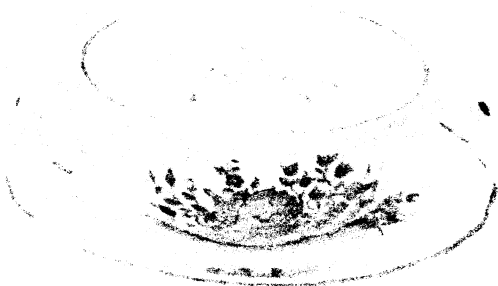
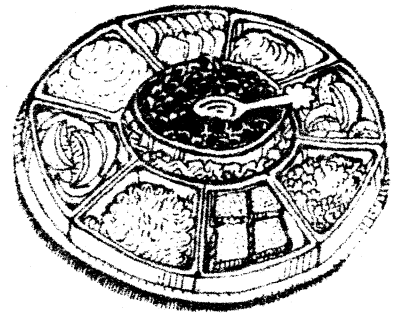
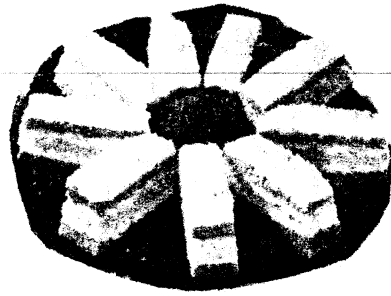


**APPETIZING
EVERYWHERE
SOURCES
UPPER
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NUTS AND BOLTS

1 lb butter or margarine
1 box rice checks
1 box wheat checks
1 box cherrios
1 large bag pretzels
1 pkg sunflower seeds

1 tblspn worchestershire sauce
1 tblspn garlic salt

Combine all ingredients in large pan. Sprinkle with 1 tblspn of worchestershire sauce, garlic salt. Melt margarine and pour on top. Mix well. Bake for 2 hours in very slow oven (250 degrees). Stir every half hour.

Linda Blom

NEW ORLEANS APPETIZER

1 8 oz pkg cream cheese
2 tblspns milk
1 jar chipped beef (not in bag) cut in small pieces
1/4 cup chopped green pepper
1/2 tblspn onion flakes or 1/2 tblspn onion
1/2 tspn garlic salt
1/2 tspn pepper
1/2 cup sour cream
1/2 cup chopped nuts

Mix all ingredients together except nuts. Put into small baking dish and sprinkle pecans on top. Bake at 350 degrees for 20 minutes. Serve hot with triscuits. Put fork in dish and use to put on crackers. May be assembled the day before and baked just before guests arrive. So good!

Sally Hanson

CRABMEAT DIP

1 lb velveeta cheese
2 sticks butter
1 lb crabmeat or tuna
3 tblspns sherry
dash worchestershire
dash tobasco

Melt cheese and butter in double boiler. Add crabmeat and stir in sherry. Add worchestershire and tobasco. Serve hot with onion rounds. Serves quite a few as a dip and 10 or 12 for lunch over rice. When used as a dip, do not serve too hot for it will be too thin.

Jane Forry

SALMON PARTY BALL

- 1 can salmon
- 1 8 oz pkg cream cheese - softened
- 1 tblspn lemon juice
- 2 tspn grated onion
- 1 tspn prepared horseradish
- $\frac{1}{2}$ tspn salt
- $\frac{1}{2}$ tspn liquid smoke
- $\frac{1}{2}$ cup chopped pecans
- 3 tblspn parsley (chopped)

Drain and flake salmon removing skin and bones. Combine remaining ingredients except pecans and parsley and mix well. Shape into ball and roll in pecans and parsley. Chill well and serve with crackers.

Delores Schulke

SHERRIED COCKTAIL MEATBALLS

- 1 lb. chopmeat
- $\frac{1}{2}$ cup breadcrumbs
- $\frac{1}{2}$ cup milk or beef broth
- 1 egg
- 1 tspn salt
- 1 tblspn minced onion
- a few dashes of worcestershire or teriyaki sauce
- $\frac{1}{2}$ cup hot catsup
- $\frac{1}{2}$ cup sherry

Mix first seven ingredients together. Make small meatballs and fry in skillet until brown. Drain excess fat. To the pan drippings add the hot catsup and sherry. Bring to a boil. Reduce heat, add meatballs and let simmer for about one hour, turning meatballs occasionally.

Pat Joblon

ZUCCHINI APPETIZERS

- | | |
|----------------------------------|--|
| 3 c. thinly sliced zucchini | $\frac{1}{2}$ tsp. marjoram or oregano |
| 1 c. Bisquick | dash pepper |
| $\frac{1}{2}$ c. chopped onion | 1 clove garlic finely chopped |
| $\frac{1}{2}$ c. Parmesan cheese | $\frac{1}{2}$ c. vegetable oil |
| 2 tbl. parsley | 4 eggs slightly beaten |
| $\frac{1}{2}$ tsp. salt | |

Grease 13x9 pan. Mix all ingredients. Spread in pan. Bake until golden brown about 30 min. at 350°. Cut into small pieces to use as appetizers. Or serve as a vegetable.

Mary Lou Carroll

BAKED CLAMS

$\frac{1}{4}$ cup butter
2 tablespoons flour
 $\frac{1}{2}$ cup milk
2 cups raw clams-ground or minced very fine
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ teaspoon paprika
 $\frac{1}{4}$ teaspoon pepper
 $\frac{1}{2}$ teaspoon prepared mustard
1 tablespoon chopped parsley
1 tablespoon lemon juice
bread crumbs

Melt butter in pan, add flour slowly. Cook over low flame. Add milk gradually until boiling and sauce thickens. Add rest of ingredients except bread crumbs. Add clams and mix well.

DEVILED EGGS

6 hard cooked eggs-shelled and cooled
cut eggs lengthwise and remove yolks, mash yolks with fork then add:

$\frac{1}{2}$ teaspoon prepared mustard
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{4}$ teaspoon pepper
 $\frac{1}{2}$ teaspoon sugar
grated onion
celery grated (optional)
1 tablespoon mayonnaise-or to taste
mix well and pile back into eggs whites. Sprinkle with paprika.

Joan Czesnik

SHRIMP MOLD

1 tblspn gelatin (unflavored)
 $\frac{1}{2}$ cup water
1 can tomato soup
1 8 oz pkg cream cheese
 $\frac{1}{2}$ cup chopped onion
2 cup chopped celery
1 cup mayonnaise
2 small cans shrimp

Dissolve gelatin in water. Heat soup and dissolve cream cheese in hot soup. Add gelatin and remaining ingredients. Mix well. Spray a mold with PAM, pour mixture in. Chill until firm. This freezes nicely.

Mary Lou Carroll

ASPARAGUS ROLLS

- 2 large bundles fresh asparagus (4 lbs) or
- 3 (10 oz) boxes frozen asparagus
- french dressing
- 2 jars (3oz ea) process cheddar american cheese spread
- 6 tablespns (3/4) stick of butter or margarine
- 48 slices soft white bread (2 large sandwich loaves)

Cut stalks to 3 or 4 inch lengths. Cook until crispy tender. (To cook, tie stalks in bundles and stand upright in deep large sauce pan.) Pour in 1 inch boiling water and cover or lay flat in sauce pan and cook. Cook frozen according to package. Lay asparagus in large shallow dish. Brush with french dressing. Chill several hours to season. Combine cheese spread and butter. Beat until smooth. Trim crusts from the bread. Roll each slice thin with rolling pin. Spread with cheese mixture and put asparagus on end of slice, then roll tightly. Jelly roll fashion is appropriate. Roll from a corner as a triangle so the asparagus will show after rolled.

Sharon Jennings

CRABMEAT SUPREME DIP

- 2 8 oz pkgs cream cheese
- 2 6 oz cans crabmeat
- 2 cloves garlic, crushed
- 1/2 cup mayonnaise
- 2 tspn Dijon, Grey Poupon mustard
- 1/2 cup white wine
- 2 tblspn confectioners sugar
- salt and pepper to taste

Combine all ingredients the day before and refrigerate. Before serving, heat through and serve hot in chafing dish.

Mary Lou Carroll

CHEESE BELL

- 1 8 oz. pkg. sharp cheddar chesse
- 1 8 oz. pkg. cream cheese
- 2 tsp. chopped pimento
- 2 tsp. chopped green pepper
- 2 tsp. chopped onion
- 1 tsp. Worcestershire sauce
- 1/2 tsp. lemon juice

Combine cheses until well blended. Add remaining ingredients, mix well. Chill - Mold and roll in chopped parsley.

Lyn Neandross

CHAFING DISH NIBBLERS

1½ lbs. ground chuck
½ cup sifted packaged bread crumbs
1 tspn salt
½ tspn pepper
1 egg, slightly beaten
½ cup milk
¼ cup shortening

2 cups tomato juice
2 tblspns flour
¾ cup bottled barbecue sauce
½ cup water
1 one lb, 4½oz can pineapple chunks, drained
stuffed olives

Early on day:

1. Toss together ground chuck, bread crumbs, salt, pepper, egg and milk until well blended.
2. Shape this chuck mixture into ½ inch to ¾ inch balls. Place in shallow pan with shortening; refrigerate.
3. In saucepan, combine tomato juice and flour until smooth. Add barbecue sauce and water and blend well. Refrigerate this tomato sauce

About 1½ hours before serving time:

4. Start heating oven to 350 degrees. Bake meatballs 30 mins.
5. Drain excess fat from browned meatballs, then pour on tomato sauce and bake 45 minutes longer.
6. Then, to serve, spoon meatballs into chafing dish. Place pineapple chunks and olives here and there in mixture. Spoon tomato sauce over all; then serve with picks, alone, or with crackers, etc. Makes about 48 meatballs.

Janet Coffey

MOLDED SHRIMP DIP

1 can undiluted tomato soup
1½ envelopes unflavored geletin
½ cup water
2 8 oz pkgs. cream cheese softened
1 cup mayonnaise
1 cup chopped onions
1 cup chopped celery
3 cans baby shrimp, chopped

Heat soup, add geletin and water. Using whisk, stir in cream cheese until mixture is smooth. Add mayonnaise, onion and celery, mixing well. Stir in shrimp. Pour in mold and chill 24 hours before serving. Serve with crackers.

Jan Dorsey

BEAVER'S CRAB DIP

- 1 can cream of shrimp soup
- 2 small cream cheese (softened)
- 1 cup mayonnaise
- 2 envelopes unflavored gelatin
- 1 cup finely chopped celery
- $\frac{1}{2}$ cup chopped onion
- 2 packages of Wakefield Alaskan Snow King Crab (thawed and drained)

Put 1 cup of water into unflavored gelatin. Heat in sauce pan until thoroughly dissolved. Cool until thick and syrupy. Beat cream cheese - add seasoned salt, garlic and/or salt and pepper to taste. Add soup and mayo, celery - onion - crab meat - add gelatin - mix thoroughly, put in mold. Place in refrig over night. Grease mold.

Irvin Beaver

STUFFED MUSHROOMS

- 24 large mushrooms
- 2 tblspns finely chopped onions
- $\frac{1}{3}$ cup (+) butter
- $\frac{1}{2}$ tblspn chopped parsley
- $\frac{1}{4}$ tspn leaf tarragon, crumbled
- 1 large egg, beaten
- 3 - 4 tblspns sherry
- $\frac{1}{2}$ tspn salt
- dash of pepper
- $\frac{1}{2}$ cup packaged bread crumbs

Wash and dry mushrooms. Remove stems; chop stems fine. Saute stems and onion in 2 tblspns butter for 5 minutes. Add parsley, tarragon, egg, sherry, salt, pepper, and bread crumbs. Saute mushroom caps in remaining butter for 10 - 15 minutes, or until golden and tender. Fill caps with bread crumb mixture. Brush caps with butter that is remaining in skillet. Broil until lightly browned. Serve hot.

Christine Carney

SPINACH STUFFED MUSHROOMS

- | | |
|-------------------------|----------------------|
| 1 lb mushrooms | 1 tbl. chopped onion |
| 1 10 oz. frozen spinach | salt, pepper, nutmeg |
| 1 stick butter | grated cheese |

Wash, drain mushrooms. Remove stems & chop. Saute onion in $\frac{1}{2}$ butter, then saute chopped stems. Remove onion with slotted spoon. Add remaining butter and carefully saute caps to coat well with butter (quickly). Cook and drain spinach. Puree. Fill caps with mix. Sprinkle with grated cheese. Bake 375° - 15 min.

Lyn Neandross

CREAM CHEESE FOLDOVERS

2 cups flour
1/4 tspn salt
1 cup butter or margarine (softened)
8 oz cream cheese (softened)

Sift together flour and salt, and reserve. Cream together butter (or margarine) and cream cheese until soft and fluffy. Blend in reserved flour mixture. Chill several hours or until firm enough to roll. Roll to 1/8" thickness on board, and cut into trapezoid shapes. Spread with jam or jelly; fold over once so sides meet. Place on ungreased cookie sheet. Bake at 375 degrees for 15 minutes and sprinkle with confectioners sugar. Makes 4 dozen.

Linnaea Nowold

BEST PINA COLADAS

1/2 cup coconut cream
3/4 cup rum
1 cup unsweetened pineapple juice
4 scoops ice cream (vanilla)
14 regular size ice cubes

Put all in blender and blend 30 seconds. Makes 4 large drinks.

Sandy Smith

KAHLUA

3 cups sugar
1 qt water
10 tspns instant coffee (not freeze-dried)

Mix well and simmer for one hour. Cool, then add:

3 tspn vanilla
2 1/2 cups vodka

Stir well, and bottle.

Irvin Beaver

EASY TUNA CRAB CHOWDER

1 can cream of mushroom soup (6 3/4 oz)
1 can cream of celery soup (6 3/4 oz)
1 soup can of milk
1 can (6 1/2 oz) snow crab meat drained and membranes removed.
1 can (6 1/2 oz) chunk white tuna drained
2 cups cooked diced potatoes
1/2 cup of sherry (optional)
salt and pepper to taste
1 or 2 chopped Pimientos-chopped parsley
In a large sauce pan, cook soups and milk until mixture boils. Reduce heat, add crab meat, tuna, and potatoes and simmer for 5 minutes. Add sherry, salt and pepper. Garnish with Pimento and Parsley. Makes 1 1/2 quarts.

Helen Santolanni

CELERY LEEK SOUP

Saute 1 1/2 lb. sliced celery and 1 lb. leeks white part only in 1/2 unsalted butter cover, cook 10 minutes over low heat add 6c. chicken broth tie with strings the stems from 1 bunch parsley and bay leaf.

Bring to a boil, simmer covered 30 minutes. Discard parsley. Puree mix in small batches. Repot, add 1c. heavy cream and bring to a boil, simmer for five minutes. Add salt and pepper to taste. Garnish with green tops of scallions.

Lyn Neandross

CHICKEN CORN SOUP

2 tspns salt	1 stewing chicken, cup up
1/8 tspn pepper	2 cups fresh or frozen corn
1/2 tspn saffron	1 tblspn parsley
2 cups uncooked noodles	2 hard cooked eggs

In a large stewing kettle cover chicken with 3 quarts of water; add salt, pepper, and saffron. Stew until tender. Remove chicken from the rest of the stock. Bone chicken. Cut into small pieces and return to stock. Chill thoroughly. Before reheating, skim off most of the fat from the top. Bring to a boil. Add noodles and corn, and boil 15 minutes. Add parsley and chopped eggs before serving.

Jane Forry

SALMON CHOWDER

1 lb can salmon	1/3 cup salmon liquid
1 bouillon cube	1 lb. can tomatoes
1 cup boiling water	1 can (8 oz) whole kernel corn
3/4 cup chopped onion	1/2 tspn salt
1/2 cup chopped green pepper	1/4 tspn thyme
1 clove garlic, finely chopped	Dash pepper
1/4 cup margarine, melted	

Drain salmon- reserving liquid. Break salmon into large pieces. Dissolve bouillon cube in boiling water. Cook onion, green pepper, and garlic in margarine until tender. Add remaining ingredients and cook for 15 minutes or until vegetables are tender. Serve with crackers.

Mary Terry

NEW ENGLAND CLAM CHOWDER

2 slices bacon, chopped coarsely	1 pt. shucked fresh clams, or
1 cup finely chopped onion	2 (10 1/2 oz) cans minced clams
2 cups cubed pared potato	2 cups half and half
1 tspn salt	2 tblspns butter or margarine
dash pepper	

Saute bacon in large pot until almost crisp. Add onion, cook 5 minutes. Add cubed potato, salt, pepper, and 1 cup water. Cook uncovered 15 minutes or until potatoes are fork tender. Drain clams reserving liquid. Chop clams coarsely; add clams, liquid, half and half, and butter. Mix and Heat.

Pam Carlsen

FISH CHOWDER

1 1/2 lb codfish or haddock fillets
4 large potatoes, peeled and diced
1 large onion, sliced
salt, pepper and butter
4c milk

Brown onion in butter. Add potatoes. Add water to cover. Cook 5 minutes. Add fish cut in 1 in. cubes cook 5 minutes gently until fish and potatoes are soft. Add milk and heat to simmering. Season. DO NOT BOIL. Best made in the morning or day before. Can add corn nibblets for variety.

Jane Forry

FRANKFURTER LENTIL SOUP

4 slices bacon cut up
 1c onion diced
 1c celery diced
 1c carrots sliced
 1 pkg (16 oz) lentils rinsed drained
 3 qts. water
 2 tb vinegar
 2 beef bouillon cubes
 2 tsp dry mustard
 1 lb hot dogs
 1c ketchup
 1 tsp salt
 1/2 tsp pepper
 1c dry red wine (optional)

In a large (4-6 qt) pot cook bacon until partially done.
 Add onion, carrots, celery, and saute until onion is limp.

Add water, lentils, vinegar bouillon cubes and mustard.
 Cover, reduce heat and simmer for one hour.

Add franks, ketchup, salt, pepper and simmer for 15 minutes
 or more. Stir in red wine just before serving.

This soup is delicious best made in the morning and
 allowed to sit. I have found Jack Rabbit lentils to
 be the best.

Pam Carlson

MINESTRONE SOUP

1 1/2 lbs shin beef with bone 1 cup dried navy beans 5 quarts water 2 tblspn salt 1/2 tspn pepper 2 cup chopped onion 1 clove garlic, minced 1 1/2 cup diced celery 2 cups finely shredded cabbage 1 1/2 cups diced carrots 1 medium potato, peeled and cubed	1 tblspn parsley flakes 1 lb. ground chuck 1 1/2 cups thinly sliced fresh or frozen zucchini 1 cup loose green beans 1 1/2 cups broken-up uncooked spaghetti Grated parmesan or Romano cheese Basil leaves
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Place shin beef, beans, water, salt and pepper in a large kettle.
 Cover and simmer 3 hours. (This may be done a day ahead). Remove
 meat from mixture and cut meat from bones. Add meat to soup. Add
 onion, garlic, celery, cabbage, carrots, potato and parsley. Cover
 and simmer until vegetables are cooked, about 30 minutes. Add
 squash and green beans. Brown ground chuck and add to mixture.
 Add spaghetti. Simmer until spaghetti is cooked, about 10-15
 minutes. Serve in bowls and sprinkle with cheese and a pinch of
 dried basil leaves. Makes about 7 quarts. Freeze surplus.

June Lomicky

CHILI

2 large cans whole tomatos (blended about 5 seconds in machine)
1 2 lb. 8 oz can kidney beans
2 lbs. chopped meat
1 very large onion chopped
1 very large green pepper chopped
3 pieces of garlic chopped
1 tablespoon of chili powder or to taste

Brown meat, onions and peppers. Pour off fat. Add beans and blended tomatos. Simmer 1½ hours-do not cover-stir often. Serve with garlic bread or rolls and salad.

CREAM OF BROCCOLI SOUP

20 oz frozen broccoli
¼ T. chopped onion
¼ T. butter or margarine
¼ T. flour
4 cups chicken or beef broth (or boullion cubes)
1 cup of light cream
1 t. salt
½ t. pepper
¼ t. nutmeg

Cook broccoli with an onion in butter for 5 minutes blend in flour; add broth. Cook and stir slightly thickened. Cool slightly, add cream and seasonings. Heat through and serve. Makes about 3 quarts.