

# The Cooking Corner

Recipes in today's cooking corner comes from "Sharing Recipes," a cookbook published by members of the American Legion Auxiliary in Kentucky.

## NOUNA'S STUFFED CABBAGE ROLLS

- 1/4 c. butter
- 2 med. onion, chopped
- 2 lb. ground beef
- salt and pepper to taste
- 1/2 c. dried mint leaves, crushed
- 6 oz. can tomato paste
- 1 c. long grain rice
- 1 large cabbage
- 3 eggs, separated
- juice of 3 lemons

Melt butter in skillet. Brown onions, add meat, salt, pepper and mint. Sauté until meat loses its color. Mix in tomato paste and 1 cup water. Simmer, uncovered, 15 minutes. Add rice, Simmer 5 minutes. Cut core from cabbage. Carefully remove leaves. Parboil 10 leaves at a time until limp. Drain carefully. Line bottom of large Dutch oven with the outer leaves. Stuff the remaining leaves by placing a teaspoon of filling in the center of each. Fold stem in the middle, covering filling. Fold left side to the middle. Then fold right side. Tightly roll leaf. Place rolls in concentric layers in Dutch oven. Add water to just cover rolls. Weigh down with a large plate. Simmer, covered, 30 minutes. Remove plate. Simmer, uncovered, 30 minutes. To make Avoglemo sauce, beat egg whites until peaks form. Add yolks. Beat in lemon juice. Pass with cabbage rolls.

## CAULIFLOWER WITH CHEESE SAUCE

- 1 large cauliflower head
- 4 Tbsp. margarine
- 4 Tbsp. flour, plain
- 1 c. grated cheese
- 1 tsp. salt
- 1 tsp. pepper
- 2 c. milk
- dash paprika

Wash and trim cauliflower. Put in saucepan, stem side down, with salt and about 1/4 cup of milk. The milk keeps the cauliflower white. Let this come to boil and cook about 25 minutes or until tender. Do not overcook. Remove and drain.

Combine margarine and flour in saucepan. Stir until well blended. Remove from heat. Pour in milk, stir until this mixes good. Return to heat, continue stirring until it thickens. Put in cheese and blend with mixture. When ready to serve, pour this over the cauliflower. Put a dash of paprika on top. Serve hot.

## CORN FRITTERS

- 2 c. flour, sifted
- 1 tsp. salt
- 6 tsp. baking powder
- 1 Tbsp. corn oil
- shortening for frying
- 1 1/2 tsp. vinegar
- 1 c. milk
- 3 eggs, separated
- 1 c. whole kernel corn, drained

Sift dry ingredients together. Add oil, vinegar, milk, egg yolks and corn. Mix well. Mixture should be moist, not dry. Fold in stiffly beaten egg whites. Fill deep skillet with fresh shortening. Melt to 350 degrees. Drop large spoonfuls of batter into shortening. Deep fry until golden brown. Place browned fritters in muffin tins. Bake at 325 degrees for 10 minutes. Sprinkle with sugar and serve. Maple syrup is good over these fritters. They are delicious.

## ANGEL FOOD CAKE DELUXE

- 1 c. cake flour
- 1 1/2 c. powdered sugar
- 1 1/2 c. egg whites (about 12)
- 1 1/2 tsp. cream of tartar
- 1 c. granulated sugar
- 1/4 tsp. salt
- 1 1/2 tsp. vanilla
- 1/2 tsp. almond flavoring

Heat oven to 375 degrees. Mix flour and powdered sugar. Beat egg whites and cream of tartar in large mixer bowl on medium speed until foamy. Beat in sugar (granulated) on high speed, 2 tablespoons at a time; continue beating until stiff and glossy. Add salt, vanilla and almond extract with the last addition of sugar. Do not underbeat. Sprinkle flour-sugar mixture, 1/4 cup at a time, over meringue, folding in just until flour - sugar mixture disappears. Push batter into ungreased tube pan, 10 x 4 inches. Cut gently through batter with metal spatula. Bake 30 - 35 minutes.

Bake until cracks feel dry and top springs back when touched lightly. Let cake hang until cool. I usually turn mine upside down on a coke bottle. Remove from pan.

## DRIED APPLE STACK CAKE

- 1 c. shortening
- 2 1/2 c. sugar
- 2 eggs
- 2 tsp. vanilla

- 1/2 c. buttermilk
- 1 tsp. baking soda
- 1 tsp. baking powder
- 5 1/4 c. White Lily flour, plain
- 1 tsp. salt
- apple filling

Heat oven to 425 degrees. Grease seven 9 inch round pans. (This batter will have a stiff cookie-like consistency. It holds well so may be baked in several bakings, depending on oven size and number of pans available.) Cream shortening and sugar together. Beat in eggs and vanilla. Stir buttermilk, baking soda and baking powder together and mix into batter. Blend in flour and salt thoroughly. Divide

in seven portions. With floured hands, pat portions into prepared pans. Bake at 425 degrees for about 10 minutes. Let cool slightly before removing from pans. Stack layers with hot Apple Filling between layers. Let stand at least 24 hours before cutting.

## COCONUT CAKE WITH SOUR CREAM FILLING

- 1 box white cake mix
- 2 eggs
- 4 - 9 oz. pkg frozen coconut
- 2 - 16 oz. cartons sour cream
- 1 3/4 c. sugar
- 9 oz. carton Cool Whip

Mix cake mix according to di-

rections, adding 2 whole eggs. Bake in 2 layers. When cool, split layers with knife or thread, making 4 layers.

Mix together coconut, sour cream and sugar. (Save enough coconut to cover the top and sides of cake.) If possible, mix coconut and sour cream with the sugar the day before baking the cake. (This improves the flavor.) After the cake has cooled and been sliced, spread the coconut mixture on each layer. Stack layers, using toothpicks to hold the layer in place. Then spread the top and sides of the cake with whipped topping and sprinkle with coconut. Refrigerate 2 days

before serving to improve the flavor.

## PINEAPPLE-CARROT CAKE

- 2 c. sifted, all purpose flour
- 2 tsp. baking soda
- 1 tsp. baking powder
- 1 tsp. salt
- 2 tsp. ground cinnamon
- 1 3/4 c. granulated sugar
- 1 c. vegetable oil
- 3 eggs
- 1 tsp. vanilla
- 2 c. shredded carrots
- 1 c. flaked coconut
- 1 c. coarsely chopped walnuts
- 8 1/2 oz. can crushed pineapple,

drained

Cream Cheese Frosting

Grease a 13 x 9 x 2 inch baking pan. Dust lightly with flour. Sift flour, baking soda, baking powder, salt and cinnamon into a large bowl. Make a well in the center and add in order: sugar, oil, eggs and vanilla. Beat with wooden spoon until smooth. Stir in carrots, coconuts, walnuts and pineapple until well blended. Pour into prepared pan. Bake in a moderate oven, 350 degrees, for 45 minutes, or until center springs back when lightly pressed with finger. Cool completely on rack and ice.

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