

# **Politically Appetizing Cuisine**



## Common Substitutions



### If you don't have:

### Use:

1 c. cake flour .....	1 c. minus 2 T. all-purpose flour
1 T. cornstarch (for thickening) .....	2 T. all-purpose flour
1 tsp. baking powder .....	1/2 tsp. cream of tartar plus 1/4 tsp. baking soda
1 pkg. active dry yeast .....	1 cake compressed yeast
1 c. sugar .....	1 c. brown sugar OR 2 c. sifted powdered sugar
1/4 c. fine dry bread crumbs .....	3/4 c. soft bread crumbs OR 1/4 c. cracker crumbs
1 c. honey .....	1 1/4 c. sugar plus 1/4 cup water, heated to dissolve
1 c. corn syrup .....	1 c. sugar plus 1/4 c. water, heated to dissolve
1 sq. (1 oz.) unsweetened chocolate .....	3 T. unsweetened cocoa powder plus 1 T. butter
1 c. whipping cream, whipped .....	2 c. whipped dessert topping
1 c. buttermilk .....	1 T. lemon juice or vinegar plus enough whole milk to make 1 c. (let stand 5 minutes before using)
1 c. whole milk .....	1/2 c. evaporated milk plus 1/2 c. water
1 c. light cream .....	1 T. melted butter plus enough milk to make 1 c.
1 c. tomato sauce .....	1/3 c. tomato paste plus 1/2 c. water
1 c. tomato juice .....	1/2 c. tomato sauce plus 1/2 c. water
1 sm. onion, chopped (1/3 c.) .....	1 tsp. onion powder OR 1 T. dried minced onion
1 tsp. dry mustard (in cooked mixtures) .....	1 T. prepared mustard
1 tsp. dried herbs .....	1 T. fresh herbs



## Roasting Chart

Meats	Weight	Time	Temp.
<b>Poultry</b>			
Chicken ( <i>whole</i> )	3 - 4 lbs.	1 1/4 - 1 1/2 hrs.	350°
	5 - 7 lbs.	2 - 2 1/4 hrs.	350°
Duck ( <i>domestic</i> )	4 - 5 lbs.	1 1/4 - 1 3/4 hrs.	375°
Turkey ( <i>unstuffed</i> )	12 - 18 lbs.	3 - 4 1/4 hrs.	325°
	19 - 24 lbs.	4 1/4 - 5 hrs.	325°
<b>Pork</b>			
Ham, fully cooked ( <i>bone in</i> )	7 - 8 lbs.	18 - 25 min./lb.	325°
	14 - 16 lbs.	15 - 18 min./lb.	325°
Pork loin roast	2 - 5 lbs.	20 - 25 min./lb.	350°
Pork ribs	2 - 4 lbs.	1 1/2 - 2 hrs.	350°
<b>Beef</b>			
Beef, rib roast ( <i>bone in</i> )	4 - 8 lbs.	27 - 38 min./lb.	325°
Eye round roast	2 - 3 lbs.	20 - 22 min./lb.	325°
Tenderloin ( <i>whole</i> )	4 - 6 lbs.	45 - 60 min.	425°
<b>Lamb</b>			
Lamb ( <i>leg, bone in</i> )	5 - 9 lbs.	20 - 30 min./lb.	325°

Time is based on meat at room temperature before roasting.  
Test doneness at shortest time.

## Perfect Pasta

Pasta	Cook Time
Angel Hair	1 - 2 min.
Cannelloni	7 - 9 min.
Fettuccine	6 - 8 min.
Lasagna	10 - 12 min.
Linguine	6 - 8 min.
Macaroni	8 - 10 min.
Manicotti	7 - 9 min.
Pappardelle	6 - 8 min.
Ravioli	7 - 9 min.
Rigatoni	10 - 12 min.
Rotelle	8 - 10 min.
Rotini	8 - 10 min.
Spaghetti	10 - 12 min.
Tortellini	10 - 12 min.
Vermicelli	4 - 6 min.
Ziti	10 - 12 min.

Time may vary 1 - 2 minutes.  
Test doneness at shortest time.

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## MAYTAG BLUE, APPLE AND WALNUT SALAD

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Deanna Bosselman  
Nebraska

1 bag spring mix salad or 1  
head red leaf lettuce torn  
1 pkg. maytag blue cheese  
(crumble) no substitutes  
1/2 c. walnuts

1-2 sliced Granny Smith apples  
1/4 c. chopped roasted red  
peppers  
1/2 c. Alberts poppy seed  
dressing

Mix first 5 ingredients. Add dressing, toss before serving. Serves 4-6.

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## MEXICAN TOSSED CHICKEN SALAD

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Karen Gehre  
Arkansas

### Salad

2 c. shredded cooked chicken (a  
rotisserie chicken is the best)  
1/4 c. red onion, chopped  
1 (15-oz.) can black beans,  
drained, rinsed  
1 (7-oz.) can corn, drained  
1 medium tomato, chopped

4 c. shredded lettuce (mixed  
Spring greens or Romaine  
works best)  
4-6 oz. shredded Monterey Jack  
cheese (I use the Fiesta Blend  
shredded cheese)

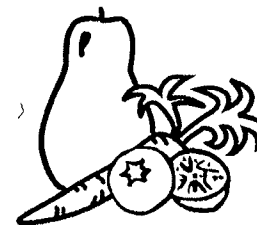
In a large bowl combine chicken, onion, beans, corn and tomato. (You can adjust the quantity of any of the veggies to your taste.) Pour dressing over veggies and toss to coat. Add shredded lettuce and cheese and lightly toss again. Serve with tortilla chips or buttered flour tortillas.

### Dressing

1/3 c. chopped fresh cilantro  
1/3 c. olive oil  
1/4 c. red wine vinegar  
2 tsp. Dijon Mustard

1 tsp. ground cumin  
1/8 tsp. pepper  
1 garlic clove, minced

In a jar with a tight fitting lid, combine all dressing ingredients; shake well. Cover and refrigerate, will last a few days in the fridge.



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## CHOCOLATE CHESS PIE

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Angela Harris  
North Carolina

(4-oz.) unsweetened chocolate	1/2 c. whole milk
baking squares	1 1/2 tsp. vanilla flavoring
1/2 lb. butter	1 10" or 9" deep dish unbaked
2 1/4 c. sugar	pie crust
4 eggs, gently beaten	

Melt the chocolate and butter together in a medium saucepan over medium-low heat. Stir constantly until melted and mixed. Do not allow to boil. Remove from heat and transfer to the large bowl of an electric mixer. Add the sugar and eggs gradually while mixing on low. Add milk and vanilla. Continue to mix on low for 2 minutes, until the mixture is smooth. Pour into pie crust and bake at 350° for 45 minutes or until pie is set in the center. Let cool, then slice and serve.

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## CHOCOLATE ECLAIR DESSERT

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Michael Fields  
South Carolina

1 (14.4-oz.) box graham crackers	3 c. milk
2 (1-oz.) pkg. instant French vanilla pudding	9 oz. container frozen whipped topping, thawed
<b>Glaze</b>	
2 squares unsweetened chocolate	3 T. Milk
2 T. margarine	1 tsp. vanilla
2 T. corn syrup	1 1/2 c. powdered sugar (1 box)
<b>Optional Topping</b>	
9 oz. container frozen whipped topping, thawed	cherries grated pecans

Line bottom of large glass casserole dish or pan with whole crackers. Mix pudding with milk and beat with mixer for two minutes. Fold in whipped topping. Spread 1/2 of the filling over crackers. Top with another layer of crackers. Add rest of filling. Top with final layer of crackers. Melt chocolate and margarine in top of double boiler. Add syrup, milk, and vanilla. Blend together and sift in powdered sugar. Add a drop or two of hot water if needed for spreading. Pour and spread over crackers. Refrigerate 6 hours before serving. Slice and top each serving with a spoonful of whipped topping, cherry, and grated pecans.

## Helpful Hints

- When preparing a casserole, make an additional batch to freeze for when you're short on time. Use within 2 months.
- To keep hot oil from splattering, sprinkle a little salt or flour in the pan before frying.
- To prevent pasta from boiling over, place a wooden spoon or fork across the top of the pot while the pasta is boiling.
- Boil all vegetables that grow above ground without a cover.
- Never soak vegetables after slicing; they will lose much of their nutritional value.
- Green pepper may change the flavor of frozen casseroles. Clove, garlic, and pepper flavors get stronger when frozen, while sage, onion, and salt become more mild.
- For an easy no-mess side dish, grill vegetables along with your meat.
- Store dried pasta, rice (except brown rice), and whole grains in tightly covered containers in a cool, dry place. Refrigerate brown rice, and freeze grains if you will not use them within 5 months.
- A few drops of lemon juice added to simmering rice will keep the grains separated.
- When cooking greens, add a teaspoon of sugar to the water to help vegetables retain their fresh colors.
- To dress up buttered, cooked vegetables, sprinkle them with toasted sesame seeds, toasted chopped nuts, canned french-fried onions, grated cheese, or slightly crushed seasoned croutons.
- Soufflé dishes are designed with straight sides to help your soufflé rise. Ramekins work well for single-serve casseroles.
- A little vinegar or lemon juice added to potatoes before draining will make them extra white when mashed.
- To avoid toughened beans or corn, add salt midway through cooking.
- If your pasta sauce seems a little dry, add a few tablespoons of the pasta's cooking water.
- To prevent cheese from sticking to a grater, spray the grater with cooking spray before beginning.