

# Rounding out your kitchen recipe file

## PEANUT BUTTER BREAD

1 1/2 cups flour  
1/2 cup sugar  
1 tbs. baking powder  
1/2 tsp. salt  
1 cup peanut butter  
1 egg  
1 cup milk  
1 cup chopped peanuts

Mix well flour, baking powder and salt; cut in peanut butter until mixture resembles coarse crumbs. Beat eggs with milk; stir into flour mixture; stir in peanuts. Pour into greased and floured 9x5x3-inch loaf pan. Bake in pre-heated oven (350 degrees F.) for 1 hr. or until toothpick inserted in the centre comes out clean. Invert on rack. Turn top side up, cool completely.

Best made day ahead. Bread slices better second day.  
Nonie Graham

## IRISH SODA BREAD

3 cups white flour  
2 cups whole wheat flour  
1 cup bran  
1 oz. butter  
2 tsp. baking soda  
1/2 tsp. salt  
1 dessert spoon sugar  
1/2 litre buttermilk (or sour milk)

Put flour and bran in a large mixing bowl. Add butter and rub into flour until it resembles bread crumbs. Add all other dry ingredients. Make a well in the centre of the flour, and gradually add the buttermilk. Use a knife for mixing.

Turn dough onto a floured board and knead for a few minutes. Roll into an oval shape and mark top with a T cross.

Bake in a hot oven at 450 degrees F. for 45 minutes. When you take bread out of the oven wrap in a damp kitchen cloth. This prevents the crust from hardening.

Ann Wall

## SCONES

Yield: 24

1/2 cup white sugar  
1/2 cup shortening  
3 cup all purpose flour  
1 cup raisins  
4 tsp. baking powder  
1 large or 2 medium eggs  
1 tsp. cream of tartar  
1 cup orange juice (frozen)

diluted)  
1/2 tsp. salt

Preheat oven to 400 deg. F. Soak the raisins in the orange juice before mixing the dough. Into a large bowl mix the dry ingredients. Cut in shortening, the size of peas. Now add the eggs, raisins and juice. Stir quickly to blend. Pick the dough up in your hands and shape into a ball. Pat out on floured board to a 10 x 14 oblong shape. Cut in half lengthwise, then cut into 12 even squares, cut each square diagonally to form 24 triangles. Pick each one up carefully on a lifter, that has been floured, and put on a greased cookie sheet, about 1 inch apart. Sprinkle top with a little white sugar. Bake about 12 minutes. Do not over bake.

Nonie Graham

## CHRISTMAS CARROT PUDDING

Yield: Serves 6-8

1 cup grated carrots  
1 cup grated potatoes  
1 cup brown sugar  
1 cup ground suet  
1 cup seedless raisins  
1 cup currants  
1 1/2 cups flour  
1 tsp. soda  
Pinch salt  
1/2 tsp. each of cloves, nutmeg and cinnamon.

Mix all ingredients and steam in a pudding bowl for about 4 hrs. If desired add mixed peel and cherries to the recipe.

Pat Molnar

## HOLIDAY DELIGHT CAKE

Yield: Serves 16

6 oz. raspberry jello  
1/2 pint whipping cream  
10 large marshmallows cut in 2  
6 red and 6 green maraschino cherries  
10 oz. drained crushed pineapple  
1 angel food cake

Prepare jello, when partially set, beat well. Whip whipping cream till stiff, fold into jello. Add marshmallows, cherries and pineapple. Take the cake and break it into pieces, in an 8 x 8" glass casserole or mold. Pour jello mixture over cake, and refrigerate overnight.

Birdna Armitage

## ONE EGG CAKE

Preheat oven to 375 degrees F. Grease two 8-inch round cake pans.

Sift into mixing bowl:  
1 1/2 cups sifted all purpose flour  
1 1/2 cups sugar  
2 1/2 tsp baking powder  
1 tsp. salt

Add and mix for 2 minutes at med. speed:  
1/2 cup salt butter  
1/2 cup milk

Add and mix for 2 more minutes:  
1 egg  
1/2 cup milk  
1 tsp. vanilla

Pour batter into 2-8" round greased cake pans and bake for about 25 mins.

## QUICK ICING

Cream:  
2 cups sifted confectioners sugar  
1/2 cup soft butter or 3 tbs. hot whipping cream

Add together and beat until smooth:  
1/4 tsp salt  
1 tsp. vanilla  
3 to 4 tbs. milk or dry sherry or rum or coffee

Roslyn McAree

## PURPLE COW

Yield: 4 servings

2 cups milk  
1 cup bottled grape juice  
1 pint vanilla ice cream

Combine milk, juice, and half the ice cream in a blender. Whirl at high speed until thick and foamy. To serve, pour into 4 tall glasses, top with remaining ice cream. If desired top with whipped cream and a cherry.

## PINK COW

Prepare above recipe, substituting bottled cranberry juice or cocktail juice for grape juice.

Nonie Graham

## SPICED TEA

1 cup instant tea  
1 cup tang  
1 cup sugar  
1 small pkg. lemonade mix  
1 tsp. cinnamon  
1/2 tsp. cloves

Mix ingredients and store in a jar. Use about 1 tsp. of mixture with 1 cup boiling water for a cup of tea.

Birdna Armitage

## GINGER BEER

1 lb. green ginger  
1/2 gallon water  
3 lbs. white sugar  
2 pieces cinnamon stick  
Cloves  
a piece of mace

Scrape thin skin off ginger, and grate with coarse side of grater. Place in a large clean container. Add all other ingredients, and stir until sugar melts. Leave for 2 days then strain and bottle. Serve over ice.

NOTE: The addition of 1 tsp. rice or barley quickens the ripening process and could be added if desired. Ginger beer keeps indefinitely without refrigeration, however the longer it sits the hotter it got.

Margaret Olding

## COTTAGE CHEESE SOUP

1 can cream celery soup  
1 can milk

Saute chopped onion in butter with chopped pimiento, add paprika, cayenne pepper, salt. Add soup and milk, then 1/2 carton cottage cheese, and heat but do not boil.

Nonie Graham

## VEGETABLE CHOWDER

2 tbs. butter or margarine  
1 med. size onion  
1/2 cup chopped celery  
2 med. carrots  
6 to 8 med. potatoes  
2 cups water  
4 cups milk  
1 tbs. salt  
1/2 tsp. white pepper

Melt butter in a dutch oven. Add onions and celery, saute until tender. Add carrots, potatoes and water. Bring to a boil and lower heat. Cover. Cook 30 minutes, stirring occasionally.

Add milk to vegetables, heat thoroughly. Add salt, pepper, and thicken with a little corn starch. Heat very slowly. Makes 10-12 cup servings. For protein you may add a can of tuna, or left over baked white fish. Add when just about done, just to heat the fish. Serve with French bread and a tossed salad.

Nonie Graham

## BEEF STEW

Yield: Serves 8

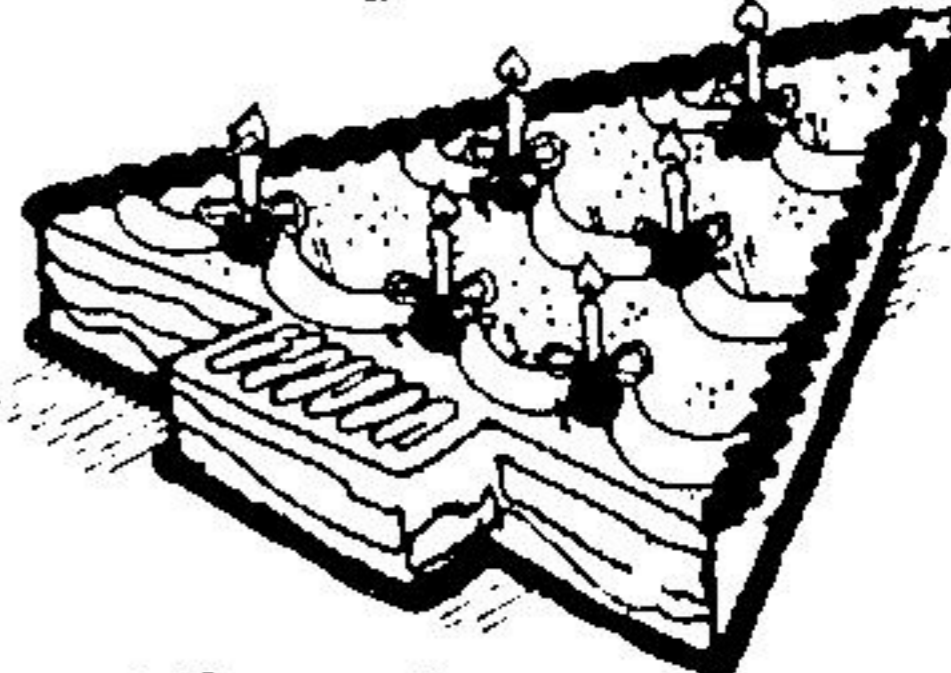
2 small onions diced or sliced  
2 tbs. margarine  
2 1/2 cups boiling water  
1 1/2 lbs. beef cut in one-inch pieces  
1/2 tsp. meat tenderizer  
1 tsp. salt  
1 tsp. paprika  
dash pepper  
1 1/2 cup tomatoes  
2 potatoes diced  
1/2 cup sliced celery  
3 small carrots, sliced

1/2 cup diced rutabaga or turnip

Brown onion in butter, remove them and save. Brown meat in same butter, add onions, water and meat tenderizer, seasonings and tomatoes. Cover and simmer until meat is tender, under one hour. After 25 minutes, add remaining vegetables, and cook until tender. Sprinkle with parsley and serve.

Christina Klerner

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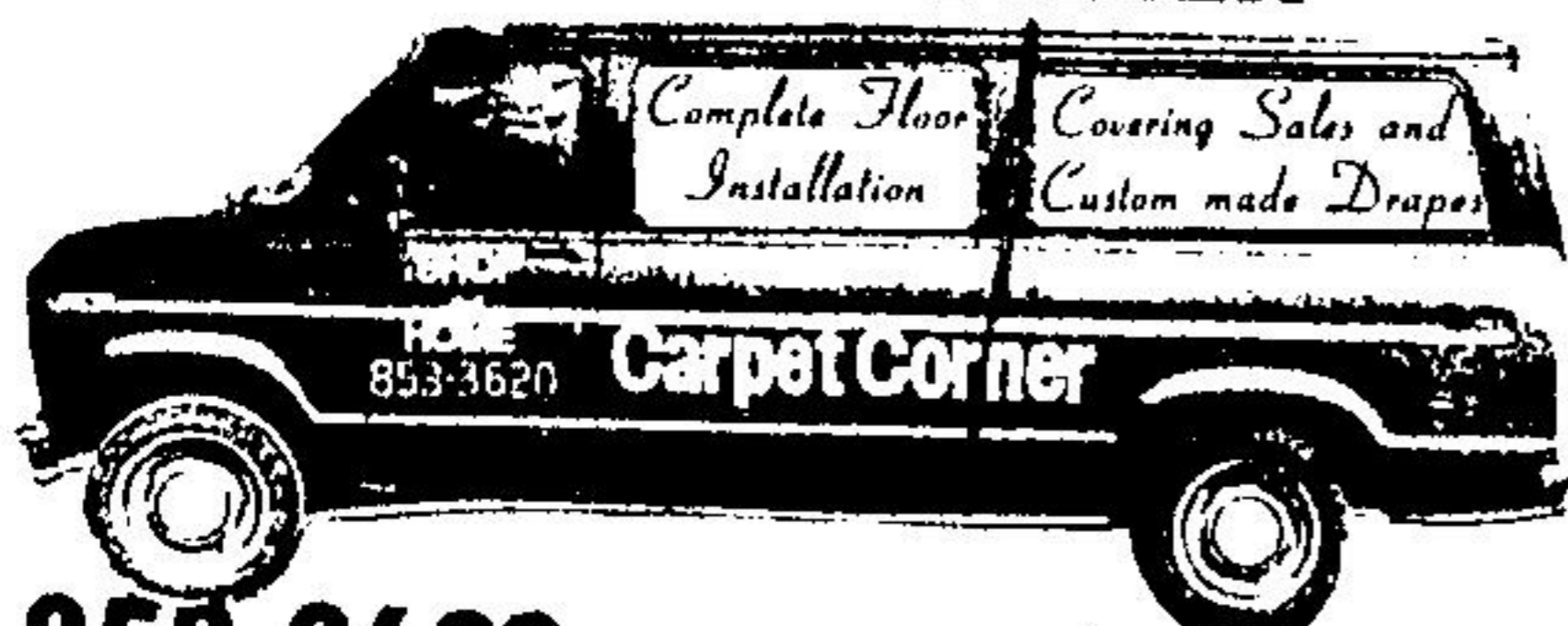
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