

*Menu*

*Gazpacho, Crock Pot Cheese Soup, Mushroom Onion Soup  
Spinach Salad, Tuna Macaroni Supper Salad, Aspic  
Shrimp Newburg, Salmon Supreme, Tuna Orleans  
Burgundy Beef Stew, Cordon Bleu Chicken Breasts, Quiche Nabisco  
Broccoli-Rice Bake, Mexican Zucchini, Ratatouille  
Zucchini Bread, Fluffy Muffins, Cheese 'N Onion Supper Bread  
Grasshopper Pie, Lemon Squares, Kiss Cookies  
Cinnamon Tea, Pink Punch*

**“Gazpacho**

1 cucumber, peeled and cubed

4 c. chilled tomato juice

1 Tbsp. red wine vinegar

5 stuffed green olives

½ tsp. oregano

Pinch of red pepper or dash of hot sauce

Combine all ingredients in covered blender and blend smooth. Serve in chilled bowls. Float 2 or 4 ice cubes and thin slices of cucumber in soup. Serves 6. (44 calories a serving.)—Jan Kapferer”

--- *Favorite Recipes From Our Best Cooks Cook Book*, compiled by Chatham Borough Middle School Parent-Teacher Organization, Chatham, New Jersey [1979?] (p. 11)

**“Crock Pot Cheese Soup**

2 10-oz. can cream soup (celery, mushroom or chicken)

1 cup beer or milk

1 lb. Cheddar cheese, cubed

1 tsp. Worcestershire sauce

¼ tsp. paprika

Croutons

Put all ingredients, except croutons, in crock-pot. Cover and cook on Low for 4-6 hours (on High, 2 hours) stirring occasionally. Serve in warm bowls. Top each serving with crisp croutons. (Recipe may be doubled for the 5 quart model.)—Sherri Hallman, Flanders.”

--- *Daily Record Cookbook*, from the Kitchens of Daily Record readers, Morristown, New Jersey [1979] (p. 37)

**“Mushroom Onion Soup**

1 lb. mushrooms

½ c. butter

Salt and pepper

½ c. flour

1 envelope onion soup mix

1 qt. boiling water

3 c. milk

Slice mushroom caps thick chop the stems. In kettle, quickly cook mushrooms in melted butter until wilted. Stir in flour. Add onion soup and boiling water. Cover and simmer for 10 minutes. Add salt, pepper and milk. Refrigerate overnight. Simmer until hot at serving time.—Marlene Makle, Color Guard.”

---*Boonton Band Cookbook*, compiled by Boonton Band Boosters, Boonton, New Jersey [1976?] (p. 24)

### **“Spinach Salad**

1 lb fresh spinach  
Coarsely ground pepper  
2 Tbsp. wine vinegar  
1 Tbsp. lemon juice  
3 coarsely chopped hard-boiled eggs  
2 slices red onion  
5 slices bacon, cooked and crumbled  
1 tsp. sugar  
½ tsp. salt

Wash, trim stems, and dry spinach; tear into bite-sized pieces. Add onions, pepper, and chill. At serving time fry bacon; remove from pan; to and add vinegar, lemon juice and salt. Toss with spinach. Add chopped eggs and bacon. Serves 4-6.—Maureen LaSapio.”--- *Favorite Recipes From Our Best Cooks Cook Book*, compiled by Chatham Borough Middle School Parent-Teacher Organization, Chatham, New Jersey [1979?] (p. 15)

### **“Tuna Macaroni Supper Salad**

2 cups uncooked protein-enriched elbow macaroni (7 ounces)  
1 tablespoon vinegar  
4 tablespoons low-calorie mayonnaise  
2 tablespoons plain low-fat yogurt  
1 tablespoon minced onion  
2 cups finely diced celery  
1 red or green bell pepper, seeded and chopped  
16 ounce can diced peas and carrots, drained  
2 seven-ounce cans water packed tuna, drained  
one-half teaspoon salt  
one-quarter teaspoon pepper  
fresh parsley (optional)  
Paprika (optional)

Cook macaroni in boiling salted water according to package directions. Drain but do not rinse. While it is still hot, stir in vinegar, mayonnaise and yogurt. Chill 20 minutes, then toss in remaining ingredients. Refrigerate until serving time. Garnish with parsley and paprika if desired. Serves four, 263 calories each,”

---“Budget Stretchers: Tuna, Macaroni Help Two Ways,” *Daily Record*, July 11, 1976 (p. H29)

### **“Aspic**

Kathryn Black (Mrs. Francis), Morristown, makes a perfectly delicious aspic. In addition to her culinary talents, she is a painter of local distinction. Currently her watercolor paintings are on display at the Chatham Trust Co [Chatham New Jersey]...her first one-man show, under the auspices of the Morris County Art Association.

2 cups tomato juice  
1 ½ Tbs. horseradish  
1 small package raspberry gelatin  
1 avocado

Heat the tomato juice and melt the gelatin in it. Add the horseradish and avocado which has been peeled, pitted and cut into small pieces. Put mixture into a casserole or mold. Chill until firm. Serves 4-6.”

---“Casseroles For You And Me,” Ruth Eames, *Daily Record*, February 13, 1974 (p. 7)

### **“Shrimp Newburg**

8 frozen patty shells, 2 cans frozen cream of shrimp soup  
2 c. cooked shrimp  
1 (1 lb.) can peas  
1 (4 oz.) pkg. sharp Cheddar cheese (shredded)  
1 c. milk, ¼ c. sherry

Bake patty shells according to package directions. Heat soup with milk. Add shrimp and peas and continue to heat, stirring until just simmering. Cook slowly about 5 minutes. Stir in sherry and ½ cheese. Sprinkle remaining cheese in baked shells. To sere, spoon shrimp Newburg into shells. Serves. 8.—Jacque Griseto”

---*Favorite Recipes: Mini-Fuss Cookbook*, compiled by the Lady Golfers of the Fairmont Country Club, Chatham, New Jersey [1976] (p. 64)

### **“Salmon Supreme**

2 tbl. Butter

1 ½ tbl. Flour, 1 ¾ c. milk

Salt and pepper to taste

1-lb. can salmon, flaked

4 hard-cooked eggs

Buttered soft bread crumbs

Melt butter in double boiler, add flour and mix well. Add milk gradually and cook, stirring constantly, until thickened. Season with salt and pepper. Arrange salmon, sliced egg and white sauce in layers in buttered baking dish. Top with bread crumbs. Bake at 375 degrees for 30 minutes.—Steve Hoffman, *Trumpet*.”

---*Boonton Band Cookbook*, compiled by Boonton Band Boosters, Boonton, New Jersey [1976?] (p. 22)

### **“Tuna Orleans**

1 can (6-7 oz.) grated tuna—for a variation used diced cooked or canned chicken or turkey instead of tuna

1 cup cooked rice

¼ cup each chopped onion, 1 tbs. chopped green pepper

One-third cup crumbled cornbread (or soft bread crumbs)

1 egg, slightly beaten

¾ cup chicken broth

½ tsp. Each salt, and poultry seasoning, Dash of pepper

Combine all ingredients; mix well. Turn into a lightly greased shallow 1-quart casserole. Sprinkle with paprika. Cover and bake at 350 degrees for 20 minutes. Remove cover and bake 10 minutes longer. Serve with tartar or mustard sauce.” ---“Cooking For Two Is Easy,” *Daily Record*, February 17, 1974 (p. H30)

### **“Burgundy Beef Stew**

1 (10 oz.) can condensed tomato soup

1 (10 oz.) can condensed beef broth

½ c. red burgundy wine

1 Tbsp. all-purpose flour

½ tsp. salt

Dash pepper

1 1/2 lb stew beef

4 medium potatoes, peeled and halved

4 medium carrots, quartered

1 large onion, sliced

In large sauce pan combine tomato soup, beef broth, and burgundy. Blend in flour, salt, and pepper. Add meat, potatoes, carrots, and onion. Stir to distribute through gravy. Cover and simmer for 1 ½ hours.—Pat

D’Ambrosio.” --- *Favorite Recipes From Our Best Cooks Cook Book*, compiled by Chatham Borough Middle School Parent-Teacher Organization, Chatham, New Jersey [1979?] (p. 21)

### **“Cordon Bleu Chicken Breasts**

2 large whole chicken breasts

¼ lb. thin sliced prosciutto ham

2 thin slices Swiss cheese

1 egg (slightly beaten)

¼ c. bread crumbs (fine, dry)

2 T. butter

Have chicken breasts, cut in half, boned, skin removed and flattened well with cleaver. Put slice of ham onto each half and slice of cheese on ham. Roll up from short end. Skewer sides and ends closed with toothpicks, or sew with heavy white thread. Melt the butter in small shallow pan, 7 X 11 X 2-inches. Dip each breast into beaten egg, then roll in bread crumbs. Place chicken into melted butter in pan, turning to drench both sides. Bake in 275 degrees F. oven for about 30 minutes. When chicken will be cooked through and surface a pale golden brown. Turn once during baking. If desired mix one can mushroom soup diluted with one-half can white wine and pour over chicken during last 15 minutes of baking. (4 servings). —Olga Hughes.”

---*Favorite Recipes: Mini-Fuss Cookbook*, compiled by the Lady Golfers of the Fairmont Country Club, Chatham, New Jersey [1976] (p. 51-52)

### **“Quiche Nabisco**

Crust: Roll 4 shredded wheat biscuits to fine crumbs. Blend with 4 ts. melted butter and ½ teas. salt. Firmly press against bottom and sides of 9 inch pie plate. Filling: Fry 6 slices of bacon until crisp. Grate 4 ozs. gruyere cheese, 4 ozs. Swiss cheese. Put cheese in crust and crumble bacon over it. Beat 3 eggs and add 1 cup light cream, ½ tsp. salt. Pour over cheese and bake in 350 degrees F. oven for 1 hour or until knife inserted in middle comes out clean.—Michele Chandless”

--- *Fellowship Feasts*, edited by Irene Lucia, Morristown Unitarian Fellowship [1970s?] (p. 74)

### **“Broccoli-Rice Bake**

(serves 6 to 8)

2 pkgs. Broccoli (chopped)

1 small onion (chopped)

½ c. dry minute rice

½ c. milk

1 T. butter

1 can cream of chicken soup

½ small jar Cheese Whiz

Cook broccoli, drain well. Melt butter, sauté onion til soft. Mix dry rice with butter and onion. Add to soup and milk. Fold in drained broccoli. Take Cheese Whiz and dot top of mixture. Bake at 350 degrees F. for 35 minutes.—Betty Swanson”

---*Favorite Recipes: Mini-Fuss Cookbook*, compiled by the Lady Golfers of the Fairmont Country Club, Chatham, New Jersey [1976] (p. 86)

### **“Mexican Zucchini**

¼ cup cooking oil

1 lb. unpeeled zucchini, sliced

1 large carrot, coarsely shredded (1 cup)

1 large onion, chopped (1 cup)

¾ cup chopped celery

½ medium green pepper, cut into thin strips

12 tsp. garlic salt

¼ tsp. dried basil, crushed

Dash pepper—salt

1/3 cup taco sauce

2 tsp. dry mustard

2 medium tomatoes, cut in wedges

2-3 oz. shredded sharp Cheddar

Heat cooking oil in a 10-inc skillet. Add sliced zucchini, shredded carrot, chopped onion, chopped celery, green pepper strips, garlic salt, basil, and pepper. Toss to mix well. Cook, covered, over medium-high heat for 4 minutes, stirring occasionally. Combine taco sauce and mustard; stir into vegetables. Add tomato to wedges. Cook, uncovered, 3-5 minutes or until heated through. Season with salt. Serve in the skillet or transfer to serving dish. Makes 4-6 servings. Top individual portions with shredded Cheddar. Makes 4-6 servings. Top individual portions with shredded Cheddar. NOTE: “The choice of mustard and taco sauce is yours. I make mine with spicy mustard and hot taco sauce.”—Cathy Crough, Landing.”

--- *Daily Record Cookbook*, from the Kitchens of Daily Record readers, Morristown, New Jersey [1979] (p. 119)

### **“Ratatouille**

1 lb. eggplant, peeled and cubed  
½ lb. zucchini, unpeeled and cubed  
½ c. olive oil  
1 ½ c. sliced onions  
1 green pepper, cubed  
2 med. Tomatoes, cubed  
1 Tbl. Minced garlic, peeled, minced  
2 tsp. salt  
¼ tsp. pepper

Saute eggplant and zucchini in oil in Dutch oven. Remove and set aside. Sauté onions and green peppers until tender, about 10 minutes. Add tomatoes, parsley and garlic, eggplant and zucchini. Sprinkle with salt and pepper. Simmer, covered, until the vegetables are tender and most of the liquid has disappeared, about 25 minutes. Remove cover to reduce liquid. Serve Ratatouille hot or cold. It is a vegetable stew or a relish salad. It can be stored in the refrigerator or frozen for later enjoyment. Yields 8 servings.—Meryl Goldberg, Flag Squad.” ---*Boonton Band Cookbook*, compiled by Boonton Band Boosters, Boonton, New Jersey [1976?] (p. 89)

### **“Zucchini Bread**

3 eggs  
2 c. sugar  
1 c. oil  
1 Tbsp. vanilla  
2 c. raw zucchini, coarsely grated  
3 c. flour  
1 Tbsp. cinnamon  
1 tsp. baking soda  
1 tsp. salt  
4 tsp. baking powder  
1 c. walnuts, chopped

Beat eggs until frothy. Beat in 2 cups sugar and 1 cup oil and 1 tablespoon vanilla. Beat until lemon colored. Stir in 2 cups grated zucchini, flour, cinnamon, baking soda, salt, baking powder. Mix together and fold in nuts. Pour into greased and floured loaf pans (makes 2 loaves). Bake at 350 degrees for 1 hour or until done.—Ellie Riggio.” --- *Favorite Recipes From Our Best Cooks Cook Book*, compiled by Chatham Borough Middle School Parent-Teacher Organization, Chatham, New Jersey [1979?] (p. 57-58)

### **“Fluffy Muffins**

1 cup self-rising flour  
½ cup mayonnaise (not salad dressing)  
½ cup milk (scant)

Beat the above, pour into greased muffin tins. Bake 20 minutes at 450 degrees F.—Mrs. Joseph Richards, Whippany.”

--- *Daily Record Cookbook*, from the kitchens of Daily Record readers, Morristown, New Jersey [1979] (p. 18)

### **“Cheese ‘N Onion Supper Bread**

1 T. fat—vegetable shortening, butter or margarine  
½ cup chopped onion  
1 beaten egg, ½ cup milk  
1 ½ cups biscuit mix  
1 cup grated sharp process American cheese  
1 T. poppy seed (if you wish)  
2 T. melted butter or margarine

Cook onion in fat until tender and light brown. Combine egg and milk; add to biscuit mix and stir only until dry ingredients are just moistened. Add onion and half of the cheese. Spread dough in greased 8 X 1 ½ inch round baking dish. Sprinkle top with remaining cheese and poppy seed. Slowly pour melted butter over all. Bake in preheated oven at 400 degrees F. 20-25 minutes. Serve hot. Makes 8 servings.”—Ruth Eames, Morris Plains.”

--- *Daily Record Cookbook*, from the Kitchens of Daily Record readers, Morristown, New Jersey [1979] (p. 16)

### **“Grasshopper Pie**

24 cream-filled chocolate cookies, finely chopped

¼ c. margarine, melted

¼ c. milk

Few drips peppermint extract

Few drops green food coloring

1 large jar marshmallow crème

2 c. heavy cream, whipped

Combine cookie crumbs and margarine. Press into bottom of 9-inch spring pan, reserving ½ cup of mixture for topping. Gradually add milk, extract, and food coloring to the marshmallow crème, mixing until well blended. Fold in whipped cream. Pour into pan. Sprinkle with remaining crumbs. Freeze. Serves 8-10. If desired, substitute ¼ cup green Crème de Menthe for milk; omit peppermint extract and coloring.—Judy Wycall.”

--- *Favorite Recipes From Our Best Cooks Cook Book*, compiled by Chatham Borough Middle School Parent-Teacher Organization, Chatham, New Jersey [1979?] (p. 60)

### **“Lemon Squares**

1 stick butter (softened) or margarine

1 c. flour

½ c. confectioners' sugar

Pinch salt

Mix together and press into 8 X 8-inch pan. Bake for 15 to 20 minutes at 250 degrees F. While baking mix 2 eggs, 1 cup sugar, 2 tablespoons flour, juice of 1 lemon and rind. Mix together above items and pour over baked crust. Bake another 20 to 25 minutes. Sprinkle confectioners' sugar on top. Very sweet but very popular.—Marion Freuberger.”

--- *Favorite Recipes: Mini-Fuss Cookbook*, compiled by the Lady Golfers of the Fairmont Country Club, Chatham, New Jersey [1976] (p. 134)

### **“Kiss Cookies**

A cookbook is written with love, time, energy, patience, determination, hope, frustration and all the other emotions that go into any worthwhile project...I guess it's because each cookbook has its own individual personality. People put themselves into a book like this through their recipes. And, how many families do you know who cook alike? So it is with the Morris Plains Co-operative Play School Cookbook. In a setting where parents and children learn, work and play together, the recipes are geared to adults and children alike...

1 cup margarine

1 tsp. vanilla extract

2 cups sugar

2 eggs

1 cup milk

4 cups flour

1 tsp. baking soda

1 tsp. salt

½ tsp. nutmeg

48 Hershey chocolate kisses

Cream margarine, vanilla and sugar. Add eggs, beaten. Sift dry ingredients together. Add to creamed mixture alternately with milk. Drop onto greased cookie sheet 3 inches apart. Flatten tops and press a chocolate kiss into top. Bake at 375 degrees F. for 10 minutes. Makes 4 dozen.—Lois Roberts, Directory of Morris Plains Cooperative Play School.”

---“Recipe For A Cookbook: Love, Time, Energy And More,” Ruth Eames, *Daily Record*, October 10, 1979 (p. 25)

### **“Cinnamon Tea**

Add ¼ cup loose tea to 1 qt. boiling water. Let steep and strain. Bring to a boil:

5 cinnamon cloves, 1 tsp. whole cloves

½ cup sugar

1 orange (juice and grated rind), 1 lemon (juice and grated rind)

Let cool, then strain. Mix cinnamon liquid with tea. Serve hot.—Annette Bergins.”

--- *Fellowship Feasts*, edited by Irene Lucia, Morristown Unitarian Fellowship [1970s?] (p. 179)

### **“Pink Punch**

2 large cans grapefruit juice

1 pints cranberry juice

1 cup brown sugar

Simmer above together. Next day, add 2 quarts ginger ale. Makes 47 4-ounce servings.—Muriel Rennie, Morris Plains.”

---*Daily Record Cookbook, from the Kitchens of Daily Record readers*, Morristown, New Jersey [1979] (p. 178)

## ***Food news & notes***

“The cost of eating out being what it is, we rarely take the whole family along. Apart from fast-food establishments, you simply cannot take six people out to dinner for much less than \$40—and, depending on where you go, it can run as high as twice that amount. Once in a while you run across an exception, and Our Little Italian Kitchen is one of these. Owner Frank Lankford bought the place 2 ½ years ago, and has faithfully adhered to the restaurant’s policy of providing hearty fare for hungry families at reasonable prices. Menus double as placemats on top of red and white-checked vinyl tablecloths in the little frame restaurant, where 75 patrons are served by friendly, efficient waitresses. And there is something to please everyone on this menu which runs from sandwiches and burgers to spaghetti and steaks.”

---“Italian Kitchen Will Satisfy All,” Francis McCarthy, *Daily Record*, July 11, 1976 (p. H28)

“The announcement that the Coca-Cola Co. would begin selling its world famous elixir in the People’s Republic of China this year was probably more significant than President Carter’s announcement that we would be normalizing relationships...Our part of the job won’t be complete until the first American fast-food chain opens. And what better token of hands-across-the-counter could there be than the Golden Arches themselves? Yes folks, the day will come when the first McDonald’s opens in the mainland...”

---“Where Coke Leads, The Big Mac Will Surely Follow,” Bob Scott, *Daily Record*, January 7, 1979 (p. H3)

“Chicken is cheaper than it has been in quite a while. For example, 39 cents per pound for a fryer is just like the ‘good old days.’ You can make a chicken broth from the neck, wings and gizzard. If you throw in a few chicken backs with some onions, carrots and parsley, you’ll have a rich broth with little work. But, how about the chicken livers you keep removing from the package and freezing? Well, here’s an idea for a sumptuous dinner for guests or family. The chicken livers are sautéed in butter and served with mushrooms and onions in a light sauce on toast. It’s so good, it’s worth going to the market and buying the livers separately (about 69 cents per pound). For an unusual side dish, I created a spinach casserole...For dessert, a foolproof Grand Marnier soufflé—a dessert omelet, wit the light, rich taste of a souffle. And with the money we have saved on the chicken liver, the Grand Marnier is affordable. However, you can cheat and substitute with another orange liqueur like Triple Sec.”---“Preparing Haut Cuisine on a Shoestring,” Larry Lazar, *Daily Record*, Oct. 10, 1979 (p. 25)

“Everyday except Friday John Cotsakos, acting principal at the Troy Hills School, has a lunchtime conference with his students. In his second year at the school, he will eventually have had lunch with every one of its 455 students...He reports that table manners of children at Troy Hills School are excellent, setting down a napkin on which they carefully open their lunch boxes. The order in which they eat their lunches are unusual however. ‘They eat backwards...first it’s the Twinkie then comes the sandwich...Mr. ‘C’ reports that he brings a peanut butter and jelly sandwich which he is willing to trade with children if they want it and if they have something he prefers.”---“Lunch With Kids A Preference For Some Teachers,” *Daily Record*, October 17, 1979 (p. 10)