

OCCASIONAL COOKING  
FOR SPECIAL OCCASIONS

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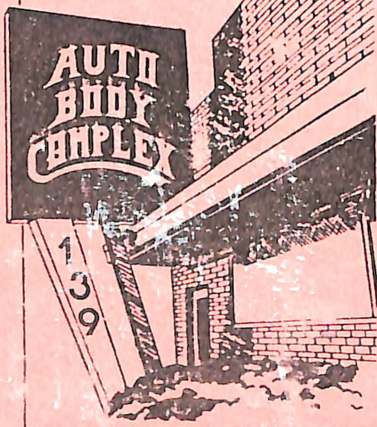
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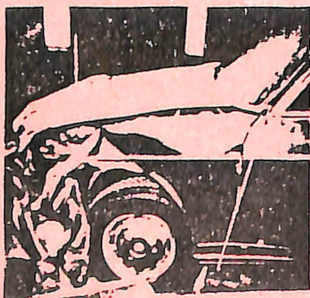
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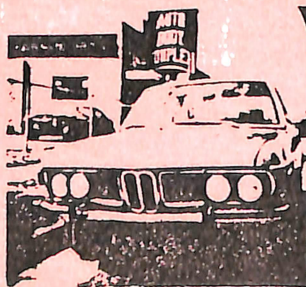
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## EVERYPERSON'S COOK BOOK

Whether you turn to the stove for survival or for fun, this book has something in it for you.

Some of the recipes are original creations contributed by Wichita NOW members. Others have been published in newspapers. We have used several from the Christian Science Monitor's Thursday Food Section in particular. A few have been passed down within a family from generation to generation. Some take time and skill. Some are quick and easy. All of them are good.

Enjoy

Wichita NOW



"Above the titles of wife and mother, which although dear, are transitory and accidental, there is the title human being which precedes and out-ranks every other."

Mary Livermore  
Reformer

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## APPETIZERS

### Hot Vicchyoise

Slow cook 2 leeks and 4 peeled potatoes on medium heat (simmer) for 4 hours. When preparing for the table, run the entire mixture through the blender, transferring to a sauce pan as each blended portion is completed. Leave on low heat, add salt and pepper to taste. When ready to dip into soup bowls, add 1 c. half-and-half cream, stir lightly and serve immediately.

### Fresh Onion Soup

Peel as many med. onions as there are people to serve. Slice and simmer in 1 T. butter for each onion. While simmering onions, place sliced French bread (thick sliced or diagonally sliced) spread with butter on both sides and sprinkled with garlic salt on a cookie sheet in 300° oven until toasted dry. Prepare beef bouillon for 1 c. per person to be served. In individual soup baking dishes, place toast, top with onion and butter in which it was cooked. Pour 1 c. bouillon over all and sprinkle heavily with shredded cheddar cheese. Bake until cheese is bubbly, but not crusty. Serve hot.

### Vegetable juice

Use 4 oz. mixed vegetable juice for each person to be served. Add dash Worcestershire sauce and 1 drop hot sauce. Mix. Add lemon in half-slices and sprinkle with parsley and celery seeds. Chill thoroughly and serve without ice.

## SALADS

### Crisp Salad

Line 13x9 pan with well-drained bite-size lettuce (broken).

Sprinkle over lettuce: 1/2 c. green pepper  
1/2 c. red pepper

Then add: Layer of diced celery (1/2 c.)  
1/2 c. chopped red onion  
1/2 pkg. frozen uncooked peas.

Mix 1-1/2 c. mayonnaise with 2 T. sugar. Spread over layers. Top with 4 oz. grated cheddar cheese. Top with 8 slices bacon, fried crisp and crumbled. Refrigerate over night.

### Spinach Salad

Prepare salad plates with bed of lightly broken lettuce, or torn lettuce leaves. Cover with chopped fresh spinach. Decorate each plate with sliced fresh mushrooms and thinly sliced tomato wedges. Top with sliced scallions and croutons. Serve with herbed dressing. Avocado may be sliced over the top.

### Fresh Fruit Salad

Prepare salad plates with bed of lightly broken lettuce. Peel fresh pears, apples and bananas. Arrange on plate. Sprinkle over the fruit chopped nuts and grated cheese. Top with fresh green grapes.

## MULLED WINE

2 qts. dry red wine  
2 qts. muscatell  
1 pt. sweet vermouth  
2 T. Angostura bitters  
2 c. raisins  
Peelings of 1 orange  
12 whole cardamons, bruised, or covered with  
towel and crushed with rolling pin.  
10 whole cloves  
1 2" stick fresh ginger (optional)  
1 stick cinnamon  
1-1/2 c. Aquavit  
1-1/2 c. sugar  
2 c. whole almonds, blanched and peeled

In a 6-8 qt. enameled or stainless steel pot, mix together the dry red wine, muscatell, sweet vermouth, bitters, raisins, orange peel and spices. Cover and let stand at least 12 hours.

Shortly before serving, add the Aquavit and sugar. Stir well and bring to a full boil over high heat. Remove immediately from heat. Stir in the almonds and serve. Serves 20-25.

(If serving before a meal, serve in mugs with a small spoon for the raisins and almonds. If serving as an after-dinner drink, serve in demitasse cups, straining out the raisins and almonds.)

## SOUR BALL BRANDY

For each serving, mix 1-1/2 ounces of Apricot Brandy with the juice of half a lemon and half an orange. Mix well. Pour over lots of ice in brandy snifter.

## ICE CREAM FINALE

In sherbert dish, place large scoop of ice cream. Pour 4 T. Kahlua over ice cream. Top with shaved chocolate.

## CHOCOLATE TORTE ROYALE

Butter 13x9 pan. Prepare a meringue of:

3 egg whites  
1/4 t. salt  
1/2 t. vinegar  
1/2 c. sugar  
1/4 t. cinnamon

Beat egg white stiff. Fold in dry ingredients by tablespoonful, alternating with vinegar.

Spread in pan and bake 1 hr. at 275°. Turn oven off and allow meringue to dry in oven for 2 hrs.

Prepare 1-1/2 c. chocolate bits  
3 beaten egg yolks  
1/4 c. water  
1-1/2 c. shipped cream  
1/4 c. sugar  
1/4 t. cinnamon

Melt chocolate over hot water. Spread 2 or 3 T. over meringue. Add egg yolks to chocolate and water. Chill until thick. Whip cream, add sugar and cinnamon. Add to chocolate mixture, spread on meringue. Chill. Spread with whipped cream over the top and sprinkle with chopped nuts.

June Vance

### BEEF IN RED WINE

Prepare 6 lb. beef roast (rolled rump, rib, or your choice) for baking. Season with salt, pepper, sprinkle of sage, 2 small bay leaves. Place 4 c. water in open roaster; place roast on rack in roaster. Place in cold oven, and turn oven on to 400°. Bake 1-1/2 hours. Each 15 mins. of baking time, baste roast with pot juices, adding 1/4 c. red wine each basting time. This should serve 6-8 people with a variety of tastes in beef - the end pieces should be well-done, next will be medium, and the center rare. Serves 6-8. Serve with deep-fried parsley.

### DEEP FRIED PARSLEY

Wash and thoroughly drain 1 large sprig of very fresh parsley for each person. Prepare very thick pancake batter. Add to batter a sprinkle of celery seed and garlic salt. Heat deep frier to 350°. Dip 1 sprig of parsley in batter to coat. Quickly dip in hot fat until batter is cooked. Cook only 1 at a time.

### DEEP FRIED ZUCCHINI

Prepare sliced zucchini as for deep fried parsley, if preferred.

## SAUCED HONEY LAMB

Prepare lamb roast for baking by removing fat from exterior and scoring lightly. Brush with butter (1 T per lb.) and honey (1 t. per lb.) sprinkle liberally with salt and white pepper. Bake at 350° until desired doneness (lamb is usually served to the same doneness as beef). When preparing the sliced lamb for the table, mix 1/4 c. soy sauce, 2 T. wine, 1/8 t. garlic powder, brush over the slices; brown in the oven another 15 mins, brush again with sauce and serve. Serve with creamed fresh peas and new potatoes.

## PORK AND APPLES WITH STUFFING

12 pork tenderloin slices (4 lbs.)  
2 20-oz. cans pie apples, drained  
1/2 c. brown sugar  
6 c. herb-seasoned rice stuffing  
1/2 c. chopped celery  
1/4 c. butter, melted  
1 t. salt  
1/2 t. ground sage  
2 c. beef bouillon  
3 T. minced onion  
or onion flakes

Trim pork, and brown the trimmed fat in large skillet. Remove trimmings. Sprinkle meat with a little salt and pepper. Brown well on both sides in skillet. Place pork in two 3" baking dishes or one large dish, if to serve 8 or more. Combine apples and brown sugar. Spoon over pork. Combine stuffing mix, celery, butter, onion, salt and sage; toss with beef bouillon until moist. Press into 1/2-cup measure; unmold onto pork. Bake at 375° until pork is well done. Garnish at the end of the baking time with fresh apple slices (peel on). If to serve a smaller number, cover the second baking dish tightly and freeze. Frozen pork should be baked at 400° for about 1-1/4 hours.

## FONDANT MINTS

If you would like to serve your own after-dinner mints, prepare a fondant of:

2 c. powdered sugar  
1/2 t. peppermint flavoring  
4 T. vegetable shortening  
2 T. milk.

Blend very well until smooth and thick. Roll in plastic wrap in rolls the size of a quarter. Refrigerate until thoroughly chilled. Slice 1/8" thick slices onto small serving plate.



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in compiling this book.

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