22
Stuffed Mushrooms by Carole	A - 23
Stuffed Mushrooms by Toni	A - 24
Tex-Mex Pimiento Cheese Dip	A - 25
Vidalia Onion Appetizer	A - 26

## ENTREES

<u>RECIPE</u>	<u>PAGE NUMBER</u>
Miniature Crab Cake Sandwiches	A - 27
Miniature Crab Cakes	A - 28
Parmesan Chicken Wings	A - 29
Spiced Peaches	A - 30
Ultimate Party Meatballs	A - 31

## SIDES, SALADS & SOUPS

Corn Pudding	A - 32
Deviled Eggs	A - 33
Deviled Eggs - Spinach Bacon	A - 34
Sweet and Sour Dressing	A - 35
Tiny Tomato Tarts	A - 36

## DESSERTS

Chocolate Heaven Cake	A - 37
Cold Oven Pound Cake	A - 38
Congo Squares	A - 39
Golden Layer Cake	A - 40
Golden Layer Cake - Chocolate Icing	A - 41
Hummingbird Cake	A - 42
Hummingbird Cake - Cream Cheese Frosting	A - 43
John Talley's Chess Pie	A - 44
Just Plain Great Brownies	A - 45
Lemon Poppy Seed Cake	A - 46
Lemon Trifle - Lo-Cal	A - 47
Secret Pound cake	A - 48
Very Southern Pineapple Cake	A - 49
Winning Glazed Lemon Bars	A - 50
Nancy's Chocolate Cake	A - 51

## Prayers of Blessing

Our Father God,

We thank you for the rich blessings that you grant us every day – more numerous than we can ask or think.

As we look forward to the camellia season we are particularly grateful for this marvelous part of your creation. Camellia blooms give our gardens color all winter long. They give us meaningful hobbies, opportunities for social events, camaraderie and FUN!

And now we ask that you bless this food that is set before us.

We pray in Jesus name, Amen.

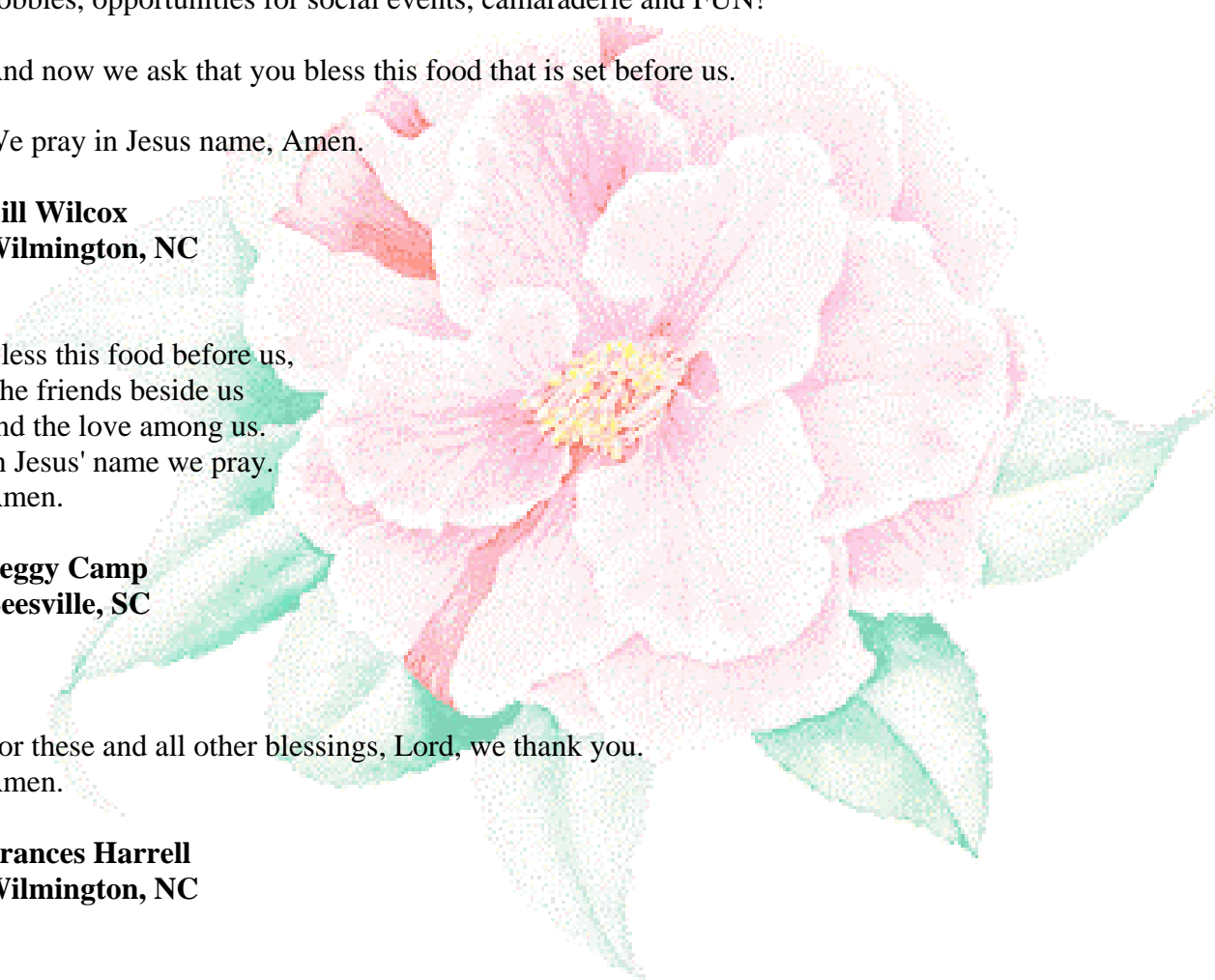
**Bill Wilcox**  
**Wilmington, NC**

Bless this food before us,  
The friends beside us  
and the love among us.  
In Jesus' name we pray.  
Amen.

**Peggy Camp**  
**Leesville, SC**

For these and all other blessings, Lord, we thank you.  
Amen.

**Frances Harrell**  
**Wilmington, NC**



# Artichoke Appetizer

## Ingredients:

- 1 can artichoke hearts, drained and chopped
- 1 cup Parmesan cheese
- 1 cup mayonnaise
- 1 medium onion, chopped

## Instructions:

- Mix all ingredients together.
- Bake in small ovenproof casserole dish at 350 °F for 20-25 minutes.
- Serve with fresh vegetables or crackers.

## Appetizers



# Artichoke Frittata

## Ingredients:

2 6 oz. jars marinated artichoke hearts  
12 individual soda crackers, crumbled  
4 eggs  
4 green onions, chopped  
1/4 cup fresh chopped parsley  
1 clove garlic, minced  
2 cups grated cheddar cheese

## Instructions:

Empty a little of the oil from one of the artichoke jars into a frying pan. Sauté the green onions, clove of garlic, and chopped parsley in the oil. Beat the eggs, add the crumbled crackers into the eggs and then add the sautéed ingredients.

Chop the artichoke hearts finely, and add with the grated cheese to the egg mixture.

Pour into a greased 8x8 pan, and bake at 325 °F for 35-40 minutes.

Cut into small squares and serve warm or at room temperature.

## Appetizers

**Diane Smith**  
**Wilmington, NC**

# Black Olive Tapenade

## Ingredients:

About 2 cups Kalamata olives pitted and drained  
About 4 cups black olives drained  
2 1/2 heads garlic roasted  
2 cloves raw garlic  
About 1 cup pine nuts  
One carrot  
Two anchovies  
Zest of one lemon  
1/2 cup Romano cheese  
One cup Parmesan cheese  
2 T. basil (fresh if available)  
1 tsp. oregano  
1/2 bunch Italian parsley (Flat Leaf)  
Olive oil (a Lot)

## Instructions:

In food processor: Mince carrot, parsley, garlic, anchovy, lemon zest.  
Cube cheese, process to small chunks.  
Pine nuts – Lightly process.  
Olives – Process to desired chunkiness. Process with approximately 1/2 cup of olive oil.  
In a mixing bowl: fold everything together, add lots of olive oil until it swims.  
Serve with your favorite type of crackers

**Makes One quart.**

**Appetizers**

**Bonnie Serpas  
Santee, SC**

# Cheddar Sticks

## Ingredients:

1 loaf good quality white bread (Arnold's or Pepperidge Farm)  
1 small onion, minced  
3 oz. slivered almonds  
8 oz. good quality cheddar cheese, grated  
1 cup regular mayonnaise (Hellmann's)  
6 slices bacon, cooked and chopped

## Instructions:

Cut crusts from each piece of bread.  
In a bowl, mix together cheese, cooked bacon, onion, almonds, and mayonnaise.  
Spread mixture on the bread.  
Cut each slice into 3 "fingers".  
Quick-freeze on a cookie sheet.  
Bag the sticks and store in the freezer.  
When ready to serve: bake cheddar sticks in a 400 °F oven for 10 minutes.

## Appetizers

# **Cheese Straws**

## **Ingredients:**

1/4 lb. Cheddar cheese, grated  
1 cup flour  
1/2 cup butter  
1/8 tsp. salt  
1/8 tsp. paprika

## **Instructions:**

Mix together thoroughly.  
Roll or cut into straw shapes.  
Bake 12 minutes in a 350 °F oven.

**3 dozen**

**Appetizers**

# Chutney Cream Cheese

## Ingredients:

8 oz. cream cheese, softened  
1/4 cup mango chutney

## Instructions:

Blend together cream cheese and chutney.  
Serve with ginger cookies, crackers or bread.

## Appetizers

# Cranberry Cheese Ball

## Ingredients:

2 – 8 oz. packages cream cheese, softened  
2 T. olive oil  
3 T. chopped fresh basil  
1 T. minced garlic  
2/3 cup dried cranberries  
2/3 cup chopped walnuts

## Instructions:

Combine all ingredients and shape into a ball.  
Refrigerate overnight and roll in more dried cranberries and walnuts before serving.

## Appetizers

**Bonnie Serpas**  
**Santee, SC**

# Cucumber Canapes

## Ingredients:

3 tbs. mayonnaise  
1/2 tsp. hot sauce  
8 oz. cream cheese softened  
1 large cucumber, thinly sliced into 36 slices  
Cocktail rye bread slices (12 oz.)

## Instructions:

Beat at medium speed.  
Spread on bread slices.  
Top with cucumber slices.

**Makes 3 dozen.**

**Appetizers**

**Cookie Kremer  
Pinehurst, NC**

# Ham and Fresh Basil Pinwheels

## Ingredients:

6 (10 inch) flour tortillas  
1 (8 oz.) package cream cheese, softened  
12 thin slices ham  
4 oz. fresh basil  
1 cup sun-dried tomatoes- finely diced  
12 leaves red leaf lettuce, rinsed and dried

## Instructions:

Spread each tortilla lightly with cream cheese.  
Arrange two ham slices across the middle of each tortilla.  
Add a layer of fresh basil, then a sprinkle of tomatoes.  
Do not place ingredients too close to tortilla edges.  
Add lettuce.  
Starting at one end, tightly roll up each tortilla.  
Wrap each roll tightly in plastic wrap and chill for at least an hour.  
Slice into 5 inch pieces.  
Discard end pieces that will be uneven.  
Use toothpicks to secure rounds, if necessary.

**Serves 12**

**Appetizers**

**Noreen Stokes  
Wilmington, NC**



# Ham Cheese Ball

## Ingredients:

16 oz. cream cheese  
4 oz. can deviled ham  
Chopped nuts  
Maraschino cherries

## Instructions:

Soften cream cheese.  
Combine all ingredients and form into a ball.  
Roll in chopped nuts and decorate with maraschino cherries.

## Appetizers

# Leland's Perfect Party Dip

## Ingredients:

8 oz. whipped cream cheese  
1/2 cup Heinz Chili Sauce  
8 oz. cooked and drained, small shrimp (or crabmeat)  
Hot sauce to taste, 1 or 2 T. - (I use Jackson's BBQ sauce, a local favorite)  
6 spring onions, chopped  
1/2 to 1 cup mozzarella cheese, grated

## Instructions:

Spread the cream cheese in a pie plate or quiche pan.  
Lightly "dash" the hot sauce of your choice over the top.  
Sprinkle the chopped onions over the top.  
Then serve with your choice of taco chips or corn chips or toasted pita chips

## Appetizers

Leland Williams  
Columbia, SC

# Marinated Shrimp

## Ingredients:

2 lbs. cooked medium shrimp, peeled and deveined  
1 medium red onion  
2 medium lemons, cut into slices  
1 cup pitted black olives  
1/2 cup olive oil  
1/3 cup minced fresh parsley  
3 tsp. red wine vinegar  
3 tsp. lemon juice  
1 garlic clove minced  
1 bay leaf  
1 tsp. salt  
1 tsp. ground mustard  
1/4 tsp. black pepper

## Instructions:

In a 3-quart glass serving bowl, combine the shrimp, onion, lemons and olives.  
In a jar with tight-fitting lid, combine the remaining ingredients.  
Shake well.  
Pour over shrimp mixture and stir gently to coat.  
Cover and refrigerate for 24 hours, stirring occasionally.  
Discard the bay leaf before serving

**Makes 14 servings.**

**Appetizers**

**Judy Segasture  
Wilmington, NC**

# Mediterranean Dip

## Ingredients:

- 1 (7-oz.) container red pepper hummus
- 1/4 cup red onion, chopped
- 1 cup fresh baby spinach, coarsely chopped
- 1/4 cup feta cheese, crumbled
- 2 T. Kalamata or black olives, sliced
- 1/2 cup tomatoes, chopped (place on paper towels to drain)
- 1/2 cup cucumber, chopped (dry on paper towels)

## Instructions:

- Spread the hummus on a 9-inch plate.
- Layer rest of ingredients in order, ending with olives.
- Refrigerate until serving time.
- Serve with pita chips or bread wedges.

## Appetizers

# Olive Cheese Snacks

## Ingredients:

One 5 oz. jar of Kraft bacon –cheese spread  
4 T. butter or margarine  
Dash of Tabasco or other bottled hot pepper sauce  
Dash Worcestershire sauce  
3/4 cup sifted all-purpose flour  
One small jar (about 30) medium-size stuffed green olives

## Instructions:

Blend cheese and butter or margarine together till light and fluffy.  
Add hot pepper sauce and Worcestershire; mix well.  
Stir in flour; mix to form dough.  
Shape around olives, using about one tsp. of dough for each.  
Place on ungreased baking sheet.  
Bake in hot oven (400 deg.) for 12 to 15 minutes, or until golden brown.

**Makes about 30 snacks.**

**Appetizers**

**Bonnie Serpas  
Santee, SC**

# Phyllo - Wrapped Asparagus with Prosciutto

## Ingredients:

3 oz. thinly sliced prosciutto, cut into 30 long, thin strips  
30 asparagus spears, trimmed  
10 (14" x 9") sheets frozen phyllo dough thawed  
Cooking spray

## Instructions:

Preheat oven to 450 °F

Wrap 1 prosciutto strip around each asparagus spear, barber pole style.

Place 1 phyllo sheet on a work surface (cover remaining phyllo to prevent drying); coat phyllo with cooking spray.

Cut crosswise into thirds to form 3 (4 1/2" x 9") rectangles.

Arrange 1 asparagus spear across 1 short end of each rectangle; roll up jelly-roll fashion.

Arrange rolls on a baking sheet; coat rolls with cooking spray.

Repeat procedure with remaining phyllo, asparagus, and cooking spray.

Bake at 450 °F for 10 minutes or until phyllo is golden and crisp.

Serve warm or at room temperature.

Note: Make-ahead tip: Arrange assembled rolls on a baking sheet, coat with cooking spray, and cover; store in the fridge for up to four hours. Bake an hour or two before the party.

**Yield: Serves 10 (serving size: 3 pieces)**

**Appetizers**

**Noreen Stokes**

**Wilmington, NC**

# Pickled Mushrooms

## Ingredients:

1 1/2 lb fresh small whole mushrooms  
1/2 cup Wesson Oil (must be Wesson Vegetable Oil)  
3/4 cup vinegar  
1 tsp. minced onion  
1 tsp. minced garlic  
1 tsp. oregano (can be dried)  
1 tsp. Italian Spice  
1 tsp. thyme (can be dried)  
1 tsp. celery seed  
1 tsp. parsley flakes (can be dried)  
1 tsp. salt  
1 tsp. ground fresh pepper

## Instructions:

Mix oil and vinegar, add all ingredients except mushrooms, whip with wire whisk.

Place mushrooms in gallon Zip-Lock bag, pour mixture over mushrooms, place in refrigerator for at least one week, rotate bag daily to get complete coverage.

Drain before serving.

## Appetizers

**Bonnie Serpas**  
**Santee, SC**

# **Rotel Dip**

## **Ingredients:**

- 1 lb. ground beef or sausage
- 1 16 oz. pkg. Velveeta cheese
- 1 can Rotel tomatoes (may be original or spicy)

## **Instructions:**

- Brown meat and drain.
- Add all ingredients to a pot over low heat.
- Cook, stirring frequently until cheese melts and ingredients blend together.
- Serve with tortilla chips or scoops.
- For big crowds you might want to double the recipe

**Serves 10.**

**Appetizers**

**Tyler Mizzell  
Santee, SC**



# Shrimp Dip

## Ingredients:

2 lbs. boiled shrimp, coarsely chopped  
2 8oz. package, cream cheese, softened  
Juice of one lemon  
10 green onions, minced  
1 tsp. salt  
1 tsp. Splenda  
2 hard boiled eggs, chopped  
1 T. Miracle Whip FAT FREE salad dressing  
1 tsp. Worchester sauce  
1 tsp. pepper  
1 tsp. garlic powder

## Instructions:

Soften cream cheese with lemon juice.  
Add shrimp, eggs, and green onions.  
Add enough Miracle Whip to made the right spreading consistency.  
Season to taste with Worchester sauce, salt, peeper and sugar.  
Some hot sauce maybe added.  
Chill, at least, 8 hours.  
Taste and adjust seasonings if necessary.  
More cream cheese may be added to extend this recipe.

**Half gallon of dip for 1 1/2 recipes.**

**Appetizers**

**Cheryl & Matt Hunter  
Wilmington, NC**

# Smoked Turkey Fingers

## Ingredients:

100 thin slices smoked turkey  
1 8 oz. pkg. cream cheese  
Paprika

## Instructions:

Spread thin slices of smoked turkey with cream cheese.  
Roll up each slice.  
Sprinkle with paprika and serve.

**Serves 100**

**Appetizers**

# Spiced Oyster Crackers

## Ingredients:

2 boxes oyster crackers  
1 package Hidden Valley Ranch Buttermilk Salad Dressing Mix (dry)  
1 T. dill weed  
2 tsp. lemon pepper  
1/4 - 1/2 cup canola oil  
1 tsp. garlic salt or powder

## Instructions:

Mix together dill weed and oil.  
Add lemon pepper, dry ranch dressing mix and garlic salt or powder,  
mixing well.  
Pour over crackers, stirring to coat all crackers.  
Bake in broiler-sized pan in warm oven at 275 °F for 15 minutes.  
Cool well.  
To store, place in air-tight container.

## Appetizers

# Spinach Balls

## Ingredients:

2 (10 oz. packages) chopped spinach  
3/4 cup melted butter or oil  
2 cup Pepperidge Farm Herb Stuffing Mix  
1/2 cup Parmesan cheese  
1 T. garlic salt or fresh minced garlic  
2 medium onions, chopped fine  
1/2 cup chopped celery or water chestnuts  
1/2 tsp. thyme  
1/2 tsp. Tabasco Sauce  
6 eggs, beaten or 4 Egg Beaters + 2 eggs

## Instructions:

Cook spinach; drain well and squeeze dry.

Mix together spinach, stuffing mix, onions, celery or water chestnuts, eggs, butter or oil, Parmesan cheese, garlic salt or fresh garlic minced, thyme and Tabasco Sauce.

Shape into small bite-size balls and place on a cookie sheet.

Balls may be baked right away in a 350 °F oven for approximately 20 minutes.

For later use, freeze balls on a baking sheet until solid and then store in a freezer bag, uncooked, in the freezer until needed.

Bake frozen balls at the same temperature but keep an eye on them, the time may be slightly different.

Look for brown and crispy balls.

Serve hot.

## Appetizers

# Stuffed Mushrooms

## Ingredients:

1 T. oil  
Salt and pepper to taste  
1 T. butter  
Milk  
1 T. minced onion  
3 dozen Mushrooms  
2 T. dry bread crumbs

## Instructions:

Wash and wipe mushrooms carefully.  
Remove centers and stems.  
Heat oil and butter in heavy skillet.  
Place mushrooms in skillet, hollow side up, season with salt and pepper.  
Cook over medium heat 10 minutes.  
Drain on toweling.  
Saute onion, chop stems and centers in butter about 5 minutes.  
Add dry bread crumbs, salt and pepper and just enough milk to moisten.  
Fill mushroom caps with stuffing of thyme, covered and refrigerated until ready to serve.  
Heat 15 minutes in a 350 °F oven.

**3 dozen.**

**Appetizers**

# Stuffed Mushrooms by Carole

## Ingredients:

1 lb. fresh Mushrooms  
2 oz. Swiss cheese  
3 T. bread crumbs  
2 T. butter, softened  
4 T. butter, melted  
1 hard boiled egg, finely chopped  
1/2 clove Garlic, minced

## Instructions:

In mixing bowl, combine cheese, eggs, crumbs, garlic and softened butter.  
Blend Thoroughly.  
Remove stems from mushrooms and brush top of cap with melted butter.  
Broil for 1 or 2 minutes, cap up.  
Turn upside down and stuff.  
Brush with melted butter and broil for a few minutes more.  
Serve hot.

**Serves 10.**

**Appetizers**

**Carole Magyar  
Wilmington, NC**

# Stuffed Mushrooms by Toni

## Ingredients:

1 1/2 lbs. mushrooms  
3/4 cup mayonnaise  
10 slices of bacon cooked crisp and crumbled  
Season salt to taste  
Medium onion chopped fine  
1/2 cup sharp cheddar cheese grated

## Instructions:

Wash mushrooms and remove stem.  
Mix mayonnaise, bacon and onions.  
Stuff mushrooms and place in greased baking dish.  
Sprinkle cheese on top.  
Cover with foil and bake 325 °F for 15 to 20 minutes.

## Appetizers

**Toni McKenna**  
Chesapeake, VA

# Tex-Mex Pimiento Cheese Dip

## Ingredients:

1 1/2 cups mayonnaise  
1/2 (12 oz.) jar roasted red bell peppers, drained and chopped  
1/4 chopped green onions  
1 (8 oz.) sharp Cheddar cheese, shredded  
1 (8 oz.) pepper jack cheese, shredded  
Garnish: fresh cilantro leaves or parsley

## Instructions:

Preheat oven to 350°F.  
Stir together first 3 ingredients in a large bowl; stir in cheeses.  
Spoon mixture into a lightly greased one 2 quart baking dish (or two 1 quart. baking dishes).  
Bake at 350°F for 20 to 25 minutes or until dip is golden and bubbly.  
Garnish as desired.  
Serve with French bread cubes or corn chips or toasted pita triangles.

**Makes 1 or 2 baked casseroles**

**Appetizers**

**Vickie & John Terry  
Sanford, NC**



# Vidalia Onion Appetizer

## Ingredients:

5 Vidalia onions thinly sliced (place onions in a large bowl)  
1 cup water  
1 cup sugar  
1/2 cup cider vinegar  
1 cup mayonnaise  
2 large packages softened cream cheese  
1 tsp. celery seed

## Instructions:

Mix together water, sugar & vinegar and bring to a boil.

Pour hot liquid over onions.

Seal and refrigerate overnight.

Next Day:

Drain onions and mix and fold in mayonnaise, cream cheese and celery seed

Serve with Wheat thins or Triscuits

**Serves 10.**

**Appetizers**

**Peggy Camp  
Leesville, SC**

# Miniature Crab Cake Sandwiches

## Ingredients:

2 cups biscuit mix  
1 tsp. dried dill weed  
1 (8-oz.) container sour cream  
1 cup butter or margarine, melted  
4 1/2 dozen miniature Crab Cakes - see next recipe

## Instructions:

Combine first 4 ingredients, stirring until blended  
Turn dough out onto a lightly floured surface, and knead lightly 5 or 6 times.  
Roll to 1/2 inch thickness; cut with a 1-inch cutter and place on lightly greased baking sheets.  
Bake at 450 °F for 6 to 8 minutes or until lightly browned.  
Cool.  
Split biscuits, and place a Miniature Crab Cake in each.  
Serve with tartar sauce.  
Bake the biscuits and freeze up to 1 week.  
Thaw them at room temperature for 2 hours before serving.  
The day of the party, make the crab cakes and place on baking sheets.  
Cover and chill until ready to bake.

**Yields 4 1/2 dozen.**

**Entrees**

**Noreen Stokes  
Wilmington, NC**

# Miniature Crab Cakes

## Ingredients:

1 lb. fresh lump crabmeat  
1 cup fine, dry breadcrumbs  
2 T. mayonnaise  
2 tsp. Old Bay seasoning  
2 tsp. chopped fresh parsley

## Instructions:

Drain and flake crabmeat, removing any bits of shell.  
Combine crabmeat and remaining ingredients; shape into 1-inch patties, and  
place on lightly greased baking sheets.  
Bake at 400 °F for 8 to 10 minutes or until golden.

**Yields 4 1/2 dozen.**

**Entrees**

**Noreen Stokes  
Wilmington, NC**

# **Parmesan Chicken Wings**

## **Ingredients:**

4 lbs. chicken wings – split  
1/2 cup butter or margarine  
1 cup Parmesan cheese  
2 T. parsley flakes  
1 T. oregano  
2 tsp. paprika  
1 tsp. salt  
1/2 tsp. pepper

## **Instructions:**

Melt butter.  
Mix all dry ingredients.  
Dip wings in butter and roll in dry mixture.  
Place in foil covered cookie sheet and drizzle rest of butter over chicken wings.  
Bake at 350 °F for 1 hour.

**Serves 20**

**Entrees**

**Carole Magyar  
Wilmington, NC**

# Spiced Peaches

## Ingredients:

1 can cling peach halves  
3/4 cup packed brown sugar  
1/2 cup white vinegar  
2-3 1 inch cinnamon sticks  
1 tsp. whole cloves  
1 tsp. allspice

## Instructions:

Heat syrup from peaches, brown sugar, vinegar, and spices.  
Pour over peaches.  
Store in refrigerator up to one week.  
If recipe is doubled – don't use all of the second can's syrup.

## Entrees

**Janelle Frazier**  
**Piedmont Triad Camellia Society**

# Ultimate Party Meatballs

## Ingredients:

- 2 1 lb. bags frozen pre-cooked cocktail-sized meatballs
- 1 16 oz. can cranberry sauce
- 1 12 oz. bottle of Heinz Chili Sauce

## Instructions:

Combine sauces, cook over medium-low heat, stir until smooth.

Add prepared meatballs

Stir about 15 minutes or until meatballs are heated through

Tip: to spice it up add 1 tsp. of cumin and 1/4 tsp. of cayenne to the sauce while cooking.

**Makes 30 appetizer servings.**

**Entrees**

# **Corn Pudding**

## **Ingredients:**

- 1 can kernel corn – drained ~15 oz.
- 1 can creamed corn
- 1 stick melted margarine
- 1 package of Jiffy corn muffin mix
- 1 cup sour cream

## **Instructions:**

Mix and bake in a casserole dish at 350 °F for 45 minutes.

**Makes 8 servings**

**Sides, Salads and Soups**

**Betty Gail Buggeln**  
**Wilmington, NC**

# Deviled Eggs

## Ingredients:

12 hard broiled eggs, peeled and halved

1/4 + cup mayonnaise - to taste

1/2 - 1 tsp. mustard - your choice - My favorite: Durkee Sandwich & Salas  
Famous Sauce

paprika or curry powder

## Instructions:

In a small bowl, mash the egg yolks and mix with mayonnaise and mustard salt until smooth.

Spoon the mixture into each egg half and sprinkle with paprika or curry powder.

**Serves 24.**

**Sides, Salads and Soups**

**Betty Gail Buggeln  
Wilmington, NC**



# Deviled Eggs - Spinach Bacon

## Ingredients:

12 hard cooked eggs, peeled, cut in half, and yolks mashed in a bowl  
1/2 cup frozen chopped spinach, thawed, drained and squeezed dry  
1/4 cup mayonnaise  
1/4 cup real bacon bits  
2 1/2 T. cider vinegar  
2 T. butter, softened  
1 T. sugar  
2 tsp. black pepper  
1/4 tsp. salt

## Instructions:

Combine the thoroughly mashed yolks with the remaining ingredients and mix well.  
Fill the whites evenly with the mixture.

**Yields 24 1/2 eggs**

**Sides, Salads and Soups**

**Sharon Keheya  
Wilmington, NC**

# Sweet and Sour Dressing

## Ingredients:

1 cup of oil  
1 cup sugar  
2 T. soy sauce  
¼ cup vinegar

## Instructions:

Blend oil, sugar, soy and vinegar.  
Just before serving coleslaw add sweet and sour dressing and noodle

## Sides, Salads and Soups

**Toni McKenna**  
**Chesapeake, VA**

# Tiny Tomato Tarts

## Ingredients:

1/2 (14.1-oz.) package refrigerated piecrusts  
1 (14.5-oz.) can petite diced tomatoes  
1 T. chopped fresh basil  
2/3 cup mayonnaise  
1/2 cup grated Parmesan cheese  
1/4 cup (1 oz.) freshly shredded Cheddar cheese  
1/4 cup (1 oz.) freshly shredded mozzarella cheese  
Garnish: fresh basil leaves

## Instructions:

Preheat oven to 425 °F.

Unroll piecrust on a lightly floured surface; roll into a 12-inch circle.

Cut into 24 rounds using a 2-inch scalloped-edge round cutter.

Press rounds into bottoms of ungreased miniature muffin cups. (Dough will come slightly up sides, forming a cup)

Prick bottom of dough once with a fork.

Bake at 425 °F for 4 to 5 minutes or until set.

Cool in pans on a wire rack 15 minutes.

Reduce oven temperature to 350 °F

Meanwhile, drain tomatoes well, pressing between paper towels.

Combine tomatoes and chopped basil in a small bowl; season with desired amount of salt and pepper.

Stir together mayonnaise and next 3 ingredients in a medium bowl.

Divide tomato mixture among pastry shells, and top with mayonnaise mixture.

Bake at 350 °F for 18 to 20 minutes. Serve immediately

Garnish, if desired.

Note: To make ahead, bake and cool pastry shells as directed in Steps 1 and 2. Remove from muffin pans, and store in an airtight container up to 3 days. Return pastry shells to muffin pans, and fill and bake as directed.

**Makes 24 tartlets.**

**Sides, Salads and Soups**

**Noreen Stokes**

**Wilmington, NC**

# Chocolate Heaven Cake

## Ingredients:

1 package chocolate instant pudding  
1 package chocolate cake (Without pudding)  
12 oz. chocolate chips  
1 3/4 cup milk  
2 eggs

## Instructions:

Add all ingredients in bowl.  
Mix by hand for 2 minutes.  
Pour into greased Bundt pan.  
Bake at 350 °F for 50-55 minutes.  
Cool 15 minutes then remove from pan.  
Sprinkle with confectioners' sugar.

## Desserts

# Cold Oven Pound Cake

## Ingredients:

1/2 lb. butter  
1/2 cup margarine or Crisco  
5 eggs  
3 cups, all-purpose flour with 1 tsp. salt and 1/2 tsp. baking powder stirred  
in  
3 cups sugar  
2 tsp. lemon extract  
1 tsp. vanilla extract  
1 cup milk

## Instructions:

Cream together butter and margarine.  
Add sugar, and cream together.  
Add eggs, one at a time, mixing well after each addition.  
Mix 1/2 of the flour, salt and baking powder mixture, and all of the milk.  
Mix well.  
Add remaining flour mixture, beating well.  
Add extracts to this mixture, then beat until well mixed.  
Place cake mixture in desired size pan.  
Place in a cold oven for 1 hour and 20 minutes, at 350 F.

**One Bundt cake or one tube pan cake or two loaf pan cakes.**

**Desserts**

**Carla Strickland  
Hampstead, NC**

# Congo Squares

## Ingredients:

1 1/2 sticks margarine (melted)  
1 box of light brown sugar  
3 eggs  
2 3/4 cups sifted self-rising flour  
1 teaspoon vanilla  
1 cup chopped pecans  
12-oz. package of semi-sweet Nestles chocolate chips

## Instructions:

Stir in brown sugar with melted margarine.  
Beat eggs and add to sugar mixture.  
Add flour, vanilla, pecans and chocolate chips. and vanilla  
Spread in greased dish.  
Bake in Pyrex dish, 10 1/2" x 14 3/4", 40 minutes at 350 °F.  
You don't want to overcook--you want them moist like brownies.

**Makes about a dozen bars**

**Desserts**

**Leona Lilly  
Jacksonville, NC**

# Golden Layer Cake

## Ingredients:

1 cup unsalted butter or margarine  
5 eggs  
1 cup milk  
2 cups sugar  
2 tsp. pure vanilla and 1/2 tsp. salt  
3 cups sifted cake flour  
1 Tbsp. baking powder  
1 recipe Chocolate Frosting

## Instructions:

Let butter, eggs, & milk to come to room temperature for 30 minutes.  
Line five 9" x 1 1/2" round baking pans with wax paper.  
Butter each pan and lightly flour.  
Preheat oven to 350 °F.  
In a large mixing bowl, beat butter with an electric mixer on medium high speed for 30 seconds.  
Gradually add sugar, beating until well combined.  
Add eggs, one at a time, beating well after each addition.  
Add the salt and vanilla to this mixture and beat 30 seconds.  
Combine flour and baking powder.  
Alternately add this combination with the milk to the butter mixture.  
Spread the batter in the prepared pans, using about 1 1/3 cups of batter per pan.  
Bake about 15 minutes or until the tops spring back when lightly touched.  
Cool the pans on wire racks for 5 minutes. Remove cakes from pans; discard the waxed paper.  
Cool cakes completely on wire racks. Frost with Chocolate Frosting - SEE NEXT RECIPE for frosting.

**1 Cake - Serves 10**

**Desserts**

# Golden Layer Cake - Chocolate Icing

## Ingredients:

5 cups sugar  
1/3 cup unsweetened cocoa powder  
1/2 tsp. Kosher salt  
1/2 cup margarine or butter  
1/2 cup whole milk  
1 12 oz. Can of evaporated milk  
1 - 2 tsp. pure vanilla

## Instructions:

In a 4 or 5 quart Dutch oven stir together sugar and cocoa.  
Add margarine and milk.  
Cook and stir over medium heat until sugar is dissolved.  
Bring to boil over medium-high heat, stirring occasionally.  
Boil gently for 4 minutes, stirring often.  
Reduce heat, cook another 15 minutes.  
Remove from heat; stir in vanilla.  
Cool slightly for 20 minutes.  
Icing should be pourable not runny.  
Generously ice between layers and then the top insides of the cake.

## Desserts



# Hummingbird Cake

## Ingredients:

3 cups all-purpose flour  
2 cups sugar  
1 tsp. baking soda  
1 tsp. salt  
1 tsp. ground cinnamon  
3 eggs beaten  
1 cup vegetable oil  
1 1/2tsp. vanilla  
1 (8 oz.) can crushed pineapple, un-drained  
1 cup chopped pecans  
2 cups chopped bananas  
1/2 cup chopped pecans  
Cream Cheese Frosting - see next recipe

## Instructions:

Combine first 5 ingredients in a large mixing bowl; add eggs and oil, stirring until dry ingredients are moistened.

Do not beat.

Stir in vanilla, pineapple, 1 cup of pecans and bananas.

Spoon batter into 3 greased and floured 9-inch round cake pans.

Bake at 350 °F for 25 to 30 minutes or until a wooden pick inserted in center comes out clean.

Cool in pans for 10 minutes; remove from pans, and cool completely.

Spread frosting between layers and on top and sides of cake; then sprinkle 1/2 cup chopped pecans on top.

## Desserts

**Toni McKenna**  
Chesapeake, VA

# **Hummingbird Cake - Cream Cheese Frosting**

## **Ingredients:**

1 (8 oz.) package cream cheese, softened  
1/2 cup butter or margarine, softened  
1 (16-oz.) package powdered sugar, sifted  
1 tsp. vanilla extract

## **Instructions:**

Combine cream cheese and butter, beating until smooth.  
Add powdered sugar and vanilla; beat until light and fluffy.

## **Desserts**

**Toni McKenna**  
**Chesapeake, VA**

# John Talley's Chess Pie

## Ingredients:

5 eggs beaten  
1 1/2 cups sugar  
1 T. cornmeal  
1/4 cup plus 2 T. butter or margarine, melted  
1 T. vinegar  
1 tsp. vanilla extract  
1 unbaked (9 inch) pastry shell

## Instructions:

Combine first 3 ingredients; beat well.  
Add butter, vinegar, and vanilla, beating well.  
Pour into pastry shell.  
Bake at 350 °F for 50 minutes.  
Cool before slicing.

**Makes 1 pie.**

**Desserts**

**John Talley  
Wilmington, NC**

# Just Plain Great Brownies

## Ingredients:

1 T. shortening  
1 cup plus 1 T. sugar  
1/2 cup (1 stick) lightly salted butter  
2 (1 ounce) squares unsweetened chocolate  
2 large eggs  
1 tsp. vanilla extract  
1/2 cup all-purpose flour  
1 cup semisweet chocolate chips  
1 cup chopped walnuts (optional)

## Instructions:

Preheat the oven to 350 °F.  
Grease an 8 or 9-inch square pan with shortening and coat with 1 T. sugar.  
Melt the butter and unsweetened chocolate in a small saucepan over low heat.  
Allow it to cool for 5 minutes.  
In a large mixing bowl lightly beat together the eggs and the remaining 1 cup sugar with a whisk.  
Add the vanilla.  
Gradually whisk the chocolate mixture into the egg mixture.  
Add the flour and stir until just blended.  
Add the chocolate chips and nuts (if desired).  
Pour the batter into the prepared pan. Bake for 25 to 30 minutes.  
Cool and cut into 12 squares.

**Makes 12 brownies.**

**Desserts**

# Lemon Poppy Seed Cake

## Ingredients:

1/2 pound unsalted butter, at room temperature  
1 1/2 cups granulated sugar  
4 large eggs  
2 cups cake flour  
1/4 tsp. salt  
1 1/2 T. Poppy seeds  
Grated Zest of 2 Lemons  
1 1/2 tsp. vanilla extract  
Confectioners' sugar

## Instructions:

Preheat an oven to 350 °F.  
Butter and flour a 9x4-inch loaf pan.  
Place the butter in a bowl and, using a heavy-duty stand mixer fitted with the paddle attachment or a handheld electric mixer, beat on medium speed until creamy, 2-3 minutes.  
Gradually add the granulated sugar and continue to beat until the mixture is very pale--almost white--and has doubled in volume, 4-5 minutes.  
Add the eggs one at a time, beating well after each addition.  
Sift together the flour and salt into a bowl, then sift together again into another bowl.  
Add the poppy seeds.  
Gradually add the sifted mixture to the butter mixture, beating until smooth.  
Beat in the lemon zest and vanilla.  
Spoon the batter into the prepared pan.  
Bake until a toothpick inserted into the center comes out clean, 1 hour 15 minutes.  
Remove from the oven and let cool for 10 minutes.  
Invert onto a rack, lift off the pan and let cool completely.  
Sift confectioners' sugar over the top.

**Makes 1 cake - serves 10.**

## Desserts

**Carole Magyar  
Wilmington, NC**

# Lemon Trifle - Lo-Cal

## Ingredients:

8 oz. fat free lemon yogurt  
1/3 cup lemon juice  
1 can fat free sweetened condensed milk  
2 cups fat free cool whip  
1 angel food cake

## Instructions:

Mix together first three ingredients.  
Fold in cool whip.  
Cut angel food cake into 1 inch cubes  
Put 1/2 the cake squares into a trifle dish.  
Pour 1/2 yogurt mixture on top.  
Repeat layers.

**Serves 10**

**Desserts**

**Jan Allaire  
Charlottesville, VA**

# Secret Pound cake

## Ingredients:

2 sticks margarine  
4 eggs, slightly beaten  
2 cups sugar  
1 small can evaporated milk  
2 cups flour  
1 tsp. vanilla

## Instructions:

DO NOT PREHEAT OVEN.  
Grease and flour a tube cake can.  
Cream margarine and sugar together.  
Add eggs and blend.  
Add sifted flour and evaporated milk alternately until all is added.  
Add vanilla with the last bit of milk.  
Blend until smooth.  
Bake for 1 hour at 325 °F.  
Place in cold oven, do not preheat.  
Test for doneness before taking out.  
Cool before serving.

**1 cake - serves about 8.**

## Desserts

**Melissa Beale Talley  
Wilmington, NC**

# Very Southern Pineapple Cake

## Ingredients:

### CAKE:

- 1 standard-size box of yellow butter-recipe cake mix
- 1/2 cup, canola oil
- 4 eggs
- 1 eleven-ounce can of Mandarin oranges with juice, drained

### FROSTING:

- 1 twenty ounce can crushed pineapple with juice
- 1 four serving size vanilla instant pudding
- 1 nine ounce container of frozen whipped topping, thawed

## Instructions:

Combine dry cake mix, oil, eggs, and juice from the oranges and beat by hand.

The batter will be somewhat lumpy.

Fold in the drained oranges.

Heat oven to 350 °F.

Prepare a 9" x 13" pan.

Cut a piece of wax paper to fit the bottom of the pan.

Then grease and flour this paper and the sides of the pan.

Bake for 35 to 40 minutes if the pan is metal, 25 to 30 minutes (at 325 °F) if the pan is a Pyrex one.

Cool just 10 minutes before removing the cake to a cooling rack.

Make the frosting by combining the pineapple with juice and the dry pudding mix.

Fold in the whipped topping.

Spread over the entire top of the cake and then the sides.

Chill thoroughly before serving.

**Makes 12 servings or more depending on the cuts.**

## Desserts

**Betty Gail Buggeln**  
**Wilmington, NC**



# Winning Glazed Lemon Bars

## Ingredients:

1 cup butter (2 sticks)  
2 1/4 cups unsifted flour  
2/3 cup confectioners' sugar (plus 1 cup for glaze)  
4 eggs, lightly beaten  
2 cups sugar  
4 T. flour  
1 tsp. baking powder  
1/3 cup fresh squeezed lemon juice (plus 2 T. for glaze)  
1 T. finely grated lemon rind

## Instructions:

Heat oven to 325 °F.  
Blend butter, 2 1/4 cup flour and confectioners' sugar.  
Pat into bottom of ungreased 13" x 9" pan.  
Bake 18-20 min.  
For filling, blend eggs, sugar, 4 T. flour, baking powder, juice, and rind.  
Pour over crust and bake at 325 °F for 25-30 minutes until top is light golden brown.  
Cool.  
Glaze: Combine 1 cup powdered sugar & 2 T. lemon juice.  
Drizzle on top.  
Cut into 1 1/2 inch squares.

## Desserts

**Noreen Stokes**  
**Wilmington, NC**

# Nancy's Chocolate Cake

## Ingredients:

1 cup water  
4 T. cocoa  
1 stick butter or margarine - melted  
2 cups sugar  
2 cups sifted flour  
1/4 tsp. salt  
1/2 cup buttermilk  
1 tsp. soda  
2 eggs - beaten  
1 tsp vanilla

## Instructions:

Use two 8 1/2" x 8 1/2" pans or one 13 1/2" x 10" pan.  
Put cocoa, butter/margarine and water in pot and heat to boiling  
Pour contents of pot over sugar, flour and salt  
Mix and add buttermilk, soda, beaten eggs and vanilla  
Bake at 350°F for 30 minutes

# Nancy's Chocolate Cake Icing

## Ingredients:

6 T. milk  
4 T. cocoa  
1 stick butter or margarine - melted  
1 box confectioner's sugar  
1/2 cup chopped nuts

## Instructions:

Mix cocoa, milk and melted butter or margarine  
Bring to boil for 1 minute  
Set aside and add sugar and nuts - beat well  
Cool cake before icing.  
Leave in open

**Serves 8.**

**Nancy Ballew  
Salley, SC**

# **SHORT CUTS for “After Five” Judges’ Parties**

**Some ideas for saving time with your party planning and preparations; add your own favorite foods at the bottom of this list.**

## **KEEP THESE ITEMS ON HAND:**

**Mrs. Fanning’s – The Original Bread ‘n Butter Pickles**

**Your Favorite Pickles/Olives/other condiments**

**Pepperidge Farm Goldfish – Baby Cheddar; simply serve them in a fancy dish or bright plastic bowl!**

**Pepperidge Farm Goldfish – Grahams Fudge Brownie. They can be enjoyed in individual serving size bowls OR as a topping over vanilla ice cream**

**Cathy’s Homemade Biscuits**

**([www.cathyshomemadebiscuits.com](http://www.cathyshomemadebiscuits.com)) Find them at Whole Foods**

**Pimiento Cheese; my favorite is Star Pimiento Cheese (Burlington, NC); delicious on a Ritz cracker or Mini Toast (Minigrill is one brand) or perhaps a Sweet Potato & Cinnamon Cracker (Back to Nature brand).**

**WASA crackers are available in many varieties; one favorite is Crisp’n Light – no fat, only 20 calories per cracker.**

**Sunshine Cheez-It – Reduced Fat White Cheddar crackers – delicious just by themselves.**

**Triscuit minis – Original; whole grain wheat with excellent fiber.**

---

---

---

---



# TABLE OF CONTENTS

## RISE AND SHINE BREAKFAST

### ENTREES

<u>RECIPE</u>	<u>PAGE NUMBER</u>
Crab and English Muffin	B - 1

### BREADS AND COFFEE CAKES

Banana Bread	B - 2
Blueberry Muffins	B - 3
Chocolate Chip Coffee Cake	B - 4
Cinnamon Toast Fruit Topped	B - 5
Corn Muffins	B - 6
Crunchy Cheese Biscuits	B - 7
Pumpkin Bread	B - 8
Sour Cream Coffee Cake	B - 9
Southern Sweet Potato Bread	B - 10

### EGGS OF ALL KINDS

Frittata with Asparagus, Tomato, and Fontina	B - 11
Mini Frittatas	B - 12

### CASSEROLES

Breakfast Casserole	B - 13
Egg and Bacon (or sausage) Casserole	B - 14
Sausage and Cheese Grits Casserole	B - 15
Zucchini Sausage Casserole	B - 16

# Crab and English Muffin

## Ingredients:

One stick of butter (1/4 Lb.)  
One 5 oz. Jar of Kraft Old English Cheddar Cheese Spread  
1/2 tsp. garlic powder  
1/2 tsp. Morton's Season Salt  
2 T. mayonnaise  
One 6 1/2 oz. can of crab meat  
2 packages of English Muffins  
Paprika (optional)

## Instructions:

Combine first 6 ingredients; mix well.  
Spread on each muffin half, sprinkle with paprika, cut each muffin half into quarters.  
Broil 3 minutes or until light brown.  
Note: Crab snacks may be frozen.  
Wrap each muffin half in aluminum foil and freeze.  
Remove from freezer, and thaw.  
Cut into quarters before broiling.

**Makes 4 dozen.**

**Entrees**

**Bonnie Serpas  
Santee, SC**

# Banana Bread

## Ingredients:

4 T. sour cream  
1 tsp. baking soda  
1 1/4 cup sugar  
1/2 cup butter  
2 eggs (slightly beaten)  
1 1/2 cup flour  
1 tsp. vanilla  
1/4 tsp. salt  
1 cup mashed bananas

## Instructions:

Combine first 6 ingredients; mix well.

In a separate bowl cream together butter and sugar and slightly beaten eggs to butter mixture.

Add soda and sour cream mixture that is well blended to the butter mixture; beat well.

Add salt, bananas, flour and vanilla – nuts if desired.

Mix well

Pour into ungreased loaf pan.

Bake at 350 °F for 1 hour.

Test with pick for “doneness”.

**Makes 1 loaf.**

**Breads and Coffee Cakes**

**Sally Van Gorder  
Jacksonville, NC**

# Blueberry Muffins

## Ingredients:

Muffin

2 cups flour

1 egg, well beaten

1/2 cup sugar

3/4 cup milk

3 T. baking powder

1/2 cup melted butter

1/2 tsp. salt

1 cup fresh blueberries

TOPPING:

1/4 cup butter, softened

1/2 cup sugar

1/2 cup flour

1 tsp. cinnamon (optional)

## Instructions:

Heat oven to 375 °F.

Grease bottoms of muffin pan.

In medium bowl, combine flour, sugar, powder and salt.

Stir in egg, milk and butter until all dry ingredients are moistened.

Batter will be lumpy.

Fold in blueberries.

Fill pan with batter.

Mix topping ingredients: butter, flour, sugar and cinnamon until crumbly.

Cover batter with topping and bake 20-25 minutes until brown.

Run knife around edge of muffins to loosen.

## Breads and Coffee Cakes



# Chocolate Chip Coffee Cake

## Ingredients:

1/2 cup packed brown sugar  
1/2 cup flour  
1/4 cup margarine  
1/4 cup chopped walnuts (optional)  
1 cup mini semi sweet chocolate chips  
1 (8 oz.) package cream cheese, softened  
1 1/2 cups sugar  
3/4 cup margarine  
3 eggs  
3/4 tsp. vanilla  
2 1/2 cups flour  
1 1/2 tsp. baking powder  
3/4 tsp. baking soda  
1/4 tsp. salt  
3/4 cup milk

## Instructions:

Combine brown sugar and flour; cut in margarine until mixture resembles coarse crumbs.

Stir in walnuts and chocolate chips.

Combine cream cheese, sugar and margarine, mixing at medium speed on electric mixer until well blended.

Blend in eggs and add combined dry ingredients alternately with milk, mixing well after each addition.

Batter will be lumpy.

Sprinkle with crumb mixture.

Bake at 350 °F, 1 hour or until wooden toothpick inserted into center comes out clean.

Cool thoroughly before removing cake from pan.

Variation: substitute 13" x 9" baking pan for tube pan bake at 350 °F for 50 minutes.

## Breads and Coffee Cakes

**Jennifer Solomon**  
**Wilmington, NC**

# Cinnamon Toast Fruit Topped

## Ingredients:

2 cups pancake mix  
1 1/2 cups water  
1 tsp. vanilla extract  
1/4 tsp. ground cinnamon  
2 T. butter  
2 T. vegetable oil  
8 cinnamon bread slices  
2 bananas, sliced  
1/4 cup chopped pecans, toasted  
maple syrup  
Garnish, fresh strawberries

## Instructions:

Whisk first four ingredients together.  
Melt butter in microwave and mix with oil.  
Brush butter and oil mixture on skillet or griddle.  
Dip bread slices in batter and cook 2 minutes each side or until golden.  
Top with bananas and pecans if desired, serve with maple syrup and strawberries to garnish.

**Serves 8.**

**Breads and Coffee Cakes**

**Sharon Keheya  
Wilmington, NC**

# Corn Muffins

## Ingredients:

2 packages Jiffy cornbread mix  
1 can cream-style corn  
2 eggs  
1 cup milk

## Instructions:

Mix together.  
Grease muffin tins.  
Sprinkle with sugar.  
Bake at 350 °F for 30 minutes.

## Breads and Coffee Cakes

# Crunchy Cheese Biscuits

## Ingredients:

1/2 cup butter  
1/2 tsp. salt  
1 cup grated sharp cheddar cheese  
1 cup plain flour  
1 cup crispy rice cereal

## Instructions:

Blend butter and flour.  
Add cheese and salt.  
Mix well.  
Add rice cereal.

## Breads and Coffee Cakes

# Pumpkin Bread

## Ingredients:

1/2 cup butter  
4 T. warm water  
1/2 cup canola oil  
2 eggs  
1 cup pumpkin (fresh or canned)  
1/2 tsp. salt  
1/2 tsp. nutmeg  
1/2 tsp. cinnamon  
1 tsp. baking powder  
1 tsp. baking soda  
2 1/2 cups flour  
1/2 cup Nuts (optional)

## Instructions:

Sift together all the dry ingredients except sugar.  
Mix sugar, water & oil in bowl.  
Stir until sugar is dissolved.  
Add eggs & pumpkin.  
Mix well and add sifted dry ingredients a small amount at a time.  
Beat well.  
Bake 350 °F in preheated oven for about 50 minutes or until tester comes out clean.

**This makes 2 loaves of bread or 15 muffins.**

**Breads and Coffee Cakes**

# Sour Cream Coffee Cake

## Ingredients:

1 cup sour cream  
1 cup sugar  
3/4 tsp. soda  
2 eggs  
1/2 cup brown sugar  
1 1/2 cups all purpose flour  
1/2 cup chopped pecans  
1 tsp. cinnamon  
1 1/2 tsp. baking powder  
1 cup butter  
1 tsp. vanilla

## Instructions:

Mix sour cream and soda and let stand 1 hour.  
Mix brown sugar, pecans and cinnamon for topping.  
Cream butter and sugar.  
Add eggs and vanilla and beat.  
Add sour cream mixture.  
Stir in sifted flour and baking powder.  
Beat until smooth. Grease and flour tube cake pan.  
Alternate layers of batter and topping.  
Start with batter and end with topping.  
Bake for 40 minutes in a 350 degree oven.  
Cool in pan 15 minutes, then remove.

## Breads and Coffee Cakes

# Southern Sweet Potato Bread

## Ingredients:

2 1/2 cups unbleached flour  
1 tsp. baking powder,  
1 tsp. baking soda  
1/4 tsp. salt  
4 T. warm water  
1/4 cup canola oil  
1/4 cup grated zucchini, coarsely grated  
1/8 cup carrots, finely grated  
2 eggs  
1 cup Bruce's Sweet Potato Pie Filling  
Optional: 1/2 cup chopped walnuts

## Instructions:

Combine all dry ingredients in a medium bowl and blend together until mixed.

Mix sugar, water and canola in a large bowl.

Stir together until sugar is dissolved. Add zucchini and carrots.

Add eggs and sweet potato pie filling and mix well.

Add dry ingredients, a small amount at a time.

Blend all ingredients together, add 1/2 cup nuts, if you wish.

Bake at 350 °F in a preheated oven for 30 minutes or until golden brown.

**This recipe makes two large loaves of bread or five mini-loaves.**

**Breads and Coffee Cakes**

**Betty Gail Buggeln**  
Wilmington, NC

# Frittata with Asparagus, Tomato, and Fontina

## Ingredients:

6 large eggs  
2 T. whipping cream  
1/2 tsp. salt, plus a pinch  
1/4 tsp. freshly ground black pepper  
1 T. olive oil  
1 T. butter  
12 oz. asparagus, trimmed, cut into 1/4 to 1/2-inch pieces  
1 tomato, seeded, diced  
Salt  
3 oz. Fontina, diced

## Instructions:

Preheat the broiler.

Whisk the eggs, cream, 1/2 teaspoon salt, and pepper in a medium bowl to blend.

Set aside.

Heat the oil and butter in a 9 1/2-inch-diameter nonstick ovenproof skillet over medium heat.

Add the asparagus and saute until crisp-tender, about 2 minutes.

Raise the heat to medium-high.

Add the tomato and a pinch of salt and saute 2 minutes longer.

Pour the egg mixture over the asparagus mixture and cook for a few minutes until the eggs start to set.

Sprinkle with cheese. Reduce heat to medium-low and cook until the frittata is almost set but the top is still runny, about 2 minutes.

Place the skillet under the broiler.

Broil until the top is set and golden brown on top, about 5 minutes.

Let the frittata stand 2 minutes.

Using a rubber spatula, loosen the frittata from skillet and slide the frittata onto a plate.

**Serves 6.**

**Eggs of All Kinds**

**Judy Segasture  
Wilmington, NC**



# Mini Frittatas

## Ingredients:

8 large eggs  
1/2 cup milk  
1/2 tsp. black pepper  
1/4 tsp. salt  
4 oz. thinly sliced ham, chopped  
1/3 cup freshly grated Parmesan  
2 T chopped fresh Italian parsley leaves

## Instructions:

Preheat oven to 375 °F.  
Spray mini muffin tins (will take about 40 muffins) with nonstick spray.  
Whisk the eggs, milk, pepper, and salt in a large bowl to blend well  
Stir in the ham, cheese, and parsley.  
Fill muffin cups almost to the top with the egg mixture.  
Bake until the egg mixture puffs and is just set in the center, about 8-10 minutes.  
Loosen frittatas from pans using a small knife.  
Serve immediately or refrigerate until ready to serve.  
Good warm or cold.

**Serves 40.**

**Eggs of All Kinds**

**Noreen Stokes  
Wilmington, NC**

# Breakfast Casserole

## Ingredients:

1 lb. browned sausage  
3 slices bread crumbs  
1 to 1/2 cup grated cheese  
6 eggs  
1 tsp. salt  
2 cups milk  
1 tsp. dry mustard

## Instructions:

Mix sausage, crumbs, and cheese.  
Pour in 9 x 13 inch or 8 x 11 inch baking dish.  
Mix eggs, salt, milk, and mustard and pour over sausage mixture.  
Refrigerate overnight  
Cook at 350 °F for 45 minutes to 1 hour.  
Do not cover.

**Serves 6.**

**Casseroles**

**Melissa Beale Talley**  
**Wilmington, NC**

# **Egg and Bacon (or sausage) Casserole**

## **Ingredients:**

1 dozen eggs  
1 quart milk  
4 cups seasoned croutons  
8 oz. shredded cheddar cheese  
1 T. minced dry onions  
1 tsp. dry mustard  
1 lb bacon or sausage cooked drained and crumbled

## **Instructions:**

Beat eggs lightly; add milk croutons, cheese, onion and dry mustard.  
Stir well and refrigerate overnight in covered bowl.  
Preheat oven to 350.  
Spray 13" x 9" baking dish with Pam.  
Stir mixture and pour into pan.  
Bake 30 minutes.  
Remove from oven.  
Sprinkle with crumbled bacon or sausage.  
Bake 25 min longer.  
Let set 10 minutes; cut into squares.  
Prepare night before.  
Serves 10.

## **Casseroles**

**Judi Collins**  
**Jacksonville, NC**

# Sausage and Cheese Grits Casserole

## Ingredients:

1 lb roll sausage (browned, drained and crumbled)  
2 cups water  
2 cups evaporated milk  
1 cup Quick grits (not instant)  
8 oz shredded cheddar cheese  
1/2 cup butter  
1 cup whole milk  
4 eggs (beaten)  
1/4 tsp cayenne pepper

## Instructions:

Preheat oven to 350.  
Spray 2 qt casserole with Pam.  
In large saucepan, combine the water and evaporated milk and salt.  
Just before it comes to a boil, whisk in grits.  
Mix well and reduce heat to low.  
Cover and simmer 5 min. stirring occasionally.  
Remove from heat and add 1 1/2 cups of cheese and the butter.  
Stir until melted.  
Combine the cup of mil and the 4 beaten eggs and pepper.  
Stir into the grits. Stir in the cooked sausage.  
Spread in casserole. Bake at 350 45 minutes.  
Remove and sprinkle with remaining cheese, return to oven and bake 15 more minutes.  
Let stand 15 minutes, cut into squares, serve and enjoy.

## Casseroles

**Judi Collins**  
**Jacksonville, NC**

# Zucchini Sausage Casserole

## Ingredients:

2 lbs. zucchini ends trimmed  
1/4 cup chopped onion  
1/2 lb. hot Italian sausage and 1/2 lb. sweet Italian sausage (no msg)  
1/2 cup fine Italian bread crumbs  
2 eggs, slightly beaten  
1/2 cup grated Parmesan Cheese  
Pinch thyme, rosemary and garlic powder  
Salt and pepper to taste

## Instructions:

Cook whole zucchini in boiling salted water until just tender, about 10 minutes.  
Drain and chop coarsely.  
Brown onion and sausage and drain off fat.  
Add zucchini and remaining ingredients, except two tablespoons Parmesan cheese.  
Mix well.  
Put in deep dish pie plate.  
Sprinkle with reserved Parmesan cheese.  
Bake at 350 °F for 45 minutes or until firm and brown.

**Serves 12**

**Casseroles**

**Sharon Keheya  
Wilmington, NC**

## **SHORT CUTS for “Rise and Shine” Breakfasts**

**A few items to have on hand so your party planning will be easy.**

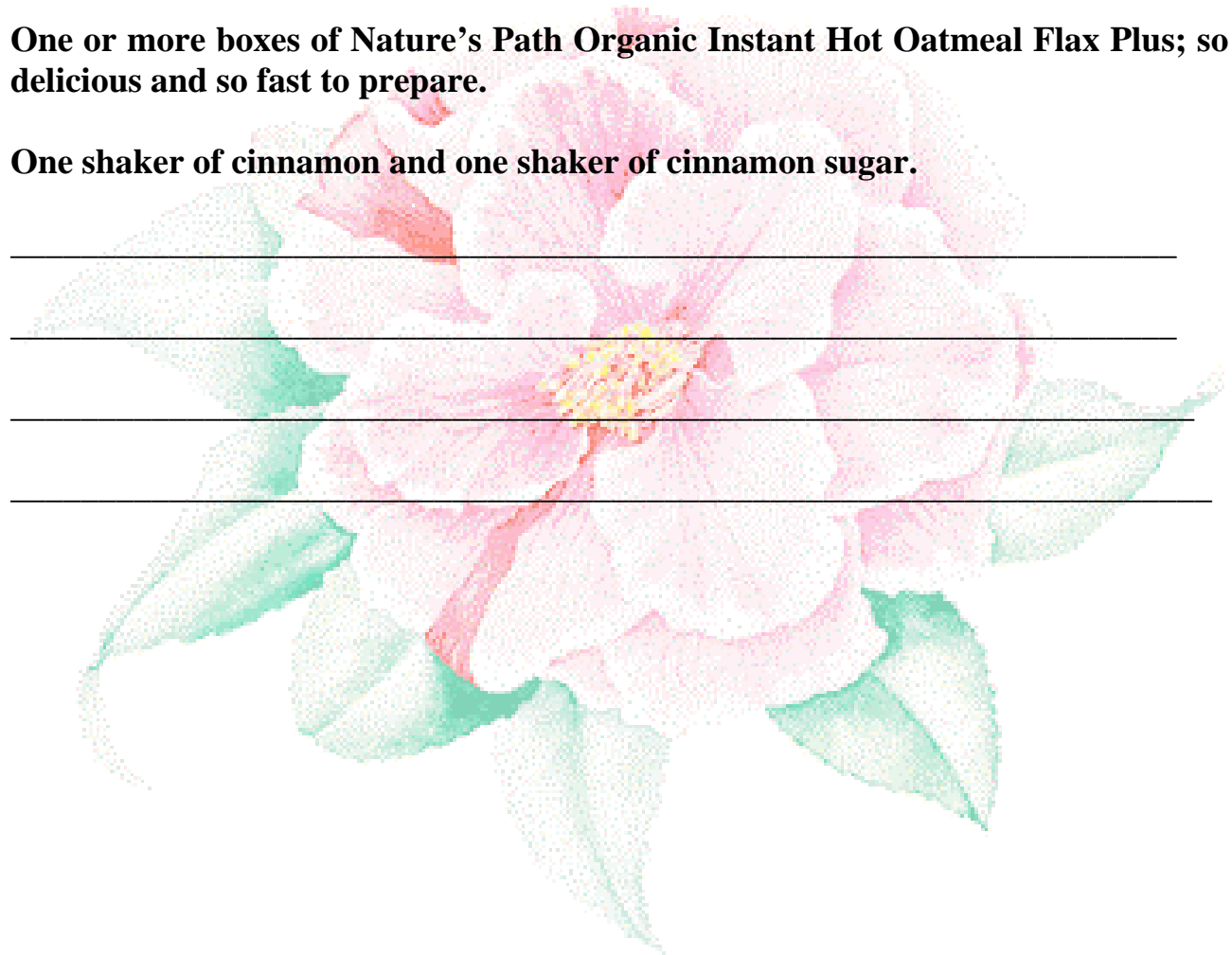
**One box of dark raisins and one box of raisins.**

**One bag of walnuts.**

**One bag of dried cranberries.**

**One or more boxes of Nature’s Path Organic Instant Hot Oatmeal Flax Plus; so delicious and so fast to prepare.**

**One shaker of cinnamon and one shaker of cinnamon sugar.**



# TABLE OF CONTENTS

## THANK YOU LUNCHEON

### ENTREES

<u>RECIPE</u>	<u>PAGE NUMBER</u>
Chicken and Grapes with Creamy Mustard Sauce	C - 1
Chicken Casserole	C - 2
Chicken Tetrazzini	C - 3
Hot Chicken Salad	C - 4
Sweet & Tangy Barbecued Chicken	C - 5
Swiss Chicken Cutlet	C - 6

### SIDES SALADS & SOUPS

Beet Salad	C - 7
Best Baked Beans	C - 8
Broccoli Salad by Janice	C - 9
Broccoli Salad by Carole	C - 10
Carolina Caviar	C - 11
Classic Potato Salad	C - 12
Cream of Pumpkin Soup	C - 13
Festive Cranberry Salad	C - 14
German Cole Slaw	C - 15
Joan's Fresh Snap Bean Salad	C - 16
Marinated Broccoli (Cauliflower)	C - 17
Marinated Carrots	C - 18
Mom's JELL-O Salad	C - 19
Oriental Coleslaw	C - 20
Party Squash	C - 21
Sausage Corn Chowder	C - 22
Seven Cup Salad	C - 23
Taco Soup	C - 24
Tortellini Soup	C - 25
Waldorf Salad	C - 26

# DESSERTS

<u>RECIPE</u>	<u>PAGE NUMBER</u>
Alma's Thin Layer Chocolate Cake	C - 27
Banana Pound Cake	C - 28
Betty Gail's Apple Crisp	C - 29
Chess Pie	C - 30
Chocolate Mayonnaise Cake	C - 31
Chocolate Peanut Butter Squares	C - 32
Dump Cake	C - 33
Ginger Cake	C - 34
Sour Cream Pound Cake	C - 35
Zucchini Cake	C - 36



# Chicken and Grapes with Creamy Mustard Sauce

## Ingredients:

1 1/2 lbs. chicken tenders  
1/3 cup flour  
3/4 tsp. salt  
1/4 tsp. pepper  
1 T. olive oil  
2 T. butter  
1/2 cup white wine  
3/4 cup half and half  
3 T. Dijon mustard  
1 cup seedless red grapes, halved

## Instructions:

Combine flour, salt, and pepper in a shallow bowl.  
Place a large skillet over medium heat; add olive oil and the butter.  
Drench chicken tenders in flour.  
Add chicken to skillet and cook until browned, 7-8 minutes.  
Add wine and scrape up browned bits as wine comes to a boil; cook the liquid down for 1 minute.  
Combine half and half and mustard and pour the mixture over the chicken.  
Add grapes to the pan and shake to coat chicken and grapes in sauce.  
Reduce heat to low and simmer 3-5 minutes more.  
Serve with noodles or couscous.

**Serves 6-8.**

**Entrees**

**Jessica & Eric Buggeln  
Glastonbury, CT**

# Chicken Casserole

## Ingredients:

1 large fryer, cooked & deboned  
1 package (8 oz.) medium egg noodles (cooked in broth from cooked chicken)  
1 can cream of chicken soup  
1 can cream of mushroom soup  
1 (8 oz.) carton sour cream  
1/2 stick margarine  
Bread Crumbs (Mix bread crumbs with margarine)  
Salt & pepper to taste

## Instructions:

Cook chicken until tender.  
Remove from container and cook noodles in chicken broth.  
Remove chicken from bones and cut in small pieces.  
Mix chicken, noodles, soups, sour cream, salt and pepper.  
Pour in 9" X 13" buttered casserole.  
Put crumbled bread crumbs on top.  
Pour melted margarine over crumbs. (May be frozen at this point)  
Bake at 350 °F until bubbly and top begins to brown.

**Serves 4-6.**

**Entrees**

**Peggy Camp  
Leesville, SC**

# Chicken Tetrazzini

## Ingredients:

1 1/2 lbs. diced chicken  
1/2 lb. spaghetti  
6 T. butter  
3/4 lb. of mushrooms, thinly sliced  
1 medium onion, diced  
1/2 tsp. black pepper  
3 T. all purpose flour  
1 cup whole milk  
3 tablespoon dry sherry  
2-3 cups warmed chicken stock

## Instructions:

Preheat oven to 350 °F  
Butter a shallow glass or ceramic 9" x 13" pan  
Heat 2 T. of butter and saute mushrooms, salt and pepper until lightly browned.  
Place aside.  
Heat 1 T. of butter and saute onion until lightly browned.  
Melt remaining 3 T. over low heat, then add flour and cook roux, whisking constantly for 2 minutes.  
Add warmed chicken stock, whisking constantly, and bring to a boil.  
Simmer for 5 minutes, whisking occasionally.  
Then add milk, sherry and continue whisking over low heat for 10 minutes until thickened.  
Cook spaghetti in large pot of boiling salted water until al dente.  
Drain and place aside.  
Toss spaghetti, mushrooms, onions, sauce and chicken in pan and transfer to baking dish.  
Bake until sauce is bubbly and top is lightly browned, about 30 minutes.

**Serves 6-8.**

**Entrees**

**Suzanne & Benjamin Allaire  
Raleigh, NC**

# Hot Chicken Salad

## Ingredients:

2 cups cooked, diced chicken  
2 cups celery, chopped  
1 medium onion, chopped  
1/2 green pepper, chopped  
1 cup slivered almonds  
1 medium jar pimento  
2 cups cream of chicken soup  
3 hard boiled eggs, chopped  
3/4 cup mayonnaise  
2 T. lemon juice  
1 tsp. salt  
1/2 tsp. pepper  
Topping - Swiss cheese, shredded and Ritz crackers, crushed

## Instructions:

Mix ingredients well and place in greased 9" x 13" casserole dish.  
Cover with shredded Swiss cheese and then cover with crushed Ritz  
crackers.  
Bake for 30-40 minutes.

**Makes 12 or more.**

**Entrees**

**John & Shirley Maddry  
Chapel Hill, NC**

# Sweet & Tangy Barbecued Chicken

## Ingredients:

1 cup ketchup  
2 T. grated onion  
2 T. Worcestershire sauce  
2 T. Dijon mustard  
3 T. molasses  
2 T. maple syrup  
3 T. cider vinegar  
1 tsp. chili powder  
1/4 tsp. cayenne pepper  
4 boneless, skinless chicken breasts 6 to 7 ounces each (with tenderloins),  
patted dry with paper towels  
Table salt and ground black pepper  
1 T. vegetable oil

## Instructions:

Adjust oven rack to upper-middle position, about 5 inches from upper heating element; heat oven to 325 °F.

Whisk ketchup, onion, Worcestershire, mustard, molasses, maple syrup, vinegar, chili powder, and cayenne in small bowl; set aside.

Season chicken with salt and pepper.

Heat oil in heavy-bottomed, nonreactive, 12-inch ovenproof skillet over high heat until beginning to smoke.

Brown chicken skinned-side down until very light golden, 1 to 2 minutes; using tongs, turn chicken and brown until very light golden on second side, 1 to 2 minutes longer.

Transfer chicken to plate and set aside. Discard fat in skillet; off heat, add sauce mixture and, using a wooden spoon, scrape up browned bits on bottom of skillet.

Simmer sauce over medium heat, stirring frequently with heatproof spatula, until sauce is thick and glossy, and spatula leaves clear trail in sauce, about 4 minutes.

Off heat, return chicken to skillet, and turn to coat thickly with sauce; set chicken pieces skinned-side up and spoon extra sauce over each piece to create thick coating.

Place skillet in oven and cook until thickest parts of chicken breasts register 130 °F on instant-read thermometer, 10 to 14 minutes.

Set oven to broil and continue to cook until thickest parts of chicken breasts register 160 °F, 5 to 10 minutes longer.

Transfer chicken to platter and let rest 5 minutes.

Meanwhile, whisk to combine sauce in skillet and transfer to small bowl.

Serve chicken, passing extra sauce separately.

Real maple syrup is preferable to imitation syrup, and "mild" or "original" molasses is preferable to darker, more bitter types. If you are content to use bottled sauce, we had the best luck with Bull's-Eye Original, winner of a blind tasting.

Use 1 3/4 cups of sauce and, in step 2, reduce the sauce cooking time from 4 minutes to 2 minutes.

**Serves 4.**

**Entrees**

**Suzanne & Benjamin Alliare  
Raleigh, NC**

# Swiss Chicken Cutlet

## Ingredients:

5 chicken breasts, skinned & boned  
2 beaten Eggs  
1 cup fine dry bread crumbs  
1/4 cup cooking Oil  
3 T. butter  
1 cup (4oz.) shredded Swiss cheese  
salt  
tomato wedges  
1 1/4 cup flour  
1/8 tsp. pepper  
2 1/2 cups milk  
1/2 cup dry white wine  
Parsley for garnish

## Instructions:

Pound cutlets between waxed paper to 1/4 inch.  
Salt, dip in egg, then bread crumbs.  
Heat 2 T. oil and brown chicken about 2 minutes on each side.  
Set aside.  
In a saucepan, make white sauce with butter, flour, milk and pepper.  
Add wine.  
Pour 1/2 of sauce in 13" X 9" X 2" glass baking dish  
Arrange chicken on top of sauce and top with remaining sauce.  
Cover with foil and chill overnight.  
Bake covered at 350 °F for 50 minutes  
Sprinkle with cheese, top with tomato wedges, and return to oven for 5-10  
minutes, uncovered.  
Garnish with parsley.

**Serves 6 - 8.**

**Entrees**

**Carole Magyar  
Wilmington, NC**

# **Beet Salad**

## **Ingredients:**

3 Cans of chopped or sliced beets  
3 T. Balsamic vinegar  
1/4 cup chopped Pine Nuts  
4 oz. goat cheese  
salt and pepper to taste  
12 oz. of Arugula

## **Instructions:**

Mix first five items until well blended then mix in or place on the Arugula.

**Serves 10**

**Sides, Salads and Soups**

**Mike Andruzyk  
Chesapeake, VA**



# Best Baked Beans

## Ingredients:

6 slices bacon  
2 green peppers, chopped fine  
1 small onion, chopped fine  
1/2 cup brown sugar  
1/2 cup catsup  
1 T. mustard  
1 T. Worcestershire sauce  
1 large can pork and beans

## Instructions:

Combine all ingredients,  
arrange bacon across top of mixture.  
Bake uncovered 1 1/2 - 2 hours in a 325 degree oven.

## Sides, Salads and Soups

# Broccoli Salad by Janice

## Ingredients:

1 head broccoli  
6 to 8 slices cooked bacon, crumbled  
1/2 cup chopped red onion  
1/2 cup raisins, optional  
8 ounces sharp Cheddar, cut into very small chunks  
1 cup mayonnaise  
2 T. white vinegar  
1/2 cup walnuts  
1/2 cup halved cherry tomatoes  
Salt and freshly ground black pepper

## Instructions:

Trim off the large leaves from the broccoli stem.  
Mix mayonnaise, bacon and onions.  
Cut the head into flowerets and the stem into bite-size pieces.  
Place in a large bowl.  
Add the crumbled bacon, onion, raisins if using, and cheese.  
In a small bowl, combine the remaining ingredients, stirring well.  
Cool slightly, without stirring for 20 minutes until frosting thicken to the consistency of hot fudge sauce (pourable, not runny).  
Generously frost between layers, and on top of the cake.

**Serves 8.**

**Sides, Salads and Soups**

**Janice Brotherton**  
**Wilmington, NC**

# Broccoli Salad by Carole

## Ingredients:

2 bunches of Broccoli - Florets cut small  
1/2 red Onion  
10 slices bacon cooked, and broken into pieces  
1/2/cup raisins  
1/2 cup sunflower seeds  
DRESSING:  
1/2 cup mayonnaise  
1/2 cup sugar  
1 T. vinegar

## Instructions:

Combine and chill dressing ingredients  
Cut Broccoli florets into small pieces  
Mix with chopped red onion, bacon, sunflower seeds and raisins.  
Dress with dressing and serve.

**Serves 8.**

**Sides, Salads and Soups**

**Carole Magyar  
Wilmington, NC**

# Carolina Caviar

## Ingredients:

- 2 (16-oz.) cans black-eyed peas (without pork), rinsed and drained
- 4 scallions, chopped
- 1 (10 oz.) jar drained pimento stuffed green olives, sliced thin
- 1 (10-oz.) can white shoe peg corn
- 2 cloves of garlic, minced
- 1 cup fresh parsley, chopped
- 1 (16-oz.) bottle Italian salad dressing (may substitute 10 oz. extra virgin olive oil and 4 T. red wine vinegar)
- 1 green pepper, chopped
- 1/2 red pepper, chopped
- 1 small red onion, chopped

## Instructions:

- Combine the black-eyed peas, corn, tomato, green and red bell peppers, onions, scallions, parsley and minced garlic in a large bowl.
- Add the salad dressing (or oil and vinegar), using just enough to coat mixture.
- Toss gently.
- May be served as a side dish or as an appetizer with tortilla chips.

## Sides, Salads and Soups

# Classic Potato Salad

## Ingredients:

2 lbs. red potatoes, cut into small-sized cubes  
1/4 cup chopped scallions  
1/2 cup Hellman's Mayonnaise  
1 T. Dijon mustard  
1 or 2 hard-boiled egg chopped  
2 T. Italian salad dressing

## Instructions:

Bring a large pot of water to a boil; add potatoes and cook 12 minutes or until tender  
Drain potatoes; toss with Italian dressing.  
Allow potatoes to cool.  
Then toss potatoes with scallions, mayonnaise and mustard; adjust mayonnaise to taste.  
Refrigerate for 1 hour.

**Serves 6.**

**Sides, Salads and Soups**

**Betty Gail Buggeln**  
**Wilmington, NC**

# **Cream of Pumpkin Soup**

## **Ingredients:**

1 large can of packed pumpkin  
1 tsp. cinnamon  
1/2 tsp. ginger  
1/4 tsp. cloves  
1/4 - 1/2 cup of sugar  
1 can of evaporated milk  
1 1/2 cup half and half cream  
6-8 cup chicken broth  
1/2 tsp. almond extract (if desired)

## **Instructions:**

Combine all ingredients and simmer on medium heat until well heated.  
Serve with a dollop of whipped cream or spoon full of cream.  
Add more sugar or some brown sugar to taste.  
To reduce calories, use 2% milk and Splenda or Splenda-sugar combination.

**Serves 6 - 8.**

**Sides, Salads and Soups**

**Melissa Beale Talley  
Wilmington, NC**

# Festive Cranberry Salad

## Ingredients:

- 1 3 oz. package orange gelatin
- 1 16 oz. can whole berry cranberry sauce
- 1 3 oz. package raspberry gelatin
- 1 14 oz. can crushed pineapple

## Instructions:

- Dissolve gelatin in 2 cups boiling water.
- Add the cranberry sauce and crushed pineapple with juice.
- Mix well.
- Put in individual molds or 9" x 9" dish.
- Congeval.

## Sides, Salads and Soups

# German Cole Slaw

## Ingredients:

1 head cabbage  
2 carrots  
1 cup Hellman's Classic Mayonnaise  
1/4 cup apple cider vinegar  
2 T. Coleman's Dry Mustard  
2 T. sugar

## Instructions:

Grate cabbage with a hand grater.  
Grate carrots in with cabbage.  
Mix together mayonnaise, vinegar, dry mustard and sugar.  
Stir this mixture in with the cabbage and carrots.  
Put in refrigerator overnight.  
Taste next morning and add additional mayonnaise, vinegar and mustard to taste.

## Sides, Salads and Soups

**Richard & Betty Gail Buggeln**  
Wilmington, NC



# Joan's Fresh Snap Bean Salad

## Ingredients:

1 T. bacon fat  
1/3 cup mayonnaise  
2 T. fresh lemon juice  
1 1/4 T. salt  
1/8 tsp. freshly ground black pepper  
1/8 tsp. garlic powder  
1 lb. cooked fresh snap beans cut in pieces  
4 medium cooked and diced potatoes  
1./2 cup diced celery  
1 medium onion  
4 slices bacon

## Instructions:

Combine first 6 ingredients; mix well.  
Heat to make hot dressing.  
Mix snap beans, potato, celery and onion.  
Toss lightly with hot dressing.  
Garnish with crisp bacon crumbled over top.

## Sides, Salads and Soups

**Joan Boyer**  
**Wilmington, NC**

# Marinated Broccoli (Cauliflower)

## Ingredients:

Broccoli – One bunch or cauliflower

### MARINADE:

1/2 cup oil

1/2 cup vinegar

Little Salt

Onion & Garlic powder (optional)

Fresh Dill

### CURRY SAUCE:

1 cup mayonnaise

1 tsp. Worcestershire sauce

1 tsp. curry powder

Salt and pepper

3 T. catsup

1 clove garlic, minced

1 T. onion juice

## Instructions:

Mix together ingredients for marinade

Strain broccoli or cauliflower on paper towels after marinating it in above mixture for at least eight hours.

Store drained vegetables in a plastic bag in the refrigerator.

Mix ingredients with curry sauce and refrigerate a couple of hours before serving.

**Serves 10.**

**Sides, Salads and Soups**

**Carole Magyar**

**Wilmington, NC**

# Marinated Carrots

## Ingredients:

1 lb. carrots, sliced  
1/2 green bell pepper, seeded and diced  
1/2 small onion, diced  
1/4 cup white vinegar  
2 T. vegetable oil  
1/2 (10.75 ounce) can condensed tomato soup  
1/4 cup and 2 T. sugar

## Instructions:

Place the carrots in a saucepan with enough lightly salted water to cover. Bring to a boil, and cook until almost done, about 5 minutes depending on how thick you slice them.

Drain, and transfer to a large bowl.

Add the bell pepper and onion to the bowl with the carrots.

While the carrots are cooking, combine the vinegar, oil, tomato soup and sugar in a saucepan.

Bring to a boil, and cook for 1 minute.

Pour the hot dressing over the vegetables.

Serve immediately, or store in the refrigerator in a covered container and serve within 1 week.

**Serves 8.**

**Sides, Salads and Soups**

**Linda MacRae  
Wilmington, NC**

# Mom's JELL-O Salad

## Ingredients:

- 1 6 oz. box, JELL-O, cherry or strawberry
- 2 cups, boiling water
- 1 cup, cold water
- 1 cup, vanilla yogurt, non-fat (your local store is fine)
- 1 - 1 1/2 cups, diced peaches (1 can of perches in lite packed in lite juice - drained)

## Instructions:

- Empty the JELL-O mix into a medium to large mixing bowl.
- Pour 2 cups of boiling water over this mix.
- Use a whisk to stir this mixture until JELL-O dissolves.
- As this mixture cools, drain and dice the peaches; set aside.
- Mix 1 cup of coldwater with 1 cup of vanilla yogurt.
- Add the cold yogurt mixture to the warm JELL-O mixture.
- Blend these altogether.
- Pour the entire mixture into your JELL-O mold (which you have lightly sprayed with canola oil).
- After chilling your mold with mixture for one half hour, not longer than an hour, stir in the peaches to your JELL-O salad.
- Chill your JELL-O mold for 3 hours, at least.
- Can be prepared a day ahead of your lunch or dinner party.
- To unmold your salad, simply slide a dinner knife between the mold and the salad - all around the edges of the mold and centerpiece if your mold has one.
- Then place a large serving plate over the top the mold.
- Turn the plate and the mold over and your JELL-O salad should gently fall out of the mold onto the serving plate.
- Enjoy the compliments!

**Serves 8.**

**Sides, Salads and Soups**

**Betty Gail Buggeln  
Wilmington, NC**

# Oriental Coleslaw

## Ingredients:

- 1 - Large head of Green Cabbage chopped
- 3 - Green onions chopped
- 1 - Cup of purple cabbage chopped (optional)
- 2 - 3 oz. packages of Ramen noodles
- 1 cup sliced almonds
- 2 - 1.87oz. containers of sesame seeds
- ¼ cup of olive oil
- SWEET AND SOUR DRESSING**
- 1 cup of oil
- 1 cup sugar
- 2 T. soy sauce
- ¼ cup vinegar

## Instructions:

- In a large bowl add chopped cabbage and onions.
- Mix and place in refrigerator.
- In a large skillet add oil, ramen noodles, almonds and sesame seeds.
- Stir constantly until lightly toasted.
- Remove from skillet and let cool.
- SWEET AND SOUR DRESSING**
- Blend oil, sugar, soy and vinegar.
- Just before serving coleslaw add sweet and sour dressing and noodle

## Sides, Salads and Soups

**Toni McKenna**  
**Chesapeake, VA**

# Party Squash

## Ingredients:

1 lb. yellow squash sliced  
1 tsp. sugar  
1/2 cup mayonnaise  
1/2 cup minced onion  
1/2 cup chopped pecan  
1/4 cup finely chopped green pepper  
1/2 cup chopped pecans  
1 egg, slightly beaten  
1/2 cup grated Cheddar cheese  
Salt and pepper to taste  
Bread or cracker crumbs  
1/4 cup butter

## Instructions:

Cook squash, drain and mash.  
Add other ingredients except butter and crumbs.  
Put in 2 quart casserole, top with crumbs, dot with butter.  
Bake for 35 - 40 minutes in a 350 degree oven.

## Sides, Salads and Soups

# Sausage Corn Chowder

## Ingredients:

1/2 lb. ground pork sausage  
1/2 chopped onion  
1/2 chopped green bell pepper  
2 garlic cloves minced  
1/4 cup all-purpose flour  
3 cups milk  
3/4 tsp. salt and 1/4 tsp. pepper or more to taste  
1 (15-oz.) can cream-style corn and 1 (15 1/4 ounce) can whole kernel corn,  
drained  
1/4 cup diced pimento, drained (optional)  
1 T. Chopped fresh parsley

## Instructions:

Brown first four ingredients in a large Dutch oven, stirring until sausage crumbles.

Add flour, and cook, stirring constantly, 1 minute.

Gradually add milk and next 6 ingredients; cook chowder over medium heat, stirring occasionally, 10 minutes or until heated thoroughly.

**Serves 6.**

**Sides, Salads and Soups**

**Sharon Keheya  
Wilmington, NC**

# Seven Cup Salad

## **Ingredients:**

- 1 cup grated coconut
- 1 cup cottage cheese
- 1 cup sour cream
- 1 cup chopped nuts
- 1 cup crushed pineapple
- 1 cup fruit cocktail
- 1 cup miniature marshmallows

## **Instructions:**

Combine all ingredients and put in refrigerator.  
This salad improves after it sets a day or two.

## **Sides, Salads and Soups**



# Taco Soup

## Ingredients:

1 lb. ground beef  
1 onion, diced  
1 pkg. ranch-style dressing mix  
1 pkg. taco seasoning mix  
2 15 oz. cans pinto beans  
1 15 oz. can black beans  
1 15 oz. can cream-style corn  
2 14 1/2 oz. cans diced tomatoes/green chilies

## Instructions:

Brown beef with onions.  
Drain excess grease.  
Set aside.  
In a big pot add remaining ingredients - juice and all from the canned beans.  
Add the beef and onions.  
Mix well.  
Freezes well.

**Serves 6-8.**

**Sides, Salads and Soups**

**Dianne Mitchell**

**Venice, FL**

# Tortellini Soup

## Ingredients:

1 lb. sweet Italian turkey sausage  
1 small onion – chopped  
1 large carton chicken broth (organic)  
2 cans 8 oz. diced tomatoes  
3 stalks celery – chopped  
2 cloves garlic – chopped  
Parsley and oregano

## Instructions:

Sauté turkey sausage in lightly oiled large sauce pan or Dutch oven.  
When browned, drain in a drainer to rid sausage of any grease.  
While sausage drains sauté celery, onions and garlic in a Dutch oven or  
sauce pan until softened, then add the sausage, chicken broth, cans of  
tomatoes, herbs and cook until desired flavor.  
Don't add tortellini until ready to serve and cook until tender.  
Serve with Parmesan cheese and hard bread.

**Serves 8.**

**Sides, Salads and Soups**

**Sally Van Gorder  
Jacksonville, NC**

# Waldorf Salad

## Ingredients:

8 cups chopped Red Delicious apples  
1 cup walnuts  
1/2 cup mayonnaise  
2 cups celery  
1/2 cup sour cream

## Instructions:

Mix all ingredients together.  
Make into balls and bake for about 10 minutes in a 350 degree oven.

## Sides, Salads and Soups

# Alma's Thin Layer Chocolate Cake

## Ingredients:

2 cups sugar  
1/3 cup cocoa  
1/2 cup milk  
1 stick margarine  
1 tsp. vanilla  
1 box yellow cake mix

## Instructions:

Grease 6 eight inch round cake pans with Crisco, dust with flour.  
Prepare cake mix by the directions on the cake mix box.  
Divide cake mix batter into the six pans.  
Bake at 350 °F for 14 minutes. Check cake pans at 12 minutes; ovens can vary.  
Put sugar, cocoa, milk & margarine in a 4 quart sauce pan.  
Cook until you cannot stir bubbles down, then cook for 1 more minute.  
Take the sauce pan off the stove and add 1 tsp. vanilla.  
Allow to cool down until just warm.  
Beat the mixture with a mixer for a few minutes.  
Then spread a thin layer of icing on each layer of the cake, top and sides.  
If icing get too thick, add a few drops of milk and beat again.

**Serves 10.**

**Desserts**

**Alma Buffkin  
Leland, NC**

# Banana Pound Cake

## Ingredients:

1 (18 1/2 oz.) package yellow cake mix  
1 (3 3/4 oz.) package instant vanilla pudding mix  
4 eggs, at room temperature  
1/3 cup salad oil  
1/2 tsp. cinnamon  
1/2 cup water  
1/2 tsp. nutmeg  
1 1/2 cup mashed banana (4 medium)

## Instructions:

Combine all ingredients in large bowl.  
Mix until blended, then beat at medium speed for 4 minutes.  
Turn batter into greased and lightly floured 10-inch tube pan.  
Bake at 350 °F for 1 hour or until cake tester inserted in cake comes out clean.  
Cool in pan for 10 minutes, then turn out onto rack and cool completely.  
If desired, dust with powdered sugar.

**Serves 16.**

**Desserts**

# Betty Gail's Apple Crisp

## Ingredients:

5 cups sliced apples  
2/3 cup all-purpose flour  
1 tsp. cinnamon  
1 cup quick oatmeal  
1/2 tsp. nutmeg  
1 stick margarine  
1 cup brown sugar

## Instructions:

Place apples in a greased 9 in. round or square baking pan.  
Sprinkle cinnamon over the apples.  
Combine brown sugar, sifted flour and oatmeal in a bowl.  
Cut in 2/3 stick of margarine until the mixture is crumbly and spread over apples.  
Cut thin slices of remaining margarine and place on top.  
Bake 40 min. at 375 °F, or until crisp and brown.

**Makes 1 crisp.**

**Desserts**

**Betty Gail Buggeln  
Wilmington, NC**

# Chess Pie

## Ingredients:

1/2 cup butter, melted  
1 tsp. cornmeal  
1 T. vinegar  
1 1/2 cups sugar  
3 eggs, beaten well  
1 unbaked 9 inch pie crust  
1 tsp. vanilla  
1 tsp. flour

## Instructions:

Combine ingredients and bake until brown in a 300 degree oven.  
Continue baking for 40 minutes in a 200 degree oven.

## Desserts

# Chocolate Mayonnaise Cake

## Ingredients:

2 cups all-purpose flour  
1 tsp. baking soda  
1 cup granulated sugar  
4 heaping teaspoons cocoa  
1 cup mayonnaise  
1 cup milk  
1 tsp. vanilla extract

## FROSTING

2 tablespoons butter, softened  
2 cups confectioners' sugar  
2 heaping teaspoons cocoa  
1 tsp. vanilla extract  
1/4 cup coffee or milk

## Instructions:

Preheat the oven to 350 °F.

For the cake, sift the flour with the baking soda.

In a large bowl combine the sugar, cocoa, mayonnaise, milk, vanilla, and flour mixture.

Pour the batter into two 8-inch greased round cake pans.

Bake for 25 minutes. Cool.

For the frosting, beat the butter with the sugar, cocoa, and vanilla.

Gradually add the coffee or milk to moisten and make the frosting spreadable.

Spread on top and sides of cake.

**Makes 10 servings.**

**Desserts**



# Chocolate Peanut Butter Squares

## Ingredients:

2 cups all-purpose flour  
4 cups confectioners' sugar  
2 cups peanut butter  
1 1/2 cups graham cracker crumbs  
1/2 cup butter  
1 cup semisweet chocolate chips

## Instructions:

Melt butter or margarine over low heat.  
Remove from heat and stir in confectioner's sugar, peanut butter and graham cracker crumbs.  
Spread mixture in a jelly roll pan.  
Pat down evenly.  
To make topping: melt together 1/2 cup butter or margarine with 1 cup chocolate chips.  
Spread this mixture over peanut butter mixture.  
Refrigerate 1/2 hour.  
Cut into squares.

**Makes about 12-15 squares**

**Desserts**

**Jennifer Solomon  
Wilmington, NC**

# Dump Cake

## Ingredients:

1 20 oz. can crushed pineapple  
1 3 1/2 oz. can angel flake coconut  
1 cup brown sugar  
1 box yellow cake mix  
1 cup butter  
1 cup chopped nuts

## Instructions:

Oil 13" x 9" pan.  
Dump can of pineapple with juice and spread over bottom of pan.  
Sprinkle coconut, then brown sugar, then yellow cake mix and spread evenly.  
Cut butter into thin slices and dot over cake.  
Sprinkle nuts over top.  
Bake in preheated 300 degree oven for 1 hour.  
Cut into squares and serve with vanilla ice cream.

**12 to 16**

**Desserts**

**Alma Buffkin**

**Leland, NC**

# Ginger Cake

## Ingredients:

5 T. shortening  
1/2 cup sugar  
1 egg  
1/2 cup molasses  
1 tsp. soda  
1/2 cup sour milk  
1 3/4 cup flour  
2 tsp. ginger  
1 tsp. cinnamon  
1/2 tsp. salt

## Instructions:

Cream shortening, sugar, and egg together.  
Stir in molasses. Dissolve soda in the sour milk.  
Mix and sift flour, ginger, cinnamon, and salt.  
Add alternately with the sour milk to the first mixture.  
Turn into a greased 9-inch square pan.  
Bake in hot oven (400 °F) 25-30 minutes.  
Serve hot with whipped cream.

## Desserts

**Jane Wellberg**  
**Lillington, NC**

# Sour Cream Pound Cake

## Ingredients:

1 cup soft butter  
1/2 tsp. salt  
2 cups sugar  
1/4 tsp. baking soda  
6 eggs  
1 cup sour cream  
3 cups sifted flour  
1 tsp. vanilla

## Instructions:

Cream butter and sugar until light.  
Add eggs one at a time, beating thoroughly after each.  
Sift dry ingredients 3 times and add alternately with sour cream to first mixture. beating until smooth.  
Add flavoring.  
Pour into 9 inch tube pan which has be greased.  
Bake at 350 °F for 1 hour and 20 minutes.  
Let stand in pan on rack about 5 minutes.  
This cake freezes well.

## Desserts

# Zucchini Cake

## Ingredients:

1 1/2 cups oil  
4 T. hot water  
2 cups sugar  
1 1/2 cups grated zucchini  
2 1/2 cups flour  
3 tsp. baking powder  
1 tsp. salt  
1 tsp. vanilla  
1 tsp. cinnamon  
1/2 tsp. nutmeg  
4 eggs, separated  
Confectioners' sugar

## Instructions:

Mix together all ingredients except egg whites and confectioners' sugar in a large bowl.  
Beat for 2 minutes.  
Beat egg whites until stiff and fold into mixture.  
Pour into greased and floured Bundt cake pan.  
Bake at 350 for 45 minutes.  
Cool and remove from pan.  
Sprinkle with confectioner's sugar.

## Desserts

**Diane Clark**  
**Hampstead, NC**

# **SHORT CUTS for “Thank You” Luncheons**

**A few ideas for last minute additions to your luncheon table.**

**Large container of small curd cottage cheese.**

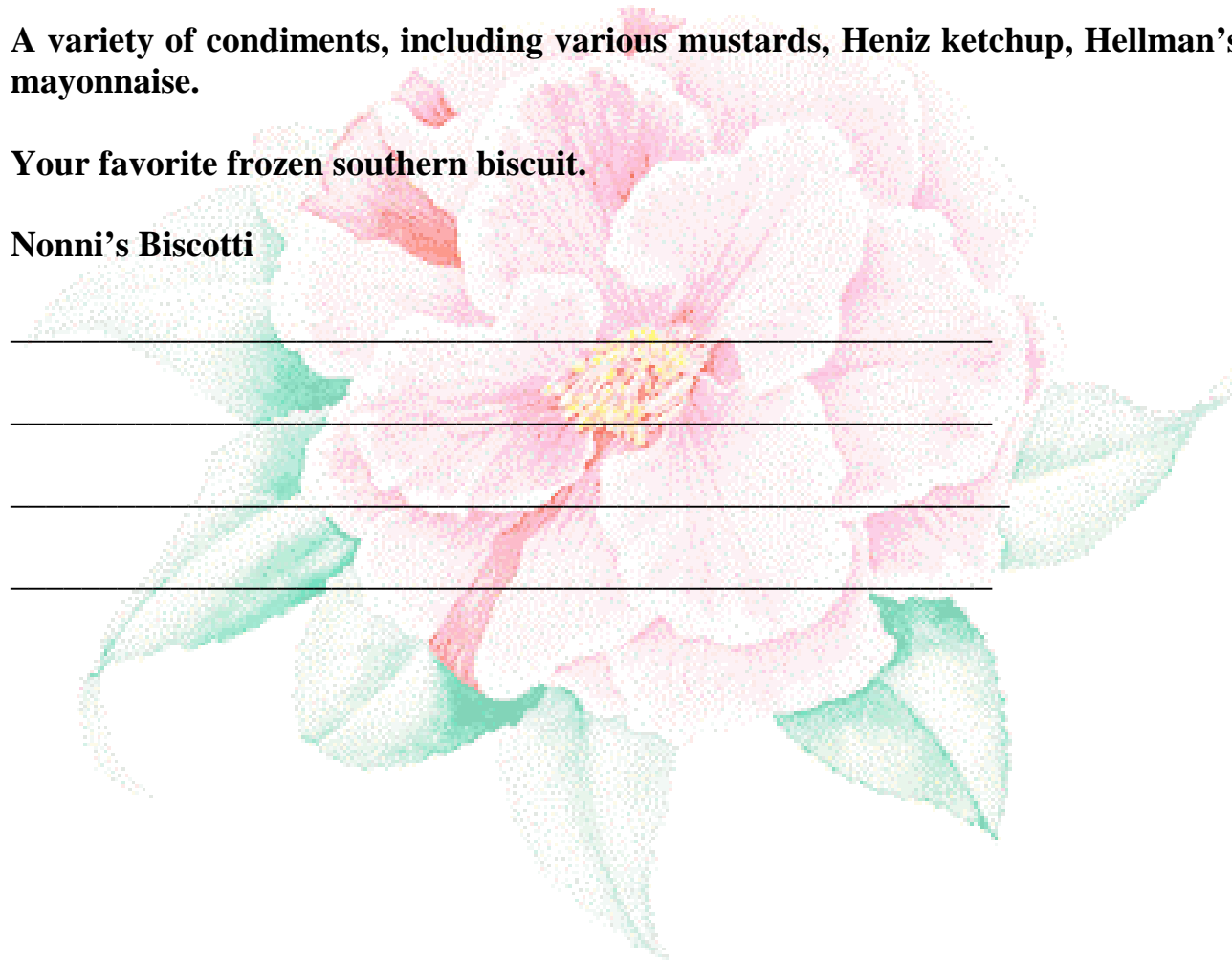
**Several cans of chilled chunk pineapple.**

**One jar of marinated artichokes.**

**A variety of condiments, including various mustards, Heniz ketchup, Hellman’s mayonnaise.**

**Your favorite frozen southern biscuit.**

**Nonni’s Biscotti**



---

---

---

---



## YOUR FAVORITE RECIPES

Write out your own or simply punch three holes in a typed copy of your recipe

---

---

---

---

---





