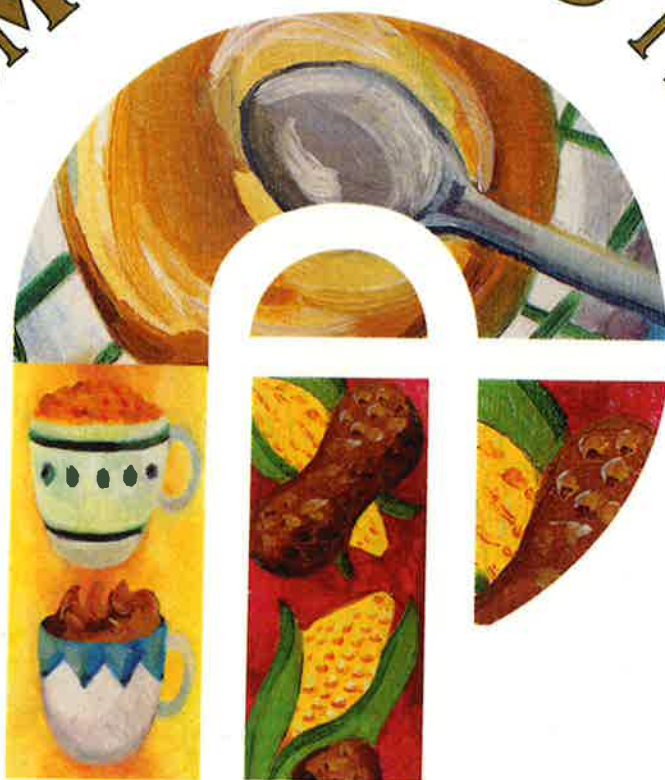


FROM SOUP TO NUTS



A teaspoon of wisdom
A cupful of love
A dash of good humor
And a batch of good recipes
Blended, garnished and spiced
To serve up smiles

Prosthodontics Intermedica

**FROM SOUP
TO NUTS**

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Prosthodontics Intermedica
J.M. Balshi, ed.

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The recipes in From Soup to Nuts are favorites collected by the patients and staff of Prosthodontics Intermedica, a technically and clinically advanced dental care center.

Additional copies of From Soup to Nuts may be obtained by sending \$14.95 plus \$2.50 for postage and handling to the above address.

Cover design by Dr. Thomas J. Balshi

Graphic inside logo by Helen Wortham

DEDICATION

This book is dedicated to Professor Per-Ingvar Brånemark, Swedish physician and researcher, whose brilliant discovery of osseointegrated dental implants can change the faces of the world...

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INTRODUCTION

Throughout the world, men and women define beauty and style with diverse perspectives. From coiffures to footwear, the dimensions of “looking good” embrace an enormous spectrum of ingredients--such that a petite pixie-haired blonde in blue jeans and a dark-eyed chestnut-maned woman in sleek black equally deserve to be regarded as beautiful.

Quite universal though, is the definition of a beautiful smile, and quite likely, the two examples above have exactly that common denominator--the magic that spreads across the face when the lips part to reveal an exquisite arrangement of healthy, clean teeth.

Recognizing the value of the smile to human well-being comes naturally to some, but more commonly is discovered as one's life experiences mature. No quantity of exercise, diet, cosmetics or wardrobing can camouflage a crowded, discolored dentition, or even worse, one that exhibits holes or distortions. The realization of what a good smile can do for a face is not a mere tidbit of education. It is perhaps the greatest of all beauty secrets, and, when accomplished in the hands of a seasoned dental specialist to become permanently a part of one's life, this asset is not just a cosmetic wonderment. It's a giant step to systematic physical health and a generous contribution to psychological wellness.

This book is for persons who prioritize their smile and who seek to keep it bright and charming for their lifetime. There is no age at which a secure, beautiful smile fails to make a significant difference in one's enjoyment of life, and we at Prosthodontics Intermedica are committed as a team of dental caregivers, to insure that patients can both comprehend and enjoy smile power.

FROM SOUP TO NUTS is primarily a cookbook designed to provide nourishing and delicious dining enjoyment for dental patients at every stage of sophisticated dental treatment. Collected from people who have already made the journey from the impaired to the healthy distinctive smile, these recipes offer gourmet anticipations for those in healing stages (Soups) to those who indeed have encountered the promised land of “Formerly Forbidden Foods” (Nuts). Salted and peppered with wit and wisdom of excited, enthusiastic, implant advocates, our book is intended to remove anxiety and add flavor to the decision to invest in a beautiful smile.

I wish to acknowledge my husband's late grandmother, Helen Anna Balshi, who was the inspiration to write this book. At age ninety-three, she was our oldest osseointegration patient, having had her implants placed at ninety years of age. During the last season of her life, she resided in an upscale nursing home where she was chronologically the eldest patient on the floor; however, in appearance, she was actually the youngest. Her smile reflected a warmth and pride that spread a glow around her entire face, making her attractive and inviting to her last days. More importantly, her implants gave her a unique "edge" over many of her peers. While most struggled to lift unrecognizable blended foods to their lips at the dinner table, Helen could be happily munching on a steak sandwich. God bless her!

I also wish to acknowledge those whose artistic talents so well flavor the intention of our cookbook. Special thanks go to two superlative students, Helen Wortham from The University of the Arts and Julie McNally from Moravian College, who provided our thematic chapter illustrations in response to a Prosthodontics Intermedica scholarship contest.

In addition, I would like to highlight our patient, Albert Ondush, who embellished so many pages of our text with his charming sketches, and Dr. Balshi, himself, who in addition to planning and designing countless new smiles, also designed the cover of this cookbook.

We graciously thank the patients, friends and staff of Prosthodontics Intermedica for their contributions of secret remedies and secret recipes which enhance the adventures of rebuilding a smile. We thank Christine Raines for her reliable, efficient dedication to the technicalities of producing this book, and Barbara Lord for her energetic campaign to solicit interesting material for its contents.

Above all, we thank Professor Per-Ingvar Brånemark and his research team in Göteborg whose continued diligence in osseointegration studies is making the security and self-confidence accompanying strong smiles available to those in every stage of life, everywhere in the world.

Joanne M. Balshi



Teaspoons of Wisdom

2 Teaspoons of Wisdom

TEASPOONS OF WISDOM



The annoyance of ill-fitting dentures or other prosthetic appliances has reached inflammatory proportions. You have been referred to Prosthodontics Intermedica by your general dentist, your family physician, a good friend--or perhaps you found us in the Yellow Pages. You have met the staff, and have been carefully and tenderly examined and diagnosed. You may have viewed one of our videos outlining the miracles in modern dentistry. You have been presented with a custom treatment plan for the most ideal dental treatment available for you, along with a few options. You are seated in the soft, inviting office of our pretty patient relations director, who sporting a beautiful osseointegrated smile of her own, is fluent in the language of dental implants. She is ever-so-convincing and the treatment sounds rewarding, not so invasive, but still a little bit frightening and rather costly... You are on the brink of making a decision that will make a very big difference in the quality of your life...

**Here are some teaspoonfuls of wisdom to taste
that may help you decide...**

“Implants are a new life for me. The only time my mouth was sore was the first three days after surgery... This summer I ate corn on the cob for the first time in twenty years!”

Jean Nealon, Scranton, Pennsylvania

“Life is much more worth living with dental implants. I couldn’t imagine living without them now. They spoiled me!”

Ann Pacitti, Hawley, Pennsylvania

“Dental implants are the next best thing to your own natural teeth. I make this statement after having both a partial plate and a permanent bridge.”

George Kovach, Parkesburg, Pennsylvania

“It is great to be told that I have a fantastic smile.”

Edith Peirce, Chalfont, Pennsylvania

“It was one of the most enriching experiences I have ever had. I would recommend it to anyone. There is no comparison to wearing dentures.”

Gene Guglielmi, Doylestown, Pennsylvania

“I now have the wonderful smile that I didn’t have in my youth
and I plan to smile often and smile long!”

Joanne Griffing, Norristown, Pennsylvania

“The surgery has completely faded from my memory...these are
‘my teeth’ again like Mother Nature intended.”

Joan Bailer, Perkiomenville, Pennsylvania

“I had a wonderful time!”

Frances Goldstein, Elkins Park, Pennsylvania

“The prize is not having to put my teeth in a glass at night!”

Janet Bicho, West Chester, Pennsylvania

“All my life, ‘Murphy’s Law’ was the operant factor where my
teeth were concerned. If something could go wrong, it did. For
years after my implants were placed (1985), I waited for the
‘Law’ to go into effect. I am finally convinced that it won’t.”

Adelaide Kaskey, Wyncote, Pennsylvania

“I love my implants. The best part is that no one knows they aren’t my natural teeth...not even a good friend of mine who is an oral surgeon!”

Sara Lishon, Villanova, Pennsylvania

“I used to dread the words, ‘Say Cheese.’ I would cover my mouth and try to smile without anyone noticing my retainer and the stains. I couldn’t go out for a pizza with my friends without sneaking my retainer out of my mouth and then keeping from smiling. I resembled a jack-o-lantern! Implant surgery was not half as bad as I feared. My temporary teeth looked great, but the ‘real ones’ are even better. I am all healed now, and as for pictures...I am a real pro!”

Carolyn McKee, Blue Bell, Pennsylvania

“When my new permanent teeth were installed upon the implants, I could not tell the difference from my original, natural teeth. I’ve had them for years now and have actually forgotten that they are not my original teeth.”

Dominick Di Michael, Coatesville, Pennsylvania

“Being a widow, it was a big step for me to take, but I’m forever grateful that I made this decision. I’m not afraid to smile or laugh. I can eat absolutely anything and really enjoy it.”

Alice McElroy, North Wales, Pennsylvania

“Expensive? I have never really thought of it as being expensive. It costs about the same as a family vacation in Disney® World. Disney® can give you a weeklong smile; implants can give you a smile for a lifetime.”

Ann O'Callaghan, Telford, Pennsylvania

“Before my dental implants, I used to show my family dentist pictures of magazine smiles. He referred me to Prosthodontics Intermedica. The results are better than magazine smiles.”

Marlene Klovensky, Dalton, Pennsylvania

“Like the song from the Broadway show, ‘ANNIE’ relates, ‘you are never fully dressed without a smile’! Smiles are contagious. When I smile, everyone around me smiles back.”

Shannon Patterson, University of Delaware



Cupfuls of Love

CUPFULS OF LOVE

It's Surgery Day! You've made the decision to "go for it." You are excited but nervous, well-versed in what to expect, but naturally anxious. Like any patient about to undergo any surgery, you want and deserve kindness, gentle attentive care, and plenty of love from sunrise to sunset.

More than likely, the surgical procedure of placing the implants will cause you no pain. In some patients, there is mild temporary discomfort. Most find it is much easier than what they had expected.

Swelling of the tissue is normal after surgery, as might be expected with any kind of surgical procedure; however, it is not experienced by all patients. Swelling is generally easily controlled with ice packs, and discomfort that may occur for the first few days after implant placement rarely requires more than light medication for relief.

Depending on the nature of each individual implant patient, they may choose to follow surgery with the continuation of a normal day from shopping to a tennis match, though very strenuous activity is not recommended. Others will elect to return home and curl up on a couch. Each implant patient, however, shares the requirement of eating exceptionally soft foods during those first hours of post-surgical healing. Gentleness to the tissue is imperative to success, but good nourishment is also an important part of quick recovery.

One need not look upon the surgery day diet as doomed to chicken broth or cream of wheat. This is a day for indulgences and self-rewards, and while indeed dinner must appear in a cup or a bowl instead of on a dinner plate, soft foods can be surprisingly inviting and delicious.

Here are a few secrets to enjoying "Cupfuls of Love" on surgery day, easy to prepare ahead for yourself or lovingly prepared by your best caretaker. Pull out the china and silver, buy a bouquet of fresh flowers, light a candle, and reward yourself for what you have done.

“For comfortable foods after the initial stages of having implants, I found that recipes having the consistency of rather thin mashed potatoes were the most comfortable. A food processor is the way to go to achieve this.”

Paula Metash, West Chester, Pennsylvania

Pumpkin Soup

1 large onion

1/4 cup butter

1/2 teaspoon curry powder

2 cups canned pumpkin

1 1/2 teaspoons salt

2 cups cream

2 1/2 cups chicken stock

Garnishes:

Sour cream

Minced parsley

Cinnamon

Sauté sliced onion in butter until soft. Sprinkle with curry and sauté again briefly. Process pumpkin, onions and salt in Cuisinart® about 1/2 minute, then add cream while continuing to process. Transfer to a large saucepan, add chicken stock and heat slowly. Makes about 6 cups.

Paula Metash, West Chester, PA

Iced Tomato Soup

6 saltines

1/4 cup salad oil

2 bouillon cubes

1 cup water

3 cups tomato juice

3 tablespoons lemon juice

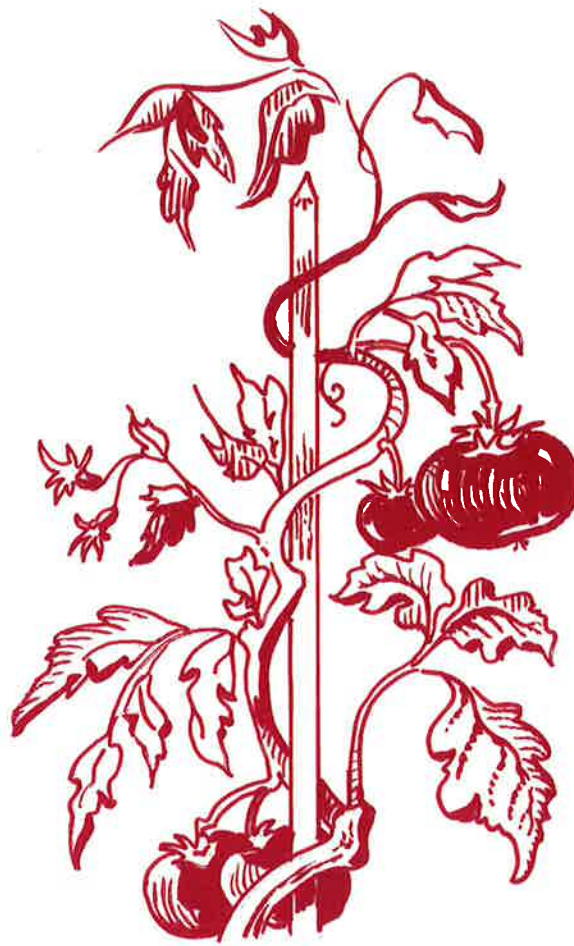
1/2 cup very finely chopped celery

1/2 cup green pepper, finely chopped

1 cut clove garlic

1/4 teaspoon salt

Minced parsley



Crumble crackers in salad oil. Dissolve bouillon cubes in water. Add tomato juice, lemon juice, celery, green pepper, garlic and salt. Chill in refrigerator. Remove garlic before serving. Add ice cubes; garnish with minced parsley. Serves 6 to 8.

Lucy Cassel, Prosthodontics Intermedica Employee



Carrot Vichyssoise

2 large carrots, peeled and cut in pieces
2 medium potatoes, peeled and cubed
1 leek, cut in pieces (white and inner pale green)
3 cups chicken stock
1 cup heavy cream
Salt and pepper
Chopped chives

Place carrots, leeks and potatoes in Cuisinart® bowl. Process, turning on and off rapidly until coarsely chopped, about $\frac{1}{2}$ minute. In large saucepan, combine chopped vegetables and chicken stock. Simmer for 30 minutes; strain vegetables, reserving liquid. Purée vegetables in two batches. Combine vegetables with liquid in bowl or container. Stir in cream. Season with salt and pepper. Cool and refrigerate.

Variation: Add one large bunch of watercress to vegetable mix before cooking.

Paula Metash, West Chester, PA

Chick Pea Dip

Hommos Bi Tahini

1 can Garbanzo Beans (chick peas) **2 cloves garlic**
Juice of one lemon **3 tablespoons Tahini**
1 teaspoon water **1 teaspoon salt**

Blend chick peas in food processor or blender. Add lemon juice, garlic and water. Blend until well mixed. Add Tahini and salt. Blend until creamy and soft. Serve with olive oil on the side.

Laila Farah, Lebanon

Creamy Apple Soup

Apfelweinsuppe

Soup:

2 cups water

2 cups white wine

1 small piece of lemon peel

1 small cinnamon stick

3 medium, sweet apples

Juice of 1 lemon

1/4 cup cornstarch

Water

1/3 cup sugar

Meringue Drops:

1 egg white

2 tablespoons sugar

1/4 teaspoon vanilla extract

To Make Soup: In a medium, enamel-lined saucepan, heat 2 cups water, wine, lemon peel and cinnamon. Peel and core apples; finely slice. Add apples to warm liquid; poach briefly, being careful not to over cook. In a small cup, combine lemon juice and cornstarch. Add a little water. Stir mixture into apple and wine mixture. Add sugar, stirring until dissolved.

To Make Meringue: In a small bowl, beat egg white until nearly stiff. Gradually beat in sugar and vanilla. Drop by spoonfuls onto surface of hot but not boiling soup. Cover and cook 3 to 5 minutes until set. Using a slotted spoon, carefully remove meringue drops; set aside on a plate. Transfer apple soup into individual bowls or a taurine. Garnish with Meringue drops. Serve in winter with toasted bread or Melba toast or in summer as a cold soup. Toasted almonds are particularly good sprinkled over soup. Makes 4 to 6 servings.

Martina Burkhard, Prosthodontics Intermedica Employee

Grapefruit-Avocado Soup

Juice of one grapefruit

1/2 or 1 whole avocado (according to taste)

Blend together in blender. Pour into bowl and serve.

Darlene Ott, Harleysville, PA

Zucchini Soup

2 teaspoons cooking oil

1 cup chopped onion

1 clove garlic, minced

4 medium zucchini, coarsely chopped

4 teaspoons chicken-flavored bouillon granules

1 tablespoon lemon juice

3 cups water

2 teaspoons dill

1/4 cup sour cream

In large saucepan, heat oil over medium-low heat. Sauté onion and garlic about 5 minutes or until soft. Stir in zucchini, chicken bouillon granules, lemon juice and water. Bring to a boil. Reduce heat and simmer 15 minutes. Purée mixture in food processor or blender. Pour into serving dish and quickly whisk in dill and sour cream. Serve. Makes 4 servings.

Darlene Ott, Harleysville, PA

Risotto Alla Milanese

5 cups Basic Broth

1/2 cup dry white wine

3 tablespoons unsalted butter

1/3 cup finely minced onion

1 1/2 cups Arborio rice

1/4 teaspoon powdered saffron

1 tablespoon bone marrow (optional)

1 tablespoon unsalted butter

1/3 cup grated Parmesan cheese

Bring the broth to a steady simmer in a saucepan on top of the stove.

Heat the butter in a heavy 4 quart casserole over moderate heat. Add the onion and sauté for 1 to 2 minutes, until it begins to soften, being careful not to brown it.

Add the rice to the mixture; using a wooden spoon, stir for 1 minute, making sure all the grains are well coated. Add the wine and stir until it is completely absorbed.

Add the saffron (and bone marrow, if you are using it), and begin to add the simmering broth, 1/2 cup at a time, stirring frequently. Wait until each addition is almost completely absorbed before adding the next 1/2 cup, reserving 1/4 cup to add at the end. Stir frequently to prevent sticking.

After approximately 18 minutes, when the rice is tender but still firm, add the reserved broth. Turn off the heat and immediately add the remaining condiments--butter and Parmesan--and stir vigorously to combine with the rice. Serve immediately. Makes 4 servings.

Joanne Balshi, Gwynedd, Pennsylvania

Basic Broth

Use with Risotto alla Milanese

2 pounds chicken backs and necks	2 pounds veal bones
1 large onion, peeled	4 celery ribs
2 carrots, scraped	3 parsley sprigs
1 tablespoon salt	5½ quarts cold water

Place all ingredients in an 8 to 10 quart stockpot. Turn the heat to high and bring to a boil. Skim the foam from the top of the broth. Turn the heat to low and simmer, partially covered, for 2 to 3 hours. Strain the broth in a large container or bowl. Let cool slightly and allow to stand in the refrigerator until cold and the fat has settled on top. Remove fat from stock with a spoon. Stock is ready to be used. It can be stored for 3 to 4 days in the refrigerator, or can be frozen. Makes about 16 to 17 cups.

Joanne Balshi, Gwynedd, Pennsylvania

Memorable Mashed Potatoes

6 cups (2 pounds) peeled quartered potatoes
½ cup Miracle Whip Salad Dressing
1 (8 ounce) package Philadelphia Brand®
Cream Cheese, softened
½ teaspoon onion powder
½ teaspoon salt
¼ teaspoon pepper
Paprika

In 3 quart saucepan, combine potatoes and enough water to cover potatoes. Bring to a boil. Reduce heat to medium; cook 20 to 25 minutes or until tender. Drain. Mash potatoes, gradually stirring in salad dressing, cream cheese, onion powder, salt and pepper until light and fluffy. Spoon into 2 quart casserole. Sprinkle with paprika. Bake at 350 degrees for 45 minutes.

Joanne Balshi, Gwynedd, Pennsylvania

Tasty Grits

A nutritious breakfast or snack especially right after implant placement.

1 teaspoon cinnamon
1 cup water (or milk)
 $\frac{3}{4}$ cup instant grits
1 envelope sugar substitute
2 tablespoons raisins
Dash of salt

Combine all ingredients in microwave safe dish. 'Nuke' it for 3 to 4 minutes. Enjoy!!

Ruben Sutow, Philadelphia, PA

Corn Pudding Custard

4 eggs
 $\frac{1}{2}$ cup sugar
 $\frac{3}{4}$ teaspoon salt
4 tablespoons melted butter
4 tablespoons flour
1 cup milk ($\frac{1}{2}$ cup evaporated & $\frac{1}{2}$ cup regular milk)
2 (16 ounce) cans creamed corn

Use 2 quart greased casserole. Mix flour and milk slowly until its like a paste. Beat eggs until fluffy and add to flour and milk mixture then add salt, sugar and melted butter. Stir and add the creamed corn. Put in buttered 2 quart casserole inside of a large shallow pan filled with $\frac{1}{2}$ inch of water and bake $1\frac{1}{2}$ hours at 350 degrees. Insert a knife into center of custard. If it is dry, the custard is done.

Eleanor Sansalone, King of Prussia, PA

Protein Shake

2 tablespoons Ovaltine®
1 cup milk
2 raw eggs
2 scoops of any ice cream
1 banana
vanilla, chocolate, or any other flavoring
(Ovaltine® is packed with potassium, helpful
in promoting healing of tissue)

Mix all ingredients in a blender.

Barb Brown, Nazareth, PA

Creamy Shake

Nutritious, thick, and sweet with fruit flavor

1/2 cup plain yogurt
3/4 cup chopped fresh fruit (any listed below)

Blend ingredients in blender until smooth. Serve immediately.

Apple shake - Spicy sweet!
Banana shake - super thick, creamy
Blueberry shake - delicious and it's purple!
Mango shake - rich mango flavor
Papaya shake - tropical island flavor
Peach shake - light, sweet and fragrant
Pear shake - sweet and spicy
Pineapple shake - very sweet

Darlene Ott, Harleysville, PA

Kiwi Lime Shake

Kiwi fruit, higher in vitamin C than citrus fruit, flavors this unusual shake, and low fat ricotta cheese thickens it. Thirst-quenching as well as nutritionally balanced, this is a good all-in-one breakfast.

2 kiwi fruits

2 ice cubes

1 banana

1 cup skim milk

1 teaspoon lime juice

$\frac{1}{4}$ cup part skim milk ricotta cheese

$\frac{1}{2}$ teaspoon lime peel

Peel the kiwi fruits and the banana and cut them into large chunks. Place the fruit, lime juice, lime peel and ice cubes into blender and process until blended. Add the milk and ricotta cheese and process for another 5 to 10 seconds, scraping down the sides of the container with a rubber spatula. Pour the shake into 2 tall glasses and serve immediately.

Darlene Ott, Harleysville, PA

Prosthodontics Post-Surgical Potion

Mix in blender:

1 banana, sliced

$\frac{3}{4}$ cup orange juice

$\frac{1}{2}$ cup milk

2 to 3 scoops vanilla ice cream

1 teaspoon honey

Variation: Use sherbet and/or ice cream.

Carolyn McKee, Blue Bell

Peach Frozen Yogurt

1 envelope unflavored gelatin
1 cup skim milk
1/2 cup sugar
2 1/2 cups vanilla low-fat yogurt
2 teaspoons vanilla extract
3 cups frozen sliced peaches, puréed
Dash of salt

Sprinkle gelatin over milk in a saucepan; let stand 1 minute. Cook over low heat, stirring constantly, until gelatin dissolves. Remove from heat, add sugar and salt, stirring until sugar dissolves. Stir in yogurt, vanilla, puréed peaches. Cover and chill.

Pour yogurt mixture into freezer can of a 4 quart hand-turned or electric freezer; freeze according to manufacturer's instructions. Scoop yogurt into individual dishes. Serve immediately. Makes 7 1/2 cups (about 82 calories per 1/2 cup serving).

Ann O'Callaghan, Prosthodontics Intermedica

Banana-Peanut Froth

1 large frozen banana

1½ cups milk

¼ cup peanut butter

¼ cup raisins (soak in hot water)

⅛ teaspoon almond extract (optional)

Combine all ingredients, blend and serve. Makes 2 cups.

Darlene Ott, Harleysville, PA

Fruit Slush

Cold, crunchy and sweet

½ cup chopped fruit (fresh or canned in unsweetened juice)

3 to 4 ice cubes

In a food processor or blender, blend fruit until smooth.

Gradually add ice cubes until mixture reaches a thick, slushy consistency. Serve immediately. Recommended fruit: apples, bananas, blueberries, peaches, pears, papaya, pineapple.

Darlene Ott, Harleysville, PA

Good, Fast, and Healthy

Egg

Vanilla Extract

Banana

Orange Juice

Ice Cube

Sugar

In a blender, mix together 8 ounces of orange juice, 1 banana, ½ teaspoon of vanilla extract, 1 egg or egg substitute. Add a pinch or two of sugar to taste. Add an ice cube to chill. Mix well and enjoy.

Marilyn Golden, Chalfont, PA

Salmon Mousse

- 1 pound salmon, boil and remove bones**
- 2 tablespoons lemon juice**
- 1 teaspoon salt**
- 2 envelopes unflavored gelatin**
- 3 tablespoons mayonnaise**
- 3 tablespoons thick whipped cream**
- Pinch of cayenne pepper**

Lightly mash salmon together with lemon juice, salt and cayenne. Dissolve gelatin in 4 tablespoons hot water. Mix mayonnaise and whipped cream with the lightly mashed salmon mixture. Pack into a mold and refrigerate until thoroughly cold. Turn out of the mold and decorate with lettuce, quarters of hard boiled eggs and asparagus.

Mrs. E. Frick

Tuna Fish Milkshake (Hold the celery)

You'll be surprised how good this tastes. Honest!

- 1 can tuna**
- $\frac{1}{4}$ cup plain yogurt**
- $\frac{1}{4}$ cup mayonnaise**
- $\frac{1}{2}$ teaspoon celery seed**

Put all ingredients into a blender, mix, and serve.

Pat Wilson, Warminster, PA

Caramel Flan

$\frac{3}{4}$ cup sugar

4 eggs

$1\frac{3}{4}$ cups water

1 (14 ounce) can Eagle® Brand Sweetened Condensed Milk

$\frac{1}{2}$ teaspoon vanilla extract

$\frac{1}{8}$ teaspoon salt

Preheat oven to 350 degrees. In heavy skillet, over medium heat, cook sugar, stirring constantly until melted and caramel-colored. Pour into ungreased $1\frac{1}{2}$ quart ring mold* or 9 inch round or square baking pan, tilting to coat bottom completely. In medium bowl, beat eggs; stir in water, sweetened condensed milk, vanilla and salt. Pour over caramelized sugar, set pan in larger pan (a boiling pan). Fill larger pan with 1 inch hot water. Bake 55 to 60 minutes or until knife inserted near center comes out clean. Cool. Chill. Loosen side of flan with knife; invert onto serving plate with rim. Garnish as desired. Refrigerate leftovers. Makes 8 to 10 servings.

** If using ring mold, decrease sugar to $\frac{1}{3}$ cup.*

Dawn Gordon Franklin, Freetown, MA

Source: Simply Delicious Desserts

by Borden

Strawberry Whip

1 package (3 ounces) Jell-O® strawberry gelatin
3 tablespoons sugar
1½ cups boiling water
1 package (10 ounces) Bird's Eye® strawberries
1 package Jell-O® Whip'n Chill strawberry dessert mix
½ cup cold milk
½ cup cold water

Dissolve Jell-O® Gelatin and sugar in boiling water. Add strawberries; stir until berries thaw and separate. Chill until very thick. Prepare dessert mix with milk and cold water as directed on package; add to gelatin. Beat at medium speed of electric mixer for 1 minute. If necessary, chill until mixture mounds- about 10 minutes. Then stir and spoon into 1½ quart mold. Chill until firm. Remove from mold. Makes about 5½ cups, or 7 or 8 servings.

Martina Burkhard, Prosthodontics Intermedica Employee

Crema

An excellent Italian custard.



6 egg yolks	6 tablespoons sugar
6 teaspoons sifted flour	1 stick of cinnamon
Lady fingers or sponge cake	1/2 quart milk
The rind of 1/2 lemon, peeled in one piece	

Beat egg yolks well, gradually adding sugar and flour. Pour into top of double boiler over low heat and slowly add milk. Blend thoroughly. Add cinnamon stick and lemon ring. Stir constantly with a wooden spoon until the mixture thickens. Remove cinnamon stick and lemon rind and pour into serving dish or custard cups which have a layer of lady fingers or sponge cake on the bottom. Serve cold.

Joan Ondush, Clarks Summit, PA

Rice Pudding

This popular dessert happily doubles!

Combine and cook on low heat:

1/2 pound regular rice

3 cups water

1/2 teaspoon salt

Stir frequently.

When water is absorbed, add:

6 cups milk

Continue cooking until the milk is almost absorbed.

Meanwhile, combine the following ingredients:

4 well-beaten eggs

1 cup sugar

1 teaspoon vanilla

Add this mixture to the rice; mix thoroughly and remove from heat. Let settle for five minutes. Place the rice in a serving dish or individual custard cups. Sprinkle lightly with cinnamon or nutmeg before serving.

Joan Ondush, Clarks Summit, PA

Banana Hot Chocolate

Skim milk is the basis for this hot chocolate drink, which is a low fat, complete breakfast. Fortified skim milk is an excellent source of protein, calcium, riboflavin, vitamin A, phosphorous and thiamine.

- 1/2 ounce semisweet chocolate**
- 1/2 cup skim milk**
- 1 teaspoon pure maple syrup**
- 1 teaspoon decaffeinated instant coffee granules**
- 1 banana, peeled**

Combine the chocolate with 2 tablespoons of water in a small saucepan and heat over very low heat, stirring constantly, until the chocolate is melted. Add another 6 tablespoons of water and also milk, maple syrup, and coffee granules. Increase temperature to medium and heat mixture for 5 to 7 minutes, or until hot.

Meanwhile, purée the banana in food processor or blender.

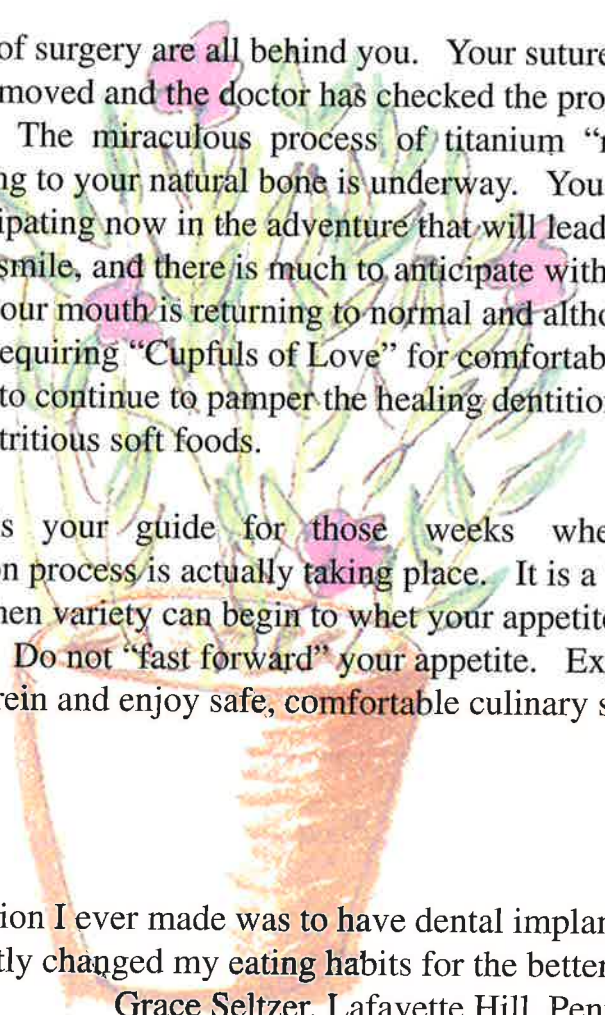
Gradually pour in the hot milk mixture and continue processing until blended. Pour the hot chocolate into a large mug and serve.

Darlene Ott, Harleysville, PA



Soups and Other Super Suppers

SOUPS AND OTHER SUPER SUPPERS



The anxieties of surgery are all behind you. Your sutures have been gently removed and the doctor has checked the progress of your healing. The miraculous process of titanium “roots” osseointegrating to your natural bone is underway. You are actively participating now in the adventure that will lead to a beautiful new smile, and there is much to anticipate with pleasure. The tissue in your mouth is returning to normal and although you are no longer requiring “Cupfuls of Love” for comfortable eating, it is important to continue to pamper the healing dentition with a selection of nutritious soft foods.

This chapter is your guide for those weeks when the osseointegration process is actually taking place. It is a “Feeling Fine Phase” when variety can begin to whet your appetite for the final chapters. Do not “fast forward” your appetite. Explore the suggestions herein and enjoy safe, comfortable culinary surprises.

“The best decision I ever made was to have dental implants. They have permanently changed my eating habits for the better.”

Grace Seltzer, Lafayette Hill, Pennsylvania

Prince or Pauper Broth

This recipe dates back to Medieval times.

- 1 round slice of Italian bread**
- 1 teaspoon butter**
- 1 tablespoon Parmesan cheese**
- 1 cup chicken broth**
- 1 egg, beaten (optional)**

Fry bread in butter. Sprinkle with grated cheese. Heat broth and beat egg. Add egg to broth, stirring with a fork to separate into strings. Pour over bread. Of course, allow to cool when eaten post surgery!

Barb Brown, Nazareth, PA

Chicken, Rice and Vegetable Soup

- 2 whole chicken breasts, skinned,
boned and cut into 1 inch cubes**
- 2 tablespoons butter**
- 1/4 cup sliced green onion**
- 2 carrots, sliced (1 cup)**
- 1 cup cut green beans**
- 1 medium sweet potato, peeled and diced**
- 1/4 cup uncooked rice**
- 4 cups chicken broth**
- 1 teaspoon dried dill weed**

In 3 quart saucepan, cook chicken in butter for 5 minutes. Add remaining ingredients and simmer, covered, for 15 minutes or till the vegetables and rice are tender. Serves four.

Marilyn Melvin, Paoli, PA

Curried Cream of Vegetable Soup

3 cups water

1/2 head cauliflower, chopped

3 carrots, chopped

1 medium onion, chopped

1 medium potato, peeled, chopped

1 tablespoon parsley

2 chicken bouillon cubes

1 cup heavy cream

1/4 to 1/2 teaspoon curry powder

1/4 teaspoon Worcestershire sauce

White pepper to taste

Bring water to boil in large pot. Add cauliflower, carrots, onion, potato, parsley, and chicken cubes. Return to a boil and cook over medium heat until tender, about 15 minutes. Purée in blender or food processor. Add cream, curry powder, Worcestershire sauce and pepper. Heat gently. Serve hot or cold. Makes 6 servings.

Ann O'Callaghan, Prosthodontics Intermedica

New England Clam Chowder

3 tablespoons butter or margarine

1 small onion, chopped

1/4 cup water

Juice drained from 2 (8 ounce) cans minced clams

1 medium potato, coarsely grated

1 teaspoon salt

1/8 teaspoon pepper

1/2 teaspoon paprika

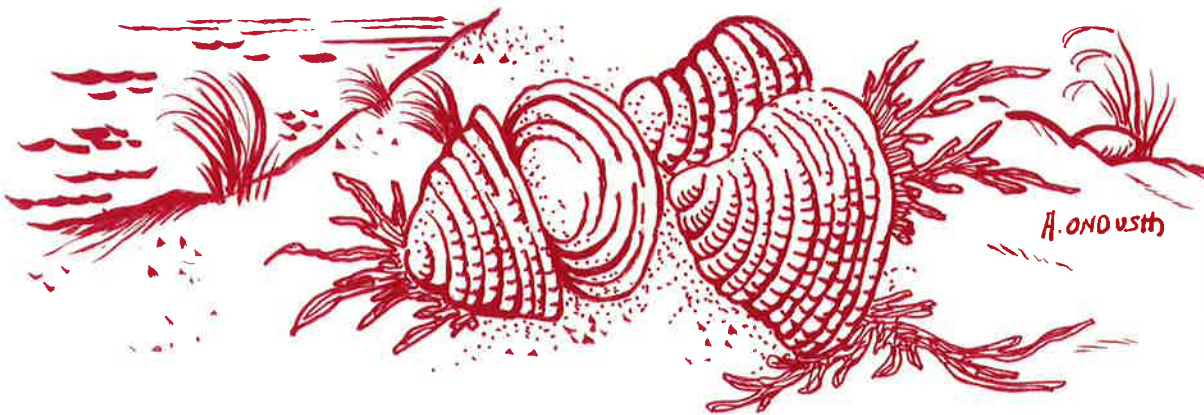
2 (8 ounce) cans minced clams

2 1/2 cups milk



Melt butter or margarine in saucepan; sauté onion until golden brown. Add water, juice from clams, potato, salt, pepper, and paprika. Simmer, covered, for 10 minutes. Add clams and milk; heat, uncovered, slowly until hot but not boiling. Serves 6.

Lucy Cassel, Prosthodontics Intermedica Employee



Winter Soup

- 1 to 1½ pounds extra lean ground beef**
- 1 large onion, chopped**
- 2 or 3 cloves garlic, minced**
- 3 (10¾ ounce) cans beef noodle soup, undiluted**
- 2 (28 ounce) cans crushed tomatoes**
- 1 cup dry wine, red or white**
- 1 to 2 cups of each of the following vegetables according to taste:**
 - **Chopped celery**
 - **Sliced carrots**
 - **Cubed potatoes**
 - **Cut green beans**
- 2 tablespoons chopped parsley**
- ½ teaspoon dried basil**
- ¼ teaspoon dried thyme**
- Salt and pepper to taste**

Preheat oven to 350 degrees. Sauté ground beef, onion and garlic in 8 quart soup kettle or Dutch oven. Add soup, crushed tomatoes, wine, vegetables and seasonings. Mix well. Bring to a boil. Cover pan and place in oven; cook 1½ to 2 hours. This soup is best made a day ahead to allow flavors to meld. Makes 8 to 10 servings.

Ann O'Callaghan, Prosthodontics Intermedica

Wild Rice Soup

6 tablespoons butter
1 tablespoon minced onion
1/2 cup flour
3 cups chicken broth
2 cups cooked Wild Rice
1/2 teaspoon salt
1 cup Half and Half®
2 tablespoons dry sherry (optional)
Snipped parsley or chives

Melt butter in saucepan; sauté onion until tender. Blend in flour; gradually stir in broth. Cook, stirring constantly, until mixture comes to a boil; cook and stir one minute. Stir in rice and salt. Simmer about 5 minutes. Blend in Half and Half® and dry sherry; heat to serving temperature. Garnish with parsley.

Hint: I always cook my Wild Rice ahead of time and freeze it in 2 cup portions. It's a time saver the day you make the soup.

Variation: Add 1/3 cup very finely minced ham and 1/3 cup finely shredded carrot.

Georgine Tidmore, Pottsville, PA

Ham and Lentil Soup

4 slices bacon
1 medium onion, sliced
5¹/₂ cups water
2 cups diced, fully cooked smoked ham
1 cup dried lentils
8 ounce can tomatoes, cut-up
1 (6 ounce) can tomato paste
1/4 cup snipped parsley
1 tablespoon instant chicken bouillon granules
3/4 teaspoon dried thyme, crushed

Fry the bacon till crisp. Crumble and set aside. Add onion to drippings and cook till tender. Add remaining ingredients. Simmer, covered, 30 minutes or till lentils are tender. Sprinkle with additional parsley. Serves six.

Marilyn Melvin, Paoli, PA

Spinach Egg-Drop Soup

1 package frozen chopped spinach
3 tablespoons margarine or butter
1 small clove garlic (minced)
2 eggs, well beaten
2 tablespoons grated parmesan cheese
6 cups of chicken broth
Salt and pepper to taste

Cook spinach 4 to 5 minutes. Drain well and press out water. Melt butter in large saucepan. Add spinach and garlic. Sauté 2 to 3 minutes. Stir often. Beat 2 eggs and cheese, salt and pepper. Stir egg mixture into the spinach. Immediately add broth and bring to a boil, stirring constantly. Serve with garlic croutons as a garnish.

Eleanor Sansalone, King of Prussia, PA

Seafood Soup

1 pound fresh or frozen fish fillets, cut into 2 inch chunks
1 pound fresh or frozen shrimp in shells
1 medium onion, sliced
1 cup chopped celery
2 tablespoons cooking oil
2 cups bottled clam juice
1 cup dry white wine
1 cup vegetable juice cocktail
8 clams in shells, well rinsed
8 mussels in shells, well rinsed
Snipped parsley

Thaw fish, if frozen. Thaw and drain shrimp; if desired, shell and devein, leaving tails attached. In Dutch oven, cook onion and celery in oil 5 minutes. Add the clam juice, wine and vegetable juice. Bring to boiling; reduce heat and simmer for 8 to 10 minutes or until the shellfish open. (Don't eat unopened ones!). Sprinkle with parsley. Serves six.

Marilyn Melvin, Paoli, PA

Minestrone Meatball Soup

"A Heart Healthy Meal"

1 cup chopped onions	1/2 cup chopped fresh parsley
1 cup chopped celery	1 teaspoon dried basil leaves
2 garlic cloves, minced	1 teaspoon dried thyme leaves
3 (14 1/2 ounce) cans chicken broth	3 ounces (1 cup) uncooked Rotini
1 (28 ounce) can tomatoes, undrained, cut up	(spiral macaroni)
1 (6 ounce) can tomato paste	1/2 recipe cooked Turkey Meatballs
1 cup chopped carrots	(next page)
1 cup chopped peeled potatoes	

Spray Dutch oven or large saucepan with nonstick cooking spray. Heat over medium high heat until hot. Add onions, celery, and garlic; cook and stir until crisp and tender. Stir in remaining ingredients except rotini and meatballs. Bring to a boil; reduce heat. Cover; simmer 30 minutes. Stir in rotini and meatballs; simmer uncovered an additional 10 to 12 minutes or until vegetables and rotini are tender. If desired, serve with parmesan cheese.

Meatballs:

1 pound ground turkey breast	1/4 teaspoon dried Italian seasoning
1/4 cup quick-cooking oats	1/4 teaspoon garlic powder
1/4 cup grated Parmesan cheese	2 egg whites

Heat oven to 350 degrees. Spray 15 by 10 inch baking pan with nonstick cooking spray. In medium bowl, combine all ingredients; shape into 3/4 inch balls. Place meatballs in spray coated pan. Bake at 350 degrees for 20 minutes or until no longer pink; remove from pan. Use as directed above. Makes 6 dozen mini-meatballs.

Maureen Farrell, Prosthodontics Intermedica Employee

Source: Heart Healthy Recipes

Pea Soup

1 pound split péas
2¹/₂ quarts cold water
1 large carrot, grated
2 medium potatoes, grated
1 large onion, grated
2 teaspoons celery salt
3 teaspoons salt
½ teaspoon black pepper

Wash split peas; cover and bring to a boil. Stir in other ingredients slowly. Add seasoning to taste. Simmer about 2 hours.

Emanuel Glick, Philadelphia, PA

Matzoh Balls

Good in pea soup, chicken soup, or as a snack

2 tablespoons oil
2 large eggs
½ cup matzoh meal
1 teaspoon salt
1 tablespoon water

Combine oil and eggs. Add Matzoh meal and salt. Mix well. Add water and mix. Refrigerate one hour. Roll into balls about ½ size of a golf ball. Drop matzoh balls into vigorously boiling salted water. Cover. Boil vigorously for 20 minutes. Drain.

Emanuel Glick, Philadelphia, PA

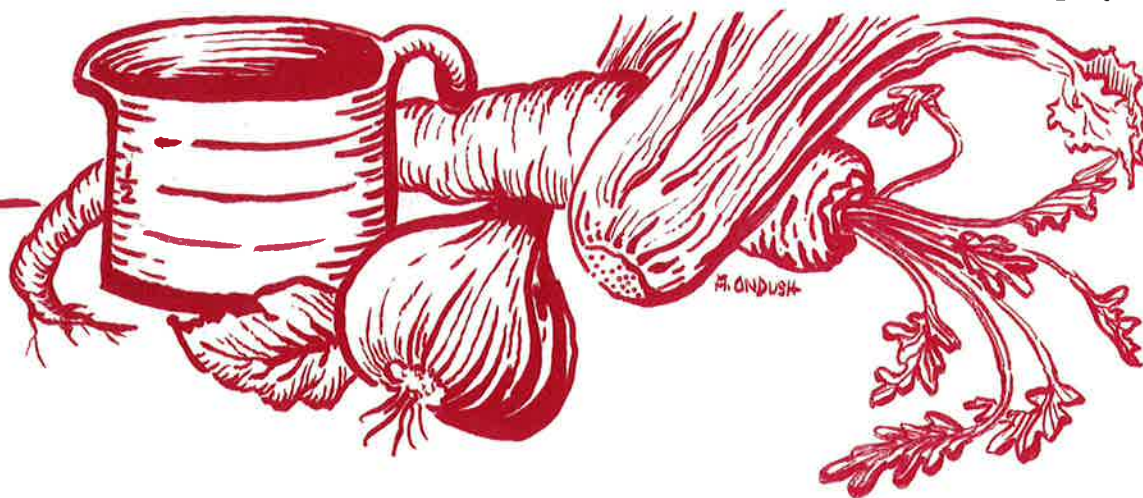
Court Bouillon

Fish trimmings, if desired
1 carrot, coarsely chopped
1 leek, coarsely chopped
1 celery stalk, coarsely chopped
1 onion, cut in quarters
3 mustard seeds
3 black peppercorns
3 juniper berries
1 whole clove
1 bay leaf
½ lemon
½ cup white wine
Salt



In a large pot, combine all ingredients. Add water to cover, using at least 1 quart. Bring to a boil; skim foam from surface until surface is clear. Reduce heat and simmer, uncovered, 15 to 20 minutes. Strain well. Use in soups and sauces as directed.

Martina Burkhard, Prosthodontics Intermedica Employee



Lentil Soup

4 medium onions, chopped **3 medium carrots, chopped**
1 teaspoon marjoram **1 teaspoon thyme**
8 cups water or stock **1½ cups dried lentils, rinsed**
Black pepper to taste **6 ounces white wine (optional)**
⅓ cup fresh parsley
2 tablespoons soy sauce
1 clove finely chopped garlic (optional)
1 (28 ounce) can whole tomatoes, chopped

Sauté onions, carrots and garlic; add marjoram and thyme. Cook until almost tender. Add tomato, water, lentils, and bring to a boil. Reduce heat. Cover and simmer for about an hour or until lentils are tender. Add soy sauce, pepper, wine and parsley. Simmer another 10 minutes. Excellent for freezing. Serves ten.

Lois M. Morasco, Orelan, PA

Goulash Soup

Gulyásleves

2 medium onions, chopped **2 tablespoons fat**
2 teaspoons salt **1 tablespoon paprika**
2 green peppers, sliced **2 tomatoes, sliced**
1 carrot, diced **1 sprig parsley, chopped**
2 potatoes, pared and diced **2 pounds beef, cut in small pieces**
Pinched Noodles

Brown the onion in the fat. Add beef and stir until well browned. Add the salt, paprika, peppers, tomatoes, carrot, and parsley. Pour on water to cover and cook slowly until meat is tender, about 2½ hours. Add potatoes and cook 20 minutes, or until potatoes are tender. Serve with noodles, freshly cooked in boiling salted water. Makes 8 to 10 servings.

Frederick Hodosh, West Chester, PA

Oceanwood Gazpacho with Cilantro Swirl

- 1/4 cup chopped cilantro**
- 6 sprigs cilantro for garnish**
- 12 ripe large tomatoes, peeled, seeded, and chopped**
- 2 cups tomato juice**
- 1 small red onion, finely diced**
- 1 teaspoon freshly cracked black pepper**
- 1/2 English cucumber, finely diced**
- 2 medium avocados, diced**
- 3 cloves fresh garlic, finely chopped**
- 1/2 cup balsamic vinegar**
- 2 small bell peppers, finely diced**
- 1 teaspoon salt**
- 1/2 cup olive oil**

Place tomatoes in blender with vinegar and tomato juice. Blend to the consistency that you like. Add diced vegetables, salt and pepper. Refrigerate. Prepare the swirl by placing garlic in olive oil for at least 30 minutes. Strain the oil and mix with the chopped cilantro. To serve, taste well chilled soup and adjust seasonings. Ladle soup into chilled bowls and add a swirl of the oil. Garnish with cilantro sprigs. Makes 6 servings.

Kenneth Saler, Devon, PA

Meat Broth with Pancake Strips

Flädlesuppe

1 egg

3 tablespoons all-purpose flour

1/3 cup milk

1 quart meat stock

3 tablespoons dry sherry

1 tablespoon minced chives

Oil for frying

Salt

In a small bowl, beat together egg, flour, milk and salt. Let stand 15 minutes. Heat a small amount of oil in a large shallow skillet. When oil is very hot, cook 1 or more thin pancakes; remove from skillet. Roll up cooked pancakes and let cool. Using a sharp knife, cut pancake rolls into thin slices. Place in a large soup tureen. In a medium saucepan, combine stock and sherry. Place over medium heat until steaming. Pour hot stock mixture over pancake strips. Sprinkle with chives. Leftover pancakes can be used for this soup. Makes 4 servings.

Variation:

For extra color and flavor, add minced herbs or spinach to the pancake mixture before frying.

Martina Burkhard, Prosthodontics Intermedica Employee

Mulligatawney

4 cups chicken broth	2 cups stewed chicken
16 ounce can tomatoes, chopped (retain juice)	1 tart apple, peeled and chopped
1/4 cup chopped onion	1/4 cup chopped carrots
1/4 cup chopped green peppers	1 tablespoon parsley
1 teaspoon sugar	2 teaspoons lemon juice
1 teaspoon curry powder	3/4 teaspoon salt
2 whole cloves	Dash of pepper

Combine all ingredients in crock pot. Cover and cook on low heat for 8 to 10 hours. Remove cloves before serving.

Connie Crozier, Pittsburgh, Pennsylvania

Vegetable Soup with Dumplings

Gemüsesuppe Klärchen mit Schwemmkloßchen

1 quart meat stock	1 tablespoon dry sherry
Finely chopped parsley or 3 lettuce leaves	Generous 1 cup water
Pinch of ground nutmeg	Scant 1 tablespoon butter
1 egg	1/2 cup all purpose flour
	Salt

In a medium saucepan, heat stock, sherry and parsley or lettuce over medium heat. In a small saucepan, combine water, butter, salt and nutmeg. Bring to a boil. Gradually sift flour into boiling water, stirring rapidly and thoroughly. Stir until mixture forms a ball. Remove from heat; cool slightly. Work in eggs. Using 2 teaspoons rinsed in cold water, shape mixture into small oval dumplings. Add dumplings to hot stock. Simmer about 5 minutes. As dumplings cook, they will swell and become firm. Add more stock, if needed. Makes 4 servings.

Martina Burkhard, Prosthodontics Intermedica Employee

Gram's Chicken Soup

1 (32 ounce) can College Inn® broth
1 onion, halved (leave skin on)
2 chicken breasts
4 carrots, peeled and cut into logs
1/2 cup celery tops, chopped
1/4 cup fresh parsley, chopped fine
1 teaspoon parmesan cheese
1 cup pastina or accide pepe
1/2 (8 ounce package) frozen spinach
6 peppercorns

Place all ingredients into pot. Simmer 1½ hours, then strain soup, reserving carrots and chicken only. Discard the rest of the ingredients. Cut up chicken into cubes. Return carrots and chicken to broth. Add frozen spinach and pastina or accide pepe and bring to a boil.

When pastina is done, ladle into a bowl and add a teaspoon of parmesan cheese.

Barb Brown, Nazareth, PA

Peasant Consommé

1/2 cup each of cut up celery root or stalks, carrot and turnip
1/4 head cabbage
1/2 head lettuce (not iceberg)
2 leeks, cleaned
6 tablespoons butter
6 1/2 cups chicken stock
Salt and pepper

Julienne celery, carrot, and turnips; slice cabbage, lettuce, and leeks into shreds. Braise all vegetables in butter and 1/2 cup of stock. When vegetables are tender, add remaining stock and simmer for 15 minutes. Season to taste. Makes about 6 cups.

Paula Metash, West Chester, Pennsylvania

Broccoli Soup

2 cups water
2 medium potatoes
10 ounce package frozen broccoli
12 ounce can evaporated milk
1 cup grated sharp cheese
1 teaspoon seasoning salt

Bring water to boil. Slice potatoes and put into water. Add broccoli and cook until tender. Add the remaining ingredients and simmer 10 minutes on very low heat. Purée in blender and serve. Makes 4 servings.

Darlene Ott, Harleysville, PA

Risotto All' Ammiraglia

Risotto Admiral's Style

This is a labor intensive dish, but well worth it!

1 dozen little neck clams	1½ cups Arborio Rice
1 pound shrimp	Boiling water
½ pound scallops	2 cloves crushed garlic
½ cup minced onion	½ cup white wine, dry (Pinot Grigio)
½ cup minced shallots	2 teaspoons Italian parsley
½ cup olive oil	Ground pepper

Shuck and quarter clams; reserve liquor. Shell, devein and cut shrimp into thirds. Slice scallops in half.

Sauté onion in 3 teaspoons of oil until golden; add rice and stir to coat completely with oil. Toast rice lightly, stirring constantly for 1 to 2 minutes; add wine and cool. Stir constantly until it evaporates. Add 1 cup of boiling water. Add more water as previous additions are absorbed; stir constantly. When rice is almost done (10 minutes), heat 3 teaspoons of oil in a deep skillet and sauté garlic until brown. Remove and discard garlic. Add shellfish to skillet and sauté 2 minutes. Stir in reserved clam liquor and quickly add contents of skillet to rice. Mix well; beat in remaining oil. Cook 3 to 4 minutes, adding boiling water and/or wine as needed. Take off heat and season to taste. Stir in parsley. Serve immediately.

Note: Use salt sparingly, allowing for the salinity of the clam liquor.

Gerald J. O'Keefe, D.M.D.

Vegetable Lasagna

A meal in itself.

- 9 uncooked lasagna noodles**
- 1 onion, chopped**
- 2 cups (about 2½ ounces) thinly sliced mushrooms**
- 3 garlic cloves, minced**
- 2 tablespoons water**
- 1½ cups low fat part-skim Ricotta or cottage cheese**
- 1 cup shredded carrot**
- 1 (9 ounce) package chopped spinach, thawed, and squeezed dry**
- 2 eggs**
- 14 ounce jar spaghetti sauce**
- 6 ounces shredded low fat part-skim mozzarella cheese**
- 2 tablespoons grated Parmesan cheese**
- ½ package frozen Broccoli pieces**

Cook lasagna noodles as directed on package. Drain; rinse with hot water.

Heat oven to 350 degrees. Spray medium nonstick skillet with nonstick cooking spray. Heat over medium-high heat until hot. Add onion, mushrooms and garlic. Cook and stir one minute. Add water; cover and cook 3 to 4 minutes until crisp-tender.

In a small bowl, combine ricotta cheese, carrot, spinach and egg whites; mix well. In ungreased 12 by 8 inch baking dish, layer half of cooked noodles, half of sauce, half of mushroom mixture and half of ricotta cheese mixture; repeat layers. Sprinkle with mozzarella cheese and parmesan cheese.

Bake at 350 degrees for 30 to 35 minutes until hot and bubbly. Let stand.

Liz Kirk, Prosthodontics Intermedica Employee

Fricassee of Fish

Fischfrikassee

1³/₄ pounds sole, haddock or cod fillets
White-wine vinegar
1 quart Court Bouillon (see page 43 for recipe)
3 tablespoons margarine
1 small onion or shallot, finely chopped
1/4 cup all-purpose flour
1/2 cup Half and Half®
3 tablespoons white wine
1 tablespoon capers
Pinch of sugar
1 tablespoon lemon juice
Few mushrooms, sliced
Small can asparagus tips
Dill, if desired
1/4 pound scampi, prawns or shrimp
Salt

Pat fillets dry with paper towels; sprinkle with vinegar. Place fillets in a large saucepan. Add Court Bouillon. Gently poach fillets 10 minutes. Set fish aside; strain liquid. Melt margarine in a large heavy saucepan or baking dish. Add onion or shallots; sauté until lightly browned. Stir in flour until smooth. Add Half and Half®, wine and 2 cups strained poaching liquid. Cook 5 minutes, stirring constantly. Add capers, sugar, lemon juice and salt to taste. Add mushrooms and asparagus tips. Cut fish into large pieces. Carefully place in sauce without breaking. Spoon sauce over fish. Garnish with finely chopped or minced dill and scampi, prawns or shrimp. This dish is generally served with rice or boiled potatoes and cucumber salad. Makes 4 to 6 servings.

Martina Burkhard, Prosthodontics Intermedica Employee

Spaghetti Bravissimo

1 env. Lipton® Onion Soup Mix
1 package (8 ounce) spaghetti
1½ quarts boiling water
1 pound ground beef
1 can (8 ounces) tomato sauce
1 can (8 ounce) tomato paste
1 tablespoon parsley flakes
1 teaspoon oregano
½ teaspoon sweet basil



In large saucepan, combine Lipton onion soup mix and spaghetti with water. Cook 20 minutes or until spaghetti is tender. Do not drain. In large skillet, brown meat. Stir in tomato sauce and paste, parsley, oregano and basil. Add to spaghetti and heat through. Makes 4 servings.

Reba Cahall, Philadelphia, PA



Crab Marquette

- 1 to 1½ pounds crab meat**
- 6 slices white bread (broken into small pieces)**
- ½ pound fresh mushrooms**
- ½ cup mayonnaise**
- 1½ cups milk**
- ½ pound grated sharp cheddar cheese**
- ¾ cup butter**
- ¼ cup chopped green pepper**
- ½ cup chopped onions**
- ½ cup chopped celery**
- ½ teaspoon dry mustard**
- ½ teaspoon paprika**
- 2 eggs**
- 1 (10 ounce) can cream of mushroom soup**

Layer half of crab, bread, and grated cheese into greased casserole. Sauté mushroom, onions, peppers, and celery in butter. Remove from heat and add mayonnaise, salt, pepper, and mustard. Spread over crab, bread, and cheese. Beat eggs, add milk and mix well. Layer the rest of the crab, bread and ⅓ of the cheese. Pour egg and milk over mixture. Refrigerate for at least 3 hours. Before baking, spread mushroom soup over casserole. Bake at 325 degrees for 45 minutes. Take out of oven and sprinkle the rest of cheese and the paprika over top and continue baking 15 more minutes.

Marlene Klovensky, Dalton, PA

Elegant Crab

1 cup sliced celery
1/4 cup butter
1/2 cup sliced fresh mushrooms
1/4 cup sliced green onion
3 tablespoons flour
1/4 teaspoon salt
Dash of white pepper
1 cup milk
1/2 cup Half and Half®
1/4 cup sherry (optional)
1/4 teaspoon Worcestershire sauce
2 cups Dungeness or other crabmeat, flaked
2 tablespoons diced pimiento
6 servings hot cooked seasoned rice
1 ripe avocado, peeled and sliced (optional)

Sauté celery in butter until tender. Add mushrooms and onion and cook until onion is tender. Blend in flour, salt, and pepper. Stir in milk and Half and Half® and cook, stirring constantly, until thickened. Gently fold in sherry, Worcestershire sauce, crabmeat, and pimiento. Place over low heat and bring to serving temperature, stirring often. Serve on rice and garnish with avocado slices. Makes 6 servings.

Joanne Balshi, Gwynedd, Pennsylvania

Chicken Soufflé

16 slices of bread (remove crusts)	1 cup diced green peppers
1 cup diced onion	1 cup diced celery
4 cups boiled chicken (diced)	1 cup mayonnaise
2 cans mushroom soup	1/2 cup grated cheese
3 cups milk	3 eggs, beaten
Salt and Pepper	

Cut bread into cubes. Grease 9 x 13 inch Pyrex dish. Line dish with half of bread cubes. Combine celery, onion, chicken, mayonnaise, salt and pepper. Mix well and spread onto bread. Put the rest of the bread on top. Mix soup, milk and eggs and pour on top. Sprinkle cheese on top. Cover and refrigerate over night. Bake at 325 degrees for 1 hour and 15 minutes.

Joanne M. Balshi, Gwynned, Pennsylvania

Curried Fish Casserole

1 tablespoon margarine	1 1/2 slices onion
1 1/2 teaspoons curry powder	1 package frozen fish fillets
1 large apple, sliced	1 can tomatoes, drained
1/2 teaspoon salt	1/8 teaspoon pepper
Chopped parsley	

Sauté onions in hot margarine until soft. Add curry powder. Cook a little longer. Cut frozen fillets crosswise into 1 inch strips. Arrange fish in bottom of casserole. Place onions on top of fish. Top with apples and tomatoes. Sprinkle with salt and pepper. Cook over medium heat, covered, for ten minutes. To serve, sprinkle with parsley. Makes 4 servings.

Lunetta Banks, Philadelphia, PA

Microwave Lemon Chicken and Rice

1 pound boneless skinless chicken breast cut into 1 inch cubes

1½ cups Minute® Original Instant Rice

1½ cups chicken broth

1 medium red pepper, cut into strips

1 medium zucchini, thinly sliced

3 tablespoons fresh lemon juice

2 tablespoons margarine or butter

1 tablespoon cornstarch

½ teaspoon garlic powder

½ teaspoon grated lemon peel

Mix all ingredients in 2 quart microwave casserole dish and cover. Microwave on high for 5 minutes. Stir. Cook 3 minutes more or until chicken is cooked. Stir again, cover and let stand 5 minutes. Fluff with fork. Garnish with chopped parsley. Makes 4 servings

Kay Neusidl, R.N., Elkins Park, PA

Hot Chicken Salad Casserole

A favorite buffet dinner entree for family and friends.

2 cups cooked chicken (diced finely)	1/2 teaspoon salt
1/2 cup slivered blanched almonds	2 cups diced celery
1/2 teaspoon grated onion	1 cup mayonnaise
2 tablespoons freshly squeezed lemon juice	
1/2 cup shredded medium-sharp yellow cheese	
2/3 cup broken potato chips	

Mix all ingredients except cheese and potato chips; turn into shallow buttered casserole. Combine cheese and potato chips; spread over top. Bake uncovered at 375 degrees for 20 minutes. Makes 6 servings. Brandied peaches goes nicely with this casserole.

Joanne Griffing, Norristown, PA

Jelly Roll Turkey Loaf

1/4 cup milk	1 pound ground turkey
1/4 cup chopped onion	1 cup cooked rice
1 egg, beaten	3 1/2 cups crumbled blue cheese
1/2 cup finely crushed saltines	2 tablespoons chopped red pepper

Preheat oven to 350 degrees. Combine first four ingredients. Season with pepper; add ground turkey; mix well. Pat mixture into a 10 by 18 inch rectangle on waxed paper. Combine cooked rice, blue cheese and red pepper. Pat onto meat mixture leaving a 1 inch margin around edge. Roll as a jelly roll beginning with narrow side. Seal side and seams. Bake seam side down for 35 minutes.

Ann O'Callaghan, Prosthodontics Intermedica Employee

Cheese, Ham & Herb Soufflé

Käseauflauf mit Schinken und Kräutern

1/4 pound cooked ham

2 tablespoons butter

1/4 cup all-purpose flour

1 cup milk

1 cup grated cheese, such as Emmentaler or Swiss (4 ounces)

2 eggs, separated

3 tablespoons finely chopped parsley

Choice of mixed finely chopped fresh herbs, such as:

Basil, dill, chervil, chives

Salt and white pepper

Pinch of grated nutmeg

Pinch of red (cayenne) pepper

Fresh bread crumbs

Preheat oven to 400 degrees. Butter a large soufflé dish or individual ramekins. Shred ham; sauté lightly in a medium saucepan with 1 tablespoon butter. Add remaining butter. When melted, stir in flour. Cook, stirring constantly, 3 minutes. Gradually add milk, stirring until thickened. Remove from heat. Stir in cheese until melted. In a small bowl, combine egg yolks and a small amount of sauce. Stir egg-yolk mixture, herbs, salt, white pepper, nutmeg and red pepper into sauce. Beat egg whites until stiff but not dry; fold into sauce carefully but thoroughly with a metal spoon. Turn into a large soufflé, do not open oven door during first 20 minutes of baking. For individual ramekins, do not open door during first 7 to 8 minutes. Bake large soufflé 25 to 30 minutes and ramekins 10 to 12 minutes or until a fine skewer or knife inserted in center of soufflé comes out clean. Cheese soufflé is best if the center is creamy and moist. Do not overbake. Serve immediately with a salad, tomato sauce and fresh white bread. Makes 4 servings.

Martina Burkhard, Prosthodontics Intermedica Employee

Kasha and Bowties

Serve with roast beef and carrots.

Medium grain groats

Woff's Kasha

Brown groats with egg. Add boiling water. It will rise. Add gravy from roast that has carrots and onions. Then add cooked bowties.

Eleanor Blatnick, Philadelphia, PA

Corn Zucchini Squash Bake

1/2 cup croutons, stuffing, or oyster dots (crumb)

1 medium unpeeled zucchini, sliced or shredded

2 tablespoons chopped onion

1 cup corn, cooked or canned

1/2 cup cream of mushroom soup

1/2 cup evaporated milk

Cook zucchini in boiling water or microwave until tender. Drain. Combine all ingredients in a 1 1/2 quart casserole. Bake 40 minutes at 350 degrees. Top with shredded sharp cheese five to ten minutes before finished. Makes 4 servings.

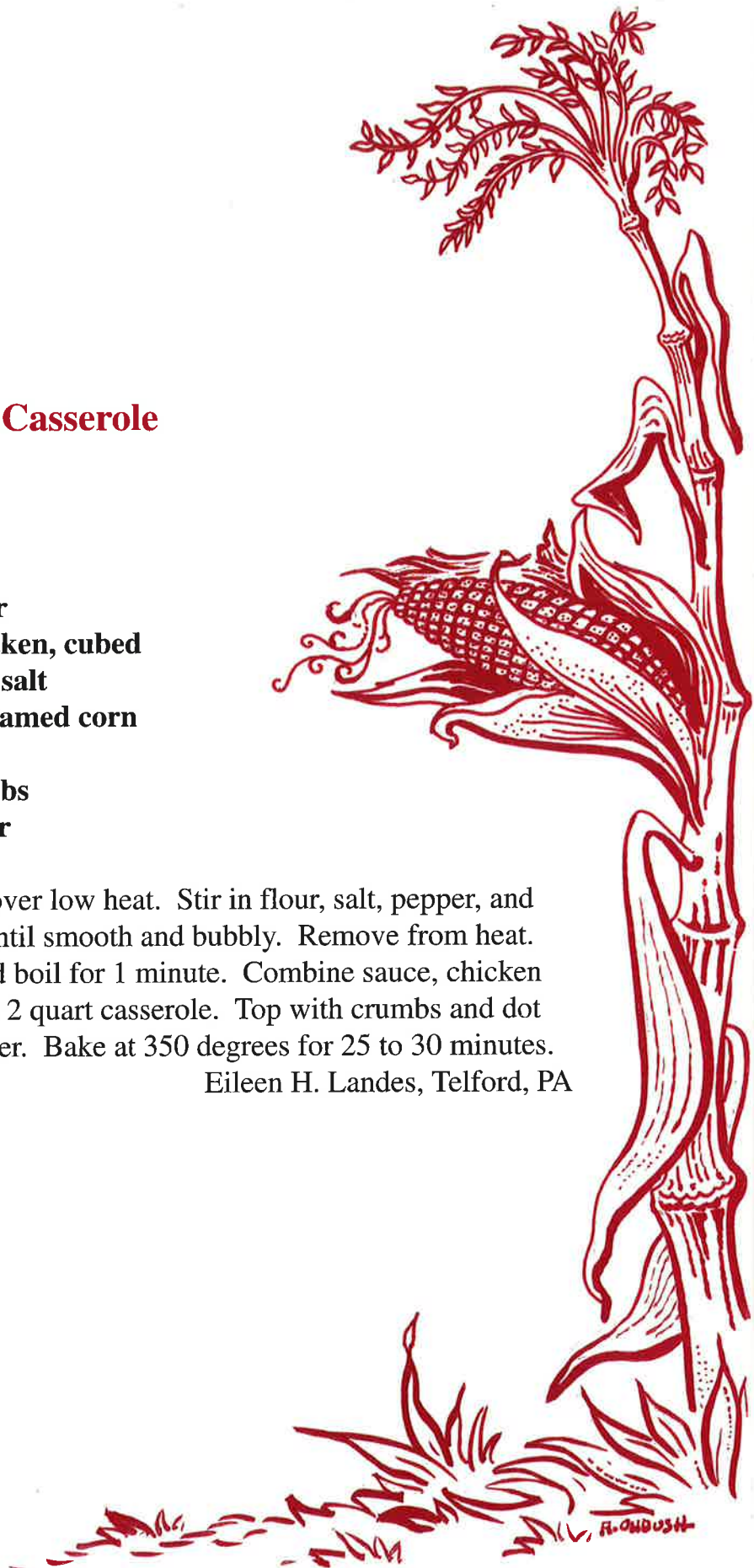
Eileen H. Landes, Telford, PA

Chicken Corn Casserole

- $\frac{1}{3}$ cup butter
- $\frac{1}{3}$ cup flour
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon pepper
- 2 cups cooked chicken, cubed
- $\frac{1}{2}$ teaspoon celery salt
- 1 pound can of creamed corn
- 2 cups milk
- $\frac{1}{4}$ cup bread crumbs
- 1 tablespoon butter

Melt $\frac{1}{2}$ cup butter over low heat. Stir in flour, salt, pepper, and celery salt. Cook until smooth and bubbly. Remove from heat. Add milk. Heat and boil for 1 minute. Combine sauce, chicken and corn. Pour into 2 quart casserole. Top with crumbs and dot with remaining butter. Bake at 350 degrees for 25 to 30 minutes.

Eileen H. Landes, Telford, PA



Pasta Fagoli

Cannoneli Beans (Canned)

Ditilani Noodles

Garlic

Spaghetti Sauce

1 Tablespoon Olive Oil

Dash of White Pepper

Combine all ingredients. Bring to a slight boil and simmer. Stir well.

Frances Goldstein, Elkins Park, PA

Turkey Chili

1 pound ground turkey

1 cup chopped onions

1/2 cup chopped green pepper

1 can whole tomatoes

1 tablespoon chili powder

1 teaspoon cumin

1/2 teaspoon garlic

1/2 teaspoon oregano

1 can chili beans

Salt and pepper to taste

Sauté onion and green pepper. Set aside. Brown meat, then add onion mixture back to meat. Add all other ingredients. Mix and cook slowly for 3 hours. If desired, top with grated cheese and serve plain or over rice or spaghetti.

Ann O'Callaghan, Prosthodontics Intermedica

The King's Scrambled Egg Breakfast

9 eggs

3 cups milk

1 pound bacon, ham or sausage

1½ teaspoons salt

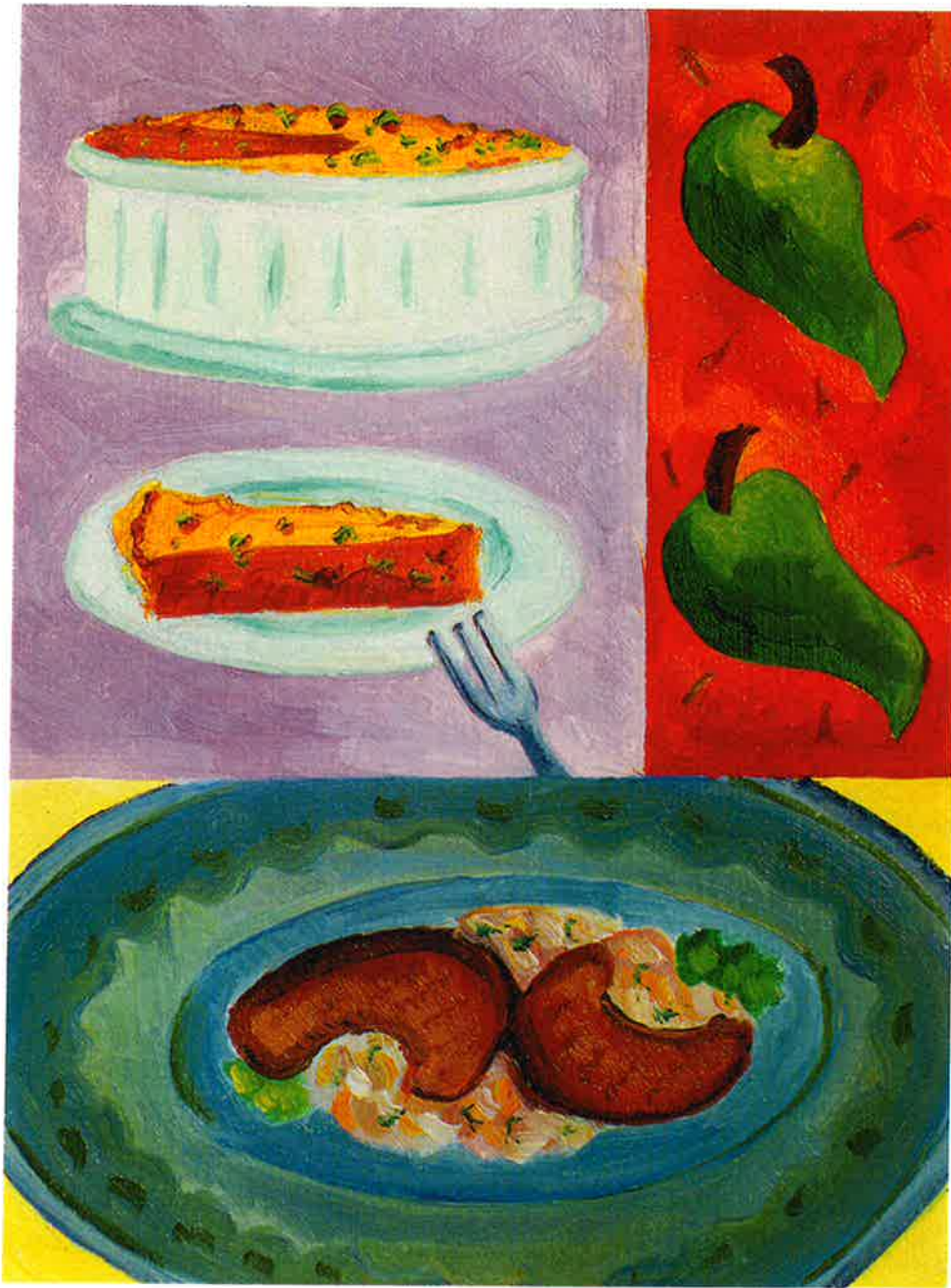
1½ teaspoons mustard (dry)

1½ cups cheddar cheese

3 slices cubed bread

Spray baking pan with non-stick spray. Put bread on bottom of pan, then meat and cheese. Beat eggs, dry mustard, and salt together. Pour over top of bread, meat and cheese. Cover and refrigerate overnight. Bake at 350 degrees uncovered for 45 minutes or until it is solid in middle.

Liz Kirk, Prosthodontics Intermedica Employee



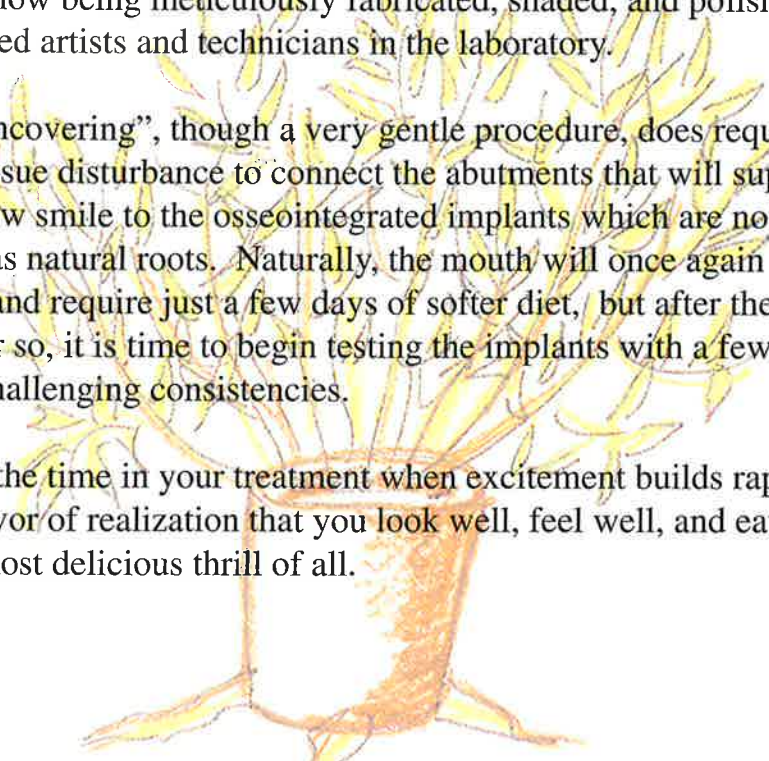
The Pot Thickens

THE POT THICKENS

Your treatment plan is nearly completed and “the gold” at the edge of your personal rainbow is but one or two visits away. You have completed your “uncovering” or second stage surgery, a very non-invasive procedure with little if any discomfort, and you are wearing a temporary prosthesis, a prelude to your permanent one that is now being meticulously fabricated, shaded, and polished by dedicated artists and technicians in the laboratory.

The “uncovering”, though a very gentle procedure, does require a mild tissue disturbance to connect the abutments that will support your new smile to the osseointegrated implants which are now acting as natural roots. Naturally, the mouth will once again feel tender and require just a few days of softer diet, but after the first week or so, it is time to begin testing the implants with a few more challenging consistencies.

This is the time in your treatment when excitement builds rapidly. The flavor of realization that you look well, feel well, and eat well is the most delicious thrill of all.



“It’s like biting back to a better life.”

Brenda Milacci, Bensalem, Pennsylvania

“Beware of meat stews. It is difficult to get the meat tender enough without turning the vegetables to pulp.”

Emmanuel Glick, Philadelphia, Pennsylvania

Main Courses

Stuffed Cabbage Leaves

8 large cabbage leaves

1 1/2 cups boiled rice

3/4 ounce butter

14 ounces pork sausage meat

1 green pepper

3/4 cup tomato juice or beef stock

3/4 cup chopped onion

Pinch of celery salt

Cover cabbage leaves with salted boiling water and boil uncovered for 3 minutes. Drain and dry on a cloth. Melt butter in a saucepan, add cleaned, seeded and chopped pepper with chopped onion, fry in butter for 2 minutes. Add celery salt, rice and sausage meat. Mix until thoroughly blended. Divide this into 8 portions, putting one portion in each leaf. Roll up and fasten with cocktail sticks. Place closely together in a buttered casserole. Pour 3/4 cup tomato juice or beef stock around them, a few slices of butter on top. Cover and bake about 45 minutes in moderate oven at 175 degrees. Remove cover and baste a few times to give a little color. Serve with potatoes or boiled carrots. Makes 4 servings.

Mrs. E. Goldie

Tuna-Pasta Casserole

- 1/2 pound pasta curls or shells, cooked**
- 1 cup frozen peas**
- 1 cup chopped broccoli, steamed**
- 1 cup garbanzo beans**
- 3/4 cup chopped red pepper**
- 1 can white meat tuna, packed in water, drained**
- 1 can Campbell's® low-salt creamed soup
(mushroom, celery, or asparagus),
diluted with 3/4 cup milk**

Mix all ingredients. Sprinkle top with grated cheese, mixed with seasoned bread crumbs. Put into a greased baking dish and bake at 375 degrees for a half hour.

Lita Schein

Fricassee of Veal

Kalbfrikassee

Water

1 small onion

1 bay leaf

1 whole clove

2¹/₂ to 3 pounds veal shoulder or leg

1/3 cup butter or margarine

1/4 cup all-purpose flour

3 tablespoons white wine

1 teaspoon lemon juice

1 egg yolk

1/2 cup Half and Half®

Pinch of ground nutmeg

Salt

Bring 1 quart of water to a boil in a medium saucepan. Add unpeeled onion, bay leaf, whole clove, nutmeg, and salt. Add veal; simmer 1¹/₂ hours or until tender. Remove veal from stock; strain and reserve stock. Cool veal; cut into 1 inch cubes. Melt butter or margarine in a saucepan. Add flour, stirring well. Add 2 cups hot strained stock, a little at a time, stirring constantly. Bring mixture to a boil. Reduce heat; add salt, wine and lemon juice. Add veal; heat until warmed through. Remove from heat. In a small bowl, combine egg yolk and Half and Half®. Briskly stir egg-yolk mixture into veal mixture. Serve veal fricassee on rice or pasta. Makes 4 to 6 servings.

Variation: Add sautéed mushrooms, cooked asparagus tips or tiny cooked veal meatballs to fricassee.

Martina Burkhard, Prosthodontics Intermedica Employee

Veal Cutlet Fromage

1½ pounds veal cutlet, ¼ inch thick
½ cup flour
¼ cup grated Parmesan cheese
1 teaspoon salt
¼ teaspoon pepper
2 eggs, slightly beaten
⅔ cup dry bread crumbs
1 garlic clove, peeled
6 tablespoons shortening, melted

Cut veal into 6 servings. Pound until thin. Combine flour, cheese, salt and pepper; coat meat with flour mixture. Dip meat into slightly beaten egg and dry bread crumbs. Lay slices on waxed paper for crumb coating to dry (about 30 minutes). Brown garlic clove in melted shortening. Remove. Sauté veal on one side until browned. Turn. Cover and cook for 30 minutes or until tender. Serves 6.

Lucy Cassel, Prosthodontics Intermedica Employee

Beef and Rice Dinner

Beef wrapped in foil, baked at 180 degrees for 45 minutes per pound. One cup rice, 1 cup chopped onion, ½ teaspoon salt, ¼ teaspoon pepper and drippings from beef. Cook with rice for 15 minutes in 2 cups of water. Heat onions in covered pot over low flame for 15 minutes. Add seasoning to beef drippings and mix.

Emanuel Glick, Philadelphia, PA

Scallops and Shallots

This light easy recipe is great for entertaining.

1 medium onion, chopped
4 shallots, chopped
4 tablespoons butter
20 sea scallops
1/2 cup dry white wine
1/2 cup bread crumbs
1/2 teaspoon chopped celery leaves
1/4 bay leaf
1/4 teaspoon dried thyme
1/4 teaspoon dried marjoram
2 tablespoons chopped fresh parsley
1 clove garlic, minced
Paprika

Sauté onion and shallots for 5 minutes in butter. Add scallops, wine, bread crumbs, herbs and garlic. Simmer 10 minutes or until scallops are done. Place in oven-proof casserole, sprinkle with paprika and broil 3 to 4 minutes. Makes 4 servings.

Ann O'Callaghan, Prosthodontics Intermedica

Shellfish Supreme

- 1/2 pound fresh mushrooms**
- 1/2 cup butter**
- 1 cup cream of shrimp soup, undiluted**
- 2/3 cup milk**
- 1/4 cup grated or shredded cheese**
- 1/2 cup mayonnaise**
- 2 cups crushed, uncooked fine egg noodles**
- 1/2 cup cooked shrimp, cut in thirds**
- 1/2 pound fresh crabmeat**
- 1 (8 ounce) can water chestnuts, sliced**
- 1 (3 1/2 ounce) can French fried onion rings**

Preheat oven to 325 degrees. Butter a 12 x 8 inch baking dish and set aside. Sauté mushrooms in butter. Mix with soup, milk, cheese and mayonnaise. Fold in crushed noodles, shrimp, crabmeat and sliced water chestnuts. Turn into prepared baking dish. Cover and bake 20 minutes. Remove cover. Top with French fried onion rings and bake an additional 10 to 15 minutes. Makes 6 servings.

Ann O'Callaghan, Prosthodontics Intermedica

Salmon Croquettes

1 can salmon

1 egg

1 small onion, chopped

1/2 cup sour cream

Seasoned bread crumbs

Parsley

Drain liquid from can and mash salmon well with fork. Be sure to mash all small bones. Add 1/2 cup bread crumbs, chopped onion, egg, parsley, and sour cream. Mix well. Mixture should be moist enough to form patties. Fry in oil until golden brown.

Lita Schein

Broccoli Quiche

1 box chopped broccoli

(frozen 10 ounce, thawed, drained, finely chopped)

1 cup shredded cheese

1/3 cup chopped onion

2 cups milk

4 eggs

1 cup Bisquick® mix

1/4 teaspoon salt

1/8 teaspoon pepper

Grease pie plate (9 inch round or 13 by 9 inch long). Pre-heat oven to 400 degrees. Sprinkle broccoli, cheese and onion onto bottom of plate. Place the rest of ingredients in blender. Blend high for 15 seconds. Pour onto plate. Bake approximately 35 to 40 minutes or until knife comes clean.

Kathy Koch, Prosthodontic Intermedica Employee

Zarzuela

1/4 cup olive oil
1 cup onion, chopped
1 tablespoon garlic, chopped
2 small red peppers, chopped
6 tomatoes, skinned and chopped
1 bay leaf, crumbled
1/8 teaspoon ground saffron
1 teaspoon salt
3 cups water
1/2 cup white wine
1 tablespoon lemon juice
1 1/2 pounds lobster, cut in 1 inch pieces
12 mussels in shells
12 clams in shells
12 large shrimp, peeled
1/2 pound scallops, halved
Pepper

In large casserole, Sauté first 4 ingredients 5 minutes. Add tomatoes and seasonings and boil until pasty. Add water, wine and lemon juice and bring to a boil. Add lobster, mussels and clams and cook 10 minutes. Add shrimp and scallops; cook until shrimp turn pink and shells open. Be careful not to overcook the seafood.

Marilyn Melvin, Paoli

Crab Cakes

1½ teaspoons salt
1 tablespoon chopped parsley
1 pound crab meat
2 teaspoons Worcestershire® sauce
1½ teaspoons paprika
1 egg yolk
1 tablespoon mayonnaise
1 teaspoon butter, melted

Remove all shells from crab meat. Add all ingredients and toss. Shape into cakes. Makes 6 to 8. To broil, place on broiler pan and broil 3 minutes on each side. To fry, roll in bread crumbs and fry in hot oil.

Pauline Torchon, Philadelphia, PA

Chili Pepper Quiche

2 cans whole green chilies, drained
1 cup shredded Monterey Jack Cheese
1 can condensed cream of mushroom soup
½ cup light cream
4 eggs, slightly beaten

Slit chilies, spread open in a pie pan. Pat dry. Sprinkle cheese over chilies. In a bowl, combine soup, cream and eggs. Pour over cheese. Bake at 350 degrees for 30 minutes or until firm. Let stand 10 minutes and serve.

Mrs. Elizabeth H. Allen, Bridgeton, New Jersey

Seafood Lasagna

1 pound lasagna noodles
1 cup chopped onion
2 tablespoons butter
1 (8 ounce) package cream cheese
1½ cups cottage cheese
1 egg, beaten
2 teaspoons crushed basil
½ teaspoon salt
½ teaspoon pepper
2 (10¾ ounce) cans cream of mushroom soup
⅓ cup milk
⅓ cup white wine or sherry
1 pound shrimp, deveined and lightly poached
1 pound can crabmeat, carefully picked over
1 pound scallops, lightly poached
½ cup shredded mozzarella cheese
¼ cup grated Parmesan cheese
Additional shredded mozzarella cheese for topping

Preheat oven to 350 degrees. Cook noodles according to package directions; place in bowl of cold water. Grease 14 by 8 by 2 inch baking dish and place 4 noodles across the bottom. Cook onions in butter. Blend in cream cheese, cottage cheese, egg, basil, salt and pepper. Blend soup, milk, and wine or sherry together. Spread ⅓ over soup mixture and sprinkle with mozzarella cheese. Repeat layers of noodles, cottage cheese, soup and seafood for a total of 3 layers. Sprinkle grated Parmesan cheese. Bake 45 minutes. Remove from oven and sprinkle additional mozzarella cheese on lasagna. Bake an additional 5 minutes. Let stand 15 minutes before serving. Can be made early in the day, if preferred and reheated before serving. Makes 8 to 10 servings.

Ann O'Callaghan, Prosthodontics Intermedica

Planked Fish Fillets Dinner

1 pound fish fillets

1/2 teaspoon basil

2 tomatoes, cut in thick slices

2 packages frozen mixed vegetables, cooked

Lemon wedges

Parsley

Salt

Pepper

Paprika

Mashed potatoes

Cut fillets into 4 serving pieces. Place on plank. Brush with melted butter or margarine; sprinkle with salt, pepper, and paprika. Season mashed potatoes with salt and pepper; add basil. Make a border of these mashed potatoes with a pastry tube around edge of plank. Arrange tomato slices and mixed vegetables on plank. Brush all with melted butter or margarine. Season with salt and pepper. Broil 4 inches from unit for 8 to 10 minutes or until fish flakes and tomatoes are done. Garnish with lemon wedges and parsley. Serve with cucumber sauce. Serves 4.

Lucy Cassel, Prosthodontics Intermedica Employee

Cucumber Sauce

1/4 cup finely diced cucumber

1/4 cup finely chopped olives

1/3 cup mayonnaise

1/4 teaspoon salt

1/4 teaspoon paprika

2 teaspoons lemon juice

Dash Tabasco sauce

Combine all ingredients and blend well. Serve over broiled fish.

Lucy Cassel, Prosthodontics Intermedica Employee

Pot Roast of Brisket Oven-Style

3 to 4 pounds boneless brisket

1 cup catsup

1 cup water

1 tablespoon instant minced onion

1 1/2 teaspoons prepared mustard

2 tablespoons cider vinegar

2 tablespoons white horseradish

Place beef, fat side up, in a heavy casserole. Mix ingredients and pour over beef. Cover tightly and bake at 300 degrees for about 4 hours. Refrigerate beef and gravy separately overnight. Slice beef, then arrange in baking dish. Remove hardened fat from gravy and pour over beef. Cover tightly with foil and reheat in preheated 350 degree oven. As I use a large flat dish, I make 1 1/2 to 2 times the sauce. It depends on the dish and how tightly it is covered and how long you cook it. I cook mine closer to 5 hours and I think a person with implants or just gums would have no problem with it!

Rosann M. Hoffman, Lansdale, PA

Goulash

Gulyás

- 4 pounds beef chuck, cut in 2 inch pieces**
- 2 strips bacon or salt pork or 2 tablespoons bacon fat**
- 6 onions, coarsely chopped**
- 3 tablespoons paprika**
- 1½ teaspoons salt**
- 2 green peppers, coarsely chopped**

Brown half the beef in its own fat in a large skillet; transfer to a kettle or dutch oven and repeat with other half. Rinse the skillet with a cup of water and add the liquid to the meat. Cover and cook slowly over low heat. Chop the bacon and fry in skillet; add the onions and brown lightly. Stir in the paprika and salt; then combine with the simmering meat. Stir in the uncooked green peppers and continue cooking slowly for about 2 hours or until the meat is tender, not soft. Makes 8 to 10 servings.

Frederick Hodosh, West Chester, PA

Kathy's Chicken

- 1 can cream of chicken soup**
- 1 pound boneless chicken breast**
- 2 cups bread crumbs**
- 12 slices Swiss cheese**
- 12 slices ham**

Tenderize chicken breast. Coat in bread crumbs. Layer 1 slice of ham and one slice of Swiss cheese to top of chicken. Roll and secure with toothpick. Bake in shallow pan with soup for 30 minutes at 350 degrees.

Kathy Koch, Prosthodontics Intermedica Employee

Heart Healthy Lemon Chicken

A low salt, low cholesterol and low fat recipe!

2 whole chicken breasts, skinned, boned and split

$\frac{3}{4}$ cup all purpose flour

$\frac{1}{2}$ tablespoon garlic powder

$1\frac{1}{2}$ teaspoons paprika

$\frac{1}{4}$ teaspoon freshly ground pepper

1 (13 ounce) can chicken broth, with fat removed

Juice of 2 whole lemons

1 tablespoon olive oil

Cooked rice

Trim chicken of fat and cartilage. Rinse and lightly pat dry. On waxed paper, combine flour, garlic powder, paprika and pepper. Dredge chicken pieces in flour mixture, dusting off any excess. In large Teflon® coated fry pan, sauté chicken breasts in olive oil until both sides are well browned. Reduce heat, add chicken broth and lemon juice. Cover and simmer for 20 minutes, turning breast once during cooking. Serve with broth over hot rice. Makes 4 servings.

Joe McCartin, Laureldale, PA

Old-Fashioned Chicken Stew

- 1 teaspoon olive oil**
- 2 medium yellow onions, chopped (about 1 1/2 cups)**
- 2 boneless, skinless chicken breast halves, cut into cubes**
- 3 cloves garlic, crushed through a press**
- 2 cans (16 ounces each) nonfat chicken broth, or
1 quart homemade broth**
- 1 quart water**
- 2 carrots, peeled and chopped**
- 2 ribs celery, chopped**
- 2 medium russet potatoes, scrubbed and cubed**
- 1/2 pound green beans, ends trimmed and cut into 2 inch pieces**
- 1/2 cup dry white wine**
- 2 bay leaves**
- 1/2 teaspoon thyme leaves**
- 1/2 teaspoon salt**
- Freshly ground black pepper to taste**

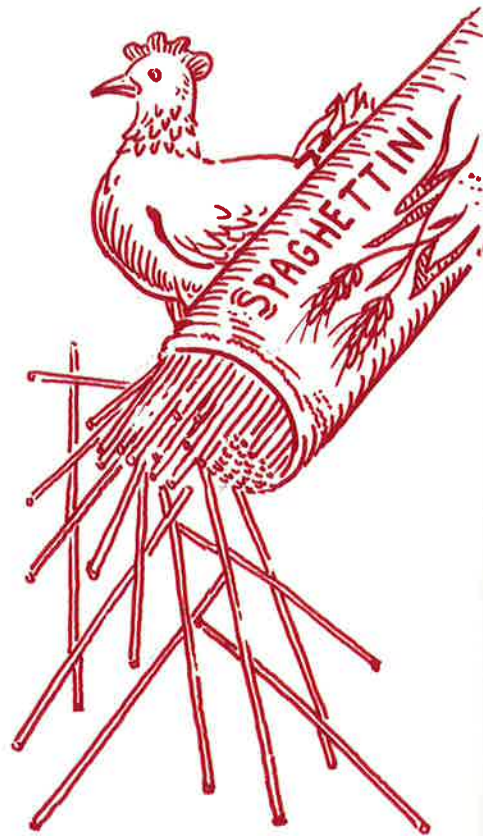
Heat the oil in a large kettle or Dutch oven over medium-high heat. Sauté onions; stir until soft, about 3 to 4 minutes. Add cubed chicken and garlic and continue to cook and stir for about 5 minutes longer. Pour in chicken broth and water and add remaining ingredients. Bring to a simmer and cook for 30 to 40 minutes. Stew should simmer without boiling. Makes 8 servings.

Marilyn Melvin, Paoli, PA

Source: Charlotte Balcomb Lane, Inquirer Food Writer

One Pot Chicken

- 1 medium Spanish onion**
- 3 cloves garlic, minced**
- 6 ounces spaghetti**
- 2 ounces margarine**
- 2 medium bell peppers**
- 1 pound boneless skillet chicken breast**
- 1 teaspoon dry tarragon leaves**
- 10 ounces Half and Half®**
- 6 ounces Farmer's cheese**
- 1 ounce Parmesan cheese**



Cook spaghetti in salted water. Drain. In same dutch oven or large saucepan, melt margarine. Add onion wedges, pepper strips and garlic. Cook until crisply tender. Remove. Add diced chicken. Cook until done. Season with salt and pepper and add tarragon leaves. Remove from heat. Add Half and Half®. Add grated Farmers cheese. Stir until cheese melts into Half and Half®. Once cheese is melted, add cooked chicken, vegetables and pasta. Stir well. Add Parmesan cheese. Cover and heat through, stirring frequently. Serve with a glass of White Zinfandel. Makes 4 servings.

Nick Kruzich, Lansdale, PA



Chicken Finanziara Style

4 to 5 pounds of chicken, cut up into serving pieces

2 or 3 chicken livers

3 tablespoons celery

3 leaves fresh sweet basil

1 small onion, sliced fine

6 tablespoons olive oil

Parsley, chopped

1 carrot, diced

1 tablespoon flour

1/4 pound sliced mushrooms

3 cockscombs, diced, if available

1/2 cup dry marsala wine

Salt and pepper

Place oil, celery, parsley, basil, onion and carrot in casserole and cook over low flame for 5 minutes. Add chicken and simmer for 15 minutes. Remove the chicken and strain sauce. Put sauce back in casserole and add flour, blending well. Slowly add chicken stock and wine, stir and bring to a boil. Replace chicken, add salt and pepper and cook over low flame for 20 minutes. Remove chicken and place in hot serving dish. To sauce in casserole, add mushrooms, livers, cockscombs, and marsala wine. Simmer for 6 to 8 minutes and pour over chicken. Serves 5 to 6 people.

Nancy Werner, Lansdale, PA

Poulet Dijonnaise in Phyllo

1/4 cup unsalted butter (1/2 stick)	1/2 cup sharp Dijon mustard
3 whole chicken breasts,	(use a little less, taste first)
skinned, boned and cut into	5 Phyllo pastry sheets
1 inch wide strips	3/4 cup unsalted butter (1 1/4 sticks)
2 cups whipping cream	1/4 cup fresh bread crumbs, toasted
Salt and freshly ground white pepper	1 egg
1 cup sliced sautéed mushrooms	1 teaspoon water
seasoned with tarragon	

Melt butter in large skillet over medium heat. Sprinkle chicken with salt and pepper. Add to pan and sauté until strips are no longer pink (about 5 minutes). Do not overcook. Transfer to platter, keep warm.

Add mustard to skillet, scraping up any browned bits clinging to bottom of pan. Whisk in cream, blending thoroughly. Reduce heat to low and simmer until sauce is slightly thickened and reduced by 1/4. Stir in any juices from chicken and cook until slightly reduced. Strain some of the remaining sauce to serve at table.

Preheat oven to 450 degrees. Lay one sheet of Phyllo out. Brush melted butter onto each piece. Sprinkle with 1 tablespoon of bread crumbs. Repeat with the next three sheets of Phyllo. Top with last sheet of Phyllo, brushing only the border with melted butter. Arrange chicken (as for jelly roll) over bottom third of long side of dough, leaving 2 inch border on all sides. Turn up bottom edge, then fold in sides. Roll up jelly roll fashion. Carefully place seam side down on ungreased jelly roll pan.

Beat egg with water in small bowl and brush all over dough. Bake until Phyllo is crisp and golden (about 12 to 15 minutes). Slice and serve with the balance of the mustard sauce.

Serve with Uncle Ben's® Wild rice, fresh asparagus "tied" with strip of pimento and strip of lemon peel. Can be frozen but must be thoroughly thawed before baking. Makes 6 to 8 servings.

Georgine Tidmore, Pottsville, PA

Chicken Marsala

**6 chicken breast halves, boned and
skinned (1½ pounds) or veal scallops**

¼ cup flour

3 tablespoons low calorie margarine

¼ cup minced shallots

1 clove garlic, minced

½ pound mushrooms, sliced

½ cup Marsala wine

Pepper

With a mallet or kitchen weight, pound chicken breasts into thin cutlets between sheets of waxed paper. Mix flour and pepper, to taste. Dredge the flattened chicken pieces lightly in the seasoned flour, shaking off excess. Reserve.

In a skillet, melt two tablespoons of the margarine, and sauté the shallots, garlic and sliced mushrooms until vegetables are barely tender. Remove and set aside the vegetables. In the same skillet, melt the remaining one tablespoon of margarine. Add the floured chicken pieces, and sauté for two or three minutes on each side, or until golden. Add the Marsala and the reserved mushroom mixture. Cook for one minute more or until tender. Using a slotted spoon, remove the chicken and mushrooms from the skillet to a heated platter. Bring the pan juices to a brisk boil and cook until reduced to a thin syrupy glaze. Pour the glaze over the chicken and mushrooms. Makes 6 servings, about 200 calories each.

Ann O'Callaghan, Prosthodontics Intermedica
*Taken from Marilyn Marter column in the
Philadelphia Inquirer*

Baked Fish & Tomatoes au Gratin

Graniertes Tomatenfisch

4 to 6 fish fillets

8 tomatoes

White-wine vinegar

$\frac{1}{3}$ cup tomato paste

$\frac{1}{3}$ cup dry white wine

$\frac{1}{3}$ cup finely chopped onion

3 tablespoons finely chopped parsley

$\frac{1}{3}$ cup dry bread crumbs

$\frac{1}{3}$ cup grated Emmentaler cheese (1 ounces)

2 tablespoons butter

Salt

Preheat oven to 400 degrees. Butter a large shallow baking dish. Slice tomatoes; sprinkle with vinegar and salt. Arrange tomato slices and fish fillets alternately in buttered baking dish. In a small bowl, combine tomato paste, wine, onion and parsley. Season to taste with salt. Pour mixture over fish and tomatoes. Top with bread crumbs and grated cheese. Dot surface with butter. Bake 25 minutes or until tender. Serve while hot. Makes 4 to 6 servings.

Martina Burkhard, Prosthodontics Intermedica Employee

Swedish Meatballs

4 $\frac{1}{2}$ tablespoons unsweetened bread crumbs

$\frac{1}{3}$ cup milk

$\frac{1}{3}$ cup thick cream

14 ounces ground meat

1 $\frac{1}{4}$ teaspoon salt

$\frac{1}{4}$ teaspoon white or black pepper

2 tablespoons lightly chopped, lightly

browned or raw grated yellow onion

Butter for frying

Mix bread crumbs, milk and cream and let the mixture soak for approximately 10 minutes. Mix ground meat with salt, pepper and onion. Add the bread crumb mixture. Stir until smooth but not too much or the fat will creep out and the mixture will become dry. Form into small meatballs of uniform size. Fry them in a little butter in a frying pan. Lower the heat when the balls are well browned so that they have time to get thoroughly cooked. Shake the pan now and then while frying so that the meatballs become round and evenly colored. Makes 4 to 5 servings.

Annika Wettre - Nobelpharma

Zurich-Style Veal

Zürcher Geschnetzeltes

1½ pounds boneless veal round

¾ pound button mushrooms

Lemon juice

⅓ cup vegetable oil or butter

1 tablespoon all-purpose flour

½ cup meat stock

White wine

Half and Half®

Salt and white pepper

For ease of slicing, wrap veal in plastic wrap. Place in freezer until nearly firm. Remove wrapping; thinly slice using a sharp knife. Trim off excess fat, if necessary. Clean mushrooms; cut into thin slices. Sprinkle mushrooms with lemon juice to prevent darkening. Heat oil or butter in a large skillet over high heat. Add veal slices. Sauté sliced mushrooms in fat and juices in skillet. Sprinkle with flour. Stir in stock, wine to taste and a little Half and Half®. Cook, stirring constantly, or until thickened. Return veal to skillet. Heat in sauce, seasoning to taste with salt and white pepper. Serve immediately so veal does not lose its delicate flavor and consistency. Makes 4 to 6 servings.

Martina Burkhard, Prosthodontics Intermedica Employee

Pancakes

Pancakes have a long history but boast no national origin. Egyptians cooked them on flat stones in the hot sun, and they were a favored food of early Roman armies. During the Middle ages the Roman Catholic Church designated Shrove Tuesday as a day for the eating of pancakes because of their symbolic ingredients. Flour represented the staff of life, milk stood for innocence, salt for wholesomeness, and eggs, the basic Lenten food, symbolized fertility.

Today pancakes are universally popular. Their variety ranges from the rough-and-ready flapjack or griddlecake, the typically American breakfast favorite, to the fancy French dessert or crêpe Suzette served with flaming sauce.

The Hungarian pancake, palacsinta, is served for dinner at noon or for supper, never for breakfast. They are extra special as an entree and are enthusiastically welcomed for the main dish or as a dessert of rare excellence.

Only the finest of fresh ingredients go into the batter, though proportions vary according to use. There may be a few eggs or many, much or little milk (and this is often mixed with water), a little unsalted butter or none at all, and sugar if sweetness is desired. The batter is quickly and easily mixed; a little stirring makes it creamy smooth. Sometimes egg whites are beaten and added with the last, more gentle stirring. The batter will be no thicker than sweet heavy cream and the baked palacsinta, with few exceptions, will be wafer thin. It should always be tender, fragrantly tempting, and of superlatively good flavor.

The palacsinta is not browned like its distant cousin, the thicker American griddlecake, but remains transparent and golden. The moment it is baked, Hungarian originality begins, and there seems to be no limit to the wondrous ways these delicately thin and tender layer cakes may be served. They are

rolled, folded, or layered twelve to fifteen high for slicing pie fashion - always with a favorite spread. Hungarians are partial to ham filled palacsinta as an entree. Cabbage, spinach, and mushroom palacsinta make an inexpensive main dish which are well liked. Most delectable of these are those prepared for dessert. These are spread with apricot, strawberry, or raspberry jam, with almond or walnut filling, or with cottage cheese.

Pointers for Hungarian Palacsinta:

Bake pancakes one at a time, as native Hungarians do, on a bevel edged skillet. When a few drops of water will dance on it, the skillet is hot enough for even browning. Grease it with unsalted butter before baking each pancake. Butter is best for flavor but Hungarians also use fine lard.

For an 8 inch pancake, dip $\frac{1}{4}$ cup of batter onto the hot greased skillet. With a quick rotary motion tip the skillet to spread the patten thinly. The baked palacsinta should be transparently thin. A batter with beaten egg whites should be stirred before each dipping as the whites tend to rise and separate. A fluffy batter will bake a thicker palacsinta but once off the griddle it, too, will become thin.

Brown the palacsinta only very lightly. During the first browning it will become firm enough to be easily turned. When the second side is tinged brown, ease the cake onto a warm platter or baking dish. Spread filling on the baked palacsinta while another is cooking. Even spreading is not essential as the warmth of the pancake distributes the filling. Roll or fold each palacsinta or arrange a number of them in layers.

When all are baked, reheat in a moderate oven, 350 degrees, for about 20 minutes; serve hot. An extra palacsinta placed over a dish of rolled ones will keep them moist in the oven. Remove this top one just before serving.

Plain Pancakes

Palacsintatészta

- 2 cups sifted flour**
- 1 teaspoon salt**
- 4 eggs, separated**
- 3 cups milk or equal parts milk and water**

Combine flour, salt, egg yolks, and 1 cup of the milk, stirring until smooth. Gradually stir in the rest of the milk to make a batter the consistency of heavy sweet cream. Beat egg whites until stiff but not dry and fold into the batter. Stir again before dipping each pancake. Bake full-size thin cakes on an 8 inch skillet, tipping to spread butter.

Combine with meat, fish, or vegetable filling for main dish of entree. This batter may also be used for dessert pancakes served with sweet fillings or toppings. Makes 20 to 24 pancakes.

Frederick Hodosh, West Chester, PA

Mushroom-Filled Pancakes

Gombával Töltött Palacsinta

- Plain pancakes**
- 1½ cups finely chopped mushrooms**
- 2 tablespoons butter**
- ½ teaspoon salt**
- ½ cup sour cream**
- 1 egg, slightly beaten**
- Dash of pepper**

Brown mushrooms in butter; cool slightly, then combine with the salt and pepper, sour cream, and egg. Use this filling, proceed as for Layer Ham Pancakes.

Frederick Hodosh, West Chester

Layer Ham Pancakes

Rakott Sonkáspalacsinta

Prepare plain pancakes and arrange in layers with the following filling:

Ham Filling:

1 pound chopped boiled ham

2 egg yolks

1 cup sour cream

Combine the ham, egg yolks, and cream. Place a freshly baked pancake on a buttered baking dish; spread with 1 tablespoon of filling and repeat until you have many layers. Only the top cake should be buttered. Place in moderate oven at 350 degrees until filling is set, usually about 20 minutes. Cut pie-fashion and serve hot. Makes 8 to 10 servings.

Frederick Hodosh, West Chester, PA

Chocolate Pancake Dessert

Csokoládés Palacsinta

1/4 cup butter

1/4 cup sugar

2/3 cup flour

2 cups milk

1/2 teaspoon vanilla

8 eggs, separated

2 ounces (1/4 bar) semi-sweet chocolate

In the top of a double boiler, melt the butter; stir in the sugar and flour. Gradually blend in the milk, stirring constantly, until mixture becomes very thick and smooth. Remove from heat, cool slightly, add the vanilla, and blend in the egg yolks. Beat the egg whites till they stand in peaks; then fold batter into them.

Bake 6 inch, fluffy pancakes. They will be tender and require careful handling. When lightly browned on both sides, place the first cake in a baking dish. Sprinkle with grated sweet chocolate and keep in a warm oven. Top with the next cake. Continue until there are 3 or 4 layers. Proceed until all are baked. Then garnish with Meringue Topping, given below:

Meringue Topping:

3 egg whites

1/2 teaspoon vanilla

3 tablespoons sugar

Beat the egg whites until they stand in peaks; fold in the vanilla and sugar. Pile the mixture on the stacked pancakes and brown lightly in a slow oven at 325 degrees. Serve warm, cut pie-fashion.

Frederick Hodosh, West Chester, PA

Cottage Cheese Filling

Túrós Töltelék

Wonderful dessert or main dish!

2 cups cottage cheese

1 egg yolk

2 tablespoons sugar

1/2 cup sour cream

1/2 cup raisins

Press the cottage cheese through a sieve or mash with a fork until well creamed. Mix with the egg yolk, sugar, cream, and raisins. Spread each pancake with 1 tablespoon of the cheese mixture, roll up, arrange in a baking dish, and reheat in a moderate oven at 350 degrees for 20 minutes.

Note: Many prefer dessert pancakes with apricot, strawberry, or raspberry jam. A richer filling results from a mixture of 1/2 cup crushed, blanched almonds, 1 egg yolk, 2 tablespoons sugar, and 1/4 cup sour cream.

Frederick Hodosh, West Chester

Banana Hotcakes

1 1/4 cups Pillsbury® BEST All Purpose or Unbleached Flour
2 tablespoons sugar
2 teaspoons baking powder
1/4 teaspoon salt
1/8 teaspoon nutmeg
3/4 cup skim milk
1 cup (about 3 medium) mashed ripe bananas
2 tablespoons oil
2 teaspoons lemon juice
1 teaspoon vanilla
2 egg whites

Spray skillet or griddle with nonstick cooking spray; heat to 375 degrees. Lightly spoon flour into measuring cup; level off. In large bowl, combine flour, sugar, baking powder, salt and nutmeg; mix well. Add remaining ingredients; stir just until dry ingredients are moistened. To form each pancake, pour about 1/4 cup batter into hot skillet. Turn pancakes when edges look cooked and bubbles begin to break on surface.

Maureen Farrell, Prosthodontics Intermedica Employee

Source: Heart Healthy Recipes

Oatmeal Raisin Pancakes

“Soft nutritious, and delicious”

- 1/2 cup quick cooking rolled oats**
- 2 cups water**
- 2 cups Hungry Jack® Buttermilk Complete
or Extra Lights Complete Pancake Mix**
- 1/2 cup raisins**
- 2 tablespoons sugar**
- 1/2 teaspoon cinnamon**

Heat skillet or griddle to 375 degrees. Grease lightly with oil. In medium bowl, combine rolled oats and water; let stand 5 minutes. Add remaining ingredients; stir just until all ingredients are moistened. To form each pancake, pour 1/4 cup batter into a hot skillet. Cook 1 to 1 1/2 minutes, turning when edges look cooked and bubbles begin to break on surface. Continue to cook 1 to 1 1/2 minutes or until golden brown.

Maureen Farrell, Prosthodontics Intermedica Employee

Source: Heart Healthy Recipes

Side Dishes

Pierogi Casserole

Very soft and great for just after surgery!

1 pound lasagna noodles, cooked
 $\frac{3}{4}$ pound cheddar cheese, grated
2 sticks butter or margarine
2 onions, finely chopped
10 to 12 potatoes, peeled, boiled and mashed
Salt and pepper to taste

Cook noodles according to directions on package. Cook and drain potatoes. Mash potatoes, then add cheese and beat well. Sauté onions in butter or margarine until soft. Add $\frac{1}{3}$ of onion mixture to potato mixture, add salt and pepper.

Generously butter a 13 by 9 inch baking pan. Place a layer of noodles, then a layer of potato mixture. Repeat, ending with noodles. Pour remaining butter and onions over all. Cover with foil. Bake at 350 degrees for 20 to 25 minutes. Let stand approximately 10 minutes before serving.

Jennie Harb, Philadelphia, PA

Pasta with Chichi Beans

3 tablespoons olive oil
2 cups chicken stock or broth
1 pound Ditali or small shells
2 (19 ounce) cans Progresso® chichi beans
1 small onion, sliced
1 or 2 garlic cloves, cut into small pieces
A little parsley and basil
Salt and Pepper

In a large skillet, sauté onions and garlic until light golden. Add beans with chicken stock. Let it boil and simmer 10 minutes on low heat. Prepare pasta according to package directions. Drain pasta but leave a small amount of water. Mix with beans; add basil and parsley. Serve with a little Parmesan or Romano cheese.

Eugene Guinta, Jr., Easton, PA

Cheesy Spinach Bake

1 (15 ounce) can spinach or 1 (10 ounce)
package frozen spinach, thawed
4 eggs, beaten
1 cup milk
1 cup shredded Swiss cheese
1 cup firm white bread cubes
1/2 cup sliced green onions
1/4 cup grated Parmesan cheese

Preheat oven to 375 degrees. Drain spinach, squeezing out excess liquid. Combine all ingredients and pour into a 1 quart baking dish. Cover and bake 25 to 30 minutes or until done. Makes 6 servings.

Ann O'Callaghan, Prosthodontics Intermedica

Asparagus Vinaigrette

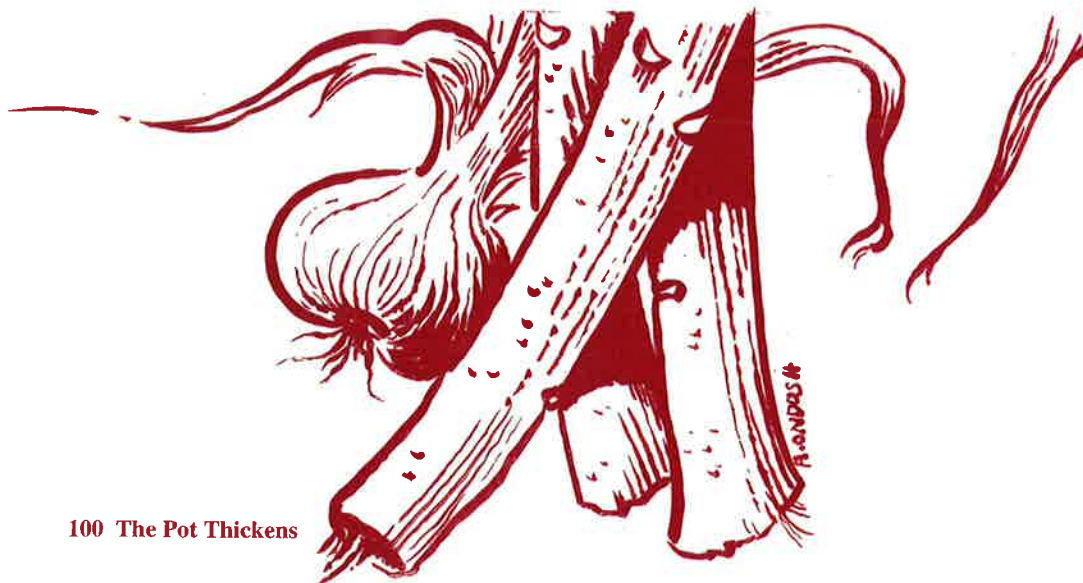
1 to 1½ pounds fresh asparagus
1½ teaspoons red wine vinegar
1½ teaspoons spicy mustard
¼ cup oil
1½ teaspoons finely chopped
shallots or green onions
1½ teaspoons finely chopped parsley
Dash of pepper



Cook asparagus to desired firmness. Place vinegar, mustard, pepper and oil in bowl. Stir with a whisk until blended. Add shallots and parsley and blend again. Drain asparagus and place in serving dish. Add sauce and serve. Makes 4 to 6 servings.

Note: Sauce is also good with broccoli or green beans.

Ann O'Callaghan, Prosthodontics Intermedica



Fresh Asparagus Risotto

**1 pound fresh asparagus spears,
diagonally sliced in 1 inch pieces**
3 tablespoons butter or margarine, divided
1/2 cup chopped onions
1 cup uncooked rice
1/3 cup dry white wine (optional)
2 cups chicken broth
1/4 cup grated Parmesan cheese
1/2 teaspoon salt
1/4 teaspoon ground white pepper
1/2 cup heavy cream

Cook asparagus until crisp tender in 2 tablespoons butter in large skillet over medium heat. Remove asparagus; set aside. Cook onions in remaining 1 tablespoon butter until soft. Add rice and stir 2 to 3 minutes. Add wine; stir until absorbed. Increase heat to medium high; stir in 1 cup broth. Cook, uncovered, stirring frequently, until broth is absorbed. Continue stirring and adding remaining 1 cup broth and 3 cups water, allowing each cup to be absorbed before adding another, until rice is tender and mixture has a creamy consistency. It will take approximately 25 to 30 minutes. Stir in cheese, seasonings, cream and reserved asparagus. Stir until mixture is creamy, about 2 to 3 minutes. Serve immediately. Makes six servings.

Marilyn Melvin, Paoli, PA
Source: USA Rice Council

Celery and Chick Peas

Dloua' Ma' Hommos

1 cup celery, washed and cut into 1 inch pieces

(Swiss chard may be substituted for celery)

1 large onion, chopped

$\frac{3}{4}$ cup olives

$\frac{1}{4}$ cup oil

1 can chick peas

1 lemon

1 cup water

1 $\frac{1}{2}$ cups drained tomatoes

$\frac{1}{4}$ cup chopped green pepper

1 tablespoon capers

$\frac{1}{4}$ teaspoon salt

Dash cayenne pepper

1 tablespoon brown sugar

$\frac{1}{4}$ cup chili sauce

2 tablespoons flour

2 tablespoons water

1 (8 ounce) package fine egg noodles,

cooked according to package directions

Melt butter or margarine in saucepan. Sauté onion and olives lightly. Add tomatoes, green pepper, capers, salt, cayenne, brown sugar and chili sauce. Blend flour and water together; add to tomato mixture. Cook over medium heat, stirring occasionally, until thickened. Serve sauce over cooked noodles. Serves 6.

Lucy Cassel, Prosthodontics Intermedica Employee

Curried Rice Salad

1 cup cooked long-grain rice
(cooked without salt or fat)
1/2 cup chopped celery
1/4 cup finely chopped green onions
1/4 cup chopped sweet red pepper
2 tablespoons slivered almonds, toasted
1/4 cup commercial oil-free Italian salad dressing
2 teaspoons vinegar
1 teaspoon curry powder

Combine first 5 ingredients in a medium bowl. Combine Italian dressing, vinegar, and curry powder; add to rice mixture, and toss well. Cover and chill. Makes 4 servings (about 95 calories per 1/2 cup serving).

Ann O'Callaghan, Prosthodontics Intermedica

Potato Cakes with Ham

Sonkás Burgonyaszelet

5 medium size potatoes, pared
1 1/2 teaspoons salt
1 onion, chopped
1 tablespoon bacon fat
1 cup ground ham or leftover meat
1 egg

Cook the potatoes in boiling, salted water until tender. Drain and mash. Brown the onion in the fat. Add the meat and egg, and combine with the potatoes. Shape into round cakes and arrange in a well greased, shallow pan. Bake in a hot oven at 450 degrees for 20 minutes. Makes 6 servings.

Frederick Hodosh, West Chester, PA

Marinated Vegetables

2 large onions, sliced
1 pound mushrooms
1 large cauliflower
8 green peppers

Marinade:

$\frac{1}{3}$ cup vinegar
 $\frac{1}{3}$ cup wine vinegar
1 tablespoon tarragon
 $\frac{1}{2}$ cup salad oil
1 to 2 large cloves garlic, minced
1 tablespoon sugar
 $\frac{1}{2}$ teaspoon salt
2 tablespoons water
Dash of pepper

Two days before serving, mix marinade. Add sliced onions to marinade. Add sliced mushrooms to marinade. Boil cauliflower 3 or 4 minutes and drain well. Add to marinade. Cut green peppers into slices and put into boiling water for a few minutes. If marinade is not enough, double the recipe. Marinade for 48 hours in refrigerator, stirring occasionally.

Barbara Blumberg, Yardley, PA

Creamy Kugel

1/2 cup medium noodles
1/8 pound butter, melted
1/2 cup sugar
1 cup sour cream
1 cup milk
1 pound cottage cheese
1/2 teaspoon salt
1/2 pound farmer's cheese
1/2 pound cream cheese
6 eggs, beaten

Topping:

1/2 cup brown sugar
1/2 cup slivered almonds
3 tablespoons melted butter

Boil noodles in salted water and drain. Combine remaining ingredients and stir into noodles. Pour into a 9 by 13 inch buttered casserole dish. Combine and spread topping on noodles. Bake at 350 degrees for 1³/₄ hours.

Barbara Blumberg, Yardley, PA

Layer Potatoes

Rakott Burgonya

6 medium size potatoes

3 hard cooked eggs

1 teaspoon salt

1 cup sour cream

1/2 cup chopped boiled ham (or pepperoni or salami)

1/2 cup bread crumbs

2 tablespoons melted butter

1/2 cup heavy cream

Cook the potatoes in boiling water. Pare and slice. Arrange a third of the slices in a greased baking dish. Over these slice the eggs and sprinkle with the salt. Cover with half the sour cream. Make another layer of potato slices, then one of ham covered with the rest of the cream and a final layer of potatoes. Top with the crumbs mixed with the butter. Add the cream. Bake in a hot oven at 450 degrees for 30 minutes, or until crumbs are brown. Makes 6 to 8 servings.

Frederick Hodosh, West Chester, PA

Sour Cream Potato Salad

6 medium sized potatoes, cubed	1 medium onion, chopped
French Dressing to moisten (approximately $\frac{1}{3}$ cup)	$\frac{1}{2}$ garlic clove, crushed
2 tablespoons minced parsley	1 tablespoon chopped chives
$\frac{1}{2}$ cup chopped celery	2 hard cooked eggs, chopped
$\frac{1}{2}$ cup sour cream	$\frac{1}{2}$ cup sliced radishes
	Tomato wedges

Marinate potatoes in French Dressing while still warm; chill in refrigerator. When potatoes are completely chilled, add remaining ingredients (except tomatoes); mix together thoroughly. Serve garnished with tomato wedges. Serves 6.

Lucy Cassel, Prosthodontics Intermedica Employee

Basil Walnut Sauce

$\frac{1}{2}$ cup freshly snipped parsley	1 tablespoon olive oil
$\frac{1}{2}$ cup freshly snipped basil	1 teaspoon granulated sugar
1 tablespoon balsamic vinegar	1 clove garlic, minced
(Do not substitute)	2 tablespoons grated Parmesan cheese
2 tablespoons chicken broth (more if thinner sauce is preferred)	
3 tablespoons finely chopped walnuts	

Combine and process all ingredients in food processor or blender. Serve sauce over hot pasta or baked potatoes. Brush on grilled chicken. Dab on fresh tomatoes. Stir into tomato soup. Sauce can be refrigerated up to 2 months. Makes $\frac{3}{4}$ cup.

Ann O'Callaghan, Prosthodontics Intermedica

Justin's Red Beans

Water

1 pound dried small red beans (soaked overnight and drained)

1 cup dry red wine

3 large onions, chopped

1 tablespoon minced garlic

1/2 cup chopped fresh parsley

1/2 cup chopped scallions

1/2 teaspoon crushed dried mint

1 ham bone and scraps or pickled pork

4 tablespoons bacon drippings, oil, or shortening

8 to 10 cups ham stock, bouillon or water

Dash of Louisiana hot sauce and/or cayenne pepper, to taste

Pinch of salt

Hot cooked white rice

Chopped onions for garnish (optional)

Hot peppers, for garnish (optional)

The night before cooking, clean and pick through beans. Rinse and soak beans several times in fresh water. In a large bowl, combine beans with enough water to cover by one inch. Add the wine, onions, garlic, parsley, scallions and mint. Soak overnight, covered. The next morning, in an 8 quart pot, Sauté the ham bone and scraps in bacon drippings. Pour the beans, with soaking water and all the seasonings, into the pot. Add enough stock to cover the beans by two inches. Bring to a boil. Reduce heat, cover and simmer for two hours, stirring occasionally so the beans won't stick and burn. Season with hot sauce and salt when the beans are tender. To make the beans thicker, mash with potato masher. Or put one cup of the cooked beans in a blender, purée and stir them back into the pot. Remove ham bone and serve beans over the cooked rice. Garnish, if desired, with chopped onions and hot peppers. Makes 8 to 10 servings.

Marilyn Melvin, Paoli, PA

Baked Macaroni and Cheese

2 cups elbow macaroni
2 cups shredded sharp cheese
3 eggs
1¹/₄ cups milk
1 tablespoon mayonnaise
1/4 teaspoon dry English mustard
Salt and pepper to taste

Preheat oven to 350 degrees. Cook macaroni according to package directions; drain. In a well buttered oven-proof dish, place alternate portions of cooked macaroni and cheese, reserving a generous portion of cheese for the top. In a mixing bowl, combine eggs, milk, mayonnaise, mustard, salt and pepper. Mix thoroughly and pour over the macaroni and cheese. Bake until custard is set and top layer of cheese is melted, about 40 minutes. Makes 6 servings.

Joe McCartin, Laureldale, PA

Spinach Soufflé

2 boxes frozen chopped spinach, thawed
1 egg, beaten
1 pound shredded sharp cheese
1 can cream of potato soup

Preheat oven to 350 degrees. While spinach is cooking, mix soup and egg together. Reserve one cup of shredded cheese for topping. Add remaining cheese to soup mixture. Drain spinach and pat dry with paper towels. Add cheese mixture to spinach. Mix well. Sprinkle with cheese. Pour into greased 10 x 13 inch Pyrex® dish. Bake 30 minutes.

Robert Reger, Worcester, PA

Baked Manicotti with Cheese Filling

Sauce:

$\frac{1}{3}$ cup olive oil

$1\frac{1}{2}$ cups finely chopped onion

1 clove garlic, crushed

1 can (2 pounds, 3 ounces) Italian tomatoes, undrained

1 can (6 ounces) tomato paste

2 tablespoons chopped parsley

1 tablespoon salt

1 tablespoon sugar

1 teaspoon dried oregano

1 teaspoon dried basil

$\frac{1}{4}$ teaspoon pepper

In hot 5 quart Dutch oven, sauté onion and garlic for five minutes. Mix in the rest of the sauce ingredients and $1\frac{1}{2}$ cups water, mashing tomatoes with fork. Bring to a boil; reduce heat; cover and simmer, stirring occasionally, for approximately 1 hour.

Manicotti:

6 eggs, at room temperature

$1\frac{1}{2}$ cups unsifted all-purpose flour

$\frac{1}{4}$ teaspoon salt

In medium bowl, combine 6 eggs, the flour, $\frac{1}{4}$ teaspoon salt, and $1\frac{1}{2}$ cups water. With electric mixer, beat just until smooth. Let stand for a half hour or longer. Slowly heat an 8 inch skillet. Pour in 3 tablespoons batter, rotating the skillet quickly to spread batter evenly over bottom. Cook over medium heat until top is dry but bottom is not brown. Turn out on a wire rack to cool.

Continue cooking until all of the batter is used. As the manicotti cools, stack them with waxed paper between them.

Filling:

2 pounds Ricotta cheese

1 package (8 ounce) mozzarella cheese, diced

$\frac{1}{3}$ cup grated Parmesan cheese

2 eggs

1 teaspoon salt

$\frac{1}{2}$ teaspoons pepper

2 tablespoons chopped parsley, fresh

$\frac{1}{4}$ cup grated Parmesan cheese

In large bowl, combine Ricotta, mozzarella, Parmesan cheese, eggs, salt, pepper and parsley. Beat with wooden spoon to blend well. Spread about $\frac{1}{2}$ cup filling down center of each manicotti and roll up.

Casserole: Preheat oven to 350 degrees. Spoon half cup of sauce into each of two 12 inch by 8 inch by 2 inch baking dishes. Place eight rolled manicotti, seam down, in single layer; top with five more. Cover with 1 cup sauce; sprinkle with Parmesan. Bake uncovered for $\frac{1}{2}$ hour or until bubbly.

To Freeze: Line baking dish with large piece of foil. Assemble as directed. Fold foil over to seal and freeze in dish. When frozen, remove foil pack from dish and refreeze. To serve, unwrap and place in baking dish for one hour at room temperature. Bake uncovered for one hour at 350 degrees.

Pat Martin, Prosthodontics Intermedica Employee

Bean Salad

Chick peas
French style string beans
1/2 teaspoon Olive Oil
Fresh Garlic
Dash of White Pepper

Combine chick peas and string beans, crush garlic, add pepper and oil. Let stand for approximately two hours. Serve.

Frances Goldstein, Elkins Park, PA

Cheese Puff

1 tablespoon chopped onion
2 tablespoons shortening
3 half inch slices of soft bread
1/4 pound soft yellow cheese
1 tablespoon parsley
2 eggs, separated
1/4 teaspoon paprika
1 1/2 cups hot milk
Salt, if desired

Melt shortening and gently cook onions in frying pan. Add slivered cheese, heated milk and beaten egg yolks with paprika. Let stand twenty minutes or until ready to bake. Add parsley. Fold in stiffly beaten egg whites. Put onions in bottom of buttered baking dish. Pour milk mixture on top. Bake 45 minutes in 350 degree oven or until inserted knife comes out clean.

Lois A. Morriconi, Green Lane, PA

Kath's Zucchini

Serve as a side dish or over pasta.

Zucchini

2 Whole tomatoes

10 extra large pitted black olives

½ cup Salsa

Pepper to taste

Red pepper

Onion

Garlic powder

1 teaspoon salt

Chop zucchini, red pepper, tomatoes, olives and onions. Place in casserole dish; add spices and Salsa. Microwave on high for 10 to 12 minutes or until zucchini is tender.

Kathy Koch, Prosthodontics Intermedica Employee

Crab Asparagus Puffs

½ pound lump crabmeat

½ cup shredded Swiss cheese

2 teaspoons lemon juice

1 teaspoon prepared horseradish

½ cup mayonnaise

16 asparagus spears, cooked and drained

4 (¾ inch thick) slices Italian bread, toasted

1 egg, separated

Preheat oven to 400 degrees. In medium bowl stir together crab, cheese, lemon juice, horseradish and ¼ cup mayonnaise. Arrange asparagus on toast and top with crab mixture. Place on baking sheet. In small bowl beat egg white until stiff peaks form. In another bowl, mix egg yolk with ¼ cup mayonnaise until light and fluffy. Fold egg yolk mixture into egg white. Spoon over crab mixture. Bake at 400 degrees for 10 minutes or until puffed golden brown. Makes 4 servings.

Ann O'Callaghan, Prosthodontic Intermedica Employee

Pineapple Stuffing

A great side dish or dessert!

1/2 cup butter

1/2 cup sugar

4 eggs

1 large can crushed pineapple (drained)

6 to 8 slices bread, cubed

Cream together butter and sugar. Beat in eggs one at a time. Stir in pineapple. Fold in bread cubes. Place in greased 1 1/2 quart casserole. Bake uncovered at 350 degrees for 1 hour.

Liz Kirk, Prosthodontics Intermedica Employee

Criss-Cross Potatoes

6 to 8 potatoes

3/4 stick butter

Salt

Pepper

Paprika

Take big cookie sheet and cover with as many 1/2 potatoes as possible, sliced lengthwise. Take a pairing knife and slice lines lengthwise and crosswise across top of potatoes. Season with salt and pepper. Melt 3/4 stick butter and pour over potatoes making sure butter goes in cracks of potatoes. Sprinkle paprika over top. Bake at 350 degrees for 1 hour or until done. Makes 6 to 8 servings.

Shirley Diaz, Prosthodontics Intermedica Employee

Summer Squash

Tökfoozelék

1 summer squash	1/2 teaspoon salt
2 tablespoons vinegar	1 teaspoon paprika
1 tablespoon finely chopped dill	1 tablespoon butter
1/2 cup heavy sweet or sour cream	2 tablespoons flour

Cut the squash into narrow strips and sprinkle lightly with the salt and vinegar. Let stand 5 minutes, then drain off the moisture. Place in a covered pan with the butter and simmer until tender but not soft. Stir in the paprika, dill, and flour. Add the cream and stir until mixture is smooth and thickened. The flavor is enhanced if liquid from fermented cucumbers is used in the sauce, before the cream is added.

Variation: Use 1 cup of strained canned tomatoes instead of cream to make the sauce.

Frederick Hodosh, West Chester, PA

Brunch Egg Casserole

4 cups toasted bread cubes	8 eggs, slightly beaten
1 teaspoon salt	1 teaspoon mustard
1/8 teaspoon pepper	4 cups milk
8 ounces Cheddar cheese, shredded	1/4 teaspoon onion powder
Sausage (optional)	Bacon (optional)

Spread toasted bread cubes in greased 13 by 9 inch baking dish. Sprinkle Cheddar cheese over bread. Blend eggs, milk, salt, mustard, onion powder, and pepper. Pour over bread and cheese. If desired, you can add some sliced bacon or sausage. Bake at 325 degrees until set. Last 10 minutes, crumble cooked bacon on top.

Lucy Pastino, King of Prussia, PA

Teriyaki Meatballs

Marinade:

1/2 cup soy sauce

1/4 cup cold water

3 teaspoons salt (or less to taste)

1 1/2 cups dark brown sugar

2 or 3 cloves garlic, crushed

1 teaspoon grated fresh ginger

2 tablespoons mirin (sweet rice wine) or white wine

Combine ingredients. Mix well and set aside.

Meatballs:

8 ounce can water chestnuts

4 ounce can mushrooms

3 stalks green onion

2 1/2 pounds lean ground beef

Chop water chestnuts, mushrooms and green onions and combine with ground beef. Mix well and shape into balls. Add marinade and refrigerate at least 1 hour or overnight. Remove meatballs from marinade and bake at 350 degrees for 10 to 15 minutes. Serve with toothpicks. Makes 35 to 50 meatballs.

Ann O'Callaghan, Prosthodontics Intermedica Employee

Tuna-Cheese Spread

1 large (8 ounce) package cream cheese, softened
6¹/₂ ounce can tuna (water packed), drained well
1 teaspoon white horseradish
2 tablespoons milk
1/4 teaspoon salt
1/8 teaspoon pepper
2 tablespoons grated onion
1/2 cup oval-shaped almonds

Combine all of the ingredients (except the almonds). Place mixture in a baking dish. Sprinkle almonds on the top. Bake at 350 degrees for 15 to 20 minutes. Serve hot with crackers.

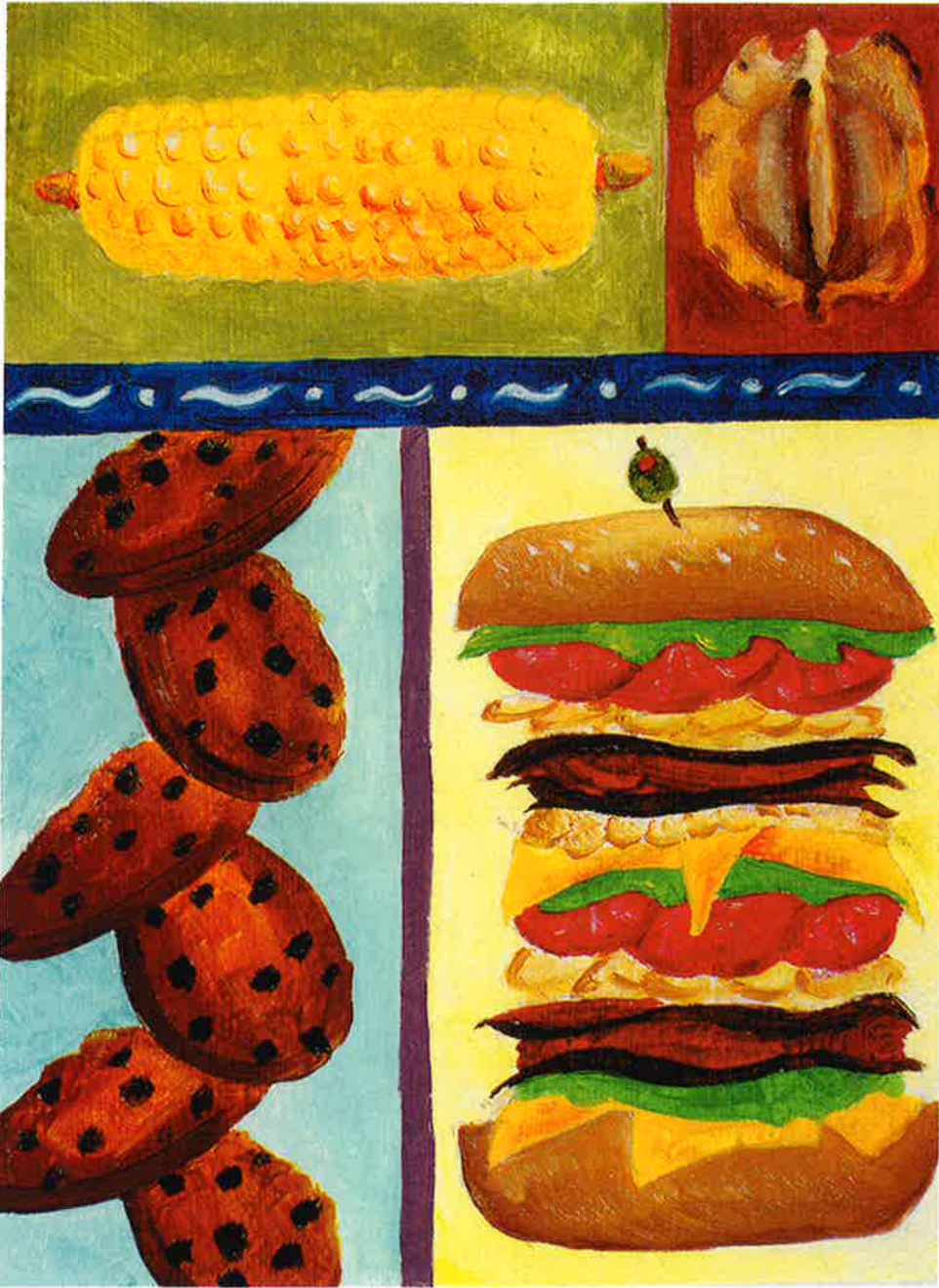
Barbara Blumberg, Yardley, PA

Innsbruck Egg

1 tablespoon light cream
2 eggs
Salt and pepper
Butter
Grated Swiss cheese

Place cream into ramekin. Break 2 eggs into dish. Sprinkle with salt and pepper to taste. Dot with butter. Sprinkle generously with grated Swiss cheese. Bake approximately 15 minutes at 350 degrees. Garnish with finely minced chives.

Anna Hogg, Elizabeth, PA



Formerly Forbidden Foods

FORMERLY FORBIDDEN FOODS

This is a glorious day in your life. The temporary prosthesis is gently removed from your mouth and your permanent smile becomes a part of you. It has been uniquely designed for you, to assure superlative function and dental health and to complement your face, your eyes, your personality. It has been designed to make you the best that you can be, to enhance your self assurance, to gratify your natural vanity.

The doctor will hand you a mirror and he will allow you the first smile. But your smile will also inspire his and those of other members of the team who have been your assistants and cheerleaders.

It is time to celebrate.

Eat anything you want.

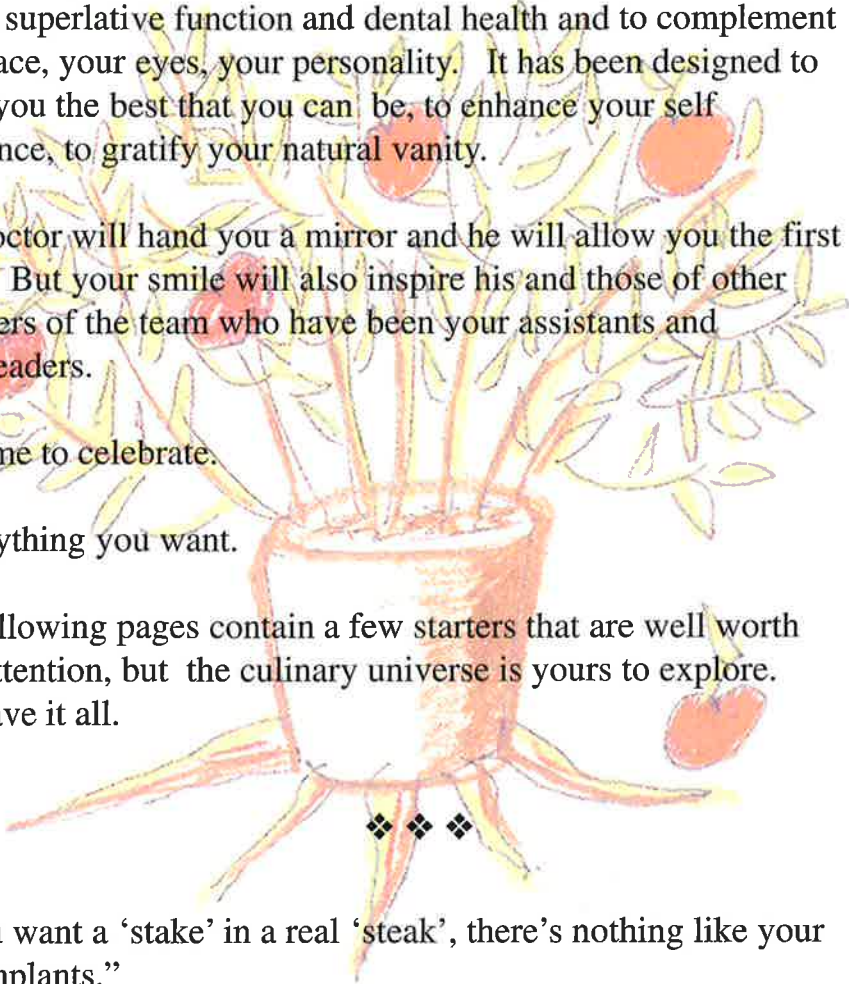
The following pages contain a few starters that are well worth your attention, but the culinary universe is yours to explore. You have it all.

“If you want a ‘stake’ in a real ‘steak’, there’s nothing like your own implants.”

Harry Kahn, Gwynedd, Pennsylvania

“I feel thrilled.”

Martha Lubow, Quakertown, Pennsylvania



Grilled Chicken Breast and Ham and Cheese

4 large boneless breasts with skin
1 clove garlic, roasted and mashed
1/2 cup olive oil
6 ounces mild goat cheese
1 1/2 cups green chili sauce
1 teaspoon minced fresh marjoram
4 slices Prosciutto or Smithfield ham

Make horizontal split in breast for ham and cheese. Season with salt & pepper. Marinate in olive oil for 30 minutes. Combine cheese, marjoram, and garlic to a smooth mixture. Remove breasts from oil and stuff with one slice ham and 1/4 cheese mixture. Grill over low heat until skin is crispy and brown and chicken is cooked through; or, Sauté until brown and bake at 450 degrees for 10 minutes. Serve on top of green chili sauce. Makes 4 servings.

Gerald J. O'Keefe, D.M.D.

Barbecue Sauce Marylou

1 onion, sliced
1/2 cup catsup
1/4 teaspoon dry mustard
1 cup water
1/4 cup brown sugar
1 tablespoon lemon juice
1/4 cup olive oil

Sauté onion in 1/4 cup olive oil. Add all other items. Simmer for 30 minutes. The thicker, the better.

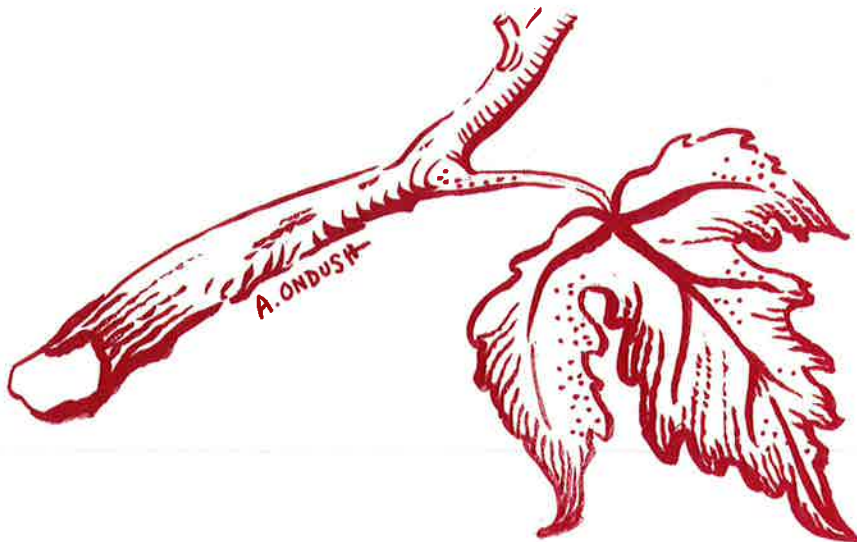
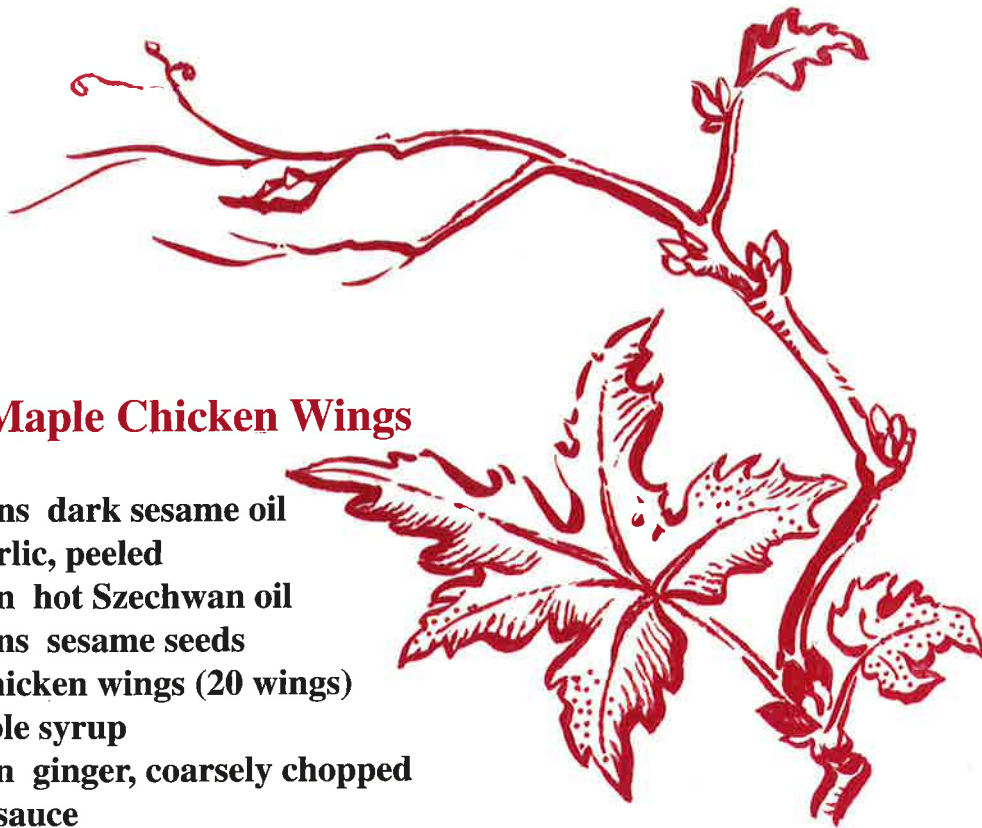
Gerald J. O'Keefe, D.M.D.

Sesame-Maple Chicken Wings

- 3 tablespoons dark sesame oil**
- 3 cloves garlic, peeled**
- 1 tablespoon hot Szechwan oil**
- 2 tablespoons sesame seeds**
- 4 pounds chicken wings (20 wings)**
- ½ cup maple syrup**
- 1 tablespoon ginger, coarsely chopped**
- ¼ cup soy sauce**

In blender, combine syrup, soy, sesame oil, garlic and ginger; process until smooth. In a large bowl, pour syrup mixture over wings and marinate 2 hours or overnight. Preheat oven 375 degrees. Remove wings from marinade, save liquid. Arrange wings in a pan in a single layer. Bake 15 minutes, brush on reserve marinade and bake 7 minutes. Sprinkle on sesame seeds and bake 7 minutes until wings are crisp and sesame seeds are lightly colored. Serve at room temperature. Makes 20 wings.

Gerald J. O'Keefe, D.M.D.



Barbecue Sauce for Ribs, Shish-ke-bobs

Equal Parts:

**Molasses
Catsup**

**Soy Sauce
Water**

Vinegar

Marinate pork chops, spare ribs or chicken. Can be baked in marinade or basted for barbecues.

Kathleen Defreytas, Wayne, Pennsylvania

Stir Fry Beef and Snow Peas

**1 pound boneless beef round steak,
sliced across grain into very thin strips**
1 tablespoon dry sherry
2 tablespoons soy sauce
2 tablespoons cornstarch, divided
1/2 cup beef broth
2 tablespoons salad oil, divided
1 clove garlic, minced
2 cups fresh snow peas
1 cup fresh bean sprouts
1/4 cup chopped walnuts

In medium bowl mix steak, sherry, soy sauce and 1 tablespoon cornstarch. Dissolve remaining 1 tablespoon cornstarch in broth and reserve. Heat 1 tablespoon oil in large skillet. Add beef and garlic; cook over high heat, stirring constantly, until browned, about 3 minutes. Add remaining 1 tablespoon oil. Add snow peas and bean sprouts; cover and simmer over medium heat 3 to 5 minutes. Add beef broth mixture, cook and stir until thickened, about 2 minutes. Sprinkle with walnuts. Makes 4 to 6 servings.

Marilyn Melvin, Paoli, PA

Gourmet Super Hero

Great with potato and pasta salad!

1 large loaf of Italian bread	1/4 pound Proscuitto
Dill or garlic flavored mayonnaise	2 fresh avocados
1 pound of fresh backfin crabmeat	2 whole tomatoes
Fresh bean sprouts	Slices of Chevre cheese

Split loaf of bread lengthwise to create an oversized sandwich roll. Spread mayonnaise generously on both sides. Using the bottom portion of the loaf, layer proscuitto, avocado and tomato slices, fresh crabmeat, bean sprouts, and top with cheese slices. Broil under low heat until cheese is melted. Top side should also be broiled just until edges begin to crisp. Put together and slice into servings, sized by appetite.

Joanne M. Balshi, Gwynedd, Pennsylvania

Breaded Lamb Steaks

Rántott B árány

4 lamb steaks
1 fresh garlic clove
2 eggs
3/4 cup bread crumbs
Salt and pepper

Trim excess fat from the steaks or chops. Crush garlic and rub over meat; season pieces with salt and pepper and roll in flour. Dip in eggs, then in bread crumbs. Brown quickly on both sides in the hot fat. Turn heat low and continue cooking slowly, covered, until meat is tender, about 20 minutes. Makes 8 servings.

Frederick Hodosh, West Chester, PA

Cream Steak

2 pounds round steak, cut $\frac{1}{2}$ inch thick

3 tablespoons flour

$1\frac{1}{2}$ teaspoons salt

$\frac{1}{4}$ teaspoon pepper

$\frac{1}{4}$ cup butter or margarine

2 medium onions, sliced

$\frac{1}{2}$ pound mushrooms, sliced

$\frac{1}{2}$ cup water

$\frac{1}{2}$ cup sour cream

2 tablespoons grated cheddar cheese

Flour-water paste

Paprika

Cut meat into pieces about 1 inch in width and $2\frac{1}{2}$ inches in length and coat with flour, salt and pepper. Brown on both sides in butter or margarine. Remove steak from skillet. Sauté onions and mushrooms. Return steak to pan. Combine water, sour cream and grated cheese; add this mixture to steak, onions, and mushrooms in frying pan. Cover and simmer for $1\frac{1}{2}$ hours or until the meat is tender. Thicken with flour-water paste. Sprinkle with paprika before serving. Serves 6.

Lucy Cassel, Prosthodontics Intermedica Employee

Three Bean Chili

1 cup black beans	1 cup pinto beans
1 cup kidney beans	6¹/₂ cups water
1 cup chopped onion	1 cup chopped celery
1 chopped green bell pepper	3 cloves garlic, minced
1/2 tablespoon ground cumin	1 teaspoon salt (optional)
1 teaspoon ground oregano	
1 (28 ounce) can crushed tomatoes	
Chopped scallion for garnish (optional)	
Chopped fresh cilantro for garnish (optional)	

Place the beans and 6 cups of water in a large pot. Bring to a boil and cook for two minutes. Remove from heat. Cover and let stand for 1 hour or soak overnight in water. Proceed as directed below, reducing cooking time by 1/2 hour. In another pot, place the onion, celery, bell pepper, garlic, and the remaining 1/2 cup of water. Sauté until vegetables have softened slightly, about 6 minutes. Add the beans and their water, cumin, and oregano. Bring to a boil, cover, reduce heat, and cook for 1 hour. Stir in the tomatoes and salt. Continue to cook for another hour. Garnish with chopped scallion and/or chopped cilantro before serving, if desired.

Note: This freezes well in a tightly covered container. Thaw overnight in the refrigerator and reheat on top of the stove or in the microwave.

Suzanne Maxwell, Pipersville, PA

Sherried Lamb

Whole roast or 2 pounds, lean cubed lamb

1/4 pound fresh whole mushrooms	1/4 cup brandy
2 tablespoons tomato paste	3/4 cup sherry
2 tablespoons chopped fresh dill weed	1 1/2 cups beef stock
1/4 pound fresh scrubbed carrots	Butter
1 package frozen whole green beans	

Place all ingredients in a large, heavy covered roast pan. Bake at 350 degrees for 1 1/2 hours or until lamb is tender.

Joanne M. Balshi, Gwynedd, Pennsylvania

Corn on the Cob with Cilantro Lime Butter

6 ears of corn

1/4 cup sugar

1/4 pound of butter

1 fresh lime

Fresh cilantro

Jalapeño peppers

In a heavy pot, cover ears of corn with water and add 1/4 cup sugar. Bring to a boil and continue boiling, partially covered for eleven minutes.

In a separate pan, slowly melt 1/4 pound of butter. Add the juice of one fresh lime and 1/4 cup of chopped fresh cilantro.

Drain corn and pour butter sauce over top of corn. Garnish with additional sprigs of cilantro and fresh whole jalapeño peppers.

Joanne M. Balshi, Gwynedd, Pennsylvania

Veal Loin Chops

Veal rib or loin chops	Cream of chicken soup
Celery	Butter or Margarine
Onion	Mushrooms
Tomato juice	Green peppers

Chop vegetables and sauté in 2 tablespoons of butter or margarine until tender. Add chops and gently brown on both sides. Cover with tomato juice and simmer for 30 to 40 minutes. Remove chops. Stir in one can of cream of chicken soup. Replace chops in gravy. Cook until bubbly. Serve over wild rice.

Josephine Balshi, Bethlehem, Pennsylvania

Beef with Horseradish Sauce

2 pounds chuck, cut into cubes	1/2 teaspoon salt
2 tablespoons margarine	1/4 teaspoon pepper
1 large onion, sliced thin	1 1/2 cups water
1 teaspoon curry powder	1 cup sour cream
1 teaspoon sugar	2 tablespoons horseradish
1 tablespoon Worcestershire sauce	1 teaspoon minced parsley

Brown cubes in margarine in skillet and arrange in medium casserole. Add onion slices, curry powder, sugar, Worcestershire sauce, salt, pepper, and water. Cover and bake in a slow oven at 300 degrees for 2 1/2 to 3. When ready to serve, stir in sour cream, horseradish, and parsley. Return to oven for a few minutes to warm the sour cream. Makes 4 to 5 servings.

Elsie Gehman, Philadelphia, Pennsylvania



**Grand Finales and
Anytime Desserts**

GRAND FINALES AND ANYTIME DESSERTS

No cookbook “worth its salt” would ever be complete without a fair measure of sugar, and although dental medicine usually frowns upon sweet, gooey substances, there are several quite legitimate rationales for including them in this book.

First, this is the moment for indulgences and self-rewards. For a time in the healing phase, you were deprived of many of your favorite foods.

You have probably even developed a few cravings. You deserve to feel unrestricted with a silver fork in your hand. Use your best judgment, and enjoy...but save the caramelized walnut fudge pie for your grand finale!

Secondly, if you have paid careful attention to our dietary recommendations during the healing stages, your caloric intake has likely lessened and you may have lost a few pounds. Your body may need to regain them and a few high-calorie desserts could be an enjoyable remedy. However, if these were unwanted pounds to begin with, you might want to review chapter two and reconsider a blueberry slush!

Finally, no one is better schooled than you are in dental hygiene home care. Our team of experienced hygienists have taught you all of the tricks of maintaining a bright, healthy smile and you know exactly what to do when you have swallowed the last bite of your candy bar.

You have invested in a smile that can open wide and grin confidently. This chapter is designed to make you do just that!

“Prosthodontics Intermedica introduced me to a kinder, gentler world of dentistry where my lack of dread and anxiety help me to forget those occasional uncomfortable moments.”

Kenneth Saler, Devon, Pennsylvania

Italian Rum Cake

(Medium size)

10 inches by 10 inches square baking pan

1 container Cool Whip®

1 package Stella Dora® Sponge Anisette Cookies cut lengthwise

Rum or rum extract

1 large box vanilla pudding prepared*

1 large box chocolate pudding prepared*

*** Cut down 1/2 on milk for vanilla and chocolate pudding.**

Place one layer of cookies in baking pan and sprinkle them with a little rum. Pour cooled vanilla pudding over the cookies. Place second layer of cookies in pan and sprinkle rum over them. Add the cooled chocolate pudding. Put the Cool Whip® over pudding and refrigerate. Before serving, sprinkle shaved chocolate or jimmies over the Cool Whip®. Tastes best when prepared the day before serving. Keeps well for a few days.

Eleanor Sansalone, King of Prussia, PA

Key Lime Pie

- 4 eggs, separated
- $\frac{1}{2}$ cup lime juice
- $\frac{1}{2}$ teaspoon cream of tartar
- $\frac{1}{3}$ cup sugar
- 1 (9 inch) baked pie shell
- 14 ounce can sweetened condensed milk



Preheat oven to 350 degrees. Beat egg yolks until light and thick. Blend in lime juice, then milk, stirring until mixture thickens. If desired, add a few drops green food coloring. Pour mixture into baked pie shell. Beat egg whites with cream of tartar until stiff. Gradually blend in sugar, beating until glossy peaks form. Spread egg whites over surface of pie to edge of crust. Bake until golden brown, about 20 minutes. Chill before serving.

Dawn Gordon Franklin, Freetown, MA

Source: A Key West postcard



Ricotta and Apricot Brandy Cake

A celebration cake!

5 eggs, room temperature
2 cups sugar
1 cup Ricotta cheese
1 cup butter, melted and cooled
1 tablespoon orange zest
2 teaspoons vanilla
5 tablespoons apricot brandy, divided
½ teaspoon salt
2 teaspoons baking powder
3 cups flour
½ cup apricot preserves

Using an electric mixer, beat eggs and sugar in a large bowl until pale yellow. Add Ricotta cheese, butter, orange zest, vanilla and 2 tablespoons brandy. Combine salt, baking powder and flour. Add to Ricotta cheese mixture. Pour $\frac{3}{4}$ of the batter into a greased and floured 10 inch bundt pan and put a ring of chopped apricot preserves on batter and cover with the rest of the batter. Bake in a pre-heated 350 degree oven for 1 hour and 15 minutes until golden, and toothpick inserted into center comes out clean. Cool in pan on rack 15 minutes. Drizzle tablespoon of brandy onto bottom of cake. Invert onto rack and pour the remaining 2 tablespoons of brandy over cake. Glaze with Red Currant-Apricot Glaze (Recipe follows). Serves 16.

Joanne Griffing, Norristown, PA

Red Currant-Apricot Glaze

To be used with Ricotta and Apricot Brandy Cake

- 1/2** tablespoon red currant jelly
- 2** tablespoons puréed apricot preserves
- 1** tablespoon apricot brandy

In a small saucepan, heat jelly and preserves until thoroughly mixed. Add brandy and mix well. Brush on warm cake.

Joanne Griffing, Norristown, PA

Edna K's Chocolate Drop Cookies

- 3** eggs
- 1** pound, **2** ounces flour
- 1/4** pound granulated sugar
- 3/4** pound brown sugar
- 9** ounces Crisco®
- 1/2** tablespoon salt
- 1/2** teaspoon baking soda
- 1 1/2** cups buttermilk
- 6** ounces melted chocolate

Mix sugars and Crisco. Cream until smooth. Add eggs and mix well. Add flour, salt, baking soda and buttermilk. Mix until smooth. Add melted chocolate and cream well. Grease cookie sheet lightly. Scoop batter with ice cream dipper and place on cookie sheet. Bake at 375 degrees until center is soft but done (About 10 to 15 minutes). Let cool.

Marlene Klovensky, Dalton, PA

Fruit Pizza

Crust:

$\frac{3}{4}$ cup butter or margarine **$1\frac{1}{2}$ cups flour**
 $\frac{1}{2}$ cup powdered sugar

Preheat oven to 300 degrees. Spray a pizza pan with Pam®. Mix butter, sugar and flour with a pastry blender and pat crust into prepared pan. Bake 10 to 15 minutes or until light brown. Cool. Caution-do not over bake crust!

Filling:

$\frac{1}{2}$ cup granulated sugar **1 teaspoon vanilla extract**
1 (8 ounce) package cream cheese

Combine the cream cheese, sugar and vanilla. Spread over cooled crust.

Fruit:

1 pint strawberries **1 kiwi, peeled and sliced**
1 (8 ounce) can pineapple **1 banana, sliced, tossed in**
tidbits, drained, reserve liquid **lemon juice**
Fresh blueberries

Arrange fruit on top of filling beginning on outer edge with strawberries, pineapple for second circle, kiwi for third circle, bananas for fourth circle, with blueberries in center.

Glaze:

$1\frac{1}{2}$ tablespoons cornstarch **1 cup reserved pineapple juice,**
1 cup granulated sugar **(add water to make 1 cup)**
1 teaspoon lemon juice

Combine cornstarch, sugar, pineapple juice and lemon juice. Cook over medium heat until thickened. Cool completely and pour over pizza covering completely. If you have extra fruit and glaze, it makes a wonderful fruit salad. Makes 10 to 12 servings.

Pat Martin, Prosthodontics Intermedica Employee

Crisp Waffles

2 tablespoons butter
1/4 cup water
6 ounces wheat flour
1 cup thick cream

Melt butter and let cool. Mix water and wheat flour to a smooth batter. Whip the cream. Heat the waffle iron. Pour the batter, a little at a time, into the waffle iron and bake. Serve the fresh hot waffles with jam or soft fruit and whipped cream. Makes 10 waffles.

Annika Wettre - Nobelpharma

Pecan Balls

1 cup butter
4 teaspoons sugar
1 teaspoon vanilla
2 cups flour
2 cups pecans, finely chopped

Cream butter and sugar. Add the rest of ingredients to mixture. Chill. Shape into small balls (size of a walnut or smaller). Bake at 325 degrees for approximately 20 minutes on lightly greased cookie sheet. Roll pecan balls in powdered sugar when cool.

Nancy Haberle, Prosthodontics Intermedica Employee

Cape Cod Oatmeal Cookies

1½ cups flour	1 teaspoon cinnamon
1 egg, slightly beaten	1¾ cups uncooked oatmeal
1 cup sugar	½ cup raisins
1 tablespoon molasses	½ cup chopped nuts
½ cup melted shortening	½ teaspoon baking soda
½ cup melted margarine	½ teaspoon salt
¼ cup milk	

Preheat oven to 350 degrees. In a large bowl, stir together flour, cinnamon, baking soda, and salt. Stir in remaining ingredients. Drop by teaspoonfuls 1½ inches apart on an ungreased cookie sheet. Bake 12 minutes or until edges are brown. Remove and cool. Yield: 5 dozen.

Dawn Gordon Franklin, Freetown, MA

*Source: Sandra Johnson McConnell,
Philadelphia Main Line Classics*

Cookie Stacks

1 package Jell-O® Strawberry-Banana or cherry gelatin	1 cup boiling water
1 cup whipping cream or 1 envelope Dream Whip® Whipped Topping Mix	1 cup cold water
32 thin chocolate cookies (2½ inches wide)	8 maraschino cherries

Dissolve Jell-O® gelatin in boiling water. Add cold water. Chill until very thick. Then whip until fluffy. Whip and sweeten cream or prepare the topping mix as directed on the package. Fold 1 cup into the whipped gelatin. Chill about 10 minutes, or until of spreading consistency. Spread gelatin mixture on 24 of the cookies. Then stack 3 frosted cookies and top with a plain cookie. Continue with remaining cookies, making 8 cookie stacks. Place on wax paper lined tray or pan. Chill until firm. Top with remaining whipped cream and cherries. Makes 8 servings.

Martina Burkhard, Prosthodontics Intermedica Employee

Walnut Chews

2 cups flour
1/2 teaspoon baking soda
teaspoon salt
1 cup soft butter or margarine
2 cups brown sugar
2 eggs
1 cup coarsely chopped walnuts
3 cups Rice Krispies® or Special K® cereal

Sift flour, salt and soda. Beat butter or margarine and sugar until light and fluffy. Add eggs. Beat well. Add dry ingredients. Mix thoroughly. Drop by teaspoonful onto an ungreased baking sheet. Place 2 inches apart. Top with colored sugar. Bake 12 to 15 minutes at 350 degrees or until lightly brown.

Eileen H. Landes, Telford, PA

Apple Kuchen

A great recipe warm or cold.

1/2 cup butter, softened	1 package yellow cake mix
1/2 cup coconut	20 ounces sliced apples
1/2 cup sugar	1 teaspoon cinnamon
1 cup sour cream	1 egg

Mix softened butter, cake mix (dry) and coconut. Put into an ungreased 9 by 13 inch baking pan. Bake at 350 degrees for 10 minutes. Sprinkle sugar and cinnamon over apples. Add sliced apples. Mix sour cream, egg and cinnamon together. Spread sour cream mixture over top of apples. Bake again at 350 degrees for 25 minutes.

Eileen H. Landes, Telford, PA

Heaven

- 1 pint heavy cream**
- 1 package Kraft® miniature marshmallows**
- 1 fresh pineapple (sweet) cut into very small pieces**

Whip cream until thick. Do not overbeat. Fold in marshmallows and pineapple. Refrigerate until ready to serve.

Variations:

May add 1/2 cup fresh berries - a little less pineapple

May sprinkle ground almonds on top

Joanne M. Balshi, Gwynedd, Pennsylvania

A No Crust Cheese Cake

A treat for your mind and body while your gums are healing.

- A greased 11 inch by 17 inch glass baking dish**
- 1 package cream cheese (Philadelphia Brand®)**
- 4 eggs**
- 8 tablespoons sugar**
- 1 small can crushed pineapple, drained well (optional)**
- 1 tablespoon flour**
- 1 teaspoon of vanilla**
- 1 tablespoon cinnamon**
- 6 ounce can of Carnation® Condensed Milk Plus**
- 2 cups regular milk**

Preheat oven to 350 degrees. Cream cheese and sugar until smooth. Beat 4 eggs in small dish. Add gradually to sugar and cheese. Add lemon juice, vanilla and flour, then add milk. Beat for 3 minutes, then pour into baking dish and sprinkle with cinnamon. Bake for 35 to 40 minutes or until firm in the middle.

Marion Keating, Wilmington, DE

Layered Orange Treat

Refreshing!

- 2 packages (3 ounces each) Jell-O®
Orange and Orange Pineapple Gelatin**
- 2 cups boiling water**
- 1 pint orange sherbet**
- 1 can (11 ounces) mandarin orange sections***

Dissolve 1 package Jell-O® Gelatin in 1 cup boiling water. Blend in sherbet. Pour into a 1½ quart mold. Freeze until firm.

Dissolve remaining Jell-O® Gelatin in remaining boiling water.

Drain orange sections, measuring syrup; add cold water to make 1 cup. Add syrup mixture and orange sections to gelatin. Pour over frozen layer. Chill until firm, at least 30 minutes. Remove from mold and serve over lettuce, if desired. Makes 5¾ cups, or 8 to 10 servings.

Note: The frozen layer may be made ahead and stored in freezer a week or two. Then add the second layer at least 30 minutes before serving salad.

** Or use 1 cup diced fresh oranges and 1 cup cold water.*

Martina Burkhard, Prosthodontics Intermedica Employee

Chocolate-Amaretto Cheesecake

6 chocolate wafers, finely crushed
1½ cups light process cream cheese product
1 cup sugar
1 cup 1% low-fat cottage cheese
¼ cup plus 2 tablespoons unsweetened cocoa
¼ cup all-purpose flour
¼ cup Amaretto
1 teaspoon vanilla extract
¼ teaspoon salt
1 egg
2 tablespoons semisweet chocolate mini-morsels
Chocolate curls / optional

Sprinkle chocolate wafers crumbs in bottom of a 7 inch springform pan. Set aside. Position knife blade in food processor bowl; add cream cheese and next 7 ingredients, processing until smooth. Add egg and process just until blended. Fold in chocolate morsels.

Slowly pour mixture over crumbs in pan. Bake at 300 degrees for 65 to 70 minutes or until cheesecake is set. Let cool in pan on wire-rack. Cover and chill at least 8 hours. Remove sides of pan, and transfer cheesecake to a serving platter. Garnish with chocolate curls, if desired. Makes 12 servings.

Ann O'Callaghan, Prosthodontics Intermedica

Banana Split Pie

Crust: **1 $\frac{1}{4}$ cups graham cracker crumbs (8 crackers)**
 $\frac{1}{8}$ cup sugar
 $\frac{1}{8}$ cup butter (perhaps more)

Bake in 375 degree oven for 8 minutes and let completely cool before “applying” the mixture of the following ingredients:

Pie: **2 sticks butter**
 3 $\frac{1}{4}$ cups powdered sugar
 5 eggs
 2 teaspoons vanilla
 1 $\frac{1}{2}$ squares semi-sweet chocolate
 1 cup chopped nuts
 3 bananas

Beat butter in small mixer. When fluffy, add powdered sugar one cup at a time. Beat after each. Add eggs one at a time. Beat after each. In the oblong baking dish in which you have cooked and cooled your graham cracker crust, spread filling $\frac{1}{2}$ inch thick, slice bananas long way on top of filling. Spray with lemon juice, sprinkle chocolate, then nuts. Repeat process with filling, bananas, chocolate, and nuts and then top with whipped cream. Refrigerate 2 hours and then eat your heart out!

Sally Carson, New York City, New York

Mini Blintzes

Excellent for post-surgical stage!

1 (8 ounce) package cream cheese

1 loaf thin sliced white bread

1/2 cup sugar

1 egg yolk

1/4 cup melted margarine

1/4 cup cinnamon-sugar

Soften cream cheese; add egg yolk and sugar. Mix well. Remove crusts from bread and roll thin with rolling pin. Cut each slice in half. Fill with cream cheese mixture. Roll up and then dip in melted margarine. Roll each piece in cinnamon-sugar. May be frozen ahead of time, then defrosted and baked. Bake at 400 degrees for 10 to 15 minutes. Yields 50 to 60. Preparation time is 25 minutes.

Barbara Blumberg, Yardley, PA

Mom Mom's Rice Pudding

1 cup white long grain rice

(Do not use instant)

1 (14 1/2 ounce) can evaporated milk

1 cup granulated sugar

2 teaspoons vanilla extract

2 eggs

6 cups water, salted

4 cups milk

1 1/2 cups raisins

In a heavy saucepan, mix rice with water and bring to a boil; cook, uncovered, about 30 to 40 minutes, stirring occasionally until water evaporates. Mix eggs, evaporated milk, sugar and milk in large bowl. Beat well; add to rice in saucepan. Bring everything to a boil stirring continuously. Remove immediately from heat; add vanilla and raisins. Pudding will thicken as it cools. Makes 10 to 12 servings.

Trish Reger, Worcester, PA

Key Lime White Chocolate Mousse

1 pound, 2 ounces white chocolate
2 1/2 ounces Key Lime juice (or sweetened lime juice)
3 egg yolks
2 1/2 ounces sugar
1 quart heavy whipping cream

In double boiler, melt white chocolate, then set aside to let cool. In another bowl, whip the egg yolks, sugar and lime juice until the mixture has doubled in volume. Set aside. The color of the mixture should be pale yellow. Whip heavy cream until stiff. Slowly mix the egg yolk mixture into the white chocolate. Fold this into whipped cream. Let stand in refrigerator for at least 2 hours. Serve in dessert glasses.

Joann Coughlan, Prosthodontics Intermedica Employee

Source: Olivia's at the Disney Vacation Club in Disney World

Cream Cheese Cookies Mary Lou

1/2 pound butter
3 ounces cream cheese
1 1/4 cups sugar
1 egg
1 teaspoon vanilla
2 1/2 cups flour

Mix all ingredients. Roll into balls and flatten or cut into shapes with cookie cutter. Bake 12 to 15 minutes at 350 degrees.

Gerald J. O'Keefe, D.M.D.

Date Balls

1/2 pound chopped dates
1 cup chopped walnuts
1/4 pound melted margarine
1 cup sugar
2 cups Rice Krispies®
1 egg
Coconut

Melt butter and add beaten egg. Beat well. Add chopped dates and sugar. Stir until dates melt over a medium fire. Cook about 10 minutes, stirring constantly. Remove from heat and add 1 cup chopped walnuts and 2 cups Rice Krispies®. Mix well. Make into balls and roll in coconut.

Pauline Torchon, Philadelphia, PA

Banana Bread

1 cup sugar
3 very ripe bananas, mashed
1 teaspoon baking soda
1/2 cup butter or margarine, softened
3 large eggs, beaten
1 1/2 cups flour
Dash of salt

Cream butter with sugar and salt; add eggs and bananas. Blend well. Stir in baking soda and flour. Put in greased loaf pan; let sit for 20 minutes. Bake at 350 degrees for 50 minutes.

Pauline Torchon, Philadelphia, PA

Sour Cream Cake

4 cups flour	2 teaspoons baking powder
2 tablespoons sugar	2 sticks butter
2 cups sour cream	2 cups sugar
1 tablespoon cinnamon	4 eggs
2 teaspoons baking soda	2 teaspoons vanilla
1/2 cup chopped walnuts	

Cream butter and 2 cups sugar; add eggs, one at a time and beat after each. In another bowl, sift flour and baking powder. Add baking soda and vanilla to sour cream mixture to butter mixture. Pour into greased bundt pan. Top with mixture of walnuts, sugar and cinnamon. Bake at 350 degrees for 55 minutes.

Pauline Torchon, Philadelphia, PA

Jewish Apple Cake

4 eggs	3 cups flour
1 teaspoon almonds	5 to 6 apples
1/4 cup orange juice	3 teaspoons baking powder
2 teaspoons cinnamon	1 cup oil
2 cups sugar	2 teaspoons vanilla
1/2 teaspoon salt	

Peel and cut apples in square chunks. Sprinkle in the cinnamon and set aside. Mix oil, orange juice, 2 cups sugar, eggs and vanilla or almond; beat well. Add flour, baking powder and salt. Pour 1/2 batter into greased pan. Arrange 1/2 of apples on batter. Pour remaining batter and top with rest of apples. Bake at 350 degrees for 1 hour or until golden brown.

Pauline Torchon, Philadelphia, PA

Mandel Bread

1 tablespoon baking powder

3½ cups flour

1½ cups sugar

1 teaspoon vanilla

1 cup chocolate morsels

1 cup oil

4 eggs

Beat eggs. Add sugar and beat. Add oil and beat. Add vanilla, flour and baking powder and mix well. Add chocolate morsels and mix. Make 4 small loaves and bake for 30 to 35 minutes at 350 degrees. Slice and put back in oven to toast for 3 to 8 minutes.

Pauline Torchon, Philadelphia, PA

Chocolate Mousse

1 (7 ounce) jar of marshmallow

3 tablespoons instant coffee

1 pint whipping cream

6 egg whites

4 tablespoons Amaretto or Kaluha liquor

12 ounces chocolate chips

2 tablespoons water

Beat egg whites stiff. Whip in marshmallow. Melt chocolate chips and water and add coffee and liquor. Mix and cool. Add to egg whites. Whip cream and fold into mixture. Put in soufflé dish and freeze. Take out ½ hour before serving.

Pauline Torchon, Philadelphia, PA

Pennsylvania Dutch Cake

1/4 pound butter
1 cup sugar
2 eggs
1/2 pint sour cream
1 teaspoon baking soda
2 cups sifted flour
1 1/2 teaspoons baking powder
1 teaspoon vanilla
1 cup raisins
1/2 cup nuts

Cream butter and sugar together; add eggs one at a time, beating well. Add sour cream, beating well. Add all the dry ingredients and vanilla. In a separate bowl, mix 3 tablespoons sugar and 2 teaspoons cinnamon. Use a tube or Bundt pan. Sprinkle mix on bottom of pan. Add some batter, then more mix, then the rest of the batter. Bake at 350 degrees for approximately 1 hour.

Anna Hogg, Elizabeth, PA

Frosting

A homemade frosting for your favorite cake.

5 tablespoons flour
1 cup milk
1 cup confectioner's sugar
1 1/2 teaspoons vanilla extract
1/2 cup Crisco®
1/2 cup butter

Mix flour and milk, cook over low heat until thick, set aside to cool. Cream butter, Crisco® and sugar and mix well. Add vanilla. Let mixture cool. Frost cake and place into refrigerator until set.

Lucy Pastino, King of Prussia, PA

Old Fashioned Bread Pudding

A warm and spicy treat that made me think I was eating something really special and it adds fiber to your diet while you are unable to chew. Especially good for post-op patients.

1/2 cup water
1/2 cup raisins (optional)
2 cups milk, scalded
1/4 cup margarine, melted
2 eggs, beaten
1/2 cup granulated sugar
1/4 teaspoon salt
1/4 teaspoon cinnamon
2 tablespoons vanilla
4 cups soft bread crumbs
1/8 teaspoon nutmeg
8 ounces cream cheese (optional)

In a saucepan, bring water and raisins to a boil. Let stand for 5 to 10 minutes; drain well and set aside. Combine scalded milk and margarine; slowly add beaten eggs. Add sugar, salt and cinnamon and vanilla; stir until blended. Place bread cubes and raisins in an ungreased 8 inch square glass baking dish; pour milk mixture over top, stirring to moisten. Sprinkle with nutmeg. Set glass dish in pan of hot water; bake at 350 degrees for 40 minutes, or until knife inserted into center comes out clean. Serves 6 to 8. Good cold or hot. Serve plain or with cream.

Kay Neusidl, R.N., C.S.N., Elkins Park, PA

Chocolate Chinese Cookies

1 cup nuts, raisins, or peanuts
1 (12 ounce) package chocolate bits
3¹/₂ cups Chinese noodles

Melt chocolate in double boiler until smooth. Remove from heat. When smooth, add noodles and nuts, raisins, or peanuts. Mix until covered with chocolate. Drip by teaspoon onto waxed paper. Refrigerate until chocolate is hard (about 2 hours).

Pauline Torchon, Philadelphia, PA

Walnut Cookies

2 cups flour
1/2 pound butter
1/4 cup sugar
2 cups chopped nuts
Confectioner's sugar

Cream butter and sugar. Add flour and blend thoroughly. Add chopped nuts and blend. Chill mixture overnight or put in freezer until firm. Roll small amounts in palms and make balls. Bake on ungreased cookie sheets, 40 to 45 minutes at 325 degrees. When cold, roll in confectioners sugar.

Pauline Torchon, Philadelphia, PA

Plum Cake

1 teaspoon vanilla
1 teaspoon baking powder
1/4 pound butter
2 eggs
1 cup sugar
1 cup sifted flour
10 blue plums, cut into quarters

Cream butter well and add sugar and continue to cream. Add vanilla; add eggs; add flour and baking powder. Pour half of mixture into a greased 8 by 8 inch pan. Put plums across the batter and cover with the rest of the batter. Sprinkle with cinnamon and sugar. Bake at 350 degrees for 1 hour.

Pauline Torchon, Philadelphia, PA

Date and Nut Muffins

1 cup raisins
1 package Dromedary chopped dates
1 cup chopped walnuts
3 eggs

Beat 3 whole eggs. Add the rest of the ingredients and mix well. Spray small muffin tins with Pam® and fill each to top. Bake at 350 degrees for 15 to 20 minutes.

Pauline Torchon, Philadelphia, PA



Apple Crisp

6 to 8 Winesap apples
1/2 cup sugar
cinnamon

Crumb Topping:

1 teaspoon cinnamon
3/4 cup flour
1/4 cup Quaker® oats
1/4 cup brown sugar
1/4 cup regular sugar
6 tablespoons butter

Peel and slice apples. In an 8x8x2 baking dish, sprinkle sugar and cinnamon over apples. Combine crumb mixture; cinnamon, flour, oats, sugar, and butter. Sprinkle evenly over the apples. Bake at 350 degrees for 45 minutes or until apples are tender and crust crisply medium brown. Serve warm.

Ida Jane Heyser, Collegeville, PA



Quick Crescent Caramel Pecan Rolls

8 tablespoons butter or margarine	1/4 cup sugar
1/2 cup chopped pecans and/or raisins	2 teaspoons cinnamon
2 (8 ounce) cans crescent rolls	3 tablespoons butter, softened

Add 5 tablespoons of butter or margarine to an ungreased 13 by 9 inch pan. Stir in brown sugar, water, nuts and raisins.

Separate each can of dough into 4 rectangles and press seams to seal. Spread 3 tablespoons of butter onto dough. Sprinkle cinnamon and sugar over dough.

Starting at short side, roll up each rectangle as jelly roll. Slice each roll into four sections. Place cut side down in pan which contains the melted topping. Bake 20 to 25 minutes at 375 degrees.

Darlene Ott, Harleysville, PA

Appalachian Blueberry Pie

Filling:

4 cups blueberries
**3 tablespoons
all-purpose flour**
1/2 cup sugar
1/4 teaspoon almond extract

Topping:

1/2 cup all-purpose flour
1/2 cup brown sugar, packed
2 tablespoons margarine or butter

Plus:

1 prepared pie crust in pan

Combine all filling ingredients. Transfer to a 9 inch pastry line plate. For topping, combine flour and brown sugar. Cut in margarine until mixture resembles coarse crumbs. Sprinkle filling over top. Cover edge of pie with foil. Bake at 375 degrees for 25 minutes. Remove foil and bake for an additional 20 to 25 minutes.

Christina Hayes, Wayne, PA

Cold Lemon Soufflé

After second stage surgery, this is a real treat.

5 eggs, separated

1½ cups sugar

2 tablespoons grated lemon rind

¾ cup lemon juice

2 packages unflavored gelatin

½ cup water

1 teaspoon sugar

2 cups heavy cream, partially whipped

½ teaspoon cream of tartar

Whole strawberries or lemon twists for decoration

Pinch of salt

Butter and sugar a 2 quart soufflé dish. Beat egg yolks with sugar and lemon rind. Add lemon juice gradually, beating continuously until mixture is thick and mousse-like. Sprinkle gelatin over the water to soften. Add 1 teaspoon sugar and stir over low heat to dissolve gelatin. Cool and add to lemon mixture, combining thoroughly. Fold in partially whipped cream. Beat egg whites with salt and cream of tartar until stiff peaks form. Fold gently into lemon mixture, combining thoroughly. Turn into prepared soufflé dish. Chill until set. Decorate top with remaining cream (whipped) and fresh strawberries or very thin slices of lemon.

Barbara Blumberg, Yardley, PA

Beth's Peach and Blueberry Cobbler

1/4 cup sugar
1/4 cup brown sugar
1 tablespoon cornstarch
1/2 cup water
1 tablespoon lemon juice
2 cups sliced peaches
1 cup blueberries
1 cup sifted flour
1 cup sugar
1 1/2 teaspoons baking powder
1/2 teaspoon salt
1/2 cup milk
1/4 cup soft butter
1/4 teaspoon nutmeg
2 tablespoons sugar

Combine sugar, brown sugar, and cornstarch in saucepan. Add water and mix well. Cook over medium heat, stirring constantly until thick. Add lemon juice, peaches and blueberries. In separate 2 quart bowl, for cobbler topping, sift together flour, sugar, baking powder, salt. Add milk and soft butter. Beat until smooth. Spoon topping over fruit in a 2 quart baking dish. Bake for 45 minutes at 375 degrees. Sprinkle with 1/4 teaspoon nutmeg and 2 tablespoons sugar.

Dr. Vincent Benn, Newtown, PA

Caramelized Pumpkin Ice Cream Pie

2 egg yolks	1 can pumpkin
1/4 cup granulated sugar	1/4 cup brown sugar
2 stiffly beaten egg whites	1/2 teaspoon salt
1 cup heavy whipped cream	1/2 teaspoon vanilla
2/3 cup milk	Graham cracker crust

Beat egg yolks and sugar together. Fold in beaten egg whites and whipped cream. Add all other ingredients and mix well, but allow fluff to remain. Place mixture in freezer. Remove just before serving. Beat until smooth. Place lightly into crust and sprinkle with graham cracker crumbs.

Ruth Burr

Upside-Down Cake

Using baked cake layers, here's a delicious version of an old favorite.

**1 package (3 ounce) Jell-O® Lemon, Raspberry,
Strawberry or Orange-Pineapple Gelatin**
1 cup boiling water
1 can (1 pound, 1 ounce) sliced peaches or fruit cocktail
1 baked 8 inch white layer cake
**Sweetened whipped cream or prepared
Dream Whip® Whipped Topping**

Dissolve Jell-O® Gelatin in boiling water. Drain peaches, measuring syrup. Add water to make 1 cup. Add to gelatin. Chill until slightly thickened. Place peaches in an 8 inch layer pan; cover with about 1 1/4 cups gelatin. Place cake layer on gelatin, top side up. Spread remaining gelatin over cake. Chill until firm. Remove from mold. Garnish with whipped cream or prepared whipped topping. Makes 6 servings.

Martina Burkhard, Prosthodontics Intermedica Employee

Walnut-Apple Pie

Crust:

$\frac{3}{4}$ cup flour

$\frac{1}{4}$ cup sugar

1 teaspoon cinnamon

$\frac{1}{3}$ pound butter

$\frac{2}{3}$ teaspoon salt

**Apple cider or water to bind
(start with $\frac{1}{4}$ cup)**

Note: A frozen pie crust may be used.

Mix all crust ingredients together and roll out. Place in a 10 inch pie pan.

Filling:

**6 large or 9 small McIntosh
apples, pared and sliced**

$\frac{2}{3}$ cup sour cream

1 egg

1 cup sugar

$\frac{1}{2}$ teaspoon salt

2 teaspoons vanilla extract

$\frac{1}{3}$ cup flour

Mix all filling ingredients together and put into the pie shell.

Bake at 450 degrees 10 minutes, then lower to 350 degrees and bake for 35 to 40 minutes. Stir with a large spoon, but make sure not to pierce crust.

Topping:

$\frac{1}{3}$ cup brown sugar

$\frac{1}{4}$ pound butter

$\frac{1}{3}$ cup sugar

$\frac{1}{2}$ cup flour

Pinch of salt

1 teaspoon cinnamon

1 cup chopped walnuts

Mix all topping ingredients together and cover top of pie with mixture. Bake another 15 minutes at 350 degrees.

Barbara Blumberg, Yardley, PA

“A very long way to the tooth fairy’s place
I came with a baby tooth lost from my face,
And with all of the planning and consults completed,
I found it was dental implants that I needed;
So under my pillow, no coins did I find,
The gold's in my mouth and it had to be mined!
Instead I discovered a sizable bill,
But the smile that I bought is a quite priceless thrill.”

Therese Anne Hardiman,
Pocono Pines, Pennsylvania
**Paraphrased to achieve rhyme.*

Honorable Mentions

We would like to extend a personal thank you to each individual who contributed to the cookbook.

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Other Sources:

- ✓ *Best of German Cooking*, by Edda Meyer-Berkhout, HP Books, P.O. Box 5367, Tuscon, AZ 85703 1984 Fisher Publishing, Inc.
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- ✓ Marilyn Marter column in the Philadelphia Inquirer

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From Soup to Nuts was originally designed to be a gourmet guidebook for dental patients on their way to new permanent teeth through dental implant procedures. The many delicious and nutritious recipes included in the early chapters also well serve denture-wearers, patients recovering from all kinds of surgery and others who require a soft food diet, and crave a little spice.

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