# "Aroma In The Galley: The Cookbook Of LST534"

Scrumptious recipes present and past photos, Submitted from the crewmembers, Families & friends of the LST534.





## "Aroma in the Galley: The Cookbook of LST534"

The Cookbook of the LST534 brings the crewmembers of that infamous story "Onto Rugged Shores: Voyage of LST534," of their service aboard the vessel and their present life to balance. Enjoy the great old time and present day recipes and photos that grace their past and today. Experience an array of excitement from the LST534 crewmembers, friends and families as they send their favorite recipes to the coordinator and author of "Aroma in the Galley: The Cookbook of LST534," Marie Kingsbury LaFlower. Two daughter's love of their fathers' and the vessel they sailed, come together in the efforts to publish this cookbook honoring the men that sailed the LST534. This is a dedication to her father and baker, Lyle W. Kingsbury, that fed the souls and spirits of those who sailed and came aboard the LST534. A special thanks goes to Linda Alvers, the daughter of Henry Alvers, a crewmember of the LST534. Linda is the producer of "Onto Rugged Shores" and "The Return of the LST325" and is the Executive VP & CFO of National Audio Video, Inc. Linda has submitted many photos and e-mail assistance from her offices and information from her website, www.1st534.com for the completion of this cookbook



## **Aroma In The Galley**

A cookbook that honors the veterans that sailed the LST534. She's still afloat in their memories, in which once a time restauranteur, Marie Kingsury LaFlower, (pictured with husband Wayne) in front of their once a time restaurant, shares her favorite collected recipes. Friends and family lend a hand by submitting some of their favorite recipes written with flare. A bonus addition of collectable recipes from around the States, delectable recipes from the men, families and friends of the LST534.

We are also honored to mention that half the proceeds collected from the cookbook will help with the yearly gathering of the LST534 Veterans.

## Acknowledgment

Special thanks to Linda Alvers and her incredible staff for their professional assistance and the caring they share for these special Americans we try to honor.

All of us involved in our own personal endeavors to bring our fathers' and brothers' honor, realize their sacrifices are beyond payable.

We thank all our veterans for the freedom we all share. A further point of gratitude for those who still strive for our freedom defending our country from terrorism.

### Aroma In The Galley

## To My Dad The Sailor, And All Hands On Deck!

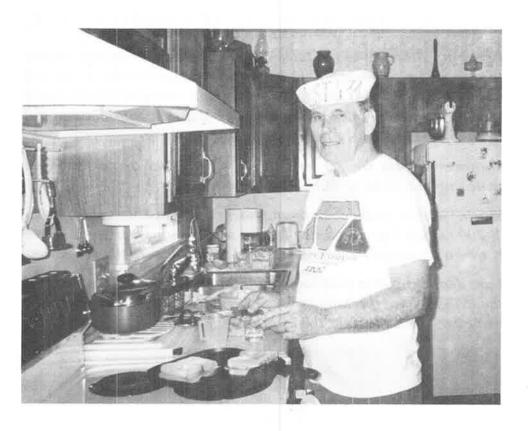
I grew up listening to the tales of baking pies, homemade breads that were baked on the wild Pacific and Atlantic seas in the LST 534 Galley. I washed the dishes while Dad revealed World War II stories and Galley mishaps (baking goods and the dinner bounty) being tossed on the Galley's iron palette.

My favorite past time was eating the fare Dad prepared, while watching old flicks of World War II with him.

Visiting with my father's shipmates was made possible on September 3, 2000 when I accompanied him to a LST reunion in Buffalo, NY. It was a wonderful experience. I'll always treasure the memories.

I am dedicating this cookbook to all the crew personnel who sailed the LST534, but especially to my father, Lyle Kingsbury, who served as Baker Third Class on the LST534.





Lyle Kingsbury, Baker Third Class in his kitchen in Charlestown, New Hampshire around March 2002. Hamming it up for the Aroma In The Galley Cookbook. He was grilling a ham and cheese for a quick lunch fix. Lyle prefers the simplicity of sandwiches at noon these days. His sailor hat has the lettering LST534 printed free hand on the front.

Taken by my stepmother, Helen Kingsbury.

## TABLE OF CONTENTS

APPETIZERS, BEVERAGES	1
SOUPS, SALADS	5
VEGETABLES 3	7
MAIN DISHES	9
BREADS, ROLLS 6	9
DESSERTS 7	9
MISCELLANEOUS	3

## **FAVORITE RECIPES**

#### FROM MY COOKBOOK

Recipe Name	Page Number	
	1515000	
	14211	
A St		
	2 3	

Copyright © 2002

Published and Printed By Cookbook Publishers, Inc. P.O. Box 15920 Lenexa, Kansas 66285-5920



Appetizers, Beverages

## FOOD QUANTITIES FOR 25, 50, AND 100 SERVINGS

25	50	100
SERVINGS	SERVINGS	SERVINGS
4 doz.	8 doz.	16 doz.
50 slices or	100 slices or	200 slices or
3 1-lb. loaves	6 1-lb. loaves	12 1-lb. loaves
½ lb.	3/4 to 1 lb.	1½ lb.
1 c.	2 to 3 c.	4 to 6 c.
1½ qt.	2½ to 3 qt.	5 to 6 qt.
1 qt.	1¾ to 2 qt.	2½ to 4 qt.
1½ lb.	3 lb.	6 lb.
1½ lb.	3 lb.	6 lb.
3 lb.	6 lb.	12 lb.
1½ gal.	3 gal.	6 gal.
1 pt.	2½ pt.	½ gal.
6½ lb.	13 lb.	25 lb.
9 lb.	18 lb.	35 lb.
13 lb.	25 to 35 lb.	50 to 75 lb.
13 lb.	25 lb.	50 lb.
7½ lb.	15 lb.	30 lb.
4½ qt.	21/4 gal.	4½ gal.
½ qt. or	81/2 qt.	17 qt.
1 12x20" pan 9 lb. 1½ gal. ¾ gal. ¾ gal. 1 #10 can	18-20 lb. 2½ gal. 1¼ gal. 1¼ gal. 2½ #10 cans	25-35 lb. 5 gal. 2½ gal. 2½ gal. 4 #10 cans
4 heads	8 heads	15 heads
61/4 lb.	12½ lb.	25 lb.
3-5 lb.	7-10 lb.	14-20 lb.
37½ lb. 3 qt. 1 10x12" sheet cake 1½ 10" laver cakes	75 lb. 6 qt. 1 12x20" sheet cake 3 10" layer cakes	150 lb. 12 qt. 2 12x20" sheet cakes 6 10" layer cakes
<sup>3</sup> / <sub>4</sub> pt.	1½ to 2 pt.	3 pt.
31/4 qt.	6½ qt.	12½ qt.
21/4 qt.	4½ qt. or 1¼ gal.	9 qt. or 2½ gal.
1/2 lb. and 11/2 gal.	1 lb. and 3 gala	2 lb. and 6 gal.
1/12 lb. and 11/2 gal.	1/6 lb. and 3 gal.	water  1/3 lb. and 6 gal.
water	water	water
10 to 15 lemons,	20 to 30 lemons,	40 to 60 lemons,
1½ gal. water	3 gal. water	6 gal. water
	SERVINGS  4 doz. 50 slices or 3 1-lb. loaves ½ lb. 1 c.  1½ qt. 1 qt. 1½ lb. 1½ lb. 1½ lb. 3 lb. 1½ gal. 1 pt.  6½ lb. 9 lb. 13 lb. 13 lb. 13 lb. 13 lb. 13 lb. 14 qt. 4½ qt. or 1 12x20" pan 9 lb. 1¼ gal. ¾ gal. ¾ gal. 1 #10 can  4 heads 6¼ lb. 3-5 lb.  37½ lb. 3 qt. 1 10x12" sheet cake 1½ 10" layer cakes ¾ pt.  ½ lb. and 1½ gal. water ½ lb. and 1½ gal. water ½ lb. and 1½ gal. water 10 to 15 lemons,	SERVINGS       SERVINGS         4 doz.       8 doz.         50 slices or       100 slices or         3 1-lb. loaves       6 1-lb. loaves         ½ lb.       3 c.         1½ qt.       2½ to 3 qt.         1 qt.       1¾ to 2 qt.         1½ lb.       3 lb.         1½ lb.       3 lb.         3 lb.       3 gal.         1½ gal.       3 gal.         1½ pt.       13 lb.         6½ lb.       13 lb.         9 lb.       18 lb.         13 lb.       2½ pt.         6½ lb.       13 lb.         1½ lb.       3 gal.         1½ qt.       2½ pt.         6½ lb.       15 lb.         13 lb.       2½ pt.         6½ lb.       15 lb.         13 lb.       2½ pt.         14/4 qt.       2½ gal.         4¼ qt.       2½ gal.         1½ qt.       1½ gal.         1½ qt.       1½ gal.         1¼ qal.       1½ gal.         1½ qal.       1½ gal.         1½ qal.       1½ lb.         1½ lb.       75 lb.         3 qt.       1 lb. and 3 gal.         1½ to

### APPETIZERS, BEVERAGES



#### ASIAN DIPPING SAUCE

Maki Johnson, daughter-in-law of LST534 Crewmember

A real dip for any Chinese roll.

1/4 c. grated carrots

2 Tbsp. Asian (dark) sesame oil

2 Tbsp. rice vinegar

1 Tbsp. Vietnamese or Thai fish sauce

1 Tbsp. crunchy peanut butter

1 tsp. minced garlic

1/4 c. clam juice

Combine all the ingredients in a bowl and whisk until well blended. Set aside until needed; stir well before serving. The sauce can be covered and refrigerated for up to three days. *Great with Asian Raviolis*.

#### BAKED SPINACH DIP LOAF

Wayne E. LaFlower, son-in-law of LST534 Crewmember

A sourdough crust packed with a popular dip.

2 (8 oz.) pkg. cream cheese

1 c. mayonnaise

1 (10 oz.) pkg. frozen chopped spinach, thawed and squeezed dry

1 c. (4 oz.) shredded Cheddar cheese

1 (8 oz.) can water chestnuts, drained and chopped

5 bacon strips, cooked and crumbled

1 green onion, chopped

2 tsp. dill weed

1 garlic clove, minced

 $\frac{1}{2}$  tsp. seasoned salt

1/8 tsp. pepper

1 unsliced round loaf (1 lb.) sourdough bread

Raw vegetables

In a mixing bowl, beat cream cheese and mayonnaise. Stir in the next nine ingredients. Cut a  $1\frac{1}{2}$  inch slice off top of bread; set aside. Carefully hollow out bottom, leaving a  $\frac{1}{2}$  inch shell. Cube removed bread and set aside. Fill the shell with spinach dip; replace top. Wrap in heavy duty foil; place on a baking sheet. Bake at  $375^{\circ}$  for  $1\frac{1}{4}$  to  $1\frac{1}{2}$  hours, or until dip is heated thoroughly. Open foil carefully. Serve warm with bread cubes and vegetables. Makes  $4\frac{1}{2}$  cups dip.

#### CHEESE BALLS, OR LOGS OR MOLDED ROYALE

Linda E. Poirier, daughter of LST534 Crewmember

Colorful array of spreads to delight any party stage.

½ lb. Roquefort

½ lb. Brie

6 Tbsp. butter, softened

½ c. ground walnuts

½ c. ground peppercorns

Chopped parsley

Crackers

Fruit (apple wedges, pears)

Pumpernickel bread

Cut Roquefort and Brie into cubes; blend in food processor along with butter until smooth. Mix in nuts; shape in a log or ball. Cover and refrigerate until firm. Garnish with additional nuts, parsley, or peppercorns. Serve with crackers, fresh fruits or pumpernickel bread.

Cheese can also be molded and garnished. Place cheese shapes on a cheese board. Fruits, crackers, and breads in separate baskets. Makes a great centerpiece on a buffet table placed near the primary entrance for guests.

#### **CHEESE BOEREG**

Wayne E. LaFlower, Lyle Kingsbury's son-in-law

A phyllo dough has endless possibilities.

1 egg, slightly beaten

1 egg white, slightly beaten

1 c. Ricotta cheese

1/4 c. minced fresh parsley

4 c. (16 oz.) shredded

Mozzarella or Muenster cheese

1 (8 oz.) pkg. frozen phyllo dough, thawed ½ c. butter (no substitutes), melted

In a bowl, combine the egg, egg white, Ricotta, and parsley. Stir in Mozzarella; set aside. Unroll phyllo dough; cut the stack of sheets in halves widthwise. Place one sheet of phyllo dough in a greased 13x9x2 inch baking pan; brush with butter. Repeat nine times (keeping remaining dough covered with plastic wrap to avoid drying out). Spread cheese mixture evenly over top. Layer with remaining dough, brushing butter on every other sheet. Bake at 350° for 25 to 30 minutes or until golden brown. Cut into squares or triangles. Yield: 16 to 20 appetizer servings.

Add cooked and well drained spinach to this dish for a little strength and a dash of cinnamon.

#### CHEDDAR SALMON QUICHE

Barbara Reardon, friend of Baker's daughter

A Lent favorite that's cheesy.

1 c. all-purpose flour

1/4 tsp. salt

3 Tbsp. cold butter or

margarine

Filling:

1 (14<sup>3</sup>/<sub>4</sub> oz.) can salmon, drained, bones and skin

removed

1 c. (4 oz.) shredded Cheddar

cheese

1/4 c. chopped green pepper

3 Tbsp. shortening

¹⁄4 c. milk

½ c. chopped onion1 Tbsp. all-purpose flour

½ tsp. salt

1/8 tsp. pepper 3 eggs, beaten

11/4 c. milk

In a bowl, combine the flour and salt; cut in butter and shortening until crumbly. Stir in milk. On a floured surface, roll dough into a 10 inch circle. Transfer to an ungreased 9 inch pie plate or quiche dish. Trim and flute edges. Bake at 350° for 10 minutes. In a bowl, combine salmon, cheese, green pepper, onion, flour, salt, and pepper. Spoon into crust. Combine the eggs and milk and pour over salmon mixture in crust. Bake for 50 to 55 minutes or until a knife inserted near the center comes out clean. Let stand for 10 minutes before cutting. Makes 6 servings.

Add a favorite soup and salad.

#### **CINNAMON CHEESE ROLL-UPS**

Richard J. LaFlower, grandson of LST534 Crewmember

Scrumptious roll-ups that are ready in 30 minutes.

1 (16 oz.) loaf thinly sliced white bread, crusts removed

1 (8 oz.) pkg. cream cheese, softened

1 egg yolk

<sup>3</sup>/<sub>4</sub> c. confectioners sugar

1 c. sugar

1½ tsp. ground cinnamon

3/4 c. butter or margarine, melted

Flatten bread with a rolling pin. In a mixing bowl, combine cream cheese, egg yolk, and confectioners sugar. In another bowl, combine sugar and cinnamon; set aside. Spread about 1 tablespoon of cheese mixture on each slice of bread. Roll up jelly roll style. Dip in melted butter, then in cinnamon sugar. Place on an ungreased baking sheet. Bake at 350° for 20 minutes or until golden brown. Yield: 16 roll-ups.

2

#### EGG ROLLS WITH HOT MUSTARD SAUCE

Maki Johnson, daughter-in-law of Lyle Kingsbury

I'm crazy about these egg rolls and mustard sauce. Makes enough for any gathering.

- 1 Tbsp. cornstarch, plus extra for dusting
  1 Tbsp. soy sauce
  3/4 lb. bok choy, tough outer leaves removed and rinsed well
- 2 Tbsp. vegetable oil, plus more for deep-frying
- 1 lb. ground pork 1 tsp. salt
- ½ tsp. cayenne
- 1 c. finely chopped green onions (green and white parts)

- c. grated carrots (2 large carrots)
   tsp. minced garlic
   c. chopped fresh cilantro
   Tbsp. Asian (dark) sesame oil
   (6 inch) square egg roll
- 20 (6 inch) square egg roll
  wrappers (about 1 pkg.)
  2 oz. alfalfa or radish sprouts
  Asian Dipping Sauce or Hot
  Mustard Dipping Sauce

Sprinkle the cornstarch over the soy sauce in a small bowl and stir well to dissolve. Stack the bok choy leaves on top of each other. Trim off and discard the bottom 3 inches of the leaves. Roll the leaves up tightly and slice into long thin strips. (This should yield about 4 loosely packed cups.)

Heat the 2 tablespoons vegetable oil in a wok or deep skillet over medium high heat. Add the pork, salt, and cayenne and stir-fry for 3 minutes, or until the meat loses its pink color. Add the bok choy and stir-fry until beginning to soften, about 2 minutes. Add the green onions, carrots, garlic, cilantro, and sesame oil and continue cooking until just slightly wilted, about 2 minutes. Add the cornstarch mixture and stir well to blend and thicken, bring to a boil, and boil for 1 minute. Transfer to a wide bowl and let cool completely. Pour ½ cup water into a small bowl and place next to your work area.

Lay 1 egg roll wrapper on the work surface, with one of the points toward you. Dip a finger in the water and wet the edges of the wrapper. Put ½ cup of the pork filling just below the center of the wrapper, above the bottom point. Top with a pinch of sprouts. Pull the bottom point up over the filling, fold over the sides, and roll up to completely enclose the filling. Place seam side down on a cornstarch dusted baking sheet. Continue with the remaining wrappers and filling. Sprinkle with cornstarch and cover with plastic wrap. Refrigerate for 4 hours. Deep-fry at 360° in batches (don't crowd). Drain on paper towels and serve with mustard sauce.

#### **GRILLED PORTABELLA MUSHROOMS**

Rick J. LaFlower

Youngest grandson to Lyle Kingsbury Baker Third Class on the LST534. Son of Marie L. LaFlower.

1 lb. Portabella mushrooms

1 Tbsp. light miso

1 Tbsp. balsamic vinegar

2 Tbsp. water

2 tsp. olive oil

10 oz. fresh spinach, stemmed

and rinsed

Prepare a grill. Carefully brush or wipe off any soil from the mushrooms. Trim the tough portions of the stems and cut the mushrooms into ½ inch thick slices. Whisk together the miso, vinegar, water, and oil. Brush the mushroom slices with the marinade and place them on a grill for about 3 minutes on each side until the mushrooms are browned and beginning to soften. Meanwhile, steam the spinach in a covered pot on high heat, using only the water clinging to its leaves, for 1 or 2 minutes, or until just wilted but still bright green. Spread the steamed spinach on a serving platter, arrange the mushrooms on top, and serve right away. Makes 2 servings.

#### **GUNN WAFFLES**

Marty Gunn, wife of Crewmember

Willie Gunn was Y2c on the LST534 and this recipe was given to the Gunns' by an 83 year old friend.

2 c. Bisquick

½ c. oil

1 egg

1½ c. club soda

Mix together; bake in a waffle iron at directed setting.

#### HORSERADISH MEATBALLS

Robert W. LaFlower, grandson of LST534 Baker

With a homemade horseradish sauce, this meatball is extra ordinary. Lyle Kingsbury's oldest grandson.

2 eggs

1 Tbsp. prepared horseradish ½ c. dry bread crumbs

1/4 c. chopped green onions

½ tsp. salt

1/4 tsp. pepper 11/2 lb. ground beef

½ lb. ground pork or turkey

#### Sauce:

1/2 c. water
1/2 c. ketchup
1/2 c. chili sauce
1 small onion, finely chopped
1/4 c. packed brown sugar
1/4 c. cider vinegar

1 Tbsp. prepared horseradish 1 Tbsp. Worcestershire sauce 1 garlic clove, minced 1 tsp. ground mustard 1/4 tsp. hot pepper sauce

Homemade Horseradish Sauce:

6 Tbsp. white wine vinegar or white vinegar
8 tsp. water
2 Tbsp. sugar
1 small jalapeno pepper, seeded and chopped

1/8 tsp. white pepper1 c. finely shredded horseradish root

In a large bowl, combine the first six ingredients. Crumble meat over mixture and mix well. Shape into 1½ inch balls. Place in a greased 15x10x1 inch baking pan. Bake, uncovered, at 350° for 35 to 40 minutes or until no longer pink. In a large saucepan, combine sauce ingredients. Bring to a boil, stirring often. Reduce heat and simmer, uncovered, for 10 minutes. Add meatballs and stir gently to coat. Makes 3 dozen meatballs.

#### **HOT CORN DIP**

Phyllis Olson, good friend of Marie LaFlower

Got a football gang to feed? Serve this dip with tortilla chips.

2 Tbsp. unsalted butter (half) 3½ c. corn kernels (from 4 ears fresh white or yellow corn)

½ tsp. salt

1/8 tsp. freshly ground black pepper

1 c. finely chopped yellow onions

½ c. finely chopped red bell peppers

1/4 c. chopped green onions (green and white parts)
1 jalapeno, seeded and minced
2 tsp. minced garlic
1 c. mayonnaise

8 oz. Monterey Jack cheese, shredded (about 2 c.)

1/4 tsp. cayenne

Crispy tortilla chips

Melt 1 tablespoon of the butter in a large heavy skillet over medium high heat. Add the corn, salt, and pepper. Cook, stirring occasionally, until the kernels turn deep golden brown, about 5 minutes. The corn will make a popping sound as it cooks. Pour the corn mixture into a mixing bowl. Melt the remaining 1 tablespoon butter in the skillet. Add the onions and bell peppers and cook, stirring often until the onions are wilted, about 2 minutes. Add the green onions, jalapeno, and garlic and cook, stirring, for 2 minutes, or until the vegetables are softened. Pour the mixture into the

bowl with the corn and let cool. Preheat the oven to 350°. Add the mayonnaise, 1 cup of the grated cheese, and the cayenne to the corn mixture and mix well. Pour into an 8 inch square baking dish and sprinkle the remaining cheese on top. Bake until bubbly and golden brown, 10 to 12 minutes. Serve hot with the chips.

Tortilla Chips preparation: Bake in preheated  $400^\circ$  oven in single layer for 15 minutes and sprinkle with salt.

#### **HUMMUS DANCE**

Dolores E. LaCroix

As Aunt Dolly dances the night away, she believes her agility is due to the garbanzo bean dip.

1 (15½ oz.) can garbanzo beans ½ c. toasted sesame seeds ¼ c. fresh lemon juice ½ to 1 tsp. instant garlic powder ½ tsp. salt 2 Tbsp. corn or olive oil
Dash of Tabasco sauce
Pita bread or Armenian cracker
bread
Fresh vegetables (carrot and
celery sticks, cucumber
slices, cherry tomatoes)

Drain beans. Place sesame seeds in blender or food processor; process until finely ground. Add drained beans; puree. Add lemon juice, garlic powder, and salt; process until smooth. Blend in oil and Tabasco. Spoon into a bowl; cover and let stand at room temperature for 1 hour to blend flavors.

Mound with ice cream scoop and serve assortment of breads and vegetables around mounds of hummus topped with strips of pimientos.

Note: Cook or canned Great Northern beans may be substituted.

#### MARINATED MUSHROOM HORS D'OEUVRES

Richard J. LaFlower

Brushed and groomed little buttons one can court to any gathering.

<sup>2</sup>/<sub>3</sub> c. corn oil

<sup>2</sup>/<sub>3</sub> c. white wine vinegar

½ c. water

1 large clove garlic, sliced

1 bay leaf

10 peppercorns

½ tsp. salt

1 lb. small fresh mushrooms Chopped parsley (for garnish)

Mix together corn oil, vinegar, and water in 2 quart saucepan. Add garlic, bay leaf, peppercorns, and salt; cover and simmer 10 minutes. Add mushrooms; cover and simmer 5 minutes, stirring occasionally. Remove from heat; cool. Chill several hours or overnight. Drain before serving.

\_

Sprinkle with chopped parsley. Place mushrooms in old crock with lid to add character and old charm. Makes a great host or hostess gift.

#### MERRY SHRIMPS

Gary L. Kingsbury, son of LST Crewmember

These happy little sea roamers make a splash during Christmas holidays.

2 lb. medium shrimp, cooked, cleaned, and deveined
<sup>2</sup>/<sub>3</sub> c. minced celery
<sup>1</sup>/<sub>4</sub> c. thinly sliced scallions
2 Tbsp. minced chives
1 c. corn oil

½ c. chili sauceTbsp. fresh lemon juice

1 Tbsp. prepared horseradish ½ tsp. prepared mustard ½ tsp. paprika ½ tsp. salt ⅓ tsp. Tabasco sauce Rye rounds (optional) Assorted greens (optional)

Combine shrimp, celery, scallions, and chives in large bowl or refrigerator container. Combine remaining ingredients for sauce in separate bowl; mix well. Pour sauce over shrimp-vegetable mixture; mix gently. Cover securely; refrigerate 12 hours before serving. Serve as an appetizer, chilled in large crystal bowl with picks and plates for buffet, or on hot toasted rye rounds, or as a salad on a bed of assorted greens placed on fresh ice, or lemon grass.

#### **TEMPURA GREEN BEANS**

Linda E. Poirier, daughter

Lyle Kingsbury, Baker Third Class, second daughter.

Mustard Sauce:

½ c. Coleman's dry mustard½ c. rice wine vinegar (unseasoned)

½ c. sugar

Batter:

1 c. all-purpose flour 1¼ c. cold water 1 Tbsp. baking powder

Vegetable:

½ lb. fresh green beans, trimmed of the stem ends 1 egg 1½ Tbsp. yellow miso

Salt and pepper

Lemon wedges

1 Tbsp. chopped fresh mint leaves

Oil for cooking:

4 c. peanut oil (or the amount suitable for your pot or deep fryer)

Combine the dry mustard, vinegar, sugar, and egg in the top of a double boiler and mix until smooth using a wooden spoon. Place over the heat and cook for four or five minutes until slightly thickened stirring with a wooden spoon. Chill. Remove from the heat and stir in the miso, salt, and pepper. In a suitable bowl, combine the flour, baking powder, and mint and mix well. Stir in the water and mix until smooth. Season to taste with salt and pepper. In a deep fryer or deep pot, heat the oil to 350°. Dip the beans into the batter and coat evenly. Remove from the batter and allow it to drip off slightly. Deep-fry until golden brown. Remove the fried beans to a baking pan covered with absorbent towels and sprinkle with salt and pepper. Serve with dipping sauce.

#### **PESTO-TOMATO CLAMS**

Rick J. LaFlower

Add gelato and biscotti for an authentic Italian touch.

1 c. dry white wine 3 garlic cloves, minced ½ tsp. dried crushed red pepper 8 lb. littleneck clams, scrubbed 3 c. chopped plum tomatoes

1 (7 to 8 oz.) container purchased basil pesto

Bring wine, garlic, and crushed red pepper to boil in heavy extra-large pot. Add clams. Cover and cook until clams open, about 9 minutes. Using slotted spoon or tongs, transfer clams to 4 large bowls (discard any clams that do not open). Stir tomatoes and pesto into pot and bring to simmer. Ladle pesto broth over clams and serve. Makes 4 servings.

#### PICK GERMAN MEATBALLS

Marie L. LaFlower, LST534 Baker's daughter

These tiny little morsels are great for family gatherings and showers.

1 lb. ground beef1 env. onion soup mix2 containers (8 oz.) plain yogurt

½ c. fine bread crumbs½ tsp. basil, crumbled

½ tsp. salt

1 Tbsp. butter or margarine

Mix beef with  $\frac{1}{2}$  envelope soup mix,  $\frac{1}{4}$  cup yogurt, bread crumbs, basil, and salt. Form into 1 inch balls. Brown a few balls at a time in butter over medium heat. For dip, combine remaining yogurt with remaining soup mix; let stand 30 minutes. Serve hot beef balls on toothpicks with cool yogurt dip inside a hollowed out round hard crusted bread.

^

#### SHRIMP AND STUFFED CELERY CANAPES

Tracy M. LaFlower, Lyle Kingsbury's granddaughter

This favorite was originally just cream cheese; a family tradition canape during the holidays.

2 c. cooked or canned shrimp ½ c. diet French dressing 1 (3 oz.) pkg. Roquefort cheese 1 (3 oz.) pkg. cream cheese

1 Tbsp. minced onion ½ c. half & half 20 crisp celery sticks (about 3½ inches long)

Remove black vein from shrimp. Marinate shrimp 1 hour in French dressing in refrigerator. Meanwhile, mash together Roquefort and cream cheeses, onion, and half & half. Use the filling to stuff celery sticks. Drain shrimp and insert a toothpick in each. Arrange shrimp in center of a serving plate, with stuffed celery sticks around them.

Add plenty of napkins to wipe faces and fingers.

#### SPECTACULAR MUSHROOM PATE

Marie L. LaFlower

Mushroom lovers will take notice of this elegant preparation; a mushroom spread of tasty delight.

2 lb. coarsely chopped mushrooms

1 c. chopped green onions

1 large clove garlic, minced

½ tsp. ground nutmeg

2 Tbsp. butter

½ lb. pork sausage

1/4 lb. shrimp or ground lean beef

3 eggs, slightly beaten

1 Tbsp. plus 1 tsp. water

½ tsp. original Worcestershire sauce

1/4 tsp. ground black pepper

1/8 tsp. salt

½ c. fresh bread crumbs

<sup>1</sup>/<sub>3</sub> c. chopped parsley

1 sheet frozen puff pastry, thawed

Cook mushrooms and onions with garlic and nutmeg in butter in large, heavy pan until liquid evaporates; stir often. Combine mushroom mixture, sausage, shrimp or ground beef, eggs, 1 tablespoon water, Worcestershire sauce, pepper, and salt in electric blender. Blend until smooth. Stir in bread crumbs and parsley. Pour pate mixture into a buttered  $8\frac{1}{2}$  x  $4\frac{1}{2}$  x  $2\frac{1}{2}$  inch loaf pan or mold of same size. Bake in preheated  $375^{\circ}$  oven for 45 minutes, or until done.

Meanwhile, increase oven temperature to  $400^{\circ}$ , while placing puff pastry sheet on lightly floured board. Roll pastry with rolling pin into rectangle  $13 \times 9\frac{1}{2}$  inches. Cover top and sides of pate loaf or mold with pastry; decorate top with additional pastry cut in leaf shapes, if not using a mold, if desired. Combine remaining egg and water; brush on pastry.

200

Bake 20 minutes more, or until golden brown. Cool. Serve at room temperature. Serve surrounded with vegetables of choice.

#### SPICY ISLAND SHRIMP FROM ST. CROIX

A Restaurant in St. Martin

Zippy Island shrimp in its own special sauce.

1 large green pepper, chopped 1 large onion, chopped ½ c. butter or margarine ½ lb. uncooked large shrimp, peeled and deveined 2 (8 oz.) cans tomato sauce 2 Tbsp. chopped green onions 1 Tbsp. minced fresh parsley

1 tsp. salt
1 tsp. pepper
1 tsp. paprika
½ tsp. garlic powder
½ tsp. dried oregano
½ tsp. dried thyme
¼ to ½ tsp. white pepper
¼ to ½ tsp. cayenne pepper

Saute the green pepper and onion in butter until tender. Reduce heat; add shrimp. Cook for 5 minutes. Stir in the tomato sauce, green peppers, onions, parsley, and seasonings. Bring to a boil. Reduce heat; simmer, uncovered, for 20 minutes or until slightly thickened. Serve with toothpicks. Yield: 12 appetizer servings; 6 servings for a meal.

Also great over white rice.

#### SPRING SALAD

Linda E. Poirier, daughter of Crewmember

Linda is the second daughter of Baker Third Class, aboard the LST534, Lyle W. Kingsbury.

1 (6 oz.) pkg. strawberry flavored gelatin 1 c. boiling water 3/4 c. mashed bananas (2 small) 1 (20 oz.) can crushed pineapple (juice pack)

1 (16 oz.) pkg. frozen sliced strawberries in syrup, thawed 3/4 c. chopped toasted pecans

3/4 c. chopped toasted pecans (optional)

1½ c. dairy sour cream

In a large bowl, combine gelatin and boiling water; stir until gelatin dissolves. Stir in bananas. Stir in undrained pineapple, undrained strawberries, and, if desired, pecans. Pour half of the mixture (about 3 cups) into a 2 quart rectangular baking dish. Cover and chill in the refrigerator about 1 hour or until set but not firm. Meanwhile, cover remaining gelatin mixture and let stand at room temperature. Carefully spread sour cream over set gelatin. Spoon remaining gelatin mixture on top. Cover and chill in refrigerator for at least 4 hours or up to 24 hours or until firm. Makes 12 to 16 side-dish servings.

11

#### SUPER DUPER CHEESE DIP

Stephanie Wilson, shipmate's daughter

John C. Wilson's, EM2c on the LST534, daughter Stephanie Wilson Evans sent this recipe to share, honoring him in The LST534 cookbook.

8 oz. shredded Cheddar cheese

8 oz. (1 pkg.) Philadelphia cream cheese

2 Tbsp. honey

2 Tbsp. sherry

1 tsp. curry powder

1/4 c. onions, chopped

1/4 c. dried apricots

½ c. dried dates

½ c. sweetened dried cranberries

½ c. pecans

½ tsp. Tabasco sauce

Mix cheeses, honey, sherry, and curry powder in a food processor. Mix in the rest of the ingredients, until fruit and nuts are chopped. Serve with crackers.

#### **SWEET AND SOUR SHRIMP**

Gary Lyle Kingsbury, son of LST534 Crewmember

Flourishes with white onion and red pepper colors. Jasmine rice is the savory aroma.

1 lb. unpeeled, medium-size fresh shrimp

1 Tbsp. dry sherry

6 tsp. cornstarch, divided

3 tsp. vegetable oil, divided

4 thin slices fresh ginger

4 green onions, cut into 1 inch pieces

2 garlic cloves, minced

1 small red bell pepper, cut into thin strips

1 (6 oz.) can unsweetened pineapple juice

1 Tbsp. cider vinegar

1 Tbsp. lite soy sauce

1 Tbsp. orange juice concentrate, thawed

2 Tbsp. water

2 c. hot cooked jasmine rice

Peel shrimp and devein, if desired. Whisk together sherry and 2 teaspoons cornstarch in a medium bowl; add shrimp, coating well. Chill 30 minutes, turning occasionally. Heat 2 teaspoons vegetable oil in a large nonstick skillet or wok at medium-high for 2 minutes. Add ginger and next 3 ingredients; cook 1 minute or until tender. Remove vegetables from skillet; discard ginger. Remove shrimp from marinade, discarding marinade. Heat remaining 1 teaspoon vegetable oil in skillet; add shrimp, and cook, stirring often, 2 minutes or until shrimp turn pink. Return vegetables to skillet; stir in pineapple juice and next 3 ingredients. Stir together 2 tablespoons water and remaining 4 teaspoons cornstarch; add to shrimp mixture. Bring to a boil; cook, stirring constantly, 1 minute or until thickened. Serve over rice. Makes 8 servings.

#### THE IMPERIAL CRAB

Helen Kingsbury, wife of LST534 Baker

Shell fish lovers will be at the buffet snitching two servings.

1 lb. crabmeat (fresh is best), picked through to remove cartilage

2 stalks celery, minced 1/3 c. mayonnaise

1 tsp. fresh lemon juice

½ tsp. salt

1/4 tsp. Accent

2 dashes of Worcestershire sauce

½ tsp. granulated garlic

Cracker crumbs Parmesan cheese

Butter

Butter casserole dish. Combine all ingredients, except cracker crumbs and cheese, in a bowl. Mix well, then let set for 1 hour. Place in the buttered casserole dish, top with cracker crumbs and Parmesan cheese, and dot with butter. Bake in a 350° oven for 20 minutes. Attractive in individual casserole dishes. Makes 4 servings.

#### UNCLE GARY'S LOUISIANA CRAB SPREAD

Gary L. Kingsbury, son of LST534 Baker

Working the oil riggs off shore, my brother was inspired by Louisiana Cuisine.

12 oz. fresh crabmeat, or can crabmeat, frozen 1/4 c. tarragon vinegar

½ c. real mayonnaise

3 Tbsp. chopped pimiento 2 Tbsp. chopped green onion 1 tsp. salt

½ tsp. freshly ground pepper 1 Tbsp. drained capers (for

garnish)

Assorted chips, crackers, or

raw vegetables

Use fresh crabmeat, but if frozen can crab is used, drain when thawed. Remove any remaining shell or cartilage. Flake the crabmeat. Pour vinegar over crabmeat; chill for 30 minutes, then drain. Add mayonnaise, pimiento, onion salt, and pepper. Mix thoroughly. Garnish with capers. Serve with chips, crackers, or vegetables. Place above list with crab spread on your favorite silver and decorate with pansies or edible flowers in season.

#### VEGETABLE-COTTAGE CHEESE DIP

Lyle W. Kingsbury, Baker on the LST534

Goes as fast as my son-in-law's 1972 Mustang. Even with people who dislike cottage cheese.

3/4 c. chopped green, red, or yellow bell peppers
2 Tbsp. chopped green onions
1 ripe tomato, seeded and chopped
1 (1.4 oz.) env. buttermilk

salad mix

1 (16 oz.) container small curd cottage cheese, drained Assorted crackers (optional) Potato chips (optional) Raw vegetables (optional)

Combine chopped vegetables and salad dressing mix; fold into cottage cheese. Store in container with screw-top; chill well. Serve with assorted crackers, chips, or raw vegetables.

Nice in a dip hat surrounded with the above suggestions. Fiesta time!

#### ATLANTIC CROSSING

Gary Lyle Kingsbury, son of Baker on LST534

Seafaring men can consume this nectar of the tropics in barrel loads.

Collins glass, ½ filled with ice Mixing cup ¼ filled with ice 1 oz. light rum ½ oz. apricot brandy

4 oz. pineapple juice 1 oz. lemon juice Dash of grenadine

Blend and strain. Top with ½ ounce Galliano.

Atlantic crossing made easy with this nectar from Neptune. Given to the sailors of days be gone.

#### APPLE MINT TEA

Stella Kingsbury, sister-in-law, Crewmember LST534

Aunts world wide would offer this tea ... if they had the recipe.

4 c. apple juice or Cran-Apple

11/2 c. chopped fresh spearmint

For apple mint tea, combine 4 cups apple juice with  $1\frac{1}{2}$  cups chopped fresh spearmint. Microwave or cook on stove top until mixture boils. Let steep 30 minutes; strain. Add your favorite summer pitcher and fruit flavored cookie. *Enjoy*.

#### BENEDICTINE AND TONIC

Ronald Kisler, friend of the LaFlowers

Refreshing and relaxing tonic.

2 oz. benedictine liqueur

Lime (to garnish)

4 oz. tonic water

Mix benedictine and tonic water and serve over ice. Garnish with a slice of lime. Makes 1 serving.

#### BENEDICTINE CREAM CAFE

Lawrence Kingsbury, brother to Baker on LST534

Benedictine Monks in France get credit for this beverage.

1 oz. benedictine liqueur Freshly brewed coffee (very important) Favorite scoop vanilla ice cream or favorite scoop chocolate ice cream

In a coffee cup, pour 1 ounce benedictine liqueur. Fill  $\frac{2}{3}$  full with freshly brewed coffee and mix lightly. Top gently with a scoop of vanilla ice cream or chocolate ice cream.

Use a tall coffee cup and sit by a warm body and love life.

#### **BLUEBERRY EGGNOG**

Helen Kingsbury, wife of LST534 Crewmember

Who said the blueberry just graced a lattice pie?

Multiply by number of 8 ounce servings needed.

Blend until smooth:

1 egg

1 Tbsp. honey

1/4 c. cold milk

1/4 c. fresh blueberries

An eggnog that can carry on a summer tradition, and not only in Maine.

#### **BLUE MOON WINE**

Blanche Pierce, sister of LST534 Crewmember

Full moon isn't so scary with this under your belt. The effect is beautiful.

1 qt. blueberries

1/4 yeast cake 2 lb. sugar 1 pkg. seeded raisins

4 c. boiling water 2 c. lukewarm water

1 pt. grape juice

Pour boiling water over berries. When slightly cool, press through sieve and pour liquid into a stone crock. Add sugar, grape juice, warm water, raisins, and yeast. Let stand about 3 weeks. Strain and bottle.

Great as gifts when placed in special bottles. This wine is a Nova Scotia special and had a bleu-tiful effect.

#### **CAJETA**

Linda E. Poirier, Lyle Kingsbury's daughter

A shepards' brew.

2 c. goats milk

2 c. whole milk

1 c. granulated sugar

1 vanilla bean, seeds separated

1/4 tsp. baking soda

2 c. lemon-lime soda

1 tsp. cornstarch

Combine all ingredients in slow cooker; stir well and cook on HIGH for 10 hours. Stir occasionally the last hour. Strain through a very fine strainer and store refrigerated for up to three weeks. Serve at room temperature. Will keep in refrigerator for three weeks.

#### **COOL CIDER**

Willie Lyle Welker, great-grandson

Willie is the great-grandson that was born on LST534 crewmember's birthday and named after Lyle Kingsbury.

4 c. Michigan apple cider or 4

c. Michigan apple juice

1 qt. vanilla ice cream or frozen yogurt

For each serving, pour ½ cup apple cider into glass. Add about ½ cup ice cream to cider. Pour 1/4 cup lemon-lime soda over ice cream. Serve immediately. Yield: 8 servings.

#### CREAMY APPLE MILKSHAKE

Richard Olson, best friend's son

Phyllis Olson, mother of Richard, is Marie LaFlowers' best friend.

2 (8 oz.) containers vanilla lowfat vogurt

1/4 c. sugar

1/4 c. honey

1 c. thawed, frozen apple juice concentrate (undiluted)

3 c. milk

Thoroughly combine yogurt, sugar, honey, and apple juice concentrate. Refrigerate about 1 hour or until thoroughly chilled. Add milk to chilled yogurt mixture and serve cold. Yield: 6 servings.

#### DARK ASIA

Dolores E. LaCroix

The lemon-lime soda adds to this spirit. Youngest daughter of Baker Third Class on LST534.

Collins glass, filled with ice ½ oz. grenadine

1 oz. gin

4 oz. lemon-lime Sprite

Fill with 4 oz. Coke
Top with ½ oz. cherry flavored
brandy

Use your favorite collins glass; add the five ingredients. Use a lemon or lime with a cherry for garnish or small umbrella. Serves one 12 ounce glass.

#### **GRAPE JUICE**

Jamie Poirier, great granddaughter

Jamie is the granddaughter to Linda Poirier. LST534 Baker Lyle Kingsbury is Linda's father and great grandfather to Jamie.

1 (6 oz.) can grape juice concentrate, thawed

1 (12 oz.) can chilled ginger

2 c. cold water

In a large pitcher, combine grape juice concentrate and water. Just before serving, add ginger ale. Serve over ice in glasses with lemon slices. Serves 4.

#### **HOT COCOA MIX**

Marty Gunn, wife of Y2c, on LST534

Willie and Marty Gunn must enjoy this wealthy blends of cocoa during Georgia's cold snaps.

1 lb. box of powdered sugar (10X)

8 qt. pkg. powdered milk

8 oz. Cremora

16 oz. box quick cocoa

8 heaping Tbsp. cocoa, sifted to prevent lumps

Mix well. Use  $\frac{1}{3}$  cup mix to 1 cup hot water or more if you want a stronger cocoa. This recipe makes a lot of cocoa.

#### KINGSBURY BREW PUNCH

Lyle W. Kingsbury, LST534 Baker

Toasting the almonds in moderate oven for 10 minutes makes a world of difference.

3 qt. Vermont made red wine

4 oz. Amaretto

4 oz. brandy

4 oz. cherry-flavored brandy

16 oz. ginger ale

2 oz. julienne almonds, toasted

Pour wine, amaretto, brandy, and cherry brandy over large block of ice in punch bowl. Refrigerate 1 hour. Add ginger ale. Stir lightly. Float almonds on top. Be careful not to scorch almonds. Serves a party of 14.

#### LONDON BRIDGE FOG

Marie L. LaFlower, daughter of Lyle Kingsbury

The single egg works miracles when combined with gin.

Collins glass, chilled only Mixing cup 1/4 filled with ice

2 oz. sweet and sour 1 whole egg

1 oz. gin

Blend and strain. Fill with soda water.

The English regard this one as a sobering drink that saved them from Napoleon.

#### LST534 TORPEDO JUICE COCKTAIL

Angelo A. Cumella, LST534 Storekeeper

At the end of every meal, Angelo would tell his shipmates to contribute all their leftover fruit into a big barrel. Thus became Torpedo Juice for the LST534 crew.

At the end of every meal I would tell my shipmates to dump all fruits left over from a meal into a big barrel. I would take this big barrel down into the storeroom, put a lid on it, add sugar, and let it ferment for 2 to 3 weeks. I would then empty the contents of the barrel into a strainer and get rid of the lumpy fruit until all I would have is juice. I put it back into the barrel for 2 or 3 more days until all the sediment sunk to the bottom and there was a pinkish, yellowish liquid. I would then add (according to how much juice I had) torpedo juice. This torpedo juice was grain alcohol with an additive for cleaning parts of the fish (torpedoes). It was about 190 proof in alcohol content, and let it stand a few days or more. After that, I put it in gallons and let it set for 2 or 3 weeks. I then served it. We had a smashing good time drinking this torpedo juice cocktail.

This article was straight from Andy's recipe contribution.

#### MARITIME FLOAT

Chad Kingsbury, grandson of LST534 Crewmember

Cousin to the huckleberry, the blueberry is the oldest living thing on earth.

 $1\frac{1}{2}$  c. whipping cream 2 Tbsp. sugar 2 c. milk 3/4 c. blueberries (canned or 6 glasses

fresh) Vanilla ice cream

Whip 1½ cups whipping cream with electric mixer until peaks will hold. Set aside. Blend 1 egg, 3/4 cup blueberries (canned or fresh), 2 tablespoons sugar, and 2 cups milk. Run on high speed until smooth. Pour blended mixture over whipped cream and gently fold together. Scoop into 6 glasses. Top each with ice cream. Garnish with bright blueberries. Makes 6 glasses.

#### **MOONGLOW**

Rod Kisler, son of Marie's friend

Be it over the Pacific or over Miami, this MoonGlow will be popular. Great after dinner drink.

1½ oz. benedictine liqueur 1 oz. light cream 1 oz. creme de cacao

Shake all ingredients with ice and pour into an old fashioned glass. Makes 1 serving.

#### **NEW ENGLAND FROZEN FRUIT PUNCH**

Linda E. Poirier, daughter of Baker on LST534

Indians used the blueberry to ease the pain of childbirth.

5 bananas 1 c. sugar 2 c. blueberries 2 lemons

1 (6 oz.) frozen pineapple juice 2 bottles soda water

4 c. water

Boil sugar and water for about 3 minutes; cool. Blend bananas; add sugar mixture, blueberries, pineapple juice, juice cans of water, and juice of two lemons. Pour into freezer container and freeze. About 30 minutes before serving, put frozen fruit block in punch bowl. Cover with soda water. Stir and break up. Float fresh blueberries on top. Makes about 15 generous servings.

#### SEAWEED GROG

Jennifer Reardon, friend's daughter

Barbara Reardon's daughter is Jennifer, both a good friend of Marie LaFlower.

1 liter ginger ale

2 tsp. salt

2 c. orange juice

Add rum or gin if you wish

2 Tbsp. lemon juice

Mix the ingredients in a pitcher. (You can add more or less salt if you wish.) Add jigger of rum or gin if you wish.

#### SHAMROCK SHIMMY

The Reardon Family

A lucky leprechaun, if you get to drink this Irish splendor.

Individual amounts or just multiply ingredients:

1 scoop of vanilla ice cream

1 (6 oz.) glass milk

2 oz. heavy cream

1 oz. green creme de menthe

1/2 jigger vodka (for kick, optional)

Topping suggestions:

Whip cream

Green cherries

Green sprinkles

Add to blender: Place ice cream in blender; add milk and blend. Add heavy cream and blend; add creme de menthe and blend. May add vodka or not.

A light spirit anytime of year, not just on St. Patrick's Day. Settling effect for those who overindulge. Serves 1.

#### **SHREW BEER**

Chad Kingsbury, grandson

Chad is the grandson of LST534 Baker, Lyle Kingsbury. Lyle's son Gary is Chad's father.

12 oz. can root beer

Lemon juice Chocolate syrup

Sugar Whipped cream

Ice cream

Pour the root beer, then put in 1 or 2 spoons of sugar, then a spoonful of whipped cream. Next pour some lemon juice. Put chocolate syrup on the top and stir. Add ice cream.

#### SKIPPER OUT OF UNIFORM

Lyle W. Kingsbury, LST534 Baker

Bring Dad a Miller and you've got his attention. The gin and sweet and sour make this beverage special.

Frosted beer mug, filled with

ice

1 oz. gin

2 oz. sweet and sour

Stir well; fill with Miller beer. Stir lightly. Add a frosted mug and fill with more ice and add gin and sweet and sour mix; stir. Fill with Miller beer. No need to garnish this manly brew. Ship Ahoy, Mate!

#### STRAWBERRY CRANBERRY SPARKLE PUNCH

Lorraine St. Aubin, Marie LaFlower's sister-in-law

A little sparkling water can make this a colorful brunch punch.

4 c. fresh unsweetened strawberries

1 (3 oz.) pkg. strawberry flavored gelatin

1 c. boiling water

1 (6 oz.) can frozen lemonade concentrate

1 (32 oz.) bottle cranberry juice cocktail, chilled

2 c. cold water or sparkling water

1 (28 oz.) bottle ginger ale, chilled

Strawberries or limes (for garnish)

Puree strawberries in blender; place puree in large punch bowl. Strain, if desired, to remove seeds. Dissolve gelatin in boiling water; stir in lemonade concentrate. Add mixture to punch bowl. Add cranberry cocktail and cold water. Slowly add ginger ale. If desired, serve with fresh strawberry garnish or ice ring with whole berries frozen in it. Yield: 28 (4 ounce) servings.

Make an ice ring with whole strawberries, lime and lemon slices. Use bottled water for a clear ring of ice to show off your colorful punch.

#### STRAWBERRY VANILLA SLUSH

Julee Mitchell, Lyle Kingsbury's step-daughter

Don't forget the spoon mate!

1 qt. fresh strawberries

2 c. nonfat vanilla ice cream, softened, or 2 c. nonfat yogurt

1 (3 oz.) pkg. sugar-free strawberry or lime gelatin

½ c. boiling water

2 tsp. lemon juice

2 liters diet lemon-lime soda or 2 liters diet strawberry soda, chilled In a large bowl, mash strawberries. Add ice cream. In a small bowl, dissolve gelatin in water. Stir in lemon juice. Add the strawberry mixture. Mix well. Pour into a  $1\frac{1}{2}$  quart freezer container. Cover and freeze overnight. Remove from the freezer 15 minutes before serving. Spoon into glasses. Add soda and kiwi slices or star fruit. Makes 10 servings.

#### **SUNDOWNER**

Lawrence Kingsbury, Jr, cousin to Marie LaFlower

A sailor would stand on deck watching the sun go down with this drink.

1 oz. benedictine liqueur

1 oz. white rum

4 oz. orange juice

Orange slices (to garnish)

Mix all ingredients well and serve over ice in a tall glass. Garnish with orange slice. Makes 1 serving.

#### THE SPARKLER

Jay Reardon

A cherry bomb went off in this concoction.

Fluted glass, ½ filled with ice

<sup>1</sup>/<sub>2</sub> oz. vodka <sup>1</sup>/<sub>2</sub> oz. light rum  $\frac{1}{2}$  oz. tequila

5 oz. pina colada mix, chilled

1 drop of grenadine

Every Fourth of July must have a special mix. This one is a celebration in itself. Garnish with a cherry. Let the fireworks begin. Serves 1.

#### **TUG BOAT HENRY**

Marie Loretta LaFlower

Small in stature, this guy pulls his weight, and some.

Collins glass, filled with ice

¹⁄2 oz. gin

½ oz. brandy ½ oz. light rum

3 oz. pineapple juice 3 oz. lemon-lime Squirt

All this brew needs to help its load is a lime and lemon twist garnish. Serves 1.

0

#### TROPICAL ISLANDS

Wayne E. LaFlower

The breeze blows blue with a haze of tropical heat.

Large stemmed glass, chilled Mixing cup, 1/4 filled with ice

1 oz. light rum 1½ oz. cream

½ oz. white creme de cacao

1½ oz. pineapple juice

½ oz. blue curacao

Blend and strain. Pineapple shaped glasses work great for this beverage. Use pineapple, kiwi, or strawberry garnishes. Serves one.

#### YOGURT WHIZ JUICE

Dylan LaFlower, great-grandson

Marie's only grandchild likes this drink so much she contributed it in his name. Dylan is still a little guy. Lyle Kingsbury LST534 Baker is his greatgrandfather.

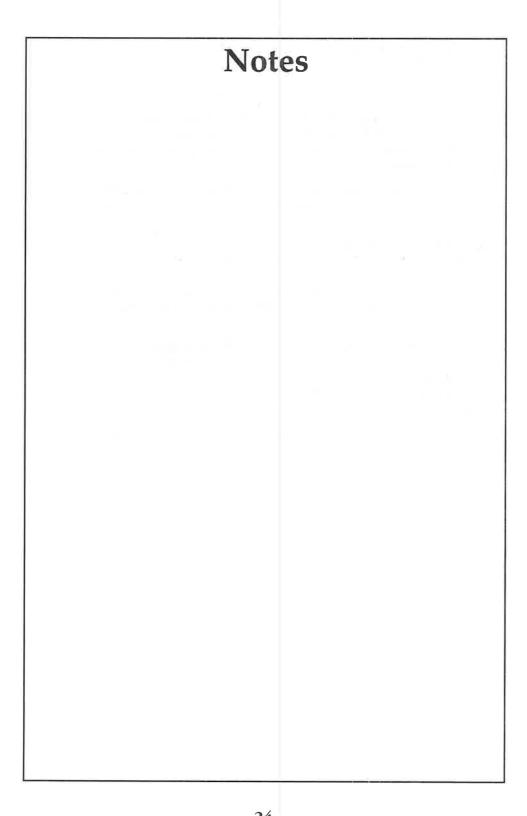
1 c. plain nonfat yogurt

2 Tbsp. sugar 1 dash of salt

1 c. ice

1 c. fresh strawberries (or raspberries or other fresh fruit)

Combine ingredients in blender and serve immediately.





Soups, Salads

#### A HANDY SPICE AND HERB GUIDE

ALLSPICE-a pea-sized fruit that grows in Mexico, Jamaica, Central and South America. Its delicate flavor resembles a blend of cloves, cinnamon, and nutmeg. USES: (Whole) Pickles, meats, boiled fish, gravies; (Ground) Puddings, relishes, fruit preserves, baking.

**BASIL-**the dried leaves and stems of an herb grown in the United States and North Mediterranean area. Has an aromatic, leafy flavor. USES: For flavoring tomato dishes and tomato paste, turtle soup; also use in cooked peas, squash, snap beans; sprinkle chopped over lamb chops and poultry.

BAY LEAVES-the dried leaves of an evergreen grown in the eastern Mediterranean countries. Has a sweet, herbaceous floral spice note. USES: For pickling, stews, for spicing sauces and soup. Also use with a variety of meats and fish.

CARAWAY-the seed of a plant grown in the Netherlands. Flavor that combines the tastes of anise and dill. USES: For the cordial Kummel, baking breads; often added to sauerkraut, noodles, cheese spreads. Also adds zest to French fried potatoes, liver, canned asparagus.

**CURRY POWDER-**a ground blend of ginger, turmeric, fenugreek seed, as many as 16 to 20 spices. USES: For all Indian curry recipes such as lamb, chicken, and rice, eggs, vegetables, and curry puffs.

**DILL-**the small, dark seed of the dill plant grown in India, having a clean, aromatic taste. USES: Dill is a predominant seasoning in pickling recipes; also adds pleasing flavor to sauerkraut, potato salad, cooked macaroni, and green apple pie.

MACE-the dried covering around the nutmeg seed. Its flavor is similar to nutmeg, but with a fragrant, delicate difference. USES: (Whole) For pickling, fish, fish sauce, stewed fruit. (Ground) Delicious in baked goods, pastries, and doughnuts, adds unusual flavor to chocolate desserts.

MARJORAM-an herb of the mint family, grown in France and Chile. Has a minty-sweet flavor. USES: In beverages, jellies, and to flavor soups, stews, fish, sauces. Also excellent to sprinkle on lamb while roasting.

MSG (MONOSODIUM GLUTAMATE)-a vegetable protein derivative for raising the effectiveness of natural food flavors. USES: Small amounts, adjusted to individual taste, can be added to steaks, roasts, chops, seafoods, stews, soups, chowder, chop suey, and cooked vegetables.

**OREGANO-**a plant of the mint family and a species of marjoram of which the dried leaves are used to make an herb seasoning. USES: An excellent flavoring for any tomato dish, especially pizza, chili con carne, and Italian specialties.

PAPRIKA-a mild, sweet red pepper growing in Spain, Central Europe, and the United States. Slightly aromatic and prized for brilliant red color. USES: A colorful garnish for pale foods, and for seasoning Chicken Paprika, Hungarian Goulash, salad dressings.

POPPY-the seed of a flower grown in Holland. Has a rich fragrance and crunchy, nut-like flavor. USES: Excellent as a topping for breads, rolls, and cookies. Also delicious in buttered noodles.

ROSEMARY-an herb (like a curved pine needle) grown in France, Spain, and Portugal, and having a sweet fresh taste. USES: In lamb dishes, in soups, stews, and to sprinkle on beef before roasting.

SAGE-the leaf of a shrub grown in Greece, Yugoslavia, and Albania. Flavor is camphoraceous and minty. USES: For meat and poultry stuffing, sausages, meat loaf, hamburgers, stews, and salads.

**THYME**-the leaves and stems of a shrub grown in France and Spain. Has a strong, distinctive flavor. USES: For poultry seasoning, croquettes, fricassees, and fish dishes. Also tasty on fresh sliced tomatoes.

**TURMERIC-**a root of the ginger family, grown in India, Haiti, Jamaica, and Peru, having a mild, ginger-pepper flavor. USES: As a flavoring and coloring in prepared mustard and in combination with mustard as a flavoring for meats, dressings, salads.

## SOUPS, SALADS



## **ASPARAGUS SOUP**

Tracy LaFlower, Marie's daughter

Like her grandfather and parents, Tracy has made her business in the food industry. Tracy is a manager for Olive Garden.

1 Tbsp. peanut oil ½3 c. finely chopped carrots ⅓3 c. finely chopped celery ⅓3 c. finely chopped onions Salt to taste

Freshly ground black pepper 1 qt. basic chicken stock 5 c. chopped asparagus stalks Fresh dill to taste

Heat the peanut oil in a saucepan over low heat. Add the carrots, celery, and onion. Season lightly with salt and pepper; cook for 10 minutes. Add the stock and bring to a boil quickly over high heat. Lower the heat and simmer until the vegetables are completely tender, about 15 minutes. Add the asparagus and simmer until just tender, about 5 to 7 minutes. Puree in a blender and strain. Add the dill if desired. Adjust the salt and pepper to taste.

## **BROCCOLI FLOWER-CHEESE SOUP**

Lyle Kingsbury

If broccoli isn't available, use cauliflower instead.

1 large bunch broccoli, chopped

2 Tbsp. butter

2 shallots or 1 small onion, minced

1 clove garlic, minced

1 Tbsp. flour

4 c. chicken stock

2 c. shredded sharp Cheddar cheese

1/4 c. black olives (optional)Salt and pepper to taste (optional)

Boil or steam broccoli until tender. As broccoli cooks, melt butter in soup kettle. Saute shallots and garlic until tender. Sprinkle with flour and stir over low heat until blended. Add cheese and stir until melted and smooth. Add broccoli and olives and heat slowly. Season with salt and pepper. Serves 4 to 6.

#### **CHINA BROTH**

Tracy Marie LaFlower

Great way to add a little green to broth.

1 head of Boston or leaf lettuce, cored and finely shredded

4 c. chicken or veal stock

Salt and pepper to taste Top with croutons or hard Chinese noodles

Combine lettuce with 1 cup stock in soup kettle. Cover and simmer over very low heat for 15 minutes. Add another cup of stock and simmer 15 minutes longer. Repeat with remaining stock, cooking up to 1 hour, until mixture is smooth. Garnish with croutons or hard Chinese noodles. Serves 4

#### CLASSIC FRENCH ONION

Robert Wayne LaFlower

Can a onion really smell and taste so-so good! The aroma will warm your soul.

2 c. thinly sliced onion 1 clove garlic

1 pkg. dry onion soup mix <sup>1</sup>/<sub>4</sub> c. Land O' Lakes butter

3 Tbsp. mixed fresh herbs (such as basil or chives)

4 c. water

1/4 c. red sherry or red wine

Saute the thinly sliced onion until transparent in the ½ cup butter over medium heat. Mince the garlic; add to the onion and butter. Stir for two minutes. Add 4 cups water and bring to a boil. Stir in package of dry onion soup mix. Turn heat to low; add fresh herbs. Cover for 30 minutes. Add sherry or wine after 30 minutes and simmer for another 10 minutes. Always use a crock for an additional appeal; place puff pastry (thawed) with slits made with a knife or fork on top of the crock. Moisten rim of crock with a teaspoon of little water or egg white. Brush top of pastry with egg yolk. Follow direction for pastry and bake until crust is done, or place croutons on soup topped with cheese of preference.

## **CREAM OF CARROT SOUP**

Lyle W. Kingsbury

The unprecedented carrot proves to be star material in this one.

8 carrots

2 stalks celery, chopped

1 large pepper, chopped (optional)

1 bay leaf

3 c. chicken broth

 $\frac{1}{2}$  tsp. salt

1/8 tsp. freshly ground pepper

3/4 c. heavy cream 1 egg volk, beaten

Scrape the carrots and slice them. Combine with the celery, large pepper, bay leaf, chicken broth, salt and pepper. Bring to a boil and simmer until the carrots are tender. Do not overcook. Remove from heat and add the heavy cream and egg yolk. Reheat but do not boil. Makes 4 to 6 servings.

## MARTIN-CROIX'S WILD BEAN SOUP

Wayne Elmer LaFlower

A stick-to-the-ribs soup for cold-weather appetites.

2 c. dry navy beans

2 qt. cold water (less if beans aren't drained)

1 lb. spareribs, broken into separate rib sections

3 onions, peeled and sliced Salt and pepper to taste

Soak beans overnight in cold water. (Drain or not, as you prefer.) Combine beans, water, ribs, onions, and carrots in soup kettle. Bring to a boil, reduce heat, and simmer, partially covered, 1 hour or until beans are tender. Remove ribs, cut off bits of meat that remain, and return meat to kettle. Season with salt and pepper. Heat thoroughly. Can be placed in refrigerator to skim off fat before heating the next day.

## MEATBALL SOUP

Linda E. Poirier

You won't miss the pasta in this satisfying and hearty soup.

½ lb. ground beef

21/4 qt. chicken broth

½ c. quick-cooking oats

1/3 c. lemon juice 3 eggs

1/4 c. finely chopped onion

1/4 c. finely chopped parsley

Salt and pepper

Combine the beef, oats, onion, and parsley. Form into small balls the size of a walnut. Heat the broth to boiling and drop in the meatballs. Simmer, covered, for 45 minutes. Just before serving, combine the eggs and lemon juice and beat until thoroughly blended. Remove the meatballs from liquid and distribute among 8 to 10 soup bowls. Slowly pour the broth into the egg mixture, beating constantly. Add salt and pepper to taste at this point. Pour over the meatballs and serve immediately. Makes 8 to 10 servings.

#### **NAKED TOMATO SOUP**

Marie Loretta LaFlower

Great with a plain grill cheese sandwich.

3 c. peeled tomatoes, fresh or canned and drained1 tsp. baking soda

1 tsp. baking s 1 pt. milk ½ tsp. salt
½ tsp. pepper
Tbsp. butter

Bring the tomatoes to a boil and simmer for 10 minutes. Mash the tomatoes with a potato masher. Add the baking soda. Let the foam subside and add milk, salt, pepper, and butter. Heat, but do not boil, and serve immediately. Makes 4 servings.

#### **NAVY BEAN SOUP**

Dodie Kisler, friend of Marie LaFlower

They will climb Jacob's Ladder for this hearty soup.

1 lb. dried navy beans

2 Tbsp. salt

5 c. water

1 (10<sup>3</sup>/<sub>4</sub> oz.) can beef consomme

1 chicken bouillon cube

4 potatoes, peeled and diced

2 onions, diced

1/4 c. butter

4 carrots, sliced 2 c. chopped ham

3 bay leaves

Salt and pepper to taste

Rinse beans; place in large kettle. Cover with water. Add salt and soak overnight; drain. Add 5 cups cold water, consomme, and bouillon cube. Bring to a boil and simmer 2 hours. Add potatoes. Saute onions in butter until limp but not brown. Add to soup with remaining ingredients. Add more water if needed. Simmer until vegetables are done. Makes 8 servings.

## NORTH END CHIPPINO CHOWDER

Marie Loretta LaFlower, Baker's daughter

Remarked to have been better than Boston Clam Chowder.

1/4 lb. salt pork (meaty piece)

1 c. yellow onion

1 c. celery, sliced

1 small can clams

 $\frac{1}{2}$  c. diced sea scallops

1 c. cut up haddock

1 c. lobster meat pieces

3 c. chicken broth

1 carrot, shredded (large)

2 diced potatoes

1 pkg. spinach

Qt. half & half

Add dill, salt, and a few dashes

of Tabasco to taste

Brown salt pork until done. Saute onion and celery until translucent. Add sea scallops, haddock, and lobster. Saute scallops, haddock, and lobster for 5 minutes. Remove the scallops, haddock, and lobster. Add 2 cups

water. Add potatoes and carrots; cook 10 minutes or until potatoes are done. Add the scallops, haddock, lobster, can of clams, chicken broth, and half & half. Season with dill, salt, and Tabasco. (Thyme and tarragon can be substituted for dill.) Heat but do not let boil. Add spinach that has been cleaned. Serve when spinach is wilted. Hollow out bowl size of hard textured bread and serve chowder inside hollow of bread for a pleasant surprise. Makes 8 servings.

#### POTATO CHEESE SOUP

Marie Loretta LaFlower

This is comfort in a mug. Simple to prepare. Smacking lips heard all around.

1 c. carrots, shredded 1/4 c. celery, chopped (1 large stalk) 1/4 c. onion, chopped (1 small)

1<sup>3</sup>/<sub>4</sub> c. chicken broth or vegetable broth

2 c. milk

1/4 c. flour

3 medium potatoes, cubed

11/2 c. shredded cheese

(combine sharp, Cheddar
and Monterey Jack)

In large saucepan, combine onion and celery; saute in your favorite oil or some bacon fat until transparent. Add two cups of water with diced potatoes and shredded carrots; boil until potatoes are tender, about 10 minutes. Add broth. Combine milk, salt, pepper, and flour in a separate bowl and mix till smooth. Whisk into broth mixture slowly so it will not be lumpy. Cook and stir on medium heat until soup becomes bubbly and thick. Remove from heat and add cheese; stir until melted. Serves 4 people.

## **BAKED POTATO SALAD**

Richard Olson, son of best friend of M. LaFlower

A great addition to a winter meal.

- 7 medium-sized potatoes (about 3 lb.)
- 2 c. (8 oz.) shredded mild Cheddar cheese
- 1 (8 oz.) bottle Ranch style dressing
- 1 Tbsp. prepared mustard

6 green onions, chopped 1 medium-sized red bell pepper, chopped

2 bacon slices, cooked and crumbled or 2 ham slices, diced

Bake potatoes for 45 minutes in  $400^\circ$  oven. Cool and cut into small cubes. Combine  $1\frac{1}{2}$  cups cheese, dressing, and next 3 ingredients in a large bowl. Add potatoes; toss gently. Sprinkle with bacon or ham and remaining  $\frac{1}{2}$  cup cheese. Serves 8 to 10.

## CALIFORNIA PISTACHIO AND PASTA PARTY SALAD

Penny Sargeant, niece to LST534 Baker

Penny is also a favorite cousin of Marie L. LaFlower, author of Aroma In The Galley.

6 oz. cut macaroni or shell pasta (2 c. dry)

1/4 c. nonfat mayonnaise
1/4 c. low fat yogurt
1/2 c. nonfat milk
2 Tbsp. tarragon white wine vinegar

2 to 3 medium garlic cloves, finely minced ½ c. chopped natural pistachios

1 bunch fresh basil

3 large bell peppers (red, green, yellow, or orange)

Drop pasta into 2 quarts boiling water, cover, and return to boil. Boil gently 7 to 8 minutes or until tender. Drain and rinse with cold water to cool. Mix mayonnaise, yogurt, milk, vinegar, and garlic in medium bowl. Add pasta and toss lightly to blend. Chill until ready to serve. Roast peppers on grill or under broiler. While hot, place grilled or roasted peppers in plastic bag and allow to steam for 15 minutes. Peel, stem, seed, and cut in thick slices. Remove basil leaves from stems, reserving 6 to 8 sprigs for garnish. Stack remaining leaves and slice crosswise in narrow strips. Just before serving, add ½ cup basil strips and pistachios (reserve 2 tablespoons) to pasta; stir to mix. Spoon pasta onto serving platter; surround with peppers and reserved basil sprigs. Sprinkle with remaining pistachios.

## CALIFORNIA SALAD

Barbara Reardon

Serve on patio or poolside with a glass of champagne.

1 pt. sour cream

1/2 c. confectioners sugar

1 (10 oz.) jar maraschino
cherries (save 1/4 c. syrup)

1/2 c. slivered almonds

1 c. mandarin orange slices

3 fresh nectarines, pitted and diced ½ c. coconut

½ c. miniature marshmallows, halved

Mix the sour cream, sugar, and cherry syrup. Blend until smooth. Add all other ingredients.

#### **COLORFUL VEGETABLE SALAD**

Marie L. LaFlower

The vinaigrette dressing puts the jazz in this vegetable dish.

1 medium head cauliflower, broken into florets (8 c.)

1 medium bunch broccoli, cut

into florets (5 c.)

3 large tomatoes, chopped

1 medium onion, chopped

2 celery ribs, chopped

1 medium carrot, shredded

Dressing:

<sup>3</sup>/<sub>4</sub> c. vegetable oil

3 Tbsp. lemon juice 1 tsp. salt

½ tsp. sugar

juice ½ tsp. pepper

In large salad bowl, combine the cauliflower, broccoli, tomatoes, onion, celery, and carrot. In a jar with a tight fitting lid, combine the dressing ingredients; shake well. Pour over vegetables and toss a coat. Serve immediately. Makes 16 to 20 servings.

#### **CONFETTI CABBAGE SLAW**

Melody Fitts

A slaw that will feed a large bunch at any gathering.

10 lb. cabbage, shredded 2 Tbsp. celery seed

2 Tbsp. salt 1 bunch celery, chopped

6 c. sugar 4 medium carrots, shredded 3 c. cider vinegar 1 medium sweet red pepper,

1½ c. water diced

2 Tbsp. mustard seed 1 medium green pepper, diced

In a large bowl, combine cabbage and salt; let stand for 2 hours. In a large saucepan, combine the sugar, vinegar, water, mustard seed, and celery seed. Bring to a boil over medium heat; stir until sugar is dissolved. Remove from the heat; cool completely. Drain cabbage. Add celery, carrots, and peppers. Add dressing and toss to coat. Cover and refrigerate for 2 hours. Serves 50 to 60 people.

## **GRILLED ROMAINE SALAD**

Brian Sargeant, nephew to LST534 Baker

Lyle Kingsbury's nephew Brian Sargeant.

Oven Dried Tomatoes:

½ c. olive oil

3 Tbsp. white sugar

1 tsp. dried rosemary 1 tsp. dried thyme <sup>1</sup>/<sub>4</sub> tsp. salt

<sup>1</sup>/<sub>4</sub> tsp. ground black pepper

8 Roma (plum) tomatoes, halved lengthwise

Shallot-Balsamic Dressing:

2 shallots, halved lengthwise and peeled

½ c. balsamic vinegar

Grilled Romaine Hearts:

4 romaine hearts 1 Tbsp. olive oil

2 Tbsp. brown sugar 13/4 c. olive oil

Salt and pepper to taste

Preheat oven to 225°. For oven dried tomatoes, combine olive oil, white sugar, rosemary, thyme, salt and pepper in a large, sealable bag. Add tomatoes, seal bag, and shake until tomatoes are thoroughly coated. Transfer tomatoes to baking sheet and cook for 2½ hours. Remove and let cool.

Tomatoes can be left at room temperature once they've been dried in the oven. For the dressing, process shallots until finely chopped using a food processor or blender. Add vinegar and brown sugar and process until smooth. Slowly add oil, processing frequently, so as to emulsify (thicken) the mixture.

For the salad, brush romaine hearts with olive oil and season with salt and pepper on all sides. Grill over high heat until slightly charred, but not cooked through, approximately 5 to 10 minutes. Be sure to turn frequently. Serve whole heart of romaine surrounded by 4 pieces of tomato per person. Drizzle with shallot-balsamic dressing. Serve immediately, Makes 4 servings.

## PECAN RICE AND FETA SALAD

Helen Kingsbury, wife of Baker 3rd Class

My dad was the baker on the LST534 in the Atlantic Theater.

1 (7 oz.) pkg. long-grain rice 4 oz. Feta cheese, crumbled

1 c. chopped green or red pepper

½ c. onion

1/3 c. pine nuts, toasted

1 (2 oz.) jar pimento, drained 1/4 c. olive oil or salad oil

2 Tbsp. tarragon white wine vinegar

1/8 tsp. black pepper

Cook rice according to package directions, using 1 teaspoon of salt; cool slightly. In a large mixing bowl, stir together cheese, sweet pepper, onions, nuts, and pimento; add cooled rice.

For dressing: Stir together oil, vinegar, and black pepper. Add to rice mixture. Toss gently to coat. Cover; refrigerate until chilled or for up to 24 hours. Makes 8 side servings.

#### PORK AND PASTA SALAD

Joseph Asselin, he is missed

Uncle Joe loved pork dinners and was a favorite uncle of Lyle Kingsbury, Baker on the LST534.

3/4 lb. cooked pork loin
 1/2 c. diagonally sliced carrots
 8 oz. spinach fettucine
 1 small Bermuda onion, sliced and separated into rings

½ c. tarragon vinegar
2 Tbsp. vegetable oil
½ tsp. dried tarragon, crushed
½ tsp. dried basil, crushed

Cut pork into  $\frac{1}{2}$  inch cubes. Set aside. Place carrots in steamer basket over water. Cook for 10 to 12 minutes or until crisp-tender. Cook fettucine according to package directions. Rinse well with hot water. In a large bowl, combine pork, carrots, fettucine, and onion.

For dressing: In a screw-top jar, combine vinegar, oil, tarragon, and basil; cover and shake well. Pour over fettucine mixture. Toss gently to coat. Chill 2 to 4 hours. Toss again before serving.

## SALADE FLAN

Helen Kingsbury, wife of LST534 crewman

Lyle Kingsbury was Baker 3rd class on the LST534. Joined the Navy at seventeen years old.

2 (3 oz.) pkg. lemon flavored gelatin3 c. boiling water

3 c. boiling water

½ c. of mayo or salad dressing

1 (3 oz.) pkg. cream cheese

<sup>1</sup>/<sub>2</sub> (6 oz.) can frozen lemonade concentrate

2 c. sliced fresh strawberries

1 small banana, sliced diagonally

Dissolve gelatin in the boiling water. Remove <sup>3</sup>/<sub>4</sub> cup gelatin mixture and let stand at room temperature. Pour remaining gelatin into a blender container. Add the mayo, cream cheese, and lemonade concentrate. Cover and blend until smooth. Refrigerate until partially set (consistency of unbeaten egg whites). Pour the mixture into a 9 inch pan or two quart square dish. Refrigerate until almost firm (30 to 45 minutes). Meanwhile, chill reserved <sup>3</sup>/<sub>4</sub> cup gelatin until slightly thickened. Arrange the strawberries and banana over the cream cheese layer. Spoon the reserved gelatin over the fruit to glaze. Refrigerate at least 2 hours or until set. Makes 10 to 12 side dish servings.

22

#### SPINACH FLORET SALAD

David Olson

Dressing light and sweet with a colorful, flavorful punch for any sailor.

4 c. torn spinach

2 c. torn iceberg lettuce

1½ c. broccoli florets

11/4 c. cauliflowerets

1 c. chow mein noodles

8 bacon strips, cooked and crumbled

Dressing:

1 c. vegetable oil

3/4 c. sugar

11/3 c. cider vinegar

2 hard cooked eggs, sliced

2 green onions, finely chopped

3 fresh mushrooms, thinly sliced

3 radishes, sliced

1/4 c. chopped onion

1 tsp. salt

1 tsp. Worcestershire sauce

In a large salad bowl, toss the first 10 ingredients. Mix dressing ingredients in blender; cover and process until combined. Serve with salad. Refrigerate leftover dressing. Makes 8 servings.

#### SPINACH SALAD

Linda Poirier, Baker Lyle Kingsbury's daughter

Our favorite salad. I'm partial to the stuff like Popeye.

1 lb. fresh spinach

2 hard eggs, cut into wedges

1 large ripe tomato, cut into wedges

½ red onion, thinly sliced

½ tsp. salt

1 clove garlic, halved

4 slices bacon, crisply fried and crumbled

Wash the spinach, remove stems, and tear leaves into bite-size pieces. Dry thoroughly and chill for 2 hours. Just before serving, sprinkle the salt in a salad bowl and rub the bowl with garlic halves. Add all the other ingredients and toss with your favorite honey mustard dressing. Serves 4.

#### SOUTH OF THE BORDER POTATO SALAD

Phyllis Olson, best friend to Marie LaFlower

Serve in corn husk ... or ceramic Tex-Mex hat.

- 3 lb. red potatoes
- 1 (15<sup>1</sup>/<sub>4</sub> oz.) can golden sweet whole kernel corn with pimentos
- 2 c. Miracle Whip
- 2 tsp. chili powder
- 1 tsp. salt
- ½ tsp. pepper
- 1 tomato, seeded and diced
- 1 (12 oz.) jar roasted red bell peppers, well drained and chopped

- 2 (2.25 oz.) cans sliced ripe olives
- 6 to 9 green onions, thinly sliced
- ½ c. chopped fresh cilantro or parsley
- 3 boiled eggs, grated fine

Boil potatoes in salted water 30 minutes or until tender; drain. Cool slightly and cut into cubes. Boil eggs and chop fine. Add eggs, tomato, and corn to the potatoes. Combine Miracle Whip and next 3 ingredients in a large bowl. Stir in potatoes, chopped bell peppers, and the next 3 ingredients.

## TURKEY PASTRAMI AND PASTA SALAD

Marie L. LaFlower, eldest daughter

A new collected recipe from LST534 crewmember, Lyle Kingsbury's oldest daughter, Marie.

- 3/4 lb. turkey pastrami, cut into
  - ½ inch cubes
- 8 oz. rotini, cooked and drained
- 1 (14 oz.) can artichokes, drained and cut into quarters
- 1 c. carrots, chopped (2 medium)
- ½ c. chopped onion (1 medium)

- ½ c. chopped celery (1 stalk)
- 1 (4 oz.) can black olives, drained and sliced
- 3 Tbsp. olive oil
- 3 Tbsp. white wine vinegar
- ½ tsp. garlic, minced
- ½ tsp. salt
- ½ tsp. pepper
- 6 lettuce leaves

In a large bowl, combine pastrami, rotini, artichoke, carrots, onion, celery, and olives. In a small bowl, combine oil, vinegar, garlic, salt, and pepper. Toss together with pastrami mixture and refrigerate for 1 hour. Serves 6 on lettuce leaves.

#### WEDGE TOMATO-ONION SALAD

Michael Poirier

Simple, but great company for any meal. Baker LST534 grandson.

- 2 medium red tomatoes, cut into bite-sized wedges
- 2 medium yellow tomatoes, cut into bite-sized wedges

½ small onion, sliced

2 Tbsp. coarsely chopped fresh basil

1 Tbsp. chopped fresh Italian parsley

Dressing:

 $1\frac{1}{2}$  tsp. red wine vinegar

1/8 tsp. salt

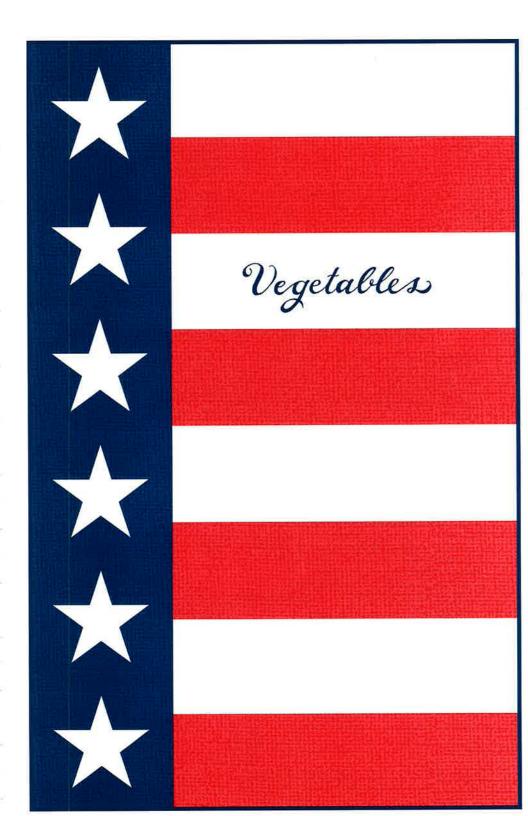
1/8 tsp. coarse ground black pepper

1/4 tsp. Dijon mustard

2 Tbsp. olive or vegetable oil

Salad: Combine all ingredients in a large bowl. Toss to mix.

Dressing: Combine all ingredients in a small bowl except the oil; mix well. Slowly add oil, beating with wire whisk until well blended. Pour dressing over salad; toss to coat. Serve immediately. Serves 8.



#### **EQUIVALENT CHART** 3 tsp...... 1 Tbsp. 1/4 lb. crumbled Bleu cheese...... 1 c. 1 lb, unshelled walnuts ..... 11/2 to 13/4 c, shelled 2 c. fat...... 1 lb. 1 lb. butter......2 c, or 4 sticks 12 Tbsp. 3/4 C 2 c. granulated sugar...... 1 lb. 4 oz. ½ c. 3½-4 c. unsifted powdered sugar..... 1 lb. 8 oz. ..... 1 c. 16 oz. ...... 1 lb. 4 c. sifted flour......1 lb. 1 oz....... 2 Tbsp. fat or liquid 2 c. ...... 1 pt. 31/2 c. unsifted whole wheat flour ...... 1 lb. 2 pt...... 1 gt. 4 oz. (1 to 11/4 c.) uncooked 5/8 C......½ c. + 2 Tbsp. 7 oz. spaghetti ......4 c. cooked <sup>7</sup>/<sub>8</sub> c.....<sup>3</sup>/<sub>4</sub> c. + 2 Tbsp. 4 oz. (11/2 to 2 c.) uncooked 1 jigger ......1½ fl. oz. (3 Tbsp.) noodles......2 c. cooked 28 saltine crackers...... 1 c. crumbs 8 to 10 egg whites...... 1 c. 12 to 14 egg volks ...... 1 c. 1 c. unwhipped cream ......2 c. whipped 14 square graham crackers........... 1 c. crumbs 1 lb. shredded American cheese...... 4 c. 22 vanilla wafers...... 1 c. crumbs

#### SUBSTITUTIONS FOR A MISSING INGREDIENT

- 1 square chocolate (1 ounce) = 3 or 4 tablespoons cocoa plus 1/2 tablespoon fat
- 1 tablespoon cornstarch (for thickening) = 2 tablespoons flour
- 1 cup sifted all-purpose flour = 1 cup plus 2 tablespoons sifted cake flour
- 1 cup sifted cake flour = 1 cup minus 2 tablespoons sifted all-purpose flour
- 1 teaspoon baking powder = 1/4 teaspoon baking soda plus 1/2 teaspoon cream of tartar
- 1 cup sour milk = 1 cup sweet milk into which 1 tablespoon vinegar or lemon juice has been
- 1 cup sweet milk = 1 cup sour milk or buttermilk plus 1/2 teaspoon baking soda
- 3/4 cup cracker crumbs = 1 cup bread crumbs
- 1 cup cream, sour, heavy = 1/3 cup butter and 3/3 cup milk in any sour milk recipe
- 1 teaspoon dried herbs = 1 tablespoon fresh herbs
- 1 cup whole milk = 1/2 cup evaporated milk and 1/2 cup water or 1 cup reconstituted nonfat dry milk and 1 tablespoon butter
- 2 ounces compressed yeast = 3 (1/4 ounce) packets of dry yeast
- 1 tablespoon instant minced onion, rehydrated = 1 small fresh onion
- 1 tablespoon prepared mustard = 1 teaspoon dry mustard
- 1/8 teaspoon garlic powder = 1 small pressed clove of garlic
- 1 lb. whole dates = 11/2 cups, pitted and cut
- 3 medium bananas = 1 cup mashed
- 3 cups dry corn flakes = 1 cup crushed
- 10 miniature marshmallows = 1 large marshmallow

#### GENERAL OVEN CHART

Very slow oven	250°	to	300°F.
Slow oven	300°	to	325°F.
Moderate oven	325°	to	375°F.
Medium hot oven	375°	to	400°F.
Hot oven	400°	to	450°F.
Very hot oven	450°	to	500°F.

#### **CONTENTS OF CANS**

Of the different sizes of cans used by commercial canners, the most common are:

Size:	Average Contents
8 oz	1 cup
Picnic	11/4 cups
No. 300	13/4 cups
No. 1 tall	2 cups
No. 303	2 cune
No. 2	
No. 2½	3½ cups
No. 3	4 cups
No. 10	12 to 13 cups

## VEGETABLES



#### ALMOND WILD RICE

**Jessica Timmins** 

A bit of fruity sweetness in this nutty rice.

5½ c. chicken broth, divided

1 c. golden raisins

6 The butter or margarine,

divided

1 c. uncooked wild rice

1 c. uncooked brown rice

1 c. sliced or slivered almonds

½ c. minced fresh parsley

1/4 tsp. salt

1/4 tsp. pepper

In a small saucepan, bring ½ cup broth to a boil. Remove from the heat; add raisins and set aside (do not drain). In a large saucepan, bring 3 cups of broth and 2 tablespoons of butter to a boil. Add wild rice; cover and simmer for 55 to 60 minutes, or until the rice is tender (drain if necessary).

Meanwhile, in another saucepan, combine the brown rice, 2 tablespoons butter, and remaining broth. Bring to a boil. Reduce heat; cover and simmer for 35 to 40 minutes or until rice is tender (drain if necessary).

In a skillet, saute the almonds in remaining butter until lightly browned. In a serving bowl, combine the wild rice, brown rice, raisin mixture, almonds, parsley, salt, and pepper.

## **AUNT DAISY'S PICKLED CABBAGE**

Lawrence Killian, Boatsman 2nd Class

A 100 year old recipe from LST534 crewmember's mother, Daisy. Lawrence was a good friend of Henry Alvers.

1 head cabbage

1/4 c. vinegar 2 c. sugar

1½ mangoes

1½ c. celery 1 onion

Salt to taste (about 2 Tbsp.)

Cut cabbage on hand cutter. Grind mango, celery, and onion in food chopper. Put cabbage, mango, celery, and onion in a large container and put sugar and salt on. Mix with hands. Let set 1 hour until juice comes out, then add vinegar and store.

#### **ASPARAGUS**

Jenny Partlow, sister

Lyle Kingsbury LST534 Baker Third Class oldest sister, Jenny.

1½ lb. fresh asparagus1 Tbsp. olive oilSalt to taste

Freshly ground black pepper 2 Tbsp. vinegar

Preheat the oven to 350°F. Prepare the asparagus by cutting off the last inch or so of the woody stalk. Place the asparagus stalks on a baking sheet. Brush them with the olive oil and sprinkle with salt and pepper. Roast in the oven for 10 minutes, until the stalks begin to get tender on the outside. Toss with the vinegar and serve.

## **BAKED EGGPLANT WITH TOMATOES**

Connie Kingsbury, sister-in-law

Lyle Kingsbury's sister-in-law. Lyle has six brothers. Five in WWII in different branches of the service.

2 eggplants

7 cloves garlic, peeled and sliced

1/3 c. vegetable oil 1 red bell pepper

2 Tbsp. olive oil

<sup>2</sup>/<sub>3</sub> c. Italian plum tomatoes (canned)

½ lb. Mozzarella, thinly sliced

10 basil leaves

½ c. freshly grated Parmigiano cheese

Wash eggplant; cut off ends. Cut in half. Score the flesh with deep hashmarks down to the skin. Slip ½ garlic slices into slits in eggplant. Sprinkle with salt and pepper. Place vegetable oil in a saute pan large enough to accommodate eggplant, flesh side down. Cook at medium heat until skin begins to wrinkle and is soft enough so the flesh is a creamy texture. Place eggplant flesh side up in a baking dish. Turn oven to 400°. Open pepper and remove seeds. Cut into strips. Put olive oil in saucepan and cook pepper strips until tender. Add remaining half of garlic slices until opaque. Add tomatoes and cover until liquid is cooked away, until you have a sauce that is thick. Cover eggplant with Mozzarella cheese slices. Cover with basil leaves. Sprinkle Parmesan and bread crumbs over eggplant. Dot with butter. Bake for 20 minutes. Let rest for 15 minutes. Serves 2.

#### **BEARNAISE SAUCE**

Marie L. LaFlower

French butter sauce that's extremely versatile. Unites grilled steak or roast beef, poached salmon, and poached egg.

2 Tbsp. dried tarragon

1 Tbsp. minced shallots

½ tsp. salt

Pinch of freshly ground black

pepper

½ c. white vinegar

2 egg yolks

1/8 tsp. cayenne

1 stick (1/4 lb.) unsalted butter,

melted

1 tsp. fresh lemon juice

1 Tbsp. minced fresh tarragon

1 Tbsp. minced fresh chervil

Combine the tarragon, shallots, ½ teaspoon of the salt, pepper, and vinegar in a small saucepan. Simmer the ingredients over medium high heat until almost all the vinegar evaporates and 1 tablespoon is left, about 15 minutes. Remove the pan from the heat and allow the syrup to cool slightly.

In the top of a double boiler, or in a stainless steel bowl set over a pot of simmering water, whisk the egg yolks and cayenne into the syrup over a very low heat. As soon as the egg yolks have thickened, slowly add the melted butter a bit at a time, whisking continuously. Add the lemon juice and adjust the seasoning to taste, then whisk in the fresh herbs. Serve immediately.

## **CUKES AND ONIONS**

Dolores LaCroix, daughter of LST534 Crewmember

The lonely cucumber gets a mate.

5 sliced cukes

2 large sliced onions

¹⁄2 c. salt

3 Tbsp. mayonnaise

1/4 tsp. white pepper1 Tbsp. vinegar

1 Tbsp. sugar

Slice the cucumbers ½ inch thick. Slice the onions ¼ inch thick. Sprinkle with ½ cup salt. Refrigerate overnight. Next day, drain and rinse. Place in strainer; let set 5 minutes. Place in bowl and add mayo, pepper, vinegar, and sugar.

#### FOND'OEUVRE

The LaFlower Family and friends

2 Tbsp. butter

2 Tbsp. flour

1 Tbsp. dry mustard

1 c. milk

1 Tbsp. Worcestershire sauce

1/8 tsp. cayenne

1/2 lb. Cheddar cheese, coarsely grated or broken into small pieces

3 Tbsp. beer

Toasted bread points or bread sticks

Get out your favorite fondue pot. On the range top, melt butter in double boiler. Add flour and dry mustard to butter and mix. Gradually add milk, stirring until mixture thickens. Add Worcestershire and cayenne pepper. Add cheese and stir until cheese is melted. Add beef, stir in and serve at once over toast points or dip in side dish.

### **GARLIC POTATOES**

Rick J. LaFlower, grandson

Youngest son of Marie L. LaFlower and grandson to LST534 Baker Lyle Kingsbury.

2 lb. red skinned potatoes (leave peelings on potatoes)

2 medium heads freshly roasted garlic (1/4 c. pressed)

3 Tbsp. butter

 $\frac{1}{2}$  to  $\frac{3}{4}$  tsp. salt

1/4 c. cream

1/4 tsp. freshly ground black pepper (optional)

Wash and scrub potatoes. Cut potatoes into chunks, cover with water, and bring to a slow boil. Cook until tender but not mushy. Drain water from potatoes and add butter, pressed garlic, salt, cream, and pepper if you wish. Use a mixer or hand potato masher; whip until ingredients and potatoes are mixed through and potatoes are coarsely mashed. Serve by themselves or gravy may be added on top of the potatoes.

## **HUNAN CHOW MEIN**

Maki Kingsbury, daughter-in-law

Gary Kingsbury's wife, Maki, new daughter-in-law to LST534 Baker Kyle Kingsbury, makes great chow mein dishes.

1 medium onion, chopped

3 cloves garlic, minced

1 Tbsp. peanut oil

2 Tbsp. soy sauce

1 tsp. dried mustard

2 stalks celery, sliced diagonally

2 c. baby bok choy, chopped

1 red bell pepper, chopped

8 oz. water chestnuts, sliced

1 c. vegetable stock

1 c. mushrooms, sliced

4 c. white rice, cooked

In a wok or large skillet, over high heat, cook onion and garlic in oil for 3 minutes, or until they begin to soften. Add soy sauce, mustard, celery, bok choy, bell pepper, water chestnuts, vegetable stock, and mushrooms. Continue cooking, stirring frequently, until vegetables are crisp-tender, about 5 minutes. Serve over rice. Serves 6.

#### **IDAHO OVEN FRIES**

Phyllis Olson, best friend, Marie LaFlower

Quick fries without all the calories.

5 medium baking potatoes, scrubbed (unpeeled)

scrubbed (unpeeled)
4 Tbsp. melted butter or

vegetable oil

Salt and pepper to taste

Slice potatoes into  $\frac{1}{8}$  inch to  $\frac{1}{16}$  inch thickness and place in ice water. Drain; pat dry with paper towels. Pour melted butter or oil on large baking sheet. Add potato slices to pan, turning to coat with butter or oil. Season if desired. Bake at  $450^{\circ}$  for 15 minutes or until potatoes are tender. Makes 4 servings.

Shaking them with flavored bread crumbs gives them that extra crunch.

## MOM'S HURRY UP BEANS

Dolores LaCroix, daughter

Youngest daughter of Baker Third Class, Lyle Kingsbury.

- 1 large onion, chopped (preferably a Vidalia)
- 1 to 2 Tbsp. virgin olive oil
- 1 qt. baked beans
- 2 (14½ oz.) cans diced tomatoes
- 1 (14½ oz.) can Great Northern beans
- 1 (14½ oz.) can dark kidney beans

- $1 (14\frac{1}{2} \text{ oz.})$  can black beans
- 1 (26 oz.) jar medium salsa
- 2 generous Tbsp. fresh minced garlic
- 2 generous Tbsp. dried sage ½ tsp. ground cumin Salt and pepper to taste

Saute onion in large soup or saucepan until tender (3 to 5 minutes). Add all other ingredients and heat to boiling (do not drain canned items). Reduce heat and slow simmer, covered, for 45 minutes, stirring occasionally. Remove from heat and let stand at least 30 to 45 minutes for flavor to enhance flavor. Add diced chicken or pork or kielbasa. Serves 15.

4 -

## **ORZO AND PESTO STUFFED TOMATOES**

Butchy Welker, grandson

Lyle Kingsbury, Baker Third Class, first grandson. Mother Dolores La-Croix.

2 qt. water

Pesto Genovese:

1½ c. fresh basil leaves, packed2 garlic cloves, minced or pressed½ c. pine nuts

Additional ingredients:

1 tsp. olive oil 6 large ripe tomatoes Dash of salt 1½ c. raw orzo

½ c. grated Parmesan cheese
 ¼ c. olive oil
 Salt and ground black pepper to taste

Dash of ground black pepper 1/3 c. tiny cubes of Feta or other sharp cheese

Bring the water to a boil in a large pot. Add the orzo, stir, lower the heat, cover, and simmer for about 7 minutes, stirring as needed. While the orzo cooks, combine the basil leaves, garlic, pine nuts, and Parmesan in a food processor and whirl until well chopped. Add the oil in a thin stream to make a smooth paste, scraping down the sides a couple of times as needed. Add salt and pepper to taste. Drain the orzo. Toss it lightly with the teaspoon of olive oil and allow it to cool to room temperature, about 10 minutes.

Meanwhile, cut a hole about 2 inches across in the top of each tomato and remove the core. Scoop out the pulp with a small spoon to leave a  $\frac{1}{2}$  inch thick shell. Lightly sprinkle the inside of each tomato with salt and pepper. When the orzo is at room temperature, mix it with the Pesto Genovese and, if using, the cheese cubes. Stuff each tomato with about a cup of filling. Serves 6.

## PARSLEY AND LEMON CHICKPEAS

Jenny Partlow, LST534 Baker's sister

1 Tbsp. vegetable oil <sup>3</sup>/<sub>4</sub> c. onion, finely chopped <sup>1</sup>/<sub>2</sub> c. celery, finely chopped

- 1 c. dried chickpeas, rinsed and picked through
- 2 (14½ oz.) cans reduced sodium chicken stock
- 1 small clove garlic, finely minced

- 3 Tbsp. finely chopped fresh parsley
- 4 Tbsp. lemon juice
- 2 Tbsp. olive oil
- ½ tsp. salt
- 1/8 tsp. pepper

Follow chickpeas package directions and prepare. Heat the vegetable oil in a pressure cooker over high heat. Add the onion and celery and saute until translucent. Add the chickpeas and chicken stock. Seal the pressure cooker lid. Bring the cooker to high pressure and cook for 40 minutes. Strain the chickpeas, transfer them to a large bowl, and toss with the garlic, parsley, lemon juice, olive oil, salt, and pepper. Serve warm.

#### POTATOES AU GRAIN WITH HAM CUBES

Melody Fitts, Baker LST534 niece

An easy, but reputable partner to any main course.

4 medium russet potatoes, halved, thinly sliced 1½ c. cooked ham strips, chicken pieces or turkey cubes 1 (10<sup>3</sup>/<sub>4</sub> oz.) can condensed Cheddar cheese soup <sup>1</sup>/<sub>2</sub> c. sour cream <sup>1</sup>/<sub>2</sub> c. milk

1 c. sauteed onion slices

Slice potatoes that have been cleaned under running water. In medium saucepan, combine soup, sour cream, milk, and sauteed onion. Mix well. Grease casserole dish; add potato slices, and desired meat selection, and pour soup mixture with sauteed onion over top of potatoes and meat. Cover tightly. Bake at  $350^{\circ}$  oven for  $1^{3}$ /4 to 2 hours or until potatoes are tender. Serves 4.

## **RED BLITZ POTATOES**

Jerry and Barb Reardon, best friends of the LaFlowers

Great on the side during St. Patrick's Day feast.

2½ lb. red blitz potatoes Small bunch parsley 3 cubes beef bouillon 4 qt. saucepan Pepper 3 Tbsp. butter

Quarter and rinse the red blitz potatoes. Add to 4 quart saucepan filled with cold water. Add the parsley bunch. Pepper lightly. Add the bouillon cubes. Cook for 10 or 15 minutes (don't overcook). Drain well. Take out parsley bunch. Toss with butter and sprinkle on fresh chives. Serves 6 to 8.

/-

#### RICE DRESSING

Willodean Hesse, wife of LST534 Crewmember

A rice dish used for holiday meals, that is eighty years old from a rice growing county in Weiner, Arkansas.

3 c. cooked rice (set aside)

2 Tbsp. butter

½ c. chopped celery 1 chopped onion

1 tsp. minced clove garlic

1/2 lb. sausage, sliced

½ lb. hamburg

2 well beaten eggs

1 tsp. parsley

½ tsp. sage ½ tsp. thyme

2 tsp. cornstarch

Salt and pepper to taste

Fry onions, celery, and garlic in butter until tender. Combine cooked rice. Add sausage and hamburg and mix with onions, celery, and garlic. Add beaten eggs. Mix well. Add remaining spices and cornstarch. Salt and pepper to taste. Bake in 350° oven for 45 to 60 minutes. Cover with foil.

#### **SEEDED BOW TIE NOODLES**

Phyllis Olson, Marie LaFlower's best friend

Formal and no black tie involved with this bow tie.

8 oz. bow tie noodles

2 Tbsp. butter

1 tsp. poppy seeds

½ tsp. salt

1/4 tsp. coarsely ground black

pepper

Cook noodles according to package directions, about 15 minutes. Drain; toss gently with remaining ingredients. Yield: 4 servings.

## **SQUASH CELERY TANGO**

Marie L. LaFlower

The very versatile yellow or green squash get pizzazz.

1 yellow or green squash 1 small yellow onion 1 can cream of celery soup

½ c. half & half cream

Fresh bread crumbs Parmesan (fresh is best) Parsley (fresh is best)

Slice the yellow or green squash. Slice the yellow onion. Place the squash and onion in a small casserole dish. Layer squash and onion twice. End with squash. Add a can of Campbell's soup that has been heated over the stove with half cup of half & half. Pour over squash, making sure to cover. Place two slices of bread in Cuisinart or blender and crumble. Sprinkle on top of squash casserole. Sprinkle with Parmesan cheese. Bake at 350° for 30 minutes or until squash and onion are tender. Sprinkle with fresh parsley.

3 9

#### SPINACH RAVIOLI

Connie Kingsbury, sister-in-law

Sister-in-law to Lyle Kingsbury, baker on the LST534. Connie now lives in Florida with husband, Harold Kingsbury.

1 c. tomatoes, peeled, seeded, diced 1 small onion, oven roasted 1 c. mushrooms, minced 2 tsp. garlic, minced ½ lb. spinach leaves, blanched, chopped

1/4 c. nonfat cottage cheese 3/4 c. tofu, mashed 2 Tbsp. fresh basil, minced Freshly ground black pepper Salt to taste 48 eggless potsticker skins

In a large saucepan, combine the tomatoes, onion, mushrooms, and garlic. Cook over medium heat until the liquid from the mushrooms completely evaporates and the mixture is somewhat dry. Be careful not to burn it. Set aside to cool. In a large bowl, combine the tomato mixture, spinach, cottage cheese, tofu, and basil. Season to taste with pepper and salt.

On a cutting board, lay out a single layer of potsticker skins. Using a pastry brush, moisten the edges with water. Place 1 tablespoon of the spinach mixture onto the center of each skin. Cover with a second potsticker skin and press the edges together with the tines of a fork to seal. Cook the ravioli in boiling water or vegetable stock for 3 minutes, or until the potsticker skin is al dente. Serve hot.

## SUNFLOWER BROCCOLI

Dodie Kisler

Nutritional and loved by diabetics.

2 garlic cloves, minced 3 Tbsp. canola oil 2½ lb. fresh broccoli, cut into

florets (about 10 c.) 1/4 c. chicken broth

½ tsp. salt

½ tsp. dried oregano

½ tsp. pepper

2 Tbsp. sunflower kernels

In a large skillet, saute garlic in oil for 1 minute. Add broccoli; cook and stir for 3 minutes. Add the broth, oregano, salt, and pepper; cover and cook until broccoli is crisp tender, about 4 minutes. Sprinkle with sunflower kernels. Makes 10 servings.

## STIR FRIED BROCCOLI AND CHINESE MUSHROOMS

Roland Partlow, nephew LST534 Baker

Roland is a nephew to Lyle Kingsbury, Baker Third Class.

6 dried Chinese mushrooms 1 bunch fresh broccoli ½ c. mushroom soaking liquid 2 Tbsp. light soy sauce

1 Tbsp. rice wine or dry sherry

1 tsp. honey

3 Tbsp. peanut oil 1 Tbsp. cornstarch

Soak the Chinese mushrooms in 2 cups of hot water for 30 minutes. Strain and reserve ½ cup of the soaking liquid for the sauce. Trim and discard the mushroom stems and cut the caps in halves. Set aside. Rinse the broccoli and cut the tops into florets. Peel the stems and diagonally cut them in ½ inch slices. Mix the ingredients for the sauce in a small bowl, stirring to dissolve the sugar.

Place a wok over medium-high heat. When it is almost smoking, add the peanut oil. When the oil begins to smoke, add the broccoli and the mushrooms. Stir-fry for 2 minutes, then pour in the sauce and bring to a boil. Cook 1 minute. While the vegetables are cooking, dissolve the cornstarch in 2 tablespoons of cold water. Pour into the wok and stir constantly until the sauce thickens, about 30 seconds. Serves 4.

## **SWISS POTATO PIE**

Richard J. LaFlower, grandson to LST534 Baker

Great on a buffet table. Top with breaded fried tomatoes during summers harvest.

6 medium sized potatoes 6 Tbsp. butter, melted 1 tsp. salt 1/4 tsp. pepper 1/4 tsp. ground nutmeg 1 tsp. chopped parsley  $1\frac{1}{2}$  c. (6 oz.) diced Swiss cheese

1 c. cubed, cooked ham 1 medium onion, grated 3 eggs ½ c. milk **Paprika** 

Peel potatoes and cook in saucepan with water until tender; drain. Mash; stir in butter, salt, pepper, nutmeg, and parsley. Spoon about two thirds of potato mixture on sides and bottom of greased 11/2 quart or 2 quart baking dish. Set aside. In a medium bowl, combine cheese, ham, and onion; spoon this mixture into the potato lined dish. Beat together eggs and milk; pour over ham and cheese. Spoon (or pipe with a pastry tube) remaining potato mixture over top. Sprinkle with paprika. Bake at 400° for 30 to 35 minutes or until puffed and golden brown. Let stand 10 minutes; cut into serving portions. Makes 4 to 6 servings.

#### **TEXAS CHILI BULL**

Robert W. LaFlower, grandson to LST534 Baker

The jalapeno establishes the bull kick. Direct from the Rodeo. Family reunions and picnics love this one. Grandson to Baker Third Class on LST534, Lyle Kingsbury.

2½ lb. cubed beef stew meat Beer (enough to marinate the beef)

½ c. shortening

1 c. chopped green peppers

1 c. chopped onions

4 c. chopped fresh tomatoes

13/4 c. tomato sauce

5½ c. cooked pinto beans,

drained

2 Tbsp. chili powder

4 tsp. salt

1½ tsp. garlic salt

1/4 c. chopped jalapeno pepper (medium hot)

1/8 c. vegetable oil

4 tsp. cumin

1 tsp. oregano

5 tsp. Tabasco sauce

Marinate beef in beer for at least 8 hours. Drain beef; pat dry on paper towels. Brown in hot shortening in large kettle. Add peppers, onions, tomatoes, tomato sauce, and beans; cook on medium heat for 1 hour. Add spices, Tabasco, and jalapeno peppers; cook for 2 more hours. Makes 4 quarts.

## THUNDER AND LIGHTNING

Linda Alvers, eldest daughter

This dish was one of Henry Norman Alvers favorites. It takes a long time to peel and dice tomatoes, and Linda states that her dad could eat it up so quickly.

6 large ripe tomatoes (very ripe and juicy recommended)

1 medium green pepper

1 medium onion

3 tsp. salt or to taste

3 tsp. pepper or to taste

6 Tbsp. white vinegar

Can multiple the above ingredients. Peel and dice tomatoes into a big bowl. Dice green peppers into small pieces and add to tomatoes. Dice onion into small pieces and add to tomatoes and peppers. Add salt, pepper, and vinegar. Stir.

#### **VEGETABLE FRIED RICE**

Maki Kingsbury, Lyle's daughter-in-law

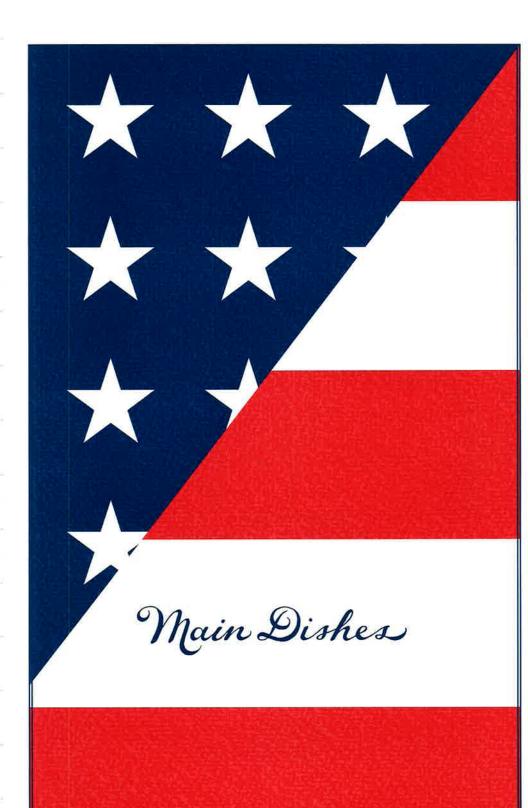
Miki is daughter-in-law to crewmember on the LST534, Lyle Kingsbury.

1/4 c. light soy sauce
3 Tbsp. rice wine or dry sherry
1/2 tsp. salt
6 Tbsp. peanut oil
2 eggs, lightly beaten

1 carrot, cut in ½ inch cubes 1 red bell pepper, cut in ½ inch cubes ½ c. frozen peas 4 c. cold cooked rice

Combine the ingredients for the sauce in a small bowl. Mix to blend well and set aside. Place a small skillet over medium heat. When it begins to smoke, add 2 tablespoons of peanut oil and the lightly beaten eggs. Stir until the eggs are firm but moist. Transfer the eggs from the skillet to a small bowl and break them into small curds. Set aside.

Bring 1 quart of water to a boil in a small saucepan. Add the carrots and boil 1 minute. Drain and rinse in cold water. Drain again and reserve. Place a wok over medium-high heat. When it begins to smoke, add the remaining  $\frac{1}{4}$  cup of peanut oil and the garlic. Stir briefly. Add the carrots, celery, red pepper, and peas. Stir-fry 1 minute. Stir in the rice and stir-fry 1 minute. Pour in the sauce and cook until the rice is heated through, about 5 minutes, stirring frequently. Serves 4.



MEAT	I RO	ASTI	NG	GII	IDE
		<b>M.</b> 3   1	INCA	1211	11.7

Cut	Weight Pounds	Approx. Time (Hours) (325° oven)	Internal Temperature
BEEF Standing rib roast			
(10 inch) ribs (If using shorter cut (8-inch) ribs, allow 30 min. longer)	4	1¾ 2 2½	140° (rare) 160° (medium) 170° (well done)
	8	2½ 3 4½	140° (rare) 160° (medium) 170° (well done)
Rolled ribs	4	2 2½ 3	140° (rare) 160° (medium) 170° (well done)
	6	3 3½ 4	140° (rare) 160° (medium) 170° (well done)
Rolled rump (Roast only if high quality. Otherwise, braise.)	5	2½ 3 3½	140° (rare) 160° (medium) 170° (well done)
Sirloin tip (Roast only if high quality. Otherwise, braise.)	3	1½ 2 2¼	140° (rare) 160° (medium) 170° (well done)
<b>LAMB</b> Leg	6	3 3½	175° (medium) 180° (well done)
	8	4 4½	175° (medium) 180° (well done)
VEAL Leg (piece)	5	2½ to 3	170° (well done)
Shoulder Rolled shoulder	6 3 to 5	3½ 3 to 3½	170° (well done) 170° (well done)

#### POULTRY ROASTING GUIDE

1 COLIMI MOACHING GOIDE			
Type of Poultry	Ready-To- Cook Weight	Oven Temperature	Approx. Total Roasting Time
TURKEY	6 to 8 lb. 8 to 12 lb.	325° 325°	2½ to 3 hr. 3 to 3½ hr.
	12 to 16 lb.	325°	31/2 to 4 hr.
	16 to 20 lb.	325°	4 to 41/2 hr
	20 to 24 lb.	300°	5 to 6 hr.
CHICKEN	2 to 21/2 lb.	400°	1 to 1½ hr.
(Unstuffed)	21/2 to 4 lb.	400°	1½ to 2½ hr.
	4 to 8 lb.	325°	3 to 5 hr.
DUCK (Unstuffed)	3 to 5 lb.	325°	2½ to 3 hr.

NOTE: Small chickens are roasted at  $400^\circ$  so that they brown well in the short cooking time. They may also be done at  $325^\circ$  but will take longer and will not be as brown. Increase cooking time 15 to 20 minutes for stuffed chicken and duck.

## MAIN DISHES



#### **BOEUF BOURGUIGNONNE**

Loretta LaCroix Kingsbury

My mother not only prepared this with perfection, it sounded like a song when she said it. We all miss her very much.

3 lb. stew beef, cut into 1½ cubes

1 medium onion, sliced

2 c. red wine

1 bay leaf

4 sprigs fresh parsley or 2 Tbsp. dried

1/4 tsp. thyme

2 Tbsp. cooking oil

½ tsp. salt

1/4 tsp. pepper

1 carrot, scraped and sliced

1 clove garlic, mashed

½ c. consomme

1/4 lb. salt pork, diced 24 small white onions

1 c. sliced mushrooms (fresh) or canned and drained

Combine the first 11 ingredients in a bowl and let stand for at least 4 hours, turning meat from time to time. Remove meat and pat dry with paper towels. Strain and reserve marinade. Brown meat in 2 tablespoons butter. Add flour and cook 3 minutes, stirring. Add consomme and reserved marinade and bring to boil. Cover, turn down heat, and simmer for 2 hours, stirring from time to time. Melt remaining 1 tablespoon butter in small saucepan. Add salt pork and onions. Cook over medium heat about 10 minutes, or until golden. Transfer salt pork and onions to stew pot. Add mushrooms. Bring to boil. Cover, turn down heat, and simmer 45 minutes longer, or until meat is tender. Serve with boiled potatoes, noodles, or macaroni. Serve 8 to 10.

Serve with your favorite rolls or bread and orange flavored butter ... any season will do.

## **BURGER BUNDLES**

Tracy LaFlower

One good way to feed company and still have time for homework.

2 lb. ground beef

**2**/3 c. milk

2 c. herb seasoned bread stuffing

2 cans condensed cream soup (mushroom or celery)

4 tsp. Worcestershire sauce

2 Tbsp. catsup

Wrap with a slice of bacon (if you desire)

Mix beef with milk. Divide into 10 patties. Form into rolled flattened 6x4 inch logs on waxed paper. Put equal amounts of stuffing over each patty and seal by rolling 6 inch side on top of stuffing and encase with 4 inch side, sealing in stuffing. Place in 3 quart casserole. Combine other ingredients and heat gently until smooth and bubbly. Pour over meat. Bake, uncovered, at 350° for 45 to 50 minutes. Serves 10.

Serve with French fries that can be dipped into gravy. (Use oven ready French fries.) The Frenchmans' catsup (gravy).

#### CHICKEN ENCHILADA CASSEROLE

Frank Frame, Seaman 1st Class

Evelyn Frame reveals a favorite with people of New Mexico. Seventeen year old Frank Frame boarded the LST534 in Wymouth, England in 1944.

1 doz. tortillas

1 can chopped green chile peppers

1 onion

1 c. grated Cheddar cheese, divided (see directions)

1½ c. cooked, diced chicken

1 can cream of chicken or cream of mushroom soup

1 large can evaporated milk

Cook tortillas in hot grease, turning quickly and not browning. Drain on paper towels. Mix soup, peppers, milk, onion, and chicken. Break tortillas in small pieces and add to mixture. Add  $\frac{1}{3}$  cup of cheese. Pour in greased casserole. Top with remaining cheese. Bake at  $325^{\circ}$  for 30 to 40 minutes.

# CHICKEN OR PORK CHOPS WITH CRANBERRY AND ONION SOUP SAUCE

James H. Miller

A favorite dish by everyone that lives near Jim in Mesa, Arizona. Pharmacist 1st class and food inspector on the LST534 during WWII.

- 1 (16 oz.) can whole cranberry sauce
- 1 env. Lipton onion soup mix
- 8 oz. bottle low fat French dressing

4 (4 oz.) boneless pork chops or chicken breasts

Pork Chops: Brown pork chops in nonstick skillet over medium heat. Mix well in bowl cranberry sauce, onion soup mix, and French dressing. Turn chops, pour cranberry mixture over chops, and bring to a boil. Lower heat, cover, and simmer for 10 minutes until chops are done and still tender.

Chicken: Doesn't need browning. Mix sauce ingredients and marinate chicken overnight in sauce. Bake at 325° to 350° for an hour or until chicken is done.

### CHICKEN OR RABBIT CACCIATORE

Angelo Cumella, storekeeper on LST534

Andy, confirms how Linda Alvers has changed the lives of the men of the LST534, and their wives.

Chicken Cacciatore:

3 Tbsp. olive oil

2 medium onions, sliced

3 cloves garlic, minced

2½ or 3 lb. chicken, cut up

2 stalks celery, sliced

1 lb. mushrooms, sliced

2 tsp. oregano

Salt and pepper

1 bouillon (chicken)

Rabbit Cacciatore - Add the last 15 minutes of cooking:

20 raisins

2 Tbsp. white vinegar

20 pignoli nuts

Chicken Cacciatore: In a large skillet, add olive oil, celery, onions, mushrooms, and garlic until tender. Remove ingredients from skillet and add cleaned cut up chicken for about 15 to 20 minutes, turning occasionally to cook evenly. If you need more oil, don't be afraid to add it to the cooking chicken. When that has cooked, put on a lid and cook for another 20 minutes with bouillon and a little water with the oregano, salt, and pepper and add previously cooked vegetables. If you need a little more liquid, add water and taste. Serve with or over rice.

Rabbit Cacciatore: Prepare as the Chicken Cacciatore, adding: About 20 raisins, 20 pignoli nuts, and 2 tablespoons of white vinegar the last 15 minutes of cooking. Do not add bouillon.

## **CHILEAN SEA BASS**

Betty Mawji

Betty is a good friend of Linda Alvers in New York.

1 lb. fresh Chilean sea bass 1 (14 oz.) can diced tomatoes with basil and oregano 1 (6 oz.) can sliced mushrooms, drained Lemon juice (optional)

Preheat oven at 350°, then in a greased 2 to 3 inch deep flat baking dish, place the fish in the middle. Add the can of tomatoes on top, then the mushrooms. Cover with aluminum foil and bake for an hour. Add favorite rice or potato. Lemon juice is optional. Serves 2 to 3.

## CODFISH CAKES WITH PAPAYA SALSA

Mabel Asselin

My great-aunt had these tasty little cakes ready for me every Friday. She is always in my memories.

Papaya Salsa:

1 medium size ripe papaya (about 14 oz.)

2 Tbsp. minced scallions

1 Tbsp. fresh lime or lemon juice

Additional ingredients:

12 oz. cod or scrod fillets 2 c. stiff mashed potatoes

½ c. lightly packed fresh

cilantro leaves, chopped fine

1/3 c. minced scallions

2 medium-size jalapeno

peppers, seeded and minced

1/8 tsp. ground cumin

1/8 tsp. ground black pepper

1½ tsp. minced fresh garlic

1 tsp. salt

1 large egg

1/4 c. vegetable oil

Make the papaya salsa: Peel, halve, seed, and finely chop the papaya. In a small bowl, mix the papaya with the scallions, lime juice, cumin, and black pepper. Set aside until ready to use.

Fill a large skillet with ½ inch of water. Add the fillets and bring to a boil over high heat. Reduce the heat to low. Cover and simmer for about 10 minutes, or just until the fish is opaque at its thickest part when tested with a fork. Drain off the water and cool the fish. Carefully flake the fish, discarding any bones (you should yield 2 cups of fish). In a medium-size bowl, mix the potatoes, cilantro, scallions, jalapenos, garlic, salt, and egg until blended. Stir in the flaked fish. Form the mixture into 16 patties, about ½ inch thick. In a large skillet, heat the oil over medium heat. Cook the patties in batches for about 2 minutes on each side, or until golden brown. Remove to a plate lined with paper towels to drain. Transfer the cod cakes to serving plates and serve right away with the salsa. Makes 4 servings.

Dried salted fish can be used.

## **COMPANY FRENCH TOAST**

Alice Hill, wife of LST534 crewmember

Odell Walter Hill, MoMM2c was a crewmember on the LST534.

1 stick butter

1 c. brown sugar 1 tsp. cinnamon 6 eggs 1½ c. milk

**Bread slices** 

Melt butter in a 9x13 inch pan. Add sugar and cinnamon and mix. Cover with 2 layers of bread. Beat eggs well, add milk, beat, and pour over bread. Cover and refrigerate overnight. Uncover and bake at 350° for 30 minutes. Cut in squares and invert on plate and serve.

## **CORNISH TWIN HENS**

Tracy M. LaFlower, Lyle Kingsbury's granddaughter

A real show-stopper combining good taste and appearance. Grand-daughter to Lyle Kingsbury, the baker on the LST534.

- 4 Cornish hens
- 2 Tbsp. butter or margarine, melted

Pecan Stuffing:

4 Tbsp. butter or margarine <sup>1</sup>/<sub>4</sub> c. onion, chopped <sup>1</sup>/<sub>2</sub> tsp. salt

1½ c. cooked white rice ½ c. pecan halves

Port Wine Sauce:

½ c. butter or margarine
½ c. minced onion
Tbsp. flour
Tbsp. meat-extracted paste or
bouillon cubes

3 Tbsp. currant jelly
1 c. dark sweet cherries,
drained and pitted
3/4 c. port wine
1 c. water

The Hens: Brush the hens with butter or margarine. Dredge with flour. Stuff the cavities with Pecan Stuffing without overstuffing. Place, uncovered, in a  $450^{\circ}$  oven for 45 minutes or until tender. Transfer to a heated serving platter. Top with Port Wine Sauce.

Pecan Stuffing: Saute the onion in butter or margarine. Add the other ingredients. Toss lightly.

Port Wine Sauce: Cook the onion in butter, stirring, until tender; remove from the heat. Stir in the flour, meat-extract paste or bouillon, currant jelly, and water. Cook, stirring, over medium heat until thickened. Add the wine and cherries and heat just to boiling. Stir gently so as not to bruise the cherries. Serves four.

#### FIVE AND ONE-HALF HOUR STEW

Helen Cress, wife of LST534 crewmember

Oscar D. Cress, GMC3C LST534 crewmember, Gunners mate Third Class. This recipe given to the Cress family 50 years ago.

3 lb. beef stew

6 large potatoes, quartered

6 large carrots, cut in 1½ inch

pieces

1 lb. frozen peas

1 can tomato soup

1 can water

1 tsp. salt

3 bay leaves

In large roasting pan, put beef, potatoes, carrots, and peas. Mix together tomato soup, water, and salt. Pour over top of beef. Add vegetables. Add bay leaves on top. Cover and cook  $5\frac{1}{2}$  hours. Add more soup and water, if needed during cooking. Bake at 250° for  $5\frac{1}{2}$  hours.

#### FRENCH PORK PIE

Irene LaFlower

Made every New Year by another woman we all love and miss, Marie LaFlower's mother-in-law.

Crust:

1 c. shortening

1 tsp. salt

3 c. flour

<sup>2</sup>/<sub>3</sub> c. water

Filling:

2 lb. ground pork

1 lb. ground beef

1 c. hot water

1/4 tsp. nutmeg

1/4 tsp. allspice

2 tsp. salt

½ c. chopped onion

¼ tsp. pepper

3 c. bread crumbs

Crust: Cut half the shortening into salted flour, then add remaining  $^{1}\!\!/_{2}$  cup shortening. Mix well and stir in water. Roll out top and bottom pastry for 10 inch pie.

Filling: Mix all ingredients together in a large skillet and cook until meat looks done. Cool completely. Place meat in pastry lined pie plate and top with a slice of meaty salt pork and top with slitted pastry lid. Bake in  $325^{\circ}$  oven for  $1\frac{1}{2}$  hours or until pie is nicely browned. Serve with mashed and riced potatoes. Serves 6 to 8.

At Christmas we make the turnovers and serve with favorite cheeses, pickled beets, pickles, and other appetizers and forego the potatoes.

#### GRILLED SALMON STEAKS WITH MUSTARD DILL SAUCE

Marie L. LaFlower

A Real Sailors Catch.

2 Tbsp. white wine vinegar or cider vinegar

2 Tbsp. sugar

1 Tbsp. dill weed

3/4 tsp. salt

1/8 tsp. pepper

4 salmon steaks (1 inch thick)

Mustard Dill Sauce:

3 Tbsp. mayonnaise

3 Tbsp. Dijon mustard

3 Tbsp. sugar

4 tsp. white vinegar or cider vinegar

1/4 tsp. pepper

In a large resealable plastic bag or plastic container, combine the first five ingredients. Add salmon and seal container of preference. Turn to coat. Refrigerate for 1 hour, turning occasionally. In a small bowl, combine the sauce ingredients. Cover and refrigerate. Drain salmon, discarding marinade. Grill salmon, covered, over medium hot heat for 5 minutes. Turn and grill 7 to 9 minutes longer or until fish flakes easily. Serve with the Mustard Dill Sauce. Makes 4 servings.

#### **HUNGARIAN PORK CHOP BAKE**

Anna M. Heal, friend of the Alvers'

A 1939 classmate and good friend of Marian Alvers. This recipe is twenty-five years old.

 $1 (5\frac{1}{2} \text{ oz.})$  potatoes au gratin

 $2\frac{1}{2}$  c. water

Prepare according to directions.

4 c. coarsely chopped cabbage ½ c. pimento, chopped

Salt and pepper 4 to 6 center cut pork chops

Mix potatoes, cabbage, and pimento. Put in a 9x13 inch casserole dish. Top with pork chops. Salt and pepper. Bake, uncovered, in a  $400^\circ$  oven for 50 to 55 minutes, until tender and thoroughly cooked.

#### IRISH CORNED BEEF AND CABBAGE

Barbara Reardon, a good friend of Marie LaFlower

To think that the first potato grown in the USA was in New Hampshire in the early 1700's.

4 lb. corned beef 1 onion, stuck with 6 cloves Pepper Cold water 2 onions 1 sprig thyme 1 bunch parsley, bound 1 whole carrot together 1 (2 lb.) cabbage

Tie the beef into a neat shape. Put it into a large pot and cover with cold water. (No salt, please.) Add all the other ingredients, except the cabbage, and bring very slowly to a boil, with the lid off the pot so that you can see what is happening. Simmer very gently for 3 hours. Skim when a scum rises. Remove the thyme, parsley, and cloved onion. Now add the cabbage, which has been cut in quarters and well washed in cold salted water. Simmer for 20 minutes, or until the cabbage is cooked. Remove the meat and cut the string. Strain the cabbage, pepper well, and serve on a dish surround by the beef. Serves 6 to 8.

The Irish Reardon clan always serve their favorite Irish potatoes with this dish. Or is the famed potato the dish?

#### LASAGNA

Cindy Zarate, LST534 daughter

Henry Alvers' youngest daughter got this recipe 25 years ago and has altered the cheeses from cottage to Ricotta.

8 oz. noodles, cooked and drained

1 Tbsp. Pompeian olive oil, added to noodles and water

Cheeses:

15 oz. cottage cheese

½ c. grated Parmesan cheese

8 oz. Mozzarella cheese, sliced

Meat Sauce:

1 medium onion, minced 2 cloves garlic, minced

2 Tbsp. oil

1 lb. lean beef

1 (28 oz.) can tomatoes

1 (6 oz.) can tomato paste

1 tsp. salt

1 bay leaf ½ to 1 tsp. Jamaica allspice,

ground

½ tsp. sugar

1 tsp. basil

2 c. water

Meat Sauce: Brown 1 medium onion and 2 cloves garlic. Add beef and brown. Add tomatoes, tomato paste, salt, sugar, basil, bay leaf, and Jamaica -/

allspice. Add water and simmer, uncovered, about 11/2 hours. Stir occasionally. Spread ½ cup sauce in a 13x9x2 inch pan. Make layer each of noodles, cottage cheese, Mozzarella, sauce, and Parmesan cheese. Repeat twice. Bake at 350° for 45 minutes to 1 hour.

# MAPLE GLAZED SQUAB BREAST

Gary Lyle Kingsbury, son

Brother of Marie L. LaFlower, author of Aroma In The Galley, and son of Lyle Kingsbury, crewman of LST534.

3 whole squab breasts 2 c. maple syrup ½ c. olive oil 6 spring roll wrappers

3 heads Baby Red Oak lettuce

3 heads Baby Green Oak lettuce

1/4 c. sun-dried blueberries

1 c. olive oil 1/3 c. white wine

Marinate squab breasts overnight in refrigerator with maple syrup and olive oil. Grill squab breast over medium heat until halfway cooked. Place in oven to finish to desired temperature (approximately 12 minutes). Split each of the lettuce heads in half. Combine red and green halves to make (3) whole heads. Wrap spring roll wrapper around a mold (cup or vase, example, stainless steel measuring cup). Bake in oven at 325° until golden brown. Blend blueberries, olive oil, and white wine until smooth; salt and pepper to taste. Toss lettuce with dressing and place in spring roll. Place glazed squab breast on top of lettuce and serve. Serves 3.

# OVEN BAKED HADDOCK

Linda Poirier

Good Friday couldn't be nicer with this entree - better than ordinary frying.

2 lb. fish fillets 1 tsp. salt 1 c. milk

1 c. butter or margarine, melted Lemon wedges

Cut the fillets into serving pieces. Dip the fillets in milk and roll in the corn flake crumbs. Place on a shallow, well-greased baking pan, skin down. Sprinkle each piece with melted butter or margarine. Bake in a 500° oven for 10 to 12 minutes, or until the fish flakes. Garnish with lemon wedges. Serves 4 people.

### PAN-FRIED GOLDEN CHICKEN

Luther Curtis Lyles, S2c LST534

Luther's wife found this recipe in a Fluffo cookbook. Good friend of Linda's.

½ c. enriched flour2 tsp. salt6 to 8 pieces frying chicken

½ c. oil for frying Parsley or paprika (optional)

Mix flour and salt. Roll chicken in the seasoned flour. In a large skillet, heat oil over medium heat. Cook the floured chicken in the hot oil until browned, turning frequently with tongs, so the pieces become golden. Reduce heat to low, cover, and cook for about 30 minutes or until tender. Uncover during the last 10 minutes for crisp chicken. Add parsley or paprika. Serves 6.

### PORK ROAST WITH MUSTARD-PEPPERCORN CRUST

Richard Joseph LaFlower

A tradition at Christmas. You'll crave this roast and gravy.

4½ lb. boneless pork roast

1 Tbsp. butter or margarine

Make a paste of following ingredients - Rub for roast that's been cooled for 10 minutes:

1/4 c. butter or margarine, softened2 Tbsp. Dijon mustard

1 Tbsp. whole mustard seeds

3 Tbsp. cracked black or gourmet blend peppercorns

2 tsp. brown sugar 2 tsp. dried thyme

Cider Gravy - A must for this roast:

 $1\frac{1}{2}$  c. apple cider

3 Tbsp. brandy (apple flavored is good)

2 Tbsp. butter or margarine

2 Tbsp. flour

3/4 c. chicken broth 1 Tbsp. cider vinegar

1 tsp. Dijon mustard.

Preheat oven to 475°. Position rack in lowest third of oven. Melt 1 tablespoon butter in heavy, large skillet on medium-high heat. Cook roast until brown on all sides, about 4 minutes per side. Remove from skillet and transfer to roaster pan; cool 10 minutes. Put above rub ingredients all over cooled roast. Instructions for making the cider gravy below.

In the skillet used to brown the roast, boil cider until reduced by half to  $\frac{3}{4}$  cup (about 5 minutes). Scrape up any browned bits. Stir in brandy; boil 1 minute longer.

In medium saucepan, over medium-high heat, melt butter. Stir in flour to form a roux. Stir about 2 minutes. Whisk in cider mixture and broth.

Simmer until thickened, stirring occasionally, about 2 minutes. Remove from heat and mix in vinegar and mustard. Serves 6 to 8.

Can be made ahead and reheated. Can substitute 2 tablespoons pan drippings for butter.

# ROYAL CROWN ROAST OF PORK WITH FRUIT DRESSING

Linda Poirier

Variation: Roast without dressing and fill center of meat with cooked mushrooms and peas or Brussels sprouts just before serving.

Lemon juice 1 (7 to 8 lb.) crown pork roast (about 12 ribs), all fat removed Salt and freshly ground pepper

Fruit Dressing:

½ c. Dijon mustard2 Tbsp. soy sauce2 garlic cloves, minced

1 tsp. sage ½ tsp. marjoram ==

Additional ingredients:

Fresh or preserved kumquats or paper frills (garnish) Raw cranberries or grapes, strung on heavy thread (optional garnish) Cucumberland Sauce (optional)

Preheat oven to 325°. Moisten paper towel with lemon juice and rub over roast. Insert meat thermometer into meaty section of roast, being sure not to touch bone. Place roast on rack in roasting pan and sprinkle with salt and pepper. Cover exposed ends of bones with foil to prevent burning; crumble additional foil and place in center of roast to help retain shape. Roast, uncovered, 1 hour. While roast is cooking, prepare dressing.

Combine mustard, soy sauce, garlic, sage, and marjoram and baste roast with mixture. Continue cooking 1 hour, basting after 30 minutes with pan juices. Remove foil from center and paint inside of roast with juices. Pack dressing into center of roast. Cover dressing with foil and continue cooking until meat thermometer registers  $170^{\circ}$ , about 1 to  $1\frac{1}{2}$  hours more. Remove foil from bone tips and cover each with kumquat or paper frill. Loop cranberries between bones, allowing them to drape around sides of roast. Serve with Cumberland Sauce on the side if desired.

### SALMON LACROIX

Martin Croix Restaurant

Salmon never tasted so good. If you can catch it fresh from upstream, even better.

1 lb. salmon (cut in 4 oz. pieces)

Salt and pepper

 $\frac{1}{2}$  c. flour

2 eggs, slightly beaten

Oil

Topping:

3 Tbsp. butter <sup>1</sup>/<sub>4</sub> c. flour 1<sup>1</sup>/<sub>2</sub> c. milk

Dill to taste Fresh Parmesan

Dip salmon in egg. Dredge salmon in flour. Add salt and pepper. Saute in oil 2 minutes on each side until golden brown. Place saute pan in oven. Bake in 450° oven for 4 minutes (more or less). Melt butter in saute pan. Add enough flour to make paste. Add milk slowly and stir until thickened; add dill to taste and freshly ground Parmesan. Top with dill sauce. Great with asparagus.

### **SAUERBRATEN**

Larry Lord, Boat, and executive officer

A recipe from Larry's German branch of the family and enough to give to the neighbors says Larry.

Sauerbraten:

4 to 6 lb. sirloin tip, chuck or rump

1 c. vinegar 3 c. water

1 medium to large onion, cut

in slices 10 peppercorns (15 if 6 or

more lb. meat)

3 Tbsp. whole mixed spices

1/4 c. salt

1 to 2 sliced carrots

2½ c. shortening

½ to ½ c. (or as much as needed) brown sugar

½ c. flour

2 to 4 gingersnaps

½ c. red wine

Red Cabbage to go with Sauerbraten:

2 medium heads red cabbage

2 medium sweet onions

3 large apples

1½ Tbsp. bacon fat

1 tsp. salt ½ c. sugar

2 c. water

2 bay leaves

4 whole allspice

4 cloves, heads removed

8 to 10 peppercorns

Sauerbraten: Mix vinegar, water, onions, spices, salt, and carrots. Pickle meat in this brine for 3 or 4 days; turn once in a while (about every 6 to

8 hours). Save brine for making gravy later. Grease a heavy roasting pan with shortening; roast meat at 300° for about 2 hours or until meat is brown on both sides and almost done. Sprinkle sugar over meat and roast for 10 to 15 minutes more, turning meat while roasting, until sugar is dissolved and meat is nice and brown. Add flour and gingersnaps to brine meat was pickled in, mix well, and pour over meat. Roast meat for ½ hour more or until gravy is creamy and thick. Take meat out and set aside to cool. Stir wine into gravy and then remove grease from gravy and strain. During roasting, if meat appears dry, baste it with the pickling brine!

Red Cabbage to go with Sauerbraten: Wash, peel, and slice cabbage. Mix together cabbage, onions, and apples. Add bacon fat to the mixture. Add remaining ingredients to cabbage mixture and simmer for  $1^{1}/_{2}$  to 2 hours. Thicken slightly with a small amount of corn starch.

### SAUTERNE PORK CHOP BAKE

Larry Lord, small boat officer on LST534

Larry recalls my father and the other cooks catching a fresh breeze, during their breaks at the fantail end of the LST534.

4 medium pork chops Flour Cooking fat or oil 1/4 tsp. pepper 3/4 c. California sauterne (or substitute red wine of choice)1/4 c. apple jelly

otil brown Place in casser

Dredge chops in flour. Fry in fat until brown. Place in casserole dish and season. Blend wine and jelly and pour over the chops. Cover and bake in a moderate  $300^{\circ}$  oven for one hour.

# SHIPYARD PIE

Evelyn Hill, wife of LST534 crewmember

Charles Hill, husband of Evelyn, was S2c aboard the LST534 during World War II.

1½ lb. ground beef
½ c. onions, chopped
1 green pepper, chopped
1 can tomato sauce

½ c. Parmesan cheese1 stick butter1 can evaporated milkSome mashed potatoes

Brown beef, onions, and peppers until the meat turns brown; add tomato sauce. Pour into casserole dish. Mash potatoes with evaporated milk, half cup of Parmesan cheese, butter, and salt to taste. Put on top of meat and bake at 350° until light brown. Serves 4 to 6.

### SHRIMP AND CRABMEAT COMBO

Martin Croix Restaurant

Wonderful casserole for any event.

½ lb. macaroni

1 Tbsp. salt

1 Tbsp. vegetable oil

4 Tbsp. butter or margarine

½ lb. fresh mushrooms, sliced

2 Tbsp. butter or margarine

1 c. light cream

1 (10 oz.) can cream of mushroom or shrimp soup 3/4 c. grated sharp Cheddar cheese

1 lb. cooked shrimp, shelled and deveined

1 c. cooked crabmeat

1 c. soft bread crumbs

1 Tbsp. butter or margarine

Add the salt and vegetable oil to 3 quarts boiling water. Add the macaroni and boil rapidly for 10 minutes. Drain and toss with 4 tablespoons butter or margarine.

Saute the mushrooms in 2 tablespoons butter or margarine for about 5 minutes, shaking the pan frequently. Mix the cream, mushroom or shrimp soup, and Cheddar cheese together and add to the macaroni. Add the mushrooms, shrimp, and crabmeat, which has been cut into bite-size pieces. Place in a buttered casserole; top with soft bread crumbs which have been tossed with the 1 tablespoon melted butter or margarine. Bake in a 350° oven for 25 minutes. Goes great with garden sliced tomatoes. Serves 6.

# **SOLE FISH FRY**

Helen Kingsbury

Salt and paprika for dipping spice.

8 c. vegetable oil

2 lb. sole fillets

Batter:

3/4 c. all-purpose flour
 1/2 tsp. smoked paprika (sweet or hot) or 1 tsp. regular paprika (sweet or hot)

1 c. chilled fresh seltzer or club soda

Heat oil in a 4 quart heavy pot over moderate heat until thermometer registers  $375^{\circ}F$ .

Make batter: Pat sole dry, then cut crosswise on a diagonal into  $\frac{1}{2}$  inch wide strips. Whisk together flour, remaining paprika,  $\frac{3}{4}$  teaspoon salt, and  $\frac{1}{4}$  teaspoon pepper, then whisk in seltzer. Working with 6 pieces at a time, dip fish in batter to coat, shaking off excess, and fry, turning occasionally, until golden brown and fish is just cooked through (cut a piece open to test), 3 to 4 minutes. Transfer with a slotted spoon to paper towels to

drain, then sprinkle with some of paprika salt. Skim any bits of fried batter from pot and return oil to 375°F. between batches.

### **SPAM BAM**

Marian Alvers, wife of Coxwain H. Alvers

Henry Alvers' wife submitted this economized, tasty recipe from a friend in California named Sherry.

8 medium size potatoes
2 (14½ oz.) cans French style green beans

1 or 2 slices onion, diced

Cut potatoes into quarters. Cover with water; add onions and boil. When potatoes and onions are  $\frac{2}{3}$  cooked, add green beans (drained of water). Add diced Spam. Cook until potatoes are done. Keep potatoes covered with water. Makes 4 servings.

### SUPER BAKED SHRIMP IN GARLIC

Michael Poirier, grandson to Lyle Kingsbury

Michael is the grandson of Lyle Kingsbury, baker on the LST534.

2½ lb. large raw shrimp ½ c. butter or margarine 1 tsp. salt 6 cloves garlic, minced 1/3 c. chopped parsley
3 tsp. grated lemon peel
3 Tbsp. lemon juice
Lemon wedges or lemon grass

Shell the shrimp, devein, wash, and drain on a paper towel. Melt the butter or margarine in a 13x9x2 inch baking dish. Add the salt, garlic, and half of the parsley. Arrange the shrimp in a single layer in a baking dish. Bake, uncovered, in a 400° oven for 5 minutes. Turn the shrimp and sprinkle with the lemon peel, lemon juice, and remaining parsley. Bake 8 to 10 minutes more, or just until tender. Arrange on a heated platter. Pour the garlic butter over all. Garnish with lemon wedges or lemon grass. Serves 6.

# STUFF ON A SHINGLE!

Norris C. Long, QM2C, on the LST534

A clean Naval version of the Army's scramble to enjoy from our QM2C on the LST534, Norris.

1 lb. ground turkey

1 can condensed chicken soup

Topping choices:

Chow Mein noodles Toast Rice Worcestershire sauce Soy sauce Cook turkey over low heat and separate into small pieces until juices are evaporated. Add soup and water to right consistency. Add flavoring to suit taste and spoon over choice of toppings.

# SWEET-AND-SOUR SHRIMP WITH ONION AND RED PEPPER

Gary Lyle Kingsbury, LST534 son

Lyle's son Gary was a Green Beret with the 101st and 82nd airborne during the Vietnam War. Gary is putting out a cookbook soon, too. Known for his hearty back yard barbecues.

- 1 lb. unpeeled, medium-size fresh shrimp
- 1 Tbsp. dry sherry
- 6 tsp. cornstarch, divided
- 3 tsp. vegetable oil, divided
- 4 thin slices fresh ginger
- 4 green onions, cut into 1 inch pieces
- 2 garlic cloves, minced
- 1 small red bell pepper, cut into thin strips

- 1 (6 oz.) can unsweetened pineapple juice
- 1 Tbsp. cider vinegar
- 1 Tbsp. lite soy sauce
- 1 Tbsp. orange juice concentrate, thawed
- 2 Tbsp. water
- 2 c. hot cooked jasmine rice

Peel shrimp and devein. Whisk together sherry and 2 teaspoons cornstarch in a medium bowl; add shrimp, coating well. Chill 30 minutes, turning occasionally. Heat 2 teaspoons vegetable oil in a large nonstick skillet or wok at medium-high 2 minutes. Add ginger and next 3 ingredients; cook 1 minute or until tender. Remove vegetables from skillet; discard ginger. Remove shrimp from marinade, discarding marinade. Heat remaining 1 teaspoon vegetable oil in skillet; add shrimp and cook, stirring often, 2 minutes or until shrimp turn pink. Return vegetables to skillet; stir in pineapple juice and next 3 ingredients. Stir together 2 tablespoons water and remaining 4 teaspoons cornstarch; add to shrimp mixture. Bring to a boil; cook, stirring constantly, 1 minute or until thickened. Serve over rice. Serves 4.

# TERIYAKI SAUCE

Darleen Olson, Captain Olson's daughter

My father like to cook. Spam wasn't allowed in our house. My mother cooked it only when Dad was shipped out for overseas duty.

- 1 c. soy sauce
- 2 Tbsp. brown sugar
- 3 or 4 garlic cloves, minced

1 inch piece of ginger root, grated

Marinate steaks, hot dogs, or hamburger in the sauce overnight. The next morning, go to the beach, grill, and enjoy in the afternoon.

### **TEX-MEX SPECIALTY**

Wayne E. LaFlower

A mild Anaheim pepper adds a hint of heat to this hearty, full-flavored stew.

1/4 c. all-purpose flour
2 lb. boneless pork shoulder, cut into 1 inch cubes
1/4 c. cooking oil
1 medium onion, chopped
1 (11 oz.) can tomatillos, drained and crushed
1 c. chicken broth

½ c. snipped fresh cilantro
1 fresh Anaheim pepper, chopped (about ½ c.)
1 Tbsp. dried oregano, crushed
1 tsp. salt
½ tsp. ground black pepper
Hot cooked rice
½ c. dairy sour cream

Place flour in a plastic bag. Add pork cubes, a few at a time, shaking to coat. In a large skillet, brown meat, half at a time, in hot oil. Drain off fat. Return all of the pork to skillet. Stir in onion, tomatillos, chicken broth, cilantro, Anaheim pepper, oregano, salt, and black pepper. Bring to boiling; reduce heat. Cover and simmer about 45 minutes or until pork is tender. Serve over rice. Top each serving with some of the sour cream. Makes 6 servings.

# **TIPSY TENDERLOIN**

Stephanie Wilson Evans, daughter

Daughter of crewmen John C. Wilson EM2c, sent in this recipe honoring her dad who served on the LST534.

1/3 c. dry white wine
1 tsp. Worcestershire sauce
1/3 c. brandy
2 Tbsp. water
3 Tbsp. lemon juice
2 Tbsp. butter

2 Tbsp. snipped chives 2 lb. pork tenderloin 1½ tsp. salt Mushrooms, sauteed ¼ tsp. pepper

Combine first 7 ingredients; place meat in a plastic bag. Add marinade and seal bag. Refrigerate overnight. Place meat in a shallow roasting pan. Roast 45 to 55 minutes in 425° oven, basting with half of marinade. Heat remaining marinade, water, and butter. Add sauteed mushrooms. Spoon over roast and serve.

.

### VEAL OR CHICKEN PARMIGIANA

Robert LaFlower, grandson to Lyle Kingsbury

Grandson to Lyle Kingsbury, crew member of the LST534.

The Savory Sauce:

3 finely minced, peeled cloves garlic

1 onion, minced

3 Tbsp. olive oil

2½ c. canned tomatoes

The Chicken or Veal:

1 lb. veal, or chicken cutlets, pounded thin

1 egg, beaten

11/4 tsp. salt

1/4 tsp. pepper

1 (8 oz.) can tomato sauce

1/4 tsp. oregano

1 c. grated Parmesan cheese

3 Tbsp. olive oil

The Sauce: In a saucepan, saute the garlic and onion in hot oil until golden. Add the tomatoes, salt, and pepper. Break up the tomatoes; simmer, uncovered, for 10 minutes.

The Veal or Chicken: Dip each piece of veal first in egg, then in a mixture of crumbs and Parmesan. Saute two or three pieces at a time in 1 tablespoon hot oil in a skillet. Brown on the bottom, loosen the crumbs from the skillet, and turn with a broad spatula. Saute until golden brown underneath. Set the veal or chicken slices side-by-side in a 13x9x2 inch baking dish. Repeat with the rest of the veal or chicken.

Putting it all together:

½ lb. Mozzarella or Muenster cheese

<sup>1</sup>/<sub>3</sub> c. grated Parmesan cheese

Slice the cheese thinly. Pour  $\frac{2}{3}$  of the tomato sauce over the veal or chicken, straining (if desired) the sauce. Arrange the cheese slices on top. Spoon on the rest of the sauce. Sprinkle with Parmesan. Bake at 350° for 30 minutes. Serves 4.

Muenster cheese and fresh Parmesan cheese is a pleasant change. Add a fresh salad with fresh fruit and artichokes and your favorite Italian bread.

# VEAL OR CHICKEN PICCATA

Marie L. LaFlower, daughter to Lyle Kingsbury

Demonstrate your true gourmet self and exceptional knowledge of good food by serving this dish. Delicate flavor and texture.

 $1\frac{1}{2}$  lb. veal or chicken cutlets  $\frac{1}{2}$  c. lemon juice

1 Tbsp. flour

4 Tbsp. butter or margarine 1 Tbsp. chopped parsley

1/8 tsp. pepper

Pound the cutlets until slices are flat and paper thin. Use your fist or a wooden mallet. Dredge lightly with flour. Heat the butter or margarine in a frying pan until bubbling. Saute each cutlet on both sides for about 3 minutes. Remove from the pan and keep warm. Reglaze the pan with lemon juice. Heat to boiling and pour over the cutlets. Sprinkle with chopped parsley and pepper. Serve with a delicate pasta of choice. Serves 4.

### VEGGIE BURGER

Jessica Timmins, fiancee to M. LaFlower's son

A lighter fare that's no bull.

1 small zucchini, grated 1 medium uncooked potato, peeled and grated 1/4 c. grated onion 3/4 c. egg substitute Pepper to taste
12 slices whole wheat bread,
toasted
Sliced red onion and lettuce
leaves (optional)

In a bowl, combine the first six ingredients; mix well. Pour about  $\frac{1}{2}$  cup batter onto a hot griddle lightly coated with nonstick cooking spray. Fry for 2 to 3 minutes on each side or until golden brown. Serve on toasted bread with onion and lettuce if desired. Add a spoon of your favorite salsa sauce or avocado sauce. Yield: 6 burgers.

### **WESTERN CHICKEN**

Maki Johnson, daughter-in-law to Baker Kingsbury

When East meets West it's delectable and understated.

3 to 4 lb. whole chicken

½ c. scallions3 large celery stalks

2 whole carrots

Salt and pepper

1 tsp. 5 seasoning ingredient

1 tsp. soy sauce

1 tsp. ginger

1 tsp. salt ½ tsp. pepper

2 Tbsp. cilantro

1 Tbsp. thyme

Keep on side:

Shiitake mushrooms, sliced

1 c. shredded carrots

1 c. shredded zucchini

Noodles:

1,000100

2 eggs ½ c. milk

2 c. sifted flour

4 Tbsp. canola oil

Topping:

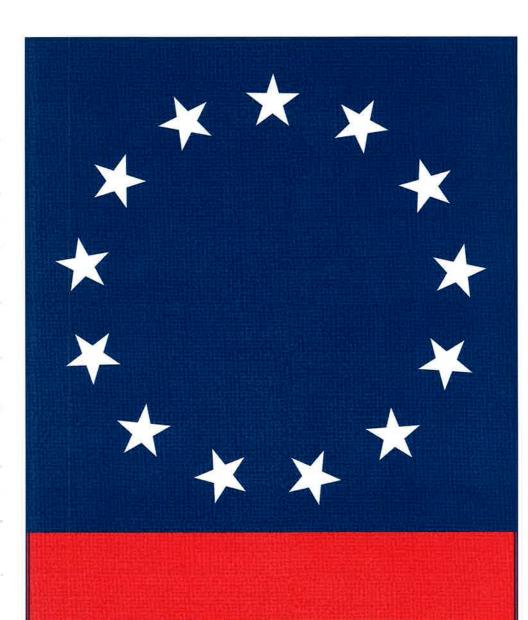
Shiitake mushrooms

Add the chicken to cold water. Place ½ cup scallions, salt, and pepper. Add 1 teaspoon 5 seasoning ingredient, 1 teaspoon soy sauce, and 1 teaspoon ginger. Simmer for ½ hour. Don't stir, broth will cloud. Let stand for 1 hour and cover tightly. Pick chicken from bone. Don't add back to broth. Take out celery stalks and whole carrots. Simmer broth only. Add ingredients below.

Meanwhile, shred the carrot and zucchini and slice the shiitake mushrooms. Place in broth and simmer till done, about ½ minute. In large bowls, add three or four dumplings. Top with chicken, that was deboned, vegetables, and beautiful broth. Add a sprinkle of the crunchy shiitake mushrooms.

Dumplings: Whisk 2 eggs; add milk, salt, pepper, thyme, and cilantro. With floured hands, make into  $\frac{1}{4}$  inch size balls. Place in boiling water for 5 to 6 minutes.

Topping: Slice mushrooms thin and fry in canola oil to brown. Drain on paper towel.



Breads, Rolls

### **MICROWAVE HINTS**

- 1. Place an open box of hardened brown sugar in the microwave oven with 1 cup hot water. Microwave at high for 1½ to 2 minutes for ½ pound or 2 to 3 minutes for 1 pound.
- 2. Soften hard ice cream by microwaving at 30% power. One pint will take 15 to 30 seconds; one quart, 30 to 45 seconds; and one-half gallon, 45 seconds to one minute.
- 3. One stick of butter or margarine will soften in 1 minute when microwaved at 20% power.
- Soften one 8-ounce package of cream cheese by microwaving at 30% power for 2 to 2½ minutes.
   One 3-ounce package of cream cheese will soften in 1½ to 2 minutes.
- Thaw frozen orange juice right in the container. Remove the top metal lid. Place the opened container in the microwave and heat on high power 30 seconds for 6 ounces and 45 seconds for 12 ounces.
- 6. Thaw whipped topping...a 4½ ounce carton will thaw in 1 minute on the defrost setting. Whipped topping should be slightly firm in the center but it will blend well when stirred. Do not overthaw!
- Soften jello that has set up too hard perhaps you were to chill it until slightly thickened and forgot it. Heat on a low power setting for a very short time.
- Dissolve gelatin in the microwave. Measure liquid in a measuring cup, add jello and heat. There
  will be less stirring to dissolve the gelatin.
- Heat hot packs in a microwave oven. A wet fingertip towel will take about 25 seconds. It depends on the temperature of the water used to wet the towel.
- 10. To scald milk, cook 1 cup milk for 2-21/2 minutes, stirring once each minute.
- 11. To make dry bread crumbs, cut 6 slices bread into ½-inch cubes. Microwave in 3-quart casserole 6-7 minutes, or until dry, stirring after 3 minutes. Crush in blender.
- Refresh stale potato chips, crackers, or other snacks of such type by putting a plateful in the microwave oven for about 30-45 seconds. Let stand for 1 minute to crisp. Cereals can also be crisped.
- 13. Melt almond bark for candy or dipping pretzels. One pound will take about 2 minutes, stirring twice. If it hardens while dipping candy, microwave for a few seconds longer.
- 14. Nuts will be easier to shell if you place 2 cups of nuts in a 1-quart casserole with 1 cup of water. Cook for 4 to 5 minutes and the nut meats will slip out whole after cracking the shell.
- 15. When thawing hamburger meat, the outside will many times begin cooking before the meat is completely thawed. Defrost for 3 minutes, then remove the outside portions that have defrosted. Continue defrosting the hamburger, taking off the defrosted outside portions at short intervals.
- 16. To drain the fat from hamburger while it is cooking in the microwave oven (one pound cooks in 5 minutes on high), cook it in a plastic colander placed inside a casserole dish.
- 17. Cubed meat and chopped vegetables will cook more evenly if cut uniformly.
- 18. When baking large cakes, brownies, or moist bars, place a juice glass in the center of the baking dish to prevent a soggy middle and ensure uniform baking throughout.
- 19. Since cakes and quick breads rise higher in a microwave oven, fill pans just half full of batter.
- 20. For stamp collectors: Place a few drops of water on stamp to be removed from envelope. Heat in the microwave for 20 seconds and the stamp will come right off.
- 21. Using a round dish instead of a square one eliminates overcooked corners in baking cakes.
- 22. When preparing chicken in a dish, place meaty pieces around the edges and the bony pieces in the center of the dish.
- 23. Shaping meatloaf into a ring eliminates undercooked center. A glass set in the center of a dish can serve as the mold.
- 24. Treat fresh meat cuts for 15 to 20 seconds on high in the microwave oven. This cuts down on meat-spoiling types of bacteria.
- 25. A crusty coating of chopped walnuts surrounding many microwave-cooked cakes and quick breads enhances the looks and eating quality. Sprinkle a layer of medium finely chopped walnuts evenly onto the bottom and sides of a ring pan or Bundt cake pan. Pour in batter and microwave as recipe directs.
- 26. Do not salt foods on the surface as it causes dehydration (meats and vegetables) and toughens the food. Salt the meat after you remove it from the oven unless the recipe calls for using salt in the mixture.
- 27. Heat leftover custard and use it as frosting for a cake.
- 28. Melt marshmallow creme in the microwave oven. Half of a 7-ounce jar will melt in 35-40 seconds on high. Stir to blend.
- 29. Toast coconut in the microwave. Watch closely because it browns quickly once it begins to brown. Spread ½ cup coconut in a pie plate and cook for 3-4 minutes, stirring every 30 seconds after 2 minutes.
- 30. Place a cake dish up on another dish or on a roasting rack if you have difficulty getting the bottom of the cake done. This also works for potatoes and other foods that don't quite get done on the bottom.

# BREADS, ROLLS



### APRICOT BREAD

Wayne E. LaFlower

This bread improves with age, so make it ahead.

1 c. dried apricots

3/4 c. hot water

2 Tbsp. butter, softened

1 c. sugar

1 egg 2 c. flour

Apricot Spread:

1 (3 oz.) pkg. cream cheese,

softened

2 Tbsp. apricots, chopped and softened

1 tsp. baking powder 1/4 tsp. baking soda

½ c. pecans, chopped

½ c. orange juice

1 tsp. salt

Cut apricots into pieces in small bowl; pour hot water over all. Let soften for 30 minutes. Drain; reserve 1/4 cup apricot water. Set aside apricot pieces. Combine butter, sugar, and egg in mixing bowl; cream well. In another bowl, combine flour, baking powder, soda, and salt. Add dry ingredients to creamed mixture, alternately with apricot water and orange juice. Stir in apricot pieces and pecans. Spoon into greased and floured 9x5 inch loaf pan. Bake at 350° for 55 to 60 minutes or until bread tests done with wooden pick. Make apricot spread by combining ingredients. Refrigerate until serving time. Makes 18 slices of bread.

# **BUTTERED DIP STICKS**

Virginia McNarmara

Bring on the red sauces.

<sup>1</sup>/<sub>3</sub> c. butter

 $2\frac{1}{2}$  c. flour

1 Tbsp. sugar

3½ tsp. baking powder

 $1\frac{1}{2}$  tsp. salt

½ to 1 c. sharp Cheddar

cheese, grated

1 c. milk

Toppings: Sesame seeds, garlic, onion, lemon pepper, salt, or celery salt.

Melt butter in 13x9 inch baking pan in 450° oven. Remove pan from oven when butter is melted. Set aside. In a large bowl, combine flour, sugar, baking powder, salt, and cheese; add milk and stir slowly with a fork. When dough clings together, turn onto well floured board. Roll to coat with flour. Knead gently 10 times. Roll dough into a 12x8 inch rectangle, ½ inch thick. Cut dough in half with sharp knife, then into 16 strips. Dip both sides of sticks in melted butter. Lay 2 rows in pan. Sprinkle with topping of choice. Bake at 450° for 12 to 15 minutes. Serve immediately. Yield: 32 sticks.

### **CORN BREAD**

Gary Welker

So popular it would said to make a Frenchman's belly ache.

1 c. plus Tbsp. vegetable oil

1 tsp. salt 1 c. vellow cornmeal 1/4 c. buttermilk

1 c. bleached all-purpose flour

2 tsp. baking powder

1 large egg

Preheat oven to 400°. Put 1 tablespoon of the vegetable oil into a 9 inch round baking pan or cast iron skillet. Put it in the oven to heat for at least 10 minutes. Stir together the cornmeal, flour, baking powder, salt, and cayenne in a large mixing bowl. Add the buttermilk, the remaining 1/4 cup oil, and the egg and stir just to blend. Pour the batter into the preheated pan. Bake until lightly golden brown, about 25 minutes. Let cool for 10 minutes before serving.

# **DOWN EAST BISCUITS**

Dolores LaCroix

Fresh wild (as garnish) mint in summer adds a fresh approach.

2 c. self-rising flour <sup>2</sup>/<sub>3</sub> c. milk

½ c. floured berries 1/4 c. shortening

Sift flour into bowl. Add milk and shortening; mix well. Fold in the floured berries. Roll dough ½ inch thick on floured board; cut biscuits with 2 inch cutter. Place on ungreased baking sheet. Brush with melted butter. Bake at 425° for about 20 minutes. Be gentle!

# EASY PARKER HOUSE ROLLS

Lyle Kingsbury

Just like a Parker House roll.

2 pkg. active dry yeast

1/4 c. lukewarm water

11/4 c. milk

3 Tbsp. sugar

2 Tbsp. butter

<sup>3</sup>/<sub>4</sub> tsp. salt

4 c. sifted all-purpose flour

Dissolve the yeast in lukewarm water. Place milk, sugar, butter, and salt in a pan; heat until lukewarm. Add yeast and flour and mix well. Place in a greased bowl and brush the top with melted butter. Let rise for 15 minutes. Turn out on a floured board. Pat until ¾ inch thick; cut into rounds with a floured biscuit cutter. Fold the rolls over and press the edges together lightly. Place on a greased baking sheet; let rise for 15 minutes. Bake in a 425° oven for 10 minutes. Brush with melted butter. Makes 3 dozen rolls.

# FRESH TOMATO AND ONION FOCACCIA WITH HERBS

Edson Pierce

Your favorite pizza dough recipe and some fresh garden tomatoes ... Italiano.

Pizza Dough ( $\frac{1}{2}$  recipe) - In bread machine or by hand create pizza dough:

1½ c. room temperature water

<sup>3</sup>/<sub>4</sub> tsp. salt

3 Tbsp. oil

3<sup>3</sup>/<sub>4</sub> c. bread flour

Add:

Herbs

21/4 tsp. yeast

Fold into dough:

1 tomato, seeded and chopped

1 onion, chopped

1/4 tsp. oregano 1/4 tsp. rosemary

1/4 tsp. basil

When bread machine stops: Add the tomato and onion by gently kneading into dough. Flatten into a circle or square. Put on a pizza pan; let rise for  $1\frac{1}{2}$  hours. Bake at  $400^{\circ}$  for 12 minutes. Just before bread is done, brush with  $\frac{1}{4}$  stick of butter. Serve with cheeses and tomato relishes. Makes enough for six hungry people.

# ITALIAN BREAD WEDGES

Butchy Welker

Taste great, serve with soups, salads, and pasta dishes.

3 tsp. active dry yeast

1 c. warm water (110° to 115°),

divided

1 tsp. sugar

Topping:

1/3 c. fat free Italian salad

dressing

1/4 tsp. garlic powder

1/4 tsp. dried oregano

1/4 tsp. dried thyme

2 Tbsp. canola oil

1 tsp. salt

 $2\frac{1}{2}$  to 3 c. all-purpose flour

Dash of pepper

1 c. (4 oz.) shredded part skim

Mozzarella cheese

1/4 c. grated Parmesan cheese

In a mixing bowl, dissolve yeast in ½ cup warm water. Add sugar; let stand for 5 minutes. Add the oil, salt, remaining water, and 2 cups of flour; beat until smooth. Stir in enough remaining flour to form a soft dough. Turn onto a floured surface; knead until smooth and elastic, about 6 to 8 minutes. Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 40 minutes.

Punch dough down. Turn onto a lightly floured surface; pat dough flat. Let rest for 5 minutes. Press into a greased 14 inch pizza pan. Spread with salad dressing. Combine the garlic powder, oregano, thyme, and pepper; sprinkle over dough. Top with cheeses. Bake at 450° for 15 to 20 minutes or until golden brown. Serve warm. Yields 12 slices.

### LACONIA GINGERBREAD

Loretta M. Kingsbury, Marie LaFlower's mother

When hearts were light and work heavy, Mother baked gingerbread.

1½ c. blueberries 2 unbeaten eggs ½ c. butter 1 c. molasses 1 tsp. soda ½ c. sugar

1 c. buttermilk or substitute (2 tsp. of vinegar in milk will make a sour milk that's great in this recipe)
2½ c. flour
1 Tbsp. ginger

Cream butter and sugar. Add eggs, buttermilk, and molasses; mix well. Sift together flour, soda, and ginger; gradually add dry mixture to molasses mixture, stirring until well blended. Do not overbeat. Carefully fold in the dry blueberries. Pour into greased floured 9 inch ring mold. Bake at 350° about 40 minutes. Unmold while warm. Serve warm or cold with whipped cream seasoned lightly with nutmeg or your favorite creamy butter.

# LEMON BREAD

Tobey West Labbe, Marie's step-sister

Why should lemon slices be the only lemon with fish dishes?

1 c. butter 2 c. sugar 4 eggs ½ tsp. salt ½ tsp. baking soda

1 c. buttermilk Grated rind of 1 lemon or 1 Tbsp. lemon peel spice

3 c. all-purpose flour

1 c. finely chopped pecans

Glaze:

Juice from 2 lemons or ½ c. lemon juice

1 c. confectioners sugar

Cream together butter and sugar in bowl on high speed. Blend in eggs, one at a time, beating after each addition. In another bowl, combine

salt, soda, and flour; add to creamed mixture alternately with buttermilk. Add lemon rind and nuts, stirring in by hand. Grease and flour one 9x5 inch loaf pan or two 7x3 inch pans, then line bottom with parchment paper or waxed paper. Spoon batter into pan(s) and bake at 300° for 1 hour and 20 minutes or until bread tests done with wooden pick. Let bread cool in pans for 10 minutes. Combine glaze ingredients; punch holes in bread with toothpick while still warm. Pour glaze slowly over bread. Cool completely before slicing. Makes 18 slices.

### LOYALIST BREAD

Rainelle West, Marie's step-sister

A color of yellow and blue specks makes this bread spectacular,

2 Tbsp. shortening

2 c. sugar

2 c. butter or sour milk

1 tsp. salt

5 c. flour

5 tsp. baking powder

2 c. blueberries

2 beaten eggs

1 tsp. baking soda 1 c. chopped nuts

Mix shortening, sugar, butter, and beaten eggs together. Sift flour, baking powder, soda, and salt together. Add chopped nuts and blueberries. Combine the two mixtures. Pour into two greased 9x5 inch loaf pans. Set aside for 20 minutes, then bake at 350° for 1 to 1¼ hours. Remove and cool on racks. Serve with favorite jam or flavored cream cheese.

# **NUT FILLED BUTTERHORNS**

Blanche Pierce, LST Baker Kingsbury's sister

A nice twist, instead of Danish.

3 (1/4 oz.) pkg. active dry yeast

1/4 c. warm milk (110° to 115°)

2 Tbsp. sugar

2 c. butter, softened

1 c. whipping cream

Filling:

6 egg whites

1 tsp. cream of tartar

1 c. sugar, divided

Icing:

3 c. confectioners sugar

2 Tbsp. butter, softened

5 to 7 Tbsp. milk

1 c. (8 oz.) sour cream

7 egg yolks ½ tsp. salt

8 to 8½ c. all-purpose flour

3 c. ground walnuts or pecans

2 tsp. ground cinnamon

½ tsp. almond or vanilla extract

In a large mixing bowl, dissolve yeast in warm milk; add sugar. Let stand for 5 minutes. Add butter, cream cheese, cream, sour cream, egg

yolks, salt, and  $2\frac{1}{2}$  cups flour. Beat until smooth. Stir in enough remaining flour to form a soft dough. Turn onto a floured surface; knead until smooth and elastic, about 6 to 8 minutes. Place in a greased bowl, turning once to grease top. Cover and refrigerate overnight.

In a mixing bowl, beat egg whites until foamy; add cream of tartar and beat until soft peaks form. Gradually add 2 tablespoons sugar, beating until glossy stiff peaks form. Fold in nuts. Divide chilled dough into fourths. On a lightly floured surface, roll each portion into a 12 inch circle; spread a fourth of the filling over each circle. Add cinnamon, if desired, to remaining sugar; sprinkle over filling. Cut each into 12 wedges. Roll up wedges from the wide end; place pointed side down 3 inches apart on greased baking sheets. Curve ends to form a crescent shape. Bake at 350° for 17 to 20 minutes or until golden brown. Remove from pans to wire racks to cool. Combine icing ingredients; drizzle over rolls. Makes 4 dozen.

# **OATMEAL ORANGE BREAD MUFFINS**

Durwood Kingsbury, cousin to Baker on LST534

Bread or muffin, it's still delicious.

2 c. all-purpose flour

3/4 c. sugar

4½ tsp. baking powder

½ tsp. baking soda

½ tsp. salt

1½ c. rolled oats

1 orange rind and sections

2 eggs, beaten

2 Tbsp. butter, melted

1 c. water

Stir together flour, sugar, baking powder, soda, salt, and oats; set aside. Mix in 1 tablespoon of additional sugar with grated orange rind and diced sections; set aside. Combine beaten eggs with butter, orange mixture, and water. Combine with dry ingredients; stir to blend (don't overmix). Pour into a  $1\frac{1}{2}$  quart loaf pan or greased muffin tins. Bake casserole or loaf at  $350^{\circ}$  for 45 to 50 minutes; muffins for 30 minutes.

# ORANGE BAKED FRENCH TOAST

Wayne E. LaFlower

Smells like a Florida orchard. Make a loaf of homemade bread for this recipe or use Texas Toast.

1 Tbsp. butter

12 slices French bread

8 large eggs 2 c. milk

1/4 c. sugar

1 tsp. vanilla

1 tsp. orange extract

1 tsp. grated orange

1/4 tsp. salt

Spread butter in a 14x8x2 inch pan. Arrange bread slices in a single layer. Combine remaining ingredients; beat together and pour over bread. Turn bread to coat evenly. Refrigerate overnight. Place on highest rack and

bake at  $350^{\circ}$  for 25 to 30 minutes until top is light golden brown and puffy. Turn slices over and bake an additional 5 to 7 minutes. Sprinkle with powdered sugar and serve with favorite syrup. Use your favorite butter. Yields 6 servings.

### **OREGANO FLATBREAD**

Barbara Reardon, Marie's best friend

A versatile bread with character and many variations.

1 tsp. active dry yeast

<sup>1</sup>/<sub>4</sub> c. warm water (about 120°)

1/4 c. olive oil

2 Tbsp. coarsely chopped fresh oregano

1 Tbsp. coarsely chopped fresh oregano

1 tsp. garlic

2 c. bleached all-purpose flour

½ tsp. salt

About 1/4 c. cornmeal for dusting

1 tsp. kosher salt

Combine the yeast and water in a large bowl and let stand for 5 minutes, or until the yeast looks creamy. Stir to dissolve the yeast. Stir in 3 tablespoons of the olive oil, the oregano, and garlic. Add the flour and salt, and stir well until a smooth ball forms. Sprinkle the cornmeal over a large baking sheet and place the dough in the center. Cover with plastic wrap or a damp kitchen towel and put in a warm, draft free place to rise until it doubles in size, about 50 minutes. Preheat the oven to 400°. Remove the towel; flatten the dough into a round with a rolling pin. Cut into 6 equal wedges. Flatten each wedge, pressing firmly with the palm of your hand, until very thin, about ½ inch. Transfer to ungreased baking sheets. Bake until golden brown, 10 to 12 minutes, switching the positions of the sheets from top to bottom halfway through the baking. Remove from the oven; brush the wedges with the remaining 1 tablespoon olive oil and sprinkle with the kosher salt before serving.

# **PUMPKIN RIBBON BREAD**

Marie L. LaFlower, author of cookbook

Thanksgiving wouldn't be the same if this bread didn't grace the festive table.

2 (3 oz.) pkg. cream cheese, softened 1/3 c. sugar 1 Tbsp. flour

1 egg

2 tsp. grated orange peel

Bread:

1 c. cooked pumpkin ½ c. vegetable oil 2 eggs 1½ c. sugar ½ tsp. salt

½ tsp. cloves
½ tsp. cinnamon
1²/₃ c. all-purpose flour
1 tsp. baking soda
1 c. chopped pecans

For filling, beat cream cheese, sugar, and flour together in a small bowl. Add egg; mix to blend. Stir in orange peel; set aside. Make bread by combining pumpkin, oil, and eggs in a large bowl. Add sugar, salt, cloves, cinnamon, flour, baking soda, and pecans; mix to blend. Pour one quarter of batter into two greased and floured  $7\frac{1}{2} \times 3\frac{1}{2} \times 3$  inch loaf pans. Carefully spread the cream cheese mixture over batter, covering filling. Bake at  $325^{\circ}$  for  $1\frac{1}{2}$  hours or until bread tests done with wooden pick. Cool 10 minutes before removing from pans. Store in refrigerator.

# TRADITIONAL IRISH SODA BREAD

Barbara Reardon, best friend of Marie LaFlower

Remember Soda Bread in Ireland is a tight textured bread used to soak up gravies or liquids in Irish Cookery.

1 Tbsp. butter or margarine4 c. white flour (cake flour best but not needed)1 tsp. salt

1 tsp. baking soda 1 c. buttermilk or 1 c. sweet

milk

Once the ingredients of flour, soda, and milk mix are combined, a yeastlike reaction occurs.

Rub the butter into the flour. Add the salt and soda; mix all well together by running the dry ingredients through your fingers. Add the buttermilk (or the sweet milk) and stir into a soft dough with a wooden spoon. Knead the following no more than 1 minute. With your floured hands, knead lightly into a ball and turn out onto a lightly floured baking sheet. Flatten the dough into a circle  $1\frac{1}{2}$  inches thick with the palm of your hand. Handle gently when placing in oven. Flour baking tile or baking sheet that has been heated before placing loaf on top for a couple minutes in hot oven. Make a cross in the center with a floured knife or go through with knife from one edge to the other, (but not cutting all the way through) if you want to break in fours, once baked. Bake at 425° for 30 to 35 minutes. Tap and listen for hollow sound when done. Will rise in the oven about 2 or 3 inches. Serves 6 to 8.

# WHITE BREAD

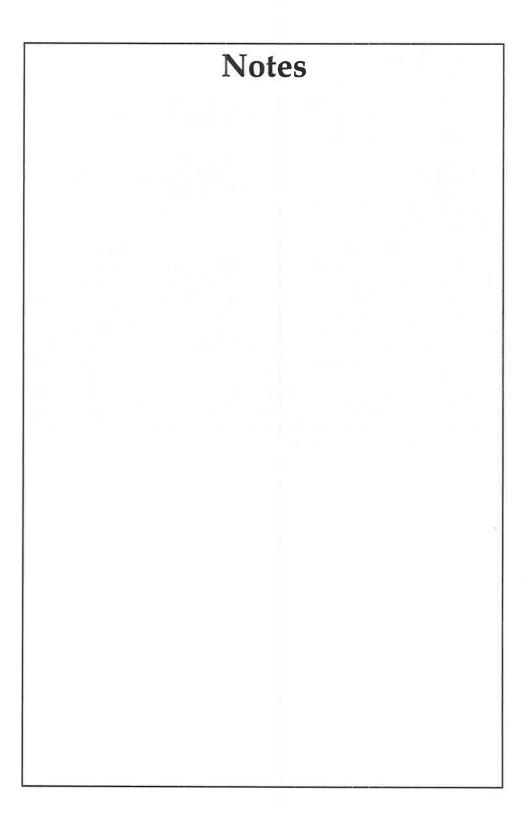
Lyle W. Kingsbury, LST534 Baker

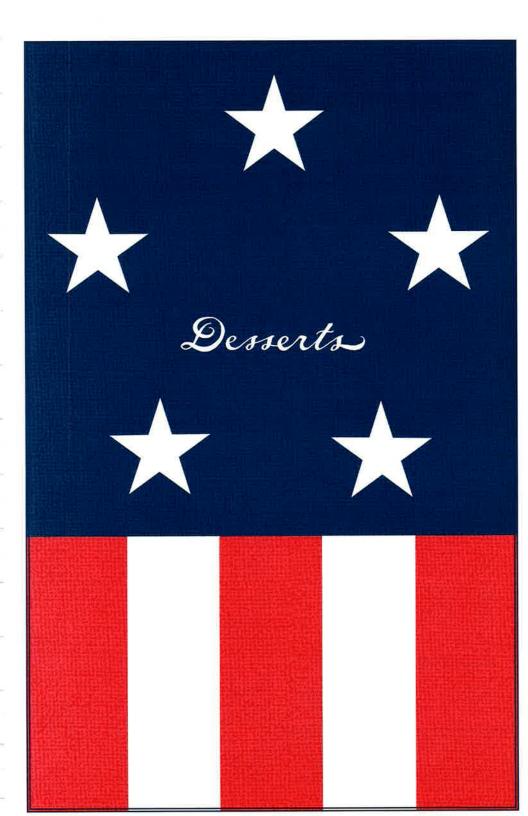
Lyle Kingsbury, Baker Third Class, would have liked to make this bread often while aboard the LST534. Lyle's bread aboard the LST534 took a bit longer and was labor intensed.

1 c. water 3 c. bread flour 3/4 tsp. salt Yellow cornmeal 1 slightly beaten egg white 1 Tbsp. water

1 tsp. active dry yeast or bread machine yeast

Add first 4 ingredients to bread machine according to the manufacturer's directions. Select the dough cycle. When cycle is complete, remove dough. Punch down. Cover and let rest 10 minutes. Divide dough in half. On lightly floured surface, roll each half into a 10x8 inch rectangle. Starting from a long side, roll up into a spiral; seal edge. Pinch and pull ends to taper. Place, seams down, on a greased baking sheet sprinkled with cornmeal. Combine egg white and 1 tablespoon water; brush some over top of loaves. Cover and let rise in a warm place for 35 to 45 minutes or until nearly double. With a very sharp knife, make 3 or 4 diagonal cuts about ¼ inch deep across the top of each loaf. Bake in a 375° oven for 20 minutes. Brush with remaining egg white mixture. Bake for 12 to 15 minutes more or until bread sounds hollow when lightly tapped. Remove from baking sheet; cool on wire rack. Makes 16 servings.





# **Common Baking Dishes and Pans**



**Spring** Form Pan



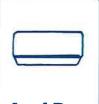
Layer Cake or Pie Pan



Ring Mold



Baking or Square Pan



**Loaf Pan** 



**Brioche** Pan



**Angel Cake** Pan



Tube

# **Equivalent Dishes** 4-CUP BAKING DISH

- = 9" pie plate
- $= 8'' \times 1^{1/4}''$  layer cake pan
- $= 7^{3/8}'' \times 3^{5/8}'' \times 2^{1/4}'' \text{ loaf pan}$

# 6-CUP BAKING DISH

- = 8" or 9" x  $1\frac{1}{2}$ " layer cake pan
- = 10" pie pan
- $= 8^{1/2}$ " x  $3^{5/8}$ " x  $2^{5/8}$ " loaf pan

### 8-CUP BAKING DISH

- = 8" x 8" x 2" square pan
- $= 11'' \times 7'' \times 1^{1/2}''$  baking pan
- $= 9'' \times 5'' \times 3'' \text{ loaf pan}$

# 10-CUP BAKING DISH

- = 9" x 9" x 2" square pan
- $= 11\frac{3}{4}$ " x  $7\frac{1}{2}$ " x  $1\frac{3}{4}$ " baking pan
- = 15" x 10" x 1" flat jelly roll pan

# 12-CUP BAKING DISH OR MORE

- $= 13\frac{1}{2}$ " x  $8\frac{1}{2}$ " x 2" glass baking dish
- = 13" x 9" x 2" metal baking pan
- $= 14'' \times 10^{1/2}'' \times 2^{1/2}''$  roasting pan

# **Total Volume of Pans**

### **TUBE PANS**

7½" x 3" Bundt tube	6 cups
$9'' \times 3\frac{1}{2}''$ fancy or Bundt tube	9 cups
9" x 3½" angel cake pan	12 cups
10" x 33/4" Bundt tube	12 cups
$9'' \times 3\frac{1}{2}''$ fancy tube mold	12 cups
10" x 4" fancy tube mold	16 cups
10" x 4" angel cake pan	18 cups

# SPRING FORM PANS

8" x 3" pan	12 cups
9" x 3" pan	16 cups

### RING MOLDS

8½" x 2¼" mold	$4\frac{1}{2}$ cups
9½" x 2¾" mold	8 cups

#### **BRIOCHE PAN**

$9\frac{1}{2}$ " x $3\frac{1}{4}$ " pan 8 cup	$9^{1/2}'' \times 3^{1/2}$	" pan	8 cups
---	----------------------------	-------	--------

# DESSERTS



### AMISH SUGAR COOKIES

Jessica Timmins

Easy recipe with pleasant aroma. Fiancee to Robert LaFlower, Lyle Kingsbury's grandson.

1 c. margarine (unsalted), 2 eggs

softened 1 tsp. vanilla

1 c. corn oil 4½ c. all-purpose flour 1 c. granulated sugar 1 tsp. baking soda

1 c. confectioners sugar 1 tsp. cream of tartar

Combine margarine, oil, and sugars in large mixing bowl; mix well. Add eggs; beat 1 minute. Add vanilla; mix well. Add flour, baking soda, and cream of tartar; combine until smooth. Drop by small teaspoons on ungreased cookie sheet. Bake at 375° for 8 to 10 minutes. Cool on wire rack. Makes 4 dozen cookies.

# **BARBECUED BANANAS**

Marie L. LaFlower

We love these on the grill in the summer months but move it to the oven in the winter.

6 bananas \quad \frac{1}{4} \tsp. nutmeg \quad \frac{1}{4} \tsp. mace \quad \frac{1}{8} \tsp. mace

2 Tbsp. brown sugar 3 Tbsp. butter

½ tsp. cinnamon

Peel bananas; place on double thickness of heavy-duty foil. Brush with lemon juice; sprinkle with sugar and spices. Dot with butter. Wrap, sealing tightly. Barbeque on grill for 9 to 10 minutes; unwrap carefully. Eat with a spoon. Makes 6 servings.

# **BLACK FOREST CAKE DESSERT**

Alice M. Hill, wife of LST534 crewmember

Wife of Odell Walter Hill, MoMM2c, sends this delectable classic.

1 chocolate cake mix Miniature marshmallows

1 can cherry pie filling Cool Whip (optional)

Spray a 9x13 inch pan with Pam. Cover bottom of pan with miniature marshmallows. Mix chocolate cake per box directions and pour over marshmallows. Spoon pie filling over cake mix and bake as usual. May take a little longer, so test with toothpick. Garnish with Cool Whip.

### **BLUEBERRY GELATIN SALAD**

Dorothy R. Blackburn, LST534 wife

Joseph H. Blackburn remembers when my dad used to prepare the pastry in the potato filler near a porthole on the LST534. He could reach the goods from where he was doing guard duty. A good friend of Lyle Kingsbury, Baker Third Class.

2 (3 oz.) pkg. grape jello 1 (15<sup>1</sup>/<sub>4</sub> oz.) can crushed pineapple with juice

2 c. boiling water

1 (21 oz.) can blueberry pie filling

½ pt. sour cream
½ c. powdered sugar
1 Tbsp. vanilla
8 oz. pkg. cream cheese

Dissolve jello in hot water. Add crushed pineapple and blueberry pie filling. Let get real good. Mix sour cream, cream cheese, vanilla, and sugar with mixer. May add nuts. Spread over top. Use a 9x12 inch dish. Make a day ahead.

# **BLUE-RIBBON FAIR CAKE**

Helen Kingsbury

Better than its cousin, the blueberry muffin, but very much a cake.

2 c. blueberries 1½ c. sifted flour ½ c. salad oil

2 Tbsp. milk Dash of salt 1 tsp. sugar

Streusel Topping - Mix:

2 Tbsp. flour <sup>3</sup>/<sub>4</sub> c. sugar

Dash of salt

Sift flour, sugar, and salt into mixing bowl. Combine salad oil and milk in small bowl and beat or whip with fork. Pour over dry mixture. Mix gently until slightly dampened. Turn pastry into a square pan, well greased (8x8x2 inches) or a deep 10 inch pie plate. Cover bottom and sides of pan. Spread berries over dough. Add Streusel Topping. Bake at 435° for about 45 minutes.

Streusel Topping: Cut in 2 tablespoons butter. Spread over fruit.

### **BOB'S FAVORITE CAKE**

Ruth Goldsmith, wife of LST534 crewmember

Bob's mother gave this recipe 52 years ago. Still a favorite. Bob Goldsmith was ranked MoMM3c aboard the LST534.

Cake:

2 c. brown sugar

2 c. hot water

1 Tbsp. Crisco

1 tsp. salt

1 tsp. cinnamon

1 tsp. ground cinnamon

1 tsp. ground cloves

1 tsp. nutmeg

1 (15 oz.) pkg. raisins

3 c. all-purpose flour 1 tsp. baking soda

1 c. chopped nuts

Icing:

1 Tbsp. butter, melted

2 c. confectioners sugar

2 to 3 Tbsp. orange juice or port wine (we prefer the port wine)

Cake: Boil together sugar, water, Crisco, salt, raisins, nuts, and spices for 5 minutes; cool. When cool, add soda dissolved in teaspoon of hot water; mix well. Add flour. Turn into a greased tin (I use an angel food cake pan) and bake at 350° for 45 minutes to an hour.

Icing: One tablespoon butter, melted and mixed with about 2 cups confectioners sugar, and 2 or 3 tablespoons of orange juice or port wine.

# **CAMPFIRE COBBLER**

Norris C. Long, Quartermaster 2nd Class

Invented on camping trip using ingredients on hand. Later adjusted spices, says the LST534 Navigator.

3/4 c. pancake flour

1 apple (1 tsp. lemon juice if apple is not tart)

3 Tbsp. sugar, divided Apple pie spice

Slice apple very thin; put into pan with ample water. Put ½ spoon of sugar into pancake flour and remainder into apple with spice. Make thick batter of flour, and after apple is cooked, add to pan and cook until right thickness.

### CARROT RAISIN CAKE WITH IRISH CREAM FROSTING

Loretta Kingsbury, by her daughter

Just has Irish overtones. Still moist and flavored beyond most cakes. Was my mother's favorite, states Marie LaFlower.

2½ c. all-purpose flour 1½ Tbsp. double-acting baking powder

½ tsp. salt

2 tsp. cinnamon

1/8 tsp. freshly grated nutmeg

1/4 tsp. allspice

2 sticks (1 c.) unsalted butter, softened

1 c. firmly packed brown sugar (light or dark)

For the frosting:

2 sticks (1 c.) unsalted butter, softened

21/4 c. confectioners sugar

½ tsp. salt

1/4 c. Irish cream liqueur or heavy cream

4 large eggs (at room

temperature) 2½ c. finely grated carrots ½ c. raisins (smaller raisins,

best)

2 tsp. freshly grated orange or lemon zest

1/4 c. fresh orange juice or sweet lemonade

Confectioners sugar (for sifting over the cake)

Fresh grated carrot (to sprinkle on individual pieces as cake is cut)

In a bowl, combine well the flour, the baking powder, the salt, cinnamon, nutmeg, and the allspice. In a separate bowl, with an electric mixer, cream the butter with the brown sugar until the mixture is light and fluffy. Beat in the eggs, 1 at a time, beating well after each addition, and beat the mixture until it is smooth. Add the carrots, raisins, and the zest and combine the mixture well. Stir in the flour mixture alternately with the orange juice or lemonade and stir the batter until it is combined well. Pour the batter in a large, double sized buttered loaf tin or divide between 2 buttered 8 inch cake pans, spreading it evenly, and bake the layers in the middle of a preheated 350° oven for 40 to 50 minutes or less, or until a tester comes out clean and when the edges begin to pull or brown from the sides of the pan or pans. Let the layers cool in the pans for 20 minutes, invert them onto racks, and let them cool completely. Wrap until ready to frost next dav.

Make the frosting: In a bowl with an electric mixer, cream the butter until it is smooth; beat in the confectioners sugar gradually. Beat in the salt and the Irish cream. Beat the frosting until it is light and fluffy. Keeps well in the fridge. Serves 14 to 16.

### CHOCOLATE RASPBERRY BARS

Ruth Slycord, wife of LST534 crewmember

Ruth has friends and family members who always enjoyed this old recipe. Ruth's husband ranked PLM1 (pharmacist) aboard the LST534.

1 c. all-purpose flour

½ c. cold butter or margarine

1/4 c. confectioners sugar

Filling:

 $\frac{1}{2}$  c. seedless raspberry jam

4 oz. cream cheese, softened

2 Tbsp. milk

1 c. (6 oz.) vanilla chips, melted

Glaze:

3/4 c. semi-sweet chocolate chips

2 Tbsp. shortening

In a bowl, combine flour and confectioners sugar; cut in butter until crumbly. Press into an ungreased 9 inch square baking pan. Bake at 375° for 15 to 18 minutes or until browned. Spread carefully over jam layer; cool completely. Chill until set, about 1 hour.

For Glaze: Melt chocolate chips and shortening; spread over filling. Chill for 10 minutes. Cut into bars; chill another hour. Store in the refrigerator. Yields 3 dozen small bars.

# COCONUT PINEAPPLE EQUATOR PIE

Tracy M. LaFlower, granddaughter of Lyle Kingsbury

Crossing the Equator for this tropical treat would be a delight.

1 c. sugar

3 Tbsp. all-purpose flour

1 c. light corn syrup

1 c. flaked coconut

1 (8 oz.) can crushed

pineapple (undrained)

3 eggs, beaten

1 tsp. vanilla extract

1 (9 inch) unbaked pie crust

1/4 c. butter or margarine,

melted

In a bowl, combine sugar and flour. Add the corn syrup, coconut, pineapple, eggs, and vanilla; mix well. Pour into pastry shell; drizzle with butter. Bake at 350° for 50 to 55 minutes or until a knife inserted near the center comes out clean. (Cover loosely with foil if the top browns too quickly.) Cool on a wire rack. Chill before cutting. Store in the refrigerator. Yields 6 to 8 servings.

### CRANBERRY CHOCOLATE CHIP BARS

Ruth Goldsmith, wife of LST534 crewmember

Ruth stated that Bob Goldsmith takes this recipe to share with his volunteer friends. Bob's rank on the LST534 was MOMM3c.

 $1\frac{1}{2}$  c. flour  $1\frac{1}{2}$  c. sugar 2 eggs

2 sticks margarine or butter, melted

3/4 c. walnuts

1 c. chocolate chips

2 c. fresh or frozen cranberries or 1 c. dried cranberries (we like the dried cranberries best)

Butter and flour 9x13 inch pan. Mix flour with sugar; add eggs. Stir in melted margarine or butter, cranberries, chips, and nuts. Bake at 325° until edges are brown and center's still light, about 30 minutes.

### CREAM CHEESE POUND CAKE

Lynette Drew, wife of Richard Drew

Richard Drew, cook aboard the LST534. Richard didn't like sweets, but this 45 year old recipe from a fellow teacher was his favorite.

3 sticks butter 3 c. sugar

1 (8 oz.) pkg. cream cheese 6 large eggs

1½ tsp. vanilla flavoring 3 c. sifted cake flour

Dash of salt

Cream butter, cream cheese, and sugar until fluffy. Add salt and vanilla; beat well. Add eggs, one at a time, beating after each one; stir in flour. Spoon mixture into greased and floured tube pan. Bake at 325° for 1½ hours.

# **CREAM SCONES**

Shannon Casey, friend of Marie LaFlower

Fill your scones with your favorite custard or cream.

Scones:

2 c. flour

3 tsp. baking powder

½ tsp. salt

2 Tbsp. sugar

6 Tbsp. butter or shortening

2 eggs

½ c. light cream 2 Tbsp. sugar

Lemon Curd:

4 Tbsp. unsalted butter

½ c. sugar

½ c. fresh lemon juice

4 egg yolks, slightly beaten

1 Tbsp. grated lemon rind

Make scones by combining flour, baking powder, salt, and sugar in medium bowl. Cut in butter or shortening until mixture resembles coarse crumbs. Set aside. In a small bowl, beat eggs with a fork; add cream. Reserve 2 teaspoons of mixture. Stir remaining egg mixture into flour mixture until just blended. Turn out onto floured board; knead lightly. Shape into a 14x7 inch rectangle. Brush with reserved egg and cream mixture; sprinkle with sugar. Cut into 16 triangular pieces. Place about 1 inch apart on lightly floured cookie sheet. Bake at 425° for 8 to 10 minutes.

Meanwhile, make lemon curd by combining butter, sugar, lemon juice, and egg yolks in heavy saucepan over low heat (may use double boiler). Stir mixture constantly until it thickens enough to coat back of spoon (soft custard consistency). Do not boil or mixture will curdle. Stir in lemon peel if desired. Pour into jar, seal, and refrigerate. Serve warm scones with lemon curd or jam. Makes 16 scones.

### DAD'S FUDGE

Elmer LaFlower, he is missed

Wayne is the husband of Marie LaFlower and son-in-law to Lyle Kingsbury, LST534 crewmember. Wayne's father, Elmer, gave this recipe to him over 35 years ago.

2 c. brown sugar ½ c. evaporated milk 2 Tbsp. Crisco

1 tsp. vanilla ½ tsp. salt

Cook sugar and milk together in a saucepan, stirring until sugar is dissolved. Continue to cook slowly, stirring constantly until mixture forms a soft ball when tested in cold water. Add Crisco. Cool slightly; add vanilla, salt, and nuts. Beat until creamy. Pour into 8x8 inch pan. When cold, cut into squares.

# EASIEST PEACH ICE CREAM

Marie L. LaFlower, Lyle's daughter

Lyle Kingsbury was Baker Third Class on the LST534.

3 c. peeled, chopped fresh peaches or 1 lb. thawed frozen peaches (use ripe peaches)

11/4 to 11/2 c. sugar

1/8 tsp. salt 1 c. peach juice 1 c. half & half

2 tsp. pure vanilla extract

In a blender or food processor, combine the peaches with  $\frac{1}{2}$  to  $\frac{3}{4}$  cup of the sugar and the salt and whirl until fairly smooth. In a separate bowl, combine the peach juice, half & half,  $\frac{3}{4}$  cup of the sugar, and the vanilla. Stir until the sugar dissolves. Add the peaches. Pour the mixture

into an ice cream machine and freeze according to the manufacturer's directions. Yield: 1 quart.

### **EASTER NESTS**

Alice M. Hill, wife of LST534 crewmember

Odell Walter Hill MoMM2c was a crewmember of the LST534.

1 (6 oz.) chocolate chips

Coconut 1 (6 oz.) butterscotch chips Small jelly bean eggs

Melt chips in microwave; add coconut until you think you can form small nests. Place nests on foil or wax paper. Put small jelly beans in nest indentations.

### FRESH PINEAPPLE WEDGE

Tracy Marie LaFlower

Simple is sometimes best. Serve this one with a fortune cookie or an Amish sugar cookie.

1 large ripe pineapple Strawberry or fresh mint (garnish)

Amish cookies

Select a ripe pineapple by choosing fruit that is yellowing and has a sweet aroma. Wash under cold running water, including leaves. Place pineapple on secure cutting surface, greens up. With a sharp knife, cut pineapple in half, then in quarters. With a small knife, cut around skin of pineapple, then cut in sections. Garnish with fresh berry, mint, or crushed Oreo cookies. Makes 4 to 6 servings.

# FRENCH STRAWBERRY TORTE

Tracy M. LaFlower, granddaughter to LST534 Baker

Pays tribute to any summer berry.

1½ c. Bisquick baking mix ½ c. granulated sugar

1 egg

½ c. milk or water

2 Tbsp. shortening

1 tsp. vanilla

1 c. chilled whipping cream 1/4 c. confectioners sugar 1½ c. halved fresh strawberries, blueberries, raspberries or berry of choice

Strawberry Glace:

½ c. fresh strawberries or substitute berries

1/4 c. water

½ c. sugar

1 Tbsp. cornstarch

1 Tbsp. water

3 to  $\hat{4}$  drops of matching berries colors food color

Mix baking mix, granulated sugar, egg, milk, shortening, and vanilla in large mixer bowl on low speed ½ minute, scraping bowl often. Beat 4 minutes on medium speed. Pour batter into greased and floured round layer pan,  $9 \times 1\frac{1}{2}$  inches. Bake 30 to 35 minutes or until wooden pick inserted in center comes out clean. Cool 5 minutes. Remove from pan.

Beat cream and confectioners sugar in chilled bowl until stiff. Form edge around top and base of cake with whipped cream in decorator's tube. Arrange fresh strawberries or other fruit on top of cake.

Make Berry Glaze: Combine strawberries, or one of other mentioned berries, and 1/4 cup water in a small saucepan; simmer about 3 minutes to break up berries. Blend in sugar, cornstarch, and 1 tablespoon water; stir into hot strawberry mixture. Cook, stirring constantly, until mixture thickens and boils. Boil and stir 1 minute. Stir in matching food color; cool. Pour glaze over strawberries on torte. Refrigerate. Makes 12 servings.

### **GINGERED PUMPKIN CRUMBLE**

Martin Croix Restaurant

A great alternative to pumpkin pie. Thumbs up when served,

Filling:

1 (15 oz.) can pumpkin 1 (14 oz.) can sweetened condensed milk

2 Tbsp. brown sugar

Topping:

2 Tbsp. chopped crystallized ginger

1 (1 lb. 2.25 oz.) pkg. moist supreme, butter recipe vellow cake mix

1 tsp. cinnamon

½ tsp. ginger

½ tsp. nutmeg

2 eggs

3/4 c. chopped walnuts or pecans ½ c. butter, melted

Whipped cream

Heat oven to 350°. Spray 13x9 inch pan with nonstick cooking spray. In a large bowl, combine all filling ingredients; beat until smooth. Pour into sprayed pan. In a medium bowl, combine all topping ingredients; mix well. Sprinkle evenly over filling. Bake at 350° for 40 to 50 minutes or until top is golden brown. Cool at least 30 minutes before serving. Store in refrigerator. Serves 15.

### LEMONADE PIE

Anna Heal, classmate of Marion Alvers

Anna is a family friend of Linda and Marion Alvers.

 graham cracker crust
 small can frozen lemonade
 can sweetened condensed milk 1 (8 oz.) container Cool Whip Few drops of lemon juice (optional)

Put lemonade and milk in a bowl and mix well. Add lemon juice if you desire. In mixer, blend in Cool Whip and pour into crust and refrigerate.

# LOW FAT LEMON RICE PUDDING

Marie L. LaFlower, daughter

One of my favorite desserts in the summer. My dad, Lyle, was Baker Third Class on the LST534.

3/4 c. short-grain rice
21/2 c. low fat milk
2 Tbsp. sugar (or your favorite sweetener)

Zest of 1 lemon, finely grated

Grease a 1 quart ovenproof dish. Add the rice; pour in the milk. Set aside for about 30 minutes to allow the rice to soften a little. Preheat oven to  $300^\circ$ . Add sugar and grated lemon zest to rice and stir gently. Bake for 2 to  $2\frac{1}{2}$  hours until the top of the pudding is lightly browned. Makes 4 servings.

# MALTED MILK BALL PIE

Marie L. LaFlower, eldest daughter

One of my dad's favorite, Lyle Warren Kingsbury, Baker Third Class on the LST534.

- 1 (9 inch) graham cracker or chocolate-flavored pie crust
- 1 pt. vanilla ice cream, softened
- 8 oz. frozen whipped topping, thawed
- 2 c. (approx. 7 oz.) malted milk balls, crushed Whipped cream (for garnish)
- 8 to 10 (approx. 1 oz.) whole malted milk balls (for garnish)

Combine softened ice cream and whipped topping until well blended. Mix 1 cup of crushed malted milk balls into the ice cream mixture. Spoon ice cream mixture into pie crust. Top pie with remaining 1 cup crushed malted milk balls and freeze for 4 hours. Prior to serving, garnish with whipped cream and whole malted milk balls. Makes 6 to 8 servings.

#### **M&M PRETZEL CUTOUTS**

Dolores LaCroix

Ahoy, little people treats that the Captain can eat and every bite healthy.

1 c. sugar

1 c. light corn syrup

½ c. peanut butter with jelly

5 c. crisp rice cereal

2 c. pretzel sticks

1 c. M&M's

In a large microwave-safe bowl, combine the sugar and corn syrup. Microwave on HIGH for 3 minutes until sugar is dissolved. Stir in peanut butter and jelly until blended. Add the cereal, pretzels, and M&M's. Stir until coated. Press into a greased 15x10x1 inch pan. Cut into planks.

#### NEW HAMPSHIRES APPLE PIE

Marie Loretta LaFlower

A Northern Spy is baking in this pie.

Pie Dough:

2½ c. all-purpose flour, plus extra for dusting

1 tsp. salt

2 Tbsp. chilled unsalted butter, cut into ¼ inch pieces

Apple Filling:

2 lb. Granny Smith (4 medium) and 2 lb. Northern Spy (4 medium) apples (about 8 c.), sliced

3/4 c. plus 1 Tbsp. sugar

1½ Tbsp. juice and 1 tsp. zest from 1 medium lemon

8 Tbsp. chilled all-vegetable shortening

6 to 8 Tbsp. ice water

1/4 tsp. salt

1/4 tsp. nutmeg

1/4 tsp. ground cinnamon

1/8 tsp. ground allspice

1 egg white, beaten lightly

Pulse flour, salt, and sugar in a food processor workbowl fitted with steel blade. Add butter and pulse to mix in five 1-second bursts. Add shortening and continue pulsing until flour is pale yellow and resembles coarse cornmeal, four or five more 1-second pulses. Sprinkle 6 tablespoons ice water over mixture until mixture holds together with a quick hand. Wrap dough and refrigerate for 30 minutes. Roll into 8 inch or 9 inch circles and place in deep dish pie pan. Roll out same for top crust.

Peel, core, and cut apples into  $\frac{1}{2}$  to  $\frac{1}{4}$  inch slices. Toss with  $\frac{3}{4}$  cup sugar, lemon juice, and zest through allspice. Turn into pie shell. Cover with remaining pie shell. Make slits in top. Brush with egg white and sprinkle with 1 tablespoon sugar. Bake 25 minutes at  $475^{\circ}$  and turn oven to  $375^{\circ}$  and add 30 to 35 minutes to time. Bake till golden. Serves 6 to 8.

### PACIFIC CHOCOLATE CHIP COOKIES

Marie L. LaFlower

Chocolate has never been so devilish.

2<sup>1</sup>/<sub>4</sub> c. all-purpose flour 1 tsp. vanilla extract

1 tsp. baking soda 2 eggs (warm), placed in warm 1 tsp. salt

water for 10 minutes

1 c. (2 sticks) butter, softened 2 c. (12 oz. pkg.) semi-sweet 3/4 c. granulated sugar

chocolate morsels

<sup>3</sup>/<sub>4</sub> c. packed brown sugar 1 c. chopped nuts

Combine flour, baking soda, and salt in small bowl. Beat butter, granulated sugar, brown sugar, and vanilla extract in large mixer bowl. Add eggs, one at a time, beating well after each addition. Gradually beat in flour mixture. Stir in morsels and nuts. Drop by rounded tablespoons onto ungreased baking sheets. Bake for 9 to 11 minutes or until golden brown. Let stand for 2 minutes; remove to wire racks to cool completely. Makes about 5 dozen.

#### PEANUT BUTTER COOKIES

Evelyn Hill, wife of S2c on the LST534

Charlie and Evelyn Hill, members of the LST534 family, sent in this favorite cookie.

½ c. peanut butter ½ c. sugar

½ c. shortening 1 egg

½ c. brown sugar 11/4 c. flour

Mix in large bowl. Combine all ingredients; mix well. Roll into balls. Bake until light golden brown in  $350^{\circ}$  oven for 10 to 12 minutes.

#### PEAR PARFAITS

Blanche Pierce, sister

A great summer pleaser and simply delicious. Baker Third Class Lyle Kingsbury's sister on the LST534.

1½ c. vanilla yogurt

1/4 c. confectioners sugar

2 ( $15\frac{1}{4}$  oz.) cans sliced pears, well drained

11/4 c. finely crushed Oreo

cookies (about 18 cookies)

In a bowl, combine yogurt and sugar. Place three or four pear slices each in four parfait glasses; top each with 2 tablespoons cookie crumbs and 3 tablespoons yogurt mixture. Repeat layers. Sprinkle with remaining crumbs. Refrigerate. Makes 4 servings.

#### PRUNE CAKE

Marie L. LaFlower

The not understood fruit that starts the day.

1 c. vegetable oil

1½ c. granulated sugar

3 eggs

2 c. all-purpose flour

1 tsp. cinnamon

1 tsp. nutmeg

1 tsp. allspice

1 tsp. baking soda

1 c. buttermilk

1 tsp. vanilla

2 c. prunes, cooked, seeded, and chopped (place ½ c. flour on prunes before

chopping; helps from getting

blade of knife too sticky)

1 c. nuts

Beat oil and sugar until well blended; add eggs, one at a time, beating after each addition. Combine dry ingredients; add alternately with buttermilk and vanilla to creamed mixture, beating until smooth. Stir in prunes and nuts. Pour into a greased 13x9x2 inch baking pan. Bake at 300° for 45 minutes. Cool. Makes 16 to 20 servings.

#### S'MORE BARS WITH MARSHMALLOW FLOAT

Robert W. LaFlower, grandson to LST534 Baker

Sailors afloat on this ole time spin of gooey delight.

8 to 10 whole graham crackers (about 5 x 2½ inches)

1 pkg. fudge brownie mix

(13x9 inch pan size)

2 c. miniature marshmallows

1 c. (6 oz.) semi-sweet chocolate chips

<sup>2</sup>/<sub>3</sub> c. chopped peanuts

Arrange graham crackers in a single layer in a greased 13x9 inch baking pan. Prepare the brownie batter according to package directions. Spread over crackers. Bake at 350° for 25 to 30 minutes or until a toothpick inserted near the center comes out clean. Sprinkle with marshmallows, chocolate chips, and peanuts. Bake 5 minutes longer or until marshmallows are slightly puffed and golden brown. Cool on a wire rack before cutting. Yields 2 dozen.

### SOUTHERN CHESS PIE

Betty Fielder, wife of LST534 Lt. jg.

Lt.jg Alex Fielder's wife, Betty, serves this in their kitchen.

1 c. brown sugar, packed ½ c. granulated sugar

1 Tbsp. flour

2 eggs

2 Tbsp. milk

1 tsp. vanilla

½ c. melted butter 1 c. pecan pieces

Pastry for 8 inch pie

Mix together sugars; add flour. Beat in eggs, milk, vanilla, and butter thoroughly; fold in nuts. Pour into pastry shell. Bake 40 to 50 minutes in  $375^{\circ}$  oven. Serve slightly warm with or without whip cream or with ice cream.

#### **SUGAR COOKIES**

Monica, daughter of LST534 crewmember

Albert Straka, SK aboard the LST534, daughter Monica Straka sent in this delightful cookie recipe.

2/3 c. shortening
11/4 c. sugar
2 eggs
3 c. flour

1½ tsp. salt 2 tsp. baking powder Grated rind of 1 orange 1 Tbsp. orange juice

Cream shortening, sugar, and eggs together until light and foamy. Sift flour, salt, and baking powder together and add to first mixture. Add orange rind and juice. Mix until smooth; chill. Roll to  $\frac{1}{4}$  inch thickness on lightly floured board; cut with cookie cutter. Sprinkle with sugar and bake in moderate oven (350°) for 12 to 15 minutes. Yield: 60 cookies.

Butter Cookies: Use butter as shortening in recipe for Sugar Cookies and substitute 1 teaspoon vanilla for orange rind and juice.

### **VERMONT PECAN PIE**

Tracy LaFlower, granddaughter of LST534 Baker

How do you say pecan?

1/3 c. butter or margarine

½ c. sugar

½ c. light corn syrup

½ c. maple syrup

3 eggs, well beaten

11/4 c. broken pecans

1/4 tsp. salt

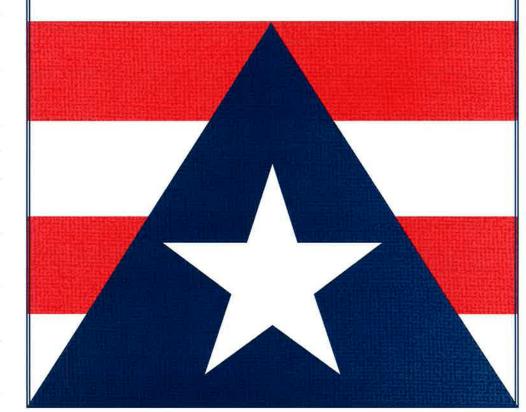
1/4 tsp. vanilla

1 (9 inch) unbaked pie shell

1 c. heavy cream, whipped

Cream the butter or margarine; add the sugar and continue creaming while adding the combined syrups. Blend all thoroughly, then beat in the eggs, nuts, salt, and vanilla. Turn into the pie shell and bake for 10 minutes at  $450^\circ$ , then for 40 to 50 minutes at  $325^\circ$ .

# Miscellaneous



### TEMPERATURE TESTS FOR CANDY MAKING

There are two different methods of determining when candy has been cooked to the proper consistency. One is by using a candy thermometer in order to record degrees, the other is by using the cold water test. The chart below will prove useful in helping to follow candy recipes:

TYPE OF CANDY	DEGREES	COLD WATER
Fondant, Fudge	234 - 238°	Soft Ball
Divinity, Caramels	245 - 248°	Firm Ball
Taffy	265 - 270°	Hard Ball
Butterscotch	275 - 280°	Light Crack
Peanut Brittle	285 - 290°	Hard Crack
Caramelized Sugar	310 - 321°	Caramelized

In using the cold water test, use a fresh cupful of cold water for each test. When testing, remove the candy from the fire and pour about  $\frac{1}{2}$  teaspoon of candy into the cold water. Pick the candy up in the fingers and roll into a ball if possible.

In the SOFT BALL TEST the candy will roll into a soft ball which quickly loses its shape when removed from the water.

In the FIRM BALL TEST the candy will roll into a firm, but not hard ball. It will flatten out a few minutes after being removed from the water.

In the HARD BALL TEST the candy will roll into a hard ball which has lost almost all plasticity and will roll around on a plate on removal from the water.

In the LIGHT CRACK TEST the candy will form brittle threads which will soften on removal from the water.

In the HARD CRACK TEST the candy will form brittle threads in the water which will remain brittle after being removed from the water.

In CARAMELIZING the sugar first melts then becomes a golden brown. It will form a hard brittle ball in cold water.

### MISCELLANEOUS



#### CRABMEAT CHEDDAR CHEESE SANDWICH

Lyle and Helen Kingsbury

Even doubles as a canape spread.

6 or 12 slices white bread 1½ c. mayonnaise 1½ tsp. curry powder 1½ c. cooked crabmeat (canned or frozen)

6 slices Cheddar cheese or 1 c. shredded Cheddar cheese (if making canapes)

Toast 6 slices of white bread or from each slice of bread, cut two rounds (for canape) after toasting one side, adding 6 more toasted bread slices for canape.

Mix the curry and mayonnaise and spread on untoasted sides. Top six slices of bread with even portions of spread. Top with Cheddar cheese slice; or, for canapes, add one tablespoon crabmeat on each round. Sprinkle cheese on top. Toast either sandwich or canape under broiler until golden brown. Serve with chowder.

### DILL SUMMER CHICKEN SANDWICH

Wayne E. LaFlower

Grilled French bread sandwiched with a summery flavored, tender chicken.

- 4 boneless, skinless chicken breast halves
- 6 Tbsp. butter or margarine, softened, divided
- 1 garlic clove, minced
- 3/4 tsp. dill weed, divided

- 8 slices French bread (1/2 inch thick)
- 4 Tbsp. cream cheese, softened 2 tsp. lemon juice
- 4 lettuce leaves
- 8 slices tomato

Pound chicken to flatten evenly; set aside. In a skillet, melt 3 tablespoons of butter; add garlic and ½ teaspoon dill. Add chicken; cook until juices run clear. Remove and keep warm. Spread both sides of bread with remaining butter. In a skillet or griddle, grill bread on both sides until golden brown. In a small bowl, combine cream cheese, lemon juice, and remaining dill; spread on one side of grilled bread. Place lettuce, chicken, and tomato on four slices of bread; top with remaining bread. Makes 4 servings.

#### FRENCHIES' CONNECTION - MORNAY

Martin-Croix Restaurant

Extra sauce may be refrigerated up to 1 week. Serve over toast, crepes, eggs, seafood.

2 Tbsp. butter, softened4 slices firm white bread, crusts trimmed8 slices cooked breast of chickenSalt and freshly ground white

1½ c. Gruyere or Emmenthaler cheeseBlack and green olives, pickle slices or gherkins (optional)

Mornay Sauce:

pepper

2 Tbsp. butter
2 Tbsp. flour
1½ c. milk, heated
½ c. freshly grated Parmesan cheese

½ c. grated Gruyere cheese
 ½ tsp. lemon juice
 Freshly ground white pepper

Preheat oven to 375°. Melt butter in skillet large enough to hold 4 slices of bread. When butter bubbles, add bread and saute over medium heat until golden on each side. Transfer slices to shallow casserole. Arrange sauteed ham on neatly. Spoon Mornay Sauce over ham and bake for 10 minutes, until sauce is bubbling. Slide sandwiches onto heated plates. garnish each with slice of truffle and sprigs of parsley. Sliced black olives may be substituted for the truffle.

Mornay Sauce: Melt butter over low heat in medium saucepan. Add flour and stir with whisk to blend. Remove from heat and cool about 1 minute. Return saucepan to low heat and gradually stir in hot milk, beating with whisk to maintain smooth consistency. Increase heat to medium and cook until thickened, stirring constantly, about 5 to 6 minutes. Add cheeses, lemon juice, and pepper and stir well. Return to heat and stir until cheese is completely melted.

### FRENCH DIP SANDWICH

Robert W. LaFlower, LST534 crewmember's grandson

There's absolutely no waste, either.

1 beef flank steak (1½ to 2 lb.)

½ c. salad oil

1/4 c. vinegar or red burgundy wine

1/4 c. soy sauce

2 tsp. Worcestershire sauce

½ tsp. pepper

Onion soup recipe, drained so onions can be placed on top of sandwich

Hard roll (round or long in

shape)

Score the surface of the steak on both sides. Combine all the other ingredients for a marinade. Place the meat in a flat utility dish and pour the marinade over it. Cover and refrigerate for 12 hours, turning occasionally. Remove from the marinade. Preheat broiler. Broil steak 2 to 3 inches below heat, about 5 minutes on each side. Makes 8 servings.

Beef filet or flank can be used. A flank should be cooked rare or it will toughen. Serve with onion soup broth for dipping; strain out the onion to use on top of sandwich ... dip away.

If time is of the essence, slice your favorite roast beef recipe leftovers; still an absolute delight.

#### FRIED CHICKEN FINGER-AVOCADO HERB BUTTER

Marie LaFlower, Baker's daughter

A favorite with a new twist in taste to excite even the Earl Of Sandwich.

9 (2½ inch) strips of boneless chicken from breast Pinch of salt Pinch of pepper 1 fully ripe California avocado 1 lb. butter, softened 2 Tbsp. chopped parsley ½ tsp. oregano ½ tsp. ground savory

½ tsp. tarragon leaves
 2 Tbsp. fresh lemon juice
 Thin slices of tomatoes

 (optional)

 Leaves of iceberg lettuce

 (optional)

 Bread of choice (hard rolls or thick textured is best)

Saute chicken strips in olive oil until meat springs back to touch. Drain on paper towel; set aside. Halve avocado lengthwise, twisting gently to separate halves. Whack a sharp knife directly into seed and twist to lift out. Peel avocado; mash with fork or electric mixer. Whip butter with herbs and lemon juice. Gradually beat in avocado until fluffy. Serves 3 to 4 people.

Note: Make sure avocado is soft to touch. Add sunshine, friends, and a patio for picnic comfort.

#### **IDEAS FOR PITAS**

Frostop Snack Bar in Newbury

Almost anything goes in a Syrian.

No. 1:

Thinly sliced turkey Chunks of red or green pepper Sour cream Chutney No. 2:

Slivers of rare roast beef Sliced cherry tomatoes Chopped green onions Cubes of cream cheese

Olive oil Lawry's garlic seasoning salt Alfalfa sprouts

No. 3:

Chopped ham Raw mushroom slices Mustard-flavored mayonnaise Chopped walnuts

No. 4:

Crisp crumbled bacon Grilled slices of chicken chunks Diced avocado, tossed with

fresh lemon juice

Shredded lettuce Sour cream

No. 5:

Tiny cooked shrimp or deep fried breaded haddock

Mayonnaise, flavored with a bit of tarragon

No. 6:

Shredded lettuce Chopped red onion Ripe olives Sliced cucumbers Artichoke hearts Tuna chunks
Mayonnaise and Lawry's garlic
salt or your favorite
vinaigrette dressing

Suggestions of fillings: To help you in preparing a tasty sandwich. When it comes to filling the pita bread, almost anything goes. Arrange the wherewithal on the buffet table. Let your guests make their own combinations, or put out recipe suggestions to help their creativity.

#### **OPENED-FACED SCOTCH SALMON SANDWICHES**

Martin-Croix Restaurant

Elegant, simplest, and delicate thinnest slices of Scotch or Nova Scotia salmon.

8 to 12 paper-thin slices smoked salmon

- 4 (1/8 inch thick) slices sourdough bread, toasted and buttered
- Fresh dill weed, rinsed, patted dry, and chilled (garnish)
- 6 small white onions, finely chopped (garnish)
- 4 Tbsp. capers, drained (garnish)
- 4 lemon wedges (garnish) Freshly ground pepper

Arrange salmon on toast in an overlapping pattern. Garnish plate with dill weed, onion, capers, and lemon wedges. Serve with freshly ground pepper, Makes 4 servings.

On the side, a well-chilled salad of freshly grated celery root tossed gently in a mustard-oil sauce.

Serve with your favorite cold bottle of vodka that has been freezer stored. Fill vodka glass with ice and empty ice out before placing vodka in glass.

#### ROAST BEEF DELIGHT

Marie L. LaFlower

Simple arrangement of tiling a sandwich.

Sliced deli roast beef
Liver pate (of choice)
Red onion, sliced thin
Lettuce
Beef steak tomato
Hot mustard, mixed with a
small amount of sour cream
(a mustard with horseradish
is best)

Mayo Hard roll (of choice)

Butter roll on one side with mustard spread. Place a heaping helping roast beef on top. Top with onion, lettuce, and tomato. Spread mayo on top layer of roll. Enjoy with favorite soup, salad, or side dish. Remember the mustard spread and liver pate makes this sandwich.

#### SHREDDED BARBECUED BEEF

Lawrence Kingsbury, Baker Lyle Kingsbury's brother

Needs no introduction ...

5 lb. chuck roast ½ c. brown sugar ¼ c. apple cider vinegar 2 c. water 2¾ c. catsup 1 Tbsp. dry mustard

1 large onion, chopped 1 to 2 cloves garlic, minced Sesame buns Sliced red onion Grated sharp Cheddar cheese

Combine the beef, brown sugar, vinegar, and water in 6 quart cast iron or other heavy ovenproof pot. Bake at 375° for 3 hours. Remove from oven; cool. Remove all fat and any bones. Shred beef; return to pot. Add mixture of catsup, mustard, onion, and garlic; stir to blend. Reduce oven temperature to 300° and cook, covered, for up to 4 hours. Stir every half hour, adding more water and catsup to keep well moistened. Serve on buns with onion and cheese. Makes 12 to 14 servings.

Add one of memory.	of our soups	or salads.	Invite a few	friends and make a

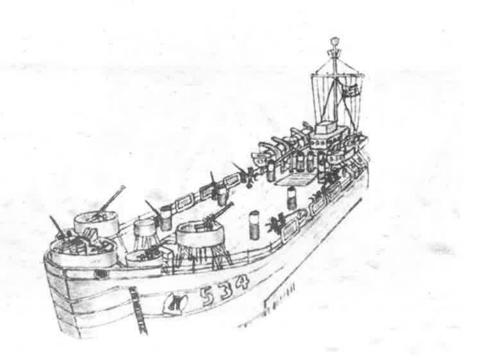
A TOTAL OF THE STATE OF THE STA

### The History of the LST534

The LST534 was built in Evansville, Indiana and sailed down the Ohio River to the Mississippi River. On January 31, 1944 in New Orleans, the commissioning took place. Then numerous practice maneuvers were performed in Pensacola, Florida. After loading up, the LST534 headed North on March 7, 1944 in a convoy. Captain Olson believing the convoy wasn't going fast enough, requested permission to speed along independently. Permission was granted!!!

The LST534 made many more crossings than she was designed for during the invasion of the Normandy beaches of D-DAY. After the European victory, the LST534 and her men re-crossed the Atlantic for a long and memorable leave in New York before setting off for the Pacific. She campaigned in the long war against the Japanese before being severely damaged by a kamikaze attack off Okinawa just days before the war ended. Unrepairable, she was finally towed to sea and sunk.

Note: For more information about LSTs and LCVPs, please see our <u>Links</u> page. Also, get a first hand account of the history of the LST534 by reading the crews' <u>interviews</u>.



### JUST FOR FUN

Taken from the LST534 newsletter. Submitted by: Judge Jim Sarres

The following is an actual radio conversation released by the U.S. Chief of Naval Operation on October 10, 1995:

**NAVY:** Please divert your course 15 degrees to the North to avoid a collision.

**CIVILIAN:** Recommend you divert YOUR course 15 degrees to the SOUTH to avoid a collision.

**NAVY:** This is the Captain of a U.S. Navy ship. I say again, divert YOUR course.

CIVILIAN: No. I say again, divert YOUR course.

**NAVY:** THIS IS THE AIRCRAFT CARRIER ENTERPRISE. WE ARE A LARGE WARSHIP OF THE U.S. NAVY. DIVERT YOUR COURSE NOW!

CIVILIAN: This is a lighthouse...Your call!



Group photo including spouses and friends of the crew of the LST534 at the 2001 reunion, a week after 9/11 terror attack.

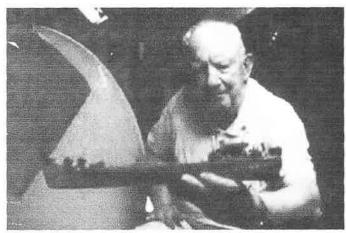
Photo taken from the LST534 website.



Lyle Warren Kingsbury with Model LST534

A large LST534 model has been a main focus in my dad's home for the last few years. He has been recognized in this area for the historical value he has maintained when building replicas of covered bridges from the past. We are all proud of his accomplishments. My dad was the Baker Third class on the LST534 during the Atlantic and Pacific Theater. Owned and operated with my mom (now deceased since 1989) a Welding business in Portsmouth, NH for twenty-five years. They were married for forty-five years. "In this area," mentioned above is Charlestown, NH.

James will be remembered. He passed in 2001. Crafts such as these are always done with love. Memories of the LST534.



Spencer James RMc with his Model of the LST534

### The Washington, DC LST Convention



Picture of some of the surviving Crew Members, who were able to attend the Reunion of the LST534 in Washington, D.C.

Taken September 5, 1998 at the Hyatt Regency in Washington, D.C.

Back row (left to right): Oscar Cress, Luther Lyles, Frank Frame, William Dox, Larry Gray, Willie Gunn. Front row (left to right): Duncan Robey. Norris Long, Alex Fielder, Johnny Medeiros, Andy Cumella, Lyle Kingsbury. Jim Sarres.



Standing between my father, Lyle Kingsbury and my stepmother, Helen Kingsbury is the renowned news commentator Howard K. Smith. This photo was taken at the 1997 LST534 reunion.

Respectfully, Marie L. LaFlower

### LST534 Reunion, 1997



Left to right: Larry Gray, Johnny Medeiros, Frank Frame, John Wilson, Alex Fielder, Jim Sarres, Willie Gunn



LST534 crewmembers wives: Henry Alvers' wife, Marian, and Rose Cumella, wife of Andy Cumella. Being with friends, one of life's happy moments.

Listed are the men who interviewed with Linda Alvers and her staff. \* My father did not but honorable mention is given for the years he spent giving me details of his WWII experiences.

LINDA: So when you went over to France you were carrying British troops? NORRIS: Yes. We carried British troops for 10 or 12 trips before we ever got the first Americans.

LINDA; What was your first trip like? You went over and where did you land - Gold Beach?

NORRIS: We landed just below the point where the Omaha beach met the British beaches. We were the first little town just south of Omaha.

LINDA: What was that like? You pulled up there and what were you doing - pull up the LST and let the guys off.

NORRIS: Pull up, unload and back off.



### Other interviews with the LST534 crew members:

Oscar Cress
Angelo Cumella
Alfred Ellis
Alex Fielder
Frank Frame
Larry Gray
James Miller
Louis Stockdale
Willie Gunn

Spencer James
Norris Long
Luther Lyles
Harold Makinster
Johnny Madeiros
Jim Sarres
Edgar Overstake
Duncan Robey

<sup>\*</sup> Lyle Kingsbury, my father - thank you for a lifetime of interviews.

### LST534 Torpedo Juice Cocktail

At the end of every meal Angelo would tell his shipmates to contribute all their leftover fruit into a big barrel. Thus became Torpedo juice for the LST534 Crew.

Submitted by: Angelo A. Cumella, LST534 Storekeeper



Andy Cumella, storekeeper, on the LST534 is pictured with his wife Rose, and Linda Alvers.

At the end of every meal I would tell my shipmates to dump all fruits lefover from a meal into a big barrel. I would take this big barrel down into the storeroom, put a lid on it, add sugar and let it ferment for 2-3 weeks. I would then empty the contents of the barrel into strainer and get rid of the lumpy fruit until all I would have is juice.

I put it back into the barrel for 2 or 3 more days until all the sediment sunk to the bottom and there was a pinkish, yellowish liquid.

I would then add (according to how much juice I had), torpedo juice.

This torpedo juice was grain alcohol with an additive for cleaning parts of the fish (torpedoes).

It was about 190 proof in alcohol content, and let it stand a few days or more.

After that, I put it in gallons and let it set for 2 or 3 weeks. I then served it.

We had a smashing good time in drinking this torpedo juice cocktail.

This article was straight from Andy's recipe contribution.

-



Lyle Warren Kingsbury with his wife Loretta Marie in 1944.

This photo was taken in 1944 while my father was on leave. They were married at this time and remained married for forty-five years until my mother's passing in 1989.



George B. Olson retires from Navy In early 1958 the Navy made huge cutbacks, and he was given the choice of reverting to Chief or retiring as LTcmdr. This wasn't really a choice as his retirement was more than a Chief's pay.

Thus ended the 28 year Navy career for George B. Olson.

This photo was taken around the time of his retirement.

Taken from the LST534 website.



Al Fielder, Bill Cummins, Jim Sarres, Ovie Overstake, and John Wilson. Taken in front of choral group at memorial service. Taken 1990.

Here is a photo of the Olson family arriving to the U.S. after being gone overseas for 5 years. From right to left. Wife, Eileen Olson, Captain George Olson, son, George Olson, daughter, Darleen Olson (Webmistress for the LST534 website, today).

Photo taken from the LST534 website.





### Wayne

Another army man I must bonor is my busband of thirty-six years. Love of my life. He was stationed in Germany during the Vietnam War and did bis tour on more neutral ground. Wayne was in the motor pool, and his rank was SPL 4 class. We can claim bonor, only to the first child and coo clock we brought home from duty during the Vietnam period. This picture was taken during field maneuvers in Germany, 1967.

### Gary



Even though my brother was a SPL 5 in the U.S. Army, I decided to elevate him honor while recognizing him in our cookbook. He served in the Vietnam War with a silver, gold and purple heart medals. He did two tours in Vietnam and belonged to the 82nd and 101st airbourne divisions in the Green Berets.

The photo was taken during his training in Fort Bragg, NC. April, 1967. He has resided in Berwick, Maine for the last twenty years.



The LST534 burning at Buckner Bay.

Photo taken from the LST534 website.



### LST534 Library

#### DOCUMENTARY NOW AVAILABLE:

Onto Rugged Shores: Voyage of LST534 \$19.95 per VHS tape plus \$3.00 for shipping

#### SHIPMATES INTERVIEWS ON VIDEO

- (Unedited, raw footage)
- □ 1 Oscar Cress (85 minutes)
- ☐ 2 Angelo Cumella (76 minutes)
- Alfred Ellis (50 minutes)
- ☐ 4A. Alex Fielder Pt. I (60 minutes)
- Alex Fielder Pt. Il (50 minutes)
- 5 Frank Frame (39 minutes)
- ☐ 6 Larry Gray (65 minutes)
- ☐ 7A Willie Gunn Pt, I (88 minutes)
- ☐ 7B Willie Gunn Pt; II (44 minutes)
- 8A Spencer James Pt, I (60 minutes)
- ☐ 8B Spencer James Pt. II (40 minutes)
- 9A Norris Long Pt. I (90 minutes)
- 9B Norris Long Pt. II (90 minutes)
- ☐ 10 Luther Lyles (34 minutes)
- ☐ 11A Harold Makinster Pt. I (62 minutes)
- ☐ 11B Harold Makinster Pt, II (62 minutes)
- ☐ 12 Johnny Medeiros (64 minutes)
- ☐ 13 Edgar Overstake (92 minutes)
- ☐ 14A Duncan Robey Pt. I (64 minutes)
- ☐ 14B Duncan Robey Pt. II (64 minutes)
- ☐ 17 Jim Sarres (64 minutes)
- □ 18 Louis Stockdale (89 minutes)
- □ 19A Joseph Szymanski Pt. I (64 minutes)
   □ 19B Joseph Szymanski Pt. II (64 minutes)
- ☐ 20 Johnny Wilson (83 minutes)
- □ 32 Jim Miller (80 minutes)□ 33 Robert Goldsmith (45 minutes)
- ☐ 21 1998 Annual Reunion Tape from Washington, DC (40 minutes)
- 28 1999 Annual Reunion Tape from
- San Diego, CA (35 minutes)

  2000 Annual Reunion Tane from
- ☐ 30 2000 Annual Reunion Tape from Buffalo, NY (40 minutes)

#### Administrative Deck Logs

- 22 Book One January 31, 1944 to April 30, 1944
- □ 23 Book Two May 1, 1944 to August 31, 1944
- 324 Book Three-September 1, 1944 to December 31, 1944
- □ 25 Book Four January 1, 1945 to March 31, 1945
- □ 26 Book Five April 1, 1945 to June 30, 1945
- □ 27 Book Six July 1, 1945 to November 2, 1945

#### Audio Tape of LST534 Anthem

□ 31 "Onto Rugged Shores" LST534 Anthem available on audio tape. \$10.00 per tape

### INFORMATION

\$19.95 purchase fee for Documentary (plus \$3.00 for shipping)

\$8.00 rental fee for interviews/reunion videos
Purchase price available-call for info
\$5.00 rental fee per Deck Log

SHIPPING INCLUDED IN RENTAL FEE
Rental is for a two week period
Rental on a First-Come First-Serve Basis

No. of Video Rentals	x \$8.00	\$
No. of Deck Log Rentals		
No. of Reunion Tape Rentals		
No. of Documentaries		
Shipping for documentary _		
No. of Anthem Audio Tapes		
TOTAL OF ORDER		s
SHIP TO: (PLEASE PRINT	CLEARLY)	
□ Business	□Residenc	e
NAME		
ADDRESS		
CITY		
STATECOUNTRY	·	ZIP
DAYTIME PHONE ( )_		

### Please refer to Code # 105-97/01

METHOD		IENT (DO NOT S al customers must pay		
	Enclosed is	my check (Drawn on	JS Bank in	US Funds)
Charge to _	AMEX_	MASTERCARD_	_ VISA _	_ DISCOVER
CARD#				
EXPIRATIO	N DATE_			
	E ON CARE			

MAKE CHECKS PAYABLE AND MAIL YOUR ORDER TO: NATIONAL AUDIO VIDEO, INC.

4465 WASHINGTON STREET

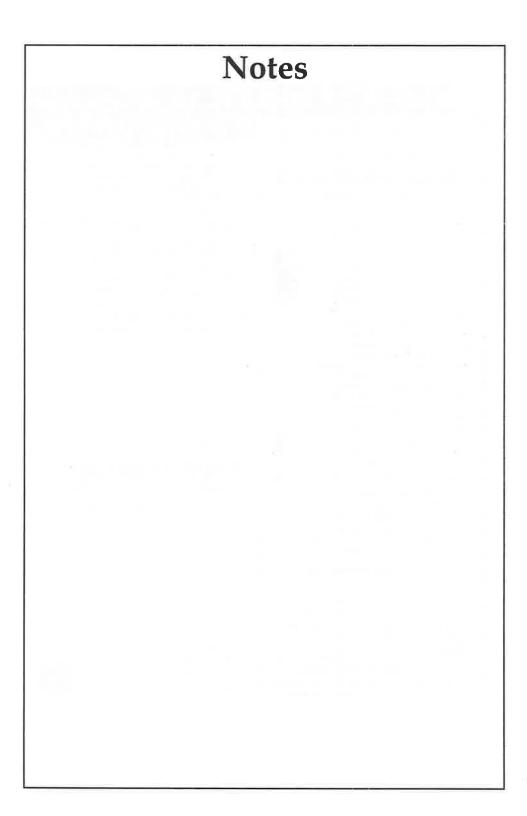
DENVER, COLORADO 80216

PHONE: (800) 373-2952 or (303) 292-2952

FAX: (303) 292-5629

EMAIL: orders@nav-nnn.com





### **INDEX OF RECIPES**

APPETIZERS, BEVERAGES	SOUPS, SALADS
APPLE MINT TEA	ASPARAGUS SOUP
ASIAN DIPPING SAUCE 1	BAKED POTATO SALAD
ATLANTIC CROSSING	BROCCOLI FLOWER-CHEESE SOUP
BAKED SPINACH DIP LOAF 1	CALIFORNIA PISTACHIO AND PASTA PARTY
BENEDICTINE AND TONIC 15 BENEDICTINE CREAM CAFE 15	SALAD
BLUEBERRY EGGNOG 15	CHINA BROTH
BLUE MOON WINE 15	CLASSIC FRENCH ONION
CAJETA	COLORFUL VEGETABLE SALAD 31
CHEDDAR SALMON QUICHE	CONFETTI CABBAGE SLAW
CHEESE BALLS, OR LOGS OR MOLDED	CREAM OF CARROT SOUP 26
ROYALE	GRILLED ROMAINE SALAD
CHEESE BOEREG	MARTIN-CROIX'S WILD BEAN SOUP 27
CINNAMON CHEESE ROLL-UPS 3	MEATBALL SOUP
COOL CIDER 16	NAKED TOMATO SOUP
CREAMY APPLE MILKSHAKE 16 DARK ASIA 17	NAVY BEAN SOUP
EGG ROLLS WITH HOT MUSTARD	PECAN RICE AND FETA SALAD
SAUCE	PORK AND PASTA SALAD
GRAPE JUICE	POTATO CHEESE SOUP
GRILLED PORTABELLA MUSHROOMS 5	SALADE FLAN
GUNN WAFFLES	SOUTH OF THE BORDER POTATO
HORSERADISH MEATBALLS 5	SALAD.
HOT COCOA MIX	SPINACH FLORET SALAD
HOT CORN DIP 6	SPINACH SALAD 34
HUMMUS DANCE 7	TURKEY PASTRAMI AND PASTA SALAD
KINGSBURY BREW PUNCH 18	WEDGE TOMATO-ONION SALAD
LONDON BRIDGE FOG	
MARINATED MUSHROOM HORS	
D'OEUVRES	VEGETABLES
MARITIME FLOAT	ALMOND WILD RICE
MERRY SHRIMPS 8	ASPARAGUS
MOONGLOW	
	AUNI DAISY'S PICKLED CABBAGE
NEW ENGLAND FROZEN FRUIT PUNCH 19	AUNT DAISY'S PICKLED CABBAGE
NEW ENGLAND FROZEN FRUIT PUNCH 19 PESTO-TOMATO CLAMS 9	
NEW ENGLAND FROZEN FRUIT PUNCH 19 PESTO-TOMATO CLAMS 9 PICK GERMAN MEATBALLS 9	BAKED EGGPLANT WITH TOMATOES. 38 BEARNAISE SAUCE 39 CUKES AND ONIONS 39
NEW ENGLAND FROZEN FRUIT PUNCH 19 PESTO-TOMATO CLAMS 9 PICK GERMAN MEATBALLS 9 SEAWEED GROG 20	BAKED EGGPLANT WITH TOMATOES. 38 BEARNAISE SAUCE 39 CUKES AND ONIONS 39 FOND'OEUVRE 40
NEW ENGLAND FROZEN FRUIT PUNCH 19 PESTO-TOMATO CLAMS 9 PICK GERMAN MEATBALLS 9 SEAWEED GROG 20 SHAMROCK SHIMMY 20	BAKED EGGPLANT WITH TOMATOES.       38         BEARNAISE SAUCE       39         CUKES AND ONIONS       39         FOND OEUVRE       40         GARLIC POTATOES       40
NEW ENGLAND FROZEN FRUIT PUNCH 19 PESTO-TOMATO CLAMS 9 PICK GERMAN MEATBALLS 9 SEAWEED GROG 20	BAKED EGGPLANT WITH TOMATOES.       38         BEARNAISE SAUCE       39         CUKES AND ONIONS       39         FOND'OEUVRE       40         GARLIC POTATOES       40         HUNAN CHOW MEIN       40
NEW ENGLAND FROZEN FRUIT PUNCH 19 PESTO-TOMATO CLAMS 9 PICK GERMAN MEATBALLS 9 SEAWEED GROG 20 SHAMROCK SHIMMY 20 SHREW BEER 20	BAKED EGGPLANT WITH TOMATOES.       38         BEARNAISE SAUCE.       39         CUKES AND ONIONS.       39         FOND'OEUVRE.       40         GARLIC POTATOES.       40         HUNAN CHOW MEIN.       40         IDAHO OVEN FRIES.       41
NEW ENGLAND FROZEN FRUIT PUNCH       19         PESTO-TOMATO CLAMS       9         PICK GERMAN MEATBALLS       9         SEAWEED GROG       20         SHAMROCK SHIMMY       20         SHREW BEER       20         SHRIMP AND STUFFED CELERY       20         CANAPES       10         SKIPPER OUT OF UNIFORM       21	BAKED EGGPLANT WITH TOMATOES.       38         BEARNAISE SAUCE.       39         CUKES AND ONIONS.       39         FOND'OEUVRE.       40         GARLIC POTATOES.       40         HUNAN CHOW MEIN.       40         IDAHO OVEN FRIES.       41         MOM'S HURRY UP BEANS.       41
NEW ENGLAND FROZEN FRUIT PUNCH       19         PESTO-TOMATO CLAMS       9         PICK GERMAN MEATBALLS       9         SEAWEED GROG       20         SHAMROCK SHIMMY       20         SHREW BEER       20         SHRIMP AND STUFFED CELERY       10         CANAPES       10         SKIPPER OUT OF UNIFORM       21         SPECTACULAR MUSHROOM PATE       10	BAKED EGGPLANT WITH TOMATOES.       38         BEARNAISE SAUCE       39         CUKES AND ONIONS       39         FOND'OEUVRE       40         GARLIC POTATOES       40         HUNAN CHOW MEIN       40         IDAHO OVEN FRIES       41         MOM'S HURRY UP BEANS       41         ORZO AND PESTO STUFFED
NEW ENGLAND FROZEN FRUIT PUNCH 19 PESTO-TOMATO CLAMS 9 PICK GERMAN MEATBALLS 9 SEAWEED GROG 20 SHAMROCK SHIMMY 20 SHREW BEER 20 SHRIMP AND STUFFED CELERY CANAPES 10 SKIPPER OUT OF UNIFORM 21 SPECTACULAR MUSHROOM PATE 10 SPICY ISLAND SHRIMP FROM ST.	BAKED EGGPLANT WITH TOMATOES.       38         BEARNAISE SAUCE.       39         CUKES AND ONIONS.       39         FOND'OEUVRE.       40         GARLIC POTATOES.       40         HUNAN CHOW MEIN.       40         IDAHO OVEN FRIES.       41         MOM'S HURRY UP BEANS.       41
NEW ENGLAND FROZEN FRUIT PUNCH 19 PESTO-TOMATO CLAMS 9 PICK GERMAN MEATBALLS 9 SEAWEED GROG 20 SHAMROCK SHIMMY 20 SHREW BEER 20 SHRIMP AND STUFFED CELERY CANAPES 10 SKIPPER OUT OF UNIFORM 21 SPECTACULAR MUSHROOM PATE 10 SPICY ISLAND SHRIMP FROM ST. CROIX 11	BAKED EGGPLANT WITH TOMATOES.       38         BEARNAISE SAUCE.       39         CUKES AND ONIONS.       39         FOND'OEUVRE.       40         GARLIC POTATOES.       40         HUNAN CHOW MEIN.       40         IDAHO OVEN FRIES.       41         MOM'S HURRY UP BEANS.       41         ORZO AND PESTO STUFFED         TOMATOES.       42
NEW ENGLAND FROZEN FRUIT PUNCH       19         PESTO-TOMATO CLAMS       9         PICK GERMAN MEATBALLS       9         SEAWEED GROG       20         SHAMROCK SHIMMY       20         SHREW BEER       20         SHRIMP AND STUFFED CELERY       20         CANAPES       10         SKIPPER OUT OF UNIFORM       21         SPECTACULAR MUSHROOM PATE       10         SPICY ISLAND SHRIMP FROM ST.       CROIX         CROIX       11         SPRING SALAD       11	BAKED EGGPLANT WITH TOMATOES. 38 BEARNAISE SAUCE 39 CUKES AND ONIONS 39 FOND'OEUVRE 40 GARLIC POTATOES 40 HUNAN CHOW MEIN 40 IDAHO OVEN FRIES 41 MOM'S HURRY UP BEANS 41 ORZO AND PESTO STUFFED TOMATOES 42 PARSLEY AND LEMON CHICKPEAS 42 POTATOES AU GRAIN WITH HAM CUBES 43
NEW ENGLAND FROZEN FRUIT PUNCH       19         PESTO-TOMATO CLAMS       9         PICK GERMAN MEATBALLS       9         SEAWEED GROG       20         SHAMROCK SHIMMY       20         SHREW BEER       20         SHRIMP AND STUFFED CELERY       10         CANAPES       10         SKIPPER OUT OF UNIFORM       21         SPECTACULAR MUSHROOM PATE       10         SPICY ISLAND SHRIMP FROM ST.       CROIX         CROIX       11         SPRING SALAD       11         STRAWBERRY CRANBERRY SPARKLE	BAKED EGGPLANT WITH TOMATOES. 38 BEARNAISE SAUCE 39 CUKES AND ONIONS 39 FOND OEUVRE 40 GARLIC POTATOES 40 HUNAN CHOW MEIN 40 IDAHO OVEN FRIES 41 MOM'S HURRY UP BEANS 41 ORZO AND PESTO STUFFED TOMATOES 42 PARSLEY AND LEMON CHICKPEAS 42 POTATOES AU GRAIN WITH HAM CUBES 43 RED BLITZ POTATOES 43
NEW ENGLAND FROZEN FRUIT PUNCH       19         PESTO-TOMATO CLAMS       9         PICK GERMAN MEATBALLS       9         SEAWEED GROG       20         SHAMROCK SHIMMY       20         SHREW BEER       20         SHRIMP AND STUFFED CELERY       20         CANAPES       10         SKIPPER OUT OF UNIFORM       21         SPECTACULAR MUSHROOM PATE       10         SPICY ISLAND SHRIMP FROM ST.       CROIX         CROIX       11         SPRING SALAD       11         STRAWBERRY CRANBERRY SPARKLE       PUNCH	BAKED EGGPLANT WITH TOMATOES.       38         BEARNAISE SAUCE       39         CUKES AND ONIONS       39         FOND'OEUVRE       40         GARLIC POTATOES       40         HUNAN CHOW MEIN       40         IDAHO OVEN FRIES       41         MOM'S HURRY UP BEANS       41         ORZO AND PESTO STUFFED       TOMATOES         PARSLEY AND LEMON CHICKPEAS       42         POTATOES AU GRAIN WITH HAM       CUBES         RED BLITZ POTATOES       43         RICE DRESSING       44
NEW ENGLAND FROZEN FRUIT PUNCH       19         PESTO-TOMATO CLAMS       9         PICK GERMAN MEATBALLS       9         SEAWEED GROG       20         SHAMROCK SHIMMY       20         SHREW BEER       20         SHRIMP AND STUFFED CELERY       10         CANAPES       10         SKIPPER OUT OF UNIFORM       21         SPECTACULAR MUSHROOM PATE       10         SPICY ISLAND SHRIMP FROM ST.       CROIX         CROIX       11         SPRING SALAD       11         STRAWBERRY CRANBERRY SPARKLE	BAKED EGGPLANT WITH TOMATOES.       38         BEARNAISE SAUCE       39         CUKES AND ONIONS       39         FOND'OEUVRE       40         GARLIC POTATOES       40         HUNAN CHOW MEIN       40         IDAHO OVEN FRIES       41         MOM'S HURRY UP BEANS       41         ORZO AND PESTO STUFFED       42         TOMATOES       42         PARSLEY AND LEMON CHICKPEAS       42         POTATOES AU GRAIN WITH HAM       CUBES       43         RED BLITZ POTATOES       43         RICE DRESSING       44         SEEDED BOW TIE NOODLES       44
NEW ENGLAND FROZEN FRUIT PUNCH       19         PESTO-TOMATO CLAMS       9         PICK GERMAN MEATBALLS       9         SEAWEED GROG       20         SHAMROCK SHIMMY       20         SHREW BEER       20         SHRIMP AND STUFFED CELERY       20         CANAPES       10         SKIPPER OUT OF UNIFORM       21         SPECTACULAR MUSHROOM PATE       10         SPICY ISLAND SHRIMP FROM ST.       11         CROIX       11         SPRING SALAD       11         STRAWBERRY CRANBERRY SPARKLE       11         PUNCH       21         STRAWBERRY VANILLA SLUSH       21	BAKED EGGPLANT WITH TOMATOES. 38 BEARNAISE SAUCE
NEW ENGLAND FROZEN FRUIT PUNCH       19         PESTO-TOMATO CLAMS       9         PICK GERMAN MEATBALLS       9         SEAWEED GROG       20         SHAMROCK SHIMMY       20         SHRIMP AND STUFFED CELERY       20         CANAPES       10         SKIPPER OUT OF UNIFORM       21         SPECTACULAR MUSHROOM PATE       10         SPICY ISLAND SHRIMP FROM ST.       CROIX         CROIX       11         SPRING SALAD       11         STRAWBERRY CRANBERRY SPARKLE       PUNCH         PUNCH       21         STRAWBERRY VANILLA SLUSH       21         SUNDOWNER       22	BAKED EGGPLANT WITH TOMATOES. 38 BEARNAISE SAUCE 39 CUKES AND ONIONS 39 FOND OEUVRE 40 GARLIC POTATOES 40 HUNAN CHOW MEIN 40 IDAHO OVEN FRIES 41 ORZO AND PESTO STUFFED TOMATOES 42 PARSLEY AND LEMON CHICKPEAS 42 POTATOES 42 POTATOES 43 RED BLITZ POTATOES 43 RED BLITZ POTATOES 43 RED BLITZ POTATOES 43 RED BLITZ POTATOES 44 SEEDED BOW TIE NOODLES 44 SPINACH RAVIOLI 45 SQUASH CELERY TANGO 44
NEW ENGLAND FROZEN FRUIT PUNCH       19         PESTO-TOMATO CLAMS       9         PICK GERMAN MEATBALLS       9         SEAWEED GROG       20         SHAMROCK SHIMMY       20         SHRIMP BEER       20         SHRIMP AND STUFFED CELERY       20         CANAPES       10         SKIPPER OUT OF UNIFORM       21         SPECTACULAR MUSHROOM PATE       10         SPICY ISLAND SHRIMP FROM ST.       CROIX         CROIX       11         SPRING SALAD       11         STRAWBERRY CRANBERRY SPARKLE       PUNCH         PUNCH       21         STRAWBERRY VANILLA SLUSH       21         SUNDOWNER       22         SUPER DUPER CHEESE DIP       12	BAKED EGGPLANT WITH TOMATOES.  BEARNAISE SAUCE
NEW ENGLAND FROZEN FRUIT PUNCH       19         PESTO-TOMATO CLAMS       9         PICK GERMAN MEATBALLS       9         SEAWEED GROG       20         SHAMROCK SHIMMY       20         SHREW BEER       20         SHRIMP AND STUFFED CELERY       20         CANAPES       10         SKIPPER OUT OF UNIFORM       21         SPECTACULAR MUSHROOM PATE       10         SPICY ISLAND SHRIMP FROM ST       11         CROIX       11         SPRING SALAD       11         STRAWBERRY CRANBERRY SPARKLE       11         FUNCH       21         STRAWBERRY VANILLA SLUSH       21         SUPER DUPER CHEESE DIP       12         SUPER DUPER CHEESE DIP       12         SWEET AND SOUR SHRIMP       12         TEMPURA GREEN BEANS       8         THE IMPERIAL CRAB       13	BAKED EGGPLANT WITH TOMATOES.  BEARNAISE SAUCE
NEW ENGLAND FROZEN FRUIT PUNCH       19         PESTO-TOMATO CLAMS       9         PICK GERMAN MEATBALLS       9         SEAWEED GROG       20         SHAMROCK SHIMMY       20         SHRIMP BEER       20         SHRIMP AND STUFFED CELERY       20         CANAPES       10         SKIPPER OUT OF UNIFORM       21         SPECTACULAR MUSHROOM PATE       10         SPICY ISLAND SHRIMP FROM ST.       CROIX         CROIX       11         SPRING SALAD       11         STRAWBERRY CRANBERRY SPARKLE       PUNCH         PUNCH       21         STRAWBERRY VANILLA SLUSH       21         SUNDOWNER       22         SUPER DUPER CHEESE DIP       12         SWEET AND SOUR SHRIMP       12         TEMPURA GREEN BEANS       8         THE IMPERIAL CRAB       13         THE SPARKLER       22	BAKED EGGPLANT WITH TOMATOES.  BEARNAISE SAUCE.  CUKES AND ONIONS.  POND'OEUVRE.  GARLIC POTATOES.  HUNAN CHOW MEIN.  IDAHO OVEN FRIES.  MOM'S HURRY UP BEANS.  ORZO AND PESTO STUFFED  TOMATOES.  PARSLEY AND LEMON CHICKPEAS.  POTATOES 42  PARSLEY AND LEMON CHICKPEAS.  RED BLITZ POTATOES.  RED BLITZ POTATOES.  RED BLITZ POTATOES.  RICE DRESSING.  SEEDED BOW TIE NOODLES.  SEEDED BOW TIE NOODLES.  SUNFACH RAVIOLI.  SQUASH CELERY TANGO.  44  STIR FRIED BROCCOLI AND CHINESE  MUSHROOMS.  46  SUNFLOWER BROCCOLI.  5 WISS POTATO PIE.  46
NEW ENGLAND FROZEN FRUIT PUNCH       19         PESTO-TOMATO CLAMS       9         PICK GERMAN MEATBALLS       9         SEAWEED GROG       20         SHAMROCK SHIMMY       20         SHREW BEER       20         SHRIMP AND STUFFED CELERY       2         CANAPES       10         SKIPPER OUT OF UNIFORM       21         SPECTACULAR MUSHROOM PATE       10         SPICY ISLAND SHRIMP FROM ST.       11         CROIX       11         SPRING SALAD       11         STRAWBERRY CRANBERRY SPARKLE       PUNCH       21         STRAWBERRY VANILLA SLUSH       21         SUPER DUPER CHEESE DIP       12         SWEET AND SOUR SHRIMP       12         TEMPURA GREEN BEANS       8         THE IMPERIAL CRAB       13         THE SPARKLER       22         TROPICAL ISLANDS       23	BAKED EGGPLANT WITH TOMATOES.  BEARNAISE SAUCE
NEW ENGLAND FROZEN FRUIT PUNCH       19         PESTO-TOMATO CLAMS       9         PICK GERMAN MEATBALLS       9         SEAWEED GROG       20         SHAMROCK SHIMMY       20         SHREW BEER       20         SHRIMP AND STUFFED CELERY       20         CANAPES       10         SKIPPER OUT OF UNIFORM       21         SPECTACULAR MUSHROOM PATE       10         SPICY ISLAND SHRIMP FROM ST.       11         CROIX       11         SPRING SALAD       11         STRAWBERRY CRANBERRY SPARKLE       PUNCH       21         STRAWBERRY VANILLA SLUSH       21         SUNDOWNER       22         SUPER DUPER CHEESE DIP       12         SWEET AND SOUR SHRIMP       12         TEMPURA GREEN BEANS       8         THE IMPERIAL CRAB       13         THE SPARKLER       22         TROPICAL ISLANDS       23         TUG BOAT HENRY       22	BAKED EGGPLANT WITH TOMATOES.  BEARNAISE SAUCE
NEW ENGLAND FROZEN FRUIT PUNCH         19           PESTO-TOMATO CLAMS         9           PICK GERMAN MEATBALLS         9           SEAWEED GROG         20           SHAMROCK SHIMMY         20           SHREW BEER         20           SHRIMP AND STUFFED CELERY         20           CANAPES         10           SKIPPER OUT OF UNIFORM         21           SPECTACULAR MUSHROOM PATE         10           SPICY ISLAND SHRIMP FROM ST.         11           CROIX         11           SPRING SALAD         11           STRAWBERRY CRANBERRY SPARKLE         11           FUNCH         21           STRAWBERRY VANILLA SLUSH         21           SUPER DUPER CHEESE DIP         12           SWEET AND SOUR SHRIMP         12           TEMPURA GREEN BEANS         8           THE IMPERIAL CRAB         13           THE SPARKLER         22           TROPICAL ISLANDS         23           TUG BOAT HENRY         22           UNCLE GARY'S LOUISIANA CRAB	BAKED EGGPLANT WITH TOMATOES.  BEARNAISE SAUCE
NEW ENGLAND FROZEN FRUIT PUNCH       19         PESTO-TOMATO CLAMS       9         PICK GERMAN MEATBALLS       9         SEAWEED GROG       20         SHAMROCK SHIMMY       20         SHREW BEER       20         SHRIMP AND STUFFED CELERY       20         CANAPES       10         SKIPPER OUT OF UNIFORM       21         SPECTACULAR MUSHROOM PATE       10         SPICY ISLAND SHRIMP FROM ST.       11         CROIX       11         SPRING SALAD       11         STRAWBERRY CRANBERRY SPARKLE       PUNCH       21         STRAWBERRY VANILLA SLUSH       21         SUNDOWNER       22         SUPER DUPER CHEESE DIP       12         SWEET AND SOUR SHRIMP       12         TEMPURA GREEN BEANS       8         THE IMPERIAL CRAB       13         THE SPARKLER       22         TROPICAL ISLANDS       23         TUG BOAT HENRY       22	BAKED EGGPLANT WITH TOMATOES.  BEARNAISE SAUCE
NEW ENGLAND FROZEN FRUIT PUNCH         19           PESTO-TOMATO CLAMS         9           PICK GERMAN MEATBALLS         9           SEAWEED GROG         20           SHAMROCK SHIMMY         20           SHRIMP BEER         20           SHRIMP AND STUFFED CELERY         20           CANAPES         10           SKIPPER OUT OF UNIFORM         21           SPECTACULAR MUSHROOM PATE         10           SPICY ISLAND SHRIMP FROM ST.         CROIX           CROIX         11           SPRING SALAD         11           STRAWBERRY CRANBERRY SPARKLE         PUNCH           PUNCH         21           STRAWBERRY VANILLA SLUSH         21           SUNDOWNER         22           SUPER DUPER CHEESE DIP         12           SWEET AND SOUR SHRIMP         12           TEMPURA GREEN BEANS         8           THE IMPERIAL CRAB         13           THE SPARKLER         22           TROPICAL ISLANDS         23           TUG BOAT HENRY         22           UNCLE GARY'S LOUISIANA CRAB           SPREAD         13	BAKED EGGPLANT WITH TOMATOES.  BEARNAISE SAUCE
NEW ENGLAND FROZEN FRUIT PUNCH         19           PESTO-TOMATO CLAMS         9           PICK GERMAN MEATBALLS         9           SEAWEED GROG         20           SHAMROCK SHIMMY         20           SHRIMP BEER         20           SHRIMP AND STUFFED CELERY         2           CANAPES         10           SKIPPER OUT OF UNIFORM         21           SPECTACULAR MUSHROOM PATE         10           SPICY ISLAND SHRIMP FROM ST.         CROIX           CROIX         11           SPRING SALAD         11           STRAWBERRY CRANBERRY SPARKLE         PUNCH           PUNCH         21           STRAWBERRY VANILLA SLUSH         21           SUNDOWNER         22           SUPER DUPER CHEESE DIP         12           SWEET AND SOUR SHRIMP         12           TEMPURA GREEN BEANS         8           THE IMPERIAL CRAB         13           THE SPARKLER         22           TROPICAL ISLANDS         23           TUG BOAT HENRY         22           UNCLE GARY'S LOUISIANA CRAB         SPREAD           SPREAD         13           VEGETABLE-COTTAGE CHEESE DIP         14	BAKED EGGPLANT WITH TOMATOES.  BEARNAISE SAUCE
NEW ENGLAND FROZEN FRUIT PUNCH         19           PESTO-TOMATO CLAMS         9           PICK GERMAN MEATBALLS         9           SEAWEED GROG         20           SHAMROCK SHIMMY         20           SHRIMP BEER         20           SHRIMP AND STUFFED CELERY         2           CANAPES         10           SKIPPER OUT OF UNIFORM         21           SPECTACULAR MUSHROOM PATE         10           SPICY ISLAND SHRIMP FROM ST.         CROIX           CROIX         11           SPRING SALAD         11           STRAWBERRY CRANBERRY SPARKLE         PUNCH           PUNCH         21           STRAWBERRY VANILLA SLUSH         21           SUNDOWNER         22           SUPER DUPER CHEESE DIP         12           SWEET AND SOUR SHRIMP         12           TEMPURA GREEN BEANS         8           THE IMPERIAL CRAB         13           THE SPARKLER         22           TROPICAL ISLANDS         23           TUG BOAT HENRY         22           UNCLE GARY'S LOUISIANA CRAB         SPREAD           SPREAD         13           VEGETABLE-COTTAGE CHEESE DIP         14	BAKED EGGPLANT WITH TOMATOES.  BEARNAISE SAUCE

PUMPKIN RIBBON BREAD TRADITIONAL IRISH SODA BREAD WHITE BREAD	フ: フ: フ:
DESSERTS	
AMISH SUGAR COOKIES BARBECUED BANANAS. BLACK FOREST CAKE DESSERT. BLUEBERRY GELATIN SALAD BLUE-RIBBON FAIR CAKE BOB'S FAVORITE CAKE CAMPFIRE COBBLER CARROT RAISIN CAKE WITH IRISH CREAM FROSTING. CHOCOLATE RASPBERRY BARS COCONUT PINEAPPLE EQUATOR PIE CRANBERRY CHOCOLATE CHIP BARS CREAM CHEESE POUND CAKE CREAM SCONES DAD'S FUDGE. EASIEST PEACH ICE CREAM. EASTER NESTS. FRENCH STRAWBERRY TORTE FRESH PINEAPPLE WEDGE. GINGERED PUMPKIN CRUMBLE LEMONADE PIE LOW FAT LEMON RICE PUDDING MALTED MILK BALL PIE M&M PRETZEL CUTOUTS NEW HAMPSHIRES APPLE PIE PACIFIC CHOCOLATE CHIP COOKIES PEAN WITH BUTTER COOKIES PEAR PARFAITS PRUNE CAKE S'MORE BARS WITH MARSHMALLOW FLOAT SOUTHERN CHESS PIE SUGAR COOKIES.	75777777777777777777777777777777777777
Table Committee	-
MISCELLANEOUS	
MISCELLANEOUS  CRABMEAT CHEDDAR CHEESE	20
SANDWICH	93 94 94 95
	DESSERTS  AMISH SUGAR COOKIES BARBECUED BANANAS, BLACK FOREST CAKE DESSERT. BLUEBERRY GELATIN SALAD BLUE-RIBBON FAIR CAKE. BOB'S FAVORITE CAKE. CAMPFIRE COBBLER. CARROT RAISIN CAKE WITH IRISH CREAM FROSTING. CHOCOLATE RASPBERRY BARS COCONUT PINEAPPLE EQUATOR PIE. CRANBERRY CHOCOLATE CHIP BARS CREAM CHEESE POUND CAKE. CREAM SCONES DAD'S FUDGE. EASIEST PEACH ICE CREAM. EASTER NESTS. FRENCH STRAWBERRY TORTE FRESH PINEAPPLE WEDGE. GINGERED PUMPKIN CRUMBLE LEMONADE PIE. LOW FAT LEMON RICE PUDDING. MALTED MILK BALL PIE. M&M PRETZEL CUTOUTS NEW HAMPSHIRES APPLE PIE. PACIFIC CHOCOLATE CHIP COOKIES PEANUT BUTTER COOKIES PEANUT BUTTER COOKIES PEAR PARFAITS PRUNE CAKE. S'MORE BARS WITH MARSHMALLOW FLOAT SOUTHERN CHESS PIE. SUGAR COOKIES. VERMONT PECAN PIE.  MISCELLANEOUS  CRABMEAT CHEDDAR CHEESE SANDWICH. DILL SUMMER CHICKEN SANDWICH. FRENCH DIP SANDWICH FRENCH DIP SANDWICH FRENCHIES' CONNECTION - MORNAY. FRIED CHICKEN FINGER-AVOCADO HERB BUTTER. IDEAS FOR PITAS. OPENED-FACED SCOTCH SALMON SANDWICHES. ROAST BEEF DELIGHT.

### **Suggestions for Lowering Fat Content in Your Diet**

FOOD CATEGORY	CHOOSE	DECREASE
Meat Fish Poultry	Lean cuts of meat with fat trimmed, such as: beef-round, sirloin, rump steak, loin Poultry without skin Pork tenderloin	"Prime" grade meats Fatty cuts, like: corned beef, brisket, short ribs, spareribs Goose, duck, organ meats, sausage, bacon, hot dogs, regular luncheon meats
Dairy Products	Skim milk, lowfat buttermilk, lowfat evaporated or nonfat milk Lowfat or nonfat yogurts and cheeses	Whole milk, cream, half & half, nondairy creamers, real or nondairy whipped cream, cream cheese, sour cream, ice cream, custard-style yogurt High-fat cheese, like: Brie, Swiss, American, Cheddar
Eggs	Egg whites, cholesterol and fat- free egg substitutes	Egg yolks (substitute 2 egg whites for 1 egg)
Fats Oils	Unsaturated vegetable oils (in limited quantities): corn, olive, peanut, canola, safflower, sesame, soybean Fat-free mayonnaise, cream cheese, and salad dressings Mustard and flavored vinegars (when cooking, use spray oils or nonstick pans and decrease amount of fat in recipe by 1/3 or substitute applesauce for fat)	Butter, coconut oil, palm kernel oil, palm oil, lard, bacon fat
Breads Cereals Pasta	Breads like whole wheat, pumpernickel, rye, pita, bagels, English muffins, rice cakes Lowfat crackers and bread sticks Plain cereals (hot and cold) Spaghetti and macaroni Any grain Dried peas and beans	Croissants, butter rolls, sweet rolls, pastries, doughnuts, most snack crackers, granola-type cereals made with saturated fats, egg noodles, pasta and rice prepared with cream, butter, or cheese sauces
Vegetables Fruits	Fresh, frozen, canned (no salt added)	Vegetables prepared in butter, cream, or sauce Fruits served in glazes

### Fat Facts

Reducing fat in the diet is a major focus in America today, and for good reason. A high fat diet can contribute to elevated blood cholesterol levels, a risk factor for heart disease. Excess dietary fat has also been linked to obesity and cancer. As a result, lower fat intake has become a priority for many.

Cholesterol is a fat-type substance found in all animal tissues. In adults, a blood cholesterol level below 200 milligrams per deciliter is desirable. A level above 240 milligrams is considered high. Blood cholesterol can also be broken into two categories: "good" and "bad" cholesterol. High density lipoproteins (HDL) are known as "good" cholesterol because of their

high protein content and low cholesterol content, and because people with higher HDL levels have a lower incidence of heart disease. Low density lipoproteins (LDL) contain more cholesterol than HDL and are responsible for cholesterol build-up on artery walls, thus earning the label "bad" cholesterol. A lowfat, low cholesterol diet, as well as exercise and being at a desirable weight, can help lower blood cholesterol levels and raise HDL levels.

Dietary fat can be divided into three different types: saturated, polyunsaturated, and monounsaturated. Foods we eat contain a mixture of these fats.

- SATURATED FATS are generally solid at room temperature. They have been shown to increase blood cholesterol levels. Saturated fats are primarily found in animal products such as butter, milk, cream, and lard. Some plant foods, such as palm oil, coconut oil, vegetable shortening, and some peanut butters also contain large amounts of saturated fats.
- POLYUNSATURATED FATS tend to lower blood cholesterol levels. These
  fats are found in high concentrations in vegetable oils, and are usually liquid
  at room temperature. Fats such as sunflower oil, corn oil, and soft margarines
  have large amounts of polyunsaturated fats.
- MONOUNSATURATED FATS have also been shown to decrease cholesterol levels in the blood. They can be liquid or solid at room temperature, and can be from plant or animal sources. Olive, peanut, and canola oils are high in monounsaturated fats.
- **DIETARY CHOLESTEROL** comes from animal sources such as meat, poultry, fish and other seafood, and dairy products. Egg yolks and organ meats contain high amounts of dietary cholesterol.
- HYDROGENATION is a chemical process in which hydrogen is added to unsaturated oils to make them firmer at room temperature. Hydrogenated fats such as shortening or margarine are more saturated than the oil from which they are made. When choosing a margarine, pick one with 2 grams or less saturated fat per tablespoon.

**Heart Healthy** guidelines include: (1) Limit total fat intake to 30% or less of total calories. (2) Of these calories, up to one-third can be saturated fat, and the remaining two-thirds should come from polyunsaturated and monounsaturated sources. (3) Limit daily cholesterol intake to 300 milligrams or less.

### Calculating Percent Fat

To achieve a desirable percentage of total calories from fat, it is helpful to know how much fat is in individual foods. To determine the percentage of a food's total calories that come from fat, you can use the following formula. In order to calculate this percentage, you need to know the total calories and the grams of fat per serving, both of which are usually listed on the food label.

```
\frac{\text{grams of fat x } 9^*}{\text{total calories}} \quad \text{x} \quad 100 \quad = \quad \% \text{ of total calories from fat}
```

\* Each gram of fat contains 9 calories. Multiplying grams of fat by 9 gives the total calories from fat. On food labels, this number has already been calculated, and is listed on the same line as total calories.

When reading a food package, the front of the label may not tell the whole story. For instance, a package of boiled ham might claim to be 96% fat free. From this information, the consumer might assume that the food contains 4% fat, which is well within the recommended guideline of eating foods with 30% or less of total calories from fat. Although the 96% fat free claim is truthful, it refers to the amount of fat by weight rather than by the food's total calories. To get a clearer picture, use the above calculation. The label of the boiled ham shows 60 calories and 2.5 grams of fat per serving.

$$\frac{2.5 \text{ grams of fat x 9}}{60 \text{ total calories}} \quad \text{x} \quad 100 \quad = \quad 37\% \text{ of total calories from fat}$$

By calculating the percentage of total calories from fat, you can make more informed decisions about the nutritional qualities of foods. In this case, the ham may be lower in fat than other ham products, but it is still above the 30% guideline. If you are trying to follow a lowfat diet, you should eat this food in moderation.

### "Heart Healthy" Recipe Substitutions

ORIGINAL INGREDIENT	ALTERNATIVE		EDUCE	S:
		TF	SF	С
1 pound ground beef	1 pound ground turkey	~	~	~
1 ounce Cheddar, Swiss, or American cheese	1 ounce lowfat cheese     1 ounce part-skim cheese     (Mozzarella)	~	77	77
1 egg	2 egg whites     1/4 c. low cholesterol egg substitute	V V	7	7
1 c. whole milk	1 c. skim milk	~	~	V
1 c. cream	1 c. evaporated skim milk	V	~	~
1 c. sour cream	1 c. nonfat sour cream     1 c. plain nonfat yogurt     1 c. lowfat cottage cheese plus 1     to 2 tsp. lemon juice, blended     smooth	***	>>>	777
1 ounce cream cheese	1 ounce nonfat cream cheese     1 ounce Neufchatel cheese	V	7	7
1 c. butter	1 c. margarine     1 c. vegetable oil		77	7
1 c. shortening	7 oz. vegetable oil		~	
1 ounce baking chocolate	3 Tbsp. cocoa powder plus 1 Tbsp. vegetable oil		~	
roux: 1 part fat 1 part starch	• ½ part fat to 1 part starch	~		
KEY: TF = total fat SF = saturated fat C = cholesterol	Mix together:     ½ c. nonfat dry milk     2 Tbsp. cornstarch     2 tsp. low sodium chicken     bouillon     ¼ tsp. onion powder     ⅓ tsp. garlic powder     ¼ tsp. basil     ¼ tsp. thyme     ¼ tsp. white pepper     9 oz. cold water  Add the following if desired:     ¼ c. chopped celery or     ½ c. sliced mushrooms  Heat to a boil; stir frequently.  Per "can": 215 calories, 1g fat, 8mg cholesterol, 200mg sodium	>		7

### Food Labeling Definitions

Government regulations give specific guidelines as to what words can be used on a food label to describe the product. Here is a list of these descriptive terms.

FREE A product must contain no amount or only an insignificant amount of one or more of the following: fat, saturated fat, cholesterol, sodium, sugar, and calories. The terms no, without, and zero can also be used.

Calorie-free: less than 5 calories per serving Sugar-free or Fat-free: less than 0.5g per serving Sodium-free: less than 5mg per serving

LOW This term can be used when referring to one or more of the following: fat, cholesterol, sodium, and calories. The terms *little*, few, and low source of can also be used.

Low calorie: 40 calories or less per serving Lowfat: 3g or less per serving Low saturated fat: 1g or less per serving Low cholesterol: less than 20mg per serving Low sodium: less than 140mg per serving Very low sodium: less than 35mg per serving

**LEAN** Meat, poultry, and seafood containing less than 10g of fat, less than 4g saturated fat, and less than 95g of cholesterol per 3.5 oz. serving.

**EXTRA LEAN** Meat, poultry, and seafood containing less than 5g of fat, less than 2g saturated fat, and less than 95g of cholesterol per 3.5 oz. serving.

HIGH One serving of a product must contain 20% or more of the *Daily Value* (recommended daily intake of a nutrient).

GOOD SOURCE One serving must contain 10% to 19% of the Daily Value.

**REDUCED** A nutritionally altered product containing 25% less of a nutrient or of calories than the regular product. If the regular product already meets the criteria for *low*, a reduced claim cannot be made.

**LESS** A food that contains 25% less of a nutrient or of calories than a similar food. Cream cheeses that have 25% less fat than butter could use the term less or fewer.

**LIGHT** This term can still be used to describe food characteristics such as color and texture if the label makes the meaning clear; for example, *light* brown sugar.

The term also carries two other meanings:

- → A nutritionally altered product that contains one-third less calories or half the fat of the original food
- A food's sodium content has been cut by 50% or more

MORE A food using this claim must contain 10% more of the Daily Value of a nutrient than the reference food. To use the words fortified, enriched, or added, this standard must also be met.

UNSALTED, NO SALT ADDED, or WITHOUT ADDED SALT The sodium naturally found in the product is still there, but it has been prepared without the salt that is normally added.

### Sodium

Sodium is a mineral used by the body to maintain a proper balance of water in the blood. Although it is a vital nutrient, the body needs very little sodium to stay healthy. Because it is found naturally in some foods and is added to many other foods, getting too little sodium is usually not a problem. A high sodium diet, on the other hand, can contribute to high blood pressure in some people. Reducing sodium intake in the diet may help prevent or control high blood pressure. It is hard to know who will develop high blood pressure, or who might benefit from eating less sodium. For these reasons, and because most individuals consume much more sodium than needed, it is generally suggested that we reduce sodium intake.

Table salt is the major source of sodium in our diet. It is made up of about half sodium and half chloride. An adult diet containing between 1,100mg and 3,300mg of sodium per day is considered adequate. One teaspoon of salt contains 2,000mg of sodium.

#### WAYS TO REDUCE DIETARY SODIUM

- ◆ Taste food before salting. Salt food only sparingly at the table.
- ◆ Cut back on sodium slowly to give the body time to adjust to less salty flavors. Salt-craving taste buds will eventually be replaced by new ones that do not have an affinity for salt.
- ♦ Choose foods that have little or no sodium added. In general, the more processed the food, the more sodium it contains. For example, processed turkey breast purchased at a deli has considerably more sodium than fresh turkey breast.
- ❖ In many recipes, the salt can be cut back or even eliminated without greatly affecting the taste. Experiment with recipes at home, using less salt each time and using low sodium substitutes for high sodium ingredients.
- ◆ Read labels on food packages. Compare the sodium content to similar items and to the recommended sodium intake for an entire day.

- ◆ Limit intake of high sodium foods such as cheeses, processed meats, soups, broths, snack foods, canned vegetables and vegetable juices, pickled vegetables, gravies, sauces, commercial casserole mixes, frozen dinners, and condiments. In many cases, lower sodium alternatives are available.
- ♦ When eating in restaurants, ask for foods to be prepared without added salt and request to have sauces, gravies, dressings, and condiments served on the side.
- ◆ Use herbs and spices instead of salt to enhance the flavor of foods. Check the label of seasonings to be sure they do not contain sodium. Use onion powder rather than onion salt, garlic powder instead of garlic salt. In place of seasoning salt, try commercially prepared herb and spice blends or make your own.

### **Low Sodium Seasoning Suggestions**

				9	8	90	,	00	5			To	, 70%	D T			
	4/16.	Bass	Bai	Car	Col. Sea.	Chi. Sec	Cur	Dill Pow	Gar.	Gir	Dry	Oni Musta	Ore Por	Rosano	Sacmary	7ge	T. 190n
Beef	~									V	~				~	V	
Pork				V					V						1		~
Veal			1				1			1				1			~
Ground Meat	V	~			~				~		1						
Poultry			~				~			1				~		~	
Fish						~	~	~								~	
Eggs					~		~						~	~			
Soups/Stews	~	~	1	V	~			~				1					V
Sauces		~												~		~	
Pasta				~													
Rice		1					~					~					
Popcorn									1								
Asparagus				~													
Beets				~													
Broccoli											1		~				
Cabbage				~				~									
Carrots			~	~													
Cauliflower							1									V	
Green Beans								1			1						
Lima Beans						~	1								1		
Potatoes										1					1		~
Tomatoes		~					1		1				1	-			
Salads				V		1						~					

Try this low sodium spice blend in your shaker instead of salt:

1 Tbsp. dry mustard 1 tsp. garlic powder

1½ Tbsp. onion powder

½ Tbsp. ground pepper

½ Tbsp. thyme, crushed

1 tsp. sage

½ tsp. marjoram, crushed

1 Tbsp. paprika

½ tsp. basil, crushed

½ tsp. ground oregano

### Food Safety Guidelines

Food safety is an important part of food preparation. Bacteria that cause foodborne illnesses are present in many foods. Fortunately, with proper handling and cooking of foods, the danger from these bacteria and the toxins they may produce can be greatly reduced.

Follow these safety guidelines to help protect against food-borne illnesses:

Keep the temperature in the refrigerator between 35° F. and 40° F. A freezer should be at 0° F. or below.

Thaw all meat, fish, or poultry in the refrigerator. Do not thaw on the kitchen counter. For faster thawing, a microwave can be used, but meat should be cooked immediately after thawing.

Cook all meat and poultry thoroughly. The following chart is a guide.



FOOD	MINIMAL INTERNAL TEMPERATURE
Ground Meat	160° F.
Ground Poultry	165° F.
Beef, Veal, Lamb	145° F.
Pork	160° F.
Poultry	170° F.

Cook fish until it is opaque, firm, and flakes easily with a fork.

Cook eggs until the white is set and the yolk is starting to thicken. Do not eat raw eggs or those with cracks in the shell. Separate the egg white from the yolk by using an egg separator or a slotted spoon rather than by using the shell.

Once cooked, hold food at temperature below 40° F. or above 140° F. Do not allow perishable food to sit between these temperatures for more than two hours. This is considered the *danger zone* at which bacteria can readily grow or produce toxins.

Cool foods such as soups, sauces, and gravies in shallow pans no more than two inches deep.

Keep raw animal products and their juices separate from other foods.

- Place raw meat on a plate or pan in the refrigerator to keep juices from dripping on other foods.
- Wash kitchen surfaces, utensils, and hands after they have been exposed to raw meat, poultry, fish, and eggs.
- Thoroughly clean cutting boards used for raw meat before using them for cooked foods or foods to be eaten raw, such as salad greens.
- Use a clean container to hold cooked meat.
   Do not reuse the container that held the raw meat without cleaning it first.

When roasting a turkey or chicken with stuffing, it is best to cook the stuffing in a separate pan instead of in the cavity of the bird. If you choose to stuff the bird, however, do so just prior to putting it in the oven. When checking for doneness, make sure a thermometer placed into the center of the stuffing reads at least 165° F.

### Basic Guidelines for Losing Weight

There are many diets and weight loss products available for those struggling to lose weight. The sad reality, however, is that most diets do not work. In the long run, people often regain even more weight than they originally lost. There is hope for those who want to shed some extra pounds. The key to long-term weight reduction is gradual and permanent changes in lifestyle habits.

Decrease the amount of total fat eaten. Fat has more than twice the calories of carbohydrates or protein. Thus, even small amounts of high fat items such as butter, margarine, oil, sauces, and gravies can contain large amounts of calories. Dietary fat is also the nutrient most easily converted into body fat. Much of the carbohydrates and protein we eat are burned up before they can be stored as fat.

Eat a variety of foods and do not restrict certain foods from the diet. In general, it is not the occasional food that keeps someone from achieving a desirable weight; it is what is eaten on a daily basis. For example, limit dessert to one or two times per week instead of after each meal. Forbidding foods often makes them more desirable, and may undermine weight loss efforts.

Eat breakfast. People who eat breakfast are generally more successful at losing weight.

Try not to eat before going to bed. Food eaten at this time of day is often not burned up and is more likely to be stored as fat.

Eat single portions of food and give the body time to signal that it is full. Often we eat so fast that the second portion of food is almost gone before the body can signal that it was satisfied after the first.

Eat foods high in complex carbohydrates. This includes breads, cereals, pasta, rice and other grains, fruits, and vegetables. Although many weight loss diets in the past have limited starchy foods, it is the high fat items that often accompany these foods that inhibit weight loss efforts, not the starchy foods themselves.

Exercise. Aerobic exercise is an excellent way to achieve and maintain a desirable weight. Walking, jogging, biking, and rowing are examples of aerobic activities. Before beginning any exercise program, it is a good idea to consult a physician.

Do not starve yourself. Low calorie diets may slow a body's metabolism, making weight loss more difficult.

Lose weight slowly, 1 to 2 pounds per week is desirable. Most people who need to lose weight need to lose excess fat. The body cannot burn off more than a few pounds of fat per week. Faster weight loss is probably due to muscle breakdown.

Set reasonable weight goals. Despite our society's obsession with thinness, it is not practical for most of us to expect to have the body of a model. Instead, setting a goal which is achievable and maintainable may, over time, result in greater physical and psychological health benefits.

### Understanding the Nutrition Facts Food Label

The *Nutrition Facts* food label is designed to help the consumer make nutritious choices when selecting foods. It can be found on most packaged products in the grocery store. Information about serving size, calories, and several nutrients help to give an overall picture of the nutritional qualities of each food. The label on the following page is a typical example, although some labels list additional nutrients.

Serving Sizes have been set at an amount that people would typically eat. If your normal serving is smaller or larger, adjust the nutrient values accordingly. Serving sizes are in standard household and metric measures. Metric abbreviations used on the label include:

g: grams - 28g = 1 ounce mg: milligrams - 1,000mg = 1g ml: milliliters - 30ml = 1 fluid ounce

Nutrients listed are those considered to be important to today's health conscious consumer. These include total fat, saturated fat, cholesterol, sodium, and fiber.

The **Percent of Daily Value** tells you if the food is high or low in a particular nutrient. It also shows how that food fits into an entire day's diet. Percent of Daily Values are based on a 2.000 calorie diet and on current dietary guidelines. An individual's values may be higher or depending on calorie needs. As a rule of thumb, if the Daily Value is 5% or less, the food contains only a small amount of that nutrient. For total fat, saturated fat, cholesterol, and sodium, foods with a low Percent of Daily Value are good choices.

Terms used on the label to describe the food's nutritional content have strict definitions set by the government. Eleven *Descriptive Terms* have been identified: free, low, lean, extra lean, less, reduced, light, fewer, high, more, and good source. Because precise guidelines must be met for a food to use one of these terms, you can be assured that the claim is believable. For example, if a food claims to be sodium free, it must have less than 5ml of sodium per serving.

Claims regarding a food's relationship to various health-related conditions must also meet specific guidelines. To make a health claim about fats and heart disease, a food must be low in total fat, saturated fat, and cholesterol. A food making a statement regarding blood pressure and sodium must be low in sodium.

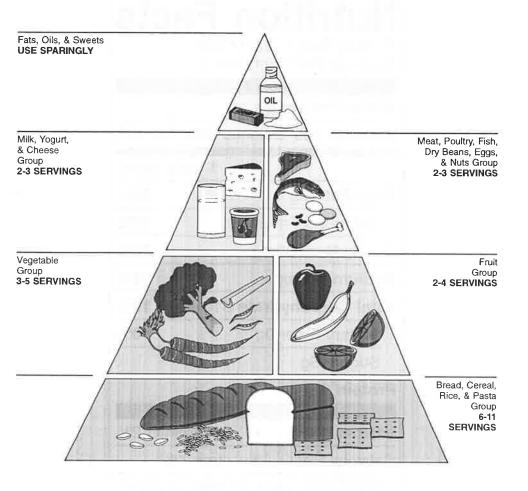
The *Ingredients List* is located in a separate location on the label. Ingredients are listed in descending order by weight; thus, if the first ingredient is sugar, there is more sugar in that product than anything else.

See the following page for an example of the Nutritional Facts Food Label.

### The Nutrition Facts Food Label

Nutr Serving S Servings	ize 1 cup	(228g)	acts
Amount Pe	er Serving		
Calories	260 Calo	ries from	n Fat 120
//		% Da	aily Value*
Total Fat	13g		20%
Saturate	ed Fat 5g		25%
Choleste	rol 30mg		10%
Sodium 6	660mg		28%
Total Car	bohydra	<b>te</b> 31g	10%
Dietary	Fiber 0g		0%
Sugars	5g		
Protein 5	g		
	10/	241	· 0.00/
Vitamin A			nin C 2%
Calcium 1		Iron	
calorie die	t. Your daily epending or	values ma your calor	
*	Calories:	2,000	2,500
Total Fat Sat Fat	Less than Less than	65g 20g	60g 25g
1	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carboh Dietary Fil		300g 25g	375g 30g
Calories per Fat 9 • Carb		Protein 4	

## The Food Guide Pyramid A Guide to Daily Food Choices



What is the Food Guide Pyramid?

The Pyramid is an outline of what to eat each day. It's not a rigid prescription, but a general guide that lets you choose a healthful diet that's right for you.

The Pyramid calls for eating a variety of foods to get the nutrients you need and at the same time the right amount of calories to maintain a healthy weight.

The Pyramid also focuses on fat because most American diets are too high in fat, especially saturated fat.

This Cookbook is a perfect gift for Holidays, Weddings, Anniversaries & Birthdays.

To order extra copies as gifts for your friends, please use Order Forms on reverse side of this page.

\* \* \* \* \* \* \* \* \* \*

Cookbook Publishers, Inc. has published millions of personalized cookbooks for every kind of organization from every state in the union. We are pleased to have the privilege of publishing this fine cookbook.



### Price Per Cookbook: \$19.95

### ORDER FORM

Half of the proceeds will be donated to the LST534 Reunions.

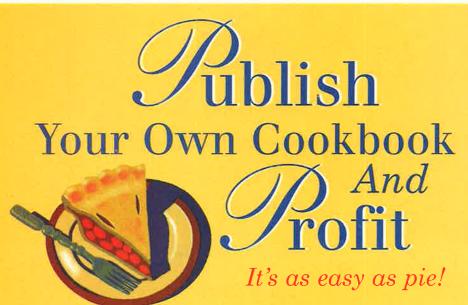
No. of Cookbooks x \$19.95	\$
SHIPPING	
DOMESTIC: (\$3.50 per cookbook)	\$
INTERNATIONAL: (\$4.50 per cookbook)	\$
(customer responsible for duties & taxes)	
TOTAL OF ORDER	\$
SHIP TO: (PLEASE PRINT CLEARLY)	
Name	
Address	
City	
State, Zip	
Country	
Daytime Phone ( )	
PAYMENT METHOD (DO NOT SEND C	URRENCY)
Please Note: International customers must pay b	oy credit card.
Enclosed is my check	
Charge to:	
American Express MasterCard VISA	A Discover
Card #	
Expiration Date:	
Signature on card:	
MAKE CHECKS PAYABLE AND MAIL YOU	IR ORDER TO:
Marie Kingsbury LaFlower	
369 Flm Street	

Laconia, NH 03246

PHONE: (603) 528-6884 EMAIL: wmlafl@aol.com

Quality Guaranteed - No Refunds Allow 2-4 weeks for delivery

Reorders also available on www.lst534.com



Order your own FREE no-obligation Cookbook **Instruction Kit today!** 

Fast

Fill out and mail the postage-paid card below.

Faster

Fax a copy of your completed postage-paid card to 913-492-5947.

Any time of the day.

Fastest Call our Toll-Free Number 800-227-7282.

Any time of the day.



Cook Up A Fundraising Success

With Cookbook Publishers, Inc.!

You collect the recipes and we do the rest. We even supply you with FREE recipe forms! We have helped thousands of groups like yours, so let us show you how easy it is to create a successful cookbook.

Yes, please rush me a FREE no-obligation Personalized Cookbook Instruction Kit.

PLEA	SE	SEND	<b>MATERIALS</b>	TO:
		V	*****	

Previous Correspondent, if any \_

Home Phone (

. 11 101 01 11 11 11 11 12 10 10	
Organization	
Name	
Address	
City/State	Zip

\_\_\_\_\_ Work Phone (

*TEAR ALONG PERFORATION* 



Cookbook Publishers, Inc.

## Why is a personalized cookbook the right fundraiser for you?

Easy to put together

Self-financing

Easy to sell

Highly profitable

Exciting!

Request your FREE Step-by-Step Cookbook Instruction Kit Today!

1-800-227-7282

http://www.cookbookpublishers.com

▼ Drop the card in the mail today! ▼





kbook Publishers, Inc.

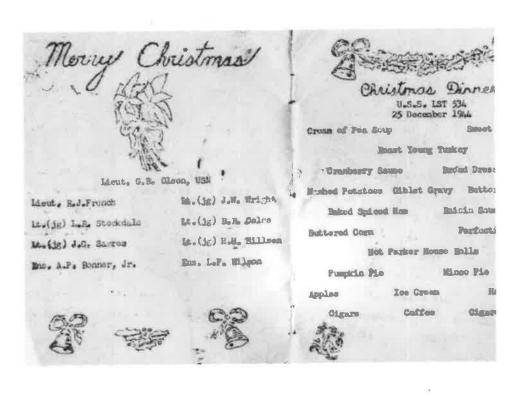
### **BUSINESS REPLY MAIL**

ASS MAIL PERMIT NO. 4483 SHAWNEE MISSION, KANSAS

POSTAGE WILL BE PAID BY ADDRESSEE

COOKBOOK PUBLISHERS INC 10800 LAKEVIEW AVE PO BOX 15920 LENEXA KS 66285-9802 NO POSTAGE NECESSARY IF MAILED IN THE UNITED STATES





Someone saw fit to take the time to make Christmas special on the high seas in midst of a War.





A DAUGHTER'S LOVE, A STORY OF WAR: "ONTO RUGGED SHORES: THE VOYAGE OF LST534"

When Linda Alvers' father was stricken with Alzheimer's Disease, his past disappeared. As a way to repair this loss, and to understand her father better, Alvers turned detective, ransacking military archives and painstakingly locating the men with whom he had served in the navy. The resulting tale is a saga of bravery and camaraderie that took her father and his fellow crew members from the D-Day invasion of Normandy to the kamikaze attacks of the Pacific, aboard the broadbeamed, ungraceful—but indispensable—landing ship with the unromantic name LST534.

The film Alvers made from this story, "ONTO RUGGED SHORES: THE VOYAGE OF LST534," aired on D-Day, June 6, 2000 on the History Channel. Narrated and hosted by the (late) Veteran journalist Howard K. Smith.