

BRUCE'S COOK BOOK

THE PERSONAL RECIPES OF

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Fourth Edition

Baked Macaroni and Cheese

- 3 Cups lg. Macaroni
- 6 TBSP Olive Oil
- 1/2 Cup Flour
- 1 tsp Dry Mustard
- 1-1/2 tsp Salt
- 1/4 tsp Black Pepper
- 1 TBSP Meat Sauce
- 2-1/2 Cups Milk
- 2 TBSP Onion, Chop.
- 1/2 Pound Sharp Cheddar Cheese

Cook the macaroni until just done. Don't overcook. Drain and set aside.

Put olive oil in one-qt. sauce pan . Add flour (prior to heating), and stir until very smooth. Stir in other dry ingredients.

Add milk, meat sauce and onion, put over low heat, and stir constantly until thickened.

Thinly slice the cheese, and add about two thirds of it to the sauce. Continue stirring until the cheese blends in.

Grease a two-quart casserole with olive oil, and combine the macaroni and sauce in it, topping with the remaining cheese. Bake in a 400° oven for 20 minutes, or until golden brown on top.

About 568 calories per serving

Serves four.

Sourdough French Bread

INTRODUCTION

Normally I don't have an introduction to a recipe, but Sourdough French Bread is difficult and requires strict adherence to instructions. I thought it might be well to stress some of the important details.

The most important thing is to use the right kind of flour. Ordinary general pur-pose flour will not give good results. Use flour designated as Bread Flour. The bread flour made by Pillsbury is best. It is made from high-gluten wheat, is unbleached and has a little malted barley flour added to serve as food for the yeast.

If you can find it, add additional malted barley flour. I have some produced by "Bob's Red Mill Natural Foods, Inc." of Milwaukee, Oregon 97222.

Use well water, or if that is not available, use bottled water. The chlorine in city water is bad for the bread.

The initial batch of starter may take several days. If it spoils or gets moldy, throw it out and try again. Once you get a good batch, it will keep very well in the refrigerator. It helps to use and renew it every week or so.

Don't use commercial yeast. You won't get the real sourdough flavor if you do. The rising and distinctive flavor of the bread comes from the natural yeast spores and other bacteria that exist all around us. Every area is different. The best is from Northern California.

Sourdough Starter

Slice one small potato and boil it for about ten minutes in 1-1/2 cups of water. Let cool until still warm to the touch. Measure one cup of the liquid from the potatoes into a very wide bowl. Add one cup of bread flour and one heaping teaspoon of sugar (use malted barley flour, if you have it). Mix well with a wooden spoon

Place the bowl, uncovered in a warm place in the kitchen, but where nothing will splatter into it. Stir gently occasionally to keep the top from crusting over. Leave it for several days if necessary, or until the batter becomes frothy. The bowl should be out in the open where the natural yeast spores can fall on the surface of the starter. If it hasn't become frothy in two days, try putting the bowl over a small heating pad, spaced above the pad with a couple of small sticks. If the starter has not become frothy in four days, or if mold begins to form on it, discard it and start all over again.

When the starter is good and bubbly, store in the refrigerator in a quart jar with a cloth held on top with a rubber band.

I use a wooden "Bread-Rising" box I made, heated by two light bulbs connected in series, and controlled by a thermostat. The series connection of the lamps gives more heat than light, and extends the life of the bulbs by a factor of about ten. It would be too difficult to give details on building one, but you are welcome to copy mine if you like. It really works great.

Sourdough Recipe

2-1/2 Cups Warm Water
3 tsp Malt Flour (sugar)
7 cups Bread Flour
1 tsp Salt
1 TBSP Corn Meal
2 TBSP Extra Virgin Olive Oil

Place about 2 cups of starter into a very large mixing bowl. Add the warm water, 2 tsp of malt Flour and about half the flour. Don't add the salt yet. Stir until very smooth.

Place the bowl in a warm place. The oven, with the light on to keep it warm, makes a good place in the winter. In the summer, any warm place will do. Check from time to time to see if the batter has become bubbly, and when it has, let it set for about another hour.

Add batter to the starter jar to replace that used earlier.

Now you can add the salt, one TBSP of the Olive oil and the remaining 1 tsp of malt flour (or sugar) to the batter. Add all but about 3/4 cup of the remaining flour. Blend in the flour, with a wooden spoon at first, then finally with the hands. When the dough stops sticking to the sides of the bowl, remove it to a clean, floured counter top, and knead it for at least fifteen minutes. Soak and clean the bowl for use later. Add flour as needed to the counter top to keep the dough from sticking. When the dough is ready it will be satiny, and will not stick to the counter. To the clean, dry mixing bowl, add about a tsp of olive oil. Coat the inside of the bowl with the oil, and pat the surface of the ball of dough. Put the dough in the bowl, cover with a small towel, and place in a warm place to rise. Let it rise to about twice the original volume.

Remove the dough from the bowl, and with a sharp knife, cut it into two equal portions. Punch down and form into two long skinny loaves.

Coat a large cookie sheet with the remaining olive oil, dust with the corn meal, and place the two loaves on it. Cover with a clean cloth and place in a warm place to rise. When the loaves double in volume, place them in a cold oven. Set the temperature to 375°, turn the oven on, and bake for about 45 minutes. Starting with a cold oven allows the dough to continue to rise. When the bread is golden brown, remove from the oven and cool on a rack.

Try some of the bread while it is still warm. Bet you can't eat just one piece!

If you really can't get your starter going, don't give up. You can still bake a darn good bread, substituting commercial yeast for the starter. It won't have the distinctive sourdough taste, but it will still be pretty good.

TUNA AND NOODLE CASSEROLE

2 Cups Large Egg Noodles
1 Can White Tuna (6 oz)
1 Can Cream of Mushroom Soup
1/4 lb Cheddar Cheese
1 TBSP Grated Parmesan Cheese

1. Cook the noodles per the package directions. Drain and place in a greased 1-qt casserole.

2. Put the soup and the tuna, together with the water that the tuna was packed in, into a small mixing bowl. Mash the tuna and mix well with the soup.

Add the cheddar cheese, cut into 1/4-inch cubes, stirring into the mixture. Add the mixture to the noodles, and mix thoroughly.

Top with the Parmesan cheese, and bake in a 400° oven until the cheese begins to melt and the mixture starts to bubble.

Serves two generously, about 400 calories per serving.

Steamed Broccoli and Tarragon Carrots go well with this dish.

TARRAGON CARROTS

1-1/2 cup	Carrots
1/2 cup	Water
1 TBSP	Corn Starch
1 TBSP	Butter
1/2 tsp	Tarragon
1 tsp	Sugar
1/2 tsp	Orange Extract

1. Peel carrots and slice diagonally into 1/2-inch pieces.
2. Mix the corn starch with the water, and stir until there are no lumps. Add the sugar, tarragon and orange extract, and put the mixture into a 1-qt. sauce pan. Add the carrots and butter, and bring to a boil. Cover, reduce heat, and simmer, stirring occasionally, for about 20 minutes, or until the carrots are tender.

Serves two generously, about 75 calories perserving.

FRIED CABBAGE

4 cups	Cabbage	
3 slices	Salt Pork	
1/4 tsp	Cayenne	Pepper
1/4 tsp	Black Pepper	
1/4 cup	Water	

1. Cut the salt pork into 1/4-inch thick slices. Place in a #5 cast iron skillet, and fry until all of the fat is rendered out. Remove the salt pork.
2. Cut 1/2-inch thick slabs from the head of cabbage. Cut these slabs in half, and break up to make very coarsely chopped cab-bage. Add the cabbage to the fat in the skillet.
3. Add the cayenne pepper, black pepper and water. Cover and simmer for 20 minutes. Don't over cook. Add a little salt if needed.

Serves four. About 140 calories per serving.

CHICKEN AND RICE CASSEROLE

1 can Cream of Mushroom Soup
10 oz Water
4 oz Rice
2 small Chicken Breasts
2 TBSP Olive Oil

1. De-bone and skin the chicken breasts. Remove any excess fat. Place the chicken in a cast iron skillet with 1 TBSP of olive oil, and bake in a 400° oven for fifteen minutes. Turn the chicken over and bake another fifteen minutes. Remove from the oven and set aside.

2. Mix the mush-room soup and water until well blended.

3. Coat the inside of a 2-qt casserole with the remaining olive oil, add the soup mixture and rice. Mix well. Place the chicken on top, and bake in a 400° oven for 1 hour, or until the rice has absorbed the liquid.

I use Success Long Grain and Wild Rice Mix with seasonings, or Uncle Ben's Original Recipe. The seasonings should be added to the rice and soup mixture before baking.

You can substitute Cream of Chicken soup for the Mushroom soup.

About 560 calories per serving.

CREAMED CHIPPED BEEF AND EGGS

1/4 lb	Thin Sliced Dried Beef
4 TBSP	Olive Oil
1/3 cup	Flour
2 cups	Milk
4	Eggs
1/2 tsp	Dry Mustard
1/4 tsp	Thyme
1/2 tsp	Sage
1/4 tsp	Black Pepper
1/8 tsp	Cayenne
1/2 tsp	Salt
1 slice	Cheese
4 small	Mushrooms
1 TBSP	Butter
1/2 tsp	Crushed Garlic

Cover the eggs with water in a sauce pan with a tight-fitting lid, and boil gently for ten minutes. Let sit covered for 5 or 10 minutes, depending on the size of the eggs. Cool the eggs under running water. Tap each end of the egg on a hard surface; then tap all sides of the egg on the hard surface until the shell loosens from the egg. Remove the shell under running water. The shell will usually come off in one piece.

Cut the mushrooms into half-inch chunks. Put the butter in a small skillet and add the mushrooms and garlic. Saute over low heat until the mushrooms are just tender.

Put the olive oil into a 2-qt unheated sauce pan. Add the flour and stir until there are no lumps. Add the milk.

Heat over low heat, while stirring, until thickened. Add the beef, which has been cut into thin slivers. Add the mushrooms, cheese and dry seasonings, except the salt. Cut the boiled eggs into quarters lengthwise; then each quarter into three or four pieces, and add to the mixture. Heat until the cheese is melted and blended into the mixture. Add salt to taste.

Serve over toast points or biscuits.

Serves four, about 225 calories per serving.

EGG NOODLES

1-1/8	Cup	Semolina Flour
1	Large	Egg
1/8	Cup	Water
1/2	TBSP	Olive Oil
1/2	tsp	Salt

Mix all ingredients in a small bowl. Form into a ball and knead about 50 times. Re-form into a ball, wrap in plastic wrap, and let stand for an hour. Roll out into a 14" X 20" rectangle. Should be about 1/16th inch thick. Sprinkle with flour, and brush off the excess. Fold to a 10" X 14" rectangle. Again sprinkle with flour, brush off, and fold to a 5" X 14" rectangle.

Cut into 1" strips across the 5" dimension. Carefully unfold the strips. They should be 20" long, 1" wide, and 1/16th " thick. Spread the strips out on paper towels to dry. Let air dry for about two hours or longer. When thoroughly dry, break into pieces and store in a tightly closed jar.

Mexican Casserole

1 can	White Hominy, Undrained
1/4 lb	Ground Beef
1 can	Chili With Beans
1	Small Onion, Chopped
1/2 cup	Grated Cheddar Cheese
1 cup	Fritos, Crushed
1/2 cup	Green, Red & Yellow Sweet Peppers, Diced.

1. Brown the ground beef, and add to the chili and beans. Mix well.
2. Layer in a greased 8" x 8" casserole, the hominy, sweet peppers, Chili mixture and crushed Fritos. Top with the grated cheese.
3. Bake in a 350° oven for about 45 minutes, or until it is hot and bubbly.

Serves about four.

YEAST BREAD RECIPE

Servings			Ingredients
2	4	8	
5/8	1-1/4	2-1/2	Cups Hot Water (120°-130° F)
3/4	1-1/2	3	TBSP Butter, melted
1/4	1/2	1	Tsp Salt
1	1	2	Pkgs Dry Yeast
1/2	1	1-1/2	TBSP Malt Flour (or Sugar)
1/2	1	2	Tsp Gluten
2	3-1/2	7	Cups Bread Flour
1/4	1/2	1	Tsp Sugar (plus above)
1	1	1	TBSP Corn Meal
2	2	2	TBSP Olive Oil

1. In a large bowl, dissolve the yeast, sugar and salt in the hot water. Add the gluten, malt flour and the melted butter. Mix well.
2. Add most of the flour and work into a stiff dough. Scrape the inside of the bowl, and turn out, with the remaining flour, on to a counter or board. Knead for about ten minutes.
3. Wash and dry the bowl, and coat the inside with olive oil. Make the dough into a ball and place it in the bowl, rotating it to coat all sides with oil. Cover and let rise until double in volume; punch down, divide into loaf sizes, and place in a baking pan or sheet that has been oiled and dusted with the corn meal. Let it rise again until double in volume. Bake in a 400° oven for about 35 minutes. Start with a cold oven so the dough will continue rising for a while. Cool on a rack.

BRUCE'S COOK BOOK

MEAT LOAF

LARGE	SMALL	INGREDIENTS
1-1/4 lbs	10 oz	Ground Chuck
1-1/4 lbs	10 oz	Ground Veal
3/4 lb	6 oz	Ground Pork
4 Cups	2 Cups	Bread Crumbs
2	1	Eggs, beaten
3 Cups	1-1/2 Cups	Milk
1/2 Cup	1/4 Cup	Minced Onions
3 tsp	1-1/2 tsp	Salt
1/2 tsp	1/4 tsp	Black Pepper
1/2 tsp	1/4 tsp	Dry Mustard
1/4 tsp	1/8 tsp	Sage

Mix all ingredients thoroughly and pack into two 9" by 5" by 3" loaf pans (only one pan for small recipe). Spread 3 TBSP Catsup over the top of each pan.

Bake 1-1/2 hrs in 350° oven. If a hard crust is not desired, cover with foil for last half hour of cooking.

After cooking, one or both loaves can be covered tightly with foil and put in the freezer for future use. Freeze only after cooking.

Sauce for Meat Loaf

2 TBSP	Olive Oil
3 TBSP	Flour
1/2 cup	Milk
1 sm. can	Tomato Sauce
1 slice	American Cheese
1/2 tsp	Oregano
1/2 tsp	Garlic Powder
1/2 tsp	Onion Powder
1/2 tsp	Celery Salt
1/2 tsp	Basil

1. Add the olive oil to an unheated sauce pan. Add the flour and mix to a smooth paste. Add the milk and tomato sauce and mix well.

2. Add the other ingredients and heat slowly, stirring constantly, until it just starts to boil. Turn off heat, but leave the pan on the burner, and continue stirring until all bubbling ceases. Cover and let stand for 1/2 hour.

Reheat for serving.

QUICK LASAGNA

1/4	Pound Hamburger
1	Small Onion, diced
1	Tsp Minced Garlic
2	Small Cans Tomato Sauce
1	Ounce Canned Mushrooms (Optional)
1/2	Cup V-8 or Tomato Juice
1/2	Tsp Dried Basil
1/2	Tsp Dried Oregano
6	Ounces Ricotta Cheese
1	Egg
1/2	Tsp Salt
1/4	Tsp Black Pepper
6	Lasagna Noodles
1	Cup Shredded Mozzarella Cheese
1/2	Cup Parmesan Cheese

1. In a skillet, over medium heat, cook the meat until lightly browned. Add the onions and garlic and cook 3 minutes. Stir in the tomato sauce, juice, mushrooms and spices. Bring to a boil, reduce heat, and simmer for 5 minutes.

2. In a small bowl, combine the ricotta cheese, egg, salt and pepper. Mix well.

3. Spoon 3/4 cup of the sauce mixture into a well oiled 8x8x2 baking dish. Top with half the uncooked noodles, and all of the ricotta mixture; 1/2 cup of mozzarella, 1/4 cup of Parmesan and 3/4 cup of sauce. Top with the remaining noodles, sauce and cheeses.

4. Cover tightly with aluminum foil (and a lid if available). Bake in a 350° oven for 45 minutes. Remove the lid and foil, and bake for 15 minutes longer, or until lightly browned. Let stand 15 minutes before serving.

Beef & Vegetable Casserole

1 lb	Ground Beef
1	Small Onion, Chopped
1 tsp	Salt
1/4 tsp	Black Pepper
1/4 cup	Diced Green, Red & Yellow Sweet Peppers
1-1/2 cups	Cooked, Sliced Carrots
1-1/2 cups	Cooked Green Beans
1 can	Tomato Soup
1/2 cup	Grated Cheddar Cheese
1 TBSP	Olive Oil

1. Combine the beef, onion, salt and pepper, and press down in the bottom of an oiled, 8" x 8" casserole.
2. Layer on top of the meat mixture in order, the sweet peppers, carrots and green beans. Canned carrots and green beans work well.
3. Cover with the tomato soup, undiluted. Bake for 45 minutes in a 350° oven. Sprinkle with the grated cheese and return to the oven for 10 minutes.

Serves four generously.

Swiss Steak

1 lb	Round Steak, 1" thick
1 can	Diced tomatoes
1	Small onion, diced
1 stalk	Celery, diced
3 TBSP	Flour
3 TBSP	Olive Oil
1/2 tsp	Salt
1/4 tsp	Black Pepper

1. Season the flour with the salt and pepper. Pound the seasoned flour into both sides of the steak, which should be cut into four or five pieces.
2. Brown the steak in olive oil in a cast iron skillet. Add the tomatoes, onion and celery.
3. Cover and simmer for 2-1/2 hours. Uncover for the last 1/2 hour and cook down the sauce to the desired thickness.

Serve with mashed potatoes and green beans. Serves two generously.

Caution: Takes almost 3 hours to prepare.

Harvard Beets

1	Can	Sliced Beets (15.5-oz)
1/6	Cup	Vinegar
1/8	Cup	Sugar
1 1/2	tsp	Cornstarch
1/4	tsp	Salt
1 1/2	tsp	Butter

1. Drain beets, reserving 1/4 cup of the liquid.
2. In a 1-qt. saucepan, mix the vinegar, sugar, cornstarch, salt and the reserved liquid; add the butter and cook over medium heat to boiling, while constantly stirring. Stir in the sliced beets and heat.

Serves two generously.

Stuffed Green Peppers

4	Green Bell Peppers, medium sized
1 lb	Ground Beef
1/2 cup	White Rice
1/4 cup	Chopped Onion
1/2 tsp	Salt
1 tsp	Ground Sage
1/2 tsp	Oregano
1 tsp	Soy Sauce
1/2 tsp	Black Pepper
16 oz	Tomato Sauce
1 cup	Shredded Cheddar Cheese

- 1. In a sauce pan, bring 1 cup of water to a boil, add the rice and salt, cover and simmer for 30 minutes.**
- 2. Cut out the stem end of the peppers, remove all seeds, and with a sharp paring knife, reach in and remove all membranes, leaving a clean hollow shell. Put into a pot of boiling water for about five minutes. Remove and cool under cold water. Set aside for now.**
- 3. In a skillet, brown the ground beef and onions.**
- 4. In a small bowl, mix the cooked rice, ground beef and onions, sage, oregano, soy sauce, black pepper and 1/2 cup of the tomato sauce.**
- 5. Stuff the mixture into the pepper shells, top with the cheese, and arrange upright in a 8" X 8" casserole. Pour the remaining tomato sauce over the top of the peppers. Cover and bake in a 350° oven for 45 minutes.**

Serve with mashed potatoes

Pork Chops A la Bruce

4	Boneless Pork Chops
1 pkg	Lipton's Onion Soup Mix
1/2 cup	Flour
3 TBSP	Olive Oil
1 cup	Water

1. Remove any fat from the pork chops. Place the chops and flour in a Zip-Loc® bag, seal it tightly, and shake and turn the bag until the chops are well coated with flour. Do not add any salt to the flour because the onion soup mix is very salty.

2. Put the olive oil, the chops and the remaining flour in a non-stick skillet and brown over low heat. When frying in olive oil, there is a tendency for the food to burn rather than brown, so be careful, and turn often.

3. Mix the onion soup mix in the water, and pour over the chops. Turn the chops over so that both sides are covered with the soup mixture. Cover and simmer for at least an hour. If after an hour, the soup mixture has not thickened, uncover and continue heating until the desired thickness is obtained.

Serve with mashed potatoes and green beans.

Veal Parmigiana

1	cup	Marinara Sauce (see next page)
1/2	cup	Dried Bread Crumbs
1/2	tsp	Salt
1/8	tsp	Black Pepper
1	lg	Egg
3	sm	Veal Cutlets (about 3/4 lb)
1 1/2	TBSP	Butter
3	slices	Mozzarella Cheese
1/8	cup	Parmesan Cheese, grated

On waxed paper, mix bread crumbs, salt and pepper. In a pie plate, beat the egg lightly. Dip the cutlets in egg, then bread crumbs; repeat to coat each cutlet twice.

In a 9-inch skillet over medium heat, in hot butter, cook cutlets, one at a time, until browned on both sides, about ten minutes. Arrange cutlets in skillet; spoon some sauce over each cutlet; top each with a slice of Mozzarella; sprinkle with Parmesan. Reduce heat to low; cover and cook until cheese is melted, about 5 minutes.

About 3 servings at 910 calories each.

Marinara Sauce

2	TBSP	Olive Oil
1	sm	Onion, chopped
1	clove	Garlic, minced
1	TBSP	Sugar
2	tsps	Basil
1	tsp	Salt
1	can	Diced Tomatoes, 15-oz size
1	can	Tomato Paste, 6-oz size

1. In a 2-quart sauce pan, over medium heat, in hot oil, cook onion and garlic until tender.

2. Stir in sugar, basil, salt, tomatoes with their liquid, and tomato paste; heat mixture to boiling.

Reduce heat to low; cover sauce pan and simmer about 20 minutes to blend flavors, stirring occasionally.

Use over Pasta or over Veal Cutlets Parmigiana. About 6 servings of 95 calories each.

BRAISED SHORTRIBS

2	lbs	Beef Shortribs
1	TBSP	Olive Oil
1	med	Onion, thinly sliced
1	tsp	Crushed Garlic
1/4	tsp	Salt
1	tsp	Thyme
2	TBSP	Chili Powder
2/3	cup	Red Wine
1	can	Chili Beans

1. Put onion and garlic in bottom of a two quart casserole (with a lid). Put ribs on top with bone-side down. Season with salt and thyme and bake, uncovered in a 400° oven for 30 minutes. Turn the ribs over and bake for 20 minutes longer.

2. Reduce the oven to 300° and sprinkle the ribs with the chili powder. Pour in the wine, cover tightly, and bake for 1 hour.

3. Add the chili beans and bake for 30 minutes longer.

Serve over rice. Fried cabbage makes a good side dish.

Caution: Takes about 2 1/2 hours to prepare.

Crab Louis

3	Large	Eggs
1	Cup	Mayonnaise
3	TBSP	Catsup
2	TBSP	Chopped Green Onions
1	TBSP	Worcestershire Sauce
1	TBSP	Balsamic Vinegar
2	tsp	Lemon Juice (or Lime)
1/2	tsp	Salt
1/8	tsp	White Pepper
1	Small	Cucumber
1	Large	Tomato
2	cup	Lettuce, broken into sm pieces
4	Medium	Radishes
1	lb	Imitation Crab Meat (or the real thing, if you can afford it)

1. Hard boil the eggs, shell and chill. In a medium-sized bowl, combine the mayonnaise, catsup, chopped green onion, worcestershire, vinegar, lemon juice, salt and white pepper. Cover and chill for about 30 minutes.

2. Cut the boiled eggs into quarters lengthwise and cut the tomato into thin wedges.

3. Into each of two serving bowls, add half of the lettuce, half of the crab meat, coarsely chopped, and half the egg and tomato wedges. Add thinly sliced radishes and cucumber, and top with a generous serving of the chilled dressing.

Oyster Dressing

6	TBSP	Butter, unsalted
1-1/2	Cups	Yellow Onions, finely chopped
3/4	Cup	Green Bell Pepper, finely chopped
3/4	Cup	Celery, finely chopped
1/2	tsp	Salt
1/4	tsp	Cayenne
2	Each	Bay Leaves
1	tsp	Garlic, minced
1/2	Cup	Chopped Green Onions, & whites
1/4	Cup	Parsely, finely chopped
1/2	Cup	Chicken Broth, low sodium
6	Cups	Stale French Bread, cubed
1	Large	Egg
1	Pint	Oysters, drained & strained liq.
1	Cup	Parmesan Cheese, grated

1. Preheat oven to 350°. Heavily butter 2-qt baking dish with 1 TBSP butter and set aside.
2. Melt the rest of the butter in a large heavy sauce pan over med heat. Add onions, bell pepper, celery, salt, cayenne, and bay leaves and cook with stirring until onions are tender - about 3 minutes. Add the garlic, green onions, and parsely, and cook with stirring for 1 minute. Stir in the chicken broth and remove from the heat.
3. Add the bread cubes and stir well; add the egg and stir well, then add the oysters and their liquor and the cheese. Pour the dressing into the baking dish and bake until golden brown and bubbling on top, about 1 1/4 hours.
4. Remove from the oven and let rest 10 minutes before serving.

Yield: 6 to 8 Servings.

Chicken & Dumplings

1	Large	Chicken Breast With Ribs
3	Cubes	Chicken Bouillon
1	Can	Low Sodium Chicken Broth
1	tsp	Salt
1/4	tsp	White Pepper
1	TBSP	Butter
2	Cups	Jiffy Mix®
2/3	Cup	Milk
8	Cups	Water

1. Put all of the ingredients, except the Jiffy Mix® and milk, in a 6-qt. heavy aluminum pot. Bring to a boil, then simmer for about 2 hrs., after which go to step (2).

2. Separate the chicken from, and discard, the rib bones. Break the chicken into bite sized pieces.

3. In a small mixing bowl, add the Jiffy Mix® and milk. Blend to a smooth, very soft, dough. Spoon the dough, a heaping teaspoonful at a time, to the top of the simmering broth mixture in the large pot. Cover tightly and simmer for 18 minutes. If you like light, airy dumplings, do not remove the lid while cooking. If you like the dumplings to be a little "gluey" (as I do), then uncover them about halfway thru the cooking time, gently turn each one over once, then recover and continue cooking for the remainder of the time.

Serves two generously.

Salmon, Eggs & Beans

1	Can	Red Salmon, 7 1/2 Oz.
4	Strips	Bacon
1	Sm. Can	Pork & Beans
1	TBSP	Onions, Chopped
4	Large	Eggs (or Egg Substitute)
1	Pinch	Sugar
1/4	tsp	Salt
1/4	tsp	Black Pepper

1. In a large, non-stick pan, cook the bacon until crisp. Remove the bacon and half of the drippings, and set aside.
2. In a small saucepan, add the beans, chopped onion and the reserved drippings. Remove the small piece of pork from the beans. Heat to simmering and keep hot until served.
3. Remove any black skin from the salmon, but leave all bones, and add to the pan with the bacon drippings. Break up with a fork and cook for about 3 minutes. Add the sugar, salt, pepper and the eggs, slightly beaten. Over low heat, stir the mixture, and cook until the eggs are done. Do not overcook.

Serve with the bacon, beans and buttered toast.

Serves (2).

PORK CHOPS AND RICE CASSEROLE

1 can	Cream of Broccoli Soup
10 oz	Water
4 oz	Rice
2 small	Pork Chops
2 TBSP	Olive Oil

1. De-bone the pork chops. Remove any excess fat. Place the chops in a cast iron skillet with 1 TBSP of olive oil, and bake in a 400° oven for fifteen minutes. Turn the chops over and bake another fifteen minutes. Remove from the oven and set aside.

2. Mix the broccoli soup and water until well blended.

3. Coat the inside of a 2-qt casserole with the remaining olive oil, add the soup mixture and rice. Mix well. Place the pork chops on top, and bake in a 400° oven for 1 hour, or until the rice has absorbed the liquid.

I use 1/2 box of Success Long Grain and Wild Rice Mix with seasonings, or Uncle Ben's Original Recipe. The seasonings should be added to the rice and soup mixture before baking.

Serves two.

Zucchini Chicken Patties

1	14.4 oz Can	Zucchini With Italian Tomato Sauce
2	Breaded	Chicken Patties (or Veal)
2	Thin Slices	Mozzarella Cheese
1	TBSP	Grated Parmesan Cheese
1	TBSP	Butter
1	TBSP	Olive Oil

1. Put the olive oil and zucchini in a sauce pan and heat to simmering. Break up the zucchini slices to bite size pieces.
2. In melted butter in a non-stick frying pan, brown both sides of the chicken patties. Place a folded slice of mozzarella cheese on top of each patty, cover and heat until the cheese melts.
3. Put each patty on a serving dish, sprinkle with Parmesan cheese, and cover with the zucchini and sauce.

Serve with mashed potatoes.

SALMON AND CORN CASSEROLE

1 sm can	Red Salmon
1 can	Cream Style Corn
1/4 cup	Evaporated Milk
1	Egg,slightly beaten
1/4 tsp	Salt
Dash	Pepper
1/2 TBSP	Butter
1/4 cup	Bread Crumbs
1/4 cup	Shredded Cheddar Cheese
1 tsp	Chopped Chives

1. In a small mixing bowl, mix the salmon, corn, milk, salt and pepper until well blended. Remove any black salmon skin, but leave the bones.
2. Place in a small baking dish. Melt the butter and mix with the bread crumbs, cheese and chives. Sprinkle on top of the mixture in the baking dish.
3. Bake for 30 minutes @ 375° F., or until the topping is lightly browned.

Serves 2

BELIZEAN BEANS AND RICE

2	15-oz cans	Pinto beans with liquid
1	Small	Green Pepper, diced
1	Small	Yellow onion, diced
2	TBSP	Fresh cilantro, chopped
4	TBSP	Butter
1	15-oz can	Coconut milk
2	Cups	Long grain white rice, rinsed
1/8	tsp	Chili powder
1/8	tsp	Celery seed
1/8	tsp	Ground coriander
1/8	tsp	Nutmeg
1/8	tsp	Onion powder
1/8	tsp	Hungarian Paprika
1/8	tsp	Garlic powder

Salt and freshly ground black pepper to taste.

Combine all ingredients in a large saucepan and bring to a boil over medium heat. Cover, reduce heat to simmer, and simmer for 30 minutes.

Fluff rice with a fork just before serving.

Makes 6 servings, 512 calories per serving.

Preparation time: 45 minutes

GRILLED TUNA & CHEESE SANDWICH

1	Can (6-oz)	White Tuna, drained & flaked
1/2	Cup	Grated Cheddar Cheese
1/2	Cup	Miracle Whip
1/4	Cup	Chopped Sweet Pickle
3	TBSP	Onion, finely chopped
1	tsp	Mustard
4	Slices	White Bread
4	TBSP	Butter

Put 1 TBSP butter in a non-stickpan. When hot, put a slice of bread in the pan, and slide it around to soak up the butter.

Mash up the tuna in a small bowl and stir in all of the other ingredients. Mix well and add half of the mixture to the top of the bread slice that is in the pan. Place another slice of bread on top and press down lightly with a spatula. When the bottom slice of bread is golden brown, lift it carefully from the pan. Add another TBSP of butter to the pan, and put the sandwich back in the pan, browned side up. Slide around to soak up the butter. When the bottom gets golden brown, carefully lift it out of the pan and repeat the above procedure for the second sandwich.

If the sandwiches are too thick for you, use less of the mixture, and make a third sandwich.

The sandwiches go well with chili con carne.

FOUR BEAN SALAD

1	Can	Wax Beans
1	Can	Cut Green Beans
1	Can	Dark Red Kidney Beans
1	Can	Garbanzo Beans (Chick Peas)
1/3	Cup	Olive Oil
1/3	Cup	Balsamic Vinegar
1/3	Cup	Sugar
1/4	Cup	Chopped Onion
1/4	Cup	Chopped Celery
1/4	Cup	Diced Red& Green Bell Peppers
1/2	tsp	Paprika
1/2	tsp	Celery Seed
1/2	tsp	Crushed Garlic
1/2	tsp	Salt

Drain the liquid from the canned beans, and rinse in cold water. Add the beans, onion, celery and bell peppers to a large bowl, and mix well.

Put the other ingredients in a small sauce pan, bring to a boil, stir well and let cool. Add the cooled mixture to the other ingredients in the large bowl, and mix well. Chill overnight before serving.

DOUGH FOR PASTA MACHINE

1/4	Cup	Unbleached All Purpose Flour
1/2	Cup	Semolina Flour
1	TBSP	Wheat Gluten
1/4	tsp	Salt
1	Large	Egg
2	TBSP	Water

In a small bowl, mix the semolina, gluten and flour. In a cup, add the egg, salt and water, and beat lightly for a few seconds.

Add the liquid to the semolina, mix well, taking care that all the solids are wetted. Then let set for about 3 minutes to let the liquid absorb.

Knead the dough for about ten minutes on a lightly floured surface. Wrap the dough in plastic wrap, and let stand for an hour.

Form the dough into a cylinder shape, about 1-1/2 inch in diameter. With a rolling pin, roll out the dough to a thickness of 1/8 inch or less. Feed the flattened dough into the rollers of the pasta machine. Start with the rollers set for the maximum thickness, and gradually reduce the thickness for subsequent rollings until a pasta sheet of the desired thickness is obtained. The sheet will start to dry out, so try to finish the rolling quickly. Cut the sheet into lengths of about a foot and feed each piece through the cutters for the type of pasta desired, or manually slice for wide noodles or lasagna noodles. Take care that neither the pasta sheets nor the cut pasta stick together.

SALMON PATTIES

1	Can (7-1/2 oz.)	Red Salmon
1/2	tsp	Sesame Oil
1	TBSP	Chopped Green Onion
1/2	tsp	Minced Garlic
1	Small	Egg
1	TBSP	Lime Juice
1/2	tsp	Minced Ginger
1/2	tsp	Sugar
1/2	tsp	Salt
1	TBSP	Soy Sauce
1/4	Cup	Chopped Cilantro
1/4	Cup	Bread Crumbs
2	TBSP	Olive Oil
1	TBSP	Flour
1	tsp	Sesame Seeds

Thoroughly mix all ingredients, except the last three, and form into about five small cakes

Toss the flour and sesame seeds together in a small bowl and press both sides of each cake in the mixture.

Cook the patties over low heat in the olive oil in a non-stick pan. Turn to brown both sides. The patties are done when both sides are golden brown.

Serve with fried potatoes and coleslaw.

CHICKEN & STUFFING CASSEROLE

2	Small	Boneless, skinless Chicken Breasts
1/4	tsp	Crushed Garlic
2	Slices	Swiss Cheese
1/4	Cup	Dry White Wine
3	Oz.	Chicken Stuffing Mix
1/2	Can	Cream Of Chicken Soup, undiluted
1/4	Stick	Butter

Place the chicken in a 8 X 8-inch casserole. Spread the garlic over the chicken, and top each piece with a slice of swiss cheese and pour the wine over it. Next, put the stuffing mix over the cheese, and put the soup over the stuffing mix. Cut the butter into four pieces and place them symmetrically over all.

Bake for one hour in a 350° oven.

Two servings at about 680 calories each.

FRUIT COBBLER

1	Cup	Flour
2	Cups	Sugar
1-1/2	tsp	Baking Powder
2/3	Cup	Milk (May need 3/4 cup)
1	Quart	Sour Cherries (Or other fruit)
1	Stick	Butter

Cherries are used in this recipe, but sliced peaches or apples could be used as well.

In a 2-quart saucepan, heat the cherries and one cup of sugar (no water) to just boiling. Prepare the batter using the flour, baking powder, milk and one cup of sugar.

Melt the butter in a 8 X 11-inch non-stick baking pan or casserole. Add the batter, spread evenly over the bottom of the pan. Pour the cherries in an even layer on top of the batter (That's right, *on top !*), and bake in a 375° oven for about 30 minutes, or until the batter rises to the top and gets lightly brown.

If frozen fruit is used, it must be thawed in the refrigerator before heating with the sugar.

Two cups of sugar may sound like a lot, but with sour cherries, you will need it all. It is strange to see the crust rise from the bottom of the pan to the top.

This is my favorite desert. I usually eat two large helpings, with ice cream, while it is still warm from the oven!

DEVILED EGGS

2	Large	Eggs
1/4	tsp	Dry Mustard
1/4	tsp	Onion, very finely chopped
1/8	tsp	Crushed Garlic
1/4	tsp	Salt
1/8	tsp	White Pepper
1/2	tsp	Liquid from Sweet Pickles
1/4	tsp	Worcestershire Sauce
1	TBSP	Miracle Whip Salad Dressing
1/4	tsp	Hungarian Paprika

Put the eggs in a small saucepan, cover with cold water, and bring to a boil. Boil for ten minutes, then cover and set aside for at least ten minutes.

Cool the eggs under running water; gently tap each end of the eggs on a hard surface, then continue tapping all around the egg, taking care not to break the white of the egg. When the shell loosens from the egg, peel it off under running water. It will usually easily come off in one piece.

Slice each egg lengthwise to form two equal halves. Remove the yolks, taking care not to damage the whites.

Place the yolks in a small bowl, add the other ingredients except the Paprika. Mash the yolks with a strong fork and blend with the other ingredients to form a smooth paste.

Using a teaspoon, fill each egg half with the mixture, striving for an equal amount in each.

Dust the tops of the eggs with the Paprika, cover with Plastic wrap, and chill before serving.

SAUSAGE GRAVY & BISCUITS

1/4	Lb	Jimmy Dean® Pork Sausage
3	TBSP	Olive Oil
1/2	tsp	Ground Sage
1/2	tsp	Ground Thyme
1/4	tsp	Tarragon
1/8	tsp	Black Pepper
1/2	tsp	Salt
1/8	tsp	Onion Powder
1/8	tsp	Cayenne Pepper
1/2	tsp	Sugar
1/2	tsp	Crushed Garlic
1/4	Cup	Flour
2	Cups	Milk
2	Slices	American Cheese
4	Frozen	Buttermilk Biscuits (Or make your own)

Bake the biscuits in a 400° oven. The baking time will vary, so keep checking to make sure they are done, but not burnt.

Put the oil and sausage in a #5 cast iron skillet. Using a very strong fork, press and break apart the sausage as it cooks over moderate heat. When the sausage has browned, add the other ingredients except the milk and cheese. Mix well, wetting the flour with the oil.

Add the milk and cheese, and heat over moderate heat until the mixture begins to thicken. Use the strong fork to stir and continue to break up the sausage into smaller particles as it continues to thicken.

Serve over two biscuit halves, crusts down.

BRUNSWICK STEW

1	Large	Chicken Breast, Boneless& Skinless
1	Cup	Water
3/4	tsp	Salt
1/8	tsp	Black Pepper
1/8	tsp	Cayenne Pepper
2	TBSP	Chopped Onion
2	TBSP	Chopped Celery
1	Large	Potato, diced
1/2	Cup	Small Lima Beans
1/2	Cup	Whole Grain Corn
1	Small Can	Tomato Sauce

Cut the chicken into half-inch pieces. Add all of the ingredients to a 2-quart saucepan, bring to a boil over high heat, then reduce the heat to simmer. Simmer for at least four hours, stirring often.

Serve with garlic toast. Serves two.

CHILI CON CARNE

1/2	Lb	Lean, Ground Beef
2	TBSP	Diced Bell Pepper
3	TBSP	Diced Onion
1	tsp	Crushed Garlic
2	TBSP	Chili Powder
1	Can	Small, Red Kidney Beans
1	Can	Diced Tomatoes
1/2	tsp	Salt
1/4	tsp	Sugar
1	Large	Bay Leaf

In a #5 cast iron skillet, over high heat, cook the ground beef, green bell pepper, onion and garlic, stirring constantly, until all pan juices evaporate and the beef is well browned - - about fifteen minutes.

Stir in the chili powder and cook for one minute. Drain the liquid from the beans into the skillet, reserving the beans. Stir in the tomatoes, salt, and sugar and add the bay leaf. Heat to boiling, then simmer for 45 minutes, stirring occasionally.

Stir in the beans, cover and simmer for 15 minutes. Discard the bay leaf. Add more cayenne pepper to taste.

BRUCES FRIED CHICKEN

This recipe is for two servings of chicken of about two pieces each. If you plan to cook more, adjust the amount of the ingredients accordingly.

Prepare the coating mix as follows:

To 1/2 cup of flour, add:

1/2	tsp	Celery Salt
1/4	tsp	Black Pepper
1/2	tsp	Paprika
1/4	tsp	Ground Thyme
1/4	tsp	Ground Sage

Mix the above ingredients thoroughly and place in a large Zip-Loc® bag. Dip each piece of chicken in milk, then place in the bag with the coating mix. Close the bag tightly and tumble the chicken in the coating mix until well coated.

Fry the chicken in a mixture of olive oil and butter. Brown the chicken uncovered, then cover and cook over low heat for at least one hour. Uncover, turn the chicken, and continue cooking uncovered until the chicken becomes crispy.

BATTER FOR DEEP FRYING

1	Egg
1/2 cup	Beer
1/2 cup	Flour
1/2 tsp	Salt
1 TBSP	Vegetable Oil
1/2 tsp	Paprika
1/8 tsp	Cayenne
1/2 tsp	Sugar
1/2 tsp	Baking Powder

- 1. Beat the egg in small mixing bowl. Add salt and beer and mix well.**
- 2. Add all other dry ingredients to the flour, mix well, and gradually sift into the beer mixture, stirring with a small whisk.**
- 3. Whisk until smooth, then blend in the oil.**
- 4. Heat the frying oil to 370° F. Hold the bowl with the batter just over the edge of the deep fryer, and with a small tongs, grasp a piece of seafood by one end, dip in the batter, and quickly lower it into the hot oil. Wait until a crust has formed before adding the next piece. Watch the oil temperature and stop adding the seafood if the temperature drops below 160° F. If the pieces float to the top, turn them over once about half-way through cooking. They are done when they are a deep golden brown. Remove to a warming oven until all pieces are done. You can cook fish, shrimp, okra, chicken and onion rings using the same batter.**

CORN BREAD MUFFINS

2 TBSP	Olive Oil
3/4 cup	Corn Meal
1/4 cup	Flour (or gluten)
1/2 tsp	Sugar
2 tsp	Baking Powder
1/2 tsp	Soda
1 tsp	Salt
1	Egg
1 cup	Buttermilk
1/4 cup	Lard
1 1/2 TBSP	Grits

Cook the grits per the package instructions and set aside to cool.

Mix all of the ingredients except the lard in a mixing bowl, stirring until smooth. Stir in the cooked grits and mix thoroughly.

Melt the lard and add an equal amount to each of the muffin wells in an 8-place muffin pan. Add the corn meal mixture to the muffin wells, striving for an equal amount in each well.

You can substitute oil for the lard, but you will not get the real crispy brown crust that real lard gives you. Don't use Crisco or other hydrogenated fats. They are much worse for you than lard.

Once you have mixed all of the ingredients, ladle the mixture into the muffin pan as quickly as possible. The soda reacts very quickly with the acid in the buttermilk. The cooking process must start rather quickly or the batter will go flat.

Bake in a pre-heated 425° oven for 20 minutes, or until golden brown. Remove the muffins from the pan while still hot, otherwise they may stick to the pan.

BRUCE'S TEX-MEX BAKE

1	15-Oz. Can	Chili With Beans
1	15-Oz. Can	Pinto Beans
1	7-Oz. Can	Mexicorn (Green Giant®)
1/2	Cup	Chopped Onion
1/2	Cup	Chopped Bell Peppers (Use mix of red and green)

Mix the above ingredients well and place in an oiled 8 X 11-inch casserole. Spread out to form an even layer in the casserole.

Make corn bread batter (see page 40, but omit the grits and lard in the recipe), and spread over the bean mixture, striving for an even layer about 1/2-inch thick (more is ok).

Bake for about 30 minutes in a 425° oven

Serves about six at about 415 calories per serving.

SALISBURY STEAK

1/2	Lb.	Lean Ground Beef
1/2	Cup	Onion, Finely Chopped
1/4	Cup	Bell Pepper, Finely Chopped
1/2	Cup	Bread Crumbs
1	Large	Egg
1/2	tsp	Crushed Garlic
1/4	tsp	Black Pepper
1/2	tsp	Salt
2	TBSP	Olive oil
3/4	Cup	Water
2	TBSP	Corn Starch
1/4	Cup	Sliced Mushrooms

Mix the first eight ingredients by mashing together and kneading with the hands. Form into two oblong patties about 1/2-inch thick, and cook in a cast iron skillet in the olive oil until well browned on both sides and firm when pressed with a fork.

In a small bowl, add the last five ingredients, mix well, and pour over the hamburger patties in the skillet. While cooking over low heat, scrape the bottom of the skillet to add the drippings to the mixture. Heat until the mixture just begins to boil, then simmer until the gravy thickens. Turn the hamburger patties occasionally, keeping them always immersed in the gravy.

Serve with baked potato and green beans. About 650 calories per serving.

BRUCE'S COOK BOOK

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