

# Now We're Cooking!



43 Authors in the Kitchen

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*Since we are all authors we thought it would be fun to create a table of contents by genre for your entertainment.*

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*Young children love to help in the kitchen and with today's fast pace of life, one can combine quality time with the chore of food preparation.*

- **Golden Fruit Salad** ~ A summer treat
- **Taco Salad** ~ Loaded with goodness
- **Snow Logs** ~ A recipe for gift giving
- **Cherries in the Snow** ~ A delightful holiday treat
- **Christmas Cracker Surprise** ~ A fun Christmas project
- **Crimson Kiss Pie** ~ A no-bake dessert
- **The Sunshine Cracker's Ambrosia** ~ A traditional Christmas appetizer
- **Lazy Day Dip** ~ An easy dip for your next party
- **Pizza Burger** ~ A great snack or party nibble
- **Camper Stew** ~ A vegetarian main course

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*Many a good cook uses imagination to create an unusual recipe that's pleasing to the eye as well as the palate.*

- **Can't Get Enough Of It Shrimp Mousse** ~ An elegant party dish
- **Mud Cake** ~ A simple cocoa cake
- **The Power of Pineapple** ~ An exotic pie
- **Gram's Watermelon Pound Cake** ~ A fun holiday treat
- **Whiskey Cake** ~ This would be a show stopper
- **Enchanting Jumbo Cookies** ~ A soft chewy cookie with possibilities
- **Fruit Cocktail Dessert** ~ A simple yet elegant dessert
- **Mozart's Birthday Syllabub** ~ An elegant dessert
- **Sushi for the Squeamish** ~ Where East meets West
- **Apple Mallow Yam Yums** ~ A great accompaniment for your turkey dinner
- **Tomato Tart** ~ A tasty way to use the harvest
- **Black Bean Salad** ~ A cool meal for a hot summer evening

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*Heritage recipes passed lovingly from generation to generation warm the heart and give the members of the family a true feeling of security.*

- **Welsh Pasties** ~ A traditional miner's lunch

- **Nana's Pound Cake** ~ A heritage classic
- **Red Velvet Cake** ~ A cake no Southern belle can do without
- **Vinegar Pie** ~ An old-fashioned dessert
- **Dundee Cake** ~ Traditional English cake with fruit
- **Date Squares** ~ A perennial favorite
- **Bread Pudding & Vanilla Sauce** ~ A traditional favorite
- **Brunswick Georgia Stew** ~ A traditional Southern dish
- **Mama's Southern Style Chicken & Dressing** ~ Cornbread dressing with chicken
- **French Canadian Meat Pie** ~ A holiday tradition

### **Humor**

*There are times when the only thing that will save a cook from disaster is a sense of humor and a confident attitude.*

- **Salad Fit for Caesar** ~ A twist on the well known Caesar salad
- **The Happy Holiday Igloo Pound Cake** ~ An imaginative creation
- **Cheese Potatoes** ~ A simple Irish dish
- **Scrambled Pancakes** ~ A fun meal for children or the young at heart
- **Pee-Pee Punch** ~ A no-stain punch
- **The "Oh my God, you invited company and didn't tell me" Casserole** ~ A quick one-dish meal
- **Korhely Leves** ~ Sauerkraut Soup
- **Spaghetti Sauce from scratch-or not** ~ Use the bounty of your garden
- **Sex in the pan squares** ~ Now you are curious!
- **Red lentils and Tomato Pasta Sauce** ~ Vegetarian recipe
- **Grandma's Banana Bread** ~ Quick and simple

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*These are recipes that are familiar, pleasing and always come to the rescue in a pinch.*

- **Simple Salad Dressing** ~ Easy and fast
- **Chocolate Fudge** ~ Fudge as it should be
- **Apple Crisp** ~ The traditional favorite
- **Party Crunch** ~ Also known as Nuts and Bolts
- **Sweet & Sour Pork** ~ An Oriental favorite
- **Chili Casserole** ~ An easy family meal
- **I'm Tired Tuna Casserole** ~ We all feel that way sometimes
- **Marie's "Killer" Tuna-Noodle Casserole** ~ A family favorite
- **Calico Bean Soup** ~ A flexible recipe for a blustery day
- **Turkey Soup** ~ An "after the holidays" treat
- **Baked Beans** ~ A pioneer favorite
- **Soomey's Sweet & Sour Meatballs** ~ A sauce with an Oriental twist
- **Picnic Baked Beans** ~ An easy, frugal and tasty dish

## **Mystery**

*The recipes in this chapter have some unusual ingredient that creates a special taste or texture.*

- **Cabbage Salad** ~ An unusual variation
- **Easy Crab Meat Appetizer** ~ No one will guess the ingredients
- **Tomato Soup Cake** ~ A heritage recipe
- **Chocolate Surprise Cake** ~ Guess the secret ingredient!
- **Honey of a Banana-Nut Shortbread** ~ An imaginative treat
- **Andy's Favorite Oatmeal Fudge Cookies** ~ A fudge recipe with a difference
- **Deviled Eggs** ~ A traditional recipe with a twist
- **Heavenly Ambrosia** ~ A tasty dessert
- **Pancet** ~ A chicken and pasta dish from the Philippines
- **Carnatzlach** ~ Rumanian meatballs
- **Apple and cardamom cake** ~ An exotic flavor combination
- **Sausage Rolls** ~ Easy fare for busy lives

## **Non-Fiction**

*Recipes that deal with cooking in a no-nonsense manner are in this chapter.*

- **Wheat-free Honey and Poppy Seed Bread** ~ A recipe with variations
- **No Sugar Cinnamon Rolls** ~ A sugar free treat
- **Corn Bread** ~ Get your skillet ready
- **Rice Pudding** ~ An easy variation on an old favorite
- **Grandma's Macaroni & Cheese** ~ A meal in the oven
- **Easy Hearty Lasagna** ~ A simple fare
- **Quick Hamburger Stew** ~ A quick one-pot meal
- **Easy Stuffed Peppers** ~ A good make-ahead to keep in the freezer
- **Lemon Pepper Fish** ~ A fast dinner
- **Turkey Soup** ~ A hearty winter soup
- **Vermont Style Baked Beans** ~ With maple syrup, naturally
- **Perfect Béchamel Sauce** -- every time ~ A useful basic for good cooking
- **Chocolate Pudding or Pie Filling** ~ Always a favorite

## **Romance**

*Romance doesn't always mean gourmet. Some of these recipes are comfort foods to warm the heart.*

- **Liver Pâté** ~ For That Special Guy in Your Life
- **Cheddar Herb Bread** ~ For cheese lovers
- **Nana's Pumpkin Squares** ~ Comfort food
- **Spice Bars** ~ A tasty snack
- **The Pudding of Love** ~ A peachy dessert
- **Ham and Potatoes Crock-pot** ~ A meal for a man
- **Old Fashioned Comfort Stew** ~ A meal that will speak to a man's heart
- **Chicken Napoli** ~ A perfect dish for a dinner for two

- **Starlight Shrimp** ~ A shrimp dish for romance
- **Pirate Key Shrimp Creole** ~ A spicy shrimp dish
- **Scalloped Oysters** ~ A holiday treat
- **Yorkshire Pudding** ~ Traditional English recipe

### **Science Fiction**

*Futuristic, ahead of their time, using latest technology are the adjectives for the recipes in this chapter.*

- **Honey Wheat Bread** ~ Unbelievably moist and light!
- **Beerocks** ~ A meal in a bun
- **Tepertos Pogacsza 1998** ~ An unusual snack
- **Joanie's Healthy Hi-Fi Cookies** ~ A quick meal in a cookie
- **Fruit Chip Cookies** ~ An inventive creation
- **No Crust Quiche** ~ A recipe created for celiacs
- **Eggnog** ~ The perennial favorite adapted to modern living
- **Soy-Ginger Marinated Salmon** ~ This dish is good for you
- **Out of this World Fruit Soup** ~ For a summer meal
- **Crustless Quiche** ~ The timeless favorite with a modern touch
- **Impressive Ending** ~ An upside down cheese cake

### **Western**

*Bold, brash, flavorful dishes mainly attributed to the western part of North America fill this category.*

- **Beer Bread** ~ A robust bread to serve with chili
- **Western Omelet** ~ A traditional lunch favorite
- **Texas Red Chili** ~ The staple of that state
- **Taco Casserole** ~ Flour tortillas layered with meat and sauce
- **Summerland Chili** ~ A traditional chili
- **Venison Meatloaf** ~ For the hunter in your family
- **Barbecue Venison** ~ A one-pot meal
- **Baked Garlic Soup** ~ A hearty soup
- **Terri's Corn & Sausage Chowder** ~ A stick-to-your-ribs winter soup
- **Western Sourdough Flapjacks** ~ A pancake from the Old West

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## Introduction

By now you've downloaded our cookbook in whatever format you've chosen (pdf, html, etc.). Maybe you've even peeked at a few of the wonderful recipes you can look forward to creating. And I'm guessing you have a couple of questions: "What is this cookbook about? Why is it free? And how did it get started?"

A group of talented authors from all over the world (many of us famous!) got together over the Internet to share our passion for electronic books, called e-books for short. We discovered that we shared another passion: one for food. This cookbook, "Now we're cooking! -- 43 Authors in the Kitchen" is the result of our decision to reach out across the Internet with a free invitation to share favorite dishes from our private collections.

Okay, so I can just hear you saying to yourself, "There's no such thing as 'free'. What does it really cost? What's the catch? What are the authors getting out of this?"

In a way there is a 'cost' involved, but it doesn't have anything to do with money. The cost was the few minutes of your time it took to download the cookbook from the web page, or to open the email attachment. That's it.

Is there a catch? No. The cookbook is like any normal cookbook, only presented on your desktop or laptop computer, or hand held reader. You simply read it off the screen, or print off the pages you want.

Of course, you understand that these recipes aren't from some highly paid professional chef. They haven't been independently tested for uniformity, allergic sensitivity, or diabetic requirements. No dietitian has been consulted to see if any "allergy" or "diabetic" warnings should have been added to them. Professional chefs haven't tested these recipes, nor do they pretend to be professional quality, although we've done our very best to be accurate.

These recipes are the home-cooking family favorites we use everyday, presented just as they would be had you stopped by our homes and asked for the recipe. You may have to alter the preparation or cooking instructions to have each luscious recipe come out perfectly for you, due to variations in oven temperatures or altitude between your kitchen and ours. And, of course, you should always consult your own dietitian or physician if you are on a restricted diet. Since we expect this cookbook to attract readers from around the world, we have included a metric conversion table at the end of the cookbook for your convenience.

What's in it for us? Well, a few things, actually.

First and foremost, we'd like you to enjoy your cookbook. Do a search for whatever you desire...cookies, vegetables, stew. Or look for a specific ingredient ...beef, honey, or chocolate. Print a few of the recipes out (or all of them) changing the font to suit yourself, and enjoy the varied and wonderful recipes we've shared with you.

You don't have to worry about making a mess around this cookbook. Feel free to be as creative in the kitchen as you like. If you do slop some sauce or splash gravy on these pages, just throw them away. Next time you get a taste for these temptations, just print them out again, fresh and clean for your next cooking adventure.

If we have any ulterior motive at all, it's simply to share our excitement in e-books with you, by sharing our favorite recipes in a free e-book. We offer it free to highlight the low cost of e-books. Production costs are very low, so often you can buy two, three, or even four e-books for the same price you would pay for a paperback or hardcover book. That's easy on the wallet and on the environment as well. There were no trees used or waste created from the production of this e-book. Since you only print out the recipes you are interested in, you are saving paper as well. And you've already discovered how quickly you can access an e-book by downloading this cookbook from the Internet.

Once you've checked out our recipes, you may find you are interested in us. The contributing authors write a variety of types of books. There are authors of Romance, and Westerns. Some write Science Fiction, Fantasy, or Children's Books. There are Cookbook authors, and those who write Horror. And some of us write books that cross all boundaries of genre. Many of us have numerous books published. Some of our e-books are multimedia, including graphics, background sounds and voices, music, animated graphics and video clips. Some of them are even interactive.

Feel free to use the web addresses we've provided you at the end of each recipe to get to know us better. There are links to learn more about our books as well. If you are so inclined, buy one (or more!). With the speed of the Internet, you could be reading the novel of a famous international author while you sit down to eat the meal you prepared using the recipe he or she provided for this cookbook. How's that for interactive?

You can email any of us from our websites. We'd love to hear from you. Let us know how you like our recipes, our websites, or our books, cookbook or otherwise.

Thank you for supporting our books and us. Thank you also for taking the time to share with us a piece of our hearts and our kitchens. I'm sure you'll get as much pleasure from this cookbook as we had putting it together for you.

Enjoy!

se p-i-cer



## Andy's Favorite Oatmeal Fudge Cookies

From: Diana Lesire Brandmeyer

2 cups granulated sugar  
½ cup butter  
½ cup milk  
½ cup peanut butter  
1 tsp. vanilla  
3 tbsp. cocoa  
3 cups quick cooking rolled oats

Mix granulated sugar, butter and milk in a pan. Put over medium heat; bring to a full boil; for 1 minute. Remove from heat. Add peanut butter, vanilla and cocoa. Stir well until peanut butter is melted. Add rolled oats and blend thoroughly. Pour into greased 8 or 9 inch pan. Cool; cut into squares. Can also be dropped by spoonfuls onto waxed paper. Makes about 3 dozen.

**About the Author:** Inspirational writing makes me think about what is important in my life. My son, Andy is important to me. He loves these cookies and so do I.

**Author's URL:** <http://www.eclectics.com/dianabrandmeyer>

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## Apple and Cardamom Cake

From: M. D. Benoit

*I discovered cardamom when my husband and I started experimenting with Indian cuisine. I was delighted by its uniquely fragrant, sweet taste. The combination with apple is luscious.*

1 cup granulated sugar  
¾ cup (well packed) brown sugar  
2/3 cup melted butter, cooled  
2 eggs  
1 tsp. vanilla  
2 cups all-purpose flour  
2 tsp. baking soda  
1 tsp. each ground nutmeg and cardamom  
1 tsp. salt  
1 cup pecans or unblanched almonds, chopped

4 cups apples, peeled, cored and chopped in ½ in. pieces  
3 tbsp. icing sugar

Preheat oven to 350F.

Grease and flour a 10 in. tube pan.

In a large bowl, mix the sugars; beat in the butter, eggs and vanilla, until the cream is smooth.

Sift flour, baking soda, spices and salt together. Take out about ¼ cup of flour and mix in with the nuts. Mix the sifted ingredients to the cream; incorporate quickly the floured nuts and the apples. Pour into the tube pan.

Bake for 50 minutes, or until a toothpick comes out clean. Leave cake to cool in its mold. Sprinkle with icing sugar. If possible, keep at least 1 day in a tightly sealed container before eating.

**About the Author:** M. D. Benoit discovered science fiction and mystery through her father's bedtime stories, which were always full of gadgets, dark doorways, and disappearing people. She lives in Ottawa, Canada, with her husband and her cat (who is really an alien). 'TIL THE FAT LADY SINGS, a science fiction mystery, is her first e-novel. Visit her website for a taste of the Fat Lady.

**Author's URL:** [http://www.geocities.com/mdbenoit\\_2000](http://www.geocities.com/mdbenoit_2000)

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## Apple Crisp

From: MacKenzie Raye Van Cleef

*A nice, old-fashioned alternative to Apple Pie.*

4 cups peeled apples, sliced  
2/3 cup brown sugar  
1/2 cup flour  
1/2 cup rolled oats  
3/4 tsp. cinnamon  
3/4 tsp. nutmeg  
1/3 cup soft butter

Preheat oven to 375F.

Place sliced apples in greased square pan. Blend remaining ingredients until mixture is crumbly. Spread over apples.

Bake 30 to 35 minutes or until apples are tender and topping is golden brown.  
Serve with cream or under ice cream.

**About the Author:** MacKenzie Raye Van Cleef writes contemporary Inspirational romances. She lives in Eastern Washington State, United States, with her hearing ear dog Cocoa. She tries to not cook.

**Author's URL:** <http://mackenzievancleef.virtualave.net>

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## **Apple Mallow Yam Yums**

From: Kristie Leigh Maguire

*My family begs me to make this recipe for Thanksgiving and Christmas every year. It is simply delicious and goes great with the traditional holiday meal of turkey and dressing.*

2 apples, sliced  
1/2 cup chopped pecans  
1/2 cup brown sugar, packed  
1/2 tsp. cinnamon  
2 17-oz. cans yams, drained  
1/4 cup margarine  
2 cups miniature marshmallows  
Preheat oven to 350F.

Toss apples and nuts with combined brown sugar and cinnamon. Alternate layers of apples and yams in 1 1/2 quart casserole. Dot with margarine. Cover.

Bake 35-40 minutes

Sprinkle marshmallows over yams and apples. Broil until slightly brown.

**About the Author:** My name is Kristie Leigh Maguire and I write romance novels. I am currently working on a three book series called The Marcie Series. The first novel, DESERT TRIANGLE, is already published. The second novel, CABIN FEVER, is a work in progress.

For more information, go to <http://hometown.aol.com/kristieleigh777/index.html>

**Author's URL:** <http://www.geocities.com/kristieleighmaguire/authorspage.html>

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## **Baked Beans**

From: Bonnie Napoli

*I bake this dish in an earthenware crock on top of my blazing wood stove on cold wintry days. Bubbling merrily away, with just an occasional stir of my ladle, the beans' sweet smell fills the house, along with the occasional smoke puffing out from the stove during strong wind gusts. I have also used a well-seasoned cast-iron Dutch oven.*

*You can bake these beans in a slow oven (225F) for about 8 hours or until they are tender to your liking. On the wood stove, it might take an entire night and day, depending upon which beans you choose and how long you soaked them.*

*I like pinto or black beans for their zip, although I have used Soldier Beans, Cranberry, or Jacob's Cattle Beans. I grow many different varieties of dried beans, and so at times, I mix varieties in the pot. But, due to differences in bean size, soaking times will vary, so stick with one bean for your first time, then experiment with other types and mixes.*

*Be warned: the finished product will be dark, almost black, looking nothing like the canned variety of baked beans.*

*Also, a decent amount of good bourbon will add a nice flavor when added near the end of the cooking.*

1 lb. dried beans = 2 1/4 to 2 1/3 cups dried beans = 6 to 7 cups cooked beans

1 lb. beans

Cold water

1/2 tsp. salt (optional)

3/4 cup salt pork cubes

1/4 cup brown sugar

1/4 cup molasses

1 tsp. dry mustard

a good splash of REAL maple syrup

1 very large onion

Soak beans overnight in cold, salted water. Drain.

Pour the beans into a large crock. Add all other ingredients except for the onion, and stir well. Fill the crock with hot water a few inches from the top, and stir well.

Shove the onion (you may halve it first but don't have to) down into the middle of the beans with a ladle. Cover. Give the mixture an occasional stir once it gets bubbling. Add more hot water as necessary since the sauce will reduce during cooking before the beans are tender.

**About the Author:** Bonnie Napoli, author of SHADOWS OF THE ECLIPSE (available at [www.starpublications.com](http://www.starpublications.com)) is an award-winning author who prefers writing to cooking any day! She lives in the northwest corner of Connecticut where blustery winters abound; thus easy, one pots meals that cook themselves on the ever-going wood stove are her favorites. Excepting take-out, of course. Thankfully, her husband doesn't

mind, and her two children are grown and gone. Her four cats will eat anything. She collects Blue Ridge Pottery, which they eat off of only on holidays, when she does slave over the kitchen stove.

**Author's URL:** <http://www.bonnie Napoli.com>

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## **Baked Garlic Soup**

From: Jim and Joyce Lavene

20 oz. stewed tomatoes  
16 oz. garbanzo beans and liquid  
1 cup squash  
2 large onions, chopped  
1/2 green pepper, diced  
1/2 cup white wine  
1 1/4 cup cream  
6 large garlic cloves, diced  
1 small bay leaf  
1/2 tsp. paprika  
3 tbsp. butter  
1/2 cup Monterey Jack cheese  
1 cup Romano cheese

Preheat oven to 375F.

Layer vegetables in baking pan.  
Pour wine and herbs over vegetables.  
Dot top with butter .  
Cover and bake for one hour, then lower heat to 325F.

Stir in cream and cheeses and bake an additional 15 minutes uncovered. Serves six.

**About the Author:** Joyce Lavene, writing with her husband/partner, Jim, has written novels in romance, mystery, suspense and science fiction.

**Author's URL:** <http://www.joyceandjimlavene.com>

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## **Barbecued Venison**

From: Michelle Marr

1 lb. venison chops or steak, cut into large chunks  
4 8-oz. cans tomato sauce  
2 cans green beans  
5-6 medium potatoes, peeled and cut into quarters  
1 tbsp. chopped garlic  
1 tsp. Tabasco Sauce  
2 tbsp. mustard  
1 tbsp. Worcestershire sauce  
1/2 tsp. liquid smoke (optional)

In a large skillet, brown meat on all sides. Stir in tomato sauce, garlic, Tabasco, mustard, Worcestershire, and liquid smoke. Add green beans and potatoes. Cover and simmer until meat and potatoes are thoroughly cooked.

**About the Author:** Paranormal romances combine the best elements of my two favorite genres. I love the truly terrifying stuff, but sometimes - when the house is silent and dark - it's better to have a book that won't give you nightmares. Visit me at my website to read about my paranormals, which aren't really that scary, and my short horror stories, which are.

**Author's URL:** <http://romanticnotions.com/michelle>

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## **Beer Bread**

From: Dee Lloyd

*Any self-respecting hero has a meal he can whip up in a hurry if he really has to... or wants to. To go with his chili or special bean recipe, he can astound and impress the woman in his life by throwing together a loaf of beer bread. It is surprisingly good!*

3 cups self-raising cake and pastry flour  
1/3 cup sugar  
1 bottle or can of beer

Preheat oven to 350F.

Mix all ingredients together (will be sticky).

Pour into greased loaf pan (not too large).  
Bake for approximately one hour. Makes one loaf.

**About the Author:** Award-winning author, Dee Lloyd writes Romantic Suspense. Brought up in a mining community in Northern Ontario, she has a fondness for down-to-earth heroes. They must have passionate natures, vibrant personalities and irrepressible senses of humor. Matt (*In the Running*), Mike (*Change of Plans*), Adam (*Ties That Bind*), and Marc (*Mine*) are men who fill that bill.

**Author's URL:** <http://www.deelloyd.com>

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## **Beerocks**

From: Lauryn Hale

*My husband uses ketchup with them, but I much prefer to add a little more butter and eat them as is. You can also make a variation by using ham and cheese or pizza toppings. They freeze well and can serve as a quick lunch by tossing them into the microwave. A great German dish.*

Dough:

2 pkgs. dry yeast  
3/4 cup warm water  
1/4 cup sugar  
1 tbsp. shortening  
9-10 cups flour

Filling:

2 lbs. hamburger  
1 head of cabbage  
1 onion  
salt and pepper, garlic powder to taste  
cheese

Dough:

Dissolve yeast in 3/4 cup warm water. Stir in sugar, salt, shortening and five cups flour. Knead 10 minutes (keep adding flour). Place in greased bowl, cover, let rise in warm place till doubled.

Filling:

Sauté hamburger with onions, adding salt, pepper, and garlic powder. Add enough cabbage to equal quantity of hamburger. Cook until cabbage is tender but still firm.

Roll out dough out about 1/2 inch thick, cut into 5 inch squares and place a heaping tablespoon of filling on each square. Add a little cheese and bring all four corners together and pinch to seal. Place on greased baking sheet. Set in warm place to rise 15-20 minutes. Bake at 350F for 20 minutes or until golden brown. Spread butter over the tops and allow to cool.

**About the Author:** Lauryn Hale writes historical romance novels. Her first novel, THE UNDERTAKER, is due out in the winter 2001 with Awe-Struck E-Books. Visit her website to learn more.

**Author's URL:** <http://www.geocities.com/laurnyhale>

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## **Black Bean Salad**

From: M. D. Benoit

*I picked up the taste of black beans on my first trip to Costa Rica. The Costa Ricans serve, for breakfast, a rice mixed with eggs and black beans. It was heaven. Once I was back in Canada, I began experimenting with this tasty bean. The contrast between the bean and the other vegetables is pleasing to the eyes. This salad is perfect for a hot summer day.*

19-oz. can black beans, or 2 cups cooked black beans  
1 green onion, chopped  
1/2 green pepper, chopped  
1/2 red or yellow pepper, chopped  
1 large tomato, diced  
1 cup frozen or fresh corn, cooked al dente  
1 tbsp. coriander or parsley, chopped  
1 tbsp. fresh sweet basil (optional)  
Salt and pepper

Vinaigrette:

2 tbsp. red wine vinegar  
1 tsp. Dijon mustard (optional)  
1 shallot, minced  
1/8 tsp. salt  
Ground black pepper to taste  
5 tbsp. olive or vegetable oil

Mix all vegetables and herbs together.

Mix the vinegar, Dijon mustard, shallot and seasonings together. Whisk in the oil gradually. Pour over the beans. Let sit in refrigerator at least one hour to allow the flavors to blend.

I cook a big batch of black beans and freeze them in 2-cup quantities in freezer bags. They thaw perfectly well in the microwave.

**About the Author:** M. D. Benoit discovered science fiction and mystery through her father's bedtime stories, which were always full of gadgets, dark doorways, and disappearing people. She lives in Ottawa, Canada, with her husband and her cat (who is really an alien). 'TIL THE FAT LADY SINGS, a science fiction mystery, is her first e-novel. Visit her website for a taste of the Fat Lady.

**Author's URL:** [http://www.geocities.com/mbenoit\\_2000](http://www.geocities.com/mbenoit_2000)

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## **Bread Pudding with Vanilla Sauce**

From: Gregory Michel

*A warm and filling dessert, this is an old family recipe. We don't drink, so there is no alcohol in this recipe, but some family members add rum to the vanilla sauce.*

4 eggs, beaten  
2 cups milk  
1/3 cup sugar (or more, to taste)  
1/2 tsp. cinnamon  
1/2 tsp. vanilla  
1/4 tsp. salt  
2 1/2 cups bread cubes, dried  
1/3 cup raisins.  
1 large box vanilla pudding mix (use the one that needs to be cooked, not the shake and eat variety, and double the portion of milk required on the box)  
1 tsp. vanilla extract

Preheat oven to 325F.

Combine first six ingredients to make an egg mixture.  
Place dried bread cubes and raisins into round cake pan.  
Pour egg mixture over bread.

Bake 40-45 minutes, or until knife comes out clean.

Vanilla Sauce:

Pour contents of vanilla pudding mix , milk and vanilla extract into medium saucepan.

Cook over medium heat, stirring constantly.

Pudding will remain soupy. Once it starts to boil, remove from heat. Let cool.

Slice bread pudding and place in shallow dishes. Ladle sauce over bread pudding.

Sprinkle nutmeg or cinnamon (sparingly) on top.

Serves 4-6, depending on serving size.

**About the Author:** Denise Gasta and her husband, Gregory Michel, live and work in Texas. Some of their books are MONARCH KINGDOM, DANNY, and THE BUTTERFLY GARDEN, published by Writer's Exchange E-Publishing (<http://www.writers-exchange.com/epublishing>). Their Café Press store is at <http://www.cafepress.com/michelgasta>

**Author's URL:** <http://home.earthlink.net/~lectrcwolf/index.html>

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## **Brunswick, Georgia Stew**

From: Charlotte Boyett-Compo

*This is a recipe my mother used to make. It was a comfort food for me when I was growing up. Despite having her precious recipe in hand, I was never able to make it the way she did. Now that she's gone, I dearly miss the taste she brought to this wonderful stew.*

One (4-5 lb.) pork roast, cooked and meat shredded

One small chicken, roasted and meat shredded.

2 large onions, chopped

2 cans each of:

Cream style corn

Lima beans

Stewed tomatoes

Green peas

1 cup tomato ketchup

1 large bottle of barbecue sauce (Hickory flavored)

1/4 cup Worcestershire sauce

2 tsp. Liquid Smoke

2 cups water (more may be added if needed)

juice of one lemon  
1 tsp. each salt and pepper

Mix all ingredients and simmer over low heat, stirring often to prevent sticking. This stew is best cooked a day or two in advance of serving so flavors can blend.

**About the Author:** Charlee is multi-published in the speculative fiction and romance genres. She is the author of the best-selling WINDLEGENDS Saga sword & sorcery adventure series.

**Author's URL:** <http://www.windlegends.com>

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## **Cabbage Salad**

From: Maureen Mackey

*Here's a Mystery - how can such a prosaic salad with an uninspired name be so popular? Every time I serve it or take it to a party I am inundated with recipe requests. To find the solution, try this deceptively simple and tasty dish.*

1/2 head green cabbage, finely chopped  
2 tsp. toasted sesame seeds\*  
1/2 cup toasted slivered almonds\*  
3-4 green onions  
1 package chicken-flavored ramen noodles

Dressing:

2 tsp. sugar  
1 tbsp. vinegar  
1/3 cup oil  
1 tsp. lemon juice  
1 tsp. salt  
1/8 tsp. pepper  
flavor packet from noodles

Combine cabbage, sesame seeds, almonds and onions - toss together. Crumble dry noodles over top of salad and refrigerate until serving time. (Best if done at least 3 to 4 hours early.)

Dressing: combine all ingredients in bottle and shake to mix. Just before serving, pour over salad and toss. This recipe makes enough to fill a large decorative salad bowl. Leave enough room for tossing the ingredients with the dressing.

Note: Slivered almonds and sesame seeds can be toasted together in a shallow pan or cookie sheet in 300-degree oven for about 10 minutes. Stir occasionally during baking, and watch that they don't get too brown.

**About the Author:** Maureen Mackey lives in Portland, Oregon with her husband and two teen aged sons. She'd rather write than cook, but — to paraphrase Benjamin Franklin—her boys' appetites make cooking at her house as certain as death and taxes. She is the author of BOUND BY BLOOD, a contemporary romantic suspense thriller, and LORD PETER'S PAGE, a light-hearted Regency romance. Both books are available from Awe-Struck E-Books. For more about Maureen go to her website.

**Author's URL:** <http://www.maureenmackey.com>

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## **Calico Bean Soup**

From: Elizabeth Bennefeld

*My mother Rhoda gave me this really good calico bean soup recipe, and I've only made a few changes to it over the years.*

2 cups calico bean soup mix (see Note 1)  
3 quarts of water  
ham, turkey or other soup bones  
1 quart stewed tomatoes  
2 large onions, chopped  
4 celery ribs, chopped  
2 cloves of garlic  
1 tsp. of chili powder (see Note 2)

If you use dried beans, wash them, cover them in cold water, and let them soak overnight. Place the beans, water, and bone(s) in an 8-quart pan and bring them to a simmer over medium heat. Reduce the heat to low and simmer, covered, for 3 hours. Add more water as necessary to keep the beans covered. Discard the bone; chill to remove all the fat. Add remaining ingredients and simmer, covered, for another 1-1/2 hours.

Note 1. You can make your own calico bean soup mix. Just use equal parts of any combination of the following dried beans and peas: red kidney beans, great northern beans, split peas, small white beans, lentils, garbanzo beans or chickpeas, navy beans, pinto beans, black- or yellow-eyed peas. Instead of the soup mix, add salt and pepper to taste and chives, parsley, and garlic.

Note 2. If you don't like chili powder, use your favorite soup seasoning or 3/4 tsp. thyme, pepper, and 1/8 tsp. rosemary. I like to add about 1/4 tsp. mild curry powder to mine.

**About the Author:** Elizabeth is a freelance editor, poet, essayist, and storyteller. She and her husband Al live in Fargo, North Dakota, where she has had her own home-based business, The Written Word, since 1984.

**Author's URL:** <http://www.patchworkprose.com/>

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## Camper Stew

From: Gregory Michel

*This is a great meal for kids to make. It is easy, safe, and fast. It is also, hence the name, great for camping.*

2 15-oz. cans of each of the following:

Mixed vegetables

Whole kernel corn

Peas

Carrots

Veg-all

Diced tomatoes

2 7.5-oz. cans of each of the following:

Sliced black olives

Mushrooms

Diced green chilies (optional)

1 can (large) tomato juice (or V-8 or Clamato)

2 24-oz. bags protein crumbles (Meat-eaters – use 2 lbs. ground meat).

10-oz. bag seasoning vegetables

Spices to taste (e. g., black pepper, garlic, onion, parsley)

Open all cans and drain.

Sauté protein crumbles or meat. Drain excess fat or liquid. Set aside.

Pour cans in LARGE stockpot, add protein crumbles or meat, and spices. Mix thoroughly.

Cook over medium heat (on a stove), or over the campfire.

Serve with bread and salad.

This particular recipe feeds six comfortably.

**About the Author:** Denise Gasta and her husband, Gregory Michel, live and work in Texas. Some of their books are MONARCH KINGDOM, DANNY, and THE BUTTERFLY GARDEN, published by Writer's Exchange E-Publishing (<http://www.writers-exchange.com/epublishing>). Their Café Press store is at <http://www.cafepress.com/michelgasta>

**Author's URL:** <http://home.earthlink.net/~lectrcwolf/index.html>

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### **Can't-get-enough-of-it Shrimp Mousse**

From: Beth Anderson

*This recipe came from a friend of mine, Janis Boehm, who was the best cook I've ever known. It's an absolutely delicious, beautiful party dish, perfect for that fancy mold you've been saving. Best of all, it's fast and easy.*

2 cans tiny shrimp  
1 can tomato soup  
1 envelope unflavored gelatin  
8 oz. cream cheese  
1 cup mayonnaise  
1/2 cup finely chopped celery  
1/2 cup finely chopped onion

Drain shrimp and rinse well. Set aside.

Bring undiluted soup to a boil. Dissolve the gelatin in 1/2 cup warm water, add to soup and stir well. Beat cream cheese and mayonnaise together. Add the tomato soup and beat again, mixing well. Fold in celery and onion with a wooden spoon. Fold in the shrimp, being careful not to break the shrimp.

Pour into a nice mold and refrigerate for several hours or overnight.

Serve with woven wheat or other fairly plain crackers; this mold has enough great flavor without using flavored crackers.

**About the Author:** Beth Anderson is the author of five novels. Her last two, published by Clocktower Books, are NIGHT SOUNDS and MURDER ONLINE. Both are

mysteries, but Beth also writes mainstream novels; her next book with Clocktower will be a mainstream romance, *SECOND GENERATION*, due out in March, 2001.

**Author's URL:** <http://www.bethanderson-hotclue.com>

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## **Carnatzlach, Rumanian Meatballs**

From: Eva Kende

*Food is the most powerful reminder of the past. I get a lot of requests for recipes remembered from kitchens of long-gone mothers and grandmothers. Since most of these are colloquial names of foods of the many ethnic entities that lived in the Austro-Hungarian Empire, it's often hard to decipher what language or spelling might fit the request. I go around the house doing my chores muttering and enouncing the phonetically spelled request until suddenly I find the word. Then I head to my cookbooks, hopefully to find the recipe that will connect the person with his or her roots. It's a very satisfying feeling to fulfill someone's nostalgic dream. This recipe is the fruit of just such a quest, but has become a family favorite in my home.*

1 1/2 lb. ground beef  
1 large onion, grated  
1 large carrot, grated  
3 cloves garlic, minced  
1 tsp. marjoram (dry)  
1 tsp. savory (dry)  
1 tsp. sage (dry)  
2 large eggs, lightly beaten  
1 tsp. salt  
1/4 tsp. black pepper  
3 tbsp. flour  
1/2 tsp. paprika

Preheat oven to 350F.

Combine all ingredients except flour and paprika. Mix well, kneading with your hands until the mixture can be formed into balls. Make golf-ball sized meatballs then elongate them to form into rolls 3/4 inch in diameter, 2-3 inches long, tapering at each end. Roll in flour and paprika mixture. Broil under moderate heat, turning rolls occasionally to brown all sides. Serves 6.

I usually multiply the quantities and make a whole bunch of these tasty "bullets". They freeze well and come in handy when I have no time to cook or unexpected company

drops by. They would, shaped a little smaller, make a great finger food at a cocktail party. You could make them ahead and reheat them.

**About the Author:** Eva Kende is a cookbook author, always in search of doing things better, faster, cheaper. Her cookbook EVA'S KITCHEN CONFIDENCE, is available from <http://www.diskuspublishing.com/>

**Author's URL:** <http://www.telusplanet.net/public/ekende>

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## **Cheddar Herb Bread**

From: Chris Williamson

*This rich bread can be made either in a bread machine or by hand, and is step-by-step easy. It fills the whole house with the aroma of baking cheese. If you like cheese crackers or snacks, you are going to love this bread!*

2-1/4 tsp. active dry yeast  
3 cups bread flour  
1 tbsp. sugar  
1/2 tbsp. salt  
1/2 tsp. dried marjoram  
1/2 tsp. oregano  
1/2 tsp. rosemary  
1/2 tsp. basil  
1/3 cup powdered nonfat milk  
1 cup very warm water  
1-1/2 tsp. prepared yellow or Dijon mustard  
1 cup shredded cheddar cheese

Instructions for Bread Machine:

Add dry ingredients to bread machine in the order listed.  
In a separate small bowl, mix very warm water, mustard, and shredded cheddar cheese.  
Stir.  
Allow mixture to cool to lukewarm. Add to bread machine.  
Set machine to white bread setting.  
Makes one 1 1/2 lb. loaf of savory Cheddar Herb Bread.

(If you want the bread to rise higher, add one egg yolk to warm water right before starting machine.)

## Manual Instructions:

Separate out 1 cup of flour.

Set aside.

Mix rest of dry ingredients in a large bowl.

In a separate small bowl, mix very warm water, mustard, and shredded cheddar cheese.

Stir.

Allow mixture to cool to lukewarm. Add to dry ingredients in large bowl all at once. Stir.

Stir in as much of remaining cup of flour as you can.

On a floured board, knead bread until it is smooth and elastic (about 10 minutes).

Put dough in a greased bowl, turning once to grease both sides.

Cover loosely with wax paper, and allow to rise until doubled in size (about 1 hour).

Punch down dough.

Roll with greased hands to remove large air pockets, and shape into a loaf.

Place in loaf pan and allow to rise again until almost doubled (about 30-40 minutes).

Twenty minutes into second rising, preheat oven to 375F.

Bake for 30-35 minutes, or until crust is deep golden brown.

(Tip: Loaf will sound hollow when rapped with the knuckles). Remove from oven.

Tip bread out of loaf pan. Allow to cool on a rack for 10 minutes.

For a soft crust without added fat, place slightly cooled bread in a plastic bag, and seal.

Let bread cool completely to room temperature before slicing.

For a crusty loaf, allow to cool completely on the rack, and store in a vented bread keeper.

Makes one loaf. Enjoy!

**About the Author:** Chris Williamson is a writer, artist, and proud to be an associate member of the Society of Children's Book Writers and Illustrators. Chris is married to her best friend who happens to be in the military, so she is a nomad, by marriage. Most recently she belongs to a small farm, where she raises chickens and tends a large garden. She is currently working on her own cookbook and two Picture Book manuscripts.

**Author's URL:** <http://www.mrsmousehouse.com>

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## **Cheese Potatoes**

From: Amy B Crawshaw

*This is an inexact recipe. Adjust it for the size of your family or party and your tastes. You do not have to peel the potatoes. Just make sure the skins are well washed. This dish is my mother-in-law's Irish specialty.*

5 lbs. potatoes, sliced very thin  
4-6 cups grated sharp cheddar cheese  
2 onions  
1 1/2 cups milk

Preheat oven to 350F.

Slice potatoes into casserole dish. Layer cheese and onions to taste. Repeat. Pour milk over top and bake uncovered for 1 hour or until potatoes are soft.

**About the Author:** Amy B. Crawshaw is the author of WINTER INTO SPRING, due out this spring by Gemini Books. She is the mother of four children and has tested these recipes on her family. They are all still alive.

**Author's URL:** <http://www.geocities.com/romancebyamy/RomancebyAmy.html>

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### Cherries in the Snow

From: Charlotte Boyett-Compo

*This is a delightful treat that is fun and easy to make.*

1 box Vanilla Wafers, crushed finely  
4 jars of maraschino cherries, drained  
1 large bag flaked coconut  
1 can Eagle Brand Sweetened Condensed Milk  
Powdered sugar

Combine crushed wafers, coconut, and condensed milk. Roll a cherry around in the mixture, then dredge through powdered sugar. Refrigerate until set, then wrap individually in a pretty colored plastic wrap and tie with a bow. Place on a lovely plate and serve. Left over wafer mix can be used for making Snow Logs. (see recipe below)

**About the Author:** Charlee is multi-published in the speculative fiction and romance genres. She is the author of the best-selling WINDLEGENDS Saga sword & sorcery adventure series.

**Author's URL:** <http://www.windlegends.com>

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## **Chicken Napoli**

From: Lauralee Bliss

*This recipe is from a friend of my husband's who is a gourmet cook. In the old days in our church, they used to whip up delectable meals to feed the starving, single women each Valentine's Day (and I was among them). In the end, I married the Valentine chef.*

1 pkg. fresh spinach, washed and dried  
3 medium onions, sliced  
6 fresh tomatoes, sliced  
3-oz. can mushrooms, drained (fresh mushrooms or portobello mushrooms work well also)  
1 chicken, cut up  
garlic salt, pepper  
8 slices of bacon  
3/4 bottle Worcestershire sauce

Preheat oven to 350F.

In deep, oblong casserole dish, layer spinach, onions, tomatoes, and mushrooms. Place chicken pieces on top. Season with garlic salt and pepper. Place a bacon slice over each chicken piece. Pour Worcestershire sauce over all. Bake for 2 hours. Serve over rice.

**About the Author:** Lauralee Bliss loves to entertain readers with page-turning action, intermixed with inspirational themes. Her published inspirational e-books include BLACKBERRY HOLLOW, winner of the Scribes World Reviewers Choice Award, and SNOWBOUND, both by MountainView Publishing ([www.whidbeybooks.com](http://www.whidbeybooks.com)). Check her website for other upcoming titles.

**Author's URL:** <http://lauraleebliss.homestead.com/lrbweb.html>

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## **Chili Casserole**

From: Sandi Haddad

*This is a sure pleaser, even with four picky children and a husband, who all have widely different tastes. I leave out all the optional ingredients for family meals.*

Preheat oven to 350F.

Brown 1lb. ground beef or chuck in a skillet and drain off excess fat. Sauté chopped celery and/or onion with meat (optional).

Add to browned meat:

1 envelope chili seasoning mix

8-oz. can of tomato sauce

2/3 cup water

Cover and simmer about 15 minutes, stirring occasionally.

Layer in a 9x13 in. pan:

corn chips (about 4 oz.)

1 lb. (16 oz.) can kidney beans with liquid

Sliced black olives or diced chilies (optional)

Add meat mixture from skillet

Top with shredded cheddar cheese

Bake for 30 minutes

**About the Author:** Native Floridian Sandi Haddad writes both sweet and spicy romance and romantic suspense. Visit her webpage for excerpts and free contests.

**Author's URL:** <http://www.sandistar.com>

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## **Chocolate Fudge**

From: Pat Fredeman

This is my mother's recipe. I remember discovering her delicious fudge when, as a child, I tried for a premature taste by sticking a finger in the mix because it looked so wonderful: black, swirling folds, smooth and glossy. It was also hot. Ouch! What to do? Why, stick my finger in my mouth, of course.

1 1/2 cups granulated sugar

4 or 5 tbsp. cocoa

2/3 cup nuts (pecans or walnuts)

1/4 tsp. salt

1 tsp. vanilla

2 or 3 drops almond flavoring

1 tbsp. butter or margarine

4 tbsp. white Karo (corn) syrup

1 cup whole milk

Mix well the sugar, cocoa, and salt. Add milk and corn syrup and cook over medium-low heat until the mixture will form a firm ball when dropped in cold water.

Remove from heat, add butter and beat until mixture begins to thicken; then add flavoring and nuts. Continue beating until mixture will hold its shape.

Pour on to sprayed or greased pan or plate. Allow to cool, then cut in squares.

**About the Author:** Pat Fredeman writes poetry, both sacred and secular; short prose pieces, both fanciful and realistic; and novels, including PARADISE REGAINED, a contemporary romance novel now available at [www.gemini-books.com](http://www.gemini-books.com). She is interested in ideas, both modern and traditional; animals, both domestic and wild; humans, both civil and otherwise; and good writing. She lives in Oklahoma City and teaches at a regional college.

**Author's URL:** <http://www.gemini-books.com/pfredeman.htm>

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## **Chocolate Pudding or Pie Filling**

From: Lanette Curington

1 cup sugar

1/2 cup cocoa

2 cups milk

1 egg for pudding, OR 2 egg yolks for pie filling (reserve whites for meringue)

1 tsp. vanilla

1 tbsp. butter or margarine

1/4 cup flour

Baked pie shell for pie filling

Meringue for pie:

2 egg whites

1/4 tsp. cream of tartar

2 tbsp. sugar

1 tsp. vanilla

Mix sugar and cocoa together well. Add flour and mix. Add milk and mix again. Use mixer to beat until mixture is smooth. Cook over medium heat until mixture thickens. Add vanilla and butter; stir well. For pudding, serve warm. For pie, pour into baked pie shell.

Meringue: Beat egg whites with cream of tartar until soft peaks form. Add sugar and vanilla and beat until stiff peaks form. Spread over pie filling. Broil in oven for a few minutes until meringue is lightly browned.

**About the Author:** Lanette Curington is the author of "Starkissed", a futuristic romance, and a finalist for the 2001 Eppie Awards. She is currently working on a mythological romance set in Ancient Greece.

**Author's URL:** <http://curington.tripod.com>

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## **Chocolate Surprise Cake**

From: Sandi Haddad

*This cake has a mystery ingredient that makes it ultra moist and delicious. Serve with vanilla ice cream or a dollop of whipped cream. Great for dates! (pun intended)*

Preheat oven to 350F.

Cut up an 8-oz. package of dates and pour 1cup hot water mixed with 1 tsp. soda over them. Let cool.

Cream together:  
¾ cup shortening  
1¼ cup sugar

Beat in:  
2 eggs

Mix:  
2 cups flour  
1 tsp. baking soda  
1 tsp. salt  
2 tbsp. cocoa

Add creamed shortening mixture and dates to dry ingredients and blend well.

Pour into greased and floured 10 inch tube pan. Mix 6 oz. of chocolate chips and 1 cup chopped nuts and sprinkle over cake. Pat down. Bake for 35-40 minutes or until done. Let cool completely before removing from pan.

**About the Author:** Native Floridian Sandi Haddad writes both sweet and spicy romance and romantic suspense. Visit her webpage for excerpts and free contests.

**Author's URL:** <http://www.sandistar.com>

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## **Christmas Cracker Surprise**

From: Leta Nolan Childers

My kiddo just loves to help cook and make treats, especially at Christmas. This is a recipe that he has helped me make since he was about three. It's become a holiday tradition for the two of us to make this each year.

1 box Ritz or similar snack crackers  
1 pkg. almond bark  
1 small jar peanut butter  
Green or red food coloring  
Red or green sugar sprinkles  
Parchment paper, microwaveable bowl, forks

Spread a small amount of peanut butter on a cracker. Place another cracker on top to make a small sandwich. (It's really easiest to just make a pile of these little sandwiches before going any further.)

Break almond bark into the bowl. Place in microwave and nuke for about 30 seconds. Stir the mixture. Continue heating in the microwave in 15 second increments, stirring until it's nicely melted. Add food coloring and mix well. (Although the food coloring just sort of swirls through the white almond bark, it creates a nice effect.)

Dip the sandwiches into the melted bark. Cover completely and pick up using a fork. Tap excess bark back into the bowl. Then place on parchment paper to cool and set. Sprinkle with the colored sugar before the bark is completely set.

Be prepared to make a second batch. These tend to disappear about as fast as you can make them.

**About the Author:** Leta Nolan Childers is the author of the best selling THE BEST LAID PLANS. Because her art reflects her life, she specializes in writing romantic comedies with the occasional cozy murder mystery tossed in for fun.

**Author's URL:** <http://letachilders.com>

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## Corn Bread

From: Mary LaBranche

1 cup yellow corn meal  
1 cup milk  
1 egg  
1/2 cup sugar  
1 cup flour  
1/4 cup vegetable oil  
1/2 tsp. salt

Preheat oven to 425 F.

Sift all dry ingredients together into mixing bowl. Add the egg, milk and vegetable oil. Beat with mixer, just until smooth, about one minute.

Pour batter into a greased, 8 in. square baking dish. Bake for 20-25 minutes.

**About the Author:** I write in the romance genre and dabble in poetry. Born and raised in Vermont, this is where I have chosen to raise my family and live out my days.

**Author's URL:** <http://www.writersgoldmine.cjb.net>

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## Crimson Kiss Pie

From: Valerie Hardin

*I've made this pie a few times for guests. I wanted something simple. I also felt it was a better idea than opening a can of frosting and having them dig in with spoons, or worse with no spoons at all.*

One container of ice cream (vanilla or strawberry)  
One ready-made cookie crust.

Scoop softened but not totally melted ice cream into the cookie crust, put in freezer for a few hours or until firm. Slice a piece for each of your guests sprinkle with cinnamon and whipped cream.

**About the Author:** Valerie Hardin is a gothic poet/artist/children's writer. I'M WITH MY MOM ON SUNDAY is available from [www.streetsaint.com](http://www.streetsaint.com). OLD TURTLE NEW MOON can be found at [www.crossroadspub.com](http://www.crossroadspub.com)

**Author's URL:** <http://clubs.yahoo.com/clubs/fansofvaleriehardin>

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## Crustless Quiche

From: M. D. Benoit

*In this quiche, vegetables and cheese become the substitute for crust. Great for people with sensitivity to wheat, or people – like me – who are not too fond of crust, especially under their eggs.*

1 clove garlic or shallot, minced  
1 medium onion, chopped  
1 green pepper, chopped  
1 red pepper, chopped  
6-8 medium mushrooms (button or porcini)  
1 cup grated Swiss cheese  
½ tsp. dried thyme, oregano, or marjoram  
4 eggs, lightly beaten  
2 tsp. water  
Salt and pepper

Preheat oven to 350F.

In a medium skillet or pan, melt butter. Sauté all vegetables together until liquid from vegetables has evaporated, about 5-10 minutes. Add herbs, salt and pepper, and mix well.

With a spatula, press the vegetable mixture in the bottom of a deep glass plate or pan. Sprinkle cheese over the vegetables.

Add water to eggs, mix well. Pour over cheese. Shake pan so the eggs spread evenly. Bake, uncovered, until top is lightly brown and the eggs and cheese mixture has “puffed up”, about 20 minutes.

**About the Author:** M. D. Benoit discovered science fiction and mystery through her father’s bedtime stories, which were always full of gadgets, dark doorways, and disappearing people. She lives in Ottawa, Canada, with her husband and her cat (who is really an alien). ‘TIL THE FAT LADY SINGS, a science fiction mystery, is her first e-novel. Visit her website for a taste of the Fat Lady.

**Author's URL:** [http://www.geocities.com/mdbenoit\\_2000](http://www.geocities.com/mdbenoit_2000)

**\*TOP\***

## Date Squares

From: Dee Lloyd

*I shed a tear copying this recipe. The original card is yellowed, slightly stained, and in my mother's handwriting. It was a favorite of mine as a child. The squares, which my daughters and grandchildren love today, are No Fail. I hope you enjoy them.*

### FILLING

2 cups dates ,chopped  
3/4 cup sugar  
1 cup water  
1 tbsp. lemon juice  
1 tsp. baking powder  
1/4 tsp. salt  
1 cup butter or shortening

### CRUST

2 cups oatmeal  
1 3/4 cups all purpose flour  
1 cup brown sugar  
1/2 tsp. baking soda  
1 tsp. baking powder  
1/4 tsp. salt  
1 cup butter or shortening

Preheat oven to 325F.

Combine ingredients for filling. Simmer until thick, being careful that mixture does not burn. Cool.

Rub butter into dry ingredients. (Being lazy, I run it through the food processor, then I stir in a handful of oatmeal for texture.)

Put larger portion into 13x9 in. lightly buttered pan and press firmly. Spread cooled date mixture carefully over this base. Sprinkle rest of crumbs over top.

Bake for 35 minutes. Cut into squares when cool.

**About the Author:** Dee Lloyd writes Romantic Suspense. *TIES THAT BLIND*, available at [www.ltdbooks.com](http://www.ltdbooks.com), won the Eppies 2000 Award for Best Contemporary Romance.

"Dee Lloyd can always be counted on for fast paced, exciting murder mysteries. Fast becoming one of my favorite suspense authors, Dee writes strong, intelligent women who challenge the men around them."

Sue Waldeck, Road to Romance

**Author's URL:** <http://www.deelloyd.com>

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## Deviled Eggs

From: Elaine Hopper

*My family begs me to make Deviled Eggs for every occasion. They invent occasions in order to persuade me to make this treat. It's a simple and traditional recipe that uses easy-to-find ingredients. Enjoy!*

2 dozen Grade A eggs  
mayonnaise  
mustard  
granulated sugar

Hard boil all the eggs. Cool completely, then shell. Cut each egg in half.

Scoop the yolk out of each half egg, leaving the hard white intact on a plate. In a medium to large mixing bowl, mix the yolks until smooth with two tbsp. mayonnaise, 1 tsp. mustard, and two tbsp. sugar. Adjust mayonnaise and seasoning to taste (my family and I prefer our eggs to taste sweet).

Scoop the yolk mixture into the whites.

**About the Author:** Elaine Hopper lives to write romance -- usually contemporary comedy romance, but she's been known to write an inspirational, a teen romance, and an historical novelette.

**Author's URL:** <http://www.gatel.net/ElaineHopper>

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## Dundee Cake

From: Patricia Crossley

*Before the era of store-bought cakes, it was unthinkable not to have a "cake to cut at" in the house. This Dundee would probably have been made for Sunday visitors. It is rich, but not as rich as Christmas cake, and keeps very well. This recipe is old enough to use gills as a measure. (Don't be alarmed--it's translated!) The original British measures are slightly larger than US and Canadian equivalents, so if you live in North America, you'll need an extra "pinch" for some ingredients. The dried fruit can be varied according to availability.*

6 oz. butter or margarine  
6 oz. sugar (castor preferred)

3 eggs, well beaten  
1/4 gill (2 good tbsp.) brandy (optional)  
8 oz. plain flour  
Pinch of salt  
1 level tsp. baking powder (plus a pinch)  
1/2 tsp. ground cinnamon  
1/4 tsp. grated nutmeg  
grated rind of one lemon  
6 oz. currants  
3 oz. chopped raisins  
4 oz. sultanas (or golden raisins)  
2 oz. chopped, mixed peel  
2 oz. chopped almonds  
A few halved almonds

Grease a 7 in. cake tin. Preheat oven to 350F.

Cream the fat and sugar; add the well beaten eggs a little at a time, beating between each addition. (Add a little flour if any sign of curdling.) Stir in the brandy if used.

Mix flour, salt and baking powder; mix dried fruit with a little of the flour. Add flour, fruit, lemon rind and chopped almonds to the creamed mixture. If necessary add a little milk, but do not make too moist.

Pour the mixture in the cake tin and smooth the top. Place the halved almonds in a decorative pattern on the top. Bake at 350F for ¾ hour then reduce to 335-310F. Bake for 2-2 1/4 hours or until a knife inserted in the center comes out clean.

**About the Author:** I have lived in five different countries and moved countless times. Now I'm settled with a sail boat and a supportive husband in beautiful British Columbia, Canada, where my office overlooks the waters of the Inner Harbour in Victoria. In September 2001, we look forward to six months in Kenya in a volunteer teaching position. I love to write "romance with a twist": mystery, time travel, paranormal, and am well into a suspense novel right now. Visit my web site to learn more about me and my books.

**Author's URL:** <http://www.patriciacrossley.com>

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## Easy Crab Meat Appetizer

From: Amy B Crawshaw

*I am always running late. This wonderful and delicious recipe is perfect for those of us who are going to a party and have no time to prepare anything fancy to bring along. The hardest part is finding the appropriate dish to make the combination look like you've slaved all day in the kitchen. You can also soften the cream cheese and spread it on the dish under the crab and cocktail sauce.*

1 box cream cheese  
1 bottle cocktail sauce  
6-oz. can crab meat  
1 package of crackers

Place cream cheese on plate. Open crab meat and squeeze the excess water from meat. Empty over cream cheese. Cover with cocktail sauce. Place crackers around dish. Voilà. Simple, easy and cheap.

**About the Author:** Amy B. Crawshaw is the author of WINTER INTO SPRING, due out this spring by Gemini Books. She is the mother of four children and has tested these recipes on her family. They are all still alive.

**Author's URL:** <http://www.geocities.com/romancebyamy/RomancebyAmy.html>

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## Easy Hearty Lasagna

From: Mary Taffs

*I made up this recipe as a college student without access to a fully-equipped kitchen. It's simple enough that several non-cooking males had me teach them how to make it.*

1 lb. ground beef  
16-oz. container ricotta cheese  
12-16 ounces mozzarella cheese  
1 quart spaghetti sauce  
8-10 lasagna noodles  
chopped or grated onion as desired

Preheat oven to 450F.

Cook lasagna noodles al dente according to package directions. Brown ground beef with onion. Cut mozzarella into thick slices. Assemble lasagna in an oblong pan (9x13 in.) as follows: cover bottom of pan with noodles, layer half of ground beef, both cheeses, and spaghetti sauce on top of noodles, repeat with rest of noodles, ground beef, cheeses, and sauce.

Cover pan with aluminum foil and bake for about 45-60 minutes. Let it cool for 15 minutes before serving.

**About the Author:** Mary Taffs writes contemporary romances about people as down-to-earth as this recipe. *HOT FUDGE AND PEPPERMINT* is her latest, and the final book in her Second Chances trilogy.

**Author's URL:** <http://www.marytaffs.com>

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## **Easy Stuffed Peppers**

From: Michelle Marr

*I freeze leftover spaghetti sauce to use in this recipe, then watch the produce aisle for a good price on the peppers. If you're using sauce that doesn't already have meat in it, brown 1/2 lb. ground beef or sausage and add it to the stuffing mixture.*

2 green bell peppers  
2 cups cooked white rice  
2 cups spaghetti sauce  
3/4 cup grated cheddar cheese

Preheat oven to 350F.

Cut peppers lengthwise. Remove the stems and insides. Cook in boiling water for 5 minutes. Combine spaghetti sauce, rice, and half of the cheese. Carefully drain water out of the peppers, then lay them in the bottom of a shallow glass baking dish. Fill peppers with sauce mixture and top with remaining grated cheese. Bake for 30 minutes or until heated through.

**About the Author:** Paranormal romances combine the best elements of my two favorite genres. I love the truly terrifying stuff, but sometimes -- when the house is silent and dark -- it's better to have a book that won't give you nightmares. Visit me at my website to read about my paranormals, which aren't really that scary, and my short horror stories, which are.

**Author's URL:** <http://romanticnotions.com/michelle>

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## Eggnog

From: Karen Beck

*The only mystery to this good old fashioned eggnog is how great it tastes!  
This recipe yields 2 quarts. It has 130 calories, 4 grams of fat and 103 milligrams of cholesterol per 1/2 cup.*

1 quart 2% milk  
6 eggs  
1/4 tsp. salt  
1/2 cup sugar  
2 tsp. vanilla extract  
1 cup whipping cream

Heat milk in large saucepan until hot (do not boil or scald). While the milk is heating, beat together eggs and salt in large bowl. Gradually add sugar. Slowly add the hot milk to the egg mixture. Transfer the combined mixture back to the large saucepan.

Whisk continuously over medium to low heat until the mixture thickens and just coats a spoon. (160F thermometer). Stir in 1 tsp. vanilla. Set pan in a bowl of ice or cold water to cool quickly and stir for 10 minutes. Cover and refrigerate for several hours or overnight until thoroughly chilled. Pour into bowl or pitcher.

Whip the cream. Add 1 tsp. vanilla. Fold whipped cream into the chilled mixture. Dust with ground nutmeg if desired.

Note: To make safe eggnog, make sure that the mixture reaches 160F after the eggs have been added (this recipe can also be made in the microwave) Refrigerate at once. When refrigerating a large amount of eggnog, divide it into several shallow containers to cool quickly.

**About the Author:** It took an Editor position at The Independent News for me to remember the dream of writing. First came the children's stories (as yet, unpublished) and several published poems. WHEN NIGHTMARES COLLIDE is my first novel. Mystery has always been my favorite. Add the ingredient of suspense, and you have an edge-of-the-seat book you just can't put down.

Cheers to your reading AND cooking!

**Author's URL:** <http://www.hometown.aol.com/whennightmaresco/index.html>

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## Enchanting Jumbo Cookies

From: Linda Bleser

*These chewy, cake-like cookies are wonderful plain or iced, and can be used as a base for any number of added ingredients such as raisins, chocolate chips or M&Ms.*

1 cup Crisco vegetable shortening  
2 cups sugar  
2 eggs (well beaten)  
4 cups flour  
1 tsp. baking soda  
1 cup soured milk (mix 1 tbsp. white vinegar into 1 cup milk)  
2 tsp. vanilla

Preheat oven to 400F.

Sift flour and baking soda together.

Cream shortening and sugar. Add eggs. Gradually add dry ingredients, alternating with milk. Add vanilla

Drop by tablespoons onto greased and floured pan.

Bake for 8-10 minutes. Cookies should rise and darken slightly around the edges.

**About the Author:** Linda Bleser's love of fairytales and folklore was the inspiration for the fantasy romance, ENCHANTED COTTAGE. Her idea of a truly magical place would be one where you could eat anything you desired and never worry about unwanted weight gain!

**Author's URL:** <http://www.bleser.com/linda>

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## French Canadian Meat Pie

From: Mary LaBranche

1/2 lb. ground beef  
1/2 lb. ground pork  
1 medium onion, chopped  
1 large potato

Salt and pepper  
A dash of nutmeg  
Poultry seasoning (add to suit individual taste)  
Double pie crust

Preheat oven to 350F.

Sauté chopped onion. Cook meat thoroughly, and skim off excess fat.

Boil and mash the potato. Mix with onion and meat. blend in the seasonings. Add a little water if mixture seems dry. Simmer about 1 hour then pour into crust.

Bake until crust is golden brown.

**About the Author:** I write in the romance genre and dabble in poetry. Born and raised in Vermont this is where I have chosen to raise my family and live out my days.

**Author's URL:** <http://www.writersgoldmine.cjb.net>

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## **Fruit Chip Cookies**

From: Judith B. Glad

*These cookies evolved after I lost a favorite recipe between one Christmas and the next. My children insisted they had to have the same cookies each year, so in desperation, I re-invented them.*

1 ½ cup flour  
½ tsp. salt  
½ cup butter (if using margarine, make sure it's not the whipped kind)  
1 tsp. baking soda  
½ tsp. cinnamon  
¾ cup sugar (granulated or brown, well packed)  
2 eggs  
1 tsp. brandy extract or vanilla  
1 cup candied fruit  
1 cup raisins  
½ cup chopped nuts (hazelnuts are good)  
1 cup chocolate chips (semisweet or double chocolate)

Preheat oven to 375F.

Sift flour, baking soda and salt together.

Cream butter and sugar until light; add brandy extract, then beat in eggs one at a time. Gradually add dry ingredients, blending well. Stir in rest of ingredients. Chill for at least an hour—it's a very sticky dough. Drop by teaspoonfuls onto non-greased cookie sheet. Bake for approximately 12 minutes. Makes about 4 dozen.

**About the Author:** Judith B Glad has worked at various jobs, the most recent being environmental consultant. She wrote science fiction for a while, but her stories were too romantic—they all had happy endings. After earning degrees in English, biology and botany, Judith worked several years as a botanical consultant, spending much of her time writing technical reports and scientific papers. Now she writes romances, which are far more interesting and fun. Judith grew up in southwestern Idaho, where she learned to love the scent of sagebrush and the far horizons of the High Desert. She now lives in western Oregon, but periodically heads to sagebrush country to refresh her senses.

**Author's URL:** <http://www.judithbglad.com>

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## **Fruit Cocktail Dessert**

From: Kathleen Culligan Techler

*Very easy, fat-free, and delicious.*

2 eggs, beaten  
1 1/2 cup sugar  
1 1/2 cup all purpose flour  
1 1/2 tsp. baking soda  
1 1/2 can fruit cocktail, drained over night  
1/2 cup chopped nuts (optional)  
salt to taste (optional)  
1/2 cup brown sugar

Preheat oven to 350F.

Mix ingredients in order given--except brown sugar.

Pour in greased oblong pan. Sprinkle brown sugar over top. Bake for 45 minutes. Serve with whipped cream or whipped topping.

**About the Author:** Kathleen Culligan Techler is the author of THE SECRET OF PIRATE KEY, a Young Adult novel published by DiskUsPublishing.com. Her romance novel, BARRIERS, which also takes place on a barrier island, will be published in 2001 by DiskUsPublishing.

**Author's URL:** <http://hometown.aol.com/kayt3/>

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## Golden Fruit Salad

From: Elizabeth Delisi

This recipe comes from my mother-in-law. It's a delicious addition to a summer meal.

3-4 hours before serving, or a day in advance, combine:

- 1 can peach pie filling
- 1 can mandarin oranges, drained
- 1 can pineapple tidbits
- 1 1/2 cups miniature marshmallows
- 1 bunch green seedless grapes
- 1 cantaloupe, cut into balls or bite-sized chunks

Just before serving, add 3 bananas, cut into bite-sized chunks. Stir well.

**About the Author:** Elizabeth Delisi is the author of suspense novels SINCE ALL IS PASSING (Avid Press, Oct. 1999) and FATAL FORTUNE (Petals of Life Publishing, Sept. 1998). Her latest book, MIRROR IMAGES, a short story anthology, is due out from DiskUs Publishing in March 2001.

**Author's URL:** <http://www.elizabethdelisi.com>

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## Gram's Watermelon Pound Cake

From: Joan Bramsch

I'd like to offer, with love and respect for all my readers, my great-great-grandmother's wonder-filled pound cake recipe. This is a traditional cake in our family; one person continues as another person 'retires' from the responsibility of baking it. This recipe is excellent for child participation, too. For Halloween, for Christmas, for Easter, or for Declaration Day, this cake will fill the bill.

- 6 egg whites
- 3 sticks butter
- 3 cups sugar
- 6 egg yolks
- 4 1/2 cups flour
- 1/2 tsp. salt
- 2 1/2 tsp. baking powder

1 1/2 cups milk  
3 tsp. vanilla extract  
1/2 tsp. almond extract  
3/4 cup raisins  
red and green food coloring.

Preheat oven at 325F.

Whip egg whites

Cream butter, sugar and egg yolks together.

Sift flour, salt and baking powder together. Fold into creamed mixture, alternating with the milk.

Add vanilla and almond extracts. Fold in egg whites.

Separate 1/3 of dough and add green food coloring. Add red food coloring and raisins to remaining dough.

Grease and flour a large round tube pan, then insert vertically a waxed paper circle "fence" 2 inches from the edge of the pan.

Pour green dough OUTSIDE fence and raisin/red dough INSIDE fence.  
Remove "fence" and place pan into oven on middle rack.

Bake for 1 1/2 to 2 hours.

Note: If you wish to make an Easter Egg Cake, take five 1/2 cup portions of dough in separate cups. Use egg dye to color each portion a different color. Pour in half of the remaining dough into the pan; add the colored dough evenly. Pour the rest of the dough over the top.

Use a table knife to cut down into the dough from center to outside, all around. Then in different places, cut dough from outside to center. Then one circle to the left, and one circle to the right. Decorate with thin white frosting and green dyed coconut nests with jelly bean eggs.

For Halloween, use 1 cup orange, and 1 cup black colored dough. Alternate the same way. ORANGE icing and black jelly beans on top.

To make a Christmas Cake, do as Easter egg recipe above, but only make 1 cup of green and 1 cup of red. Alternate the same way. White icing drizzled down the sides.

Fourth of July is, of course, red and blue dough, alternated the same way. If adults are watchful, one could put a sparkler on top when it's served.

**About the Author:** Joan Bramsch is a parent, educator, and writer, who enjoys longtime international success. Enjoy her Family books and Empowered Parenting Ezine, and her hot, humorous romances!

**Author's URL:** <http://JoanBramsch.com>

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## **Grandma's Banana Bread**

From: Hannah Rowan

*My children will let the last two bananas in the bunch get overripe just so I'll have an excuse to make this very simple and quick banana bread.*

2 large ripe bananas  
3/4 cup sugar  
1/2 cup oil  
2 cups flour  
1/2 tsp. baking soda  
pinch of salt  
1/2 cup each nuts and raisins

Preheat oven to 350F.

Mash bananas with fork. Add sugar. Mix well. Add oil. Mix well.

Mix dry ingredients together, then add to banana mixture. Mix again.

Bake in ungreased loaf pan for 50 minutes. Done when toothpick inserted in the loaf comes out dry.

**About the Author:** Hannah Rowan has written both romantic comedy and paranormal romance -- a curious mix, but it would make sense to anyone who's been exposed to her New Jersey household, where Grandma's banana bread is about as complex as any of her cooking endeavors get.

**Author's URL:** <http://www.hannahrowan.com>

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## Grandma's Macaroni and Cheese

From: Elaine Hopper

*This dish has been a family favorite for generations, passed on from my grandmother to myself to my son Keith. When he was twelve, he won a Blue Ribbon with it in the Broward County Fair for the 4H Fair.*

1 lb. medium or sharp cheddar cheese, grated  
16-oz. can evaporated milk  
2 lbs. macaroni pasta  
Salt  
Pepper  
Butter or margarine

Preheat oven to 350 F.

Cook macaroni pasta until al dente. Drain. Rinse. Pour into large glass casserole dish. Spread grated cheese evenly over pasta. The more cheese the better. Sprinkle about 2 tbsp. worth of small pats of butter or margarine evenly over the macaroni and cheese mixture, then pour evaporated milk over cheese and pasta. Sprinkle salt and pepper over the mixture.

Cover casserole dish with foil.

Bake for about 45 minutes or until cheese and milk are bubbling and cheese is golden but not brown.

**About the Author:** Elaine Hopper loves to write romance. Although she's known for writing contemporary romance, she's experimented with an historical, an inspirational, and a teen romance.

**Author's URL:** <http://www.gate1.net/ElaineHopper>

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## Ham and Potatoes Crock Pot

From: Christine Duncan

I really like crock pot recipes because it's nice to come home to an already made dinner. If I'm going to be out the door early in the morning, I will grate the cheese, and peel and slice the potatoes the night before. Making sure to cover the potatoes with water, so they

won't brown. That way I can layer the dish quickly in the morning. This is a recipe that my meat and potato loving husband really enjoys.

4 potatoes, peeled and sliced  
2 tbsp. of onion, diced  
2 slices of ham.  
1 1/2 cups of cheese  
10-oz. can of condensed cream of mushroom soup.

Layer the ingredients, half the potatoes and onions first, then half the soup (do not dilute), half the cheese and one slice of ham. Repeat with remaining ingredients.

Cook on low in the crock pot (slow cooker) for about 8 hours — however, like most crock pot recipes it's pretty forgiving if you get there sooner or later.

**About the Author:** Christine Duncan's e-mystery SAFE BEGINNINGS is set in a battered women's shelter. SAFE BEGINNINGS is available from [DynamicPatterns.com](http://DynamicPatterns.com)

**Author's URL:** [http://Christine\\_Duncan.tripod.com](http://Christine_Duncan.tripod.com)

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## **Heavenly Ambrosia**

From: Linda Bleser

*The addition of Acine di Pepe pasta gives this recipe an interesting texture. It's a light, delicious dish to bring to any pot-luck party, picnic, or buffet.*

1 lb. box P&R Acine di Pepe pasta  
1 large can crushed pineapple  
2 cans mandarin oranges  
3/4 cup sugar  
2 eggs  
2 tbsp. flour  
1/2 tsp. salt  
16-oz. tub Cool Whip topping

Cook and strain pasta.

Drain juice from pineapple and oranges into a saucepan. Stir in eggs, sugar, salt and flour. Heat until thick.

Pour mixture over pasta in a large bowl. Stir.

Chill overnight.

Add fruit and Cool Whip. Mix well.

**About the Author:** Linda Bleser writes in multiple genres, from rib-tickling comedy to bone-chilling suspense. Reviewers have hailed her work as being unique, original, and impossible to put down.

**Author's URL:** <http://www.bleser.com/linda>

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## **Honey of a Banana-Nut Shortbread**

From: Chris Williamson

*I came very close to naming this "Stutter Bread".*

*When I occasionally stutter, it is usually because more than one idea tries to come out of my mouth at the same time. In the same way, I couldn't decide if I wanted a bar cookie, or an upside-down cake. I combined the ideas, and Honey of a Banana-Nut Shortbread is the scrumptious result. This is a dessert that is very easy to prepare, making it one of my favorites. My husband can't remember its name, but he sure remembers to ask for it, saying, "Honey, can you make that honey bread, banana short stuff...um, you know, that good stuff you make with bananas and honey...Please?"*

3 tbsp. butter, melted

3 tbsp. honey

1/2 cup chopped pecans

2 bananas, sliced

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1 cup flour

1/4 cup sugar

pinch salt

1/2 cup cold butter (1 stick- no substitutions)

Preheat oven to 375F.

In a non-greased 8x8 in. baking pan, mix melted butter and honey. Sprinkle pecans in bottom of pan. Top with sliced bananas. Set aside.

In medium mixing bowl, blend flour, salt, and sugar. Add cold butter. Mix well with a fork or pastry cutter until mixture resembles cornmeal. Sprinkle over bananas.

Press shortbread down firmly with fingers or fork. Bake for 35 minutes. Turn upside down onto a serving plate. Cut into 9 pieces.

Best eaten hot. Enjoy!

**About the Author:** Chris Williamson is an associate member of the Society of Children's Book Writers and Illustrators, and is currently working on a cookbook manuscript. Chris is married to her best friend, who happens to be in the military, so she is a nomad by marriage. She currently belongs to a small farm, where she raises chickens and tends a large garden.

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**Author's URL:** <http://www.mrsmousehouse.com>

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## **Honey Wheat Bread**

From: Chris Williamson

Wheat bread doesn't have to be dense or dry. This light, moist, and slightly sweet loaf is easy to make either manually or in a bread machine. It's the daily bread of choice at our house.

2-1/4 tsp. active dry yeast  
2 cups bread flour  
1 cup whole wheat flour  
2 tbsp. toasted wheat germ  
2 tbsp. honey  
1/2 tbsp. salt  
1 1/2 tbsp. shortening  
1/3 cup powdered nonfat milk  
1 cup warm water

Instructions for Bread Machine:

Add dry ingredients to bread machine in the order listed. Add shortening and warm water.

Set machine to whole wheat or white bread setting. Makes one 1 1/2 lb. loaf of Honey Wheat Bread.

(If you want the bread to rise higher, add one egg yolk to warm water right before starting machine.)

#### Manual Instructions:

Separate out 1 cup of flour.

Set aside.

Mix rest of dry ingredients in a large bowl.

In a separate small bowl, mix shortening and warm water.

Add to dry ingredients in large bowl all at once.

Stir.

Stir in as much of remaining cup of flour as you can.

On a floured board, knead bread until it is smooth and elastic (about 10 minutes).

Put dough in a greased bowl, turning once to grease both sides.

Cover loosely with wax paper, and allow to rise until doubled in size (about 1 hour).

Punch down dough.

Roll with greased hands to remove large air pockets, and shape into a loaf.

Place in loaf pan and allow to rise again until almost doubled (about 30-40 minutes).

Twenty minutes into second rising, preheat oven to 375F.

Bake for 30-35 minutes, or until crust is deep golden brown.

(Tip: Loaf will sound hollow when rapped with the knuckles). Remove from oven.

Tip bread out of loaf pan.

Allow to cool on a rack for 10 minutes.

For a soft crust without added fat, place slightly cooled bread in a plastic bag, and seal.

Let bread cool completely to room temperature before slicing.

For a crusty loaf, allow to cool completely on the rack, and store in a vented bread keeper. Makes one loaf. Enjoy!

**About the Author:** Chris Williamson is a writer, artist, and proud to be an associate member of the Society of Children's Book Writers and Illustrators. Chris is married to her best friend who happens to be in the military, so she is a nomad, by marriage. Most recently she belongs to a small farm, where she raises chickens and tends a large garden. She is currently working on her own cookbook and two Picture Book manuscripts.

**Author's URL:** <http://www.mrsmousehouse.com>

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## I'm tired Tuna Casserole

From: Karen Beck

*Here's a great tasting Tuna Casserole that's quick and easy after a long day.*

8-oz. dry packaged wide noodles  
1 can tuna (in water)  
1 can cream of mushroom soup  
1 cup crushed potato chips

Preheat oven to 350F.

Cook noodles according to package directions.  
Mix together in large bowl, tuna, cream of mushroom soup and 1/2 cup of crushed potato chips. Stir in noodles and pour into 1-1/2 to 2 quart casserole dish. Sprinkle 1/2 cup of crushed potato chips on top. Bake for 30 minutes.

**About the Author:** WHEN NIGHTMARES COLLIDE was inspired by a true kidnapping/murder in my hometown, Georgetown, IL. I now live on the East Coast with my daughter Jessie May and son Matthew. Oh yes, and Wishbone, Missy, Chance and LilyFish. Let's see, did I leave out any pets?

**Author's URL:** <http://www.hometown.aol.com/whennightmaresco/index.html>

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## Impressive Ending

From: Tara Manderino

*This dessert is a hit no matter when I serve it, and it always gets rave reviews. When I use it for special occasion parties I use real whipped cream topping and use curling ribbons around the top edge of the cake.*

1 package yellow cake mix, prepared according to directions.  
4 eggs  
2 lb. Ricotta cheese  
1/2 cup sugar  
1 tbsp. vanilla

Preheat oven to 350F.

Pour prepared cake mix into greased 9x13 in. pan. Set aside.

Mix eggs, sugar, cheese and vanilla together. Gently pour this mixture over the cake batter.

Bake for 60 minutes or until cake tests done, using a toothpick. It should be a light golden color. Let cake cool for 10 minutes, then invert onto serving dish. The cheese filling, which sank to the bottom while cooking, will now be on the top.

Icing suggestions: Using a non-dairy topping is very good, as is a chocolate icing, but for the absolute best whip some heavy cream with sugar until peaks form and spread over the cake.

**About the Author:** I enjoy reading paranormal romances as much as I enjoy writing them. All stories can free the imagination, but paranormals with their venture into the unknown, kindle my imagination more than any other. I hope you have a chance to read SOUL GUARDIAN, and enjoy it as much as I enjoyed writing it. Available at <http://ebooksonthe.net> or [Amazon.com](http://Amazon.com).

**Author's URL:** <http://taramanderino.homestead.com>

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## **Joanie's Healthy Hi-Fi Cookies**

From: Joan Bramsch

*Here's a recipe I created; we all enjoy the chewy nutritious treat.*

*For a healthy, fast meal, eat one or two cookies with one or more 8 oz. glasses of water.*

In a very large bowl (and I do mean large!), blend dry ingredients:

4 cups rolled oats

2 cups whole wheat flour

2 cups dry milk powder

2 cups oat flour (can be made from oatmeal in the blender)

1/2 cup rye flour

1/2 cup wheat bran

1/2 cup rice flour (can be made from whole rice in the blender)

1/2 cup wheat germ

1/2 cup corn flour

3/4 cup Sugar Twin

4 tbsp. baking soda

2 tsp. cinnamon

1/2 tsp. nutmeg

1/2 tsp. allspice

If you have the following, also add...

1 cup rolled wheat

1/2 cup soy fiber

1/2 cup apple fiber

MIX IN:

12 egg whites

1 cup apple sauce

1/2 cup canola oil

1/2 cup honey

1/2 cup crushed pineapple and juice

Add water to make dough stick together -- start with 3 cups and work up 1/2 cup at a time.

3 tbsp. vanilla

2 cups raisins

Preheat oven at 350F.

Use small ice cream scoop to place dough onto cookie sheet greased with no-stick vegetable spray -- 3 across and 5 down. Then use a wet fork to press into flat, thick round shapes.

Bake for approximately 15 minutes. The cookies should be lightly browned on the bottom and starting to brown on the top and, even after cooling, should feel and taste moist and chewy.

Once the cookies are thoroughly cooled, store them in a covered container in the refrigerator. Freeze extras by placing two cookies into sealed plastic bags for easy serving in lunches or for snacks. Microwave for 15 seconds and they will taste like fresh baked again.

NOTE: Hi-Fi Cookies MUST be refrigerated because long periods at room temperature will cause the fresh, whole grain ingredients to spoil.

**About the Author:** Joan Bramsch is a parent, educator, and writer, who enjoys longtime international success. Enjoy her Family books and Empowered Parenting Ezine, and her hot, humorous romances!

**Author's URL:** <http://JoanBramsch.com>

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## Korhely Leves

From: Eva Kende

*The dictionary defines the word Korhely as drunkard. This soup is said to be a good antidote for a hangover. I always visualized a drunk weaving down the street, with a bottle in his hand, singing in the middle of the night and when he gets home his wife grabs him at the garden gate and makes him eat this soup, while lecturing to him about his behavior and what the neighbors will think. I think this soup is too good to waste on a wasted man. Make it and enjoy!*

2 tbsp. cooking fat or oil  
2 tbsp. all purpose flour  
1/2 tsp. Hungarian paprika  
6 cups smoked stock (see below)  
1 small cooking onion, minced  
1 lb. sauerkraut  
Salt and pepper to taste  
Sliced smoked sausage (optional)  
1 cup sour cream (optional)

On medium heat, gently fry the flour in the cooking fat until it starts bubbling. Remove from heat, add the paprika. Mix and add the cold smoked stock all at once. Mix well to make sure there are no lumps. Add sauerkraut, onions and black pepper. Add the sliced sausage. Simmer until the sauerkraut is tender. Adjust the salt if needed. Add the sour cream, but do not let it come to a boil again or it will curdle. Alternatively, put the sour cream on the table and let each person add as much as they like.

"Smoked Stock" can be any liquid in which smoked meat, usually pork was cooked. Generally it's made of ham or ham bone, but it can be any number of things that are left over from another preparation. If Smoked Stock is not available, heavily smoked sausage and water can take it's place.

\*Warning\* Canned sauerkraut is often too salty or sour. Taste and rinse if necessary.

My thanks to Amy Crawshaw for testing this recipe and pronouncing it fit to print.

**About the Author:** Eva Kende is a cookbook author, always interested in the origin and history of food preparation. Her latest cookbook, EVA'S KITCHEN CONFIDENCE, is available from <http://www.diskuspublishing.com/>

**Author's URL:** <http://www.telusplanet.net/public/ekende>

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## **Lazy Day Dip**

From: Valerie Hardin

A block of light cream cheese  
A jar of your favorite salsa  
Mild Corn chips

Place cream cheese on a platter.  
Pour as much salsa as you want over cheese. Surround with corn chips and just dig in.  
Also tastes good on toasted bread.

**About the Author:** Valerie Hardin writes for both children and adults. She has ebooks at [hardshell.com](http://hardshell.com), [www.streetsaint.com](http://www.streetsaint.com) and [crossroads.com](http://crossroads.com) Valerie likes things that glow in the dark.

**Author's URL:** <http://www.geocities.com/Paris/LeftBank/4266/>

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## **Lemon Pepper Fish**

From: Chris Williamson

*This savory fish can be ready to eat in under 10 minutes. Serve with a salad and a dish of ice cream, and you have a meal for two in no time at all. Makes 2 Servings.*

1/2 lb. pollock (or other mild-tasting fish fillets), fresh or thawed  
1/8 to 1/4 tsp. lemon pepper  
2 tsp. butter, melted  
2 tsp. lemon juice  
1/2 tsp. sugar  
Salt to taste

Melt butter in 10-inch frying pan. Add lemon juice and sugar. Stir.  
Place fillets in frying pan and sprinkle with lemon pepper.  
Over Medium heat, cook fillets for 2-4 minutes each side, turning once. Enjoy!

(Tip: Cooking time is determined by thickness of fish fillets. Fish is done when it flakes easily with a fork.)

**About the Author:** Chris Williamson is a writer, artist, and proud to be an associate member of the Society of Children's Book Writers and Illustrators. Chris is married to her

best friend who happens to be in the military, so she is a nomad, by marriage. Most recently she belongs to a small farm, where she raises chickens and tends a large garden. She is currently working on her own cookbook and two Picture Book manuscripts.

**Author's URL:** <http://www.mrsmousehouse.com>

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## **Liver Pâté For That Special Guy in Your Life**

From: Beth Anderson

*The guys (and women) just seem to love this one, unless you happen to have an anti-liver guy/lady. This came from an old friend, Irene Zastrow, a fantastic, creative cook, who got it from her mother, and it usually disappears fast because of the fabulous flavor. Great party food!*

1 lb. liverwurst, room temperature  
4 oz. soft cream cheese  
1/4 cup mayonnaise  
1 tbsp. Worcestershire sauce  
3 drops Tabasco sauce  
1/4 tsp. garlic salt  
1 tbsp. dill pickle juice  
1/4 cup finely chopped dill pickles  
1/4 cup finely chopped onions

Mix all ingredients well, then pour into a small oblong mold lined with Saran Wrap. Chill in refrigerator for 24 hours. Serve with woven wheat or Ritz crackers, or other fairly plain crackers.

**About the Author:** Beth Anderson is the author of five novels. Her last two, published by Clocktower Books, are NIGHT SOUNDS and MURDER ONLINE. Both are mysteries, but Beth also writes mainstream novels; her next book with Clocktower will be a mainstream romance, SECOND GENERATION, due out in March, 2001.

**Author's URL:** <http://www.bethanderson-hotclue.com>

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## Mama's Southern Style Chicken and Dressing

From: Kristie Leigh Maguire

*My mother has made this recipe for Christmas and Thanksgiving for many, many years. It is one of the best dressing recipes I have ever tasted. She is an old-fashioned cook who very seldom measures anything. She just adds a pinch of this and a pinch of that. I have tried to duplicate her recipe with accurate measures.*

2 rounds of cornbread (recipe below)  
3-4 chicken breasts  
2 cans cream of chicken soup  
2-3 cans chicken broth  
2 cups corn flakes, crushed  
2 cups crackers, crushed  
Creole seasoning (preferably Tony Cachere's)  
Salt and pepper

2 bunches green onions, chopped  
1 large onion, chopped  
2-3 celery stalks, chopped  
1 cup milk  
1 medium to large apple, diced finely  
2-3 eggs, hardboiled

Make 2 pans of cornbread in round cast iron skillet. Remove from skillet and set aside.

Boil chicken breasts in water seasoned with salt and pepper. If water level starts becoming low, add more water as chicken cooks. When chicken is almost done, add 2 cans cream of chicken soup and 2 or 3 cans chicken broth to the water and chicken. Simmer on low heat.

Crumble the cornbread into a large bowl. Add corn flakes and crackers. Season with black pepper, salt, and Tony Chachere's Creole Seasoning (not too much of this as it is quite spicy and hot). Mix and set aside.

Sauté green onions, onion and celery in melted butter until tender.

Add the sautéed ingredients to the crumbled cornbread mixture and toss together to mix. (Reserve approximately 1/3 cup of the sautéed ingredients for the giblet gravy.)

Remove cooked chicken from broth mixture and set aside. Slowly add the chicken broth mixture to the cornbread mixture and mix together. The cornbread and chicken broth mixture should be of a slightly soupy consistency – it may not be necessary to use all of the chicken broth mixture. (Reserve at least 1 cup of the chicken broth mixture for the giblet gravy.) Add 1 cup milk to the cornbread and broth mixture and stir.

Peel 1 medium to large apple and dice finely. Add to cornbread mixture and stir.

Remove the chicken from the bone and tear into medium size pieces.

Layer the cornbread mixture alternately with the chicken pieces into a large oblong lightly greased pan.

Cover with aluminum foil and bake at 350 degrees for approximately 15 minutes. Do NOT let it get too dry.

#### GIBLET GRAVY

Hardboil 2 or 3 eggs. Shell and chop.

Heat vegetable oil in skillet and slowly add approximately 1/3 cup flour. Stir constantly till brown. Add the remaining sautéed ingredients and stir. Slowly add the remaining chicken broth mixture and stir to keep from lumping. Add chopped boiled eggs to gravy mixture and mix together. Remove from heat when the gravy thickens.

Serve over dressing as desired.

#### CORN BREAD

2-1/2 cup Self Rising Corn Meal Mix

2 eggs

1/4 cup milk

1 tsp. sugar

1/2 tsp. salt

1/4 cup vegetable oil

Preheat oven to 450 F.

Beat eggs well, stir in milk. Stir in self-rising corn meal mix, sugar and salt. Add oil, stir until blended. Pour into greased and heated 9 inch cast iron skillet or 9 inch square pan. Bake 35 to 40 minutes until golden brown. Makes 9 servings.

**About the Author:** My name is Kristie Leigh Maguire and I write romance novels. I am currently working on a three book series called The Marcie Series. The first novel, DESERT TRIANGLE, is already published. The second novel, CABIN FEVER, is a work in progress.

For more information, go to <http://hometown.aol.com/kristieleigh777/index.html>

**Author's URL:** <http://www.geocities.com/kristieleighmaguire/authorspage.html>

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## Marie's "Killer" Tuna-Noodle Casserole

From: Elizabeth Delisi

*This is the recipe that Marie Kenning, the heroine of my suspense novel SINCE ALL IS PASSING, threatens to make for the hero, Chris Whitley! Unlike Chris, my kids love it.*

12-oz. pkg. egg noodles  
1/4 cup chopped onion  
2 tbsp. butter  
2 tbsp. flour  
11-oz. can condensed cheddar cheese soup  
1 soup can milk  
9 1/4-oz. can tuna, drained  
1 cup frozen corn  
1/4 cup parmesan cheese or buttered bread crumbs

Preheat oven to 375F.

Cook egg noodles as directed on package; drain and set aside. Meanwhile, in 4-qt. saucepan, cook onion in butter until tender but not browned. Whisk in flour, then stir in cheese soup. Gradually whisk in milk, cooking and stirring until thickened and bubbly. Stir in tuna, noodles, and corn. Turn into 2-qt. casserole dish greased with non-stick cooking spray. Sprinkle with parmesan cheese or buttered bread crumbs. Bake, uncovered, for 25 minutes.

**About the Author:** Elizabeth Delisi is the author of suspense novels SINCE ALL IS PASSING (Avid Press, Oct. 1999) and FATAL FORTUNE (Petals of Life Publishing, Sept. 1998). Her latest book, MIRROR IMAGES, a short story anthology, is due out from DiskUs Publishing in March 2001.

**Author's URL:** <http://www.elizabethdelisi.com>

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## Mozart's Birthday Syllabub

From: Juliet Waldron

*So called because it separates after standing for three days in the fridge. At Colonial Williamsburg, you will see them let Syllabub sit unrefrigerated. In the old days, they hoped that the alcohol content would be sufficient to prevent spoilage. The higher the fat content of the whipping cream you use, the better. On great-grandpa's farm in upstate NY, the Jersey cow supplied the family, and her cream would whip with a fork at room*

*temperature. Don't try this trick with the grocery store stuff, and be sure to chill the bowl and beaters thoroughly.*

Variants of this confection were made much earlier than Mozart's time. Syllabub is a favorite at my yearly Mozart's Birthday Party, our grand finale. All writers & poets present complain about their waistlines and then eat it anyway.

1 lemon --juice and grated rind  
1 cup white wine (from medium to very dry; pick your favorite – I've even used champagne)  
1/2 cup dry sherry  
2 cups heavy whipping cream, very cold  
2 cups powdered (confectioner's) sugar  
(2 bowls, chilled)

Blend the wine and sherry with the lemon juice. Whip cream in the chilled bowl, adding lemon rind, and, slowly, the sugar. (If you use a hand mixer, there will be a cloud of dust, so don't do this in your Sunday Best!)

Add the wine/sherry/lemon juice mixture gradually to the cream and sugar mixture, whipping as you go. It may take as long as fifteen minutes to thicken.

Pour or spoon into wine glasses. Cover with cling wrap and set for two to three days in the refrigerator. It will slowly separate into a clear layer and a cream layer. To be served at the end of your candlelit 18th Century dinner.

**About the Author:** Juliet Waldron is proud mother of two sons, grandma to three granddaughters, and is honored to be the servant of four cats. Married as a teen, she's still married, and to the same guy, which shows her natural stick-to-it-iveness. Storytelling, and storytelling about the past, comes naturally because her family loved nothing better while gathered round the dinner table than a tall tale. She grew up in a now vanished rural US and enjoys books, all kinds of music--and an unencumbered outlook. She has no degrees of interest, but does have a library card (and now a computer) with which to carry on obsessive researches into various historical figures. Her first published work, MOZART'S WIFE, may be found at Online Originals.

**Author's URL:** <http://mozartswife.itpsites.com/>

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## **Mud Cake**

From: Elizabeth Delisi

*This cake is simple to make, and is a great favorite in our family.*

1 cup butter, softened  
2 cups sugar  
4 eggs  
1 tsp. vanilla  
1 1/2 cups flour  
1/3 cup unsweetened cocoa

Preheat oven to 350F.

Spray 13x9 in. cake pan with non-stick cooking spray and set aside. In large bowl, beat butter and sugar until light and fluffy. Add eggs, one at a time, beating well. Stir in vanilla. In medium bowl, combine cocoa and flour; fold into batter. Spread in pan and bake 25-30 minutes, until toothpick inserted in center comes out clean. Cool, and frost as desired.

*About the Author:* Elizabeth Delisi is the author of suspense novels SINCE ALL IS PASSING (Avid Press, Oct. 1999) and FATAL FORTUNE (Petals of Life Publishing, Sept. 1998). Her latest book, MIRROR IMAGES, a short story anthology, is due out from DiskUs Publishing in March 2001.

*Author's URL:* <http://www.elizabethdelisi.com>

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## **Nana's Pound Cake**

From: Beth Anderson

*This is a recipe my mother-in-law in Virginia handed down to us many years ago; she got it from her mother, and it's the one thing we cannot do without at Christmas. We always try to undercook it just a tad so we'll have that wonderful moist 'sad streak' in the middle. In fact, we all tend to get downright testy if it doesn't have the sad streak.*

3 sticks butter  
1 lb. powdered sugar  
6 large eggs  
3 cups plus 2 tbsp. Flour  
2 tbsp. pure vanilla extract

Preheat oven to 300F.

Cream the butter and sugar. Add the eggs one at a time, beating well after each addition. Incorporate the flour one cup at a time, beating well after each addition. (Don't underbeat with all these additions; it's the beating that does it.) Add the vanilla, beat well to blend.

Bake in a well-greased and floured tube pan for 1 hour and 20 minutes. This cake is great with warm lemon sauce.

**About the Author:** Beth Anderson is the author of five novels. Her last two, published by Clocktower Books, are NIGHT SOUNDS and MURDER ONLINE. Both are mysteries, but Beth also writes mainstream novels; her next book with Clocktower will be a mainstream romance, SECOND GENERATION, due out in March, 2001.

**Author's URL:** <http://www.bethanderson-hotclue.com>

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## Nana's Pumpkin Squares

From: Beth Anderson

*This is one of the most delicious, moist, comfort-food snacks or desserts I've ever tasted. It came from my mother-in-law in Virginia, and God love her, she was right about this, too.*

2 cups flour  
2 cups sugar  
1/2 tsp. salt  
2 tsp. baking powder  
2 tsp. cinnamon  
1 tsp. baking soda  
1 cup vegetable or cooking oil  
4 eggs  
16-oz. can pumpkin

Frosting:

4 oz. cream cheese  
2 tsp. vanilla  
3/4 stick butter or margarine  
2 cups powdered sugar

Preheat oven to 350F.

For the cake, mix all dry ingredients, then add oil, eggs, and pumpkin. Beat with mixer at medium speed for 2 minutes. Pour in greased and floured jellyroll pan 15 1/2 X 10 1/2 X 1 in. and bake for 25 minutes. Once the cake is totally cooled, mix frosting ingredients with a mixer and frost.

**About the Author:** Beth Anderson is the author of five novels. Her last two, published by Clocktower Books, are NIGHT SOUNDS and MURDER ONLINE. Both are

mysteries, but Beth also writes mainstream novels; her next book with Clocktower will be a mainstream romance, *SECOND GENERATION*, due out in March, 2001.

**Author's URL:** <http://www.bethanderson-hotclue.com>

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## No-Crust Quiche

From: Christine Duncan

*What's for dinner? Or lunch? Or breakfast? I have a son with Celiac disease (which is just a fancy way to say that he can't eat wheat, rye or barley). My daughter is quasi-vegetarian. As far as I can work out, she won't eat beef or lamb, but she will eat some forms of pork (pepperoni on her pizza for example) and any form of poultry is just fine. My husband is a meat and potatoes man. So what can I put on the table? This quiche, accompanied with a salad, is one good answer.*

1 stick butter (1/4 lb.) melted  
1/4 cup of cornstarch  
6 large eggs  
1 cup milk  
1 lb. Monterey Jack cheese, cut into cubes  
1/2 lb. mushrooms, sliced  
2-3 green onions, sliced  
3 oz. cream cheese  
1 pint cottage cheese  
1 tsp. baking powder  
1 tsp. salt  
1 tsp. sugar  
1 fresh tomato, sliced

Preheat oven to 350F.

Beat the eggs, and add all the other ingredients except the tomato. Pour into greased 9x13 in. pan. Bake uncovered for 45 minutes or until set. Add tomato slices on top and put back into the oven until tomato is warmed.

**About the Author:** Christine Duncan is the author of *SAFE BEGINNINGS*, the first in the Kaye Berreano mystery series, which is set in a battered women's shelter. *SAFE BEGINNINGS*: a fire, a murder, a battered woman's nightmare, available from [DynamicPatterns.com](http://DynamicPatterns.com)

**Author's URL:** [http://Christine\\_Duncan.tripod.com](http://Christine_Duncan.tripod.com)

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## No-Sugar Cinnamon Rolls

From: Jim and Joyce Lavene

1 tbsp. yeast  
1 3/4 cups lukewarm water  
1 cup softened butter  
4 eggs  
1/4 cup warm water  
8 cups flour  
1 cup fructose  
1 tsp. salt  
raisins (optional)  
Melted butter, cinnamon and fructose as needed

Dissolve yeast in lukewarm water.  
Add milk and 1 cup of flour and let rise, covered, in a warm place

Combine butter and fructose.

Add eggs, one at a time, then add raisins, if using them.

Mix well, knead until smooth. Let rise until doubled.

Roll dough into rectangle 9 in. wide and 1/4 in. thick. Brush with melted butter. Sprinkle liberally with cinnamon and fructose.

Roll into log shape.

Cut into 3/4 to 1 in. pieces. Place in pan. Brush tops with butter. Sprinkle liberally with fructose and cinnamon. Let rise until double in size.  
Preheat oven to 375F.

Bake for about 25 minutes.

Icing for Cinnamon rolls:

The secret to good icing is making sure your fructose is powdered as finely as possible in your blender. Try to get out all the grains. The more finely powdered, the better!

1 cup powdered fructose  
1/2 cup butter or margarine

Mix powdered fructose and butter until well blended. It should be smooth. Spread on cinnamon rolls while they are warm but not hot.

Exchange rate for each cinnamon roll- 1 fruit, 1 starch (2 fruit if you included raisins)

**About the Author:** Joyce Lavene, writing with her husband/partner, Jim, has written novels in romance, mystery, suspense and science fiction.

**Author's URL:** <http://www.joyceandjimlavene.com>

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## **Old Fashioned Comfort Stew**

From: Diana Lesire Brandmeyer

4 lbs. cubed stew meat.  
2 cups flour  
2 tbsp. paprika  
½ tsp. salt  
¼ cup olive oil  
2 carrots, scraped and sliced  
1 medium onion, quartered  
2 cloves chopped garlic  
3 Idaho potatoes, cubed (peeled or not, whichever you like)  
6 oz. tomato sauce  
4 tbsp. tomato paste  
1 cup red wine

Preheat oven to 300F.

Heat olive oil in a large skillet. Mix flour, salt and paprika in a plastic, then add meat and shake to coat. Brown floured meat in hot oil.

In a 13x9 in pan, layer half the meat, half the vegetables, and half the chopped garlic. Repeat.

In the skillet used to brown the meat, stir in the red wine, tomato sauce, and tomato paste. Cook, stirring constantly, for 4 minutes. Pour over the meat. Cover and cook in the oven for 3 hours. Uncover for the last 15 minutes. Serve with buttered noodles.

**About the Author:** I love to cook as much as I like to write. I hate to clean up after cooking as much as I hate to plot before writing a story!

**Author's URL:** <http://www.eclectics.com/dianabrandmeyer>

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## Out of this World Fruit Soup

From: Eva Kende

*This soup is an adaptation of a Hungarian favorite, using readily available ingredients in the North American kitchen. The original is made from scratch with rarely available sour cherries and/or tart apples. If you have access to sour cherries, I urge you to try them with this recipe. Just replace all or some of the canned fruit with stewed sour cherries and adjust the sugar to your taste. Some people find it strange to have cold, sweet soup at the beginning of a meal. Although it's called soup, there is no reason you can't serve it as a light dessert or in tall frosted glasses on the deck as a treat on a hot summer afternoon. You may even add a little of your favorite booze to jazz it up!*

14-oz. can fruit cocktail  
10-oz. can mandarin orange slices  
1 tbsp. commercial mayonnaise  
1/4 cup sugar  
1 cup sour cream  
1 tbsp. lemon or orange zest (optional)  
1/2 cup water  
1/2 cup purple grape juice

Drain fruits, but reserve the liquids. Right in the serving bowl, briskly whisk together the sugar and mayonnaise. Add the sour cream, whisk until smooth then slowly whisk in all the liquids. Add the zest and the fruits, mixing gently. Chill well before serving. Garnish with mint leaves, maraschino cherries or lemon slices.

**About the Author:** Eva Kende is the author of two cookbooks. She also likes to write short anecdotes about her past, her travels and any other subject that gets her enthused. Her cookbooks are filled with such personal comments. Her e-cookbook, EVA'S KITCHEN CONFIDENCE, is available from <http://www.diskuspublishing.com/>

**Author's URL:** <http://www.telusplanet.net/public/ekende>

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## Pancet

From: Charlotte Boyett-Compo

*This is a recipe from the Philippines given to me by a good friend who was stationed there with the Navy.*

One large chicken, boiled and meat shredded (reserve broth)  
One package rice noodles (or vermicelli pasta)  
2 bunches green onions, thinly sliced (use tops!)

4 ribs celery (use tops, too), finely chopped  
2 medium carrots, shredded  
1 small head of cabbage, shredded  
1 tbsp. garlic powder  
1/2 cup soy sauce  
1/4 cup vegetable oil  
salt and pepper to taste

Sauté vegetables in oil. Set aside. If you are using vermicelli, break into quarters before cooking. If you use rice noodles, run under hot broth to soften.

Drain pasta and toss thoroughly with all other ingredients in large bowl. Refrigerate overnight.

**About the Author:** Charlee's husband, Tom, is a retired military weatherman. She has traveled extensively with him and garnered recipes from many cultures. Her world-building ideas for The WINDLEGENDS Saga series has come from her relationships with the peoples of many different countries and nationalities.

**Author's URL:** <http://www.windlegends.com>

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## **Party Crunch**

From: Karen Beck

*Whether your daughter's friends are coming for a sleepover, or you are entertaining the adults, this party mix will please them all! This recipe was passed on to me by my friend, Linda Bright.*

1 box Rice Chex  
1 box Corn Chex  
1 small box Cheerios  
1 bag very thin pretzel sticks  
1 pint pecans  
1 pint raw shelled peanuts  
3 sticks butter or margarine  
4 tbsp. garlic salt  
3 tbsp. onion salt  
3 tbsp. Worcestershire sauce

Preheat oven to 250F.

Mix all cereals and nuts in a large baking pan. Set aside. Melt butter. Add garlic salt, onion salt and Worcestershire sauce to the melted butter. Pour over dry cereals and stir. Bake for approximately 2-1/2 to 3 hours. Stir occasionally.

**About the Author:** Karen lives on the east coast with her daughter and son. WHEN NIGHTMARES COLLIDE is her first novel endeavor. Filled with suspense and intrigue, the mystery lover in you will not be disappointed!

**Author's URL:** <http://www.hometown.aol.com/whennightmaresco/index.html>

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### **Pee-Pee Punch**

From: Charlotte Boyett-Compo

*Okay, so it doesn't sound proper, but this is an excellent punch that has been widely received at receptions around the country...until someone asks the name. The actual name used to be "Piss-in-the-Bowl", but that was worse yet. If you must, you can call it Yellow Punch! It is delicious, however.*

2 large cans of pineapple juice  
3 lbs. sugar  
1 pint of bottled lemon juice  
1-oz. bottle of almond flavoring  
2 quarts Ginger Ale  
1 gallon water

Combine all ingredients and serve ice cold. Serves 50

**About the Author:** Charlee, who has a wicked sense of humor, has gathered recipes from many of her stranger friends. This is why she writes in the dark fantasy genre.

**Author's URL:** <http://www.windlegends.com>

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## **Perfect Béchamel**

From: M. D. Benoit

Béchamel is a white sauce with infinite possibilities. Add a bit of tomato juice, and you have Sauce Aurore; a bit of cheese, Sauce Mornay; onion and paprika, Sauce Hongroise. It is used in Chicken à la King, over ham or fish. There are several ways of making it, but mine turns out perfect, every time. The trick is to pour very cold milk over hot flour.

1 tbsp. butter or vegetable oil  
1 tbsp. white flour  
1 cup very cold milk  
Salt and pepper

Heat butter in pan until it bubbles, or oil until it smokes lightly. Add flour and stir vigorously, until well mixed and roux is fragrant, about 2-3 minutes. Remove from heat. Pour, all at once, the cold milk over the flour mixture. Stir quickly or whisk. Return to medium-low heat and stir continuously until thickened, about 5-8 minutes. Season to taste.

If you want a slightly thicker sauce, add more flour. If it's too thick, add warm milk. It's easier to thin this sauce than to make it thicker.

**About the Author:** M. D. Benoit discovered science fiction and mystery through her father's bedtime stories, which were always full of gadgets, dark doorways, and disappearing people. She lives in Ottawa, Canada, with her husband and her cat (who is really an alien). 'TIL THE FAT LADY SINGS, a science fiction mystery, is her first e-novel. Visit her website for a taste of the Fat Lady.

**Author's URL:** [http://www.geocities.com/mdbenoit\\_2000](http://www.geocities.com/mdbenoit_2000)

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## **Picnic Baked Beans**

From: Rita Hestand

*You can't do anything too wrong to beans except burn them. So don't worry. If the beans aren't sweet enough, add brown sugar to taste and cook another thirty minutes. Beans should not be soupy but have some liquid. If the beans are too sweet then add more dry mustard. This works just like a sweet and sour dish. Don't taste the beans until they have cooked long enough to absorb some of the flavor.*

3 cans of pork and beans

1/2 onion, chopped fine  
5 tbsp. dry mustard  
2 tbsp. prepared mustard  
1 tbsp. ketchup  
1/2 cup brown sugar  
1 tbsp. dark syrup  
2 tbsp. Worcestershire sauce

Preheat oven to 350F.

Mix all ingredients and let set in refrigerator for 1 hour or more. Bake for 1 to 1 1/2 hour. Don't overcook, the beans will dry out. If too tart add more brown sugar. If too sweet add more dry mustard. Don't taste it till it's cooked at least 1/2 an hour. The beans will be thicker than red beans or butter beans. Serve hot from the oven. If beans begin to dry before serving, add a 1/4 cup of water, stir and heat in microwave. Great for picnics or family reunions.

**About the Author:** PRETEND MOM is a story of coming home. Dixie Rose Kincaid enjoys her vacation at a home town fair, with her brothers. She finds herself frog jigging and becomes the town guinea pig at a baseball dunk. Come join the fun, and let Pretend Mom melt your heart. <http://www.wordbeams.com/pretend.html>

**Author's URL:** <http://ritahestand.com>

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## **Pirate Key Shrimp Creole**

From: Kathleen Culligan Techler

1/2 cup chopped onion  
1/2 cup chopped celery  
1 clove garlic, minced  
3 tbsp. cooking oil  
16-oz. can tomatoes  
8-oz. can tomato sauce  
1 tsp. salt  
1 tsp. sugar  
1/2 tsp. chili powder  
dash hot pepper sauce  
1 lb. shelled raw shrimp  
1/2 cup green pepper, chopped  
2 tsp. cornstarch mixed with 1 tbsp. cold water

In a large pot, sauté onion, celery, and garlic in oil until tender. Add next six ingredients. Simmer uncovered for 45 minutes. Add shrimp and green pepper, cover, and simmer five minutes. Thicken with cornstarch. Serve over rice.

**About the Author:** Kathleen Culligan Techler is the author of THE SECRET OF PIRATE KEY, a Young Adult novel which takes place on a Florida island.

**Author's URL:** <http://hometown.aol.com/kayt3/>

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## **Pizza Burger**

From: Amy B Crawshaw

*This is a great dish for a party. It's easy and tasty and kids like it. You can even make the topping and freeze it until the day of the party. This recipe calls for ground bologna. You can use a food processor or dice slices of bologna in very small squares.*

1 lb. ground meat  
1/2 lb. ground bologna  
6 oz. Velveeta cheese  
1/4 tsp. salt (optional)  
1 tsp. parsley flakes  
1/4 tsp. oregano  
1 1/2 cups spaghetti sauce  
1 package of hamburger buns

Preheat oven to 400F.

Brown ground meat, drain. Add other ingredients and cook together until cheese melts. Separate bun halves and place on a cookie sheet in oven until halves brown only slightly. Spoon warm ground meat mixture onto halves and bake until melted and lightly brown.

**About the Author:** Amy B. Crawshaw is the author of WINTER INTO SPRING, due out this spring by Gemini Books. She is the mother of four children and has tested these recipes on her family. They are all still alive.

**Author's URL:** <http://www.geocities.com/romancebyamy/RomancebyAmy.html>

## Quick Hamburger Stew

From: Chris Williamson

*I love the taste of a rich, cooked-slowly-all-day stew any time of the year. I usually feel the cravings for it most often about a half an hour before supper time, much too late to indulge in its savory warmth that day. I developed this recipe to fill that need, and it quickly became a family favorite. This rich and filling stew for two can be ready to warm you up in under 30 minutes.*

1/2 lb. extra lean ground beef  
1 medium potato, washed and cut into 1/2 in. cubes  
1 can condensed tomato soup  
1 tablespoon Worcestershire sauce  
2 tsp. seasoned salt  
1 1/2 cups frozen mixed vegetables

For people sensitive to spices, optional recipe below:

Use 1 can condensed cream of mushroom soup in place of condensed tomato soup.

Reduce seasoned salt to only 1 tsp.

Reduce Worcestershire sauce to only 1 tsp.

Don't add any additional salt or pepper.

Otherwise, follow recipe exactly.

Boil potato in (salted) water in a 2 quart saucepan for 15 minutes.

Brown ground beef in 10-inch frying pan. Drain fat.

Add soup, vegetables, Worcestershire sauce, and seasoned salt. Mix well.

Add parboiled potatoes and 1/2 cup of potato cooking liquid. Bring to a boil. Simmer potatoes are cooked through, about 15 minutes, stirring often.

Enjoy! Serves 2-3.

**About the Author:** Chris Williamson is an associate member of the Society of Children's Book Writers and Illustrators, and is currently working on a cookbook manuscript. Chris is married to her best friend, who happens to be in the military, so she is a nomad by marriage. She currently belongs to a small farm, where she raises chickens and tends a large garden.

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**Author's URL:** <http://www.mrsmousehouse.com>

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## **Red Lentils and Tomato Pasta Sauce**

From: M. D. Benoit

*This pasta sauce gives you the same texture as ground meat, without the animal protein. I like mine with a zing, to counteract the blandness of the lentils. Test the jalapeño, though, before you include it. In one of my last batches, the pepper was so hot, I could see steam coming out of my husband's ears. Not that he complained; he ate his entire plate. Maybe his mouth was numb after the first bite.*

2 tbsp. vegetable or olive oil  
1 clove garlic or shallot, minced  
2 medium onions, chopped finely  
1 green pepper, chopped finely  
1 red pepper, chopped finely  
1 jalapeño, chopped finely  
½ lb. mushrooms (button or porcini), sliced  
28-oz. can diced tomatoes  
14-oz. can tomato sauce  
5 ½-oz. can tomato paste  
1 tsp. each dried thyme, oregano  
1 tbsp. dried sweet basil  
¼ - ½ tsp. dried hot peppers  
1 bay leaf  
1 tsp. ground black pepper  
Salt to taste  
¾ cup split red lentils  
½ cup water

Rinse red lentils under cold water, and pick out the black ones.

Heat oil in dutch oven. Sauté garlic/shallot and onion over medium heat until translucent, about 5 minutes. Add other vegetables, and sauté over medium-high heat for another 5 minutes.

Add the rest of the ingredients except for lentils and water. Stir well and heat over medium-high heat until it boils. Simmer, uncovered, for 45 minutes. Add lentils and water, and simmer for another 15-20 minutes, until lentils are tender. Don't overcook. Adjust seasoning.

Variant:

Instead of lentils, peel and dice 1 eggplant. Pour boiling water over eggplant and let stand for 10 minutes. Drain, then add to sauce 15 minutes before serving.

Serve over whole wheat spaghetti or fettuccine. Extra sauce will keep in freezer for up to 3 months.

**About the Author:** M. D. Benoit discovered science fiction and mystery through her father's bedtime stories, which were always full of gadgets, dark doorways, and disappearing people. She lives in Ottawa, Canada, with her husband and her cat (who is really an alien). 'TIL THE FAT LADY SINGS, a science fiction mystery, is her first e-novel. Visit her website for a taste of the Fat Lady.

**Author's URL:** [http://www.geocities.com/mdbenoit\\_2000](http://www.geocities.com/mdbenoit_2000)

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## **Red Velvet Cake**

From: Kristie Leigh Maguire

*This recipe is a great old Southern cake. It has been around for a long time. No self-respecting Southern lady would be without her recipe for Red Velvet Cake. It is sinfully delicious - just like my romance novels!*

1 1/2 cups cooking oil  
1 1/2 cups sugar  
2 eggs  
1 tsp. cocoa  
1 oz. red cake food coloring (1 bottle)  
1 tsp. vinegar  
1 tsp. baking soda  
2 1/2 cups plain flour  
1 cup buttermilk mixed with 1 1/2 tsp. vanilla extract

Frosting:

1 stick margarine  
8-oz. pkg. cream cheese  
1 box confectioners sugar  
1 cup finely chopped nuts

Preheat oven to 350F.

Cream together the oil, sugar and eggs

Mix the cocoa, food coloring and vinegar. Add to first mixture.

Sift baking soda with plain flour. Add to creamed mixture, alternating with vanilla-flavored buttermilk

Bake in 2 cake pans for 30 minutes.

Frosting:

Whip margarine and cream cheese together. Mix in the sugar and nuts. Spread on cake when cold.

**About the Author:** My name is Kristie Leigh Maguire and I write romance novels. I am currently working on a three book series called The Marcie Series. The first novel, DESERT TRIANGLE, is already published. The second novel, CABIN FEVER, is a work in progress.

For more information, go to <http://hometown.aol.com/kristieleigh777/index.html>

**Author's URL:** <http://www.geocities.com/kristieleighmaguire/authorspage.html>

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## **Rice Pudding**

From: Patricia Crossley

*"Bake slowly until the pudding is brown on top and of a thick, creamy consistency." Rice pudding is one of the comfort foods we all remember with nostalgia. Cooked long and slow (even overnight) and with different flavorings, it is easy, stress-free and delicious. This is a recipe from many years ago.*

4 oz. long grain rice (not instant)  
5 cups milk  
1/2 oz. butter (optional)  
2-3 oz. sugar  
Grated nutmeg or other flavoring (see below)

Flavorings:

Sprinkle or grate on top: ground cinnamon, nutmeg

Add before baking and remove before serving: lemon or orange rind

Add before baking: raisins, chopped dates, candied peel, cocoa (blend with a little milk and add to rest of milk; check if extra sugar needed), chocolate (grate plain chocolate, dissolve in a little warm milk, add to rest of milk).

Preheat oven to 310F.

Grease a large pie dish with a little butter. Combine the rice and milk in the dish. Leave to stand for about half an hour. Add the sugar, flake the remaining butter on top and add any flavoring desired. Bake slowly until the pudding is brown on top and of a thick, creamy consistency, about 2 1/2 hours.

Serves 6

**About the Author:** I have lived in five different countries and moved countless times. Now I'm settled with a sail boat and a supportive husband in beautiful British Columbia, Canada, where my office overlooks the waters of the Inner Harbour in Victoria. In September 2001, we look forward to six months in Kenya in a volunteer teaching position. I love to write "romance with a twist": mystery, time travel, paranormal, and am well into a suspense novel right now. Visit my web site to learn more about me and my books.

**Author's URL:** <http://www.patriciacrossley.com>

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## **Salad Fit for Caesar**

From: Eva Kende

I usually cook with confidence, but one night I even surpassed myself. I like to keep my bulk ingredients in attractive red topped coffee jars. They look nice in my cupboard or in the freezer and it gives my kitchen a comforting chemist's laboratory look. On the particular evening in question, I didn't notice a jar of instant mashed potatoes on the counter, as I gathered my ingredients for the salad. Without my reading glasses, I confidently added the frozen grated Romano cheese, only to find, that I'd added a generous amount of instant mashed potatoes instead. I hate waste, so I continued, adding a little extra vinegar for balance, praying that the odd combo would not be criticized. I searched my husband's face as he dug in. He delivered his usual "Love your Caesar Salad" speech and I never told him that I had a bit of an "accident".

2 tbsp. commercial Mayonnaise  
2 inches of anchovy paste or 1 scraped anchovy  
2 tbsp. olive oil  
1-2 cloves of garlic, crushed  
2 tbsp. vinegar  
1/3 cup coarsely grated Romano cheese  
Romaine lettuce torn into bite size pieces

In a large salad bowl, whisk together the first three ingredients until smooth. Add the garlic and while continuously whisking slowly add the vinegar. Whisk until all dissolved and stir in the cheese. Add the lettuce and toss until the lettuce is well coated.

This can be served as a side salad or can be topped with a julienne of left over meat, eggs or seafood, to make it a meal in a bowl.

You may add croutons and bacon bits if you wish.

Note: I like to grate my own Romano cheese in the food processor in quantities and keep it in the freezer for ready use. I also make my own flavored vinegar (garlic, bay leaf, pepper corns, mustard seed, basil, oregano) and use it in this dressing, but plain white vinegar will do just as well.

**About the Author:** Eva Kende is the author an electronic cookbook that explains methods and ingredients to lead the reader to cook with confidence. EVA'S KITCHEN CONFIDENCE, is available from <http://www.diskuspublishing.com/>

**Author's URL:** <http://www.telusplanet.net/public/ekende>

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## **Sausage Rolls**

From: Tara Manderino

*This is great for make-ahead, and eat on the run. Because of that, it was a staple here on evenings when we had to chauffeur the kids anywhere. The recipe calls for frozen bread dough, but I usually found it quicker to make my own.*

3/4 lb. bulk sausage  
1/2 cup of dry red wine  
1/4 cup grated Romano cheese  
2 tsp. parsley flakes  
1/4 tsp. leaf oregano, crumbled  
1 lb. (1 loaf) frozen bread dough, thawed  
1 tbsp. butter or margarine

Preheat oven to 375F.

Brown sausage in large skillet, stirring to break meat into small pieces. Drain off fat. Add wine to sausage. Cover and simmer 15 minutes. Drain liquid. Add cheese, parsley and oregano. Remove pan from heat.

Cut dough into 8 equal pieces. Pat or roll each piece into a circle able to accommodate 1/8 of the sausage filling. Place filling in center of dough, fold and pinch ends securely.

Place on greased cookie sheet. Brush rolls with butter. Bake for 20 to 25 minutes until browned.

**About the Author:** "Tara Manderino's SOUL GUARDIAN is mesmerizing. Her writing style captures you from the first chapter and keeps you entranced until the very end...Looking for spine tingling and hair raising suspense, then you better grab this one while you can." -- Kim Gaona, writing as Kimberly Roberts, "A Chance Worth Taking."

**Author's URL:** <http://taramanderino.homestead.com>

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## **Scalloped Oysters**

From: Mary Taffs

*This is a family favorite for Thanksgiving and Christmas.*

1 pint oysters  
1/2 cup oyster liquor (the liquid oysters are sold in)  
2 tbsp. light cream  
1/2 cup white bread crumbs  
1 cup cracker crumbs  
1/2 cup melted butter  
Salt  
Pepper

Preheat oven to 400F.

Mix bread and cracker crumbs with melted butter. Spread thin layer of crumbs on bottom of greased shallow baking dish.

Cover with half of oysters, sprinkle with salt and pepper, and add half of cream and oyster liquor. Repeat layers, and cover top with crumbs. Bake for 30 minutes.

If you increase the quantities, use a larger dish and still only two layers.

**About the Author:** Mary Taffs' next book is due out in September 2001. It will feature a family-owned restaurant on the Oregon Coast, a delectable chef, and a burned-out software engineer.

**Author's URL:** <http://www.marytaffs.com>

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## Scrambled Pancakes

From: Joan Bramsch

*I called my mother Tinkerbelle Mama because she refused to grow up. She had a delightful sense of childlike wonder that she held to until her last day on Earth. I feel quite certain she is spreading joy among the angels now.*

*One of the most fun recipes Tinkerbelle Mama ever made for me as a child was Scrambled Pancakes. I have carried on the tradition with my own children and now my grandchildren, and so I present it to you as a loving tribute to my beloved Tink.*

3 cups flour  
1 1/2 tsp. baking powder  
1 tsp. salt  
3 tbsp. sugar

Into a large bowl, sift dry ingredients together.

Add:

3 large eggs  
1 tbsp. vanilla  
2 cups milk

Mix together, adding more milk, 1/4 cup at a time, until the mixture is thick as unset pudding.

Heat two heavy frying pans (cast iron is terrific if you have them). One is for frying; the other is for keeping the pancakes warm until served. Add a teaspoon of butter or oil to the cooking pan. When the pans are hot, turn off the heat under the warming pan, and you are ready to begin.

Pour some of the batter into a measuring cup with a spout or into a teapot. Drizzle the batter round and round into the hot frying pan, creating sizzling paths of frying batter. As soon as the batter is crisp along the edges, use a wooden spoon to stir the pancake rivulets, gently stirring, stirring, until they break apart to form smaller, irregular-shaped pancake pieces. When they are brown and crispy, turn out into the warming pan. Add more oil. Repeat until you have enough servings for your family. Then heap on warmed plates and serve with syrup.

Now the fun begins! Plan to dine for at least an hour, for each crispy piece must be examined before it's popped into the mouth and consumed. Why, you may ask? Because there are mystery shapes in every morsel! Special secret shapes - "Oh, look! A camel." Crunch. "Oh, here's a perfect elephant!" Chomp! "A rocket ship!" Nibble. "A roller skate!" Gobble.

And yes, I did once find a roller skate shape among my Scrambled Pancake pieces, but I never did find the roller skate key. But Tink did.

**About the Author:** Joan Bramsch is a parent, educator, and writer, who enjoys longtime international success. Enjoy her Family books and Empowered Parenting Ezine, and her hot, humorous romances!

**Author's URL:** <http://JoanBramsch.com>

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## **Sex in the Pan**

From: M. D. Benoit

*These squares are so decadent, you can't but think of all the forbidden things you'd like to try out. But, instead, you just pick up another square – the reward is more immediate. Forget the guilt.*

¼ lb. butter  
1 cup graham crackers crumbs  
1 can sweetened condensed milk  
6-oz. pkg. chocolate chips  
6-oz. pkg. butterscotch chips  
1 cup coconut  
1 cup slivered almonds

Preheat oven to 350F.

While the oven is heating up, place inside a 9x12 in. glass pan with the butter and heat until melted.

Take pan out of oven. Spread graham crackers crumbs over melted butter. Spread all other ingredients in order on top of the other.

Bake for 20 minutes, or when the mixture bubbles. Let cool, then cut into squares.

**About the Author:** M. D. Benoit discovered science fiction and mystery through her father's bedtime stories, which were always full of gadgets, dark doorways, and disappearing people. She lives in Ottawa, Canada, with her husband and her cat (who is really an alien). 'TIL THE FAT LADY SINGS, a science fiction mystery, is her first e-novel. Visit her website for a taste of the Fat Lady.

**Author's URL:** [http://www.geocities.com/mdbenoit\\_2000](http://www.geocities.com/mdbenoit_2000)

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## Simple Salad Dressing

From: Pat Fredeman

*This simple, quick recipe comes from a friend who has it from his mother who had it from her mother. He relies upon it for a last-minute rescue when, in a flurry of preparations, everything is ready with one notable exception.*

1/4 tsp. dry mustard  
Salt and pepper  
2 tbsp. vinegar (wine, either red or white)  
6-8 tbsp. oil  
sweet basil, dried, to taste

Mix first five ingredients, then slowly whisk in oil. Season with sweet basil to taste.

**About the Author:** Pat Fredeman writes poetry, both sacred and secular; short prose pieces, both fanciful and realistic; and novels, including PARADISE REGAINED, a contemporary romance novel now available at [www.gemini-books.com](http://www.gemini-books.com). She is interested in ideas, both modern and traditional; animals, both domestic and wild; humans, both civil and otherwise; and good writing. She lives in Oklahoma City and teaches at a regional college.

**Author's URL:** <http://www.gemini-books.com/pfredeman.htm>

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## Snow Logs

From: Charlotte Boyett-Compo

*This is a treat I traditionally make each Christmas season. I wrap each individual 'log' in colored plastic wrap and give to those who provide services to our family during the year: The mailman, the garbage men (not many people think to thank them), the bus driver, the paperboy, and the lady who baby-sits my cats when I go out of town. Our family makes these logs together as a project each year.*

1 box vanilla wafers, crushed  
1 box golden raisins  
1 box dark raisins  
1 bottle each of red and green cherries, drained and chopped  
1 large bag flaked coconut  
1 1/2 cans sweetened condensed milk  
10-oz. package gumdrops, thinly sliced

6-oz. package each walnuts, almonds, and pecans, coarsely chopped  
1 box powdered sugar.

Mix all ingredients except powdered sugar. On waxed paper dusted with powdered sugar, roll mixture into 2x6 in. logs. Dredge through additional powdered sugar. Wrap in colored plastic wrap and refrigerate. Can be frozen until ready to serve.

**About the Author:** Charlee takes her frustrations out in the kitchen. When she's mad, she bakes. When she's sad, she creates. When she's happy, she eats more of what she makes than serving it! She is a dark fantasy author with a very sweet tooth. If she could find a way to make her own Sweet Tarts, she'd never leave the kitchen.

**Author's URL:** <http://www.windlegends.com>

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## **Soomey's Sweet and Sour Meatballs**

From: Judith B. Glad

*Silas Dewitt, newly arrived in an Idaho gold camp, saves two Chinese boys from a mob of drunken miners. But one of them turns out to be an independent, stubborn, lovely woman who decides her role is to protect him. Soomey, shaped by poverty and sexual slavery, sees Silas as her means to freedom and independence—until she falls in love with him. Knowing that she is assisting in her own heartbreak, she guards his back as he searches for a cache of gold nuggets.*

*A vicious killer stalks them both, hating Soomey for her race, Silas for his wealth. Silas faces him in a desperate knife battle, but is too late to save Soomey from painful torture. Scarred in body and soul, Soomey tries to leave him. Can Silas hold her with passion, tenderness, and a promise of eternal love? (The Duchess of Ophir Creek, coming March 2001 from [www.awe-struck.net](http://www.awe-struck.net) )*

Mix in large pot:

1-2 cloves garlic, finely chopped

½ cup cider vinegar

¾ cup sugar

3 tbsp. soy sauce (dark is best)

½ cup water

Juice from one can pineapple chunks (large or small, depending on your passion for pineapple)

¼ cup cornstarch in ½ cup cold water.

Stir occasionally over medium heat until sugar is dissolved, then simmer for ten minutes, covered.

Add pineapple chunks, meatballs (2-3 dozen), and as much finely chopped candied ginger as your palate demands. Add pineapple juice, water, ginger or seasoning to taste. Let simmer 1 hour.

Remove meatballs and pineapple from sauce. Thicken with cornstarch Stir constantly over medium-high heat until thickened and transparent. Return meatballs and pineapple and let sit for a few minutes over very low heat.

Serve over rice. This is also a delicious sauce for spareribs.

This is one of those useful recipes that can be doubled, trebled, or sextupled. A triple batch of sauce and 75-100 small meatballs feeds 25 hungry people.

**About the Author:** Judith B. Glad's exciting historical romance series, Behind the Ranges Series, where wilderness challenges heart and soul, is published by Awe-Struck E-Books ([www.awe-struck.net](http://www.awe-struck.net)) . BOOK I: THE QUEEN OF CHERRY VALE now available; BOOK III: THE DUCHESS OF OPHIR CREEK, coming 25 March 2001. Read more about the series at my website.

**Author's URL:** <http://www.judithbglad.com>

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## **Soy-Ginger Marinated Salmon**

From: Maureen Mackey

*I live in the Pacific Northwest, where salmon is plentiful, and I've learned to love the flavor of this magnificent fish. Besides tasting terrific in this simple recipe, salmon is a rich source of omega-3 fatty acids, which have been shown to reduce the risk of heart attack. I like salmon cooked this way both hot off the grill and cold the next day. Good to eat and good for you - you just may find yourself falling in love with it, too.*

4 salmon fillets or steaks (allow about 6 oz. per person)

Marinade (see following recipe)

Lemon wedges, optional

Marinade:

1 cup sake (Japanese rice wine)

1/2 cup natural soy sauce or tamari (preferably reduced sodium)

1 tbsp. fresh grated ginger  
2 cloves fresh garlic, pressed  
1 tablespoon dark brown sugar

Make the marinade by whisking the marinade ingredients together in a small bowl.

Rinse the salmon fillets under cold water, and place in a glass or ceramic dish. Pour the marinade over the fish. Cover the dish and allow the fish to marinate in the refrigerator for several hours (about one to three hours). At least once or twice during this time, check the fish and spoon the marinade over any exposed parts of the fillets.

Fire the grill, or preheat the broiler to high heat.

Drain the fish and place on foil on grill or rack in the oven. Cook until desired doneness, (fish flakes easily and is opaque) but be careful not to overcook.

Serve immediately, with lemon wedges as garnish if you like. For a complete, satisfying meal, add rice and a salad or steamed vegetables.

Makes four servings.

**About the Author:** Maureen Mackey lives in Portland, Oregon with her husband and two teen aged sons. She'd rather write than cook, but — to paraphrase Benjamin Franklin—her boys' appetites make cooking at her house as certain as death and taxes. She is the author of BOUND BY BLOOD, a contemporary romantic suspense thriller, and LORD PETER'S PAGE, a light-hearted Regency romance. Both books are available from Awe-Struck E-Books. For more about Maureen go to her website.

**Author's URL:** <http://www.maureenmackey.com>

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## **Spaghetti Sauce from scratch -- or not**

From: Amy B Crawshaw

*This is a delicious recipe for spaghetti sauce. It starts from the garden but if you don't want to bother with tomatoes, or you don't have the equipment, you can buy cans of tomato sauce from the store and begin with the bottom half of the recipe. You may have to add tomato paste to thicken.*

1 good peck (8 quarts) tomatoes to fill the bottom of a roast pan  
2 hot peppers

8 medium onions  
6 cloves garlic

20 cups tomato juice from cooked tomatoes above or store sauce  
1 bay leaf  
1 ½ cups oil  
1 tsp. basil  
¾ cup brown sugar  
1 ½ tsp. oregano  
2 tbsp. salt  
1 ½ tsp. pepper

Core top of tomatoes, cut next three items in smaller pieces. Cook on stove until peppers and onions are soft, approx. 1-1 ½ hours. Strain through straining machine. Makes 20 cups.

Add remaining ingredients to above tomato juice. Simmer for 4 hours or so. Freeze in plastic freezer bags.

**About the Author:** Amy B. Crawshaw is the author of WINTER INTO SPRING, due out this spring by Gemini Books. She is the mother of four children and has tested these recipes on her family. They are all still alive.

**Author's URL:** <http://www.geocities.com/romancebyamy/RomancebyAmy.html>

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## **Spice Bars**

From: Denise Gasta

*This is an old family holiday recipe. It is also a year-around wonderful dessert/snack.*

1/2 cup margarine  
1 1/2 cup brown sugar  
1 tsp. vanilla  
1 egg  
3 cups flour  
1 1/2 tsp. baking powder  
1/2 tsp. baking soda  
1 tsp. salt  
1 tsp. cinnamon  
1/2 tsp. nutmeg

1/2 tsp. ground cloves  
1/2 tsp. allspice  
8-oz. can tomato sauce  
3/4 cup candied cherries  
3/4 cup candied pineapple  
1 cup walnuts

Preheat oven to 350F.

Cream brown sugar, vanilla, and margarine. Add eggs, beat until smooth.

Sift dry ingredients together. Mix in dry ingredients to creamed mixture, alternating with tomato sauce. Add fruits and nuts.

Place in greased 15x10x10 in. jelly pan. Bake for 30-35 minutes.

Let cool, top with your favorite cream cheese or vanilla frosting. Cut into 2x2 in.squares.

**About the Author:** Denise Gasta and her husband, Gregory Michel, live and work in Texas. Some of their books are: MONARCH KINGDOM, DANNY, and THE BUTTERFLY GARDEN, published by Writer's Exchange E-Publishing (<http://www.writers-exchange.com/epublishing>). Their Café Press store is at <http://www.cafepress.com/michelgasta>

**Author's URL:** <http://home.earthlink.net/~lectrcwolf/index.html>

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## **Starlight Shrimp**

From: Gail Kennedy

*TELL ME NO LIES is a contemporary romance set in Alabama. One hundred and fifty years ago, cotton was king in Alabama. Now football reigns supreme, and only those who have lived in or visited Alabama during football season can begin to appreciate the passion and intensity of the in-state rivalry between Auburn University and the University of Alabama. The hero of my book was a former football star at the University of Alabama, while the heroine's loyalties lie with Auburn. This rivalry adds spice to my story, and I hope the following recipe adds spice to your palette, as well.*

6 cups of water  
2 tbsp. salt  
1 lemon, halved  
1 stalk celery, cut into 3 inch pieces

2 bay leaves  
A dash of cayenne pepper  
1/4 cup parsley, minced  
1 package Zatarains Crawfish/Crab/Shrimp boil (if available)  
2 lbs. unpeeled shrimp freshly trolled in Mobile Bay  
1 container of cocktail sauce  
1 cooler  
2 beach towels - one crimson and white, the other orange and blue  
1 tape player  
1 gorgeous sunset at the Alabama Gulf Shore Beaches

Slice off heads of shrimp.

Combine first 8 ingredients in a large pot or Dutch Oven. Bring to boil. Add shrimp in shells and cook about 5 minutes until they become pink. Drain well with cold water and chill.

Peel and devein shrimp, then store in chilled cooler.

Zesty Alabama Cocktail Sauce:

2/3 cup chili sauce  
1/4 cup lemon juice  
2 to 3 tbsp. prepared horseradish  
2 tsp. Worcestershire sauce  
1/4 tsp. hot sauce

Mix all ingredients together. Sample and add to your taste. The more, the zestier! Store in chilled cooler.

Carry the cooler to the beach and, as the sun fades over the Gulf waters and Jimmy Buffett's rendition of "Stars Fell On Alabama" plays softly in the background, enjoy the shrimp, perhaps with a glass of wine or beer. When the stars flicker to life, whisper War Eagle, Roll Tide, count your blessings, and dream about the next romance book you plan to read or write.

**About the Author:** Gail Kennedy is a romance writer from Alabama where the sunsets are said to inspire writers. Her latest book, TELL ME NO LIES, can be ordered from [www.ltdbooks.com](http://www.ltdbooks.com)

**Author's URL:** <http://members.aol.com/gailkenned>

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## Summerland Chili

From: T. L. Schaefer

*You can make this chili anywhere from mild to five-alarm hot; personally, I tend toward the spicier version. If you prefer something less of an inferno, leave out the dried serrano peppers and the chopped jalapeños...they give it bite. I suggest serving this concoction over hot cornbread with a garnish of scallions, grated cheddar cheese and a dollop of sour cream. Enjoy!*

1 "log" Jimmy Dean "hot" sausage  
1 onion, chopped  
4 cloves garlic (or two tsp. of the bottled stuff)  
2 bottles beer (you can use dark beer for a more 'nutty' flavor)  
2 whole dried poblano chilies (for looks and flavor)  
2 whole fresh anaheim chilies (see above)  
5-6 dried serrano chilies  
2 tsp. chopped jalapeño chilies  
4 tbsp. chili powder  
2 tsp. cayenne pepper  
2 tbsp. crushed red pepper (dried)  
2 tbsp. basil (fresh or dried)  
2 cans kidney beans  
2 cans black beans  
2 cans diced tomatoes  
1 small can tomato sauce

Cook sausage, onion and garlic over medium heat until meat is brown and crumbly.  
Drain.

While meat mixture is cooking, pour beer into large pot. Add all chilies and spices and bring to a boil, then simmer. When meat mixture is cooked, add to pot.

Drain and rinse beans and add to pot. Add canned tomatoes (do not strain), and tomato sauce.

Stir, then simmer for at least 1 hour (preferably 90 minutes) to allow the flavors to blend. If it gets too thick, just add another beer!

**About the Author:** TL Schaefer is the author of THE SUMMERLAND, available at [www.atlanticbridge.net](http://www.atlanticbridge.net). She enjoys cooking, having tested this recipe on herself and her husband more times than they can count over the course of many a football season.

**Author's URL:** <http://www.geocities.com/terrishaefers>

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## Sushi for the Squeamish

From: Leta Nolan Childers

*There's just something about the notion of eating raw fish that makes me a bit squeamish. The same is true for my husband and son. But, adventurous souls that they are, they really wanted to try the experience. So, I concocted this recipe that pretty much satisfies their longing for the exotic.*

2 cans tuna, drained  
2 cups sticky rice\*  
Honey  
1 can of asparagus stalks  
1 can of water chestnuts, slivered  
1 can of bean sprouts  
1 pkg. of tortillas  
Soy sauce

Sticky rice:

I make my own sticky rice. I prepare the rice according to the instructions, drain and add enough honey to make it sticky enough to stay together. Then, I put it in the refrigerator to cool.

Assembling:

Cut the sides from a tortilla so that it's a rectangle with the top and bottom still rounded. Grab some sticky rice and roll between hands to make a log. Place on tortilla about two inches from the bottom.

Make an indentation in the rice log lengthwise. Place some tuna in the indentation. Place one asparagus stalk and some slivered water chestnuts and bean sprouts on top. Add a bit more tuna. Splash on a touch of soy sauce. (This gives the whole thing a sort of sweet and sour flavor.)

Cover with more sticky rice. Bring end of tortilla up and roll the whole thing up. Slice into three or four pieces and serve.

**About the Author:** Leta Nolan Childers is the author of the best selling THE BEST LAID PLANS. Because her art reflects her life, she specializes in writing romantic comedies with the occasional cozy murder mystery tossed in for fun.

**Author's URL:** <http://letachilders.com>

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## Sweet and Sour Pork

From: Jim Farris

*A semi-traditional dish. Makes about 8 servings at about 600 calories per serving. Not kosher, not for people with known allergies to eggs. Reduce or eliminate salt in recipe for those requiring low-sodium diets.*

Part One:

2 lbs. boneless pork top loin  
Vegetable oil  
1/2 cup flour (general or all-purpose)  
1/4 cup cornstarch  
1/2 cup cold water  
1 tsp. salt  
1 egg

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Part Two:

20-oz. can pineapple chunks in syrup, drained (reserve the syrup)  
1/2 cup brown sugar, packed  
1/2 cup vinegar  
1 tsp. salt  
2 tsp. soy sauce  
2 carrots, cut diagonally (make long, thin slices)  
1 clove garlic, finely chopped (don't use your favorite knife for this, garlic will flavor the blade)  
2 tbsp. cornstarch mixed in 2 tbsp. cold water  
1 green pepper, chopped into 3/4 inch chunks

Part Three:

1-1/3 cup uncooked regular rice  
2-2/3 cup water

Part One:

Trim excess fat from pork. Cut pork into 3/4 inch chunks. Heat oil (1 inch deep) in deep fryer or Dutch Oven to about 360F.

Beat flour, cornstarch, cold water, salt, and egg with hand beater until smooth. Stir pork into batter until well coated.

Add pork pieces one at a time to oil and fry about 5 minutes or until golden brown. Do not fry too many pieces at once; turn pieces 2 or 3 times. Remove from oil, drain, and keep warm.

Part Two:

Add enough water to pineapple syrup to measure 1 cup. Heat syrup, brown sugar, vinegar, salt, soy sauce, carrots and garlic to boiling in Dutch oven, then reduce heat. Cover and simmer for 6 minutes. Stir cornstarch into sauce.

Add pork, pineapple, and green pepper. Heat to boiling, stirring constantly for 1 minute. Remove from heat, and keep warm.

Part Three:

Heat rice and water to boiling, stirring once or twice, then reduce heat. Cover and simmer for 14 minutes. Remove from heat. Fluff rice with fork, then cover and let steam for 7 minutes.

Serve pork and rice to awed guests.

**About the Author:** Jim Farris is a science-fiction and fantasy author who lives in New Mexico. His currently available works are "Pandora's Box", available from <http://ebooksonthe.net> , and the critically acclaimed series, "The Oerth Cycle", available at [http://www.fictionforest.com/featured\\_authors/jfarris/index.html](http://www.fictionforest.com/featured_authors/jfarris/index.html)

**Author's URL:** <http://come.to/xaa>

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## **Taco Casserole**

From: Tara Manderino

*This takes a little time to assemble, but is well worth it. If you cut this casserole into small rectangular pieces when cooled, this dish works equally well as an appetizer.*

1 can cream of chicken soup  
1 can cream of mushroom soup  
1 can enchilada sauce (or 1 package prepared according to directions)  
1 jar taco sauce

Mix the above ingredients together in large bowl (preferably glass). Set aside.

10 small flour tortillas  
2 pkgs. (8 oz. each) cheddar cheese  
2 lbs. ground meat, browned  
1 small onion, sautéed.

Preheat oven to 350F.

Mix browned ground meat and onions in soup mixture.

In a greased 9x13 in. pan, spread small amount of soup mixture. Add a layer of tortillas, then sprinkle with cheese. Repeat process 2 more times. End with layer of tortillas.

Spread soup mixture on top, sprinkled with cheese.

Bake, uncovered, for 25 minutes. Turn oven off, and let casserole set for 15 more minutes in the oven.

Serve warm or at room temperature.

**About the Author:** The only thing Tara Manderino enjoys more than a good romance is a romance with something more. SOUL GUARDIAN, her paranormal romance, has all her favorite elements -- and her favorite character, Lucien.

**Author's URL:** <http://taramanderino.homestead.com>

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## **Taco Salad**

From: Denise Gasta

*Taco Salad is a fun meal that children can prepare, with appropriate supervision. Meat eaters can replace the protein crumbles with 1 lb. of ground meat.*

*Preparation time: approximately 1 hour. Salad can be served immediately upon completion, or served chilled.*

1 package Green Giant (or similar) Protein Crumbles  
1 package Taco Mix (we use McCormack's)  
5 Roma tomatoes, diced  
1 large head iceberg lettuce, shredded  
8 oz. black olives, sliced  
8 oz. green chilies, diced  
2 bunches green onions, diced  
12 oz. sharp cheddar cheese, shredded  
2 Haas avocados, diced  
1 medium bag nacho chips, crumbled (not small)  
1 bottle Thousand Island dressing (large bottle)  
Tabasco sauce (to taste)

Prepare all vegetables in advance. Do all the dicing, slicing, shredding approximately 1 hour before assembly. Set aside until the following step is done.

In medium frying pan, prepare crumbles and Taco Mix according to the directions on the Taco Mix package. Once completed, set aside until the following step is done.

In a LARGE mixing bowl (we use a 22-quart stockpot), mix all vegetables (lettuce, tomatoes, chilies, avocados, onions, olives). Mix well.

Add cheese, Doritos, and taco 'meat.' Add Thousand Island dressing and Tabasco sauce.

Mix thoroughly, using your hands (this is a VERY messy step. The ingredients are heavy and wooden spoons or a spatula will break).

Once all ingredients are thoroughly mixed, ladle taco salad into a pretty serving bowl, or let your guests dish it up from the stockpot.

This salad will go fast. It can be used as a main dish, a side dish, or as one element of a buffet. Leftovers can be microwaved, but the lettuce and Doritos may wilt. This doesn't affect the taste, just the presentation.

**About the Author:** Denise Gasta and her husband, Gregory Michel, live and work in Texas. Some of their books are: MONARCH KINGDOM, DANNY, and THE BUTTERFLY GARDEN, published by Writer's Exchange E-Publishing (<http://www.writers-exchange.com/epublishing>). Their Café Press store is at <http://www.cafepress.com/michelgasta>

**Author's URL:** <http://home.earthlink.net/~lectrcwolf/index.html>

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## **Tepertos Pogacsza 1998**

From: Eva Kende

*Pogacsza is the ultimate fast food in Hungary. These savory buns are sold in every bakery, at every subway station and served at every pub. My favorite is Tepertos Pogacsza, which has pork cracklings as its identifying ingredient, and thus is loaded with artery clogging fat and cholesterol. For a friend who was yearning for this treat after his triple by-pass operation, I developed this recipe for the authentic flavor, drastically reducing the fat content. Incidentally, the preparation time was also reduced which always makes me happy.*

1 recipe white bread dough  
1/2 lb. ground pork  
oil  
salt and pepper to taste

1 egg yolk

Fry the ground pork in a minimum amount of oil at a sizzling high heat. Press the clumps so that they separate. Keep stirring and fry until the bits are crisp and brown. If the ground meat is very fatty, drain off some of the fat. Add salt and pepper. This is your "teperito" spread.

Prepare a bread-dough according to directions in the bread machine, or thaw a frozen loaf and let it rise once.

Roll out to 1/4 inch thickness and smooth on the "teperito" spread as evenly as possible.

Fold as for any other puff pastry:

1. Fold 1/3 of the dough from left to right.
2. Cover with 1/3 from right to left.
3. Repeat 1/3 of the now triple layer from above to down.
4. Cover with 1/3 from below to up.
5. There are now 9 layers on top of each other.

Cover the dough with a bowl and let it rest for 30 minutes.

Roll out with seam side up and fold again in exactly the same sequence. Make sure you don't turn the dough around. Repeat a third time.

The dough can be refrigerated overnight, but will take a while to warm up enough to start to rise again.

Preheat oven to 400F.

Roll the dough out to 1/4 inch thickness. Using a sharp knife, make a cross hatch pattern at 1/4 inch intervals. Brush with egg yolks and cut rounds with 2 inch cookie cutter or wine glass. Place the pogacsas on cookie sheets covered with baking paper and let them rise until double in size. Bake for about 25 minutes or until nicely browned.

Makes about 50 medium pogacsas.

**About the Author:** Eva Kende is author of EVA'S HUNGARIAN KITCHEN a book about the home cooking of her native country. Her newest book, EVA'S KITCHEN CONFIDENCE, shows how recipes can be altered when the techniques of cooking are understood. Available from <http://www.diskuspublishing.com/>

**Author's URL:** <http://www.telusplanet.net/public/ekende>

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## **Terri's Corn and Sausage Chowder**

From: T. L. Schaefer

*This is a soup I've been cooking for the last year or so. With the variations I've made from the original recipe, it's fairly low in fat, but still tastes decadent. Cook up a batch when it's cold outside, then sit back and enjoy.*

3 tbsp. margarine  
3 cups chopped onion  
1 red bell pepper, coarsely chopped  
1 green bell pepper, coarsely chopped  
1 yellow bell pepper, coarsely chopped  
3 tsp. chopped or minced garlic  
4 cups low salt chicken broth  
1 ½lbs. new, red potatoes, cut into eighths  
½ tsp. cumin  
½ tsp. paprika  
¼ tsp. cayenne pepper  
1 large bag frozen corn, thawed  
1 whole fully-cooked kielbasa or equivalent sausage meat  
2/3 cup skim milk  
2/3 cup fat free half-and-half cream

Melt margarine in large pot over medium heat. Add onion, bell peppers and garlic and sauté until peppers are tender, about 15 minutes. Add broth, potatoes, cumin and cayenne pepper. Bring to boil. Reduce heat and simmer until potatoes are tender, about 30 minutes.

Puree half of the corn in a blender or food processor. Add pureed corn, remaining whole corn, sausage, skim milk, and half-and-half to chowder. Simmer until flavors are blended, at least 20 minutes. Season chowder to taste. (If it gets too thick, just add more skim milk)

**About the Author:** TL Schaefer is the author of THE SUMMERLAND, available at [www.atlanticbridge.net](http://www.atlanticbridge.net). She is currently working on a historical western/romance called "The Monarchs of Autumn."

**Author's URL:** <http://www.geocities.com/terrishaefers>

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## Texas Red Chili

From: Bonnie Napoli

1/4 lb. suet, finely chopped  
6 lbs. lean beef, coarsely cubed  
1 cup chili powder  
2 tbsp. cumin powder  
2 tbsp. oregano  
1 tbsp. salt (optional or to taste)  
1 to 2 tbsp. cayenne pepper (to taste, but the more the better)  
4 cloves garlic, minced (again, to taste, but the more the better)  
2 quarts beef stock or canned beef broth  
1/2 cup masa harina or cornmeal  
1/2 cup cold water

Fry suet in deep cast-iron skillet until crisp (you can use your non-stick skillet if you must). Add beef, about 1 lb. at a time, and brown, stirring as it cooks. Remove each pound after browning. When all meat is browned, return it to the skillet. Add seasonings and beef stock. Cover and simmer 1 1/2 - 2 hours. Skim off fat if you are so inclined.

Combine masa or cornmeal with cold water and stir thoroughly into chili. Simmer 30 minutes.

Makes about 3 3/4 quarts, and is even better reheated as leftovers.

All the simmering can be done on a blazing wood stove on a cold, blustery day. The browning of the meat works best on the kitchen stove.

**About the Author:** Bonnie Napoli, author of SHADOWS OF THE ECLIPSE (available at [www.starpublishations.com](http://www.starpublishations.com)) is an award-winning author who prefers writing to cooking any day! She lives in the northwest corner of Connecticut where blustery winters abound, thus easy, one pots meals that cook themselves on the ever-going wood stove are her favorites. Excepting take-out, of course. Thankfully, her husband doesn't mind, and her two children are grown and gone. Her four cats will eat anything. She collects Blue Ridge Pottery, which they eat off of only on holidays, when she does slave over the kitchen stove.

**Author's URL:** <http://www.bonnienapoli.com>

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## **The "Oh My God, You Invited Company And Didn't Tell Me"**

### **Casserole**

From: Leta Nolan Childers

*Too often, my beloved husband has come home from work, kicked back at his computer and over the course of reviewing his private email dropped the bombshell, "Honey, forgot to tell you I invited company for dinner." Because homicide carries a mandatory life sentence here, even for the best of reasons, I devised this recipe, which has somehow become a family favorite even when we don't have company.*

#### Crust:

1/4 cup butter

2 "rolls" of Ritz crackers (or similar variety), finely crushed

Salt, pepper

Plastic wrap

#### Casserole:

1 lb. hamburger (although, in a pinch, two cans drained tuna will work or 1 can of corned beef or even 1 can of Spam, diced)

1 small onion, chopped coarsely

1 tbsp. garlic, chopped

2 cups pasta (whatever you have in the cupboard--macaroni, spaghetti, rotini, I've even broken up lasagna noodles and used those)

1 can green beans, drained

1 can diced carrots, drained

1 can Campbell's Golden Mushroom soup (again, you can pretty much substitute any cream based soup.)

1 cup milk

A bit of olive oil

#### Topping:

1 tube refrigerator dinner rolls

Preheat oven to 350F.

#### To make the crust:

Over low heat, melt butter. Crush Ritz crackers. (A great inspiration for getting those crackers crushed really fine is to think of how my husband put me in this predicament.)

Combine the crushed crackers with the melted butter. Press the mixture into the bottom and along the sides of a 2-quart casserole, spritzed with non-stick vegetable spray. Use plastic wrap to hold the crust in place and store in the refrigerator while you assemble the rest of the casserole.

Casserole:

Brown the hamburger on the stove with the chopped onions and garlic. Salt and pepper to taste.

While you're browning the hamburger, cook the pasta in boiling water with a pinch of salt and a dash of olive oil until al dente. Don't overcook. Drain thoroughly.

In a mixing bowl, combine the browned hamburger, pasta, green beans, carrots, soup and milk. Mix thoroughly.

Remembering to take the plastic wrap out, pour the mixture into the casserole and pat in place. Drizzle the top lightly with olive oil. Place in oven for about 30 minutes or until the casserole is bubbling nicely.

About 15 minutes before serving, carefully place a layer of the refrigerator rolls over the top of the casserole and bake until the rolls are golden brown. Remove from oven and brush the rolls lightly with butter.

Serve with a green, tossed salad and your husband's head, nicely garnished, on a platter for dessert.

**About the Author:** Leta Nolan Childers is the author of the best selling "The Best Laid Plans." Because her art reflects her life, she specializes in writing romantic comedies with the occasional cozy murder mystery tossed in for fun.

**Author's URL:** <http://letachilders.com>

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## **The Happy Holiday Igloo Pound Cake**

From: Joan Bramsch

*This is a specialty cake, tasty, easy to make. Anytime you want to add your culinary comment on the weather, create an Igloo Pound Cake!*

6 egg whites  
3 sticks butter (3/4 lb.)  
3 cups sugar  
6 egg yolks  
4 1/2 cups flour  
1/2 tsp. salt  
2 1/2 tsp. baking powder  
1 1/2 cups milk

3 tsp. vanilla extract  
1/2 tsp. almond extract

Preheat oven to 325F.

Whip the egg whites.

Cream butter, sugar and egg yolks.

Sift together the flour, salt and baking powder. Add to creamed mixture, alternating with the milk. Add vanilla and almond extracts. Fold in the egg whites.

Pour batter in a greased and floured large round METAL MIXING BOWL, filling to 3-inches from the top (any extra batter can be baked in a loaf pan).

Bake 1 1/2 to 2 hours. Cake is done when tester comes out clean.

Constructing An Igloo Cake:

Materials needed:

White icing, blue food coloring, small paint brush, one black licorice stick, one pipe cleaner or fine wire, a scale-size evergreen tree and a Santa if you wish.

After cake is cooled, turn over onto a large round serving platter.

With a sharp paring knife carve a scale-sized "front door" into the cake. Ice the cake with white/vanilla frosting, coating it smoothly. Let icing dry

Once the icing is dry, use a small paint brush and outline "blocks of ice" with blue food coloring.

Thread the pipe cleaner (or other type wire) through the center of the licorice stick, then shape it into a spiral and stick it into the top of the Cake. This is the "smoke" rising from the center of the Igloo.

Add the tree and figure, and other scale-size creatures for decoration. Enjoy your Igloo Cake!

**About the Author:** Joan Bramsch is a parent, educator, and writer, who enjoys longtime international success. Enjoy her Family books and Empowered Parenting Ezine, and her hot, humorous romances!

**Author's URL:** <http://JoanBramsch.com>

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## **The Power Of Pineapple Pie**

From: Janet Privett

1 1/2 cups sugar  
1 stick butter  
1 cup crushed pineapple  
3 eggs slightly beaten  
1 tsp. vanilla  
2 tbsp. flour  
1 cup of flaked coconut

Preheat oven to 375F.

Heat sugar, eggs, butter and flour in a pan until butter is melted. Add pineapple and coconut. Pour in unbaked pie shell. Bake for 35 minutes.

**About the Author:** " Perfect 10 - THE POWER OF LOVE is a unique story you won't want to miss! I highly recommend it for a heartwarming, entertaining read!" Romance Reviews Today

Janet Privett, author of THE POWER OF LOVE, a deliciously romantic adventure at [www.powerlove.org](http://www.powerlove.org), conjured up two sensuously romantic pies.

**Author's URL:** <http://www.powerlove.org>

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## **The Pudding of Love**

From: Janet Privett

1 stick butter  
1 cup self-rising flour  
1 cup sugar  
1 cup milk  
1 can peaches  
1 tsp. cinnamon

Preheat oven to 350F.

Melt butter in an 8x10 in. pan. Pour in peaches. Blend the other 4 ingredients and pour over peaches. Bake for 45 minutes or until golden brown on top.

**About the Author:** " Perfect 10 - THE POWER OF LOVE is a unique story you won't want to miss! I highly recommend it for a heartwarming, entertaining read!" Romance Reviews Today

Janet Privett, author of THE POWER OF LOVE, a deliciously romantic adventure at [www.powerlove.org](http://www.powerlove.org), conjured up two sensuously romantic pies.

**Author's URL:** <http://www.powerlove.org>

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### **The Sunshine Cracker's Ambrosia**

From: Charlotte Boyett-Compo

*This is a traditional appetizer served at Christmas in our home.*

6 oranges, peeled, seeded, and membranes removed; cut into bite-size pieces  
1 bag flaked coconut  
1 large can fruit cocktail.  
1 cup of sugar  
2 6-oz. bags pecan pieces

Combine all ingredients and store in sealed container for at least one day before serving.

**About the Author:** Charlee is a true Sunshine Cracker: Born in Florida, and raised in Georgia. She is the author of the popular WINDLEGENDS Saga sword & sorcery adventure/romance series.

**Author's URL:** <http://www.windlegends.com>

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## **Tomato Soup Cake**

From: Lauralee Bliss

*This recipe has been passed down through the generations from my mother's side of the family. A wonderful spicy, satisfying dessert that is scrumptious!*

1/2 cup shortening  
1 cup sugar  
1 can tomato soup  
1 1/2 cups flour  
1 tsp. baking soda dissolved in 1 tbsp. hot water  
1/2 tsp. salt  
1 tsp. EACH nutmeg, cinnamon, allspice, and cloves  
1 cup raisins  
1 cup chopped walnuts (optional)  
Confectioners sugar

Preheat oven to 350F.

Cream shortening, sugar, and soup. Add dry ingredients (except confectioners sugar). Mix thoroughly. Add raisins and walnuts.

Pour into greased and floured 9x9 in. pan. for 55-60 minutes. Test for doneness with a toothpick. Sprinkle with confectioners sugar.

**About the Author:** Lauralee Bliss loves to entertain readers with page-turning action, intermixed with inspirational themes. Her published inspirational e-books include BLACKBERRY HOLLOW, winner of the Scribes World Reviewers Choice Award, and SNOWBOUND, both by MountainView Publishing ([www.whidbeybooks.com](http://www.whidbeybooks.com)). Check her website for other upcoming titles.

**Author's URL:** <http://lauraleebliss.homestead.com/lrbweb.html>

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## **Tomato Tart**

From: Elizabeth Delisi

*Every summer, we look forward to the ripening of the tomatoes in our garden so we can enjoy Tomato Tart. It makes a lovely light entree, or a hearty side dish.*

### Crust:

2 cups flour  
2 tbsp. sugar  
1/3 cup solid shortening  
1/2 tsp. salt  
2 tsp. baking powder  
3/4 cup milk

Sift flour, salt, sugar and baking powder together in medium bowl. Cut shortening in well. Stir in milk until soft dough forms. Cover and put in warm area to rise slightly while making filling and topping.

### Filling:

5 medium ripe tomatoes  
1/2 tsp. basil  
3/4 tsp. salt  
1/4 tsp. pepper

Chop tomatoes into bite-sized pieces. Toss with basil, salt and pepper.

### Topping:

Mix together 1 cup mayonnaise, 1 cup grated Swiss cheese, and 1 cup grated cheddar cheese.

Preheat oven to 450F.

Lightly grease 2-qt. baking dish. Press dough around bottom and up sides. Bake about 8-10 minutes until crust puffs up and turns light golden brown. Remove from oven; press down crust with back of spoon. Pour filling into crust. Add topping; spread to sides to seal.

Turn oven down to 400F. Bake tart 15 minutes or until crust is browned and topping is puffy and lightly browned.

**About the Author:** Elizabeth Delisi is the author of suspense novels SINCE ALL IS PASSING (Avid Press, Oct. 1999) and FATAL FORTUNE (Petals of Life Publishing, Sept. 1998). Her latest book, MIRROR IMAGES, a short story anthology, is due out from DiskUs Publishing in March 2001.

**Author's URL:** <http://www.elizabethdelisi.com>

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## Turkey Soup

From: Amy B Crawshaw

*This is a great way to get use out of your leftover turkey. I often add more dill, parsley and sage at the end of the recipe for my taste. Feel free to mix and match the noodles and grains to your liking. Remember, if you want to combine your grains use a little less of each.*

1 turkey carcass  
16 cups of water  
2 onions, sliced  
4 garlic cloves  
2 bay leaves  
4 tbsp. parsley  
2 tsp. dill weed  
1 tsp. chopped dry chives  
1 tsp. ground sage  
1 tbsp. salt  
1/4 tsp. pepper

Boil together for 2 hours. Cool and remove meat from carcass.

Add:

turkey meat  
16-oz. bag mixed vegetables  
Your choice of:  
2/3 cup barley  
16 oz. noodles

2/3 cup rice

Cook until grains are tender.

**About the Author:** Amy B. Crawshaw is the author of WINTER INTO SPRING, due out this spring by Gemini Books. She is the mother of four children and has tested these recipes on her family. They are all still alive.

**Author's URL:** <http://www.geocities.com/romancebyamy/RomancebyAmy.html>

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## **Turkey Soup**

From: Elizabeth Delisi

*Every year, my favorite part of Thanksgiving is the Turkey Soup one or two days later. This recipe comes from my mother, who learned it from her mother.*

Bones from a turkey, with some meat left on them  
1 whole, peeled onion  
4 scrubbed, sliced carrots  
2 cups macaroni or rice  
1 can condensed tomato soup  
Salt

Place turkey bones and peeled onion in a 6-quart stockpot. Cover with water. Simmer, covered, for 2-3 hours. Remove from heat. Using slotted spoon, remove and discard onion. Place turkey bones in strainer; return pan to heat.

Add sliced carrots and can of tomato soup to pan and simmer, covered, while working with bones. While carrots are cooking, pull all the bits of meat from the bones and set aside. Discard bones once all the meat is removed. Add turkey meat and macaroni or rice to pan. Simmer for 10 minutes, then remove from heat and salt to taste.

**About the Author:** Elizabeth Delisi is the author of suspense novels SINCE ALL IS PASSING (Avid Press, Oct. 1999) and FATAL FORTUNE (Petals of Life Publishing, Sept. 1998). Her latest book, MIRROR IMAGES, a short story anthology, is due out from DiskUs Publishing in March 2001.

**Author's URL:** <http://www.elizabethdelisi.com>

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## **Venison Meatloaf**

From: Amy B Crawshaw

This is a good recipe that you can use with any ground meat.

1 1/2 lbs. ground venison  
2 eggs  
3/4 cup milk  
1/2 cup bread crumbs  
1/4 finely chopped onion  
2 tbsp. parsley  
1/2 tsp. sage

3 slices American Cheese

Preheat oven to 350F.

Mix together everything but cheese. Mold into loaf and bake for 1 hour. Turn off oven and place slices of cheese on top. Melt cheese and serve.

**About the Author:** Amy B. Crawshaw is the author of WINTER INTO SPRING, due out this spring by Gemini Books. She is the mother of four children and has tested these recipes on her family. They are all still alive.

**Author's URL:** <http://www.geocities.com/romancebyamy/RomancebyAmy.html>

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## **Vermont Style Baked Beans**

From: Mary LaBranche

1 lb. navy or pea beans  
2 tbsp. dry mustard  
1 3/4 tsp. salt  
1/8 tsp. pepper  
3/4 cup maple syrup  
2 tbsp. molasses  
1/4 lb. salt pork  
1 large onion

Soak beans overnight. Heat beans in their soaking water until boiling. Lower the heat; cover, and simmer until tender.

Drain, reserving the water. Place the beans in a crock pot. Combine all other ingredients EXCEPT the onion and salt pork.

Pour over beans. Add salt pork, onion, and reserved water. You may add more water if necessary during cooking time. Cook on in electric crockpot at high for approximately 2 hours. Stir occasionally.

**About the Author:** I write in the romance genre and dabble in poetry. Born and raised in Vermont this is where I have chosen to raise my family and live out my days.

**Author's URL:** <http://www.writersgoldmine.cjb.net>

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## Vinegar Pie

From: Lauryn Hale

1 double pie crust  
3 tbsp. butter  
1 cup sugar  
1/2 cup sugar  
4 heaping tbsp. flour  
Nutmeg  
1/3 cup vinegar  
About 1 cup Water

Preheat oven to 350F.

Cut up and sprinkle butter over bottom of crust. Sprinkle 1 cup sugar over butter in crust. Mix 1/2 cup sugar with flour and sprinkle evenly across bottom of crust. Sprinkle liberally with nutmeg.

Using a 2 cup liquid measurer, pour in vinegar and add water - DO NOT EXCEED 1 and 1/2 cup OF LIQUID. Pour over dry mixture in pie crust. Cover with top crust; pinch edges tightly together to prevent overflow while baking. Do not cut any slits for steam; when the crust begins to bubble, then cut a small hole in the bubbles themselves. Vinegar will overflow so don't slit too early.

Bake 45 min to 1 hour or until filling is set.

**About the Author:** Lauryn Hale writes historical romance novels. Her first novel, THE UNDERTAKER, is due out in the winter 2001 with Awe-Struck E-Books. Visit her website to learn more.

**Author's URL:** <http://www.geocities.com/laurynhale>

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## Welsh Pasties

From: Dee Lloyd

*In the Dirty Thirties, my grandfather worked in a small mining town in Northern Ontario. My most vivid memory of Pasties, apart from their delectable aroma wafting out of Welsh neighbors' open windows, was of one grimy little boy on a wooden stoop waving his cold supper pastie at his sister, "Hey, Jenny!" he yelled. "Come see. I found a pace of mate in me pastie!"*

*These pasties are from a more affluent time.*

Filling:

2 leeks (whites shredded) or 1 large onion, finely chopped  
1 tbsp. vegetable oil  
1 lb. minced beef  
1 large carrot, finely chopped  
1 stalk celery, finely chopped  
2 medium potatoes, diced  
1 cup chicken broth  
2 tbsp. flour (approximately)  
Salt and pepper to taste

Pastry:

2 cups flour  
1 1/2 tsp. baking powder  
1 egg  
1 tsp. salt  
1/2 cup oil  
1/2 cup warm water

Filling:

Brown leeks or onion in oil until transparent. Add beef and cook together until beef loses its red color. Mix occasionally to break up large meat chunks. Add finely chopped vegetables to meat along with broth. Cover and cook until vegetables are tender. Sprinkle flour over mixture in pan; cook and stir over low heat until flour is absorbed and mixture thickens.

Pastry:

Pour dry ingredients into mixing bowl; make a well in the center and add remaining ingredients. Mix with fork until blended. Shape into a mound and allow to stand at room temperature for 1/2 hour.

Dust counter with flour. Cut off and roll out small amounts of pastry at a time to thickness desired. Cut pastry into squares. Place filling on top and fold over to form triangle. Press edges together.

Place on greased pan. Bake at 375F for 20 minutes.

Pasties may be brushed with egg and sprinkled with poppy or sesame seeds before baking. Makes about four dozen small pasties suitable for hors d'oeuvres.

**About the Author:** Review by Elizabeth Burton-Blue Iris Journal for CHANGE OF PLANS: "...can smell the ocean and the mouth-watering aromas and hear the clamor and music of the busy streets. That sensuality carries over into the relationship between Sara and Mike, making for some love scenes as steamy as the climate... the perfect initiation

for romance readers who've never tried an e-book but would like to. Ms. Lloyd is a talent that deserves to be not only read but savored like a fine candlelight dinner for two.”

**Author's URL:** <http://www.deelloyd.com>

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## **Western Omelet**

From: Rita Hestand

*This recipe calls for lots of pre-chopping but the results are worth the effort.*

2 eggs, beaten  
3 tbsp. milk  
Salt  
Coarse ground black pepper

Ham slices, diced  
1/4 white onion, chopped or 3 green onions  
1/4 chopped bell pepper  
Thinly sliced tomatoes  
1 tbsp. picante sauce  
1 slice American Cheese

Lightly butter a small round skillet. Pour eggs in skillet and cover. Let simmer on low heat until the egg gels. Add cheese and cover until melted (this only takes a couple of minutes), then add the chopped ingredients and picante sauce. Flip one side of egg over so that it looks like a fried pie. Some of the contents may spill out; this doesn't affect the flavor. Remove from pan before it browns and garnish with sliced tomatoes. Serve with oven toast and jelly.

**About the Author:** Rita learned to cook from her father and husband so she's been trained right! She's from Texas so naturally she had to throw in the picante sauce.

**Author's URL:** <http://ritahestand.com>

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## Western Sourdough Flapjacks

From: Rita Hestand

*In the West , sourdough was a common ingredient in almost any chuck wagon. Today there are a lot of modern ways to make that same great taste.*

1 cup all purpose flour  
3 tsp. baking powder  
2 tsp. brown sugar  
1 tsp. white sugar  
3 eggs  
1 tbsp. butter (real butter preferred)  
1/2 cup milk  
2 tsp. vinegar

Preheat skillet.

Pour vinegar in the milk and let it set a few minutes (mixture will be lumpy).

Mix dry ingredients in a large bowl. Add remaining ingredients.

Use a big plastic dipper and dip 3/4 spoonful of flapjack mix into hot skillet. Turn heat to just below medium. Cook until golden brown. Add syrup and butter.

Just like on the trail and not half the trouble.

**About the Author:** Cowboys used to carry sourdough mix along the trail to make their biscuits with. Rita found that the secret to making it sour is vinegar mixed in the sweet milk. She also piddles with sourdough breads from time to time. She's writing her first western. She had to write one, if only in tribute to John Wayne.

**Author's URL:** <http://ritahestand.com>

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## Wheat-free Honey and Poppy Seed Bread

From: Elizabeth Bennefeld

*Because I'm allergic to wheat, oats, and rye, I went without bread products for many years. In 1999, my sister-in-law Diane and her family gave us a bread maker for Christmas, and since then I've been having fun developing my own recipes.*

Liquid ingredients:

2 cups of water  
3 large eggs (approx. 1/4 cup each)  
3 tbsp. liquid cooking oil (canola oil)  
1 tsp. cider (or balsamic) vinegar  
2 tbsp. honey

Dry ingredients:

2-1/4 tsp. (1 packet) yeast  
1-1/2 cup white rice flour  
1 cup brown rice flour  
1/2 cup potato starch  
1/4 cup amaranth or bean flour  
3 scant tsp. xanthan gum  
1/2 cup dried/powdered milk  
1-1/2 tsp. salt  
2 tbsp. sugar  
1 tsp. of poppy seeds

All of the ingredients should be at room temperature. Mix the liquid ingredients together in order and put them into the bread maker loaf pan. Next, mix all the dry ingredients together in the order listed, and pour them into the loaf pan. (Make sure that your bread maker will handle that large a loaf. A lot of bread makers will only do one or one-and-a-half lb. loaves).

After the ingredients are mixed thoroughly (the first mixing cycle), peek into the bread maker. If it looks like soup, add a little more flour (and, next time, cut back to 1-2/3 cups water). Starting with 2 cups of water, the dough shouldn't be too dry; if it is, though, add a couple tablespoons of warm water.

The amaranth and bean flours both have distinctive tastes, so you may prefer to use just the rice flours; you can try substituting tapioca starch and/ or potato starch for an equal amount of rice flour. I've had a lot of fun experimenting with different flours and proportions; only two loaves have been inedible, so far.

**About the Author:** Elizabeth is a freelance editor, poet, essayist, and storyteller. She and her husband Al live in Fargo, North Dakota, where she has had her own home-based business, The Written Word, since 1984.

**Author's URL:** <http://www.patchworkprose.com/>

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## Whiskey Cake

From: Lauryn Hale

1 sponge cake, sliced into thin pieces  
1 pkg. vanilla pudding or homemade variety  
Meringue (recipe included) or use recipe for a lemon pie meringue on the back of most corn starch boxes, adding 1 tbsp. of whiskey  
Clean spray bottle  
Whiskey  
Preheat oven to 325F.

Using a cookie sheet, place 1 layer of sponge cake on sheet. Fill the spray bottle half full with whiskey and spritz evenly, but not heavily, across sponge cake. Cover the layer with pudding - repeat layers. Last layer - no pudding. Cover with meringue on all sides - top and sides- and bake until meringue is "bronzed" on all sides.

Meringue  
6 egg whites  
1 tbsp. whiskey  
1/2 cup sugar  
1 tsp. corn starch dissolved in little water

Beat eggs and whiskey until frothy. Then add sugar and corn starch, beat just until the peaks hold.

**About the Author:** Lauryn Hale lives in Colorado with her husband and three kids. Historical romance novels have always captivated her, taking her away to another time and life. It seemed only natural to write about the same things she loved.

**Author's URL:** <http://www.geocities.com/laurynhale>

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## Yorkshire Pudding

From: Patricia Crossley

*This pudding (a baked batter) was used years ago as a 'filler' when meat on the table was rare and expensive. In the north of England it was served first to fill hungry stomachs. It was often cooked below the meat in the drippings from the roast. This is a very simple dish that tests the skills of a cook. The batter is made from a basic mixture of flour, milk and egg. The flour is worked to a slack consistency with the eggs*

*and some liquid so it can be beaten more easily until smooth. The rest of the liquid is stirred in and the mixture left to stand for ½ hour before use. The lightness of the batter depends on the quick formation of steam within the mixture and the quick cooking of the flour. A baked batter requires a hot oven (425F) and should be cooked at the top of the oven at first. It can be moved lower and the heat reduced to 375F to finish cooking.*

10 oz. plain flour  
¼ tsp. salt (plus a pinch in North America)  
2 eggs  
2 1/2 cups (20 oz.) milk  
1 tbsp. fat or oil

Preheat oven to 425F.

Sift flour and salt. Make a well in the center of the flour and break the eggs into it. Add a gill (5 oz.) milk. Stir gradually, working the flour down from the sides and adding more milk as required to the consistency of a stiff batter. Beat well for five minutes by hand (less in a mixer) Add the rest of the milk. Cover and let stand for 30 minutes.

Meanwhile, put fat or oil into a metal pan (glass doesn't work) or into individual muffin tins, and heat in the oven until hot.(The fat should just be at smoking point). Quickly pour in the batter and cook in a hot oven (425F) on the top until nicely browned. Reduce heat to 375F and finish cooking for 10-15 minutes. Total cooking time for large pudding: 30-40 minutes, for individual puddings: 20-25 minutes.

**About the Author:** I have lived in five different countries and moved countless times. Now I'm settled with a sail boat and a supportive husband in beautiful British Columbia, Canada, where my office overlooks the waters of the Inner Harbour in Victoria. In September 2001, we look forward to six months in Kenya in a volunteer teaching position. I love to write "romance with a twist": mystery, time travel, paranormal, and am well into a suspense novel right now. Visit my web site to learn more about me and my books.

**Author's URL:** <http://www.patriciacrossley.com>

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## Table of Common Measure Conversions

### VOLUMES

U.S. UNITS	CANADIAN METRIC	AUSTRALIAN METRIC
1/4 teaspoon	1 mL	1 ml
1/2 teaspoon	2 mL	2 ml
1 teaspoon	5 mL	5 ml
1 tablespoon	15 mL	20 ml
1/4 cup	50 mL	60 ml
1/3 cup	75 mL	80 ml
1/2 cup	125 mL	125 ml
2/3 cup	150 mL	170 ml
3/4 cup	175 mL	190 ml
1 cup	250 mL	250 ml
1 quart	1 liter	1 liter
1 1/2 quarts	1.5 liters	1.5 liters
2 quarts	2 liters	2 liters
2 1/2 quarts	2.5 liters	2.5 liters
3 quarts	3 liters	3 liters
4 quarts	4 liters	4 liters

### WEIGHTS

U.S. UNITS	CANADIAN METRIC	AUSTRALIAN METRIC
1 ounce	30 grams	30 grams
2 ounces	55 grams	60 grams
3 ounces	85 grams	90 grams
4 ounces (1/4 pound)	115 grams	125 grams
8 ounces (1/2 pound)	225 grams	225 grams
16 ounces (1 pound)	455 grams	500 grams
1 pound	455 grams	1/2 kilogram

## TEMPERATURES

<b>Fahrenheit</b>	<b>CELSIUS</b>	<b>GAS MARK</b>	<b>CICOTHERM OVEN</b>
32'	0'		
212'	100'		
250'	120'	½	120'
275'	140'	1	130'
300'	150'	2	140'
325'	160'	3	150'
350'	180'	4	160'
375'	190'	5	160-165'
400'	200'	6	170'
425'	220'	7	180'
450'	230'	8	190'
475'	240'	9	200'
500'	260'		

## MEASUREMENTS

<b>INCHES</b>	<b>CENTIMETERS</b>
1	2.5
2	5.0
3	7.5
4	10.0
5	12.5
6	15.0
7	17.5
8	20.5
9	23.0
10	25.5
11	28.0
12	30.5
13	33.0

**BAKING PAN SIZES**

<b>UTENSIL</b>	<b>SIZE IN INCHES/QUARTS</b>	<b>METRIC VOLUME</b>	<b>SIZE IN CENTIMETERS</b>
Baking or Cake pan (square or rectangular)	8X8X2	2 L	20X20X5
	9X9X2	2.5 L	22X22X5
	12X8X2	3 L	30X20X5
	13X9X2	3.5 L	33X23X5
Loaf Pan	8X4X3	1.5 L	20X10X7
	9X5X3	2 L	23X13X7
Round Layer Cake Pan	8X1 ½	1.2 L	20X4
	9X1 ½	1.5 L	23X4
Pie Plate	8X1¼	750 L	20X3
	9X1¼	1 L	23X3
Baking Dish or Casserole	1 quart	1 L	
	1 ½ quart	1.5 L	
	2 quart	2 L	

**Imperial Measures vs. US measures.**

*For many years several countries of the British Commonwealth used Imperial liquid measures that differed from the US measure of the same name. Although most of these countries have changed to metric, many cooks are still more comfortable with the old system.*

<b>U.S. liquid measures</b>	<b>Imperial liquid measures</b>
1 fluid ounce	1.0408 Imperial fluid ounce
1 pint (16 fl oz)	0.8327 Imperial pint
20 fluid ounces	1 Imperial pint
10 fluid ounces	1 Imperial cup
1 gallon	0.8327 Imperial gal

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## **The Official List of Cooking Skill Levels:**

### **For Women:**

0 = No Skill: You often burn water. The microwave hates you. If your husband is a better cook, he cooks in self-defense - you are, after all, still wanted in three states for starting salmonella outbreaks. If not, you are probably on a first-name basis with every teenage kid at every fast-food joint in town.

1 = Poor Skill: You have mastered the intricacies of the microwave. Unfortunately, you still burn water. If your husband is a better cook than you are, he cooks to stave off boredom from an endless stream of TV-dinners. If not, you're again on a first-name basis with all local fast-food clerks.

2 = Mediocre Skill: You can follow a basic recipe if it's a tested one from a nationally published cookbook, and most of the time the smoke alarms in the house will not go off. Your husband has only had to call the fire department once, and you have only been hospitalized for cooking-related injuries three times. If your husband is a better cook than you, your friends are amazed. If not, you still only occasionally go out to eat - usually when both hands are bandaged from your last disastrous attempt at Chicken Cacciatore.

3 = Good Skill: You can follow any recipe. You invent your own recipes - and they sometimes work. You own at least two cookbooks. You have at least one file-folder of recipes (and it's full). If your husband is a better cook than you, he will never admit it. If not, he will proudly proclaim to all his friends you are a "Cordon-Bleu" chef - particularly when you are around and can be easily embarrassed. You have eaten at a fast-food joint once in your life, and that was only because the kids insisted they wanted a "Happy Meal".

4 = Excellent Skill: You invent recipes and sell them. You own more cookbooks than your friends own romance novels. Your husband worships the ground you walk on, and won't even enter the kitchen, so you've no idea how good a cook he is. Your children still want a "Happy Meal", however.

### **For Men:**

0 = No Skill: You can tear a broken microwave apart, fix whatever's wrong and put it back together, but your greatest accomplishment so far in using it is that you haven't burned down the house yet. If your wife is any better than you, you worship her openly as a goddess. You used to own a barbecue, but the police confiscated it after the last two fires you started. You are under court order to take your children to McDonalds at least once a week, so they'll at least get some kind of nutrition.

1 = Poor Skill: You often argue with your wife that "Mac and Cheese" is a food-group. You have invented one recipe - for Bean Dip. You own a barbecue and think you're good

at it - but for some reason, none of your pals will come over when you say you're going to cook burgers. If your wife is better than you, you may occasionally grudgingly admit it - but only while she's helping you put out the fire in the barbecue. Your children scream with joy when you tell them that the family will be eating out.

2 = Mediocre Skill: You can successfully complete one or two recipes from your wife's cookbook. You have invented two recipes - both are for Bean Dip. The fire department has only been called out to your house for the barbecue grill one time. Your wife actually lets you use the kitchen without supervising your every move. Your friends often come over for barbecue burgers and a few beers, and your wife complains about them. Your children scream with joy when you tell them that the family will be eating out.

3 = Good Skill: You can follow any recipe in any cookbook, and have even invented a couple of your own. Your wife smiles a lot, and occasionally whispers indecent proposals in your ears in exchange for you cooking that night. Your buddies call you up and ask when is the next time you'll be pulling out the barbecue . Your children scream with joy when you tell them that the family will be eating out.

4 = Excellent Skill: You are one of perhaps half-a-dozen living men in the whole world at this skill level. You own a barbecue, but haven't used it in years because the last time you tried, the whole neighborhood trooped over for free eats. Your wife foolishly whispered to one of her friends about your cooking, and now she won't let you go out of the house because of all the suggestive looks (and occasional butt-pinching) the women in town keep giving you. Your wife watches you like a hawk at the grocery store, as well, because the one time she didn't, you came home smelling of perfume and with a lipstick smear on your collar. You haven't been out with your pals in years. You are very lonely. You have written two cookbooks to stave off your loneliness, and it looks like the royalties will probably put your kids through college in a few years. But your children STILL scream with joy when you tell them that the family will be eating out.

**Jim Farris,**

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