



"HOME"

*There is no spectacle on earth more appealing than
that of a beautiful woman in the act of cooking
dinner for someone she loves.*

Thomas Wolfe

Czech American Cuisine

**CULTURAL DIVISION
OF
CSA FRATERNAL LIFE**

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**BOHEMIAN RYE BREAD
 ZITNY CHLEB**

- 1 cup boiling water
- 1 tbs. caraway seed
- 1 tbs. salt
- 1 tbs. sugar
- 1 pkg. dry yeast
- 1/4 cup warm water
- 3/4 cup milk
- 1 tsp. lemon juice
- 5 1/2 cups bohemian rye and wheat flour or
- 2 cups unsifted rye flour and
- 3 cups sifted white flour

Dissolve the yeast in the warm water and let stand until light, in a large mixing bowl. Pour the boiling water over the caraway seed, salt and sugar and set aside. Sour the milk by adding lemon juice to it and then add to the yeast mixture. Also add the caraway-water mixture. Then add half of the flour, beating well. Place dough on a board with the remaining flour and knead in for 3 minutes. Do not allow the dough to become too stiff -- it may not be necessary to add all of the flour. Set dough back in bowl, and let rise until double -- about 45 minutes. Knead down about 30 times and allow to rise again for 25 minutes. Grease two 8x4x2 1/2 pans well, divide dough in half and place one portion in each pan. Let rise again 30 minutes. Brush top of loaves with egg mixed with 1 tbs. milk. Bake for 40 minutes in 400 degree oven, then for 20 minutes longer at 350 degrees.



CASSEROLE RYE BREAD
ŽITNÝ CHLEB

1 cup milk
3 tbs. sugar
1 tbs. salt
1½ tbs. shortening
1 cup warm water
2 pkg. yeast
1 tbs. caraway seed
3 cups sifted flour
1-1/2 cups unsifted rye flour

Scald milk, then stir in sugar, salt and shortening. Cool to lukewarm. Turn into mixing bowl. In a small bowl, place 1 cup warm water. Sprinkle in yeast, stirring until dissolved. Stir into milk mixture, adding caraway seed. To milk mixture add both flours all at once. Stir until well blended. Cover bowl and let rise in warm place. When doubled in size, stir batter down; then stir vigorously about 1/2 minute. Turn batter into a well greased 2 quart round casserole. Butter top of dough. Bake at 375 degrees for about 50 minutes. Turn out on wire rack to cool.

Dip a cloth in vinegar and use to wipe the inside of your bread box to prevent mildew from forming.

SMALL HOUSKY
Makes 20 delicious breads

1/2 stick of margarine 1 to 1½ cups warm milk
1 egg yolk 2 tsp. salt
3 Tbsp. sugar 1 pkg. dry yeast
¾ cups flour

Melt margarine in warm milk. Add 1 egg yolk (save white for later). 3 Tbsp. sugar, 2 tsp. salt and one pkg. dry yeast. Mix in ¾ cups flour. Mix and then knead into smooth round dough ball. Place into greased bowl and let rise.

Divide dough into 40 pieces - each piece the size of a large walnut. Roll each piece between palms of hands into rope 5" long and twist two ropes together sealing each end.

Place on greased cookie sheet and brush each with beaten egg white. Sprinkle with caraway seed or kosher salt or poppyseed. Bake at 375 deg. for 15 to 20 minutes or until lightly brown.

OATMEAL BREAD

1 cup seedless raisins
2 cups sifted all-purpose flour
1½ tsp. salt 4 tsp. baking powder 4 Tbsp. shortening
2 cups rolled oats 1/2 cup molasses
1-2/3 cups milk

Wash and soak raisins for a few minutes. Drain. Sift flour, salt, baking powder, and sugar together in a mixing bowl. Cut in shortening. Mix raisins and oats. Add to flour mixture. Stir in molasses and milk until blended. Pour dough into greased and floured pan. Cover lightly with folded kitchen towel and let stand 20 minutes. Bake one hour at 350 deg. Remove loaf from pan and cool on rack. Makes one loaf.

LEMON TEA BREAD

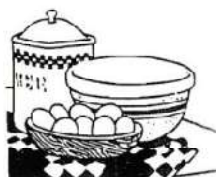
3/4 cup softened butter or margarine
 1-1/4 cup sugar
 3 eggs
 2-1/4 cup unsifted all-purpose flour
 1/4 tsp. salt
 1/4 tsp. baking soda
 3/4 cup buttermilk
 1-1/2 tspn. grated lemon rind
 3/4 cup chopped pecans

Lemon Glaze: 1/2 cup lemon juice (about 3 lemons)
 3/4 cup powdered sugar

Beat together butter and sugar until fluffy. Beat in eggs. Add sifted dry ingredients alternately with buttermilk, ending with dry ingredients. Stir in lemon rind and nuts. Turn into greased 9 x 5 pan. Bake at 300 deg. for 1-1/2 to 2 hours. Cool bread in pan 15 min. Remove to wire rack. Mix lemon juice and powdered sugar. Pierce top of bread with wooden pick about every 1/2". Spoon glaze over bread while still warm.

BANANA BREAD

1 cup sugar
 1/2 cup corn oil
 2 eggs
 3 ripe bananas mashed
 1 tsp. baking powder
 1/2 tsp. baking soda
 1 cup white flour
 1/2 cup nuts - optional
 1/2 tsp. banana flavor



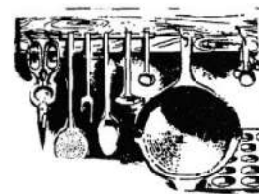
Mix in order given and bake in 9 x 4 loaf pan in a slow oven — 350 about 1 hour.

POTATO PANCAKES
BRAMBOROVE LIVANCE

2-1/2 lb. potatoes
 Salt to taste
 1-2 eggs
 1 cup flour
 milk as needed
 3/4 cup shortening

Peel and grate potatoes, drain - measuring liquid that is drained off - and sprinkle with salt. Add milk - about the same amount as drained-off liquid - to potatoes, eggs and flour; mix well. Drop pancake batter by spoonfuls into hot shortening and fry to a golden brown.

Note: Use only about 4 tbs. of the shortening at a time to fry pancakes.



Keep recipe books or cards clean under an upside-down glass pie plate. The curved bottom magnifies the rint and the shape holds the cookbook open.

CREPES
PALAČINKY

2 cups flour
2 cups milk
2 eggs, slightly beaten
3 tbs. sugar
pinch of salt

Mix eggs with milk; add salt and sugar. Place flour into a bowl or large pitcher. Heat and grease griddle or frying pan, 6 to 7 inches in diameter. Make thin pancakes by tilting the griddle so that the batter spreads quickly over the bottom. Brown on both sides. Spread with desired jelly, roll and serve sprinkled with sugar. Store in warm oven while preparing remaining pancakes.



If a plastic bread wrapper accidentally melts on the toaster, reheat the toaster and wipe the melted plastic off with a dry cloth.

BUBBLING FRUIT PUFF
EUBLANINA

1/2 lb. butter or margarine
1-1/2 cups sugar
6 eggs
2 cups cake flour -- or regular
2 tsp. baking powder
1/4 tsp. salt
1 tsp. vanilla or lemon extract
Fruit for topping - cherries, plums, blueberries,
or peaches - fresh or canned

Cream butter and sugar, add 6 yolks of eggs and beat until light and fluffy. Add vanilla. Sift flour, baking powder and salt. Add the dry ingredients slowly to above mixture. Beat the 6 egg whites until stiff and then fold into cake batter. Pour into greased and floured jelly roll pan. Scatter fresh, pitted sweet cherries over top of dough, pushing in slightly. Other fresh fruit may be used in place of cherries. If using canned fruit, be sure to drain well. Bake in 350 degree oven about 1/2 hour. Cool and sprinkle with powdered sugar. Cut into squares.



CZECH NOODLE PUDDING
NUDLUVY PUDING

1/2 cup butter
1/4 cup sugar
4 eggs, separated
1/4 tsp. lemon extract
12 oz. carton small curd cottage cheese
1/4 cup yellow raisins
1/4 cup chopped almonds
1/4 cup chopped walnuts
8 oz. pkg. wide noodles, cooked and drained
1 cup heavy cream
1/4 cup fresh bread crumbs, or vanilla wafers

Preheat oven to 325 degrees. Grease a 10x6x1-1/2 inch baking pan. Cream butter and sugar in mixing bowl until light and fluffy. Add egg yolks, beat until smooth. Stir in lemon extract, cheese, raisins, almonds, walnuts and noodles. In another mixing bowl, beat egg whites until stiff but not dry. Fold into noodle mixture, turn into prepared pan. Pour cream over top, and sprinkle with bread crumbs. Bake in preheated oven for 50 minutes.

Before heating dairy sour cream or yogurt, allow it to reach room temperature to help prevent any separation.

CZECH NUT CAKE
ORECHOVA BABOVKA

12 egg yolks
15 egg whites
1/2 lb. ground walnut meats
1 cup powdered sugar
1 tsp. vanilla
3 tbs. bread crumbs
pinch of salt

Beat egg yolks until fluffy. Add powdered sugar and beat well. Fold in ground nuts, bread crumbs and salt. Add vanilla. Beat egg whites until very stiff. Fold into first mixture. Bake in tube pan or 3 9-inch cake pans which have been greased and floured. Bake for 20 to 25 minutes at 350 degrees.

Frosting:

3 egg yolks
1/2 lb. sweet butter
1/2 lb. milk chocolate, melted

Beat egg yolks, butter and cooled chocolate about 15 minutes in electric mixer. It should get very light in color. Refrigerate cake when frosted or store in a very cool place.



To remove berry stains from table linen, pour boiling water through the stain before washing.

EASY APPLE STRUDEL
VÁLENÝ JABLKOVÝ ZÁVIN

2-1/2 cups flour
1/3 cup butter
1 egg yolk
1/2 cup water
1/2 tsp. vinegar
6 apples, sliced
1/2 cup sugar mixed with
2 tsp. cinnamon
1 tsp. grated lemon rind
1/2 tsp. salt
raisins and chopped nuts - optional

Cut butter into flour as for pie dough. Mix egg yolk, water and vinegar in a cup. Add to flour and make a light dough. DO NOT KNEAD. Roll and cut in 4 strips 6" wide. Place 2 strips on a greased baking sheet and spread with sliced apples; sprinkle with sugar and cinnamon, lemon rind and raisins. Cover with other pieces of dough, press edges firmly together, brush with beaten egg and bake at 400 degrees for 15 minutes. Lower heat to 300 degrees and continue baking for about 25 minutes.

For extra flaky pie crust, substitute vinegar for the water. It won't affect the taste of the crust of the pie after it is baked.

APPLE STRUDEL
ZÁVIN

2 cups flour
Lard the size of large walnut
2 whole eggs
1/2 cup lukewarm water
1 tbs. vinegar
Pinch of salt

Work ingredients well by hand until the dough does not stick to the hands or board. Shape dough into mound, cover with heated bowl. Allow to stand for 15 minutes. Dough must be warm when you start to pull, so it may be necessary to heat another bowl and replace the cooled one, allowing dough to stand another 15 minutes. On floured board, place card-table-size cloth and sprinkle flour over it. Hands must also be floured. Start pulling dough from center with your fingers, taking care not to tear the dough. When it is as thin as paper, sprinkle entire surface with bread crumbs, then arrange sliced apples closely together over it, sprinkle sugar mixed with cinnamon next, raisins and chopped nuts, and last drizzle with melted butter. Taking one end of the cloth, begin rolling in "jelly-roll" fashion. Place on well greased cookie sheet, seam at the bottom, using the cloth to help place strudel on sheet. Brush strudel well with melted butter and bake 1/2 hour at 375 degrees.



APPLE FILLING FOR STRUDEL
JABLKOVÝ NÁKYP

2-1/2 lbs. Roman Beauty Apples
1 cup sugar
Rind from 1 lemon
1 tbs. cinnamon
1/2 cup raisins, yellow preferably
1 cup bread crumbs
4 oz. melted butter

Peel and slice apples thinly. Assemble remaining ingredients in preparation for filling strudel.

Note: 1/2 cup chopped nuts may be used also.

COTTAGE CHEESE FILLING FOR STRUDEL
TVARHOVÝ NÁKYP

2 lb. dry cottage cheese - pressed thru strainer
1 lb. confectioners sugar
1 cup yellow raisins
1 small can crushed pineapple
1 small bottle maraschino cherries, cut up

Assemble ingredients in preparation for filling strudel.

NUT FILLING FOR STRUDEL
OŘECHOVÝ NÁKYP

4 egg whites
1/2 cup sugar
2 cups finely ground walnuts (1/2 lb.)
1/2 tsp. cinnamon or
1/2 tsp. almond extract

Beat whites until foamy, add sugar and continue beating until stiff. Fold in nuts and flavoring. Spread filling along long end of strudel, brush remaining dough with melted butter and roll.

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CROWN CAKE
BÁBOVKA

1/2 lb. sweet butter
1 lb. powdered sugar
7 eggs
3/4 cup cold milk
2-1/2 cups flour
2 tsp. baking powder
1/2 tsp. salt
1/2 cup lemon juice and grated rind
of 1/2 lemon
Rum or almond extract flavoring

Cream butter and sugar until light. Add yolks, grated rind and juice of lemon and beat until the yolks and butter are well mixed. Sift flour with baking powder and salt four times. Add gradually to butter dough, alternating with milk, working in lightly but thoroughly with wooden spoon. Finally, fold in beaten whites of eggs. Grease mold well with vegetable shortening and sprinkle lightly with flour. Bake in 325 degree oven for one hour. After baking, leave in mold for about 10 minutes, then remove from pan and sprinkle heavily with powdered sugar to which has been added rum or almond extract flavoring.



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EGG WHITE LOAF
BÍLKOVÝ CHLEBÍČEK

8 egg whites, beaten stiff
1/2 cup sugar
3/4 cup flour
2 tbs. melted butter
1/2 cup white raisins
2 squares bitter chocolate, grated
1/4 tsp. vanilla
1/2 cup hazel nuts, chopped
3/4 cup sugared orange peel

Beat the egg whites stiff and add, a little at a time, the sugar, flour, melted butter, raisins, roughly ground nuts, and the other ingredients. Grease and flour a tube pan and bake for one hour at 350 degrees. If desired, a loaf pan can be used. Do not cut until the next day after baking.

CHOCOLATE ECLAIR SLICES

Butter and line a 9 x 13" pan with whole graham crackers. Prepare 2 pkgs. instant French vanilla pudding using 3 cups of milk

Fold in 9 oz. Cool whip. Pour over crackers, add another layer of crackers on top of pudding. Frost with chocolate icing.

2-1/2 oz. melted bitter chocolate
2 tsp. Karo syrup
1 tsp. vanilla
3 Tbsp. butter
1-1/2 cups powder sugar
3 Tbsp. milk

Blend well, put on top of crackers. Let set in refrigerator for two days.

FRESH FRUIT "PIZZA"
KOLÁČ

4 cups flour	<u>Topping:</u>
1/2 tsp. salt	Sugar
1/2 cup sugar	Crushed vanilla wafers
1/2 lb. melted butter	Melted Butter
2 cakes yeast	
2 cups lukewarm milk	
2 eggs	

Crumble yeast cakes into 1 cup of lukewarm milk with 2 tsp. sugar added. Set in a warm place to rise. Sift together the dry ingredients, add eggs and melted butter, then mix with the raised yeast and slowly add additional milk to make a dough of medium texture and easy to handle. Beat until it bubbles. Let rise until double in bulk. Grease three 14 x 10 x 1 inch pans. Divide the dough into three equal parts. Place one portion of dough onto each pan and with buttered or floured fingers pat out dough evenly over entire pan, making a small raised rim around the edges. Sprinkle surface of dough with 1/2 cup crushed vanilla wafers and arrange sliced fresh peaches or pears -- or blueberries or strawberries -- closely on top. Sprinkle with 1/2 cup sugar, then again with 1/2 cup vanilla wafer crumbs and last drizzle melted butter or margarine over all. Let rise until double in bulk. Then bake in 350 degree oven for 20 to 30 minutes, depending on thickness of dough.



BOHEMIAN BUTTERMILK COFFEE CAKE
ČESKÝ DORT S KYSELEHO MLÉKA

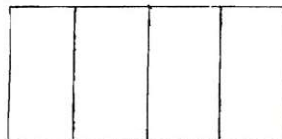
1 cup brown sugar	1 tsp. baking soda
1 cup granulated sugar	1/2 tsp. salt
3 cups sifted flour	2 well-beaten eggs
1 cup butter or margarine	1 cup buttermilk
	1 cup chopped nuts

Cut butter into flour and brown sugars as for pie dough. Save 1 cupful of the crumbles for topping. To the larger amount, add the baking soda, salt, eggs, buttermilk and nuts. Beat until almost smooth. Spread the mixture into a greased and floured 9x13x2 pan. Sprinkle reserved crumbles on top. Then sprinkle entire surface with cinnamon, if desired. Bake in a 375 degree oven for 25 minutes.

When cool, cut cake into four widths, then slit each width in half. Spread filling between each portion. Slice thin.

Filling:

2-1/2 tbs. flour
1/2 cup milk
1/2 cup sugar
1/2 cup butter or oleo
1 tsp. vanilla



Blend flour and milk until smooth. Cook, stirring constantly until thickened. Cool. Cream butter and sugar until light and fluffy. Gradually beat flour into creamed mixture. Add vanilla and beat until very smooth. Refrigerate, then spread between layers of coffee cake.

CZECHOSLOVAK NUT ROLL
ČESKÝ OŘECHOVÝ RĚZY

1 cake fresh yeast
1/2 cup lukewarm water or milk
1 cup cream
1 cup butter (half margarine may be used)
1/4 cup sugar
3 eggs
4-1/2 cups flour
1 tsp. salt

Dissolve yeast in lukewarm milk. To this add cream. Sift the flour and salt into a large mixing bowl. Cream the butter and sugar, add it to the flour, working it with your hands until it is a crumbly texture. Add yeast mixture and eggs (one at a time) and work dough until smooth and elastic. Cover with waxed paper and place in refrigerator overnight.

Cut dough in four equal parts. Roll out very thin on floured board. Spread filling -- one fourth of amount prepared -- onto dough and roll like a jelly roll. Place on greased cookie sheet, cover with cloth and repeat process with remainder of dough. Cover rolls with cloth and let stand for 1 hour. Bake in 350 degree oven for 50 minutes.

Filling:

4 cups ground walnuts
1 cup granulated sugar
2 tsp. melted butter
1/2 cup milk
1 beaten egg
1 tsp. vanilla

Warm milk, add nuts, sugar, butter and then the beaten egg. Add vanilla. Stir all together to make a thin paste. Spread the filling on the dough and roll like a jelly roll.

JACK HORNER COFFEE CAKE

1 cup milk
 1/4 cup shortening
 1/4 cup sugar
 1 tsp. salt
 1 cake or 1 pkg. yeast
 2 eggs, beaten
 3-1/2 cups flour

Scald milk, pour over shortening, sugar, salt. Let stand until cold. This step is important. Then add yeast and let stand 5 to 10 min. Add eggs and flour; mix well and knead a few minutes on floured board. Put in covered bowl and let rise until double in bulk. Put on floured board, roll out about 1/2" thick and cut approximately 18 - 3" squares.

OTHER INGREDIENTS:

18 purple plums (approx.)
 1/2 cup melted butter
 sugar
 1/2 cup finely chopped nuts
 1 tsp. cinnamon

Bake in 350 deg. oven - 20 min. when in muffin pan.
 If placing dough on a greased cookie sheet, bake 30 min.

Put a pitted plum in center of each square with 1/4 tsp. sugar. Pinch sides to form a plum ball. Dip ball into melted butter or shortening, then roll ball into the sugar, cinnamon and nut mixture.

Put in a paper cupcake and place in muffin pan; or put on a greased cookie sheet and let raise 1/2 hour. When baking on the cookie sheet, these will then be break-apart cakes.



VANILLA HORNS (RCHLICKY)

2-1/4 cups flour	3/4 cup (4 oz) ground
1/2 lb. butter	almonds
1 cup powder sugar	1 tsp. vanilla
Grated rind of one lemon	2 egg yolks

Mix flour and butter as for pie crust. Add rest of the ingredients and mix thoroughly. Take a piece of dough about the size of a walnut and roll into a triangle. Form horns from this and bake at 350 deg. until light brown. While horns are warm, roll in vanilla flavored powder sugar. These horns may be tied with a bright ribbon and hung on the Christmas tree.

KOLACKY

Cottage Cheese Dough

1 lb. butter
 1 lb. carton small curd cottage cheese
 4 cups sifted flour
 Lemon rind

Cream butter, add cottage cheese and blend well. Add the sifted flour and lemon rind. Combine all ingredients well. Place dough into refrigerator to chill. Then roll out thin on a slightly floured board. Cut into rounds. Make an even number of plain rounds and an equal amount with a small hole in the center. Place the one with the hole on top of the plain round and seal the edges with beaten egg yolk. Bake in a 350 degree oven 15 to 20 minutes. When baked, fill the hole with your favorite jelly or preserves.

KOLACKY
RICH YEAST DOUGH

1 lb. flour
3/4 lb. sweet butter
3 tbs. sugar
1/2 tsp. salt
1/2 cup milk or cream
6 egg yolks
1 oz. yeast

Dissolve yeast in lukewarm milk and 1 tbs. sugar. Put flour on floured board, add butter, salt and 2 tbs. sugar. Cut the butter with knife into the flour and with a fork work lightly into the flour. Press down the center of the dough and into the hollow pour the yeast and egg yolks. Mix well with fork and gradually add the flour. Put the dough on a plate and cover with a warm, heated bowl. Allow to stand for at least an hour to rise to double the size. It may be left in refrigerator overnight. If making crescents, dough should be thinner, otherwise roll out to 1/4" thickness. Place on ungreased sheet after cutting into rounds, and allow to raise again. Brush with egg and place filling in center. Bake in a 350 to 400 degree oven for 15 to 20 minutes until golden brown.

Note: If making crescents, divide dough into 6 or 8 parts and roll out to 8 or 9 inch circle. Cut circle into 8 wedges, spreading small amount of filling along wide edge of each wedge. Then roll into crescent, place on sheet and bake.

Nut Filling: - or use your favorite filling
Place in saucepan 1/2 cup water and 3/4 cup sugar. Allow to simmer a few minutes, then add pinch of cinnamon and 1 tsp. lemon rind and lastly 1/2 lb. ground nuts. Allow to cool.

MORAVIAN KOLACKY
MORAVSKE KOLACKY

1-1/2 pkg. yeast
1/3 cup lukewarm milk
1/2 tsp. sugar
1/4 lb. melted butter
3 eggs
3 tbs. sugar
1 tsp. grated lemon peel
2 cups flour

Cheese filling:

1 lb. cottage cheese
3/4 cup sugar
1 tsp. vanilla
1 egg yolk
1/2 cup raisins
1 tbs. melted butter

Special filling:

3 tbs. flour
1/2 cup sugar
1 tbs. butter

Prepare yeast with lukewarm milk and sugar and set aside. When yeast rises to top, it is ready to use. In large bowl, mix melted butter, eggs, 3 tbs. sugar, salt and lemon peel. Add 2 cups flour. Work dough thoroughly so that it is smooth and will not stick to wooden mixing spoon. Cover with cloth to keep from drying and place in warm spot to rise for one-half hour. With a small spoon, cut small pieces of raised dough, place on board and form round kolacky with fingers. Place cheese filling in center and join dough over the cheese so that it does not leak out. Roll each kolacek into a ball and place on greased pan about 2-1/2 inches apart. With fingers, press down center of ball and fill with special filling. Pat sides of kolacky with yolk of egg, thinned with 1 tbs. of water. Let kolacky rise about 45 minutes and then bake in hot oven at 425 degrees for about 15 to 20 minutes. Let cool and sift confectioners sugar over them.

Note: Prune filling may be used in place of cheese.

FLUFFY PASTRY HANDKERCHIEFS
ŠATEČKY

1/2 cup flour
3/4 cup butter
1 cup flour
1 egg yolk
2 tbs. vinegar
5 tbs. milk

Filling:
1 cup cream
1/4 cup sugar
1/4 cup flour
2 egg yolks
3 oz. butter
5 oz. sugar
1 tsp. vanilla

Mix well 1/2 cup flour with 3/4 cup butter and set aside, while making the other dough: 1 cup flour, 1 yolk, vinegar and milk. Mix well together and set aside for an hour. Then place both mixtures on floured board, butter dough on top and roll out. Cut in squares, roll them around narrow tubular cream roll forms, brush with beaten yolk, place on greased baking sheet and bake in a 400 degree oven until golden. When cool, fill with the following filling.

Place 1 cup sweet cream and sugar in heavy sauce pan and heat, stirring vigorously, gradually adding flour. Stir above flame until it thickens. Add egg yolks, keep beating. Take off flame and keep stirring until mixture cools. Cream the butter with the sugar, add vanilla flavoring and gradually add to the egg yolk mixture.

When rolling cooky dough, sprinkle board with powdered sugar instead of flour. Too much flour makes the dough heavy. When freezing cookies with a frosting, place them in freezer unwrapped for about 2 hours - wrap without worrying about them sticking together.

SMALL CAKES
BUCHTIČKY

1/2 lb. butter
1/2 lb. flour
6 egg yolks

Mix together and squeeze with fingers until dough does not stick to fingers. Make small balls (size of large marble) and place in refrigerator over night. Roll out ball of dough with rolling pin, and put about 1/4 tsp. of filling in center part of dough, cover with the other half, then close by pressing tightly around edge with fingers. Place on ungreased cookie sheet and bake about 15 minutes at 300 degrees. When baked, some may open up slightly, giving a clam-like appearance.

Filling

6 egg whites
1/2 lb. confectioners sugar
1/2 lb. walnuts - ground

Fold confectioners sugar and ground walnuts into stiffly beaten egg whites.

For creamier scrambled eggs add a tablespoon of Philadelphia Cream Cheese to the beaten eggs. Cook as usual. The cheese will dissolve with the heat of the pan.

BOHEMIAN CRESCENTS
ORÍŠKOVÉ ROHLÍČKY

1/2 lb. butter
1/2 cup confectioners sugar
1 tsp. vanilla
2 cups sifted cake flour
1 cup chopped nuts - pecans, walnuts, or almonds

Cream butter, add sugar and blend. Add flour and nuts slowly. Then vanilla and mix thoroughly. Place dough in refrigerator to chill. Break off small pieces and shape into crescents. Place on a greased baking sheet and bake in a 350 degree oven for about 20 minutes. When baked, roll in powdered sugar.

BUTTER HORNS
MASLOVÉ ROHLÍČKY

1 cup butter
2 cups sifted all purpose flour
1 egg yolk, slightly beaten
1 cup sour cream



Cut butter into flour as for pie dough. Add slightly beaten egg yolk and sour cream to flour mixture. Mix until well blended. Form into ball and wrap in waxed paper. Chill at least three hours or overnight. Divide into three portions. Roll each into circle 12 inches in diameter. Cut into 16 wedges. Spread on nut filling, apricot or prune. Roll each wedge starting from the outside. Bake on ungreased cookie sheet in a 375 degree oven for about 15 to 20 minutes or until lightly browned. Dust with powdered sugar when cool.

HONEY COOKIES
PERNÍK

3 cups flour (half rye)
1 tsp. baking soda
2 eggs
1/2 tsp. cloves
1 1/2 cups sugar
2 tbs. honey
1/2 tsp. lemon rind

Beat eggs and sugar until foamy. Add honey, spices, and baking soda. Mix well. Add flour and work into a rather stiff dough, kneading well. Cover and let stand 3-4 hours. Then roll out to 1/3 inch thick. Cut into desired shapes and place on greased baking sheet. Brush with beaten egg. Bake at 350 degrees for 25 minutes. Decorate with icing.

CHOCOLATE HONEY COOKIES
ČOKOLÁDOVÝ PERNÍK

3 cups sifted flour
1/2 cup confectioner sugar
1 tbs. cocoa
1/8 tsp. baking soda
1-1/4 cup warm honey
1 tsp. vanilla
1 beaten egg
1/4 cup almonds, finely ground

Sift dry ingredients together. Add honey, vanilla, almonds, and combine with beaten egg. Work into a smooth dough. Set aside for 2-3 hours. Roll to about 3/8 inch thickness, cut into shapes and place on buttered baking sheet. Brush with beaten egg white and bake at 350 degrees for about 10-15 minutes. Do not open oven door during baking to prevent tops from cracking. Ice with lemon icing.

CELESTIAL CRUSTS or ANGEL WINGS
BOŽÍ MILOSTI or LISTY

5 egg yolks
1/2 tsp. salt
3 tbs. sugar
5 tbs. sour cream
2-1/2 cups flour
1 tbs. brandy

Add salt to eggs, beat until thick and lemon colored. Add sugar and brandy, continue to beat. Add cream and flour alternately, mixing well after each addition. Knead on floured board until dough blisters. Cut in half, roll very thin and cut into strip about 4" long. Slit each piece in center and pull one end thru slit. Fry in hot fat until lightly browned. Drain on absorbent paper and sprinkle with powdered sugar.

ANGEL WINGS - (LISTY)

1/2 lb. margarine
2 cups flour
2 egg yolks, unbeaten
1/2 cup sour cream
1 tsp. vanilla

Mix margarine and flour as for pie crust. Mix with fork the egg yolks, sour cream and vanilla. Add to flour mix. Mix well with fork and then with fingers to form firm dough. Cover and refrigerate overnight.

Next day divide dough into 4 parts. Roll very thin on floured board. Cut into any desired shapes. Cut slits. Bake on ungreased cookie sheets until very light brown, 10-12 min. (watch carefully) in 350 deg. oven. Sprinkle with powder sugar when cool.

GRANDMA'S SHORTBREAD COOKIES

1 lb. butter or margarine
1 cup granulated sugar
4-1/2 cups sifted all-purpose flour
1/3 cup cornstarch

Cream butter and sugar until light and fluffy. Add sifted flour and cornstarch. Mix thoroughly. Press in a jellyroll pan about 10 x 15 or 12 x 17 if you have them thinner. Bake at 350 deg. for 25 min. Cut into bars while warm and allow to cool. Yields about 3 doz. cookies.

FILBERT COOKIES
JEŽKY

1-1/2 slices ground white toast
1/2 lb. whole filberts, ground
1 cup sugar
3 egg whites

Beat egg whites until stiff but not dry. Add sugar and ground filberts. Fold in dry toast crumbs. Drop by 1/2 teaspoonful (1 inch apart) on cookie sheet. Bake at 325 degrees until light brown -- about 10 minutes.

Note: 1/2 almond may be placed on each cookie before baking.

HAZELNUT MERINGUES
JEŽKY

2-1/2 cups ground hazelnuts
2 egg whites
1 cup sugar
1/4 tsp. cream of tartar

Beat egg whites, until stiff. Slowly add sugar. Continue beating until very stiff, folding in hazel nuts slowly. Bake at 300 degrees for 15 minutes.

BOHEMIAN BUTTER COOKIES
MASLOVÉ CUKROVY

2 hard cooked egg yolks
1 cup butter or margarine
1/4 tsp. salt
3/4 cup sugar
3-1/2 cups sifted all purpose flour
2 raw eggs
1/2 tsp. grated lemon rind
1/4 cup lemon juice
Colored sugar

Rub hard cooked egg yolks through sieve. Add butter or margarine and salt, cream well. Gradually add sugar, creaming well after each addition. Add raw egg yolks, lemon rind and juice, beat well. Add flour and mix thoroughly. Chill in refrigerator about one hour. Roll to 1/8 thickness on lightly floured board. Cut with 2-1/2" floured fancy cookie cutters. Place on cookie sheet, sprinkle with colored sugar. Bake at 375 degrees for about 10 to 15 minutes.

Note: To hard cook egg yolks, separate yolks from whites. Drop yolks into boiling water. Simmer gently about 10 minutes.

NUT CRESCENTS
ORÍŠKOVÉ SÁTEČKY

1 3 oz. package Cream Cheese
1/4 lb. butter or half butter and half margarine
1 cup flour
Pinch of salt

Blend ingredients together well, wrap in waxed paper and refrigerate overnight.

Filling:

1/2 cup ground nut meats
1/2 cup granulated sugar
1/2 cup evaporated milk

Cook all ingredients for filling in small sauce pan until medium thick. It will thicken slightly while cooling. Cool in refrigerator.

Divide dough into 24 equal pieces. Roll out each piece and place filling on one-half of the dough. Fold over the other half of dough and seal with a small pizza wheel. This will also decorate the cookie. Bake on ungreased cookie sheet until very lightly browned, about 20 minutes in a 350 degree oven. When ready to serve, dust with powdered sugar.

Grease on material? Rub white shortening on spot and then apply soap while rubbing, and grease will come off.

PRUNE CRESTED DOUGHNUTS
VDOLKY

2 heaping cups flour
2 cups flour - level
1 tsp. salt
4 tbs. sugar
1/4 tsp. nutmeg
sprinkle of mace
1/4 lb. butter
1 large can evaporated milk
1 pkg. dry yeast
2 egg yolks
1 egg

Sift flour, salt and sugar into a large bowl. Add nutmeg and mace. Melt butter, add canned milk (turn off heat), add yeast. Add eggs and milk mixture into the flour. Makes a sticky, soft dough. Let raise until it reaches the top of the bowl, about 1/2 hour.

Take about 1/3 of the dough at a time on a lightly floured board. Roll out to about 3/8 to 1/2 inch thickness and cut out rounds. Let raise while grease is heating. Fry in hot shortening until brown on bottom, then turn and brown on other side. Drain on brown paper bag.

When almost ready to serve, top each with prune butter, then dry cottage cheese that has been put through ricer, and last a dab of whipped cream.

To prevent escaping steam from messing up your stove, try putting a toothpick between the lid and the pan. This will let the steam out a little at a time.

BAKING POWDER DUMPLINGS
LEHKÉ KNEDLÍKY

3/4 cup milk
2 tbs. butter
2 cups unsifted flour
2 eggs
1-1/2 tsp. salt
2 tsp. baking powder

Mix and sift dry ingredients. Melt butter and add to milk. Add eggs and beat well. Add flour gradually, mixing thoroughly. Form into 2 balls, pressing firmly together. Drop into deep boiling water and cook, tightly covered, for 25 minutes, very slowly but steadily. When done, lift out with wire spoon. Cut into slices and serve immediately.

BREAD DUMPINGS
HOUSKOVÉ KNEDLÍKY

2 large eggs
3 tsp. salt
1 cup milk
3 cups flour
3 or 4 slices buttercrust bread, cubed

Cube bread and dry in oven. Beat eggs with salt, let stand for about 5 minutes. Then add milk and sifted flour. Beat with wooden spoon until bubbles form in dough. Fold in bread cubes. Dust top of dough with flour and let stand 20-30 minutes. Form into 5 oblong shaped dumplings and drop into rapidly boiling salted water. Cover and cook in slowly boiling water for 15 minutes. When done, lift out with slotted spoon. Cut into slices and serve immediately.

YEAST RAISED DUMPLINGS
KYNUTE KNEDLIKY

4 cups flour
2 eggs
1 tsp. sugar
1 tsp. salt
1 cake yeast
1 cup milk

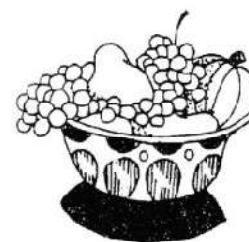
Sift flour into mixing bowl, add salt and set aside. Crumble yeast, add sugar, eggs, and 1/2 cup milk. Mix thoroughly. Gradually beat into sifted flour, until all liquid is used up. Dough should be soft but not sticky. If necessary, add more milk. Beat until nice and smooth. Let rise in a warm place about one hour. On a floured board make 2 large dumplings. Let rise about 15 minutes, then drop into boiling, salted water. Boil for 25 minutes. Dumplings will double in size and be very light. Place on platter and slice.



BOILED DOUGH FRUIT DUMPLINGS
OVOCNE KNEDLIKY

2 cups flour
1/2 cup milk
1 egg
1 tsp. salt

Bring milk to a boil. Remove from heat, add salt and stir in 1/2 cup flour vigorously, until smooth and free of lumps. Let cool. Sift rest of flour on a board, add first mixture and egg. Work in a dough that will be sticky at first. Kneading will make it smooth and elastic. If necessary, add more flour. This dough makes possible very thin covering of fruit for those who like less dough and more fruit. Cut dough into small pieces and wrap evenly around the fruit. Seal well all around. Drop dumplings in a large pan of boiling salted water and cook for about 8 minutes. Do not overcook. Remove from water immediately, sprinkle with melted butter and keep in a colander over hot water until ready to serve. Arrange on a platter, sprinkle with more melted butter and sugar. Crumbled cottage cheese, ground poppy seed or bread crumbs fried in butter can be used for topping.



FRUIT DUMPLINGS
COTTAGE CHEESE DOUGH

1/4 cup butter
1 cup dry cottage cheese
1 tsp. salt
2 tbs. sugar
2 eggs
2 cups flour
1/2 to 1 cup milk

Cream butter, cheese, salt and sugar. Add eggs one at a time. Add flour and milk to make a soft biscuit dough. Roll out on floured board and cut into squares. Fill with fruit -- blue plums, cherries, apricots, peaches. Pinch corners together and roll into ball. Drop into large kettle of boiling water and lift so they don't stick to the bottom. Cover and cook 8 minutes. Serve topped with grated dry cottage cheese, melted butter and a sprinkling of sugar.

FARINA FRUIT DUMPLINGS

1 pt. milk - bring to boil - add 1/2 cup farina stir until it thickens. Add 1 cup flour with mixture on a low heat. (remove from heat)
Mix well and cool.

Add 2 eggs, 1/2 tsp. salt and enough flour to make dough heavy. This takes a lot of kneading and 2 or 3 more cups of flour so dough is not sticky. More flour may be needed if you use large eggs.

After dough is heavy enough, place on lightly floured board and roll to 1/4 to 1/2" thick, cut into squares. It will depend on fruit size, about 3" square for small purple plums. Boil in water 15 to 20 minutes. (To freeze, wrap each dumpling in waxpaper and put in plastic bag)

SMALL SPOON DUMPLINGS
NOKY

2 cups flour
1 whole egg
3/4 cup milk
1 tsp. salt

Beat together egg, milk, salt and 1 cup of the flour in mixing bowl. Add the other cup of flour, mixing well to make a stiff batter. Drop by spoonfuls into boiling salted water. Boil 5 to 7 minutes or until done. Kettle should be covered.

NEVER FAIL DUMPLINGS - ONE
ZARUCENE KNEDLIKY

1 cup flour
1 tsp. baking powder
1 tsp. salt
1 egg
1/4 cup milk
1 slice cubed bread - may be toasted

Mix all together and knead into one oblong dumpling, about 8 inches. Let rest one hour under a covered dish. Place in boiling water and boil 10 minutes in a covered pan. Turn over and boil another 10 minutes or less. Remove from water and cut into slices with a string or knife.

Note: If plain dumpling is desired, simply omit the bread cubes.

BOILED POTATO DUMPLINGS
BRAMBOROVÉ KNEDLIKY

1 cup flour
2 cups well-packed boiled, riced potatoes
1 heaping tbs. farina
1 egg
1 tsp. salt

Mix all ingredients, place on a board, knead dough well. Shape into balls the size of a small orange. Cook covered in salted boiling water twelve minutes. Remove with slotted spoon.

RAW POTATO DUMPLINGS
BRAMBOROVÉ KNEDLIKY

2 cups grated potatoes
1 tsp. salt
2 eggs
1-1/2 cups sifted flour
1/2 cup fine bread crumbs

Grate potatoes fine and drain off water. Add beaten eggs, salt and flour and crumbs to make a stiff dough. Drop by spoonful into boiling salted water. They will float to the top as soon as they are done. Drain and serve with meat and sauerkraut.

Kneading the dough for a half minute after mixing improves the texture of baking powder biscuits.

TOMATO GRAVY
RAJSKÁ OMAČKA

1 small onion
1 bayleaf
1 sprig thyme
1/2 whole pepper spice
1/2 balls allspice
1 pt. tomatoes
1/2 pt. beef stock or water
Roux made of 1/2 tbs. flour and 1/2 tbs. margarine
Salt to taste

Fry onion in small amount of shortening. Add spices and tomatoes. Allow to boil 20 minutes. Then put thru sieve. Add stock to tomatoes and thicken with roux. Serve over bread dumplings with pot roast or beef tongue which has been cooked for 2-1/2 hours with whole carrots, celery leaves and stalks and onion to make soup stock. Remainder of soup stock is used for soup by thickening with noodles and cut up vegetables.

FOOD HAS NO CALORIES IF

... No one sees you eat it.
... it's eaten in the dark.
... it's eaten in the kitchen standing over the sink
... it's cold leftovers.
... it's "just a taste."
... it's immediately washed down with a diet soda.
... it's broken (broken cookies, crackers, etc.)
... it's the last piece on the plate.
... it's eaten at the movies or a ball game.
... it's from a vending machine.
... you don't like it.

DILL GRAVY
KOPROVÁ OMAČKA

3 tbs. butter
3 tbs. flour
2 cups beef broth
1 cup sour cream
1/4 cup chopped fresh dill or
2 tbs. dried dill weed or preserved dill
Salt to taste
Vinegar and sugar optional

Melt butter over medium heat, add flour, and stir until lightly browned. Add cooled beef broth slowly, stirring until blended. Add chopped dill stalk (if available) and cook over low heat for 1/2 hour, stirring occasionally. If dill stalk has been added, remove or strain. Add chopped dill and blend in sour cream. Simmer over low heat about 3-5 minutes. Add 1 tbs. butter and flavor with small amount of vinegar and sugar to taste. Serve with boiled beef and dumplings.

Note: If desired, slices of 4 hard cooked eggs -- or chopped pieces -- may be added to the gravy.



HORSERADISH GRAVY
KĚNOVÁ OMAČKA

2 tbs. butter
2 tbs. flour
2 cups beef broth
1 cup cream
4-5 tbs. grated horseradish -- fresh
Salt to taste

Melt butter over medium heat, add flour, stir until slightly browned. Slowly add cooled beef broth, stirring until blended. Add cream slowly while stirring mixture. Simmer for 1/2 hour stirring occasionally. Salt to taste. Add horseradish, simmer for additional 3-5 minutes. Add 1 tbs. butter. Serve with beef and dumplings.

HOW TO PRESERVE A HUSBAND

First, use care and get one. Not too young; but tender and a healthy growth. Make your selection carefully and let it be final. Otherwise they will not keep. Like wine they improve with age. Do not pickle or put in hot water. This makes them sour. Prepare as follows:

Sweeten with smiles according to variety. The sour, bitter kind are improved by a pinch of salt of common sense. Spice with patience. Wrap well in a mantle of charity. Preserve over a good fire of steady devotion. Serve with peaches and cream. The poorest varieties may be improved by this process and kept for years in any climate.

MUSHROOM GRAVY
HOUBOVÁ OMAČKA

1/2 lb. fresh mushrooms
1 small onion, chopped fine
2 tbs. butter
2 tbs. flour
Pinch Caraway seeds
1 cup soup stock or 1/2 cup sour cream and
1/2 cup soup stock

Peel and wash mushrooms and cut into slices.
Fry onion in butter; add flour, then liquid.
Bring to a boil, stirring well. Add mushrooms,
caraway seeds, salt, and simmer until mushrooms
are soft. Serve with meat and dumplings.

MUSHROOM GRAVY
HOUBOVÁ OMAČKA

1 cup water
2 cups beef stock
1 dill pickle, diced
1 tbs. pickle juice
Salt to taste
Roux to thicken
1 cup dry mushrooms

Put above ingredients to boil -- except mushrooms.
Add mushrooms when liquid is boiling and boil for
ten minutes. Thicken with roux made from 1/4 tbs.
margarine and 1/4 tbs. flour. Serve with meat and
dumplings.



ROAST DUCKLING
PEČENÁ KACHNA

Have duckling quartered, allowing one quarter
per person. Rub skin with salt, add a table-
spoon of caraway seed. Pricking the skin and
rubbing with salt helps to crisp skin. Roast
quarters in shallow pan adding a little water,
at 325 degrees for 1-1/2 to 2 hours. Pour off
excess fat. Baste frequently, adding more water
if necessary. Increase temperature to 400 degrees
for another 20 minutes or until duckling is tender
and browned. If skin is getting too brown, cover
with foil for part of the time. If not crisp
enough at end of roasting time, place under
broiler for a few minutes.

If desired, duck may be left whole and roasted.
Prepare as above without quartering and roast
in 325 degree oven for 2 to 2-1/2 hours, or
until nicely browned and crisped.



ROAST PORK
PEČENÍ VEPROVÝ

4 lb. pork loin roast or very lean pork butt
2-1/2 tsp. salt
1 tsp. pepper
1 tsp. garlic salt
1/2 tsp. garlic powder - optional
1 tbs. caraway seed

Rub entire roast with mixture of seasonings, except caraway seed. Place meat into roasting pan, fat side up. Sprinkle caraway seeds over entire top of meat. Add about 1 cup water to bottom of pan and bake at 325 degrees about 3 hours or until meat is tender. Water will have to be added to pan as roaster dries. Meat may be covered the last 1/2 to 1 hour. Use meat drippings for making gravy.

Note: The seasonings may vary according to individual tastes.

BREADED MEATS

Pork Tenderloin: Wash and trim tenderloin; pound well to flatten the pieces and dust with salt, pepper and flour.

Dip each piece in beaten eggs and then the bread crumbs. Fry in hot fat.

Pork chops and Veal Steaks can be cooked in the same manner as above.

Breaded meat: May be placed on large cookie sheet and baked at 350 deg. for about half hour. Turn over after 15 minutes. Check to see if they are as brown as you like them.

PICLED BEEF
SVICKOVÁ

5 lb. rump roast	2 tbs. mustard seed
1/2 lb. onions, sliced	3 cups water
1 cup diced celery	1 cup vinegar
1 cup diced carrots	2 tbs. salt
1 cup diced parsnips	1 lemon, sliced
18 all spice	1 pt. sour cream
18 whole pepper	4 tbs. flour
4 sprigs thyme	
4 bay leaves, broken up	

Prepare vegetables. Place in sauce pan with the water, vinegar and spices -- not lemon -- and allow to come to boil. Place meat in a deep container - a small plastic bucket kept expressly for this purpose is great - and pour hot solution over it. Refrigerate, for 4 or 5 days, covered with a soup plate. When ready to use, transfer meat to roasting pan, pouring solution and vegetables over meat. Squeeze lemon juice over top of meat and place rinds on top. Bake at 325 degrees, covered, for 3-1/3 to 4 hours. When tender, remove meat, strain solution, and press vegetables through sieve into liquid. Set liquid to heat on top of stove. When boiling, thicken with flour and water paste. Turn off flame, add 1 pt. sour cream and stir until melted. Serve with dumplings.



CHICKEN PAPRIKAS (Microwave)

1 cup chopped onion
 1/2 cup chopped green pepper
 3 Tbsp. cooking oil
 1/4 cup paprika
 2-1/2 to 3 lb. broiler-fryer, cut up
 1/2 cup water
 1-1/4 tsp. salt
 1/4 tsp. pepper
 1 cup dairy sour cream
 2 Tbsp. all-purpose flour
 Hot Cooked Noodles

Use microwave oven. In 3 qt. casserole, cook onion and green pepper in oil at HIGH for 3 min. or until tender, stirring twice. Stir in paprika. Mix well. Add chicken to paprika mixture, turning pieces to coat well. Cook at MEDIUM LOW for 5 min. turning chicken once.

Add water, salt and pepper. Cook covered at MEDIUM HIGH for 30 min. or till tender, rearranging chicken pieces once. Remove chicken from sauce, skim off excess fat.

Pour sauce into blender container, cover and blend till smooth. Add enough water to mixture in blender to measure 2 cups. Mix sour cream and flour. Add to blender; blend till smooth. Return sauce to casserole. Cook at MEDIUM for 3 min. or till thickened, stirring 3 times. (DO NOT BOIL) Add chicken. Cook at MEDIUM for 3 min. or till hot.

Serve over noodles. Makes 4 servings. Total cooking time 3 1/2 minutes.

Truss a turkey with dental floss. It does not burn and is very strong.

CHICKEN PAPRIKA
SLEPICE NA PAPRIKE

1 whole fryer
 2 legs and thighs
 1, large onion, finely diced
 3 tbs. shortening
 1 tsp. paprika
 1 tsp. salt
 1/2 pt. sour cream
 1 tbs. lemon juice
 3-4 tbs. flour

Fry onion in shortening until golden brown. Adding a few pieces of chicken at a time, brown on all sides; then remove, and brown remaining chicken. Return all chicken pieces back into dutch oven, add salt and paprika and 2 cups water. Bring to boil, then reduce heat and simmer slowly until chicken is tender -- about 1-1/2 hours. Remove chicken, blend sour cream, lemon juice and flour and add to liquid, heating until thickened. Pour sauce over chicken and serve additional sauce with rice, dumplings or noodles.



Faith to sustain us, wisdom to guide us, and love to help us grow; these are the gifts of a MOTHER.

FRIED CHEESE
SMAŽENÝ SYR

4 slices Swiss or Gouda cheese, cut 3/4 to
1 inch thick
Salt to taste
1/2 cup flour
1 egg, beaten
2/3 cup bread crumbs
1 cup shortening

Sprinkle cheese with salt. Dip cheese slices first in flour, then in beaten egg. Roll in bread crumbs. Fry quickly in hot shortening until golden brown. Serve with mashed potatoes or vegetables.

BRAINS WITH EGGS
SMAŽENÉ MOZĚČKY

2 calf brains
4 eggs
1 tbs. butter
1 onion, chopped fine
Parsley
Salt

Blanch brains and peel off the membrane. Fry chopped onion in butter until golden brown, add the brains and cook gently for about 10 minutes. Then add the beaten eggs, season with salt and stir until the eggs curdle and set. Serve with chopped parsley sprinkled on top.

SULC
JELLIED PORK AND VEAL

2 veal shanks
4 pigs feet
2 pork hocks
1 onion, leave whole
1 tbs. salt
2 bay leaves
12 whole black peppercorns
12 whole allspice

Place pigs feet and pork hocks into large soup kettle. Cover with cold water and bring to a boil. Remove scum from surface. Add rest of ingredients -- except veal -- and cook about 1-1/2 hours. Then add veal and cook at least 2 more hours or until meat is tender, and skin and meat comes away easily from the bones. Remove meat from liquid and chop fine. Strain liquid, place meat back in liquid, add 2/3 to 1 cup vinegar and cook for 10 minutes.. Pour into 3 quart pyrex dish (9x13x2). Let cool and then refrigerate.

Note: If desired, omit adding vinegar to sulc; and let everyone season to own taste with salt, pepper and vinegar when eating.

Remove the residue from hard water from coffeemakers, tea pots or water pitchers by filling with a vinegar and water solution. Let stand for an hour and rub off the lime deposits. Make sure you run clean water through coffeemaker and rinse well before using.

CZECH BEEF STEW
HOVEŽÍ GULÁŠ

2 lb. beef, cut in cubes
1 large onion
Dash of marjoram
1 - 2 tbs. shortening
Dash of pepper
2 tsp. paprika
2 tbs. flour

Brown the finely chopped onion in shortening. Add meat and paprika. Cover and cook until meat looks gray. Add water to cover and the rest of the spices. Stew covered until meat is tender, adding more water as necessary. When meat is tender, make paste of flour and water and add to meat, cooking until liquid thickens. Serve with rice, noodles, dumplings, or rye bread.

SOUR HEART
PAJSL

1 beef or calf heart
2 - 3 bay leaves
1/2 onion
3 - 4 peppercorns
1/2 pt. sour cream
2 tbs. flour

Cook beef heart in boiling water, add onion, peppercorns and bay leaves and cook for about 30 minutes. Remove heart and cut into cubes. Set aside. Mix flour and sour cream and add to reserved broth. Add also 1/4 tsp. vinegar. Add the cubed heart pieces.

HAM AND NOODLES
FLICKY

8 oz. wide noodles
2 cups diced ham or smoked meat
1/4 tsp. onion salt
1/8 tsp. black pepper
3 tbs. margarine
4 eggs, beaten

Cook noodles as directed on package. Drain well. Stir in meat. Place seasonings and eggs into a large measuring cup and beat. Add enough milk to make 1-1/2 cups. Butter 2 quart casserole and place noodle-meat mixture into it. Pour egg and milk mixture over entire surface. Do not stir. Bake in 350 degree oven for 3/4 hour or until top is golden brown.



To clear your drains, shake about half cup of baking soda down the drain. Then pour about a half cup of vinegar and plug the drain or cover it tightly. After about 20 minutes, rinse well with lots of hot water. Repeat if necessary.

SMOKED BUTT WITH CABBAGE AND POTATCES

2 lb. smoked butt	1 head cabbage
1 onion	1 oz. shortening
1 leek	1 med. onion diced
	pepper and salt
	1 lb. potatoes

Boil smoked butt until tender with onion and leek. When done, dice the meat.

Slice cabbage into strips (size of noodles) and put in saucepan, adding 2 ladles of the hot liquid from the smoked butt. Cover with lid and allow cabbage to steam, about 3 min. Strain.

Put shortening in a saucepan, brown the diced onion, add the steamed cabbage, dash of pepper, pinch of salt and cook cabbage slowly until tender. When cabbage is nearly done, add the diced smoked butt, the diced boiled potatoes and allow to heat through for 10 min. Place in a large bowl and serve.

MACARONI STROGANOFF

7 oz. macaroni (2 cups uncooked)
 1 lb. ground beef
 1 cup chopped onion
 1 tsp. salt
 1/4 tsp. pepper
 1 Tbsp. vegetable oil
 1 can mushroom soup (undiluted)
 1 can (17 oz.) green peas, drained
 1 cup dairy sour cream
 2 Tbsp. cooking sherry (if desired)

Prepare macaroni according to package directions. Drain. Combine ground beef, onion, salt and pepper. Shape into 16 meatballs and brown beef mixture in oil. Drain excess fat. Add soup, cover and simmer with macaroni, peas, sour cream. Pour into 2-1/2 qt. casserole. Bake at 350 deg. for 30-35 min. 8 servings

DUMPLINGS, PORK HOCKS AND SAUERKRAUT

4 pork hocks	
1 onion, sliced	
1/2 tsp. caraway seed	- pinch of thyme
1 tsp. salt	- 1 tsp. sugar
1 bay leaf	- 3-5 juniper berries (opt.)
1 can sauerkraut (large)	

Cover pork hocks in salted water (to cover) with all ingredients except sauerkraut. When meat is tender, remove from bones and cut in small pieces. Add sauerkraut and sugar. Cook 15 min. longer. Ten minutes before serving, add dumplings on top of sauerkraut.

DUMPLINGS:

2 cups flour	3 tsp. baking powder
1 tsp. salt	1 egg (beaten)
3/4 cup milk	2 Tbsp. melted shortening

Combine all dry ingredients. Add egg, milk, and shortening. Mix well and form into balls. Drop into pot of boiling sauerkraut and cover. Cook for 10-12 minutes.

PORK CHOP BAVARIAN

Cover baking dish with strips of bacon
 Add a layer of sauerkraut
 Add a layer of lean pork chops
 Then a layer of sliced onion rings
 Pour 1 can of stewed tomatoes over the mixture
 Salt and pepper this mixture adding caraway seeds over all.

Bake 2 hours at 350 deg. Serve with garden salad.

Instant potato makes a great thickening for stews and gravies -- will not lump.

CUCUMBER - CARROT SALAD

Cucumbers: 2 med. cucumbers sliced very thin (if not waxed, don't peel)
 Carrots: 2 cups shredded
 2-1/4 tsp. salt
 1/2 cup sugar
 1/2 cup white vinegar
 2 tsp. salt over thinly sliced cucumbers. Chill at least 1 hour.
 1/4 tsp. salt over shredded carrots and chill at least 1 hour. Drain and dry thoroughly with paper towel after hour or more.
 Combine sugar and vinegar and place 1/4 cup of this on carrots and 1/4 cup on cucumbers.
 Place back in refrigerator and drain again before serving. Arrange on platter and serve. Save brine, if any stays this will keep for 3 or 4 days.

TAFFY APPLE SALAD

6 large diced apples with skins
 1 large drained pineapple tidbits, 20 oz.
 1 lb. Spanish peanuts, ground
 4 cups miniature marshmallows

Dressing:

1 beaten egg 12 oz. cool whip
 1/2 cup sugar 1 Tbsp. vinegar
 Cook egg and vinegar and sugar over medium heat stirring constantly until pudding consistency. Refrigerate 1 hour. Don't stir during that hour. Fold in cool whip. Mix over apples, pineapple, marshmallows and 1/2 of nuts. Top with last 1/2 of nuts.



ORANGE SALAD

1 - 3 oz. pkg. orange jello
 1 - 3 oz. pkg. vanilla tapioca (plain)
 1 - 3 oz. pkg. vanilla pudding (not instant)
 Add 3 cups of water and cook over medium heat, stirring until mixture starts to thicken. Cool.

Then add one 9 oz. container Cool Whip or other kinds and mix.

Drain liquid from 2 or 3 cans of Mandarin oranges and add to mixture. Refrigerate.

SEA FOAM

2-1/2 size can pears
 1 - 3 oz. lime gelatin
 2 - 3 oz. cream cheese
 1 - 1/2 pt. whipping cream, (or 9 oz. cool whip)

Drain pears, heat 1 cup of pear juice to boiling point and pour over the gelatin and stir. Cool.

Mash the cream cheese until creamy and add to the gelatin mixture, beating well. Chill until partially thick. Fold in the mashed well drained pears and the add the whipping cream (or cool whip) and pour into mold.

LIME JELLO MOLD

1 - 3 oz. pkg. lime gelatin
 2 cups water
 1 - 8 oz. pkg. cream cheese

Pour gelatin into blender container. Add one cup boiling water. Mix until well blended. Add cream cheese. Blend. Finally add one cup cold water. Pour into a well greased 3 or 4 cup mold. Refrigerate until well jelled. To unmold, place mold in hot water.

7 LAYER SALAD

One head lettuce - cut or shredded
 1/2 cup green pepper cut in small pieces
 1 cup of celery
 1/2 onion
 4 hard boiled eggs sliced
 1 pkg. frozen peas or 1 cup canned peas well drained
 2 cups grated cheddar cheese

Combine: 1-1/2 cups mayonnaise
 1 cup sour cream
 1 tsp. sugar

Sprinkle bacon bits over. Use 9 x 13 glass dish.
 Seal with foil - let set overnight.

A Smile Increases*Your Face Value*

CREAMY JELLO SALAD

1-1/2 cups cottage cheese
 1 large Cool Whip
 Beat in blender until smooth
 Add 2 small packages dry jello (1 pineapple, 1 orange
 or 2 orange)
 Fold in.
 2 cups drained mandarin oranges
 1 cup drained chunk pineapple

LENTIL SOUP,
COČKOVÁ POLIVKA

1 ham bone -- from baked ham
 6 cups water
 1-1/4 cups dried lentils
 4 medium size carrots, scraped and sliced
 1 bayleaf
 1 cup chopped onion
 2 tsp. salt
 1 tsp. sugar
 1/4 tsp. pepper

Combine all ingredients in a kettle; cover.
 Heat to boiling and simmer one hour or until
 lentils are tender. Take out ham bone, strip
 off bits of meat and add to soup. Remove bay
 leaf. Serve hot.

Note: If soup is too thin, make roux of 2 tbs.
 margarine and 2 tbs. flour and add to soup -
 allowing it to boil until thickened.



The average length for storing spices is 6 months.

BEEF STOCK
HOVĚZÍ POLIVKA

2-1/2 to 3 lb. Beef shank or chuck
4 quarts water
1-2 marrow bones
1 carrot
1 onion, halved and secured with toothpick
2 stalks celery with tops
1 parsley, with root
salt to taste
pepper

Bring to boil and reduce heat. Skim surface to remove foam and fat. Simmer for 2-1/2 hours. Strain stock through sieve. Remove meat and use meat and stock for gravies. Remaining stock and vegetables can be used for soup, adding noodles, liver dumplings, egg drop noodles, or crumbles.

CHICKEN STOCK
POLIVKA SE SLEPICE

1 stewing chicken with giblets
5 quarts water
1 carrot
1 parsley, with root
1 onion
2 stalks celery with tops
Salt to taste
Pepper

Bring to boil and reduce heat. Skim surface to remove foam and fat. Simmer for 2-1/2 hours, or until chicken is tender. Strain stock through sieve. Remove chicken and use stock for gravies or soup. Use vegetables and add noodles or rice to stock.

POTATO SOUP,
BRAMBOROVÁ POLIVKA

4 large potatoes, cleaned, peeled and cubed
2 large carrots, cleaned and sliced
3 stalks of celery, sliced
4 flowerettes of cauliflower
1/4 cup barley

Place 3 quarts of water in a kettle with the barley and allow to boil for 15 minutes. Then add the vegetables and salt and pepper to taste. Also a pinch of caraway seeds. When the potatoes are tender, brown 3 tbs. flour in 3 tbs. margarine and add to soup. Also add about 1/4 cup of snipped dry mushrooms. Boil for about 3 minutes, until thickened.

Note: Water drained from cooking smoked butt may be used for soup. Also, drippings remaining in roaster after pork roast has been consumed, makes a good start for soup by loosening up the baked-on crust with a cup or two of water brought to boil in the roaster and then transferring it to soup kettle and proceeding as above.



Anything that grows under the ground start off in cold water - potatoes - beets - carrots - etc.
Anything that grows above ground, start off in boiling water - English peas - greens - beans, etc.

SQUASH BISQUE SOUP

Melt 3 Tbsp. Butter in a sauce pan; Add 1 cup minced onion; 1/4 cup minced carrot, sprinkle with salt and white pepper.

Cover pan with a round of wax paper and cover with lid and cook 10 min. or until tender.

Add 2 medium size potatoes and 2 medium acorn squash, both peeled and cubed; 4 cups of chicken stock or canned chicken broth. Simmer covered, low heat for 25 min. or until potatoes and squash are soft. Force mixture through a sieve. (use blender)

Return to pan and add 1/2 cup heavy cream and 1/2 cup milk. Cook soup until heated through, add 1 tsp. salt and 1/4 tsp. pepper to taste. DO NOT BOIL SOUP. Serve with sprinkled cayenne pepper.

Can be made in advance, but add cream and milk to soup just before heating to serve.

CAULIFLOWER SOUP
KVETOVÁ POLÍVKA

6 cups water
3 chicken boullion cubes
3 cups cauliflower rosettes which have been soaked and rinsed thoroughly
3 carrots, sliced thinly
Salt and pepper to taste
Roux made from 3 tbs. butter and 3 tbs. flour

Boil the water, boullion cubes, carrots and cauliflower together for 8 to 10 minutes. Meantime, make the roux with the butter and flour, and add to first mixture. Allow to thicken, by boiling. Then season and serve.

MILK SOUP

1 cup water
1 cup milk
1 Tbsp. butter
Salt and pepper
2 Tbsp. flour
1 small egg

Heat water; add milk. Brush sides of pan with butter to prevent boiling over. Add some butter to soup.

Mix together the egg and flour. Drop into boiling soup; stir with fork. Salt and pepper.

HEARTY GOULASH SOUP

1/4 cup vegetable oil
1 lb. chuck, cut into 1/2" cubes
1/3 cup flour
2 large onions, chopped (about 2 cups)
1/4 tsp. paprika
1 tsp. dried leaf marjoram
10 cups beef stock
4 large potatoes, peeled and cubed
1-1/2 tsp. salt
1 Tbsp. chopped fresh parsley

Heat oil in large heavy skillet over medium heat. Add beef, brown on all sides. Remove the meat from kettle, add flour, stir constantly until lightly browned. Add onion, paprika, marjoram, beef stock and browned beef cubes. Cover and simmer 1-1/2 hrs. Add potatoes and salt, continue simmering 15 to 20 min. longer until potatoes are tender. While serving hot, sprinkle with chopped parsley. Makes 6 servings.

Never put a cover on anything that is cooked in milk unless you want to spend hours cleaning up the stove when it boils over.

SPLIT PEA SOUP
HRACHOVÁ POLIVKA

Ham bone, with meat attached
1 lb. green split peas
4 quarts water
2 large carrots
1 large onion, diced fine
1 large bay leaf
1 cup celery, sliced crosswise
1 tsp. marjoram
10 peppercorns
4 tbs. margarine
4 tbs. flour

Cover peas with water and allow to boil until tender. Force thru sieve to make puree. Place ham bone in large kettle and add water. Allow to boil about 1 hour to get all goodness out of the ham bone. Then remove, and add remaining ingredients except oleo and flour. Boil until vegetables are tender. Then add puree of peas, bring to boil and add roux of margarine and flour. Salt to taste.

Note: Yellow split peas may be used instead of the green.

Put a tablespoon of butter in the water when cooking rice, dried beans, macaroni, to keep it from boiling over. Always run cold water over it when done to get the starch out. Reheat over hot water, if necessary.

TRIBE SOUP,
DRŠKOVÁ POLIVKA

2 lbs. tripe
1 small oxtail or 1 beef or calf heart
2 small carrots, sliced
1/2 cup celery, cut fine
1 tbs. salt
3 tbs. flour
3 tbs. butter or margarine
18 allspice
18 whole pepper
3 sprigs thyme
4 bay leaves, broken up
1/4 tsp. mustard seed

Soak tripe in water for 1/2 hour. Pour off water, cover tripe with fresh water and bring to boil. Allow to boil for 7 minutes and again pour off water. Place spices in tea holder. Cover tripe with water and allow to boil with spices for 2 hours. When it has boiled one hour, place calf or beef hearts in water and allow to cook remaining 1 hour. Then remove hearts and tripe, let cool, and dice. Into stock, place cut-up vegetables and let cook 1/2 hour. Return meat to stock and thicken with roux made of flour and butter or margarine.

GRATED NOODLES FOR SOUP,
STROUHANKA NEB DROBENI

1 egg
1/4 tsp. salt
1 cup flour - approximately

Beat egg. Add salt and enough flour to make a very stiff dough. Knead well. Grate on a coarse grater; dry. Simmer in soup for 5 to 8 minutes.



EGG DROP NOODLES
KAPANI

2 eggs
1/4 tbs. salt
6 tbs. flour

Beat eggs well with salt. Add flour and beat again until well blended. Mixture should be fairly thick - so you may have to increase or decrease the amount of flour depending on the size of the eggs. From a height of 9 inches or so above pot, pour in a steady thin stream into boiling broth, slowly and at the same time stirring broth with a fork to prevent egg mixture from forming into lumps. Cook a few minutes until egg mixture is cooked.

FARINA DUMPLINGS
KRUPICKOVÉ KNEDLÍKY

1 egg
dash of nutmeg
1/4 tsp. salt
1 tsp. softened butter or lard
Farina

Beat the egg in a bowl, adding the nutmeg, salt and shortening. Mix well. Then add enough farina to the mixture to make a rather thick dough. Mix well. Drop by teaspoonful into boiling beef or chicken soup. Let cook for 10 minutes.

Note: The longer the dumplings cook, the larger they get.

LIVER DUMPLINGS
JÁTROVÉ KNEDLÍČKY

1/4 lb. liver, beef or chicken
2 tbs. butter
dash of salt
dash of pepper
1 egg
1/2 tsp. garlic powder
pinch of marjoram
1-1/2 cups bread crumbs

Cream butter with salt and egg, add balance of ingredients, mix into stiff dough. Form into balls the size of a walnut. Test dough by boiling one dumpling first to see if it retains shape. If not, add more bread crumbs and test again. Finish dropping dumplings into soup broth and simmering for 3 to 5 minutes.

MARINATED CARROTS

Peel and slice 2 lbs. carrots into 1/4" slices.
Cook in salted water until tender, drain.

Blend together 1 can tomato soup, 3/4 cup vinegar,
1 cup sugar, 1 tspn. mustard, 1/4 cup salad oil.

Add 1 onion and 1 green pepper, both thinly sliced
to hot carrots. Pour the dressing over the hot
vegetables, toss well and refrigerate overnight.



CAULIFLOWER POLONAISE

1 large head cauliflower (about 2 to 3 lbs)
water - salt
2 hard cooked eggs, chopped
4 Tbsp. butter or margarine
1 cup fresh bread crumbs (about 2 slices)
2 Tbsp. chopped parsley
2 Tbsp. lemon juice

Clean cauliflower (remove core). In 5 qt. saucepot
over medium heat, in 1 inch boiling water, heat
whole cauliflower and 1/2 tsp. salt to boiling. Reduce
heat to medium-low; cover saucepot and cook cauliflower
10 to 15 min. until tender; drain. place on shallow
platter and keep warm.

In small saucepan over medium heat, melt butter or
margarine. Add bread crumbs and cook until bread
crumbs are golden, stirring constantly. Stir in
chopped eggs, parsley, lemon juice, and 1/2 tsp. salt.
Sprinkle bread-crumbs mixture over cauliflower. Makes
10 servings.

SAUERKRAUT,
KYSELE ZELI

1 small onion
2 tbs. shortening
3 tbs. sugar
1 large can sauerkraut
2 tbs. flour
1/4 cup water

Chop onion fine. Place in skillet with shorten-
ing. When onion gets lightly browned, add a
can of sauerkraut. Cook uncovered until tender.
Add 2 tbs. flour and 3 tbs. sugar mixed in 1/4
cup water. Pour over kraut and boil until
thickened.

SWEET SOUR CABBAGE,
SLADKO-KYSELE ZELI

1 medium head of cabbage
1/2 tsp. salt
1 onion
1 tsp. caraway seed
2 tbs. sugar
2 tbs. vinegar

Shred cabbage coarsely. Place in colander and
wash well. Melt two tablespoons shortening in
saucepan, add onion and cook until tender but not
brown. Add caraway seed, salt and sugar to cab-
bage and mix well. Add immediately to onion and
shortening. Cover and cook over low flame about
10 to 15 minutes. When tender, add vinegar to
taste.

RANCH STYLE BEANS

2 Tbsp. margarine 1 lb. ground beef
 1 envelope Lipton onion soup.
 1 cup catsup 1/2 cup water 2 tsp. vinegar
 2 Tbsp. prepared mustard
 2 - 1# cans pork and beans in tomato sauce
 1 - 1# can red kidney beans, drained
 1 - 1# can pinto beans or large lima beans

Melt fat in skillet and brown the meat. Add the remaining ingredients and pour in bean pot or 2 qt. casserole. Bake 30 min. at 400 deg.

GREEN BEAN SALAD

16 oz. can French beans) drained
 16 oz. can tiny peas)
 1-1/2 cups diced celery
 2 small onions, chopped
 2 small green peppers, chopped
 1-1/2 cups sugar
 1 tspn. salt
 1 cup vinegar
 1 Tbsp. water
 1/2 cup Mazola Oil

Combine vegetables in large bowl. Heat sugar and vinegar until melted; add rest of dressing ingredients and blend well. Pour over vegetables and refrigerate overnight. Pour off most of dressing before serving.

BROCCOLI CASSEROLE

2 pkgs. frozen chopped broccoli and thaw first and drain.
 1 stick butter or margarine
 1/2 lb. Velveta cheese
 1 small onion
 3 eggs
 Bread or cracker crumbs

Saute onion in 3/4 of the butter. Add cheese to pan until melted. Next add broccoli. Grease casserole with a little of the butter. All broccoli mixture to casserole. Beat eggs and cut into mixture. Don't stir. Top casserole with cracker crumbs. Dot with butter that is left. Bake covered at 350 deg. for 30 min. Then uncover and bake 15 min. longer.

Let's pour some happy spirit
 In a great big mixing bowl
 Then add a few ingredients
 And lo! A casserole.

DO AHEAD MASHED POTATOES

9 large potatoes 2-3 oz. cream cheese
 1 cup sour cream 2 tsp. onion salt
 1/2 t salt 1/4 tsp. pepper
 2 Tbsp. butter or marg. 1 1/2 Tbsp. chopped chives



Boil peeled potatoes, drain and mash until smooth in electric blender adding 1 Tbsp. milk. Add remaining ingredients, beat until light and fluffy. Allow to cool and refrigerate until ready to use. Will keep up to two weeks. When ready to use, place desired amount in greased casserole dotting with butter. Bake at 350 deg. for 30 min. Tastes like baked potatoes with sour cream and chives.

MIXED VEGETABLE CASSEROLE

2 pkgs. frozen mixed vegetables
 1/4 cup hot water
 1 tsp. salt
 1/2 tsp. garlic powder
 2 Tbsp. butter

Steam 2 pkgs. frozen mixed vegetables in tightly covered pan, adding only 1/4 cup hot water. Cook only until crispy tender. (about 5 min.) When done, drain, saving the liquid for sauce. Season vegetables with 1 tsp. salt; 1/2 tsp. garlic powder, 2 Tbsp. butter - mix gently.

Prepare your own white sauce, using the liquid with 2 cups milk. Also add 1/4 tsp. garlic powder; 2 Tbsp. white wine; and 1/4 cup grated Parmesan cheese. Simmer sauce for 5 min. and add vegetables and pour in serving dish. Put 1 cup brown bread crumbs in 2 Tbsp. butter and pour over vegetables. Keep warm until ready to serve.

SPINACH FRITTERS

Mince 1-1/2 cups boiled spinach or thaw frozen minced spinach; add one beaten egg, salt and pepper to taste, and a little flour to thicken making fritters.

Dip each fritter in the bread crumbs and fry to golden brown.

If green peppers are oiled before being baked, they will not turn brown.

CAULIFLOWER WITH POTATOES AND PARMESAN CHEESE

1 head of cauliflower
 1 tsp. salt
 2 Tbsp. butter

Sauce: 1/4 Tbsp. melted butter
 about 1 oz. Parmesan cheese

1 lb. new potatoes

Clean cauliflower (remove core) put in pot and pour boiling water over to cover. Add salt and 2 Tbsp. butter and cook until tender. Break into flowerettes when tender and place in serving bowl. Sprinkle with Parmesan cheese; pour melted butter over cauliflower and surround it with the cooked potatoes. Serve hot.

BREADED CAULIFLOWER

Wash cauliflower thoroughly, break apart into flowerettes and parboil in salted water. Drain and let dry.

Prepare mixtures of flour; beaten egg mixed with a little milk; and bread crumbs. Dip each flowerette into the flour, egg mixture and last roll in the bread crumbs.

Fry in hot fat until golden brown.

After cutting an onion in half, put a little butter on the half left over and it will keep fresh.

CREAMY SPINACH

1 pkg. frozen chopped spinach
 1 Tbsp. butter or margarine
 Mace
 1/2 cup sweet cream
 1 small onion
 flour
 1/2 tsp. garlic powder or 1 clove mashed
 salt to taste
 2 heaping Tbsp. bread crumbs

Dice small onion and saute over butter. Add a little flour and let brown lightly. Place thawed spinach over onion mixture and mix while it is slowly simmering until tender. Add a pinch of mace, 1/2 tsp. garlic, salt to taste, and bread crumbs. Mix well and when almost done, add 1/2 cup (or more) sweet cream, mixing until light and fluffy.

VEGETABLE PIE

2 to 2-1/2 cups fresh broccoli, coarsely chopped
 1/2 cup chopped onion
 1/2 cup chopped green pepper
 8 oz. shredded cheddar cheese
 3 eggs
 1-1/2 cups milk
 3/4 cup commercial plain or buttermilk baking mix
 1 tsp. salt
 1/4 tsp. pepper

Blanch broccoli, onion and green pepper in one cup of lightly salted boiling water for about 4 to 5 minutes until crisp tender; drain thoroughly and arrange on bottom of greased 10" pie plate. Sprinkle with cheese and set aside.

In medium bowl, combine eggs, milk, baking mix, salt and pepper; beat until well blended and pour over broccoli mixture. Bake at 400 deg. for 35 to 40 min. until puffed and browned and knife inserted in middle of pie comes out clean. Let stand 5 to 10 min. before cutting into wedges. Makes 8 to 10 servings.

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EASTER MEATLOAF
SEKANICE

3 lbs. veal neck
 1 lb. pork shoulder
 1/2 lb. stale bread
 6 eggs, beaten
 1 medium onion
 1 tsp. marjoram
 1/2 cup chopped celery
 1/4 cup chopped chives
 1 small clove garlic, minced
 2 tsp. salt
 pepper to taste
 2 tbs. chopped parsley

Cook meat slowly until well done. Cut bread into larger pieces and soak in the broth in which the meat has cooked. Pick meat off the bones and chop fine or grind with coarse grinder. Squeeze bread almost dry and add to meat with garlic, salt, pepper, marjoram celery, chives, parsley and beaten eggs. Place into greased cake pans, about half full, to 1 inch height. Bake at 350 degrees about 45 minutes.

Note: Mixture should be quite moist. Add some of the meat liquid if it seems to dry before baking.

Meatloaf can be eaten either warm or cold or reheated in a bit of butter in skillet. It will keep in the refrigerator up to one week.



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SUPER DELICIOUS COCONUT CAKE

Bake a Pillsbury Plus white cake according to directions except use evaporated milk instead of water. Retain 6 oz. of evaporated milk for the filling. Bake in a 13 x 9" pan as directed. Meanwhile mix together:

- 1/2 cup confectioners sugar
- 6 oz. evaporated Pet milk and enough water to make 1-1/2 c. liquid
- 1 tsp. vanilla extract
- 1 Tbsp. coconut extract

When cake is done, remove from oven and poke holes all over the top with a meat fork. While cake is still hot, drizzle liquid mixture all over. When cake is cooled, frost with Cool Whip and top with one can of shredded coconut. Prepare a day or two ahead. May be frozen. (perfect for Easter)



Do not grease the sides of cake pans. How would you like to climb a greased pole?

LAMB CAKE
BERÁNEK

- 1-1/2 cups sugar
- 1/2 cup butter
- 2 eggs
- 1 cup milk
- 1 tsp. baking soda
- 1 tsp. baking powder
- 2-1/2 cups flour
- 1 cup chopped nuts
- 1 cup white raisins - optional
- pinch of salt
- Juice of 1 lemon

Sift dry ingredients. Mix butter and sugar until very creamy. Add eggs, beating well. Then add dry ingredients and nuts (also raisins). Stir in lemon juice. Place in a well greased lamb cake form. Bake 1 hour at 350 degrees. Frost with favorite frosting.

Note: This cake may also be baked in a bundt cake pan.



Easter Customs

As the season of lent drew to a close in the last days of Holy Week, we all began looking forward to a goodie called "Jidášky" (Judas cakes). These were baked on "Skaredá středa" (Ugly Wednesday). Since there were not too many desserts baked during the lenten season, these were a special treat. I suppose that is why they were appropriately named after the traitor Judas! I salivate as I vividly remember the aroma emitting from the oven. Would you like to try one?

JIDÁŠKY	
1 lb. flour	3 tablespoons sugar
½ t salt	2 egg yolks
rind from ½ lemon	3 oz butter
1 tsp vanilla	egg for brushing top
1 cup milk (about)	(honey, butter or chopped almonds
1 oz yeast	for topping)

Sift 1 lb. flour into bowl. Add pinch of salt, grated lemon rind and vanilla. Add yeast mixed with a little lukewarm milk. Cream together, sugar, egg yolks, butter and add to flour. Also add the remainder of milk. Work the dough until soft and smooth. Remove mixing spoon and sprinkle top of dough with flour and let rise at least an hour. Roll out raised dough to 1½" thickness and cut out circles with a glass or cookie cutter. With knife make cross on top of each bun. Put on well greased cookie sheet and let rise about 15 minutes. Then brush tops with egg yolk and bake in a 350° oven about 18 min. or until brown. When cool, cut in half and brush with butter and honey. Delicious when eaten warm.

The remainder of the days in Holy Week were called: Zelený Čtvrtek (Green Thursday), Velký Pátek (Good Friday), and Bílá Sobota (White Saturday). Each day has special traditions. My favorite was "Bílá Sobota". We participated in a beautiful procession at St. Mary of Celle Church in Berwyn, Illinois. All dressed up in our white dresses and white first communion veils we sang the glorious hymns of our Lord's Resurrection, strewing the church floor with rose petals, in honor of our risen Savior (Ad Honorem Jesu!) A.H.O.J.
Lillian K. Chorvat

Museum Musings

For the past several years, I have been preparing the Easter baskets for my grandchildren to take to church on Holy Saturday or "Bílá Sobota" as my parents would call it. I always think of the traditional items my "Maminka" would put into a "košfěek" and what she would be telling us as item by item was gently placed in the napkin-linen basket. May I share it with you?

KRASLICE — Brightly colored eggs are a symbol of the new life that is ours in Christ.

MAZANEC — The Easter bread, filled with raisins, nuts and butter, symbolic of Christ Himself. This is a yeast dough, baked in a round shape, with a cross on top. Sometimes a cross of dough is placed on top encircled by a plait giving it a crowned effect or the Greek abbreviations for the name of Christ, the letters XB indicate the Slavonic for *Christ is Risen*.

SUNKA — (or veal or lamb or sekanina) — The main dish is symbolic of great joy and abundance.

KŘEN — Horseradish, was symbolic of the suffering of Christ which culminated in the Resurrection.

SŮL — Salt to remind us to flavor our dealings with others by the example of Christ.

MORAVSKÁ KLOBÁSKA — Moravian sausage — a spicy, garlicky sausage or pork products, indicative of God's favor and generosity.

MÁSLO — Butter usually formed into a cross or lamb. This was to remind us of the goodness of Christ that we should have toward all things.

An embroidered cloth was placed over the top and a bright ribbon tied on top. In church, a decorated candle was placed in the basket and lit during the time of blessing. It was the light of new life and hope or as Maminka would say "nový život a naděje".

Veselé Velikonoční svátky.

Happy Easter!

Respectfully submitted,
Lillian K. Chorvat



HOLIDAY PANCAKES
VANOČNÍ LÍVANCE

1 cup flour
1 tbs. sugar
1/4 tsp. salt
1/2 lemon rind, grated
1 cake yeast
2 tbs. warm milk
1 egg, beaten
1/2 cup milk, scalded
1 tbs. shortening, melted
1 tsp. sugar

Crumble yeast with the 1 tsp. sugar and stir in warm milk. Set aside to rise. Combine flour, sugar, salt and lemon rind. Heat milk to scalding. Cool a little and stir in beaten egg and melted shortening. When yeast has risen, add flour mixture, then stir in milk mixture and beat until smooth. Cover and set aside in a warm place until double in bulk. Fry by spoonfuls in about 1/4 inch of hot fat. Spread with prune butter mixed with a little lemon juice. Sprinkle generously with freshly ground poppy seed.



CHRISTMAS SWEET BRAID
ČESKÁ VANOČKA NEB HOUSKA

4 cups flour
3/4 cup sugar
1/4 lb. butter
3 egg yolks
1 tsp. salt
1/4 cup almonds, cut lengthwise
1/2 cup light raisins
1-1/4 cup milk
1 cake yeast
Lemon rind from one-half lemon
Pinch of mace

Work well together the sugar, butter, yolks, salt, lemon and mace. Add the raised yeast which has been dissolved in 1/2 cup of the milk, scalded and cooled to lukewarm. Add the flour gradually. Knead the dough well, add almonds and raisins. Let rise in warm place, covered. Then divide the dough into five parts and form into strips. Place 3 strips on a floured board, braid and seal the ends. Then twist together two strips, seal ends, and put on top of the braid. Set aside for about one hour and let rise slowly. Brush with butter, place in warm oven and bake at 350 degrees for about 45 minutes, until golden.

BARLEY AND MUSHROOM CASSEROLE

KUBA -- CHRISTMAS DISH

9 oz. pearl or cracked barley, washed
 3 cups beef boullion
 1 clove garlic, crushed
 8 oz. box fresh mushrooms, sliced
 1/4 cup dry mushrooms
 2-3 tbs. lard
 1 tsp. salt
 1/2 tsp. pepper
 1/2 tsp. caraway seed
 Marjoram to taste

Saute onion in 1 tablespoon lard. Add barley, saute until slightly brown, adding more lard if necessary. Soak dry mushrooms in salt water for about 30 minutes, drain liquid, add to fresh mushrooms and saute together with lard and caraway seed. Put barley and onion into one quart casserole. Add boullion, mushrooms, garlic and herbs. Mix and bake in a 350 degree oven for about one hour. Add water if necessary during baking. Serve instead of rice or potatoes with meat dish.

CARP IN BLACK SAUCE - CHRISTMAS DISH
KAPR NA CERNO

1 4-lb. carp, cleaned and cut into 6 to 8 pieces
 4 cups water
 1-1/2 cups vinegar
 1 celery root or 1/2 cup celery, chopped
 1 parsley root, chopped
 1 carrot, chopped
 2 medium onions, chopped fine
 2 bay leaves
 1/4 tsp. thyme
 10 whole peppercorns
 10 whole cloves
 1 tsp. ginger
 1 lb. dry prunes
 lemon peel from 1/2 lemon, cut into strips
 1 tbs. lemon juice
 1 tbs. butter
 2/3 cup ginger snaps, grated
 1/2 cup raisins
 1 cup almonds, slivered
 1/2 cup sugar
 1/4 cup honey
 1/4 cup molasses

Bring to boil and then simmer together for about 15 minutes, water, vinegar, celery root or celery, parsley root, carrot, onion, bay leaves, thyme, cloves, peppercorns and ginger. Add fish and cook for another 15 minutes, or until fish is tender. Do not overcook. Remove fish to a deep serving platter, or casserole. Prepare the rest of the ingredients as follows: cook prunes until soft, drain and reserve liquid. Pit and chop prunes, return to reserved liquid, add lemon peel, lemon juice, butter, ginger snaps, raisins, almonds, sugar, honey and molasses. Strain the first mixture through sieve, squeezing vegetables until dry. Add the strained liquid to the prune mixture, mix together, bring to boil and simmer, stirring for about 5 minutes. Pour the sauce over the fish in casserole and serve. May be served cold. Will keep for days in refrigerator.

BISHOPS BREAD

2-1/2 cups unsifted flour
 3 tsp. baking powder
 1/2 tsp. salt
 1 - 4 oz. pkg. sweet cooking chocolate, chopped
 2 cups sliced almonds
 3/4 cups each currants and golden raisins
 1/2 cup candied cherries
 4 eggs
 1-1/4 cups sugar
 6 Tbsp. margarine, melted and cooled
 1/4 tsp. vanilla

sift together flour, baking powder and salt. Add chocolate, almonds, currants, raisins and cherries to flour. Stir to coat fruits well. In large bowl beat with mixer at high speed until foamy. Gradually add sugar two tablespoons at a time, beating until mixture is thick and ivory colored. Beat in cooled butter and vanilla. Blend in flour mixture. Spread batter evenly in a well greased 5 x 9" loaf pan. Bake at 300 deg. about 1-1/4 hours. Test for doneness with wooden pick. Cool loaf 15 min. before removing from pan. Turn onto wire rack and cool completely. If desired sift powder sugar over the top before serving.

(Can use chocolate chips (3/4 cup) in place of sweet chocolate)

Kitchen Measurements

For best results when cooking it is important to use the right measurements.

- Use GLASS MEASURING CUPS to measure any kind of liquid.
- Use DRY MEASURING CUPS to measure flour, sugar, shortening, etc.
- Use MEASURING SPOONS to measure such ingredients as salt, spices, etc.
- For less than 1/4 cup use standard measuring spoons.
- The term "dash" indicates less than 1/4 tsp.

LIQUID MEASUREMENTS

1 cup = 8 fluid oz.
 2 cups = 16 fluid oz.
 4 cups = 32 fluid oz.
 2 cups = 1 pint
 2 pints = 1 quart
 1 quart = 4 cups
 4 quarts = 1 gallon

DRY MEASUREMENTS

3 tsp. = 1 Tbsp.
 4 Tbsp. = 1/4 cup
 16 Tbsp. = 1 cup
 2 Tbsp. = 1 oz.
 4 oz. = 1/4 lb.
 16 oz. = 1 lb.
 1 lb. = 454 grams

ONE-POUND EQUIVALENTS

2 cups butter
 4 cups all-purpose flour
 2 cups granulated sugar
 3 1/4 cups powdered sugar, packed
 2 1/4 cups brown sugar, packed

METRIC MEASUREMENTS

1 tsp. = 5 milliliters
 1 Tbsp. = 15 milliliters
 1 cup = 240 milliliters
 1 oz. = 28 grams
 1 lb. = 454 grams

My favorite recipes are on Page. . .