

# My Mom's Favorite Recipe

## Pancakes are delicious

**Wholewheat Pancakes**  
 1 egg (well beaten)  
 1 cup buttermilk or sour milk  
 3 Tbsp brown sugar (optional)  
 3 Tbsp softened butter, margarine or shortening (I use cooking oil)  
 1 1/4 cups wholewheat flour

1/2 tsp. baking soda  
 1/2 tsp. baking powder  
 3/4 tsp. salt  
 Beat egg until light — add milk, brown sugar (optional) and softened butter with dry ingredients; beating just enough to smooth the batter.

Heat pan and brush lightly with oil. Drop batter by tablespoons. Bake until golden brown on bottom, and bubbling. Turn over and bake lightly on other side. Mom used to spread them with homemade apple or grape jelly or jam; and roll up, can also be spread with corn syrup (or maple).

Sometimes for variation, I add vanilla, cinnamon or nutmeg to the batter before cooking.

Makes about 12 pancakes. Can also be spread with cinnamon-butter after cooking. Delicious!! A combination of sugar and cinnamon, and margarine or softened butter.

Margaret Stapley  
 Stouffville

Mrs. Mary Warburton  
 Markham

## Marshmallow dish is gooey but good

**Marshmallow Squares**  
 3 envelopes unflavored gelatin  
 1 1/4 cups cold water, divided  
 2 cups sugar  
 2 tablespoons light corn syrup  
 2 teaspoons vanilla  
 1 cup icy cold evaporated milk, whipped  
 Plain or toasted flaked coconut  
 Cornflake crumbs and/or Colored sugar

Sprinkle gelatin on 1/2 cup of the cold water in large mixing bowl to soften. Mix together sugar, syrup and remaining 3/4 cup water in saucepan; cook over medium heat, stirring constantly, until syrup reaches rolling boil. Cook 5 minutes without stirring. Pour hot syrup over softened gelatin, add vanilla; stir until gelatin is dissolved.

Cool at room temperature to a thick syrup consistency about 1 hour, stirring occasionally. Add whipped evaporated milk; blend with electric or rotary beater until smooth. Turn into buttered 13x9 inch baking pan. Chill about 1 hour. Cut with cookie cutters or edge of drinking glass into 2" shapes; lightly toss in coconut, cornflake crumbs or colored sugar.

(To whip evaporated milk, chill in freezer until ice crystals form around edges. Whip until soft peaks form — about 2 minutes. Gradually add 2 tablespoons

## Deep Dish Apple Pie

**Deep Dish Apple Pie with vinegar pie crust**  
 10 - 12 large McIntosh apples, peeled and chopped  
 1/3 cup sugar (or more to taste)  
 2 Tbsp. flour  
 1 Tbsp. cinnamon  
 Toss apple pieces with sugar, flour and cinnamon. Let stand covered while preparing pastry.  
**Vinegar Pie Crust**  
 2 cups flour  
 3/4 cup shortening  
 1 tsp. salt  
 1 egg  
 5 1/2 Tbsp. water  
 1 tsp. vinegar

Work flour, shortening and salt until very fine. Beat egg and vinegar together and add water. Make a "well" in the flour mixture, add liquid and blend with fork.

Roll 1/2 of pastry, line deep dish pie plate. Add apples, dot with butter, roll out other 1/2 of pastry for top crust, seal, prick with fork.

Bake at 350° for 30 minutes, or until golden brown.

"My father-in-law is a diabetic, so when I bake this for him I substitute Sugar Twin for the sugar, using slightly less. He really appreciates this!"

Mrs. Cathy Meadows  
 Unionville

## Chicken wings with parmesan

**Ingredients**  
 2 lbs. chicken wings soaked in salt water and drained  
 1/2 cup plain yogurt  
 3 Tbsp. lemon juice  
 1 Tbsp. Dijon mustard  
 3 garlic cloves peeled and minced  
 1 tsp. salt  
 1/2 tsp. dried sage  
 1/2 tsp. dried oregano  
 1/4 tsp. pepper  
 1/2 cup stale bread crumbs  
 1/2 cup parmesan cheese  
 Pinch of cayenne  
 Salt, pepper  
 Melted unsalted butter

Prepare the wings by cutting off the tips. These may be set aside for another purpose (chicken stock). Divide each wing into two pieces by cutting at the "elbow". For special occasions, take the time to separate the flesh from the bone at one end of each piece, scraping the meat with a knife to-

ward the other end, forming tiny "drumsticks".

Mix the yogurt, lemon juice, mustard, garlic, salt, sage, oregano and pepper together in a large glass bowl. Add the chicken wing pieces and mix well. Marinade covered with a plate, in the refrigerator, a minimum of two hours.

Place the bread crumbs, parmesan cheese, cayenne, seasoned with salt and pepper, in a plastic bag. Add the wing pieces, a few at a time and shake to coat. Arrange one inch apart on a buttered bake sheet and chill one hour. Preheat the oven to 375°F, then drizzle the wings with melted unsalted butter, and bake for 30 minutes.

Serves four for dinner or may be served as hot hors-d'oeuvres.

Mike Paterson  
 Unionville

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